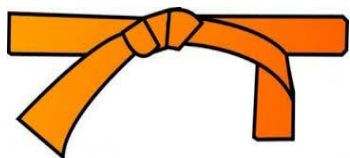


**3 NE-WAZA (TECHNIQUE AU SOL)**  
**KATAME-WAZA (TECHNIQUE DE CONTRÔLE)**



HON-GESA-GATAME  
 KUZURE-HON-GESA-GATAME



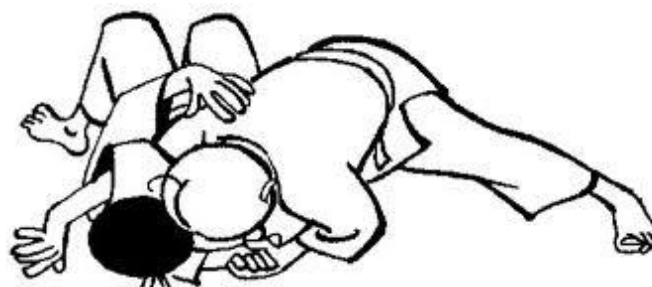
USHIRO-GESA-GATAME  
 KUZURE-USHIRO-GESA-GATAME



MAKURA-GESA-GATAME  
 KUZURE-MAKURA-GESA-GATAME



YOKO-SHIHO-GATAME  
 KUZURE-YOKO-SHIHO-GATAME



KATA-GATAME



TATE-SHIHO-GATAME  
 KUZURE-TATE-SHIHO-GATAME



KAMI-SHIHO-GATAME  
 KUZURE-KAMI-SHIHO-GATAME

