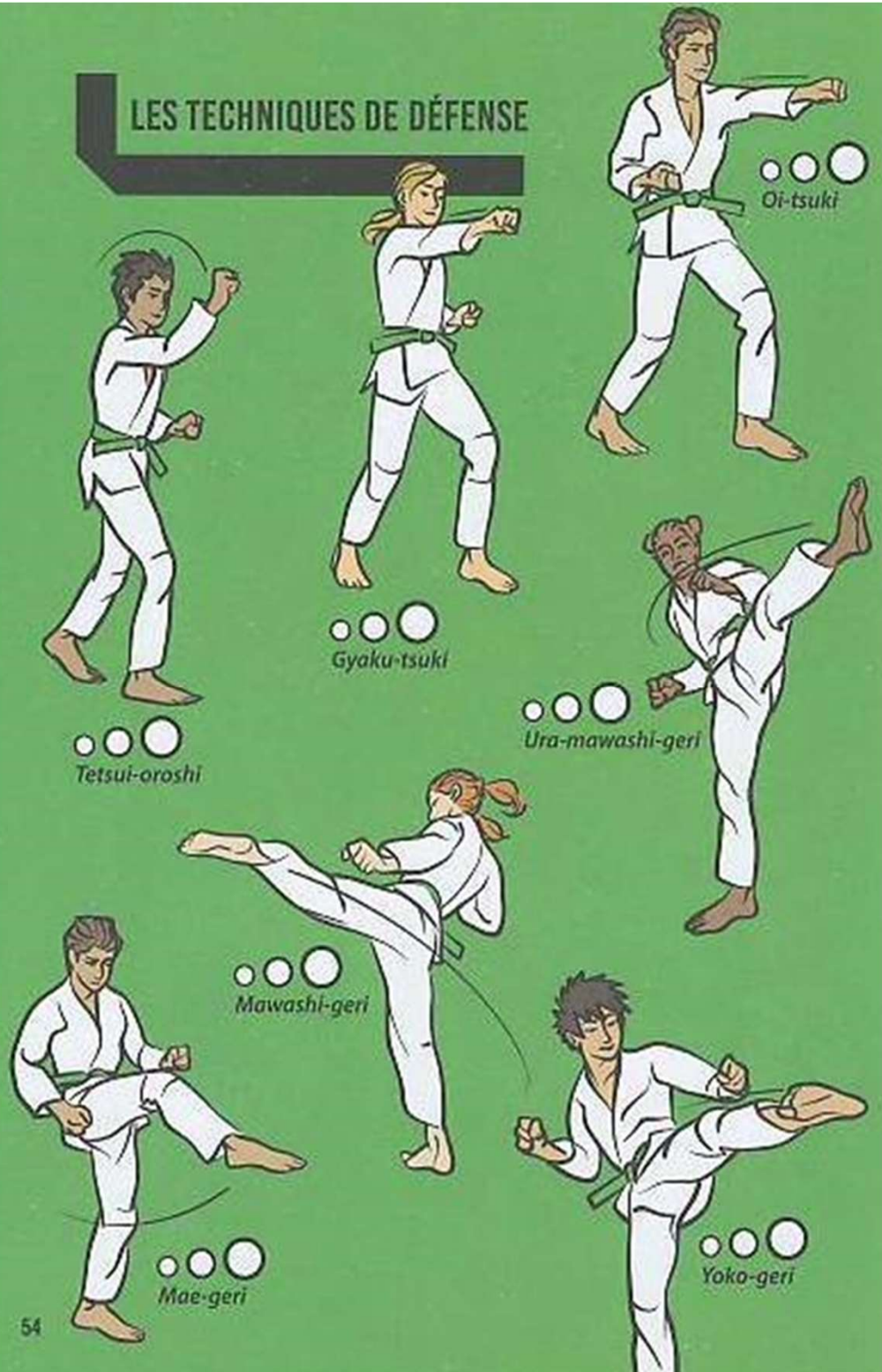
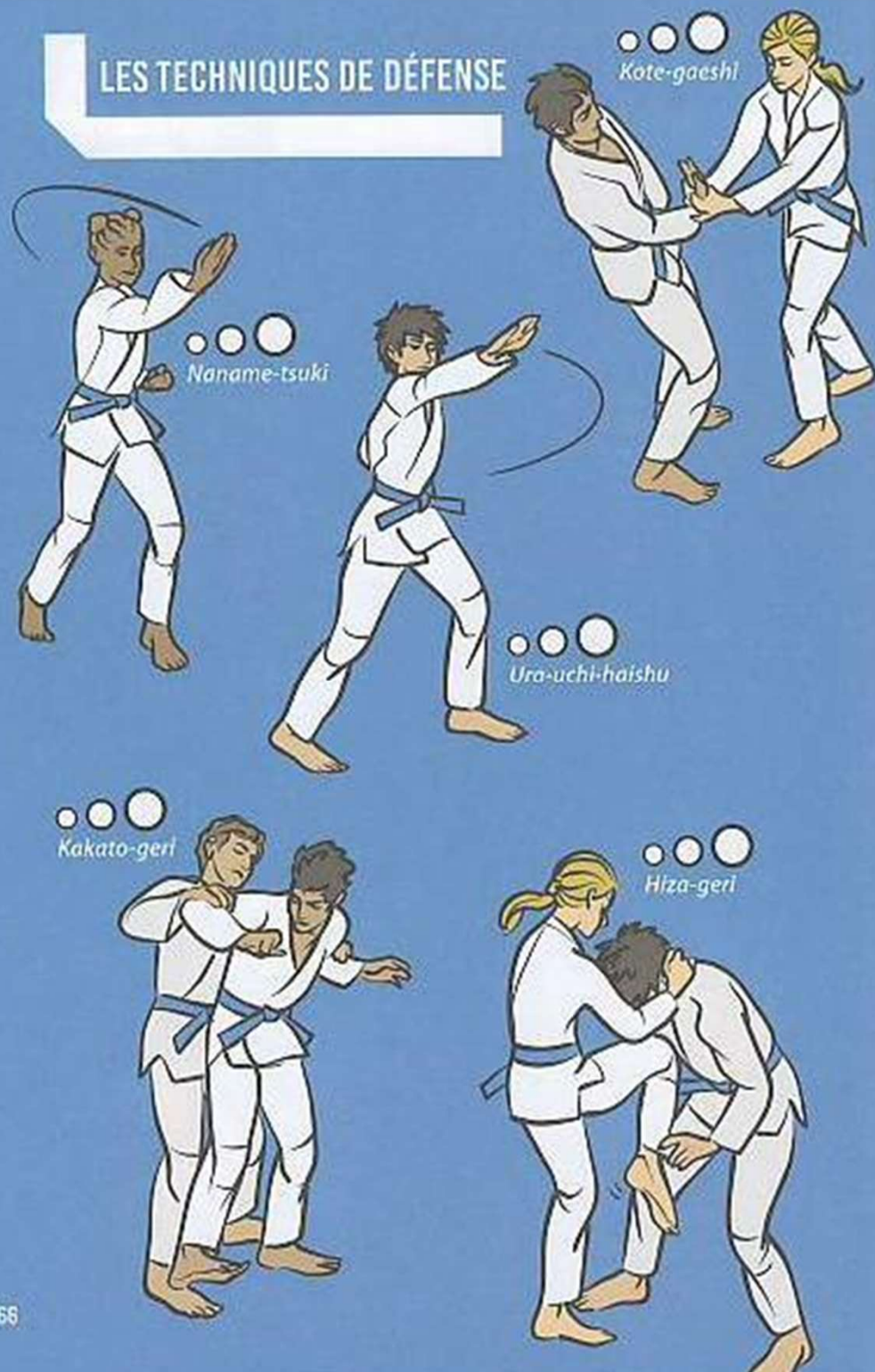


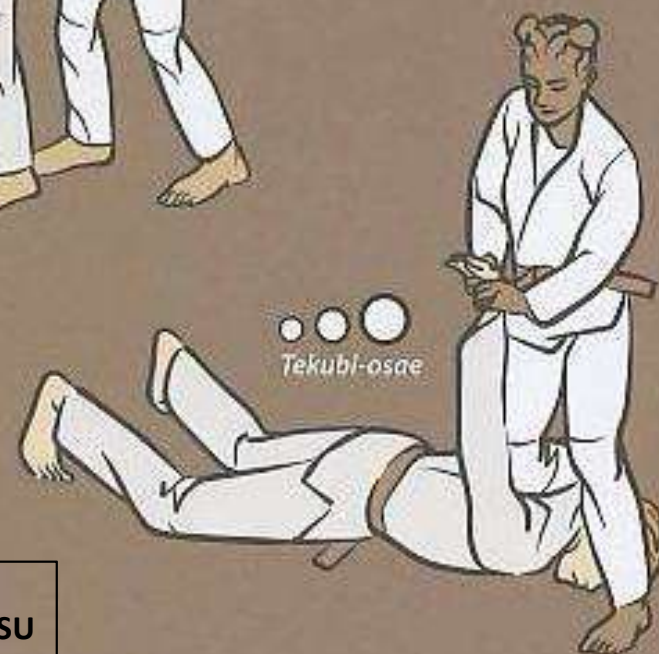
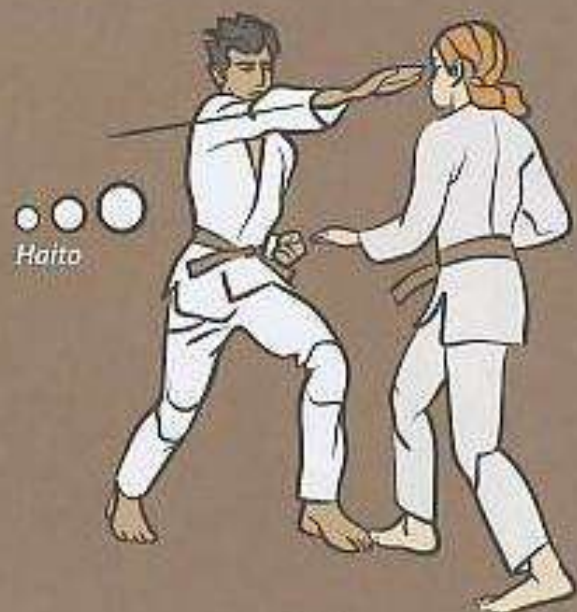
## LES TECHNIQUES DE DÉFENSE



## LES TECHNIQUES DE DÉFENSE



# LES TECHNIQUES DE DÉFENSE



Complément  
programme JU-JITSU