

# PROGRAMME TECHNIQUE A CONNAÎTRE

## NAGE-WAZA (projection)

### Ashi-waza (techniques de jambe)



**O-soto-gari**



**Ko-soto-gari**



**O-soto-otoshi**



**Ko-uchi-gari**



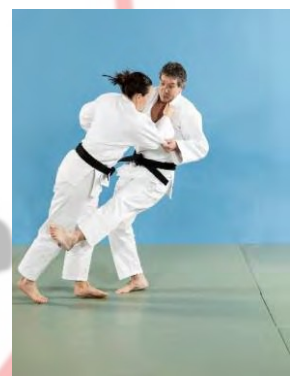
**O-uchi-gari**



**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**



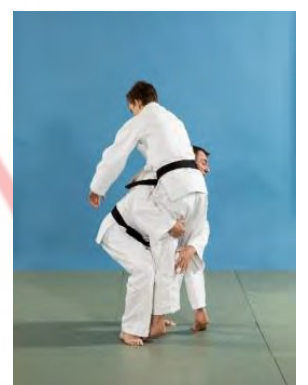
**Eri-seoi-nage**



**Te-guruma**



**Kata-guruma**



**Morote-gari**

## Koshi-waza (techniques de hanche)



**O-goshi**



**Uki-goshi**



**Koshi-guruma**



**Kubi-nage**



**Harai-goshi**



**Tsurikomi-goshi**



**Sode-tsurikomi-goshi**



**Hane-goshi**



**Ushiro-goshi**



**Utsuri-goshi**

### **Sutemi-waza (techniques de sacrifice)**



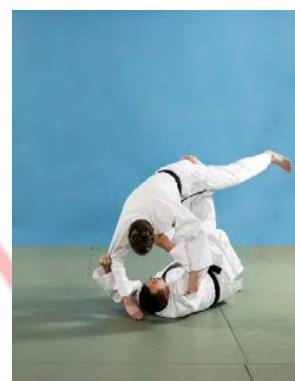
**Tani-otoshi**



**Soto-maki-komi**



**Tomoe-nage**



**Sumi-gaeshi**



**Yoko-tomoe-nage**



**Ura-nage**

### **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**

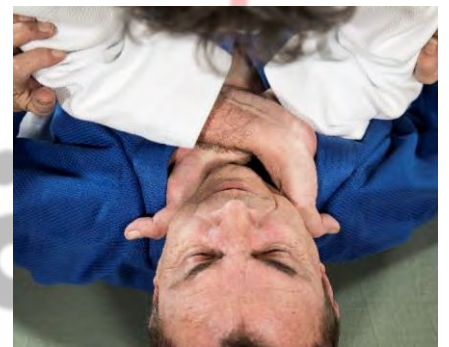
## **Shime-waza (techniques d'étranglement)**



**Nami-juji-jime**



**Kata-juji-jime**



**Gyaku-juji-jime**



**Hadaka-jime**



**Okuri-eri-jime**



**Sankaku-jime**

## Kansestu-waza (techniques de luxation)



**Ude-garami**



**Ude-ishigi-juji-gatame**



**Ude-ishigi-ude-gatame**