

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

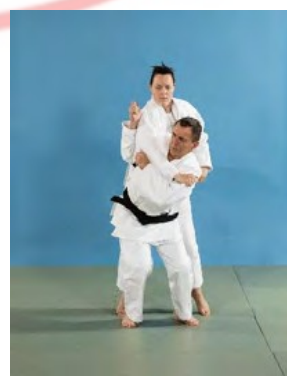
Te-waza (techniques de bras et mains)



Tai-otoshi



Morote-seoi-nage



Ippon-seoi-nage



Uki-otoshi

Koshi-waza (techniques de hanche)



O-goshi



Uki-goshi



Koshi-guruma



Kubi-nage

NE-WAZA (techniques au sol)

Osaekomi-waza (techniques d'immobilisations)



Yoko-shiho-gatame



Tate-shiho-gatame



Hon-gesa-gatame



Kami-shiho-gatame Kuzure-kami-shiho-gatame



Kuzure-yoko-shiho-gatame



Ushiro-gesa-gatame



Kata-gatame



Makura-gesa-gatame