

PROGRAMME TECHNIQUE A CONNAÎTRE

NAGE-WAZA (projection)

Ashi-waza (techniques de jambe)



O-soto-gari



Ko-soto-gari



O-soto-otoshi



Ko-uchi-gari



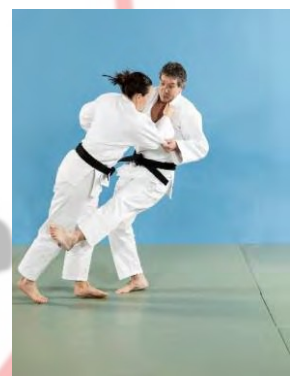
O-uchi-gari



De-ashi-harai



Sasae-tsuri-komi-ashi



Hiza-guruma



Uchi-mata



Okuri-ashi-harai



Ko-soto-gake

Te-waza (techniques de bras et mains)



Tai-otoshi



Morote-seoi-nage



Ippon-seoi-nage



Uki-otoshi



Eri-seoi-nage



Te-guruma



Kata-guruma

Koshi-waza (techniques de hanche)



O-goshi



Uki-goshi



Koshi-guruma



Kubi-nage



Harai-goshi



Tsurikomi-goshi



Sode-tsurikomi-goshi



Hane-goshi



Ushiro-goshi

Sutemi-waza (techniques de sacrifice)



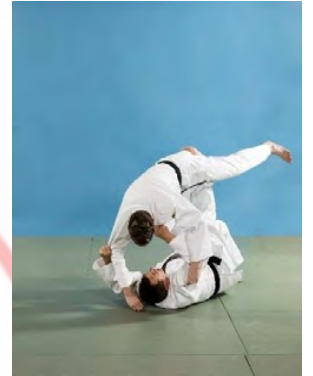
Tani-otoshi



Soto-maki-komi



Tomoe-nage



Sumi-gaeshi

NE-WAZA (techniques au sol)

Osaekomi-waza (techniques d'immobilisations)



Ushiro-gesa-gatame



Makura-gesa-gatame



Kata-gatame



Yoko-shiho-gatame



Tate-shiho-gatame



Hon-gesa-gatame



Kami-shiho-gatame



Kuzure-kami-shiho-gatame



Kuzure-yoko-shiho-gatame

Shime-waza (techniques d'étranglement)



Nami-juji-jime



Kata-juji-jime



Gyaku-juji-jime

Kansestu-waza (techniques de luxation)



Ude-garami



Ude-ishigi-juji-gatame