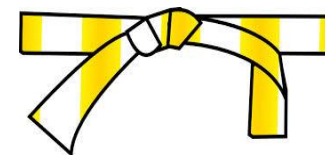


**1** TACHI-WAZA (TECHNIQUE DEBOUT)  
NAGE-WAZA (TECHNIQUE DE PROJECTION)



IPPON-SEOI-NAGE

PROJECTION A 1 BRAS

O-GOSHI

GRANDE BASCULE DE HANCHE

O-SOTO-GARI

GRAND FAUCHAGE EXTERIEUR

TE-WAZA

KOSHI-WAZA

ASHI-WAZA