

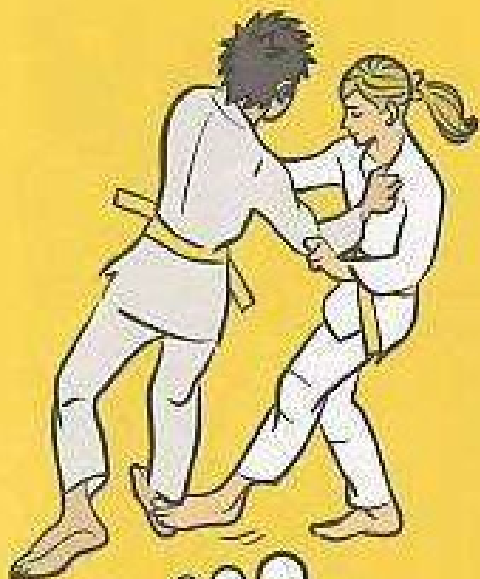
# LES TECHNIQUES DE PROJECTION (NAGE-WAZA)



O-soto-otoshi



O-soto-gari



De-ashi-harai (barai)



Tai-otoshi



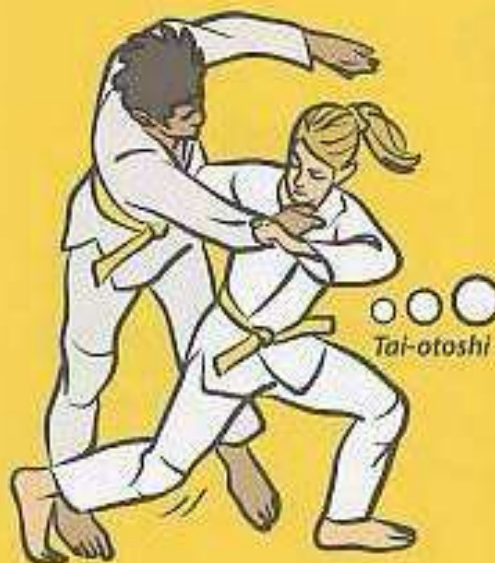
O-goshi



Uki-goshi



Seoi-otoshi

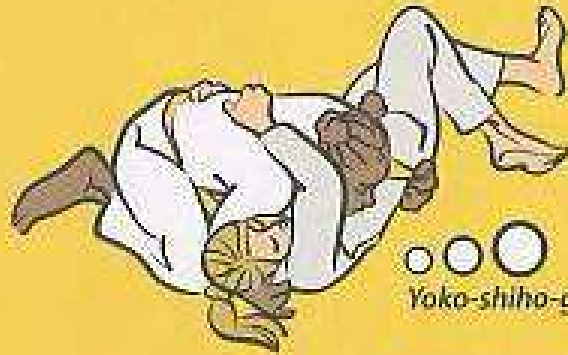


Tai-otoshi



Uki-otoshi

## LES TECHNIQUES DE CONTRÔLE AU SOL (KATAME-WAZA)



Yoko-shiho-gatame



Kuzure-gesa-gatame

## KODOMO-NO-KATA

*Kodomo-no-kata* niveau 1 et 2

Programme  
Ceinture JAUNE