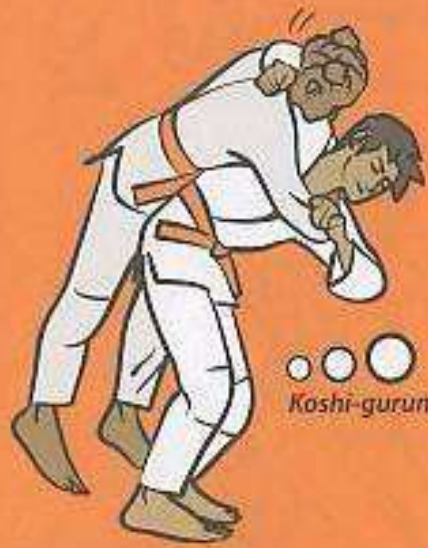


LES TECHNIQUES DE PROJECTION (NAGE-WAZA)

Kubi-nage



Koshi-guruma



Tsurikomi-goshi



Seoi-nage



Ko-uchi-gari



O-uchi-gari



Okuri-ashi-harai (barai)



Hiza-guruma



Sasae-tsurikomi-ashi



Ashi-guruma



LES TECHNIQUES DE CONTRÔLE AU SOL (KATAME-WAZA)



Hon-keso-gatame



Tate-shiho-gatame



Kuzure-kami-shiho-gatame



Kami-shiho-gatame