

LES

TECHNIQUES

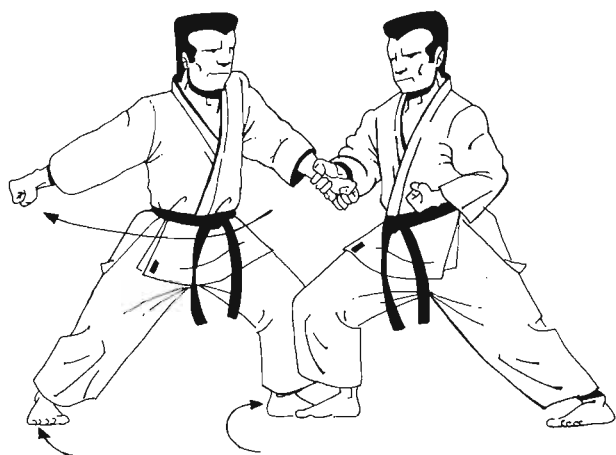
DE BASE

PAR ATÉMIS

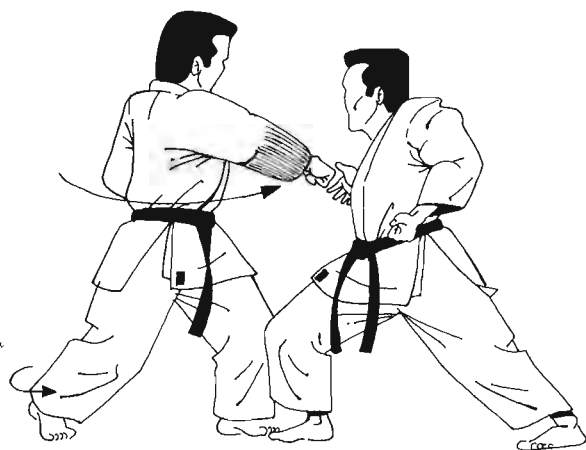


Atémi 1

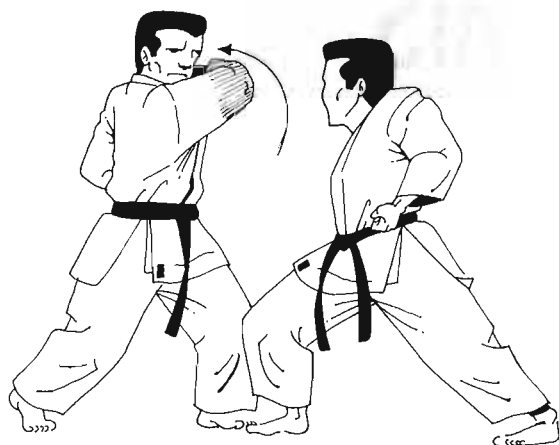
- 1/ Revers de poing au visage



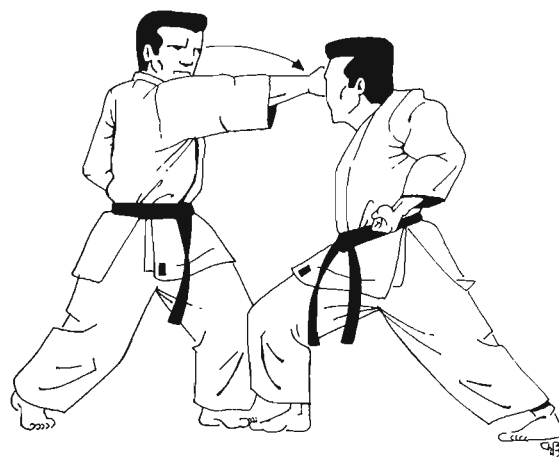
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2



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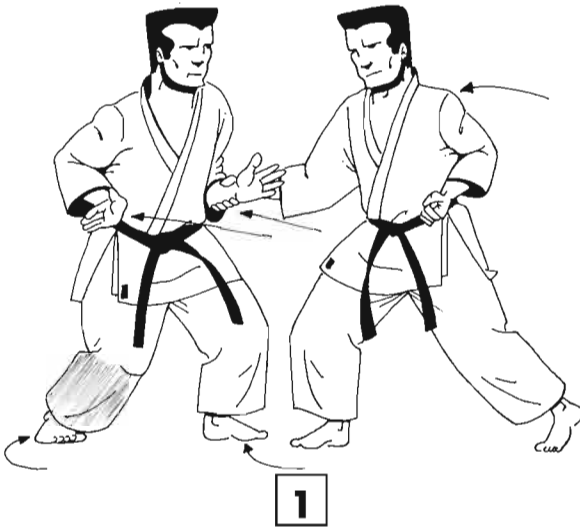


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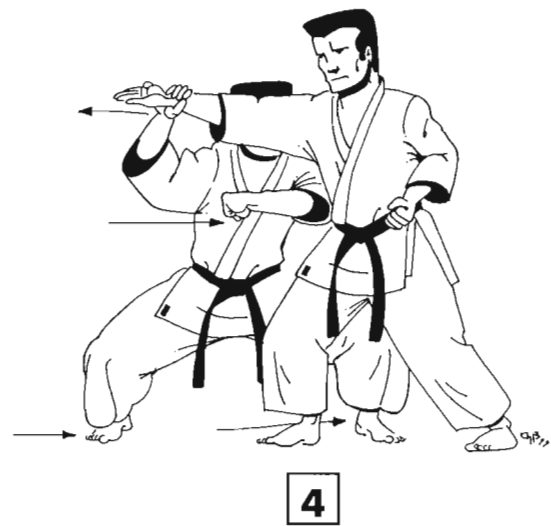
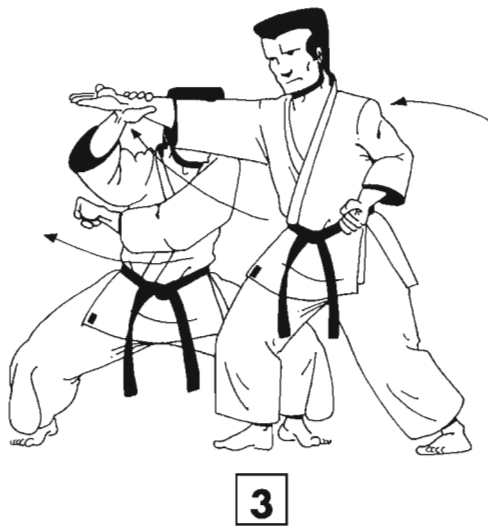
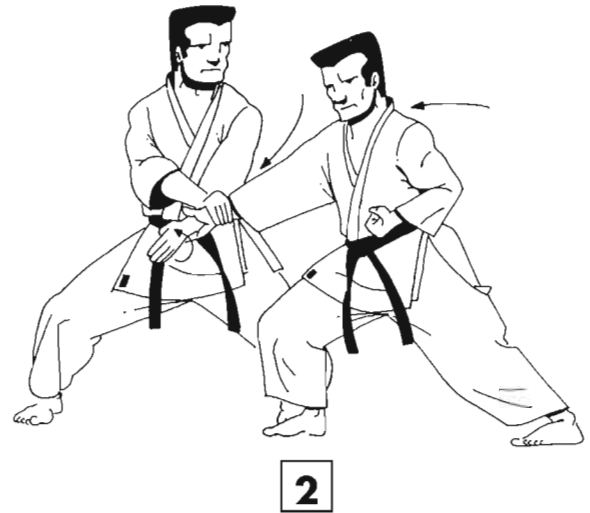
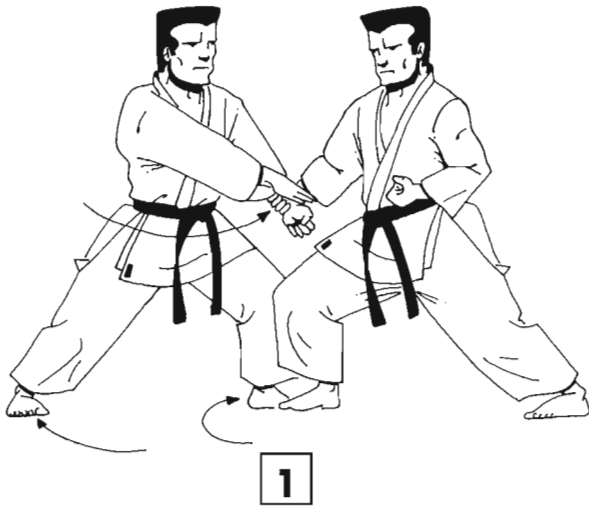
Atémi 2

- 2/ Coup de genou au visage



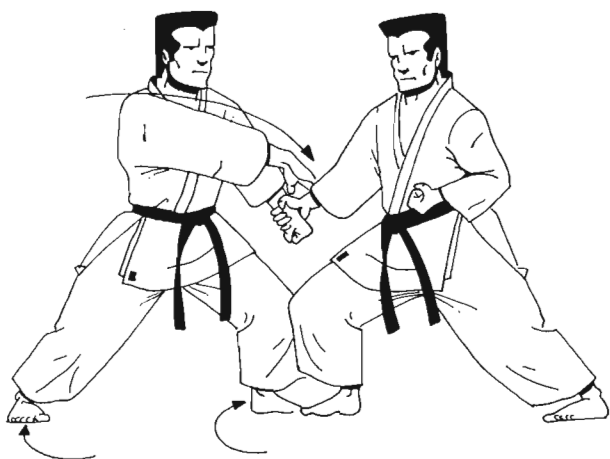
Atémi 3

- 3/ Coup de coude aux côtes

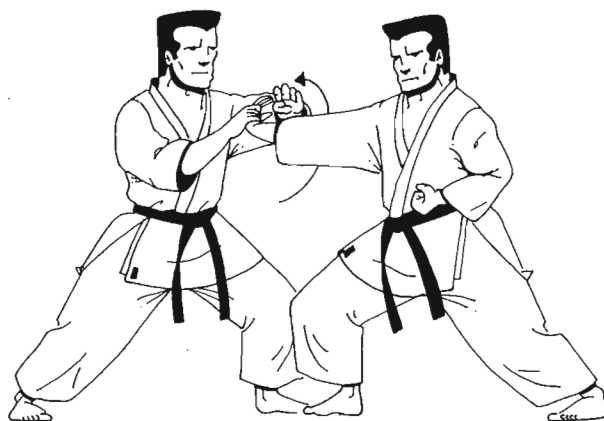


Atémi 4

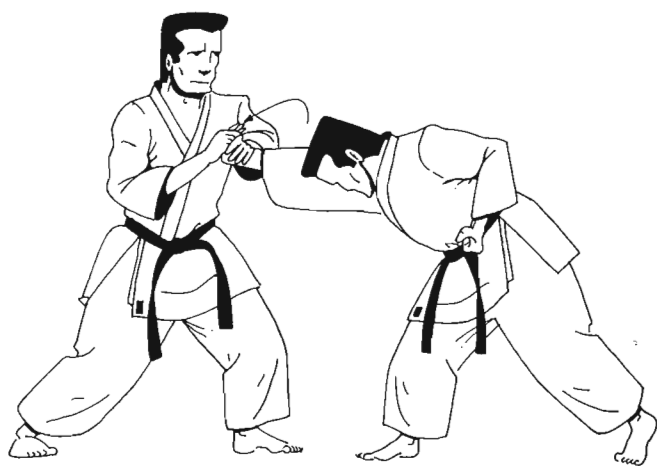
- 4/ Coup de pied direct niveau moyen



1



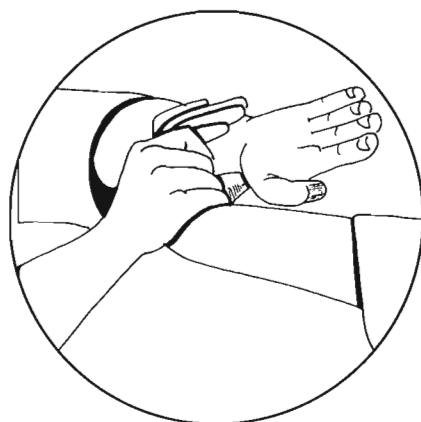
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3



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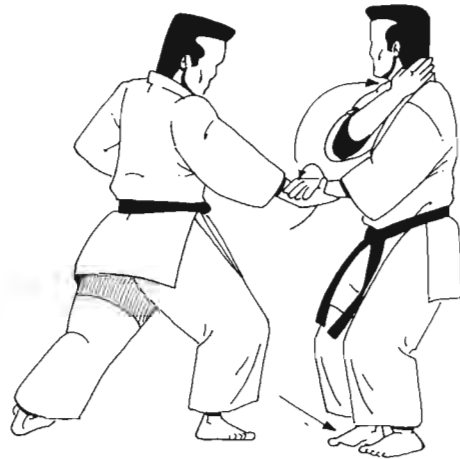


Atémi 5

- 5/ Sabre de main au cou



1



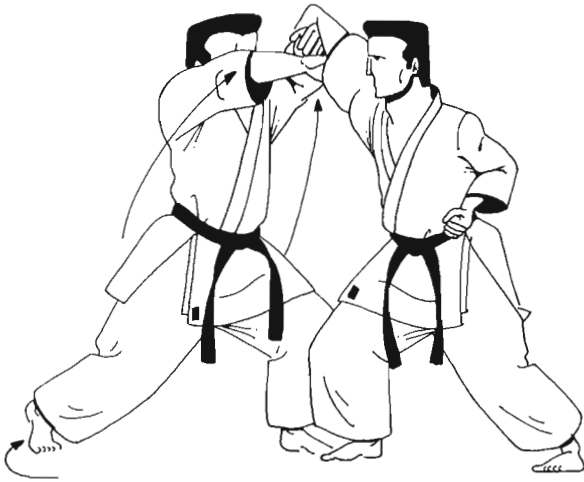
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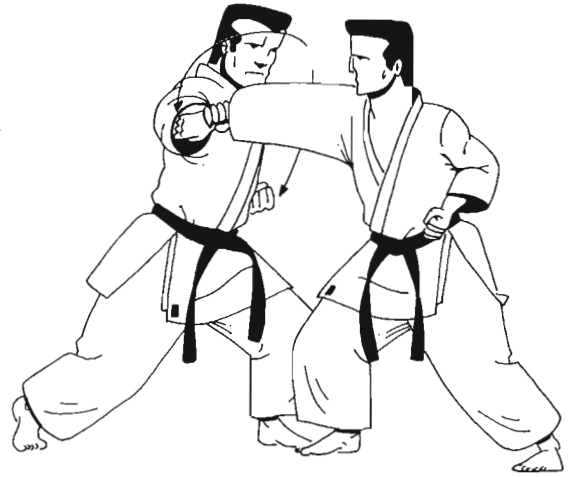
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Atémi 6

- 6/ Coup de pied circulaire niveau moyen



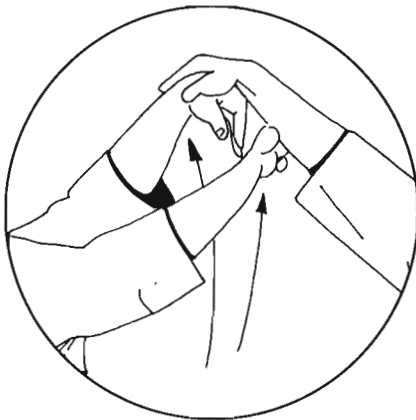
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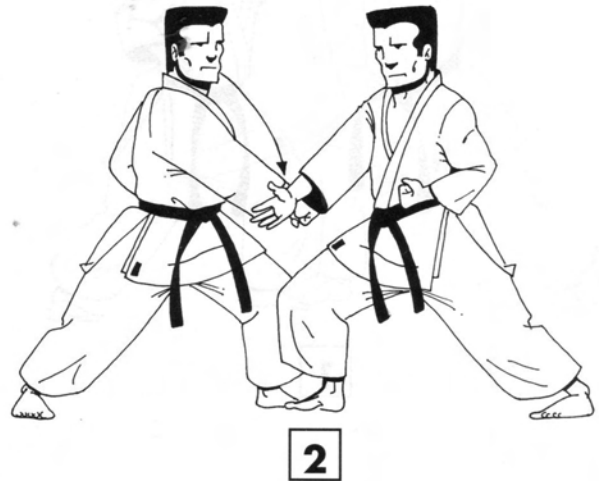
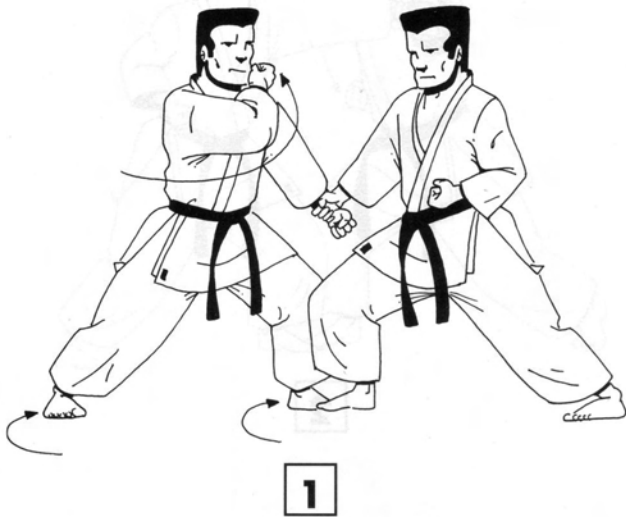


3



Atémi 7

- 7/ Coup de poing direct aux côtes



Atémi 8

- 8/ Coup de pied latéral au genou



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2



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