

# LES TECHNIQUES DE PROJECTION (NAGE-WAZA)



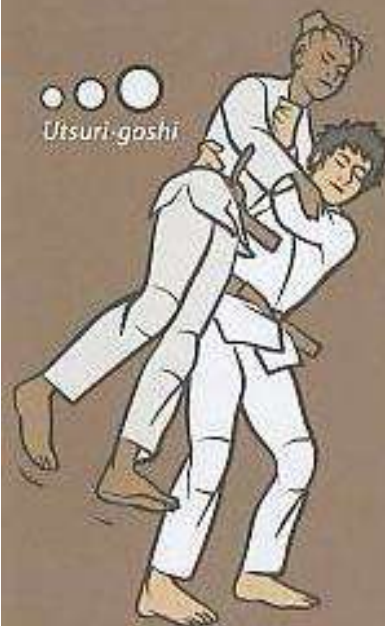
Kibisu-gaeshi



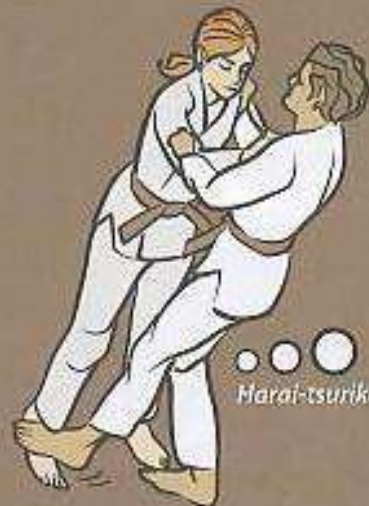
Morote-gari



Kuchiki-taoshi



Utsuri-goshi



Harai-tsurikomi-ashi



Yako-guruma



Ura-nage

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



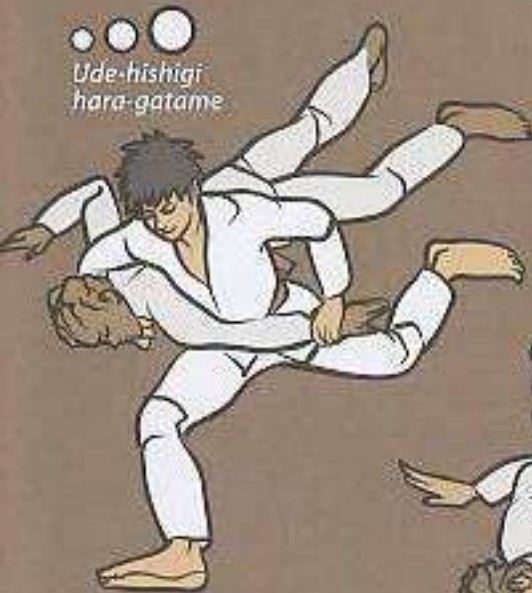
Kata-ha-jime



Ude-hishigi  
ude-gatame



Ude-hishigi  
hiza-gatame



Ude-hishigi  
hara-gatame



Ude-hishigi  
waki-gatame