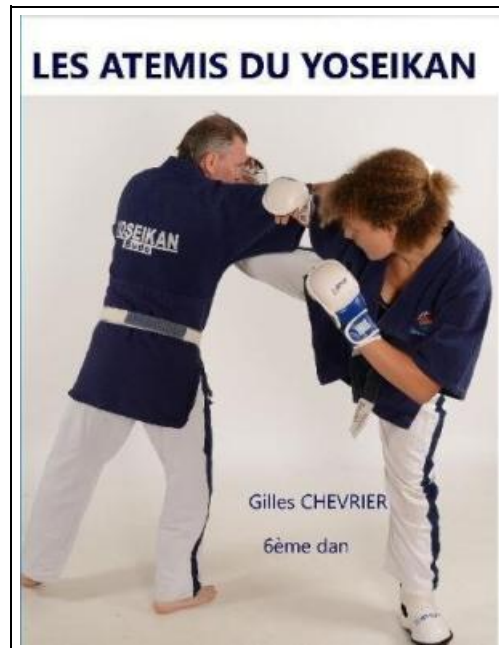


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Lulu.com, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Après avoir abordé les aspects pédagogiques du Yoseikan dans Enseigner les arts martiaux la méthode Yoseikan, nous allons maintenant étudier les fondamentaux techniques. Ce premier ouvrage s'attelle au travail des techniques de percussion, aux déplacements, aux protections et à l'envoi de puissance. Les capacités vues dans le précédent ouvrage, telle la puissance, sont bien sûr transversales et seront identiques, dont non redevelopées dans les prochains ouvrages dédiés aux projections, aux clefs ou au maniement des armes. De même, certaines capacités développées dans ces prochains ouvrages, comme les déséquilibres dans le cas des projections, sont également nécessaires pour le travail des atemis. Il n'y a par contre pas de nouvelles capacités qui n'auraient pas été mentionnées dans le premier livre pédagogique.



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