

LES

TECHNIQUES

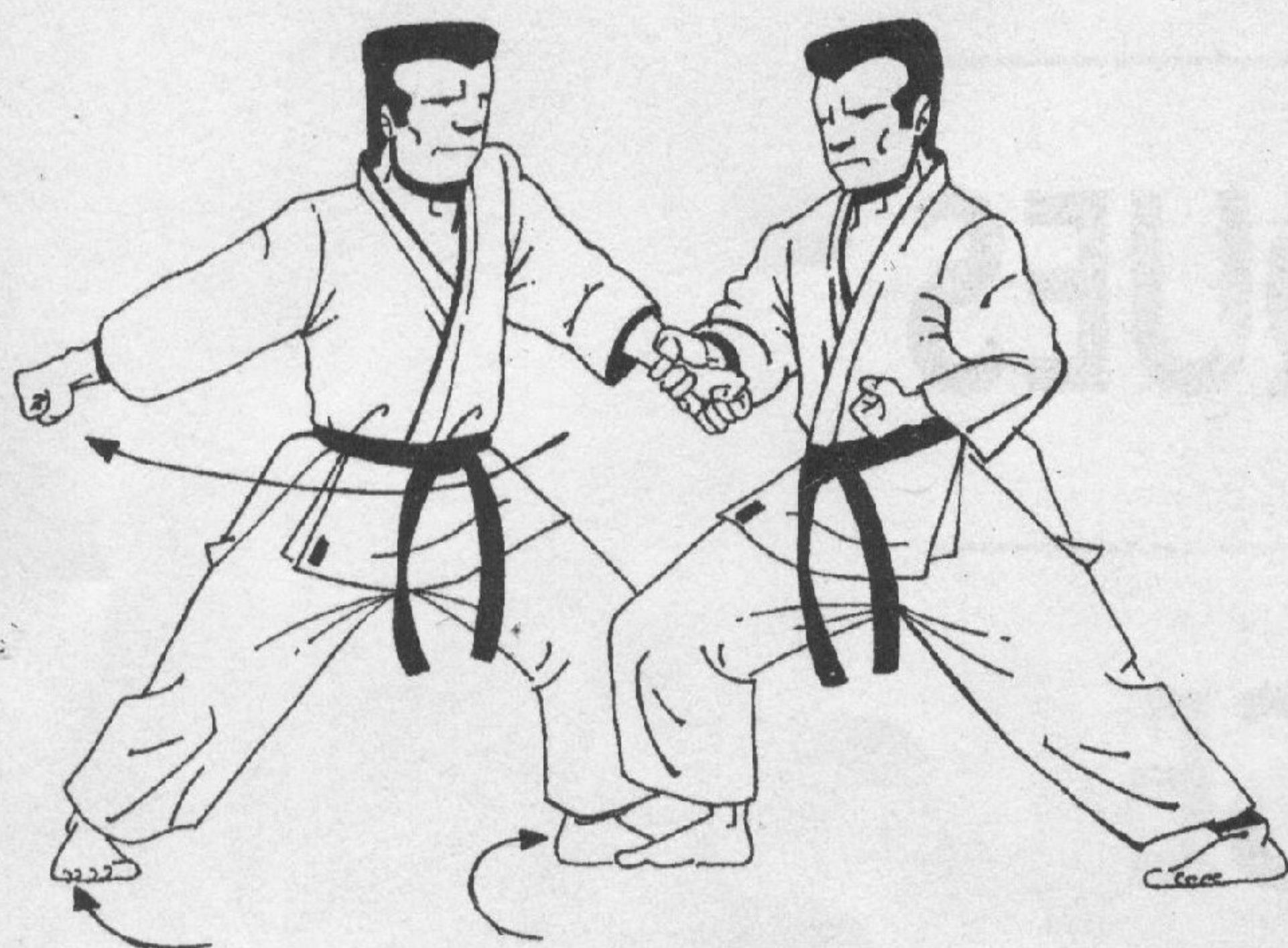
DE BASE

PAR ATÉMIS

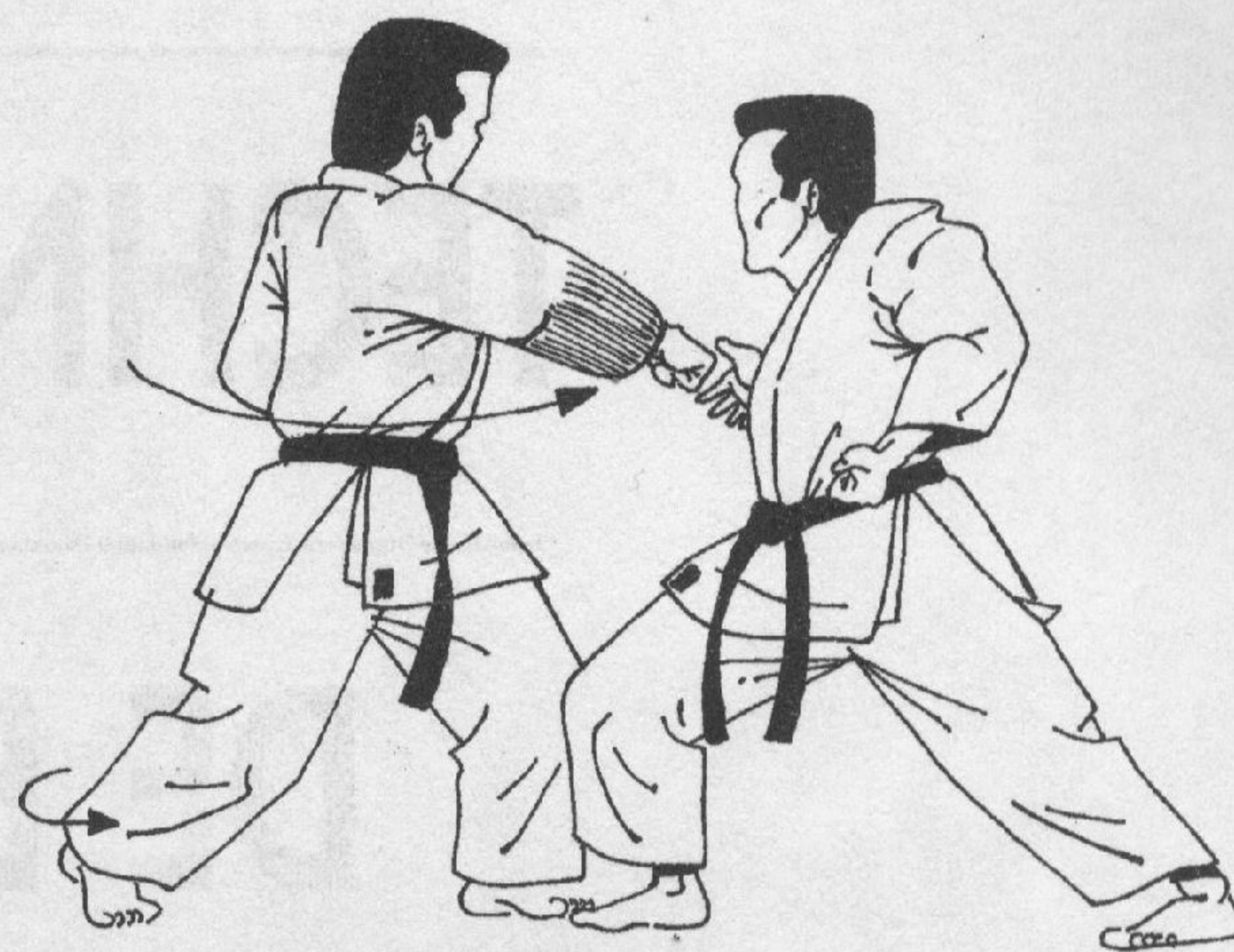


Atémi 1

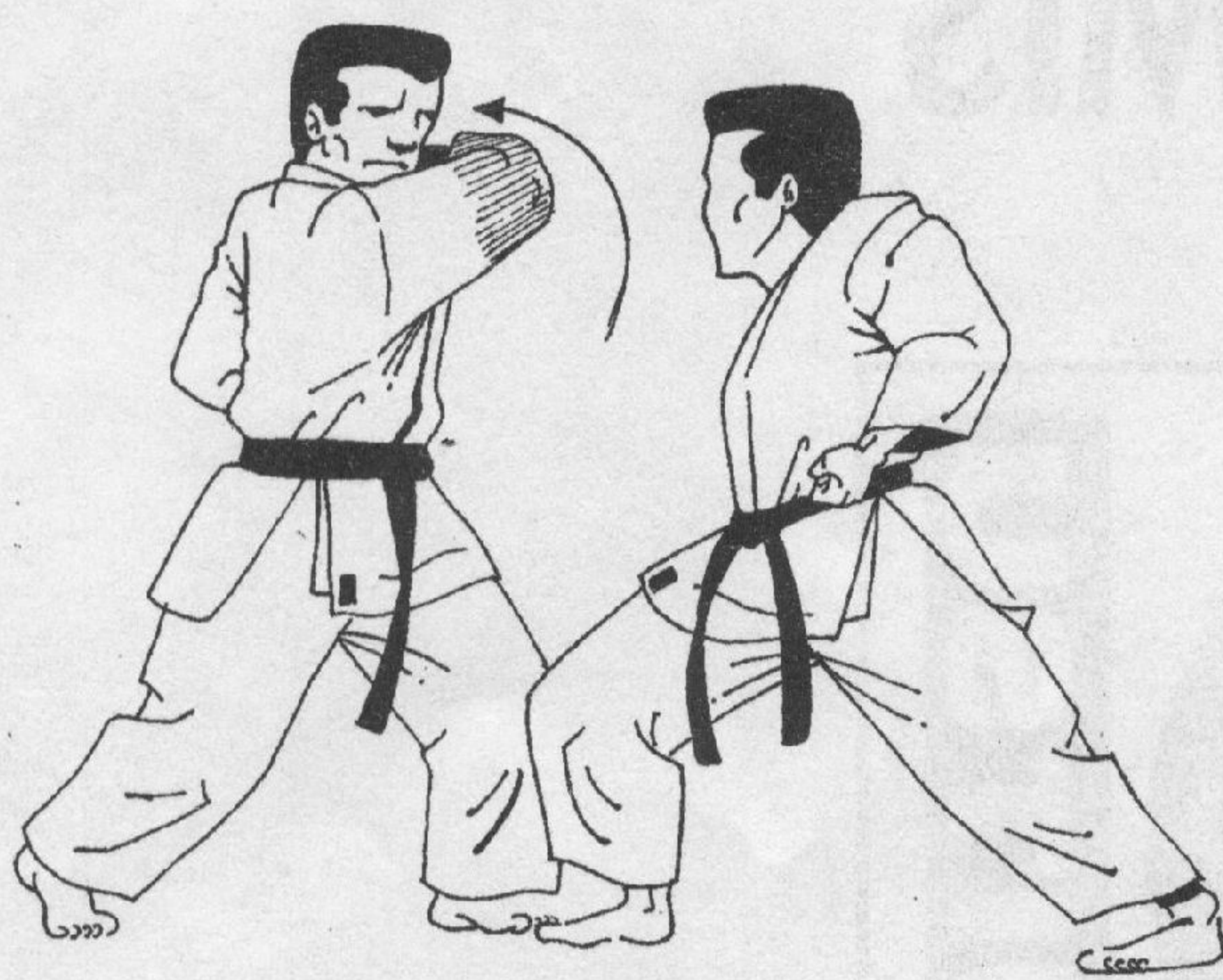
• 1/ Revers de poing au visage



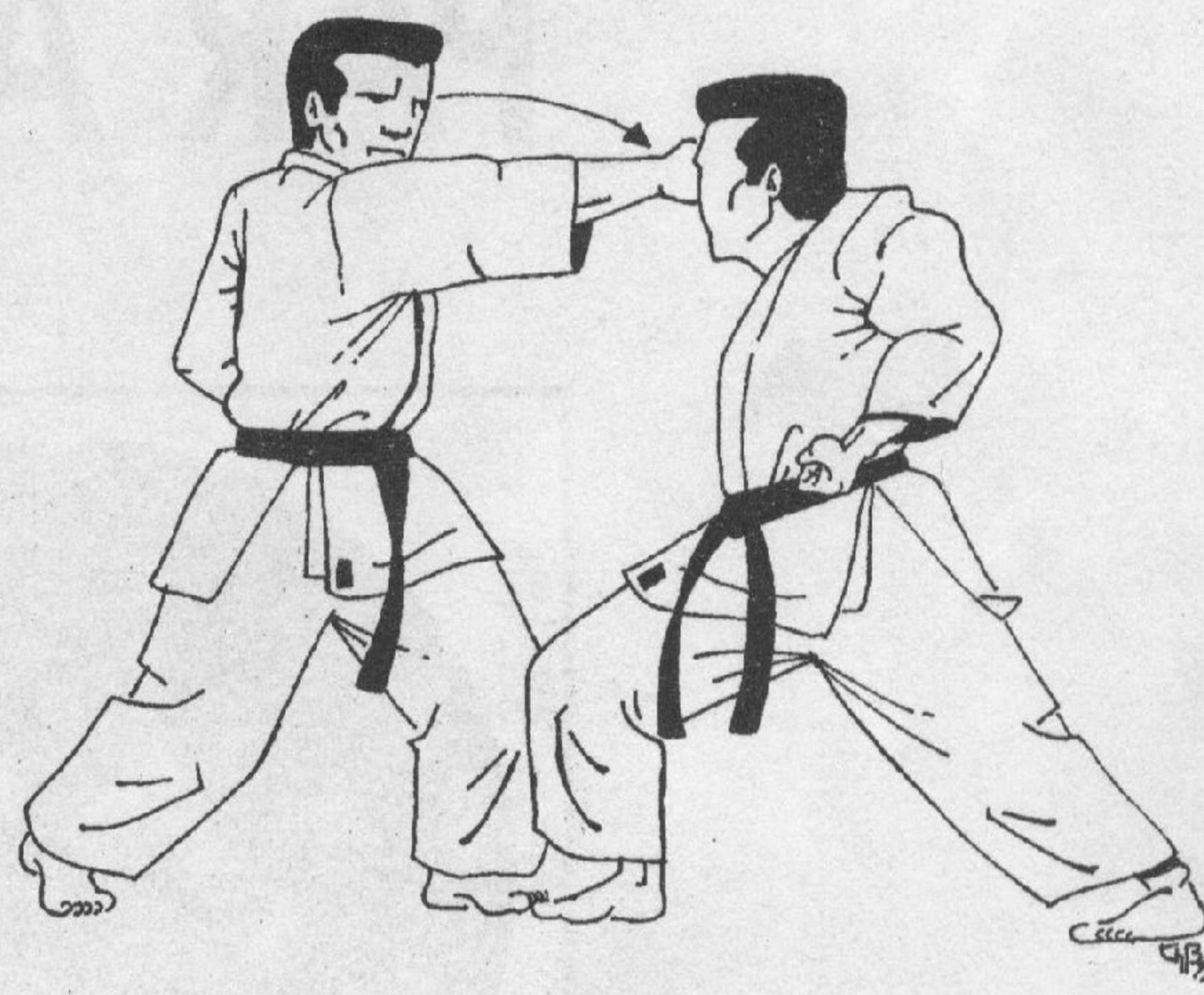
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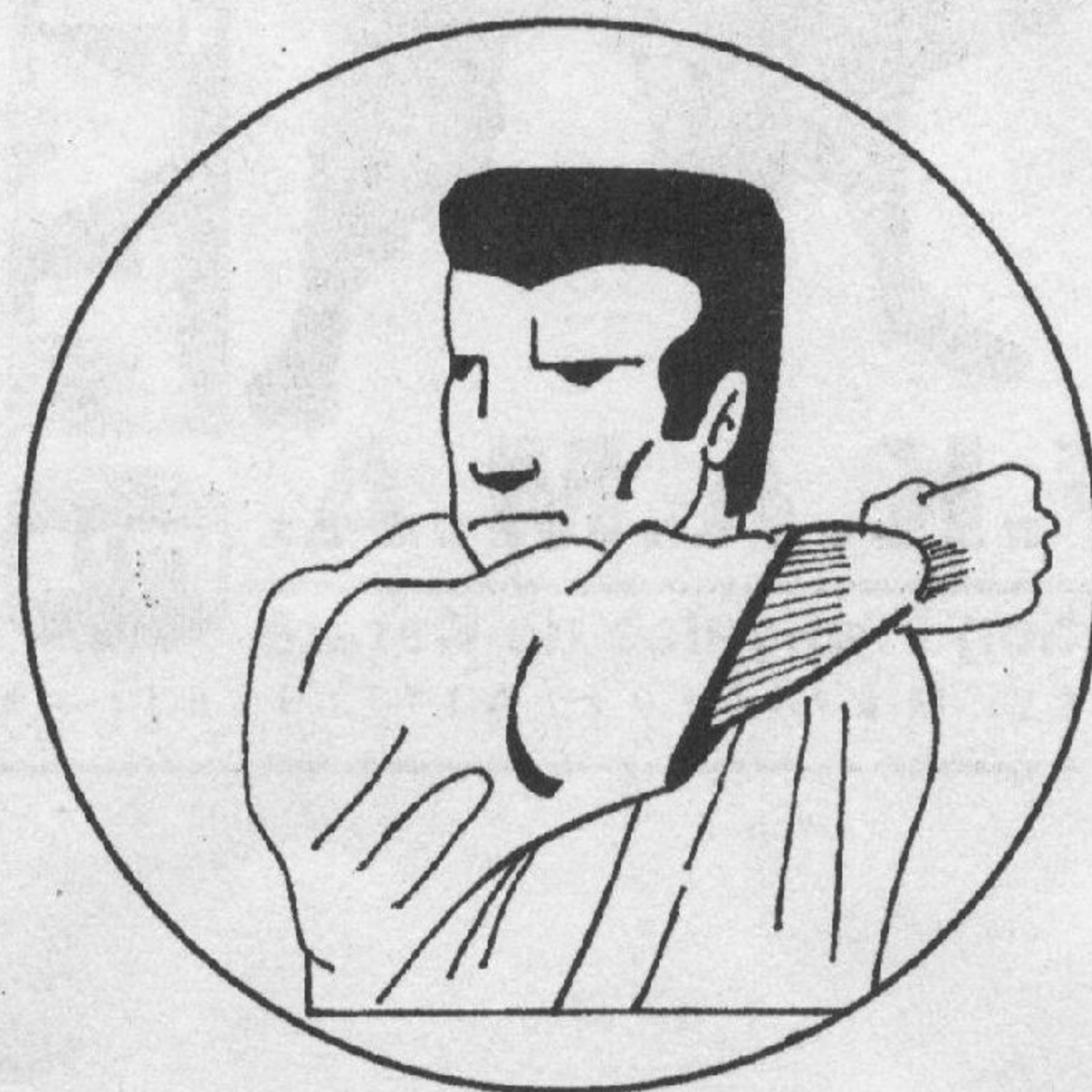
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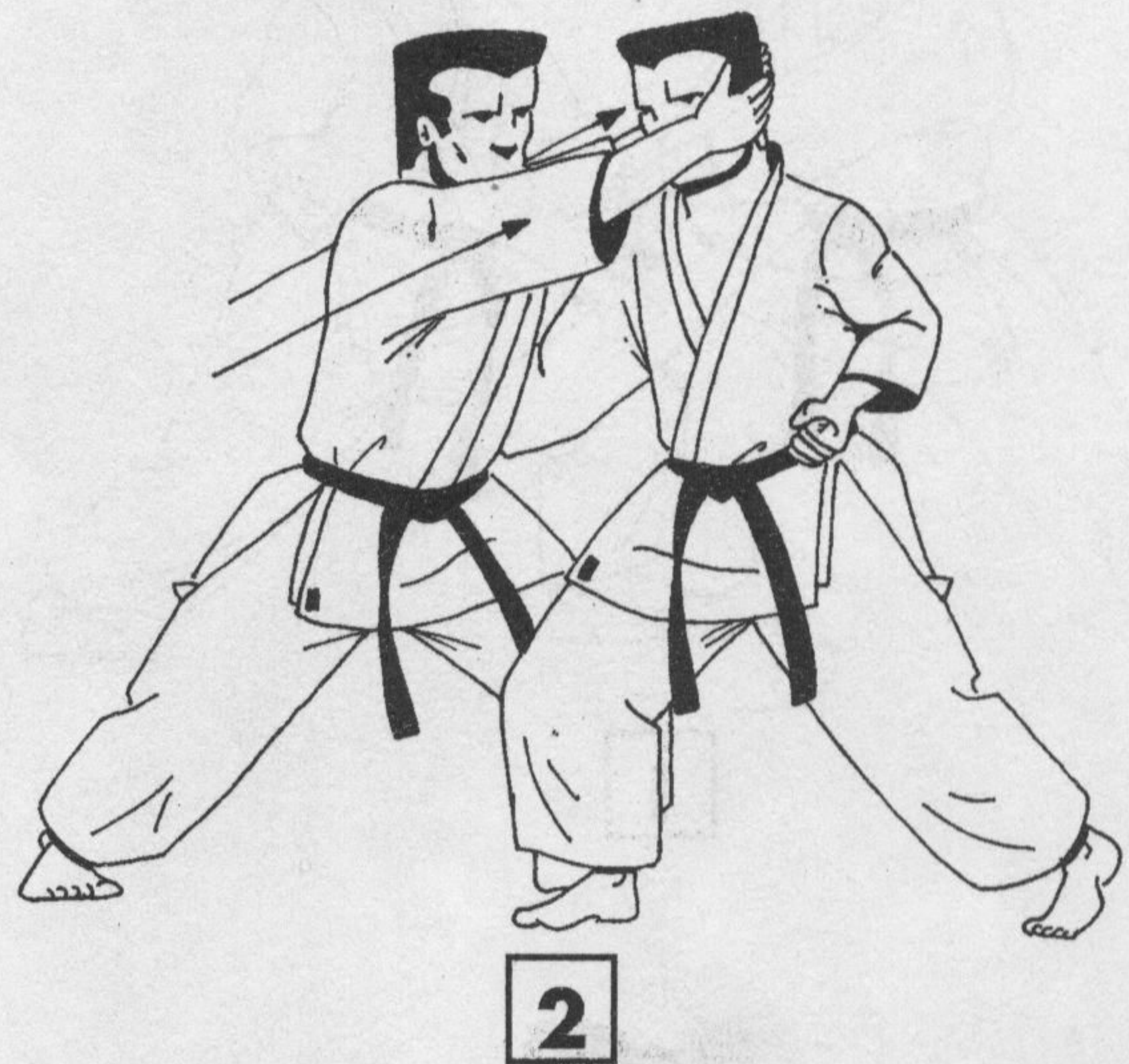
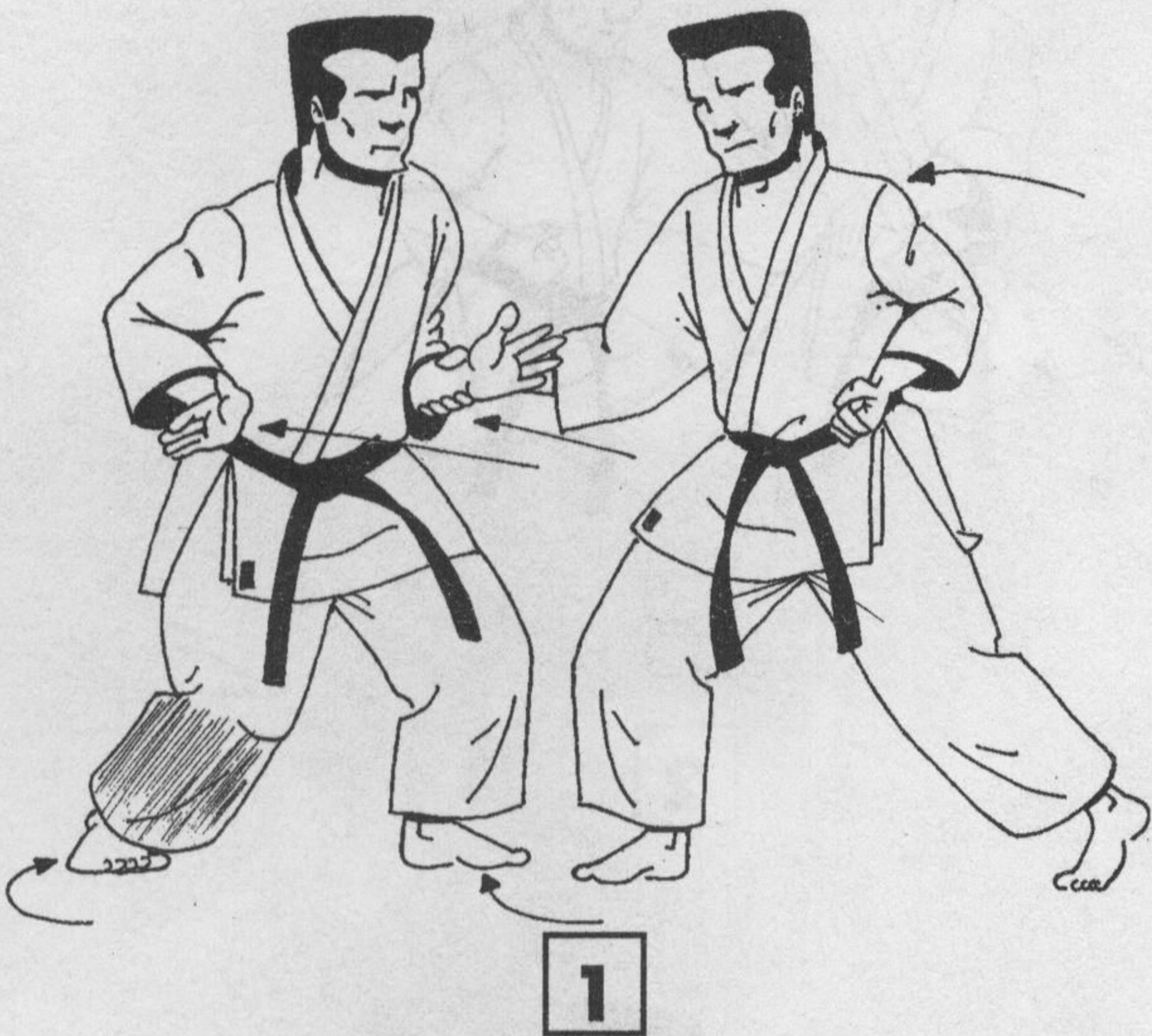


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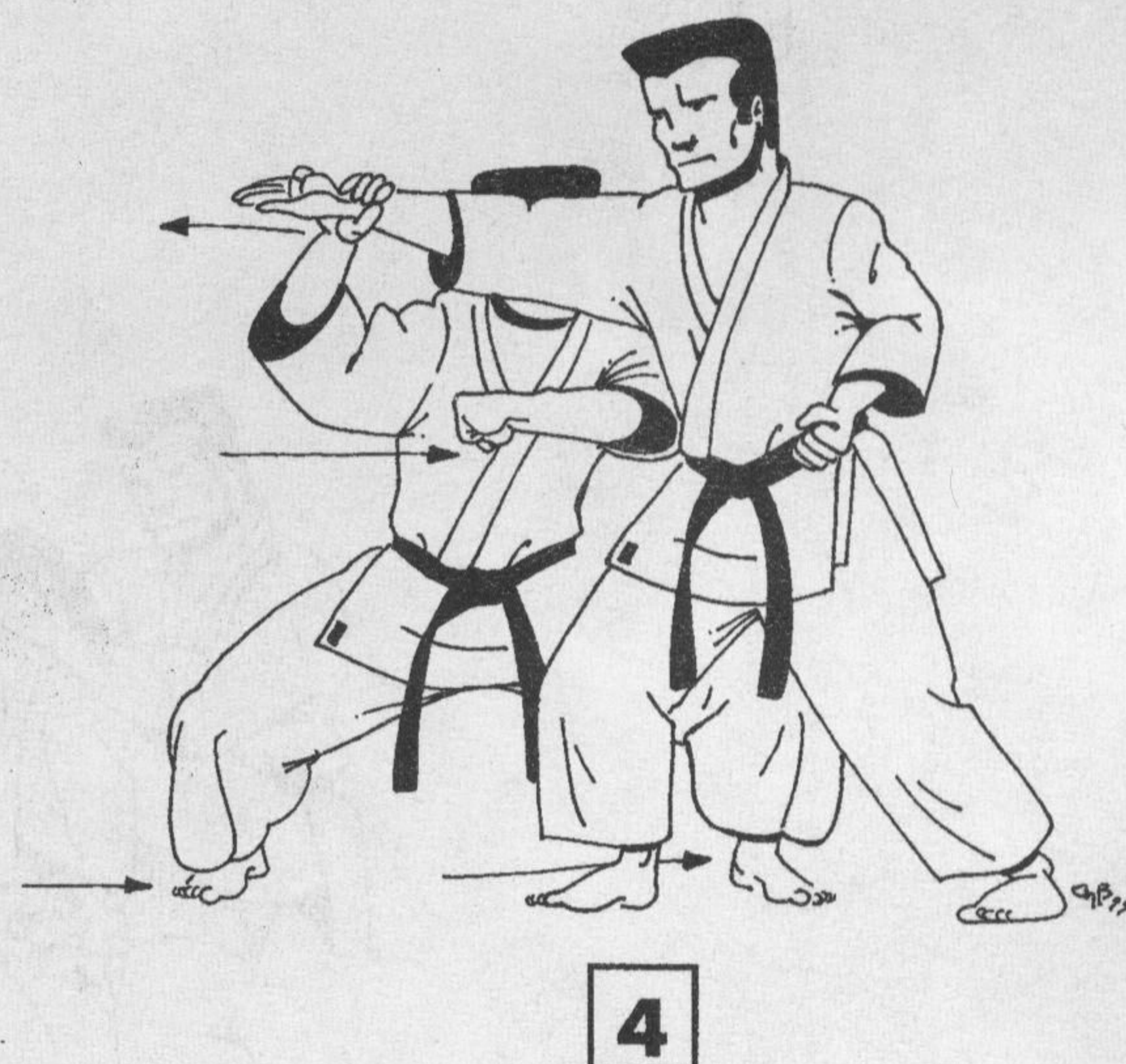
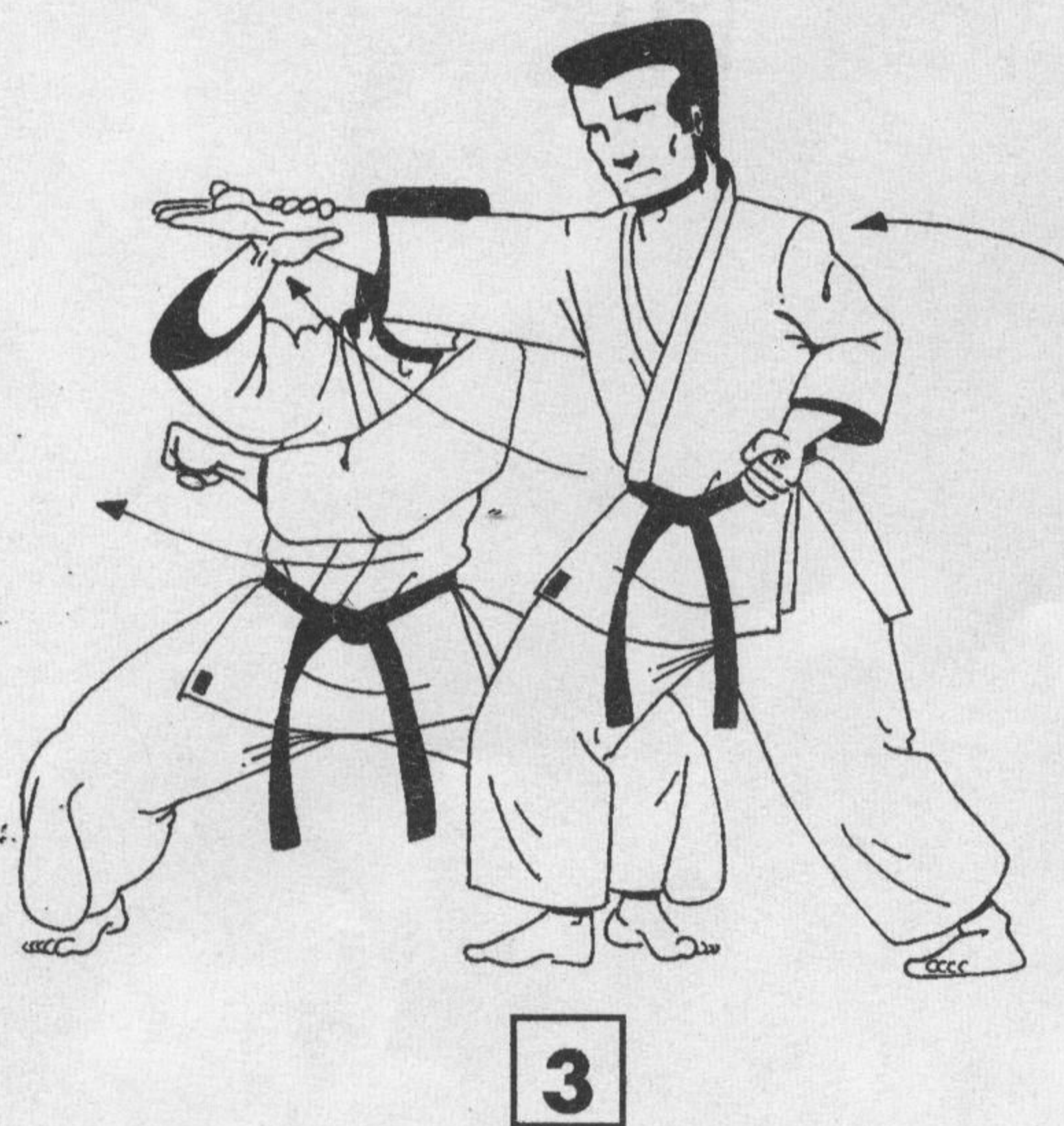
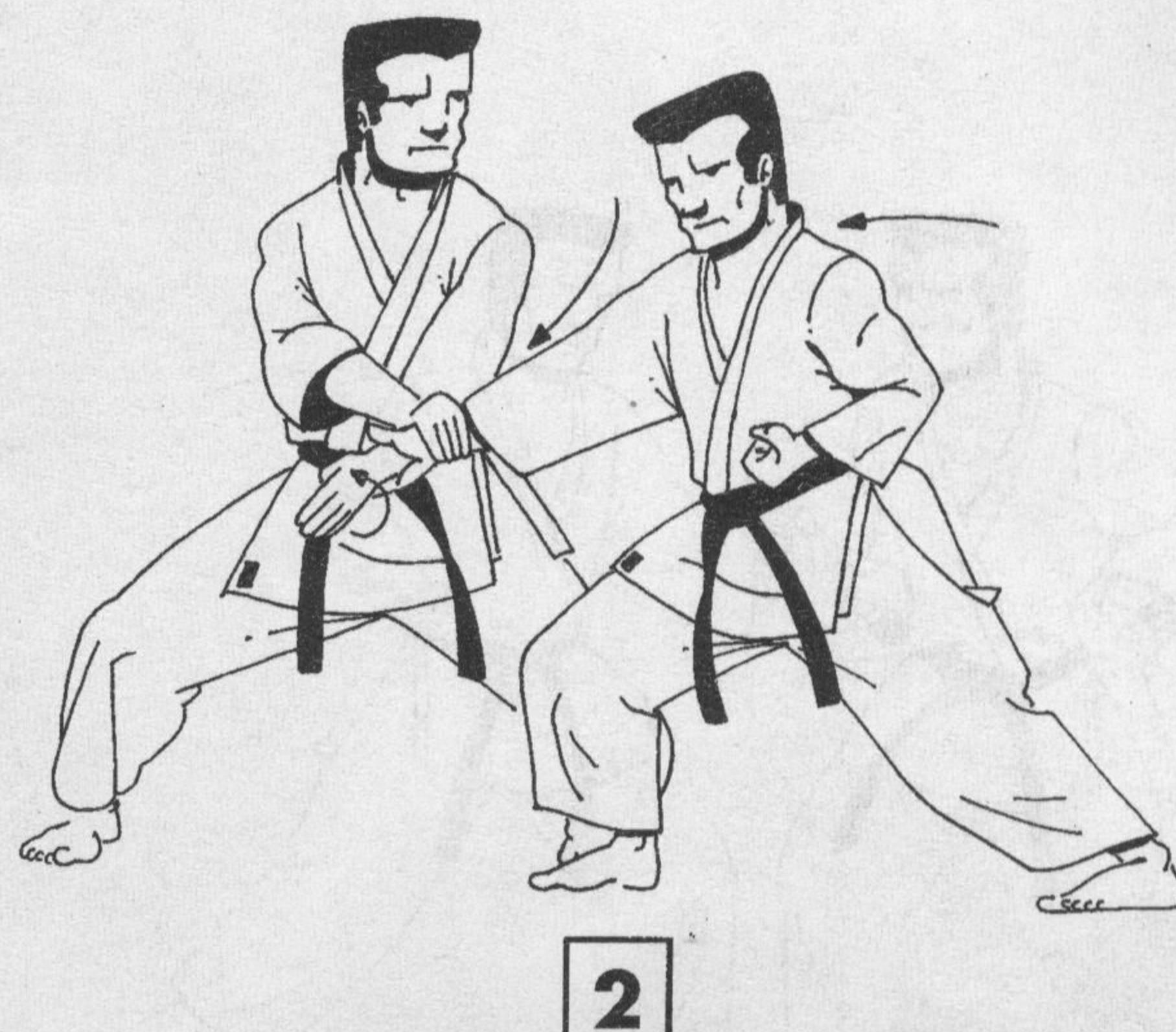
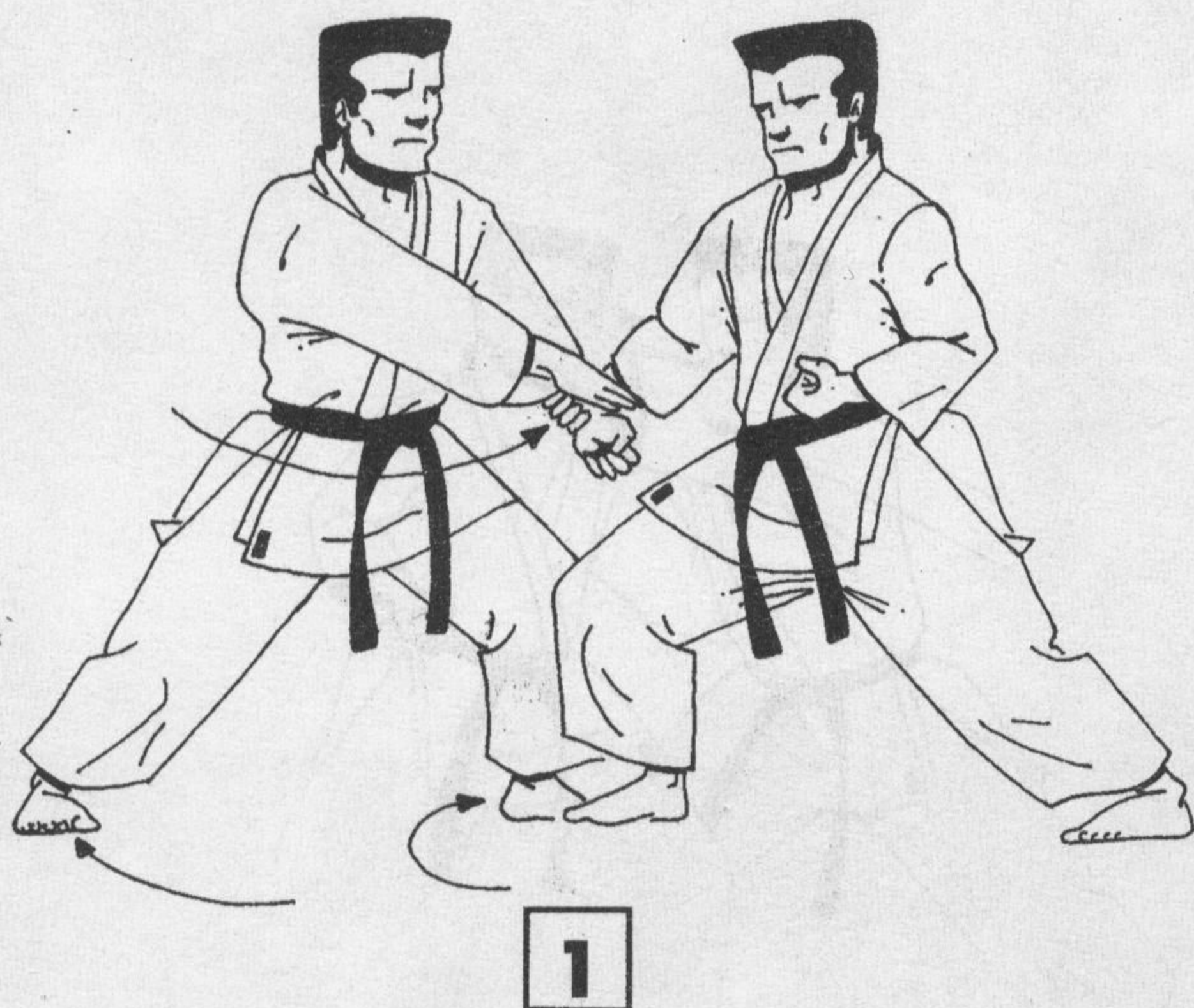
Atémi 2

• 2/ Coup de genou au visage



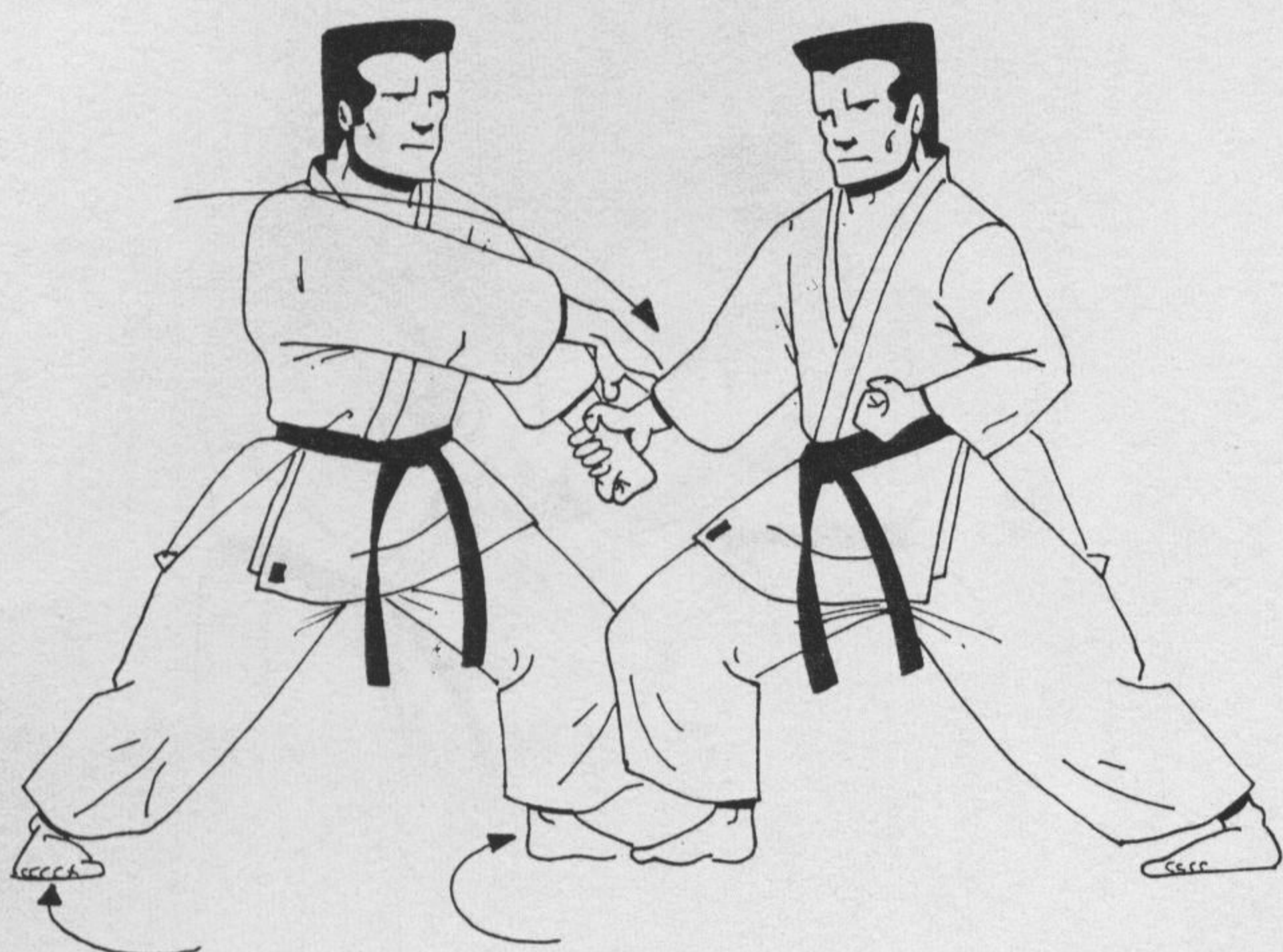
Atémi 3

• 3/ Coup de coude aux côtes

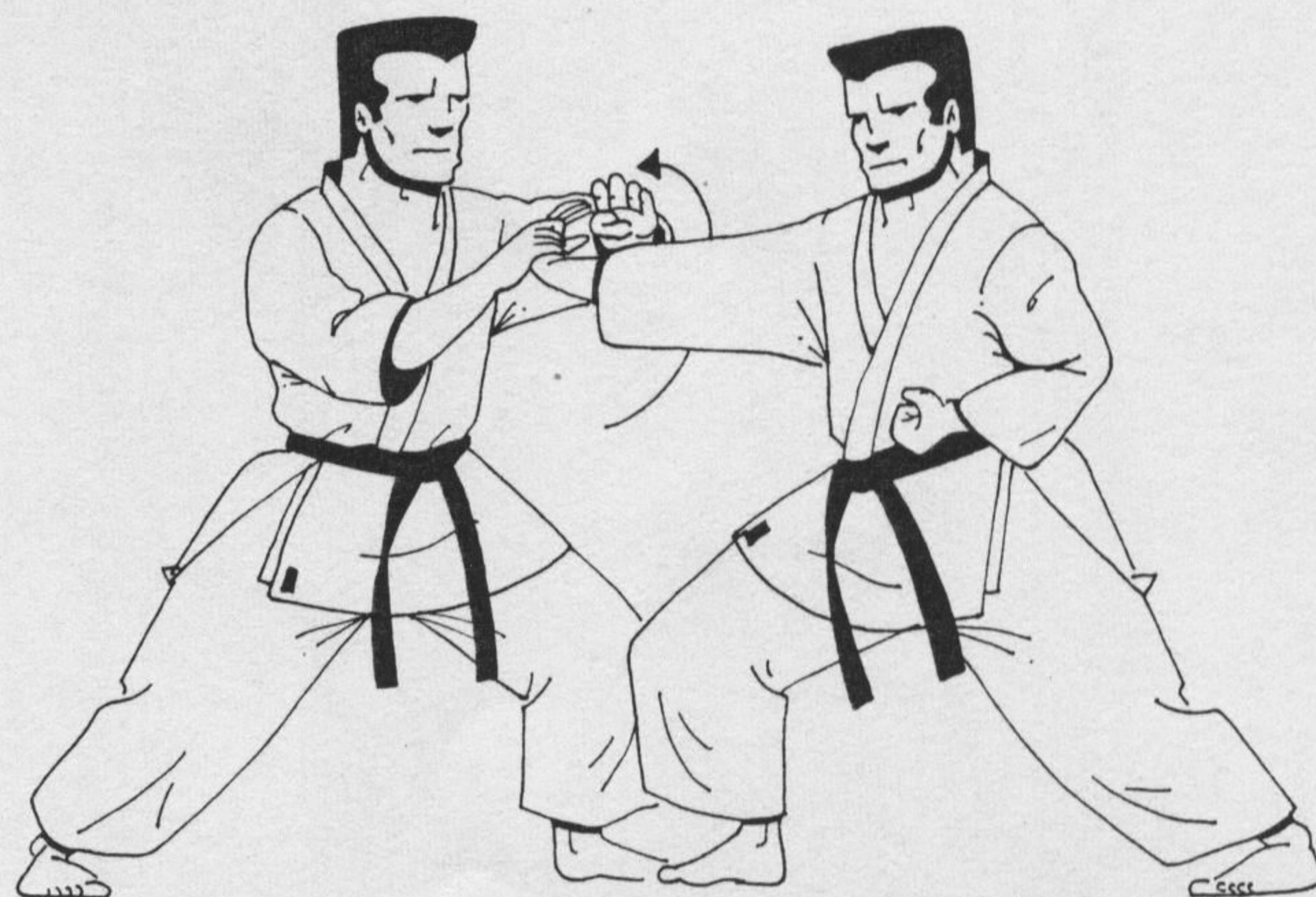


Atémi 4

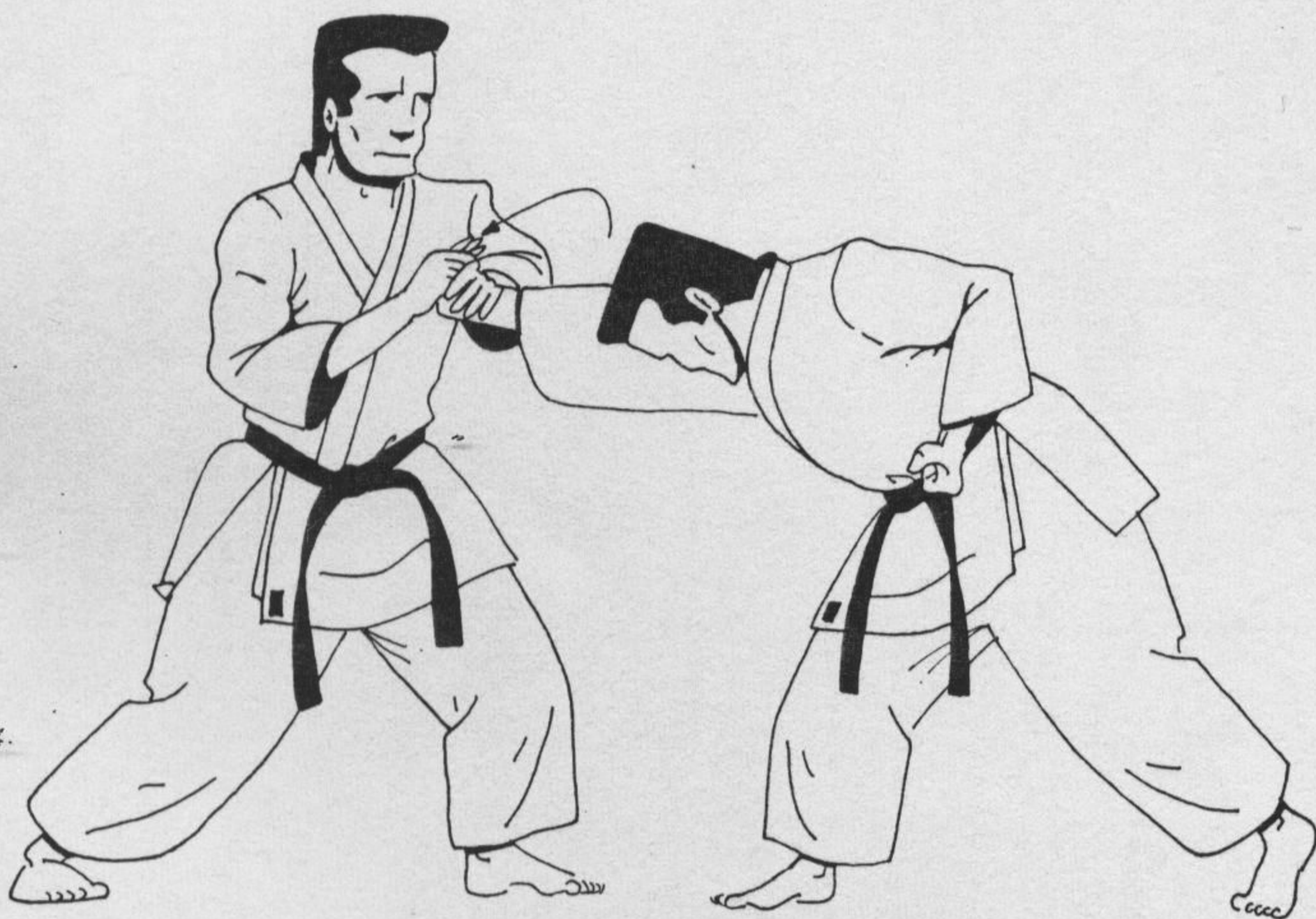
- 4/ Coup de pied direct niveau moyen



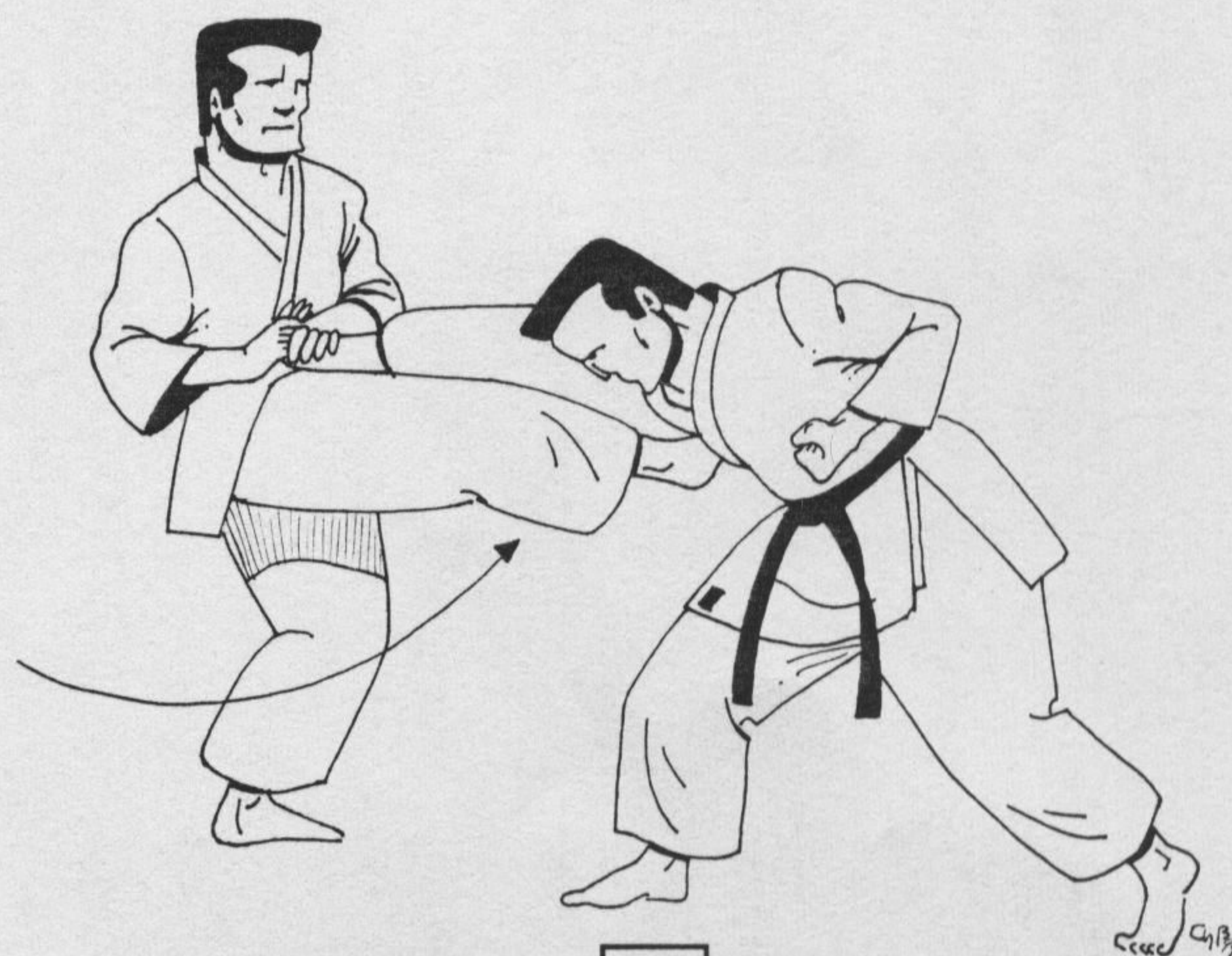
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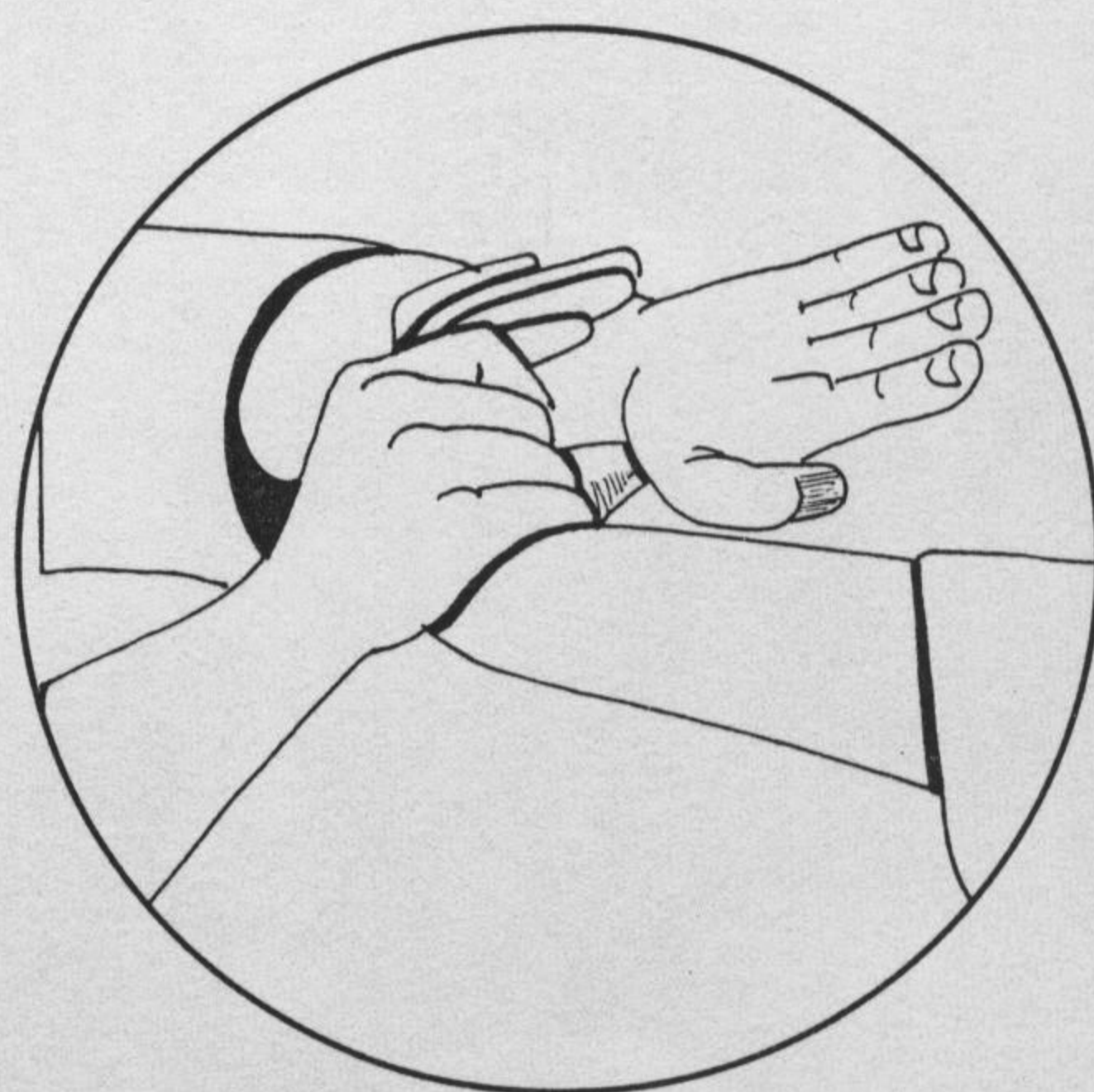
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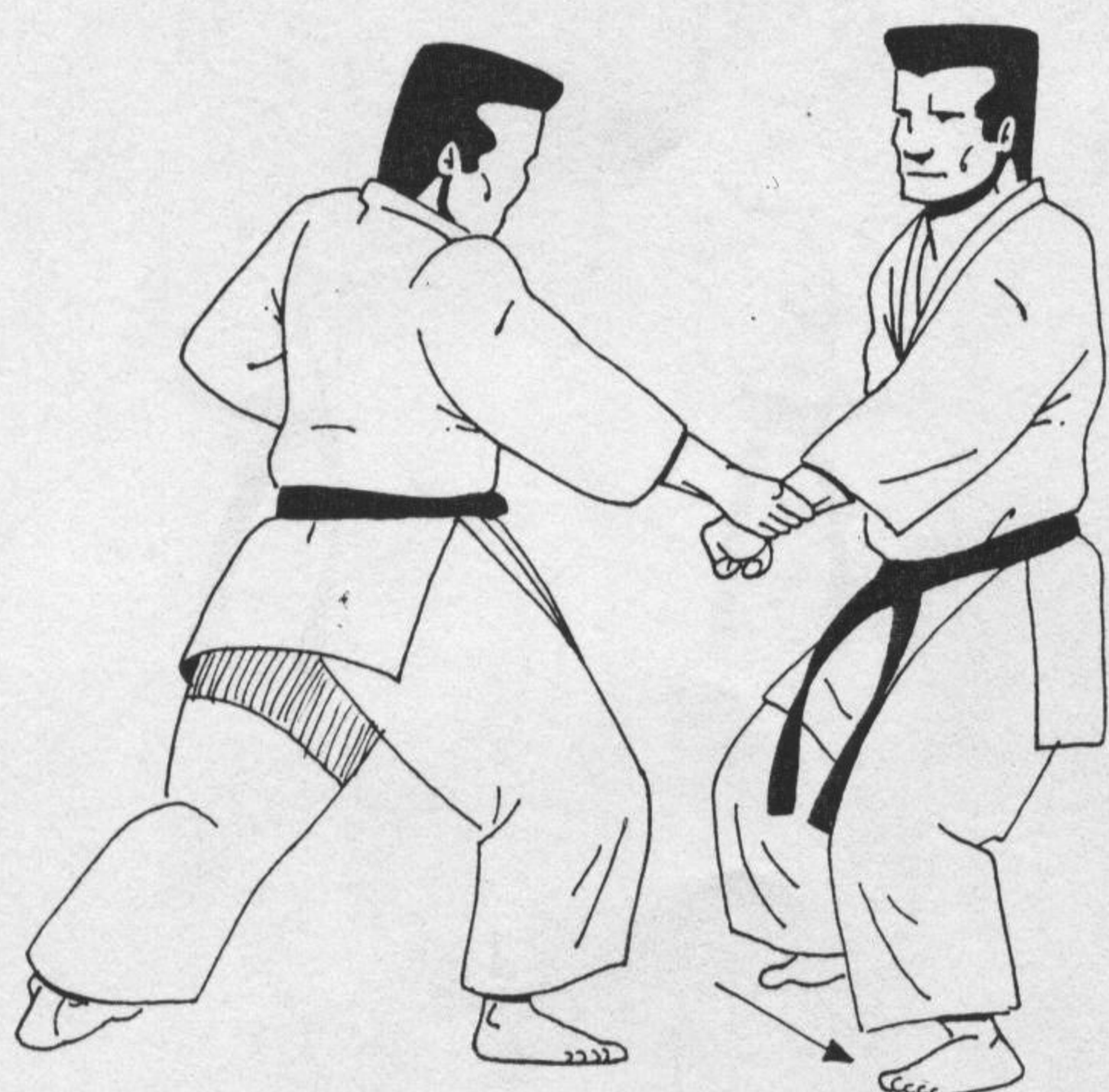


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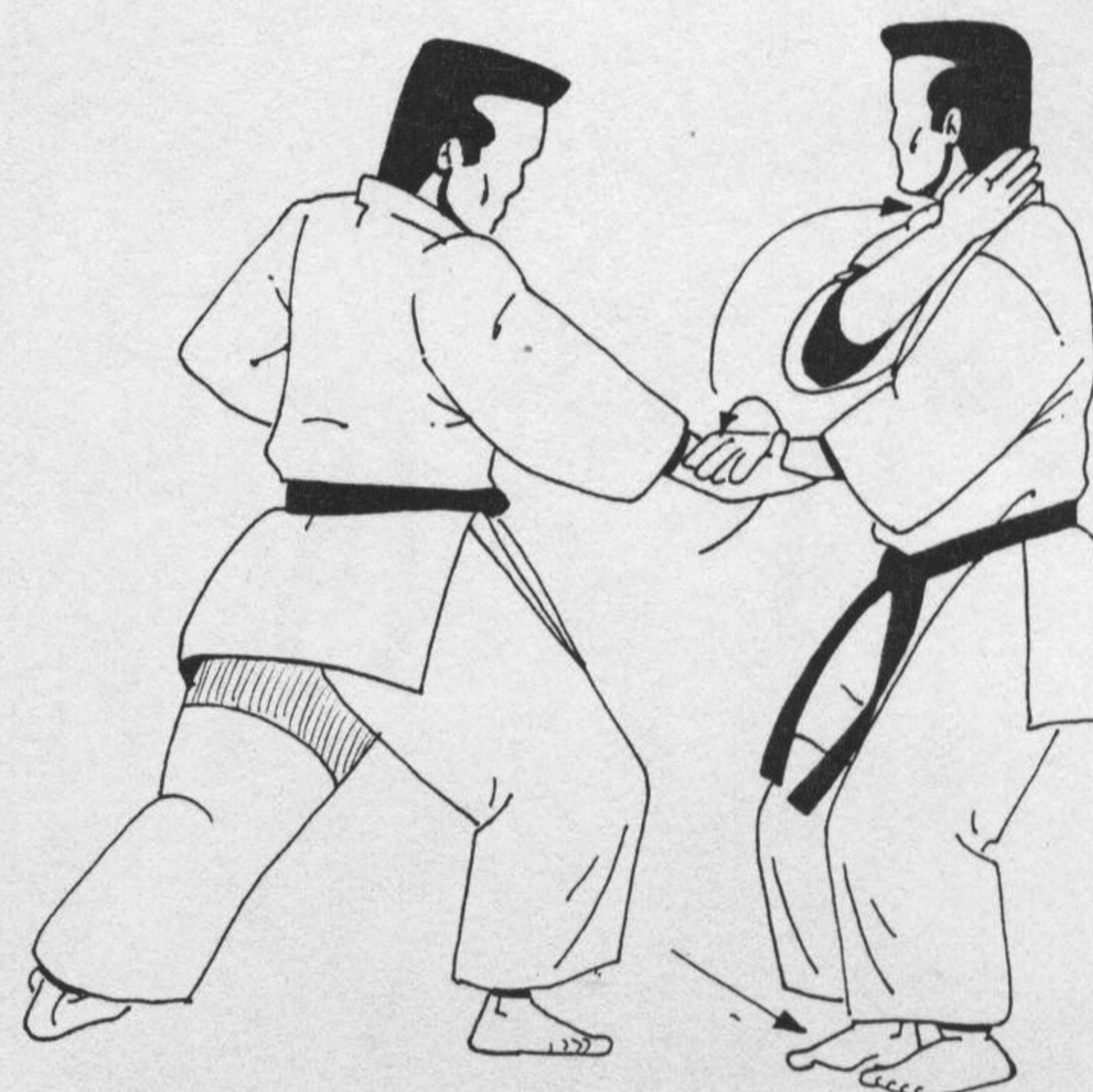


Atémi 5

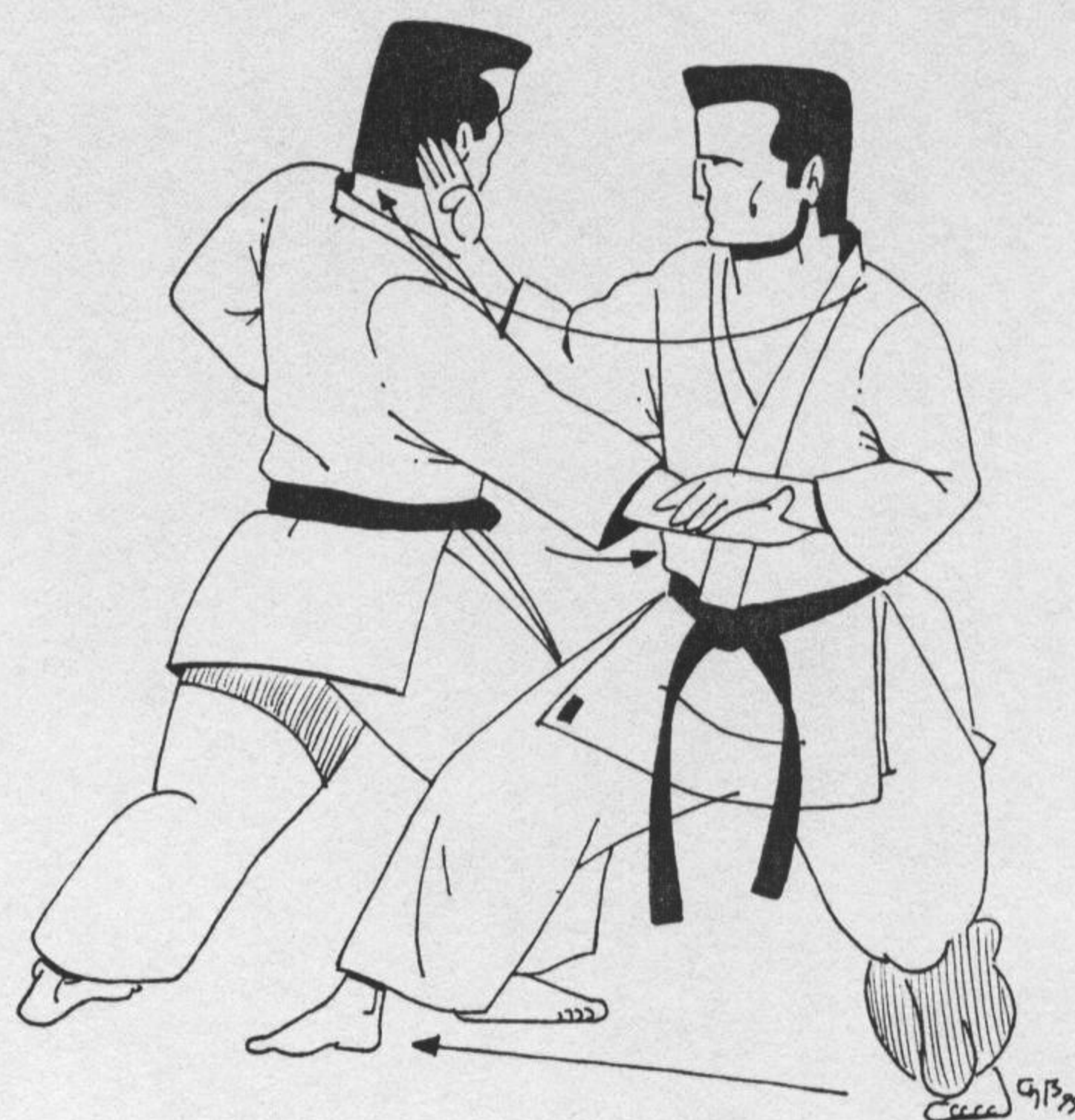
- 5/ Sabre de main au cou



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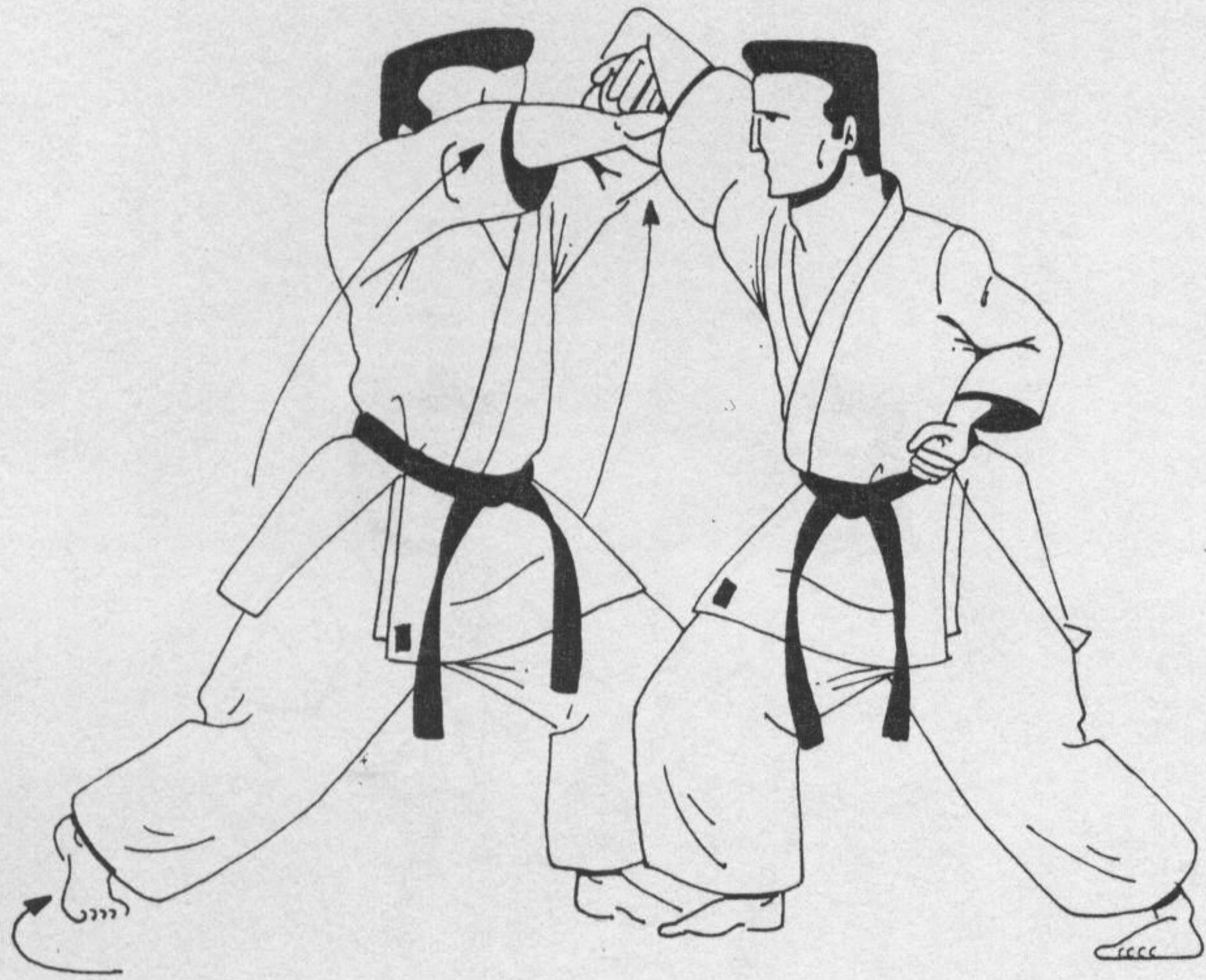
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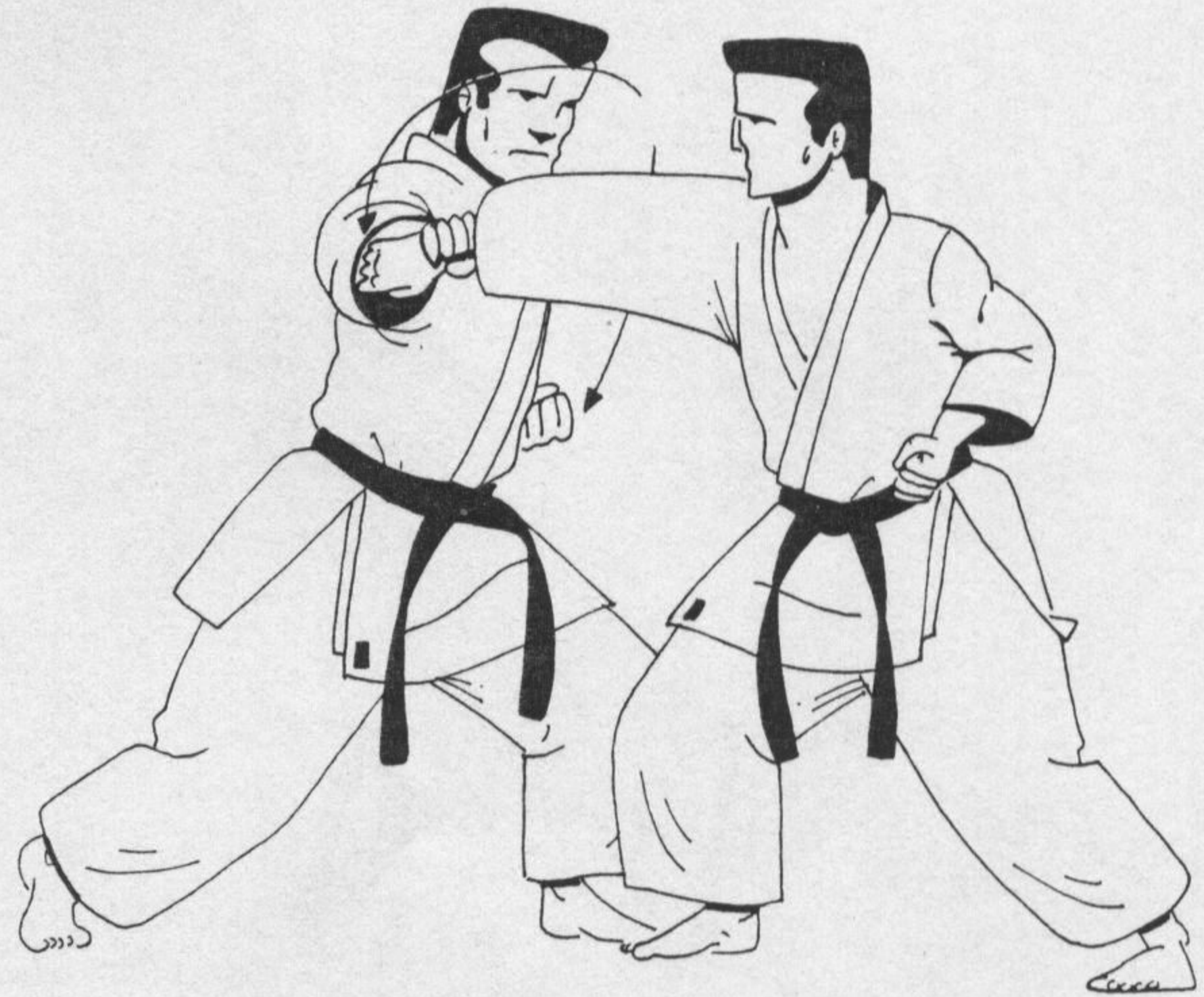
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Atémi 6

- 6/ Coup de pied circulaire niveau moyen



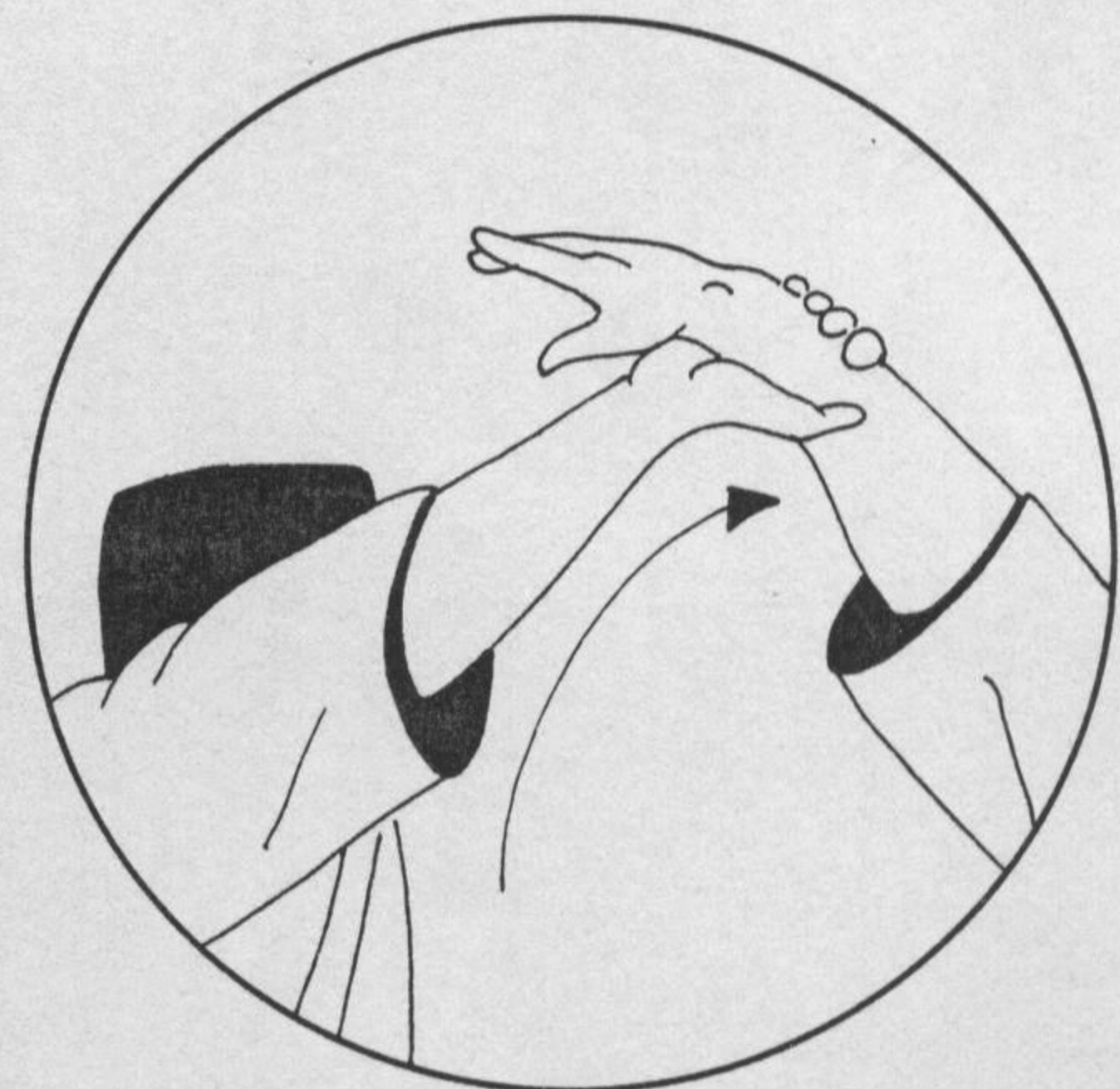
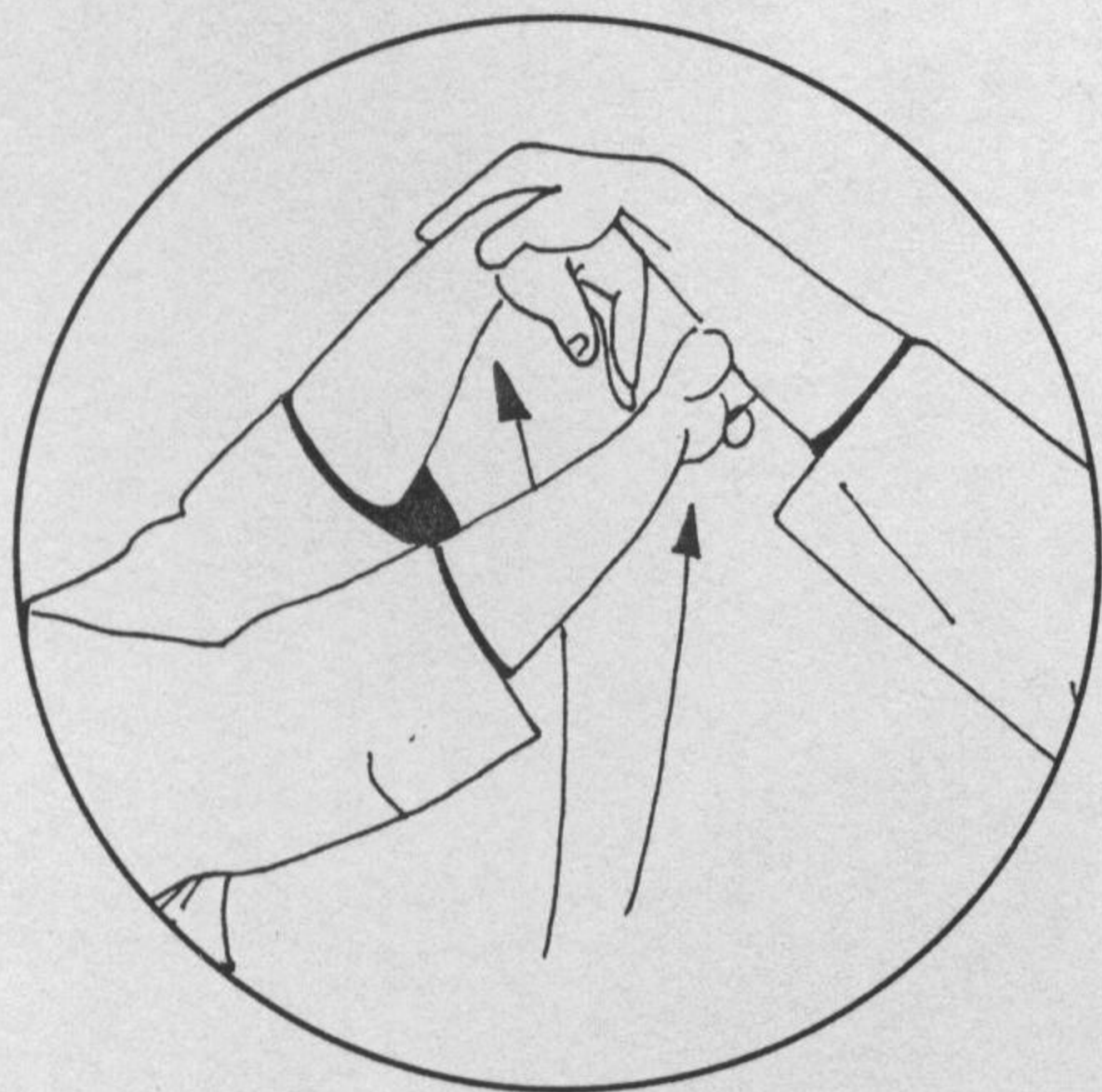
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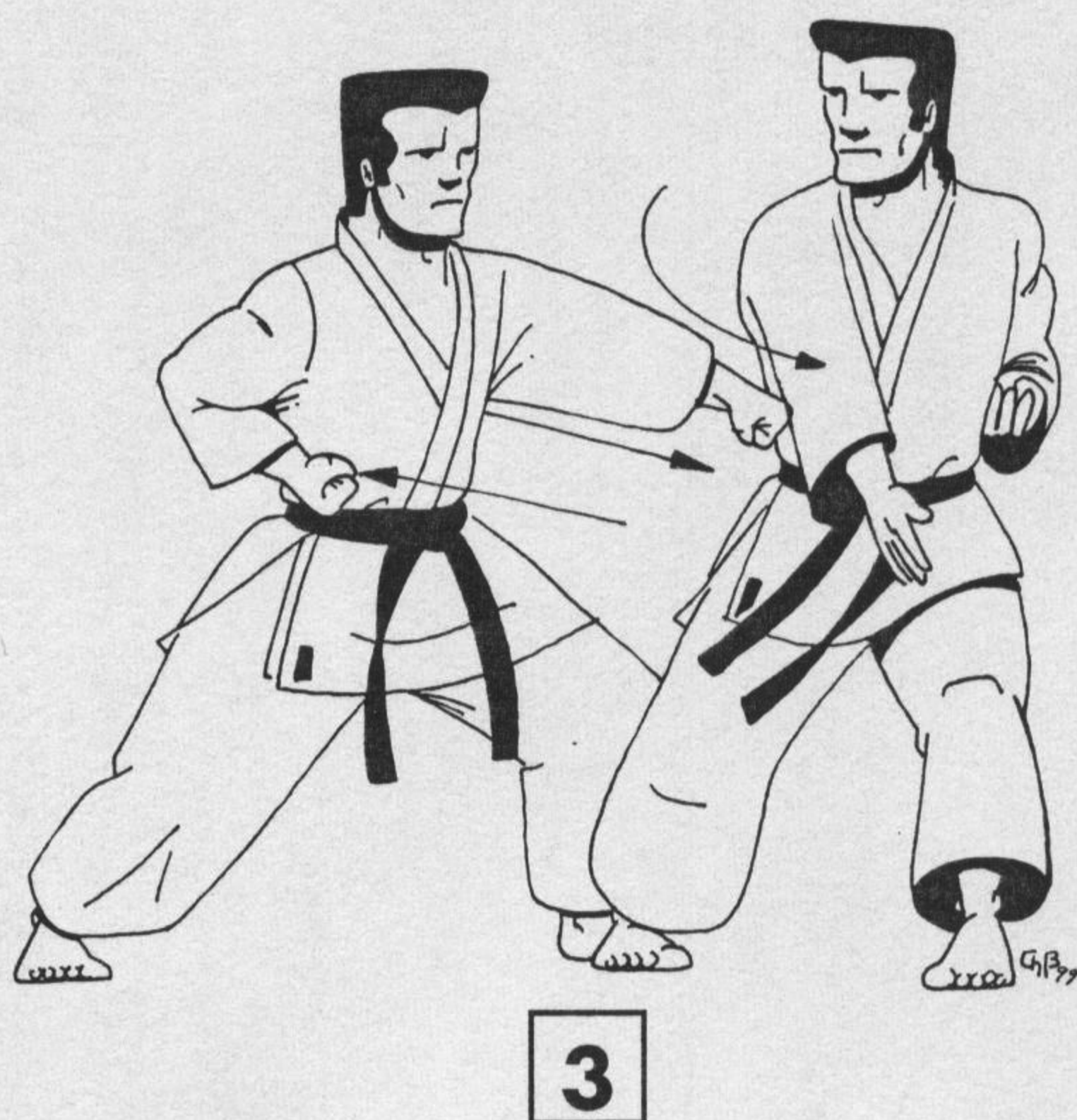
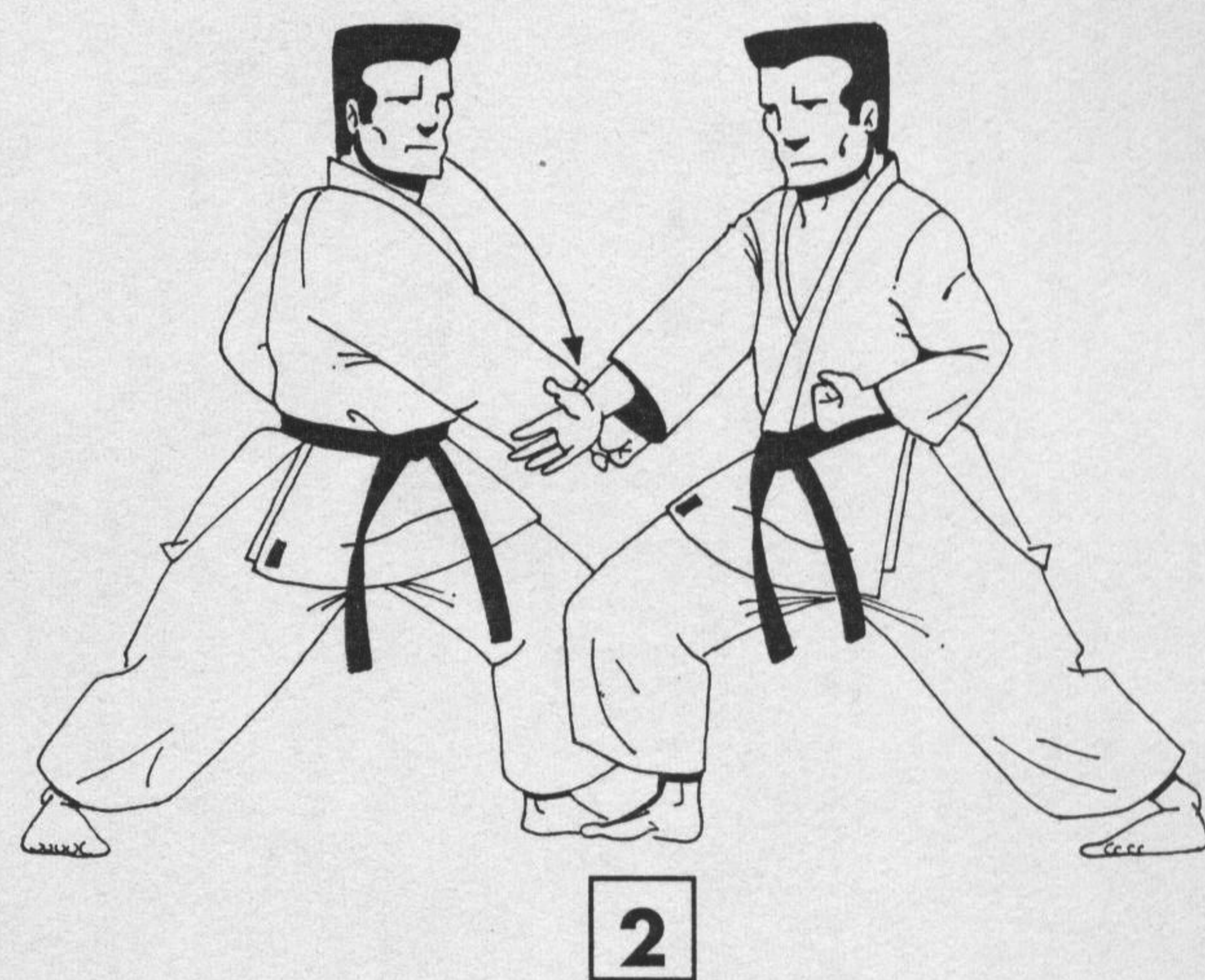
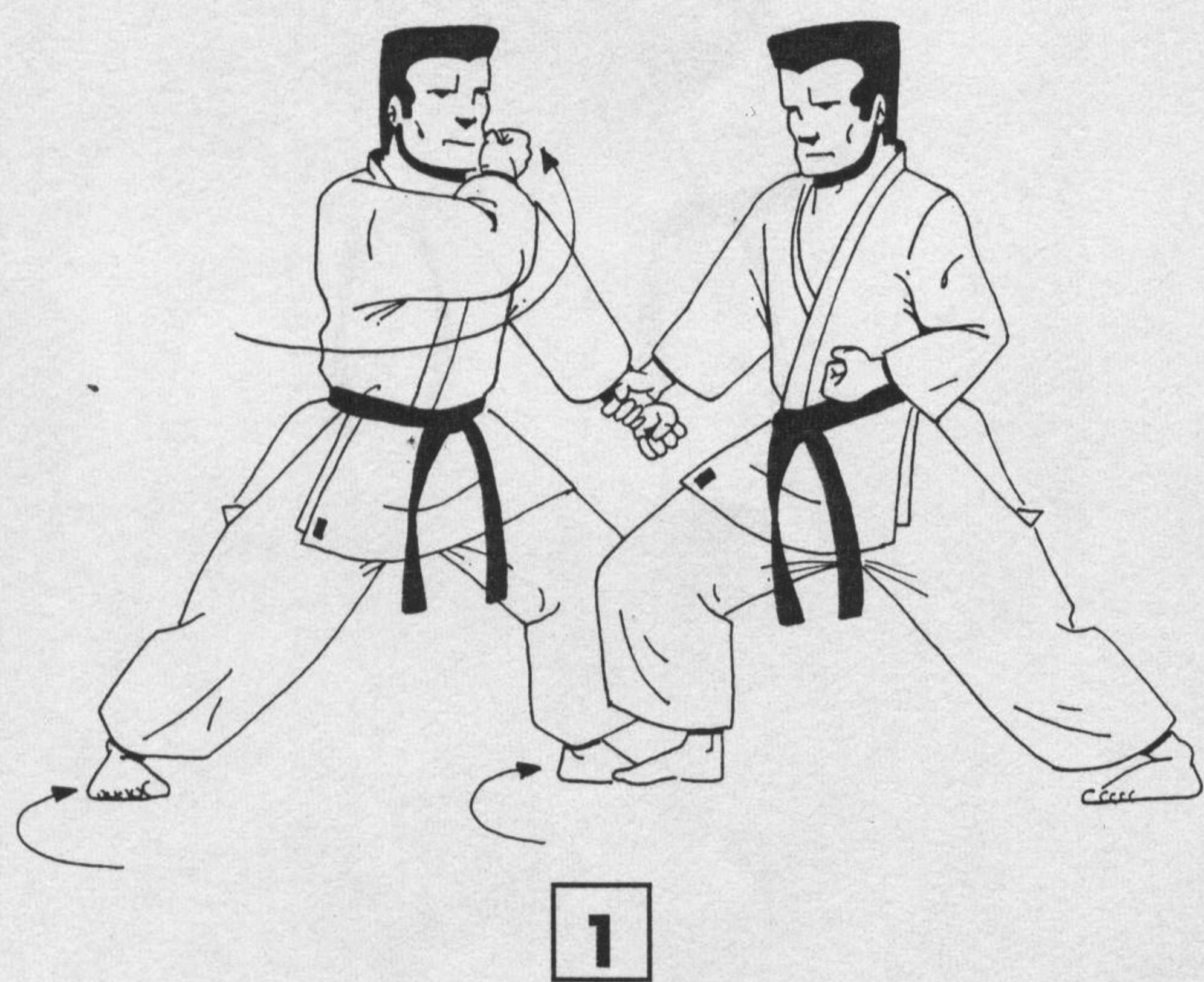


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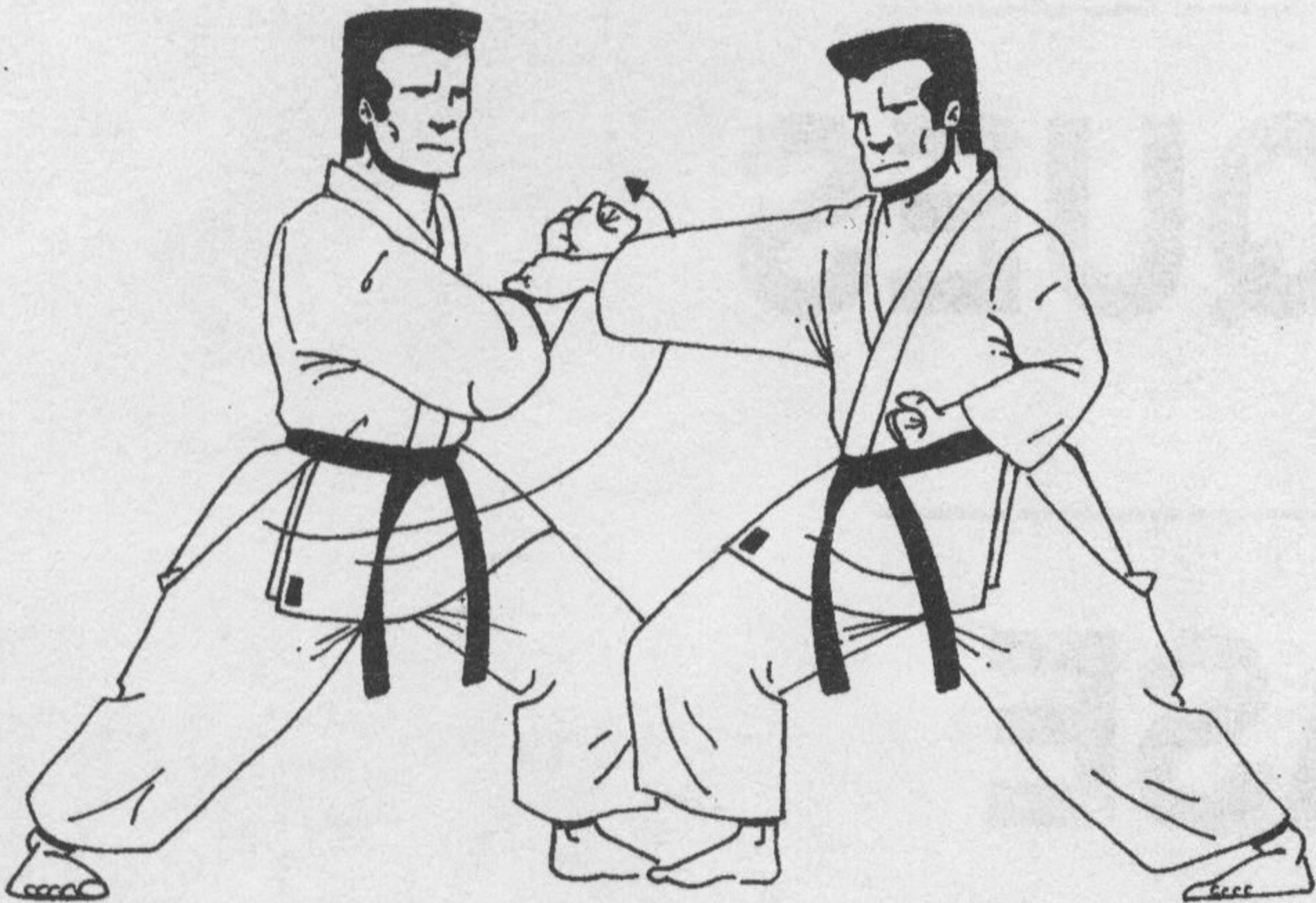
Atémi 7

- 7/ Coup de poing direct aux côtes

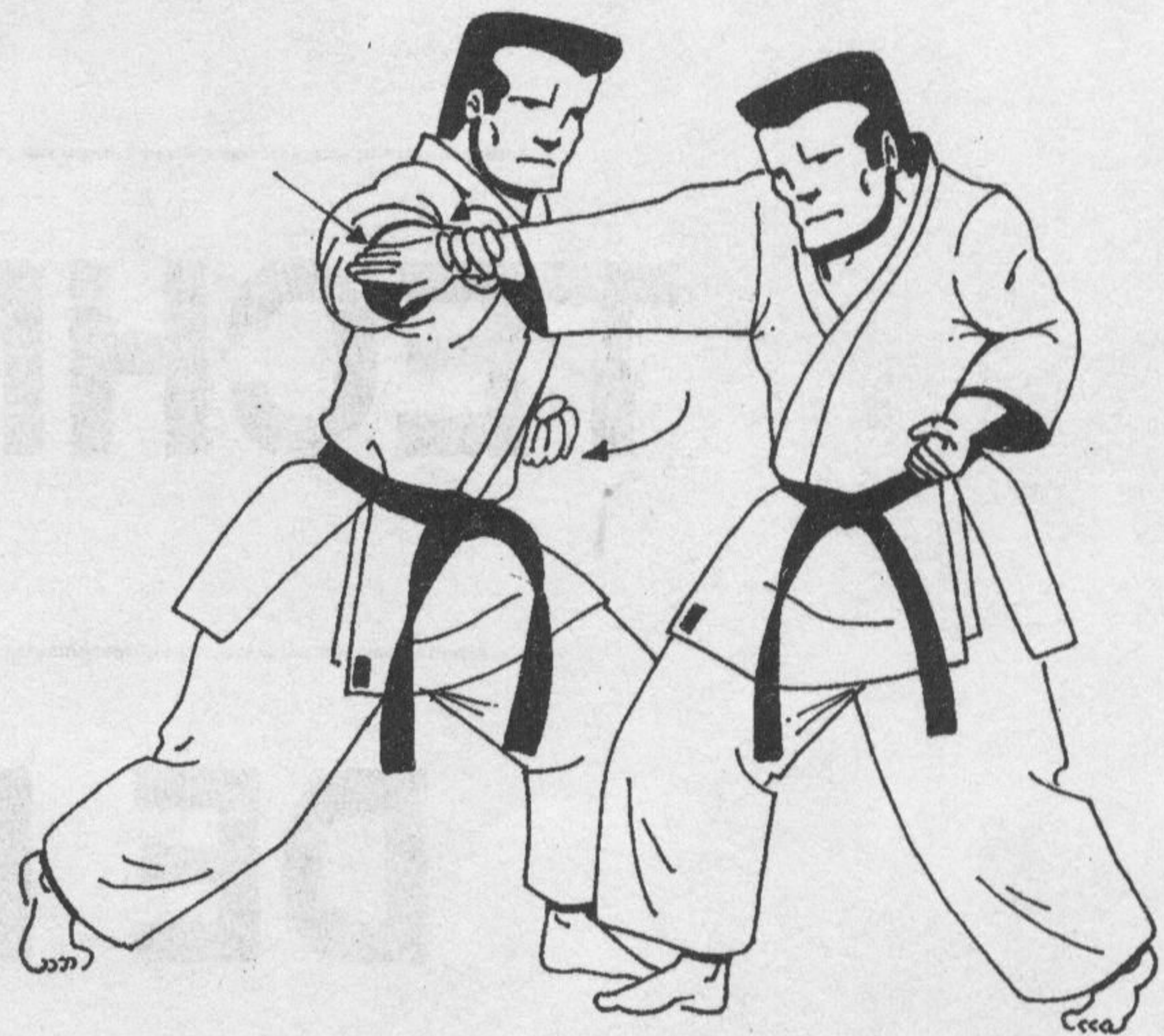


Atémi 8

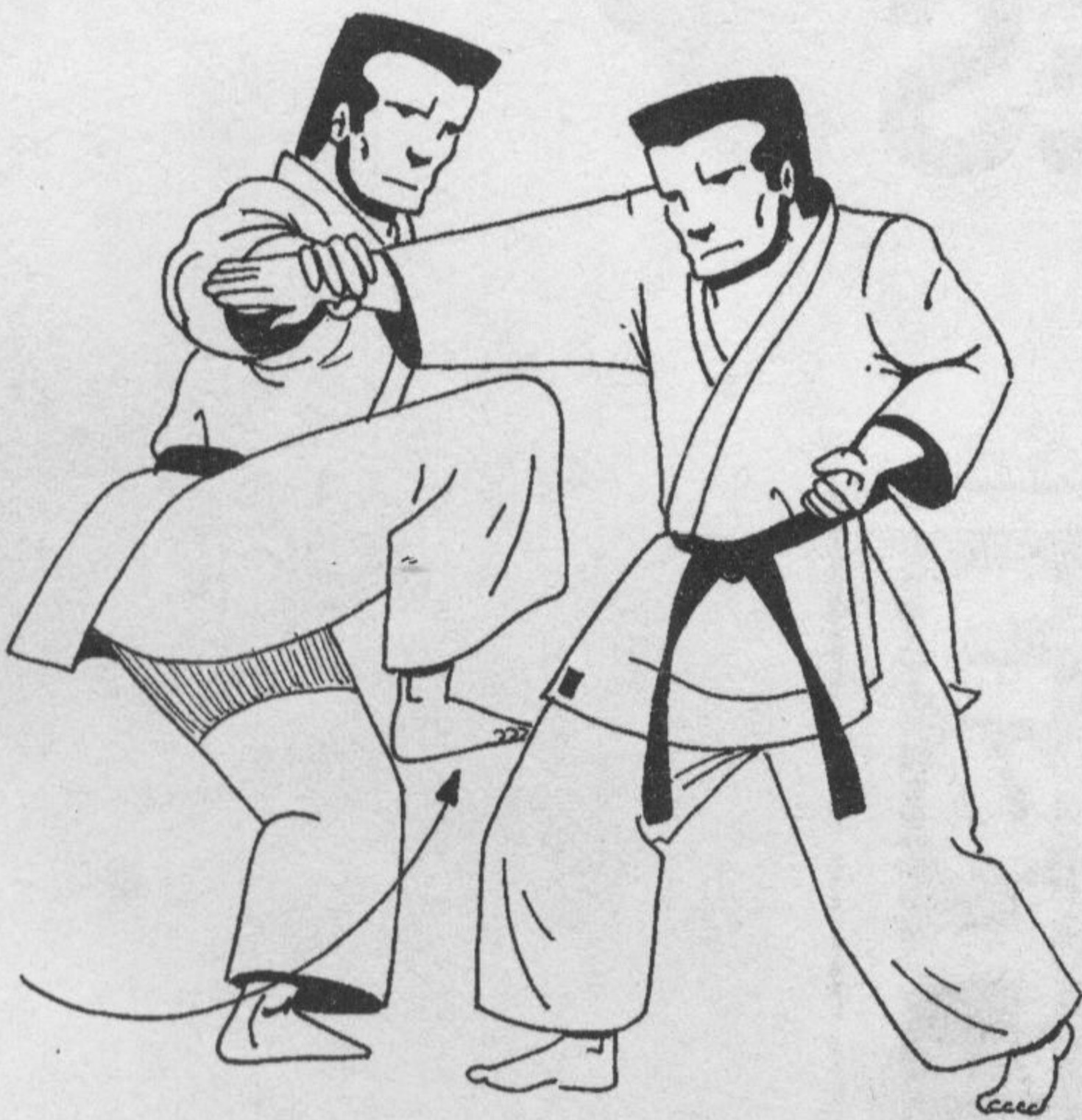
- 8/ Coup de pied latéral au genou



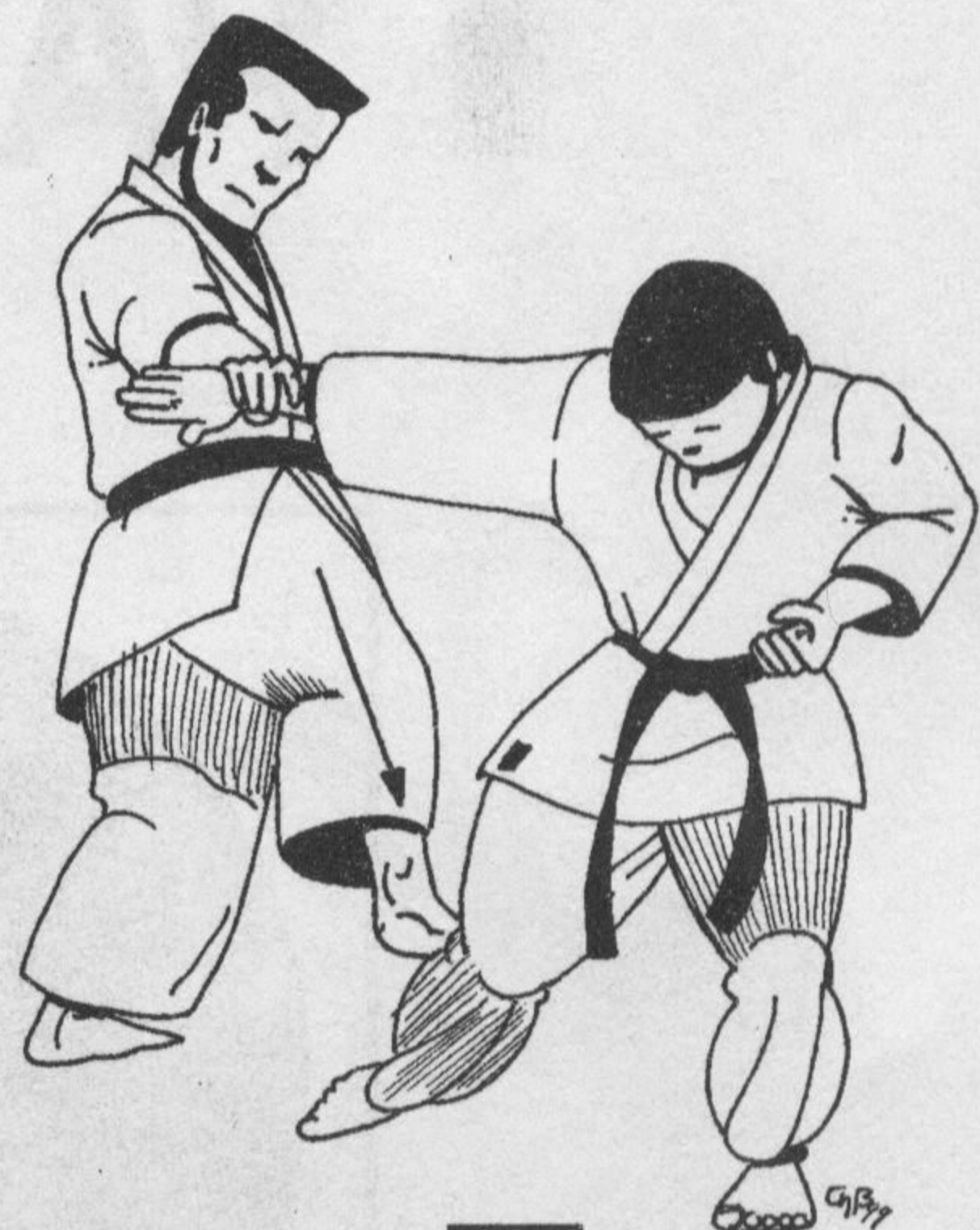
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