

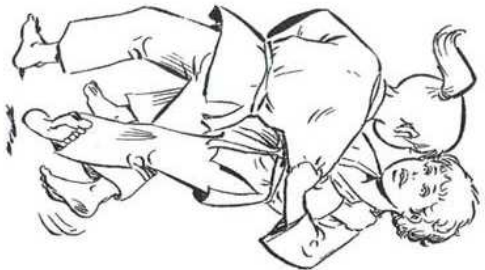
CEINTURE JAUNE



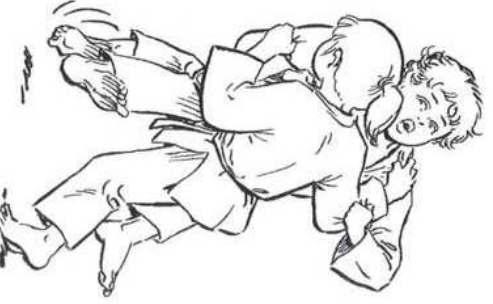
O-solo-gari
A. Chéret ©



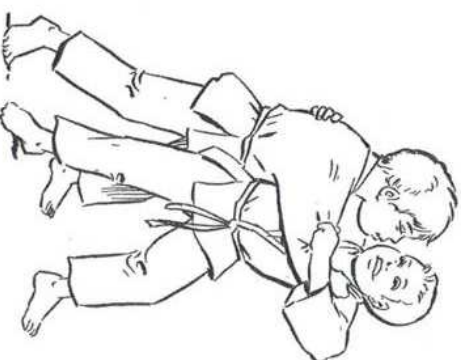
Ko-solo-gari



O-uchi-gari
A. Chéret ©



Ko-uchi-gari
A. Chéret ©



Uki-goshi
A. Chéret ©



Hon-sooi-nage
A. Chéret ©



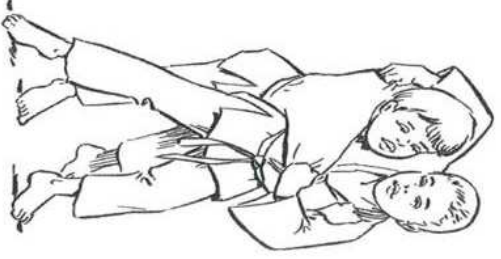
Hiza-guruma
A. Chéret ©



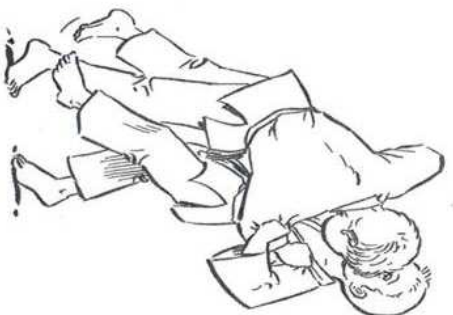
Morote-sooi-nage
A. Chéret ©



Tai-otoshi
A. Chéret ©



Kubi-nage
A. Chéret ©



Sasae-tsuri-komi-ashi
A. Chéret ©

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