Green (MIDORI MOTTO WAZA)

> Gedan-Yoko-Barai-Uke	(Gauche)	----------→
- *Chudan Yoko-Uke*	(Gauche)	
- *Oi-Zuki*	(Gauche)	
- *Ura Mawashi-Geri*	(Droite)	
	***	
v Chudan Yoko-Shuto-Uke	(Droite)	
- *Empi*	(Gauche)	
v Hitsui	(Gauche)	
	***	
< Gedan-Yoko-Barai-Uke	((Droite)	←----------
- *Chudan Yoko-Uke*	(Droite)	
- *Oi-Zuki*	(Droite)	
- *Ura Mawashi-Geri*	(Gauche)	
	***	
^ Chudan Yoko-Shuto-Uke	(Gauche)	
- *Empi*	(Droite)	
^ Hitsui	(Droite)	
	***	
> Sayu-Barai-Uke	(Gauche)	----------→
> Chudan Wari-Uke	(Droite)	
> Sayu-Zuki	(Gauche)	
- *Ushiro-Geri*	(Droite)	
	***	
< Sayu-Barai-Uke	(Droite)	←----------
< Chudan Wari-Uke	(Gauche)	
< Sayu-Zuki	(Droite)	
- *Ushiro-Geri*	(Gauche)	
	***	

MOVEMENT DIRECTION

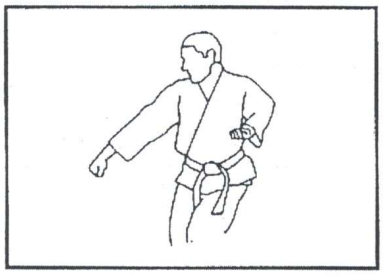
TECHNIQUE WITH OUT STEP

STANCE

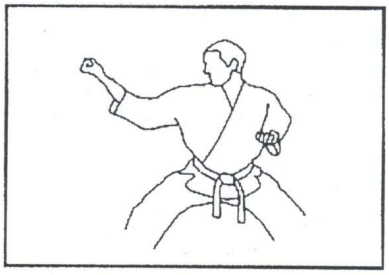
STRIKE

MIDORI MOTTO WAZA

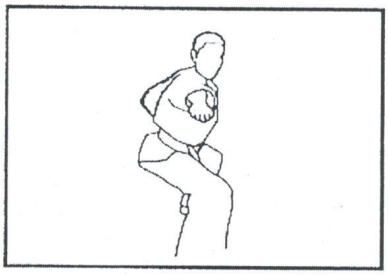
Gedan-yoko-barai-uke
(Blocage niveau bas de côté)



Chudan yoko-uke
(Blocage niveau moyen de côté)



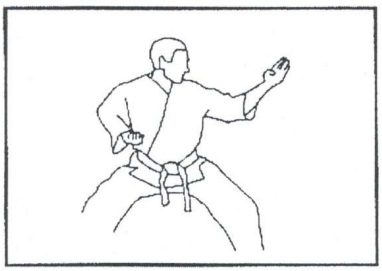
Oi-zuki
(Coup de poing de côté)



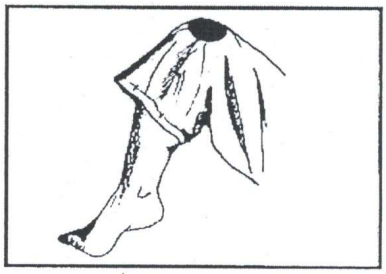


7. Attaquez en Ura-mawashi.

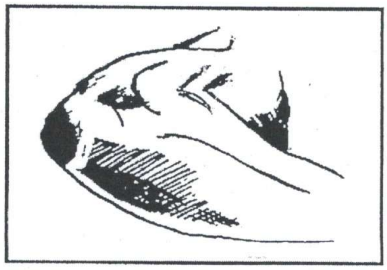
Chudan yoko-shuto-uke
(Blocage de côté main ouverte)



Hitsui
(Coup avec le genou)

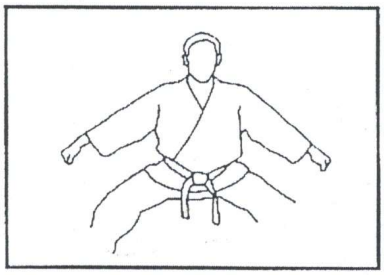


Empi
(Coude)

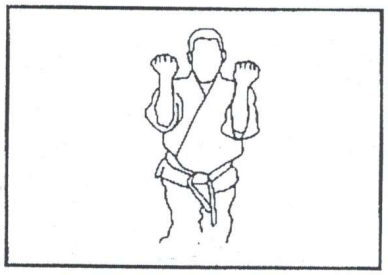


MIDORI MOTTO WAZA (2)

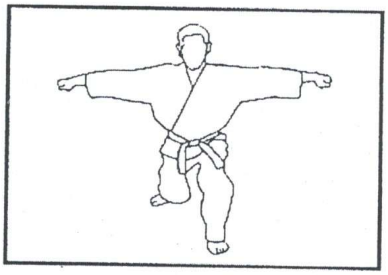
Sayu-barai-uke
(Double blocage bas de côté)



Chudan wari-uke
(Double blocage niveau moyen)



Sayu-zuki
(Double coup de poing de côté)



3.



Green

Required Techniques and Positions

Positions (Dachi):

- *Kokutso Dachi* *

Kicks (Geri):

- Ura Mawashi-Geri
- Ushiro-Geri

Strikes (Uchi/Zuki):

- Empi
- Hitsui
- *Shuto* *
- *Yohon-Nukite* *

- *Kaku-Zuki* *
- *Morote-Zuki* *
- *Nukite-Zuki* *
- Oi-Zuki
- Sayu-Zuki

Blocks (Uke):

- Chudan Yoko-Uke
- Chudan Yoko-Shuto-Uke
- Chudan Wari-Uke
- Gedan Yoko-Barai-Uke
- Sayu Barai-Uke

* Already used in Kata/Forms/Penan