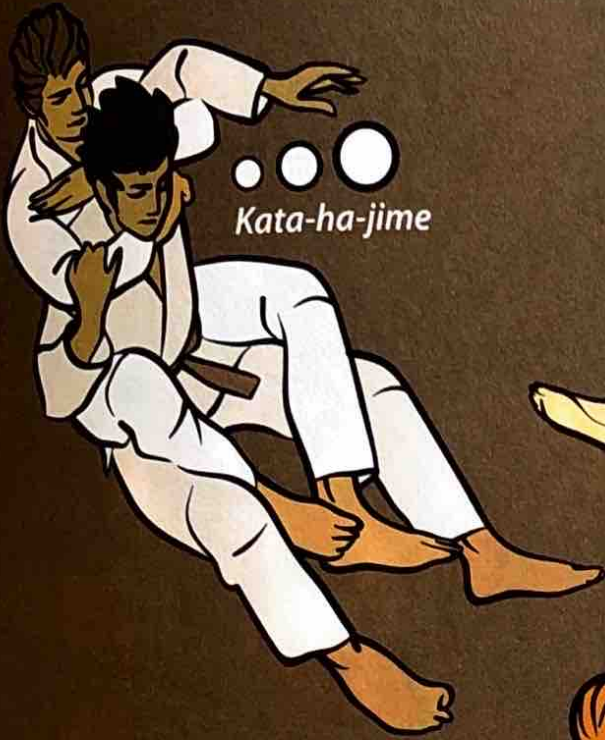


LES TECHNIQUES DE CONTRÔLE AU SOL (KATAME-WAZA)



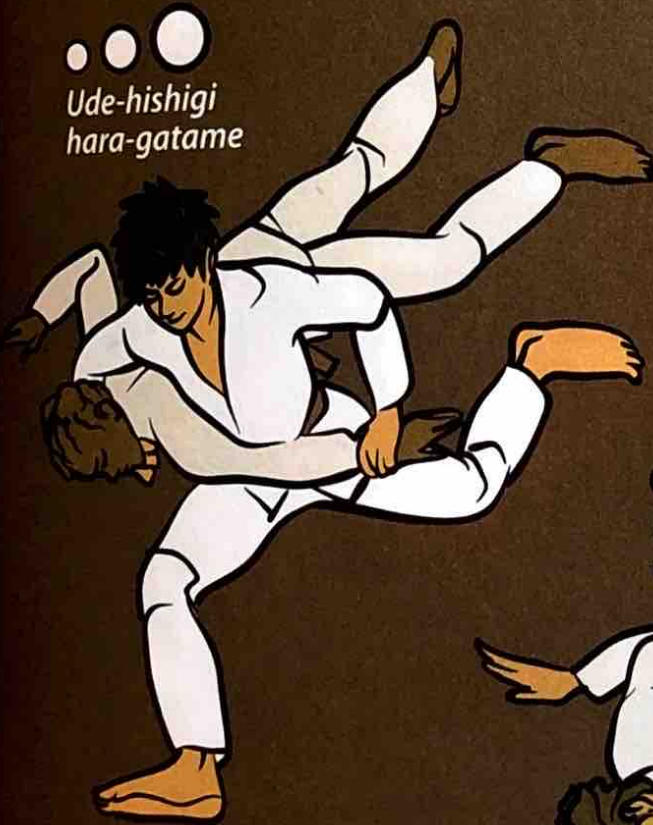
Kata-ha-jime



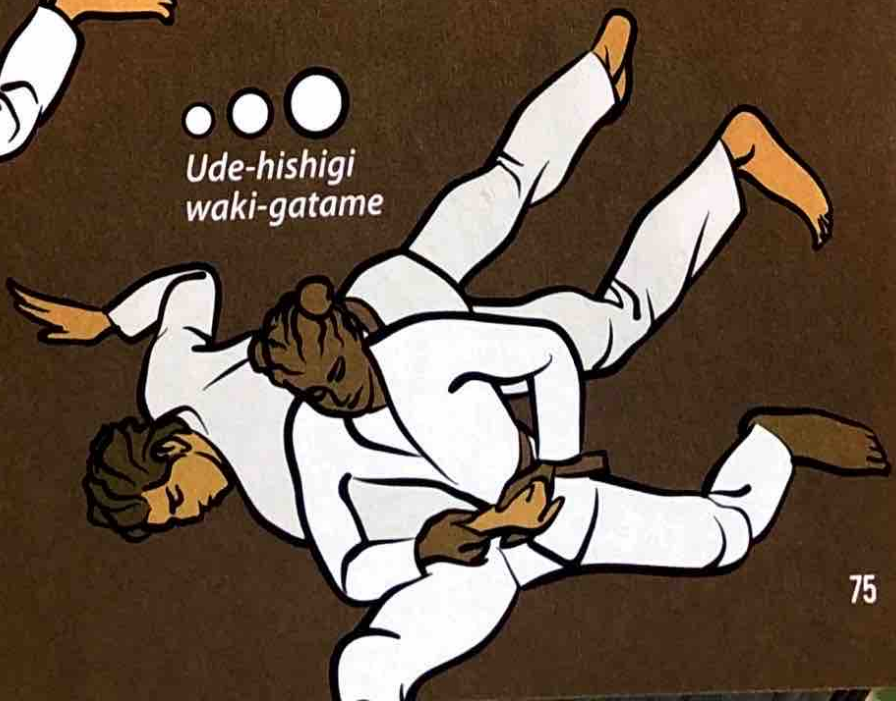
*Ude-hishigi
ude-gatame*



*Ude-hishigi
hiza-gatame*



*Ude-hishigi
hara-gatame*

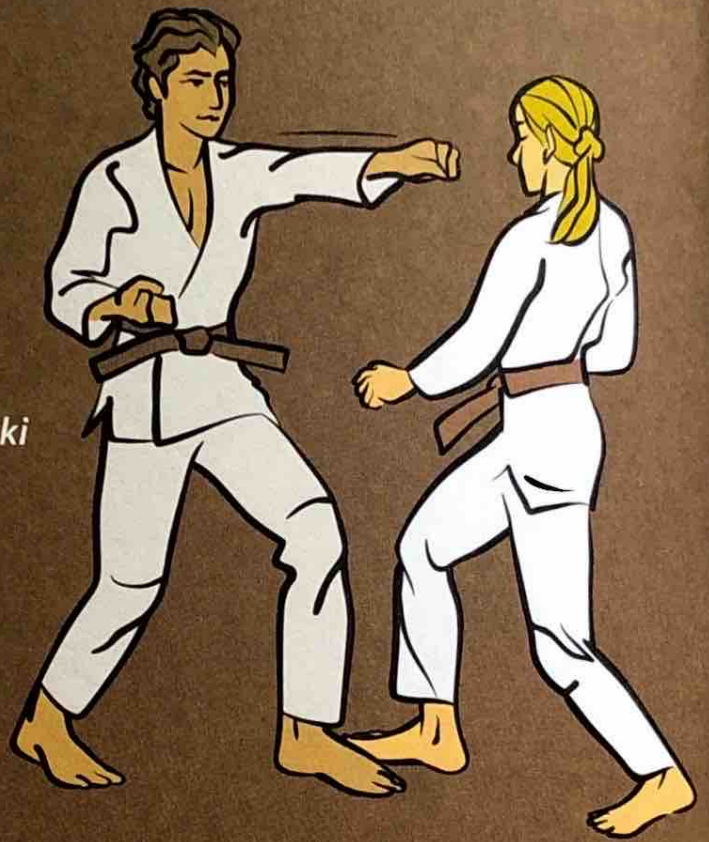


*Ude-hishigi
waki-gatame*

LES SITUATIONS D'ÉTUDE DE DÉFENSE

A partir de ces situations, je sais me défendre
et contrôler mon partenaire.

Jodan-oi-tsuki



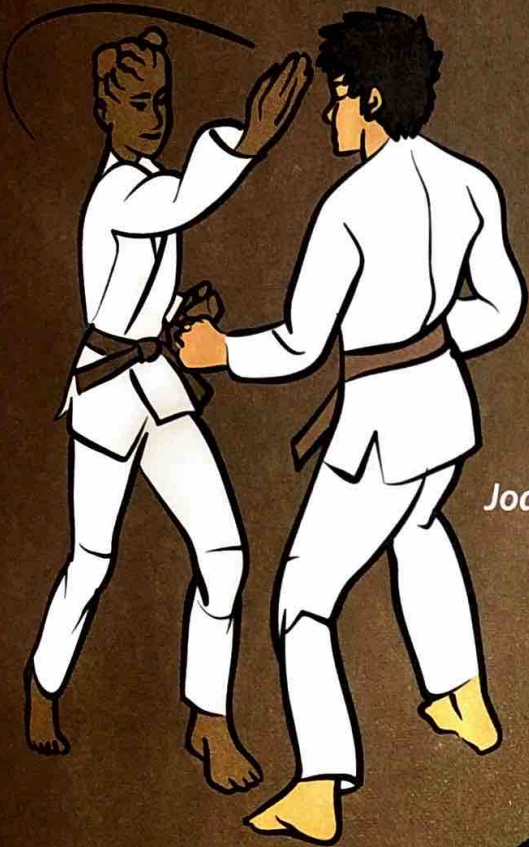
Shudan-gyaku-tsuki



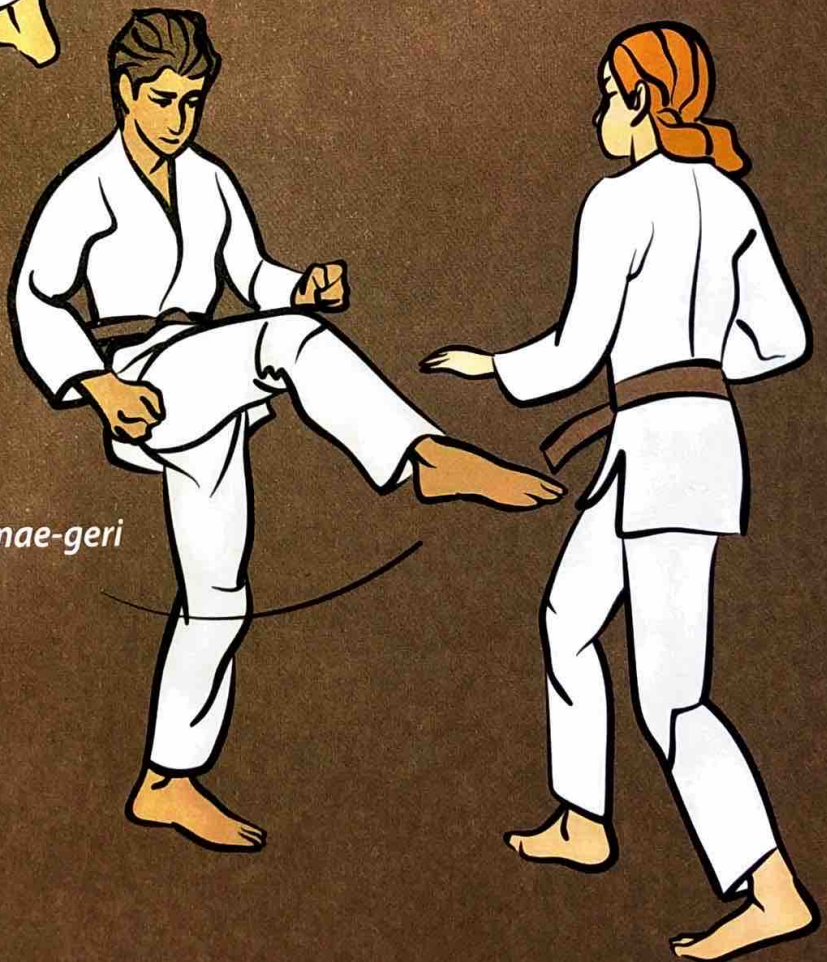
Shudan-mawashi-geri



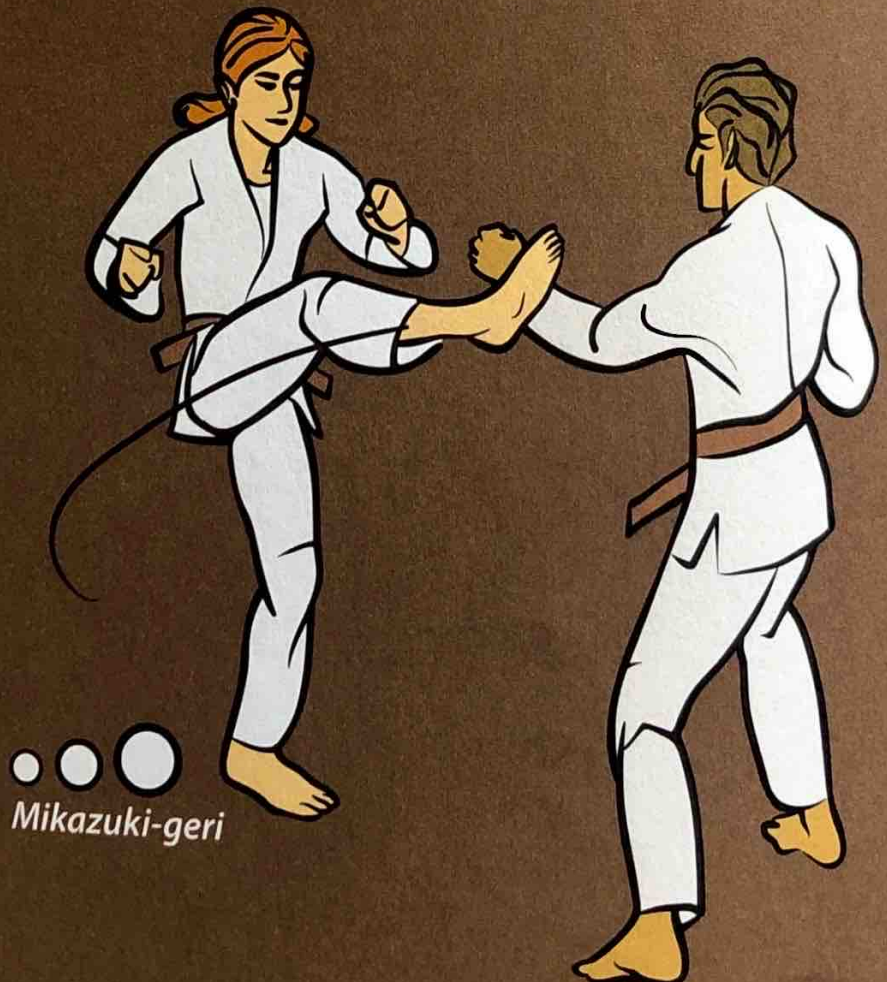
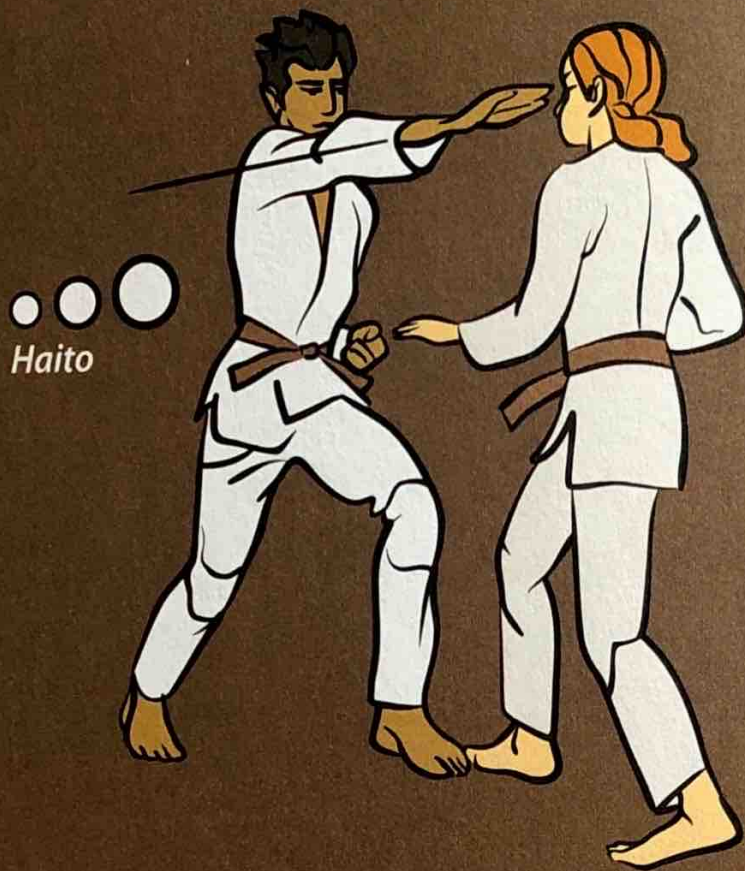
Jodan-naname-shuto



Shudan-mae-geri



LES TECHNIQUES DE DÉFENSE



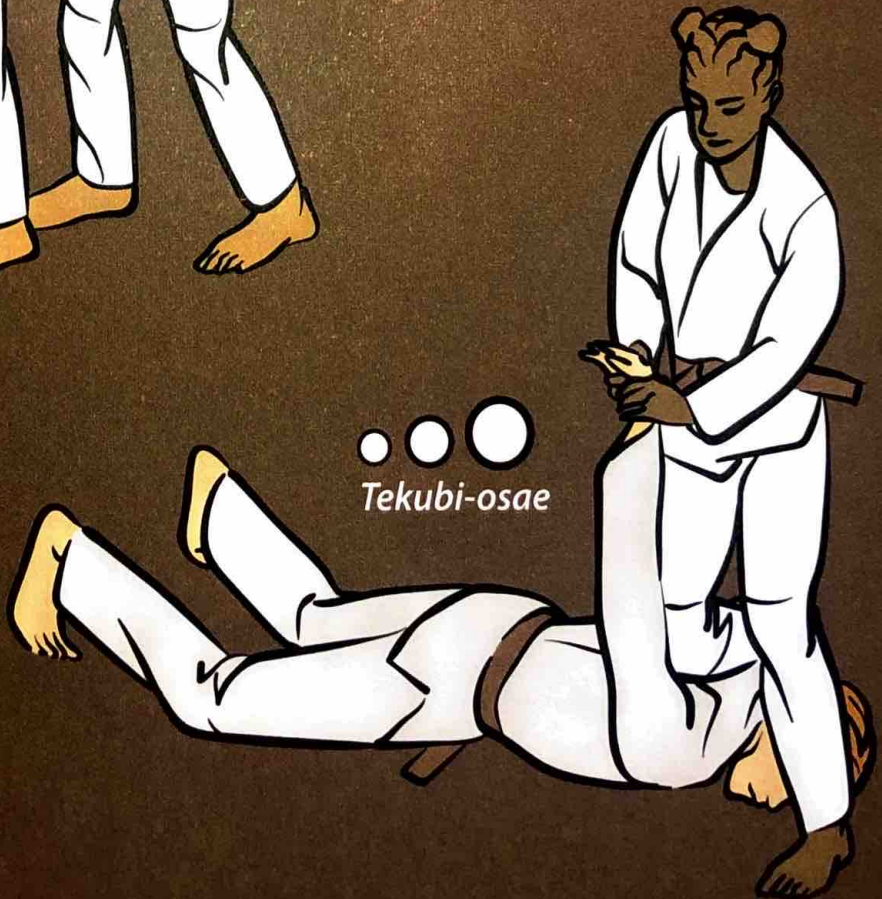
● ● ●
Kote-hineri



● ● ●
Shiho-nage

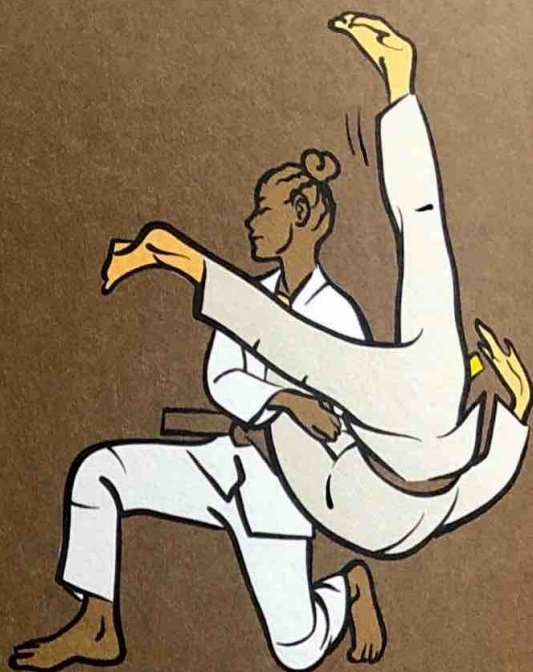


● ● ●
Tekubi-osae



NAGE-NO-KATA

Initiation au *nage-no-kata*
avec cérémonial.
Pratique des trois
techniques des trois
premières séries.



Première série



Deuxième série



Troisième série

