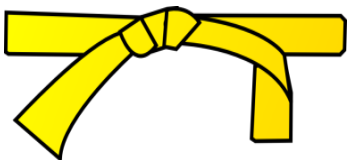


1 TACHI-WAZA (TECHNIQUE DEBOUT)
NAGE-WAZA (TECHNIQUE DE PROJECTION)



TE-WAZA



KOSHI-WAZA

IPPON-SEOI-NAGE
 PROJECTION A 1 BRAS



MOROTE-SEOI-NAGE
 PROJECTION A 2 BRAS



TAI-OTOSHI
 RENVERSMENT DU CORPS

ASHI-WAZA



O-GOSHI
 GRANDE BASCULE DE HANCHE



HARAI-GOSHI
 HANCHE FAUCHEE



O-SOTO-GARI
 GRAND FAUCHAGE EXTERIEUR

O-UCHI-GARI
 GRAND FAUCHAGE INTERIEUR

KO-UCHI-GARI
 PETIT FAUCHAGE INTERIEUR