

TECHNIQUES DE PROJECTION NAGE WAZA

PROGRAMME TECHNIQUE 1^{ER} DAN

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KOSHI-WAZA TECHNIQUES DE HANCHE



HARAI-GOSHI
FAUCHAGE DE HANCHE



KOSHI-GURUMA
ENROULEMENT DE
LA HANCHE



O-GOSHI
GRANDE BASCULE DE
LA HANCHE



TSURI-KOMI-GOSHI
HANCHE PÊCHÉE



UCHI-MATA
FAUCHAGE INTERNE

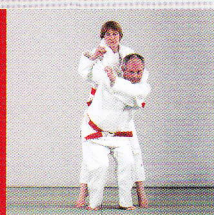


UKI-GOSHI
TOUR DE HANCHE SIMPLE



USHIRO-GOSHI
CONTRE DE HANCHE ARRIÈRE

TE WAZA TECHNIQUES DE BRAS



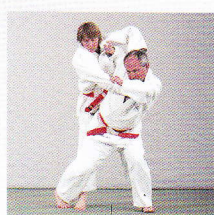
IPPON-SEOI-NAGE
PROJECTION PAR UNE ÉPAULE



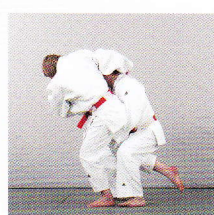
KATA-GURUMA
ROUE AUTOUR DES ÉPAULES



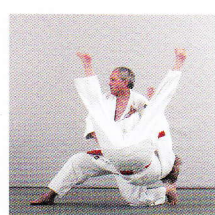
MOROTE-SEOI-NAGE
PROJECTION D'ÉPAULE
PAR DEUX MAINS



TAI-OTOSHI
RENVERSEMENT
DU CORPS PAR BARRAGE

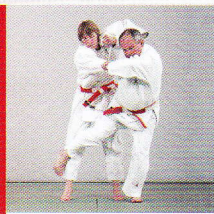


TE-GURUMA
ENROULEMENT PAR LES MAINS



UKI-OTOSHI
RENVERSEMENT DU CORPS

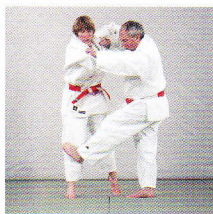
ASHI-WAZA TECHNIQUES DE JAMBE



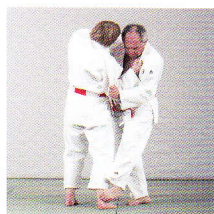
ASHI-GURUMA
ENROULEMENT AUTOUR
DE LA JAMBE



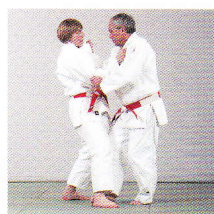
DE-ASHI-BARAI
BALAYAGE DU PIED AVANCÉ



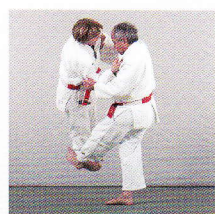
HIZA-GURUMA
ROUE AUTOUR DU GENOU



KO SOTO-GARI
PETIT FAUCHAGE EXTÉRIEUR



KO UCHI-GARI
PETIT FAUCHAGE INTÉRIEUR



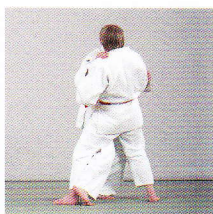
OKURI-ASHI-BARAI
BALAYAGE DES DEUX PIEDS



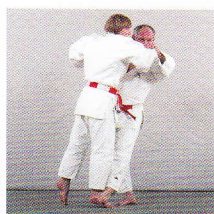
O SOTO-GARI
GRAND FAUCHAGE EXTÉRIEUR



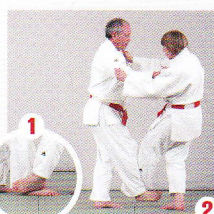
O SOTO-OTOSHI
GRAND RENVERSEMENT
EXTÉRIEUR



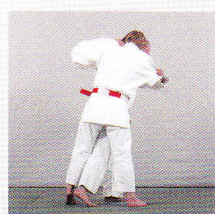
O UCHI-GARI
GRAND FAUCHAGE INTÉRIEUR



SASAE-TSURIKOMI-ASHI
BLOCAGE DU PIED EN PÊCHANT

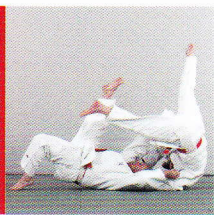


TSUBAME-GAESHI
RETOUR DE L'HIRONDELLE

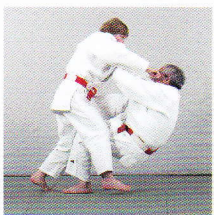


UCHI-MATA
FAUCHAGE INTERNE

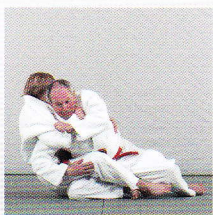
SUTEMI TECHNIQUES DE SACRIFICE



SUMI-GAESHI
RENVERSEMENT DANS L'ANGLE



TOMOE-NAGE
PROJECTION EN CERCLE



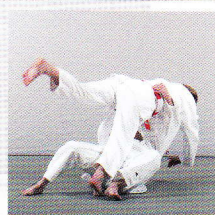
KO UCHI-MAKIKOMI
PETIT FAUCHAGE INTÉRIEUR EN
ACCOMPAGNANT



TANI-OTOSHI
CHUTE DANS LA VALLÉE



YOKO-TOMOE-NAGE
PROJECTION EN CERCLE DE CÔTÉ



YOKO-GURUMA
SUTEMI ENROULÉ DE CÔTÉ