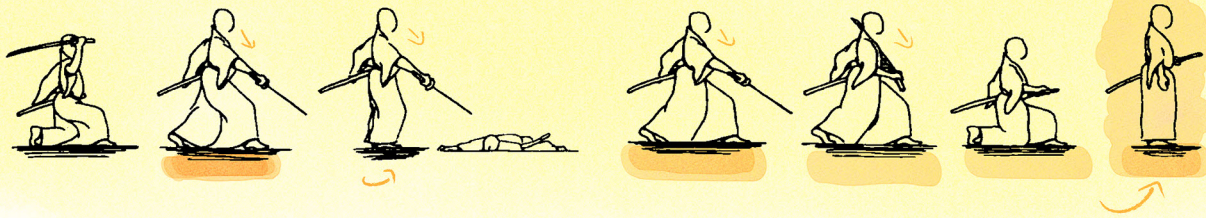
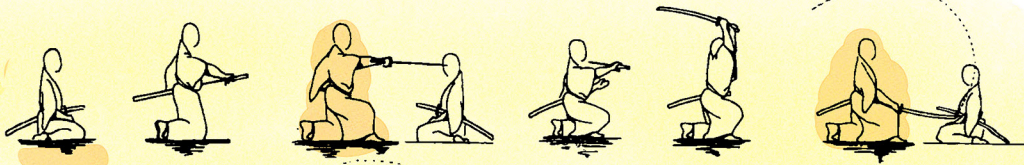


IAIDO Seitei Kata

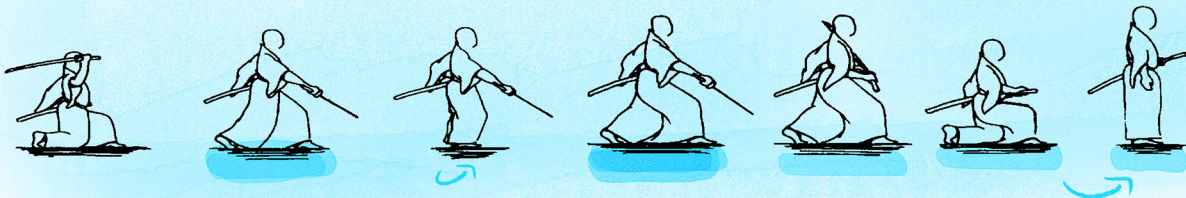
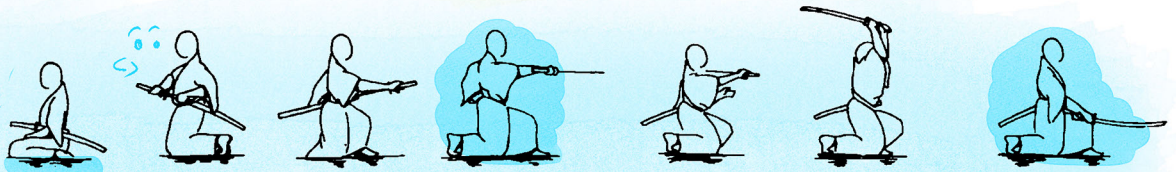
1- Mae

Seiza



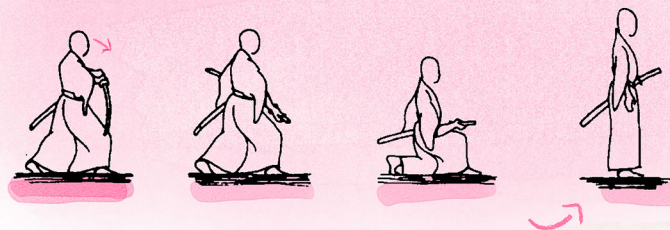
2- ushiro

Seiza



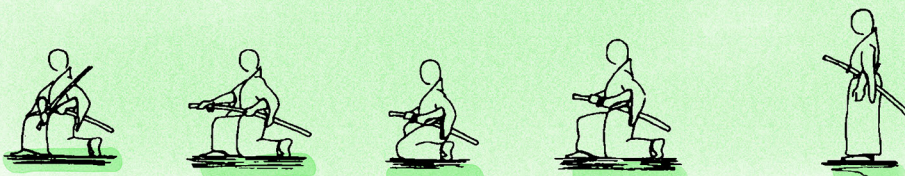
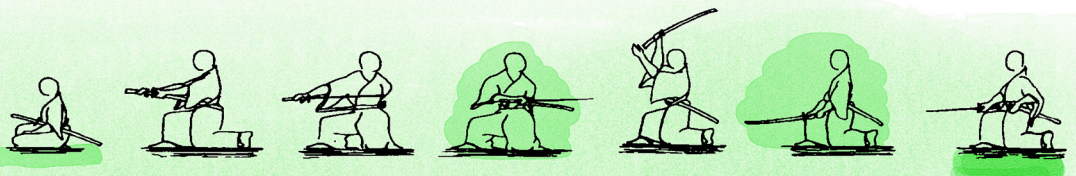
3- uke nagashi

Seiza



4-Tsuka ate

tate-hiza

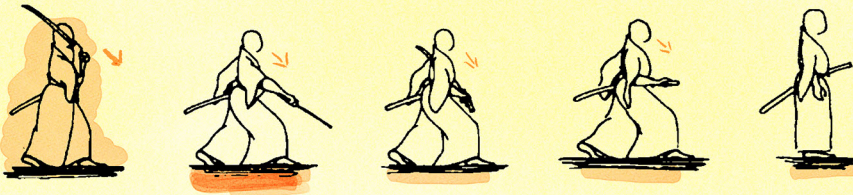
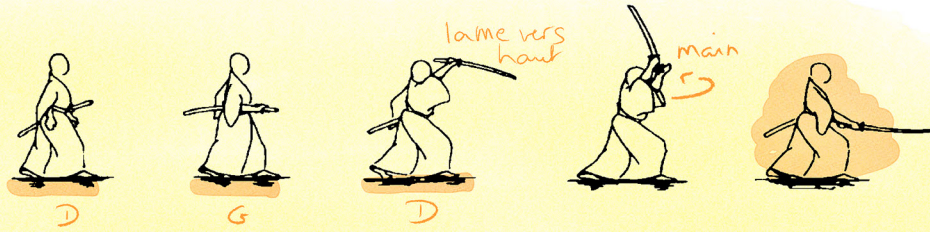


Dégainé + première coupe
 coupe principale
 Nettoyage de la lame
 Rangement de la lame

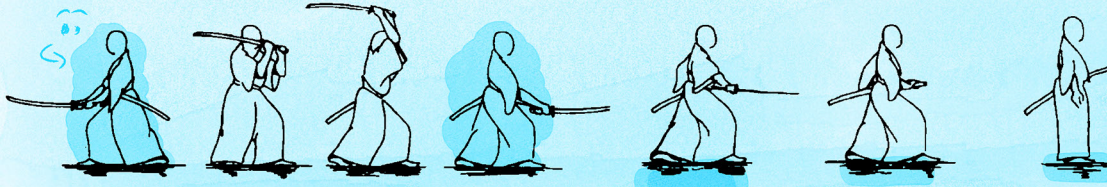
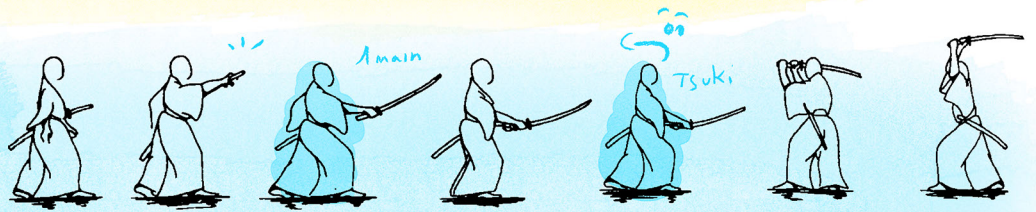
NUKI UCHI
 KIRI OROSHI
 CHIBURI
 NOTO

5- Kesa giri

Tachiiai



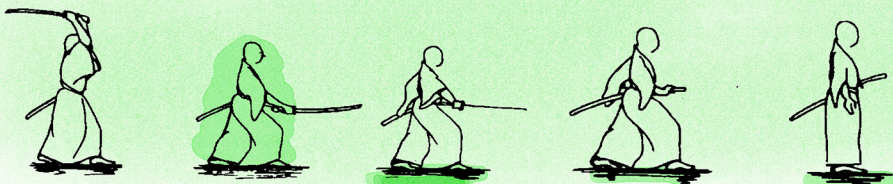
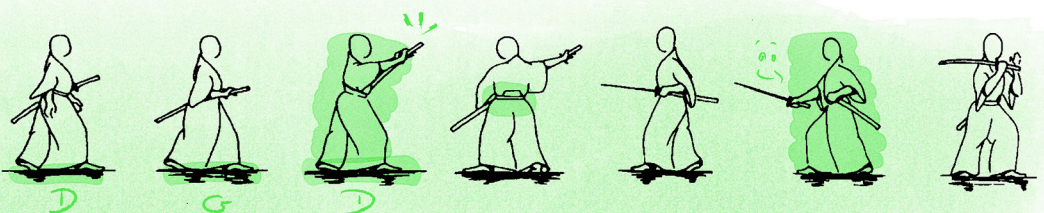
6- Morote tsuki



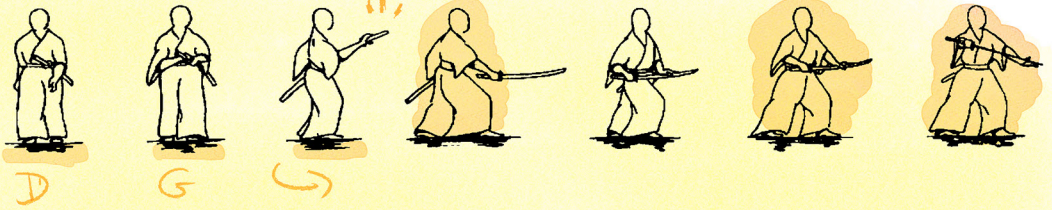
7- San po giri



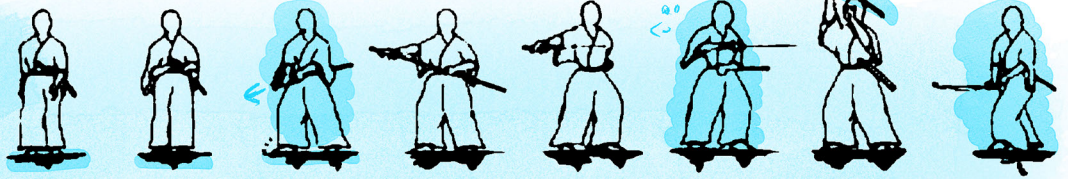
8- Gan men ate



9- soete tsuki



10- shiho giri

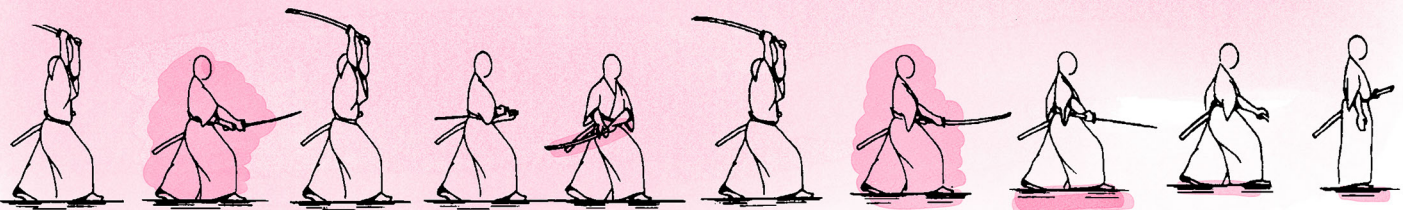
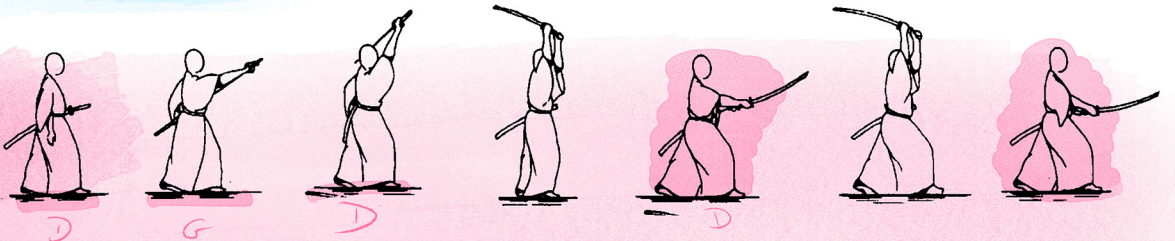


armé sur le côté

Revenir sur côté

Jodan

11- ō giri



12- Nukiuchi

