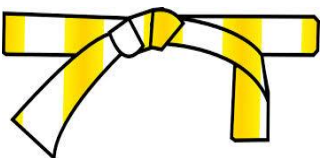


3 NE-WAZA (TECHNIQUE AU SOL)
KATAME-WAZA (TECHNIQUE DE CONTRÔLE)



HON-GESA GATAME
LE CISEAU OU LE SERPENT

GESA-GATAME



YOKO-SHIHO-GATAME
LE CRABE

SHIHO-GATAME

