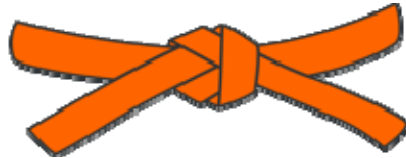




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**Enfant Ceinture Orange
(60 jours)**

- 1. Katatetori Aihanmi Iriminage**
- 2. Katatetori Aihanmi Kotegaeshi**
- 3. Katatetori Aihanmi Shihonage (omote+ura)**
- 4. Shomenuchi Ikkyo omote+ura**
- 5. Shomenuchi Nikkyo omote+ura**
- 6. Shomenuchi Kotegaeshi**

Suwariwaza

- 1. Shomenuchi Ikkyo omote+ura**
- 2. Katateryotedori Ikkyo omote+ura**
- 3. Ryotetori Kokyuhō**