

5è Pinan

1.



2.



3.



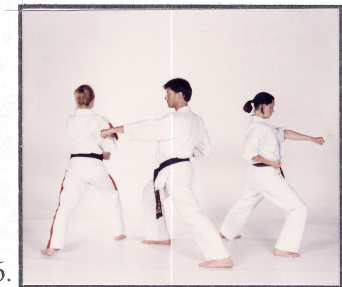
4.



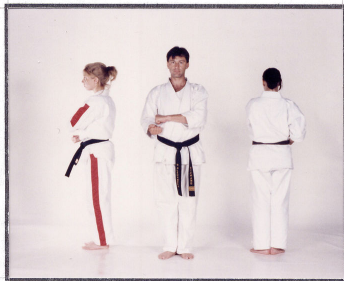
5.



6.



7.



8.



9 a.



ou

9 b.



10.



11.



Jambe droite en avant.

12.



13.



14.



15.



16.



17.



18.



19.



KIAI.

20.



21.



22.



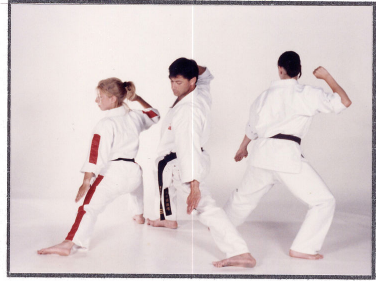
23.



24.



25.



26.



27.



KIAI.

28.



29.

