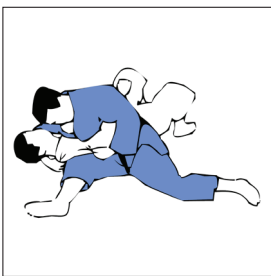
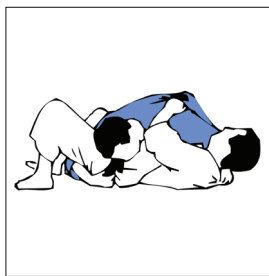


NE WAZA (TECHNIQUES AU SOL)

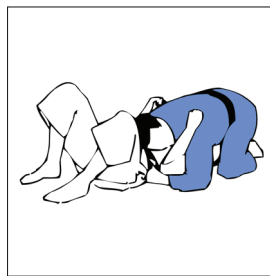
OSAEKOMI WAZA (IMMOBILISATIONS)



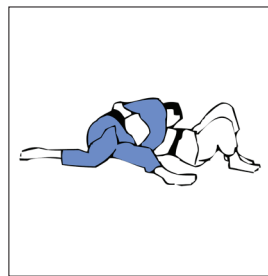
HON GESA GATAME



YOKO SHIO GATAME



KAMI SHIO GATAME



USHIRO GESA GATAME



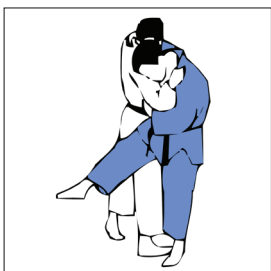
TATE SHIO GATAME

UKEMI (CHUTES)

USHIRO UKEMI - CHUTE ARRIÈRE
YOKO UKEMI - CHUTE LATÉRALE DROITE / GAUCHE
MAE UKEMI - CHUTE AVANT DROITE / GAUCHE

NAGE WAZA (TECHNIQUES DE PROJECTION)

ASHI WAZA (TECHNIQUES DE JAMBES)



O SOTO GARI
GRAND FAUCHAGE EXTÉRIEUR



HIZA GURUMA
ROUE AUTOUR DU GENOU

KOSHI WAZA (TECHNIQUE DE HANCHE)



UKI GOSHI
HANCHE FLOTTANTE