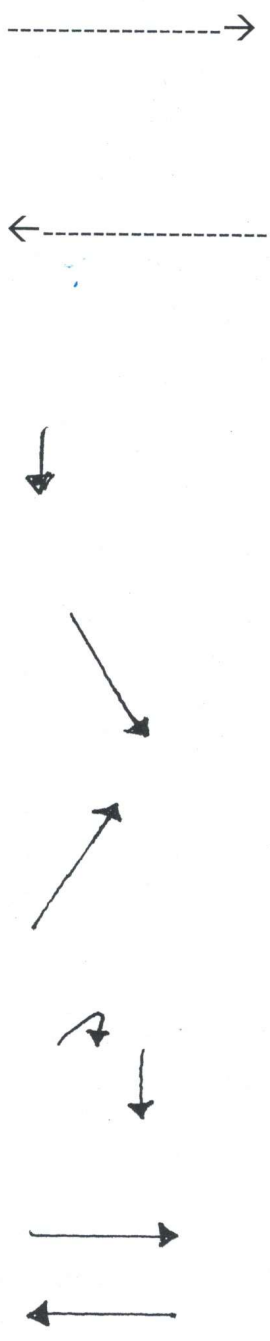
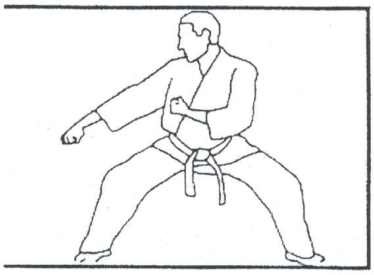
Blue (AO MOTTO WAZA)

> Otoshi-Uke (Shiko Dachi)	(Gauche)
- *Ryuto-Ken*	(Gauche)
- *Empi-Uchi-Age*	(Droite)
- *Kin-Geri*	(Droite)
	***
< Otoshi-Uke (Shiko Dachi)	(Droite)
- *Ryuto-Ken*	(Droite)
- *Empi-Uchi-Age*	(Gauche)
- *Kin-Geri*	(Gauche)
	***
v Nihon-Nukite (Kiba Dachi)	(Gauche)
- *Ippon-Nukite*	(Droite)
- *Sasae Hiji-Ate*	(Gauche)
- *Empi-Otoshi*	(Gauche)
	***
v Kyubu-Soete Shuto-Uchi	(Droite)
v Tate-Hiji-Ate	(Gauche)
v Drop-Kick	(Droite)
- *Haito*	(Gauche)
	***
^ Kyubu-Soete Shuto-Uchi	(Gauche)
^ Tate-Hiji-Ate	(Droite)
^ Drop-Kick	(Gauche)
- *Haito*	(Droite)
	***
v Nihon-Nukite (Kiba Dachi)	(Droite)
- *Ippon-Nukite*	(Gauche)
- *Sasae Hiji-Ate*	(Droite)
- *Empi-Otoshi*	(Droite)
	***
> Yoko-Empi	(Gauche)
	***
< Yoko-Empi	(Droite)
	***

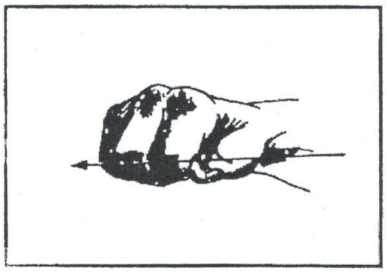


AO MOTTO WAZA

Otoshi-uke
(Blocage bas de côté et protection avant)



Ryuto-ken
("Tête de dragon")



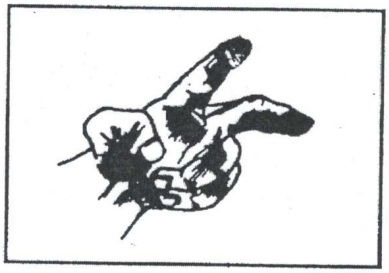
Empi-Uchi-Age



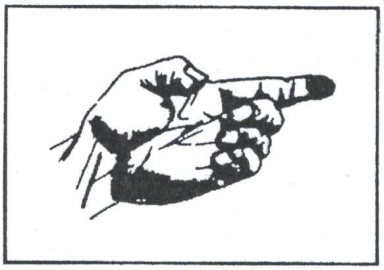
Kin-geri



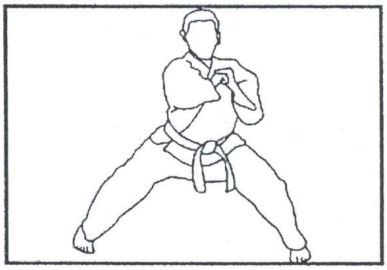
Nihon-nukite
(Pique à deux doigts)



Ippon-nukite
(Pique à un doigt)



Sasae hiji-ate
(Coup circulaire avec le coude)

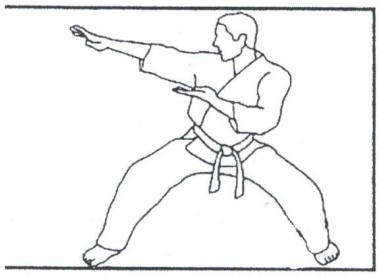


Empi-Otoshi

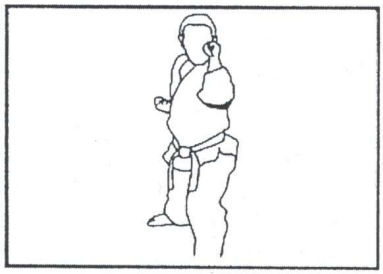


AO MOTTO WAZA (2)

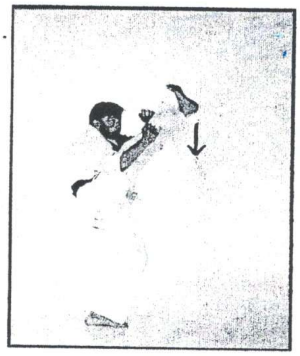
Kyubu-soete shuto-uchi
(Double coup de côté main ouverte)



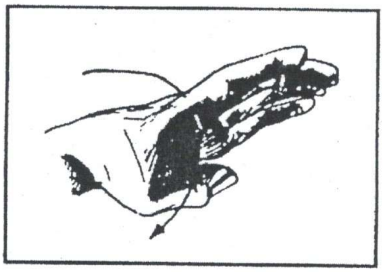
Tate-hiji-ate
(Coup de coude avant vers le bas)



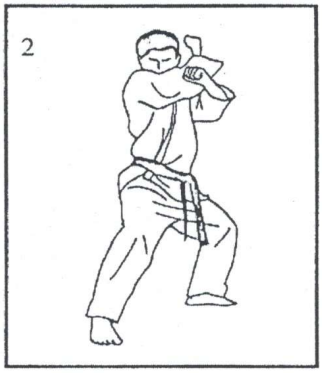
Drop Kick



Haito
("Sabre interne")



Yoko-Empi



Blue

Required Techniques and Positions

Positions (Dachi):

- *Neiko Ashi Dachi* *
- Shiko Dachi

Kicks (Geri):

- Drop Kick
- Kin-Geri

Strikes (Uchi/Zuki):

- Empi-Otoshi
- Empi-Uchi-Age
- Haito
- *Hirabasami Toho* *
- Ippon-Nukite
- *Kakushi-Zuki* *
- Kyubu-Soete Shuto-Uchi
- Nihon-Nukite
- Ryuto-Ken
- Sasae Hiji-Ate
- Tate Hiji-Ate
- *Tomoe-Zuki* *
- *Ushiro-Empi* *
- *Ushiro Hiji-Ate* *
- *Wari-Uke-Zuki* *
- Yoko-Empi

Blocks (Uke):

- Otoshi-Uke
- *Chudan Hasami-Uke* *
- *Chudan Morote Soe-Uke* *
- *Hangetsu Barai-Uke* *
- *Hiji-Uke* *
- *Jodan Kosa-Uke* *
- *Morote-Barai-Uke* *

* Already used in Kata/Forms/Penan