

SEME – KATA.

frontaal

zijkant

1

shizentai dachi
rei

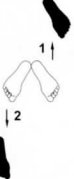


1

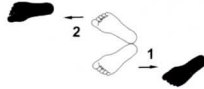


2

chudan kamae
1 of 2

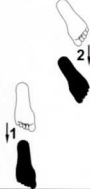


2

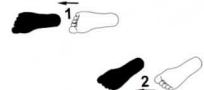


3

nuki tsuki



3

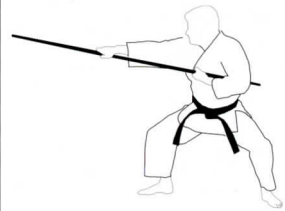


4

maede tsuki

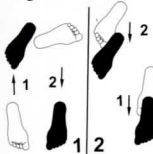


7

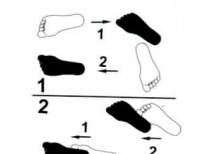


5

gedan tsuki



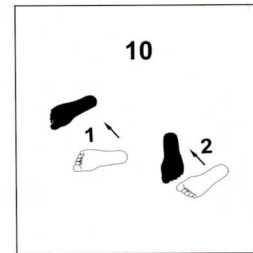
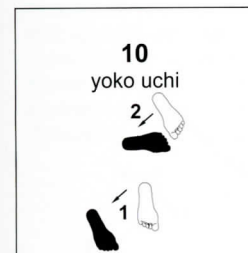
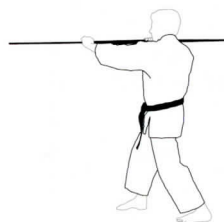
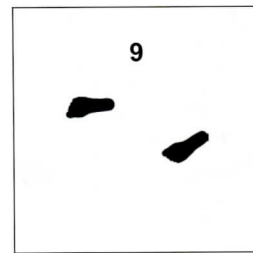
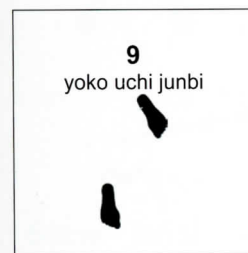
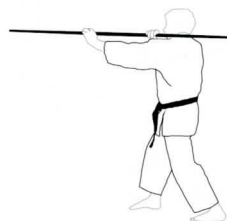
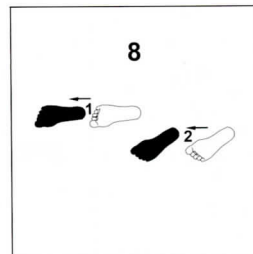
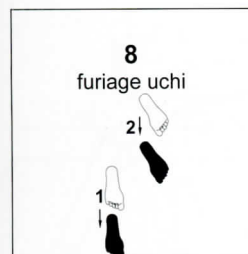
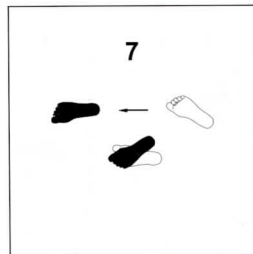
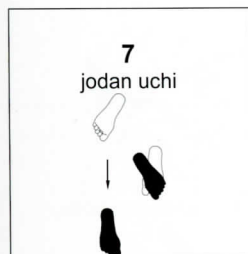
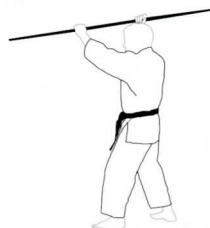
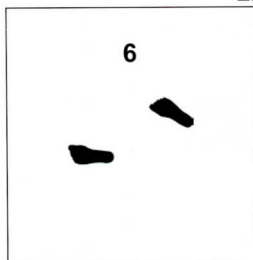
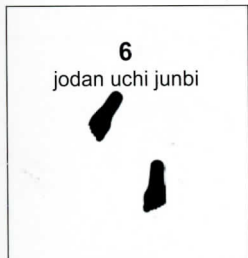
5



SEME - KATA (vervolg)

frontaal

zijkant



SEME - KATA (vervolg)

frontaal

zijkant

