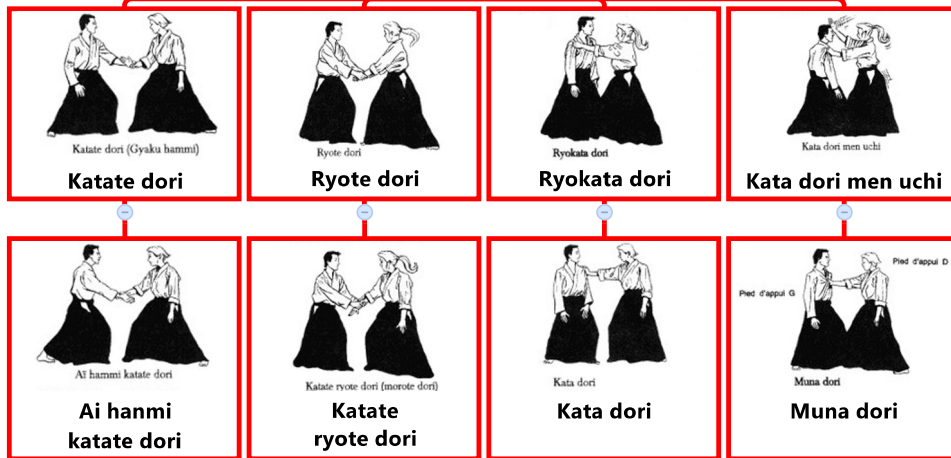




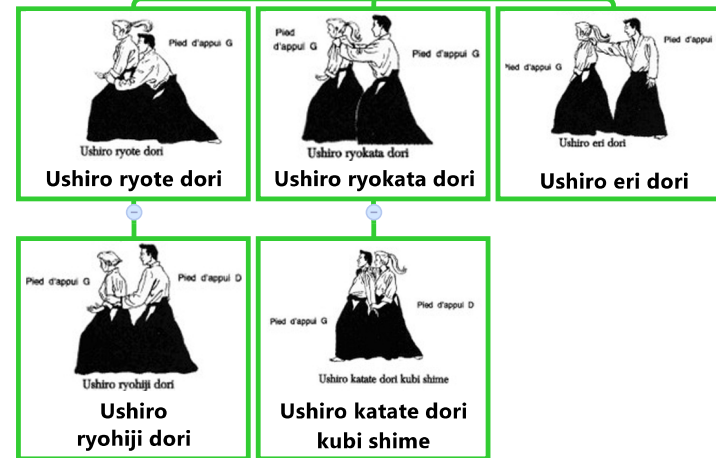
Aïkiclub Hérouville

Formes d'Attaques

Les Saisies



Les Saisies arrières (Ushiro waza)



Les Frappes

