Brown

(CHAIRO MOTTO WAZA)

> Chudan Uchi-Uke (Gauche) ---------->
- *Ushiro Mawashi Tobi-Geri* (Droite)

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< Chudan Uchi-Uke (Droite) <----------
- *Ushiro Mawashi Tobi-Geri* (Gauche)

***

v Sanchin Dachi
v Tomoe Shotei-Ate (Droite)
- *Gedan Shuto –Uke* (Droite)
- *Kakuto* (Droite)
- *Keiko* (Droite)

v Jodan Wari-Uke (Gauche)
- *Gedan Shotei-Ate*

v Mae Tobi-Geri (Droite)
> Chudan Shotei-Ate (Droite) --->
- *Keito* (Droite)
- *Teisho* (Gauche)
- *Nai-wan* (Droite)

> Yoko Tobi-Geri (Droite)

***

^ Sanchin Dachi
^ Tomoe Shotei-Ate (Gauche)
- *Gedan Shuto-Uke* (Gauche)
- *Kakuto* (Gauche)
- *Keiko* (Gauche)

^ Jodan Wari-Uke (Droite)
- *Gedan Shotei-Ate*

^ Mae Tobi-Geri (Gauche)
< Chudan Shotei-Ate (Gauche) <---
- *Keito* (Gauche)
- *Teisho* (Droite)
- *Nai-wan* (Gauche)

< Yoko Tobi-Geri (Gauche)

***

> Gedan Shuto Yoko-Barai-Uke (Gauche) ---------->
- *Kyobu Morote Shuto-Uchi*
- *Gai-wan* (Gauche)
- *Ushiro Tobi-Geri* (Droite)

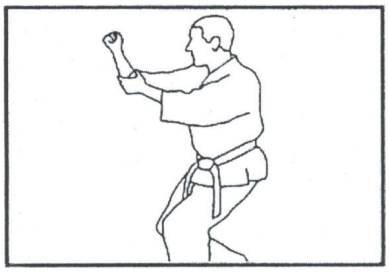
***

< Gedan Shuto Yoko-Barai -Uke (Droite) <----------
- *Kyobu Morote Shuto-Uchi*
- *Gai-wan* (Droite)
- *Ushiro Tobi-Geri* (Gauche)

***

CHAIRO MOTTO WAZA

Chudan uchi-uke
(Blocage moyen intérieur)



Ushiro Mawashi Tobi Geri
(Coup de pied arrière circulaire sauté)

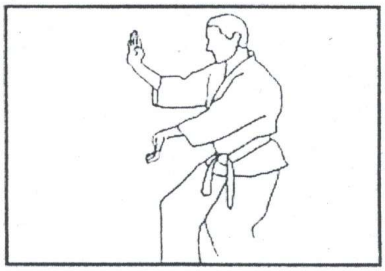


Sanchin Dachi
(Posture du sablier)

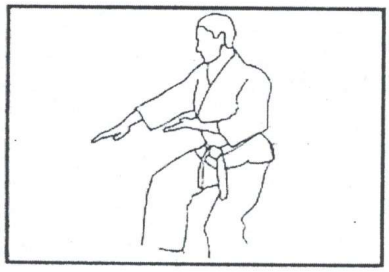


De côté

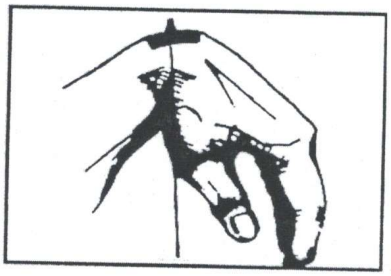
Tomoe shotei-ate
(Coup niveau bas et haut
avec les paumes)



Gedan shuto-uke
(Blocage bas main ouverte
- en attente)



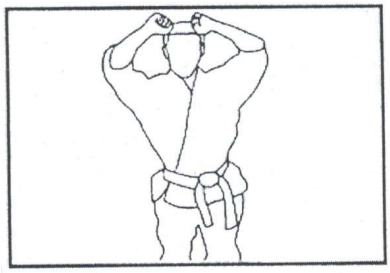
Kakuto
(Dessus du poignet)



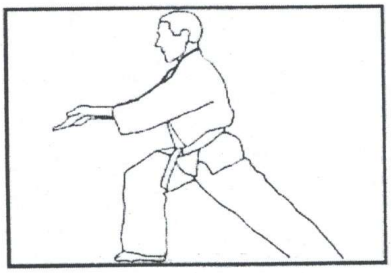
Keiko
("Bec d'aigle")



Jodan wari-uke
(Blocage double niveau haut)

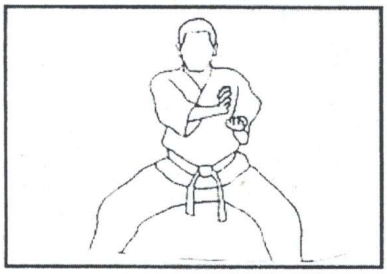


Gedan shotei-ate
(Coup niveau bas avec les paumes)

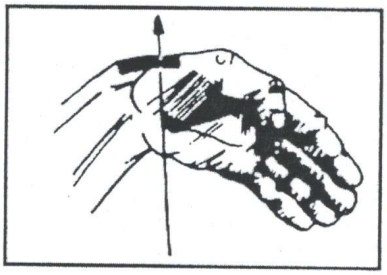


CHAIRO MOTTO WAZA (2)

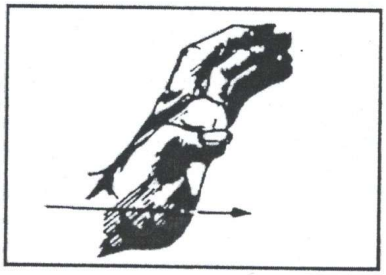
Chudan shotei-ate
)up circulaire avant main ouverte)



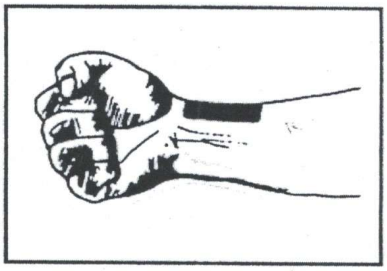
Keito
("Crête du coq")



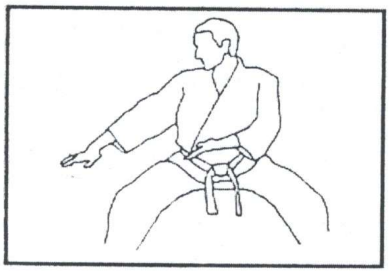
Teisho
(Bas de la paume)



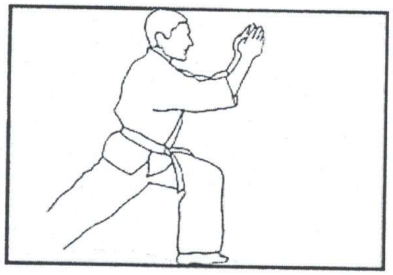
Nai-wan
(Tranchant interne)



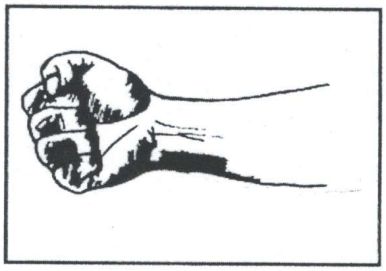
Gedan shuto yoko-barai-uke
(Blocage fouetté bas mains ouvertes opposées)



Kyobu morote shuto-uchi
(Double coup niveau haut main ouverte)



Gai-wan
(Tranchant externe)



Brown

Required Techniques and Positions

Positions (Dachi):

- Sanchin Dachi ✓

Kicks (Geri):

- Mae Tobi-Geri ✓
- Ushiro Mawashi Tobi-Geri ✓
- Ushiro Tobi-Geri ✓
- Yoko Tobi-Geri ✓

Strikes (Uchi/Zuki):

- Gai-Wan ✓
- Kakuto ✓
- ~~Keiko~~ KEKO (+) → KEKOMI ✓
- Keito ✓
- Nai-Wan ✓
- Teisho ✓

- Chudan Shotei-Ate ✓
- Gedan Shotei-Ate ✓
- Kyobu Morote Shuto-Uchi ✓
- *Shi-Zuki* ✓ *
- Tomoe Shotei-Ate ✓
- *Uraken-Uchi* ✓ *

Blocks (Uke):

- Chudan Soto Shuto-Uke ✓
- Chudan Uchi-Uke ✓
- Gedan Shuto-Uke ✓
- Gedan Shuto Yoko-Barai-Uke ✓
- *Jodan Uchi Shuto-Uke* ✓ *
- Jodan Wari-Uke ✓
- *Sasae-Uke* ✓ *

* Already used in Kata/Forms/Penan