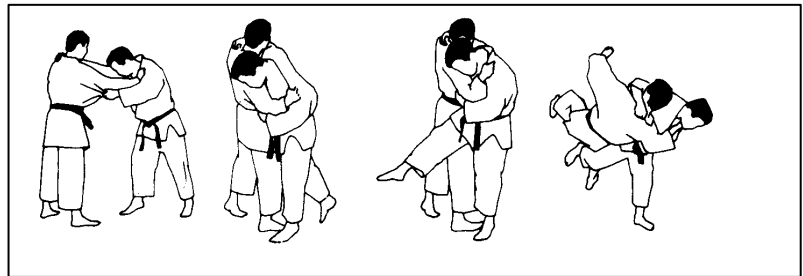
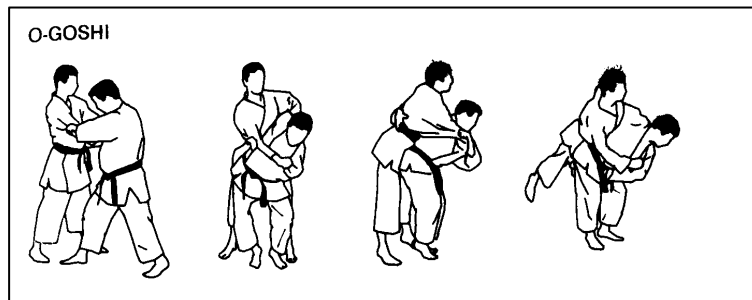


Tashi waza : Technique debout

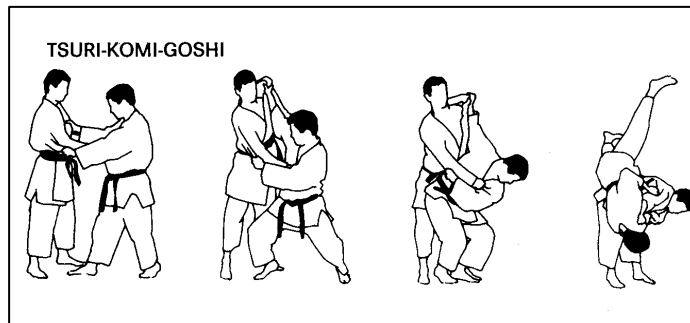
- 1) O- Soto-Gari
(grand fauchage extérieur)



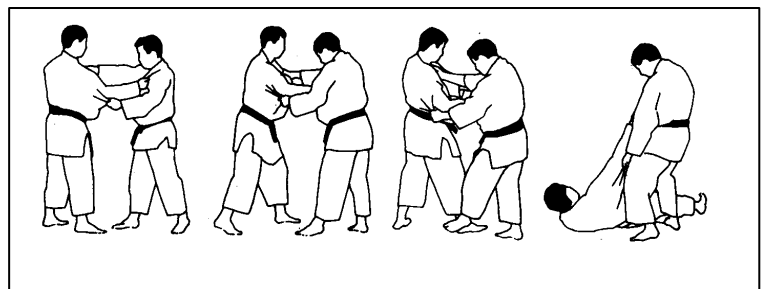
- 2) O goshi
(grande bascule de hanche)



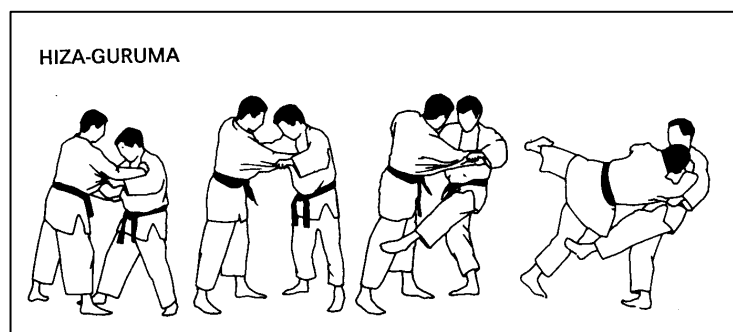
- 3) Tsuru-Komi-goshi
(hanche pêchée)

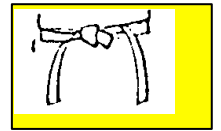


- 4) De-Ashi-Barai
(Balayage du pied qui avance)



- 5) Hiza guruma
(roue autour du genou)



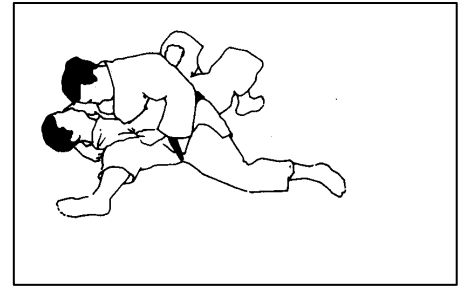


Ne Waza : Technique au sol

1) Keza gatame

(avant cela s'appelait hon geza gatame) : contrôle latéro-costal

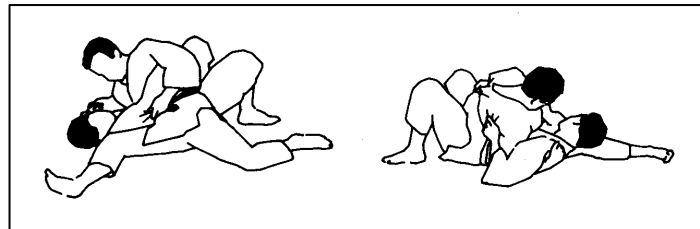
Renverser son partenaire quand il est à 4 pattes (canoë)



2) Kusure Geza gatame

Position 4 pattes

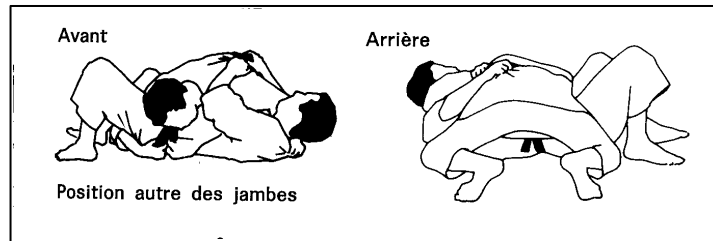
Renversement quand on est face à face



3) Yoko-shiho-gatame

Renversement de côté

Uke à plat ventre

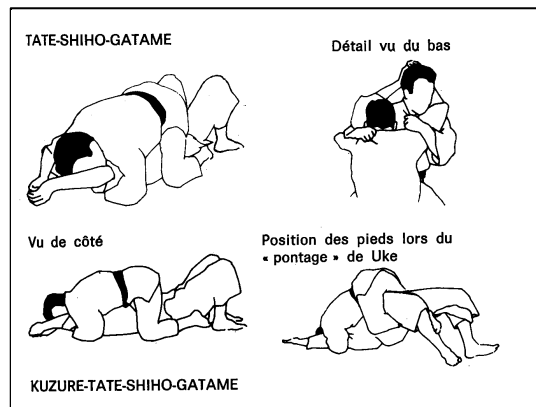


4) Tate-Shiho-gatame

Uke entre les jambes

Tori sur le dos

Renversement (ciseau)



5) Kami shiho gatame

Uke à 4 pattes

Tori debout au dessus de lui

Renversement et contrôle

