



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



O-GOSHI



HARAI-GOSHI



UCHI-MATA



HANE-GOSHI



IPPON-SEOI-NAGE



MOROTE-SEOI-NAGE



TAI-OTOSHI



SODE-TSURI-KOMI-GOSHI



ERI-SEOI-NAGE



O-SOTO-GARI



O-UCHI-GARI



KO-UCHI-GARI



HIZA-GURUMA



DE-ASHI-BARAI



KO-SOTO-GARI