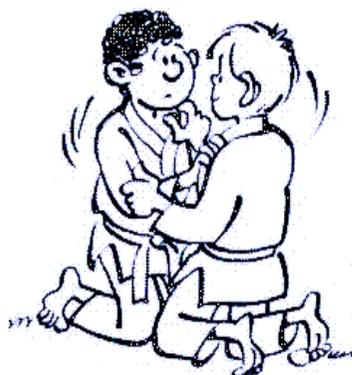
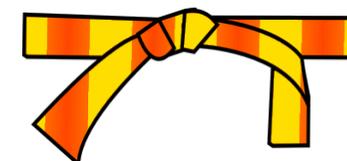


**4 TSUKURI-WAZA (CONSTRUCTION D'ATTAQUE)
SANKU-WAZA (TECHNIQUE DE RETOURNEMENT)**



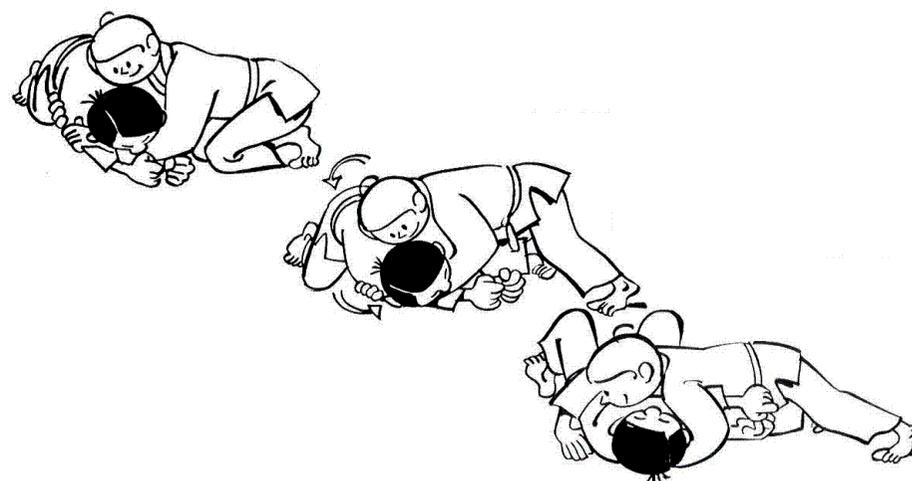
PARTENAIRE A GENOUX
LE PETIT VOLANT



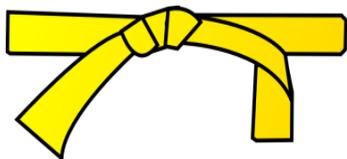
PARTENAIRE A PLAT VENTRE
LE ROULEAU COMPRESSEUR



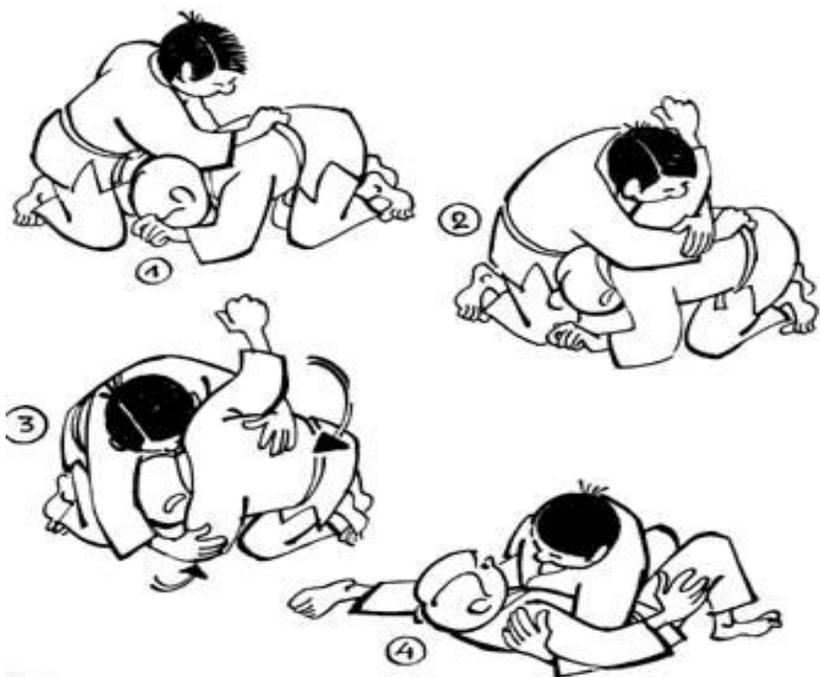
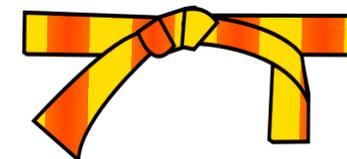
PARTENAIRE ENTRE LES JAMBES
PRISE DE L'OURS
ou LE BRAS -TETE



PARTENAIRE A 4 PATTES
Petite ou Grande PELTEUSE



**4 TSUKURI-WAZA (CONSTRUCTION D'ATTAQUE)
SANKU-WAZA (TECHNIQUE DE RETOURNEMENT)**

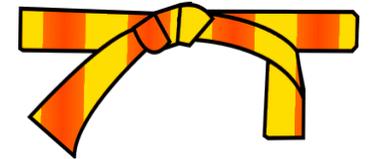
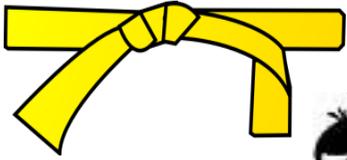


PARTENAIRE A 4 PATTES
LE CADENAS



PARTENAIRE A PLAT VENTRE
LA TORTUE

3 NE-WAZA (TECHNIQUE AU SOL)
SORTIE DE JAMBE & REPRISE D'INITIATIVE



ENTREE DE FACE 1



ENTREE DE FACE 2



SORTIE DE JAMBE 1
 L'ECARTEUR



REPRISE D'INITIATIVE
 LE PIEGE A LOUP