

**KATAS**

**DE BASE**



## Kata 1 et 2

- Position au début et à la fin des katas 1 et 2



## Kata 1

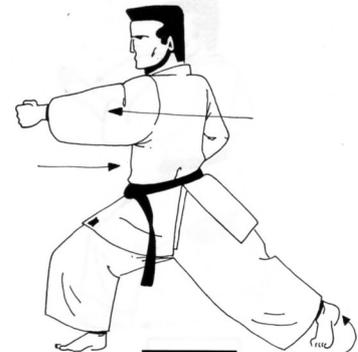
- Tai-Jitsu - Kata Shodan



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Kiai



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## • Kata 1



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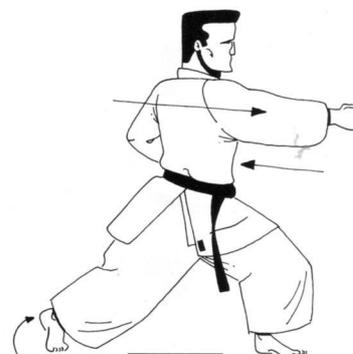
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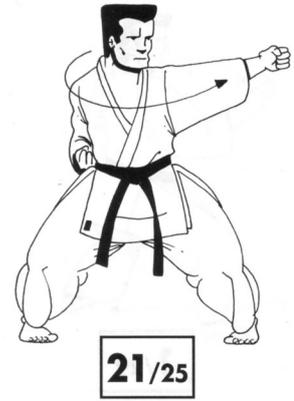
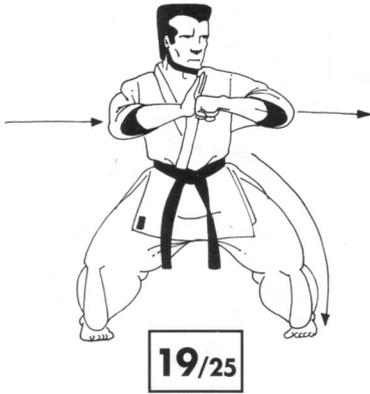
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**Kiai**



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## • Kata 1



## Kata 2

### • Tai-Jitsu - Kata Nidan



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Mouvement  
Intermédiaire



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Kiai



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## • Kata 2



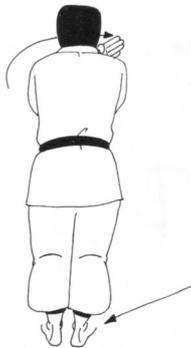
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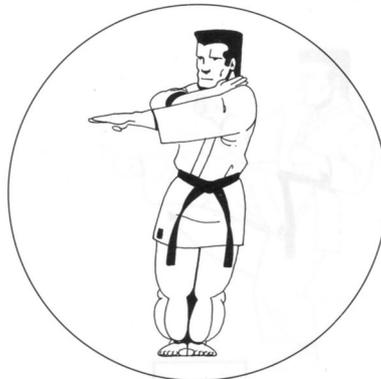
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Mouvement  
Intermédiaire



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## • Kata 2

Mouvement  
Intermédiaire



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## Kata 3

- Tai-Jitsu - Kata Sandan
- Position au début et à la fin du kata



## • Kata 3

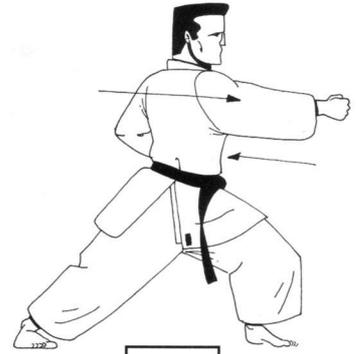
Mouvement Intermédiaire



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Kiai



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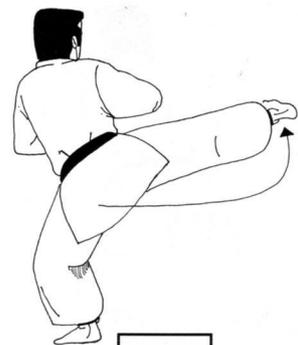
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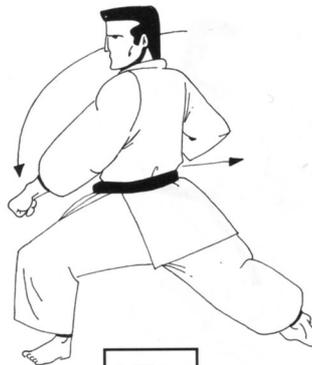


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## • Kata 3



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Kiai



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Mouvement Intermédiaire



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## • Kata 3



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