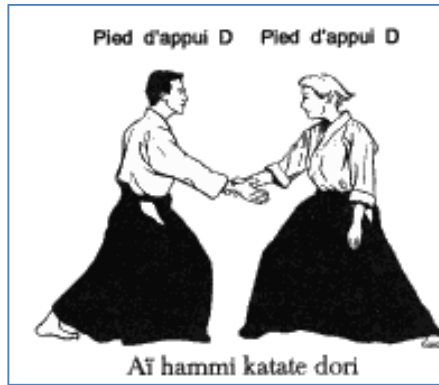


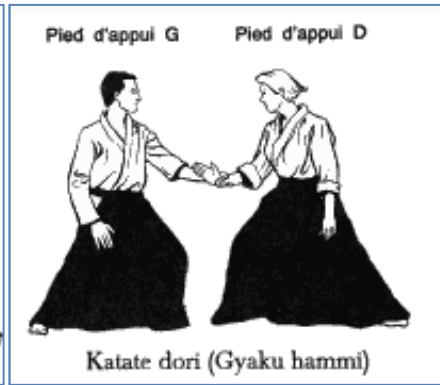
TACHIWAZA (les deux debout)	SUWARIWAZA (les deux à genoux)					
ikkyo ⑧	ikkyo ⑧	AIHANMI KATATE DORI ① (même main D/D ou G/G)			5	
nikkyo ⑨	nikkyo ⑨	GYAKUHANMI KATATE DOR ② (main opposées D/G ou G/D)			4	
sankyo ⑩	sankyo ⑩	RYOTE DORI ③ (saisie des deux mains)			4	
yonkyo ⑪	yonkyo ⑪	KATA DORI ④ (saisie de l'épaule)		4	4	
irimi nage ⑫	irimi nage ⑫	KATATE DORI KUBISHIME ⑤ (saisie de la main et du col)			5	
kote gaeshi ⑬	kote gaeshi ⑬	SHOMEN UCHI ⑥ (frappe verticale à la tête)		4	4	
kokyu ho ⑭	kokyu ho ⑭	YOKOMEN UCHI ⑦ (frappe diagonale à la tête)			5	
ikkyo ⑮	ikkyo ⑮				4	
nikkyo ⑯	nikkyo ⑯				4	
sankyo ⑰	sankyo ⑰				4	
yonkyo ⑱	yonkyo ⑱			4	4	
irimi nage ⑲	irimi nage ⑲				5	
shiho nage ⑳	shiho nage ⑳				4	
tenchi nage ㉑	tenchi nage ㉑				5	
udekime nage ㉒	udekime nage ㉒				4	
kote gaeshi ㉓	kote gaeshi ㉓			4	4	
uchi kaiten nage ㉔	uchi kaiten nage ㉔				4	
USHIRO WAZA (saisie par l'arrière)						
	ikkyo ⑧				4	
	irimi nage ⑫					4

Les saisies

1



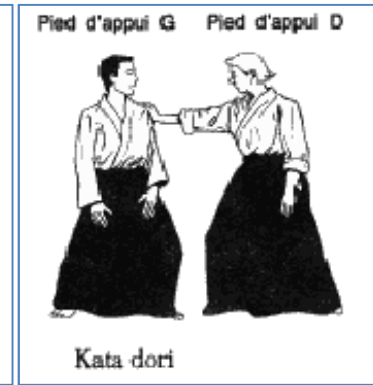
2



3



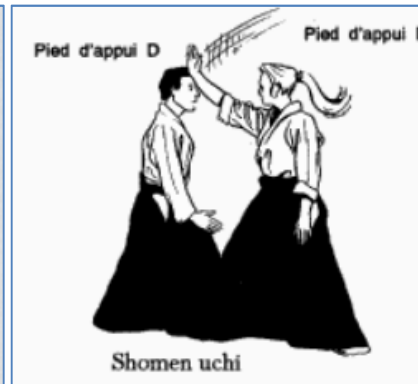
4



5



6

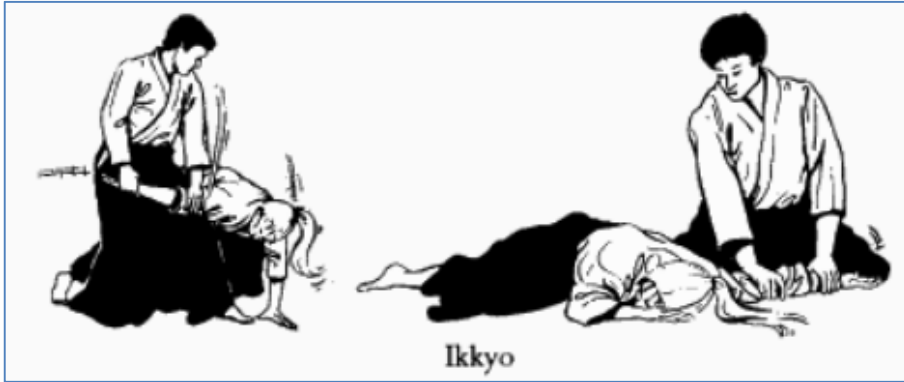


7

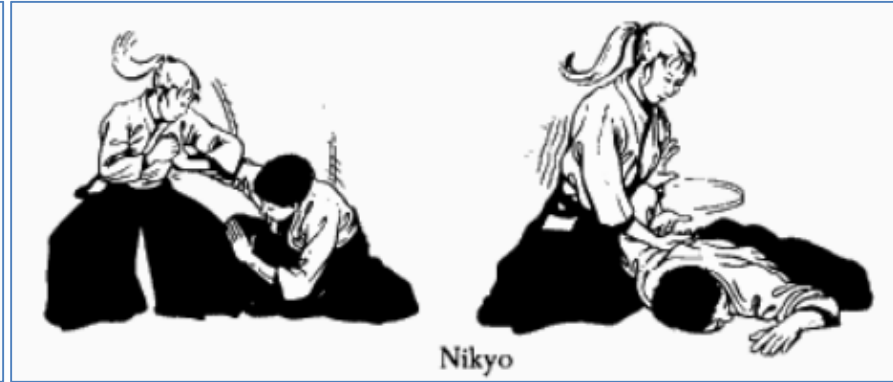


Les immobilisations

8



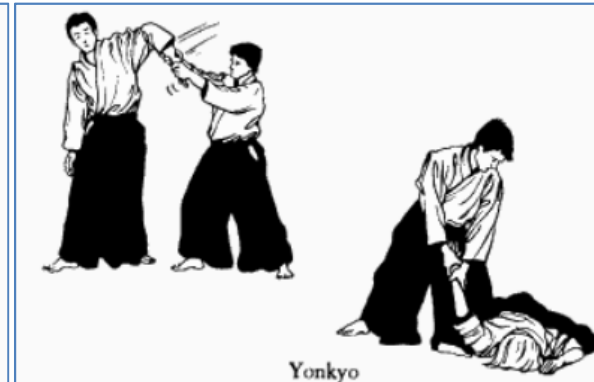
9



10



11

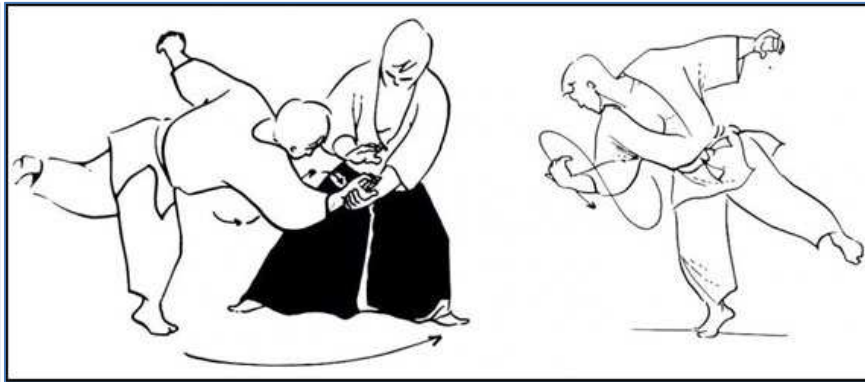


Les projections

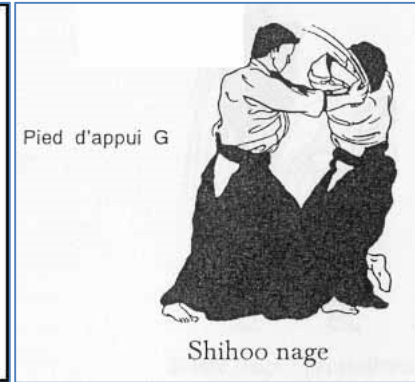
irimi nage 12



kote gaeshi 13



15



16



17



18



kokyu ho 14

