

**KATAS**

**DE BASE**



## Kata 1 et 2

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



## Kata 1

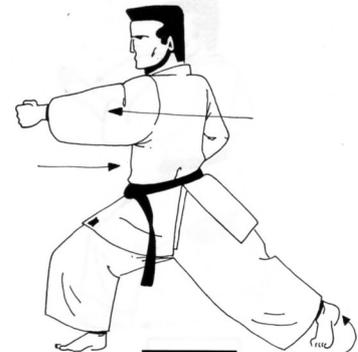
- Tai-Jitsu - Kata Shodan



1/25



2/25



3/25



4/25



5/25

Kiai



6/25

## • Kata 1



7/25



8/25



9/25



10/25



11/25



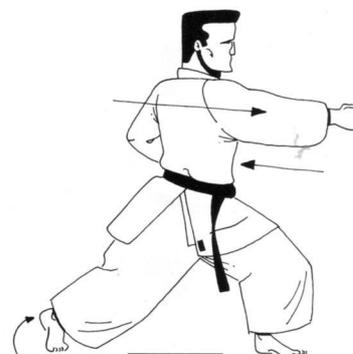
12/25



13/25



14/25



15/25



16/25



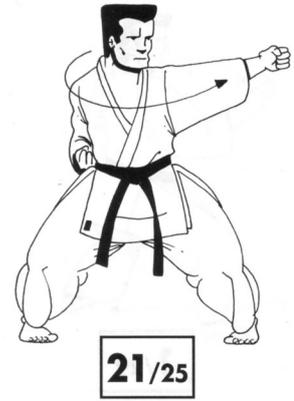
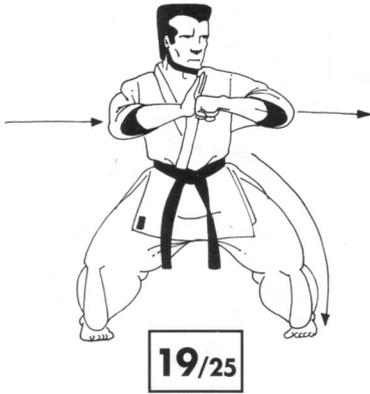
17/25

**Kiai**



18/25

## • Kata 1



## Kata 2

### • Tai-Jitsu - Kata Nidan



1/29



2/29



3/29

Mouvement  
Intermédiaire



4/29



5/29

Kiai



6/29



7/29



8/29



9/29



10/29

## • Kata 2



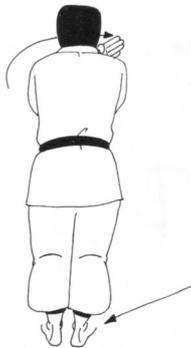
11/29



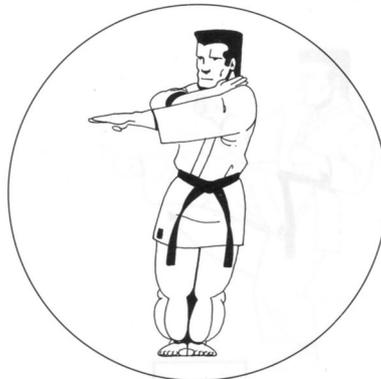
12/29



13/29



14/29



15/29



16/29



17/29



Mouvement  
Intermédiaire



18/29



19/29

## • Kata 2

Mouvement  
Intermédiaire



20/29



21/29



22/29



23/29



24/29



25/29



25bis/29



27/29



28/29



29/29

## Kata 3

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



## • Kata 3

Mouvement Intermédiaire



6/38



7/38



8/38



9/38



10/38

Kiai



11/38



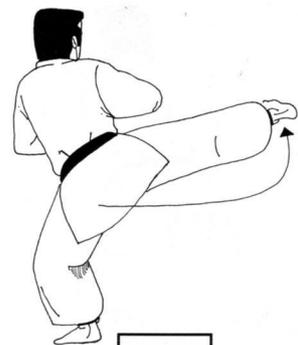
12/38



13/38



14/38

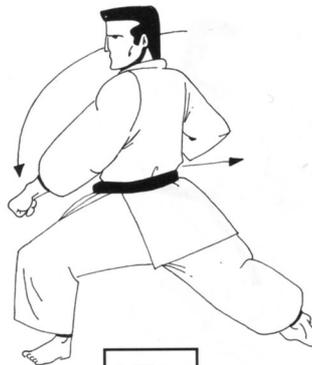


15/38

## • Kata 3



16/38



17/38



18/38

Kiai



19/38



20/38



21/38



22/38



23/38



24/38

Mouvement Intermédiaire



25/38



26/38



27/38

## • Kata 3



28/38



29/38



29/38



30/38



31/38



32/38



33/38



34/38



35/38



36/38



37/38



38/38