

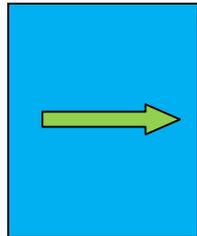
PARTENZA

SALTO OVER 20 CM DISTANZA MT1 TRA LORO

GATTONARE PER 5 MT



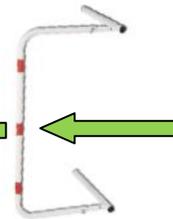
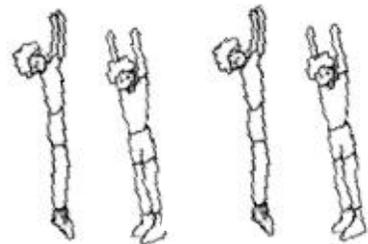
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ROTOLARE PER 2 MT

STRISCIARE SOTTO OSTACOLO DI 50 CM

ZEMPO KAITEN UKEMI



BIRILLO



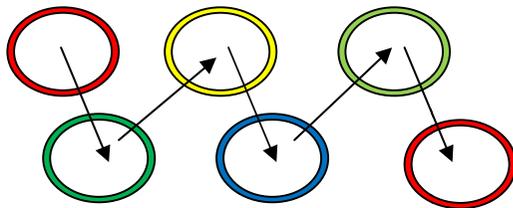
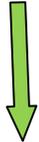
2 MT

BIRILLO

IN DIAGONALE SALTARE A PIEDI UNITI ALL'INTERNO DEI CERCHI

DUE VOLTE KIZAMI TSURE - GIAKU TSURE

CAPOVOLTA E TOCCARE LA MANO ALL'ARBITRO DI RIGA



STOP