

LE TAI JITSU MODERNE KIHON WAZA. LES TECHNIQUES FONDAMENTALES%0A

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Les techniques de base de Nihon Tai Jitsu (Kihon Waza) , avec le ma tre Masaouden A.Karim et leur meilleur l ve Zinou. Je club CSA Lionceau de Souk-Ahras pr
Kihon - Foundation

Kihon waza [Foundational Techniques] When it comes to martial arts, there has probably been more information written about kihon than anything else. The Japanese word kihon is often translated as basic and kihon waza

Tai jitsu - Kihon Waza

Cuatro estrategias para defendense, atemi, luxaci n, proyectaci n y estrangulaci n. Todas ellas utilizando el mismo tai sabaki. Budokan Vilanova del Cam , centr

NIHON TAI TAI TAI---JITSUJITSU - Kaisho Ryu -

Nihon Tai Jitsu

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Nihon Tai Jitsu ; -UKE est le partenaire qui fait les attaques -TORI est le défenseur 555 5 --- Le KLe KLe Ki iihon Wazhon Wazhon Waza aaa

Taijitsu Wikipedia

Le Nihon Tai-Jitsu est composé de plus de 350 techniques de défense : frappes Les él s et les techniques de contrôle (katame waza) sont des mouvements de torsion des articulations visant disjoindre les muscles et les tendons ou briser les os. Dans la pratique de tous les arts martiaux, ce mouvement est contrôlé et le pratiquant qui subit la technique de él frappe trois fois