

## EQUIPEMENT

The image shows a full-page background illustration of a person in traditional green robes performing a prayer or meditation gesture (Anjali Mudra). The person is kneeling or sitting low to the ground, with their hands pressed together in front of their chest. The entire scene is overlaid with horizontal ruling lines, giving it the appearance of a page from a notebook or ledger. In the bottom right corner, there is a black header bar with the word "FLECHES" in white, bold, uppercase letters. Below this header, there are two columns: "TYPE" and "QTE.", each followed by five horizontal lines for data entry.

## HERITAGE

## PORTRAIT

[illegible]

## FLECHES

QTE.


Zeni: \_\_\_\_\_

## TECHNIQUES, SORTS, KATA, KIHU, POUVOIR DE L'OUTREMONDE

## AVANTAGES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

## DESAVANTAGES

[illegible]

## SOUILLURE DE L'OUTREMONDE:

## POINTS D'EXPERIENCE