

## PROGRAMME TECHNIQUE À RÉALISER (APPLICATION DES TEXTES OFFICIELS)



Uki-goshi



Koshi-guruma



Uki-otoshi



O-soto-gari



Ko-soto-gari



Tani-otoshi



Hon-gesa-gatame



Yoko-shiho-gatame



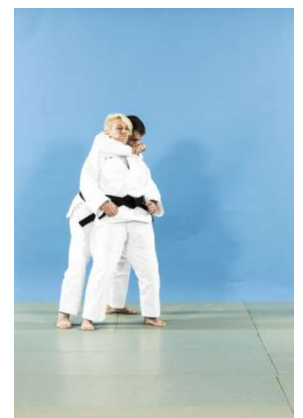
Gyaku-juji-jime



Ude-garami



Jodan-naname-shuto



Hadaka-jime

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Seoi-otoshi



Ko-uchi-gari



Sasae-tsurikomi-ashi



Yoko-guruma



Hon-gesa-gatame



Kuzure-gesa-gatame



Sankaku-jime



Ude-garami



Jodan-naname-shuto



Hakada-jime

## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



Hane-goshi



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Jodan-naname-shuto



Mae-dori

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Ippon-seoi-nage



Tai-otoshi



O-uchi-gari



Uchi-mata



Yoko-guruma



Kami-shiho-gatame



Kata-gatame



Nami-juji-jime



Ude-ishigi-hara-gatame



Mae-kubi-dori



Chudan-gyaku-tsuki

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Nami-juji-jime



Ude-ishigi-juji-gatame



Eri-dori



Mae-dori

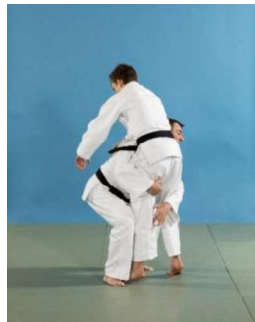
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Uki-goshi



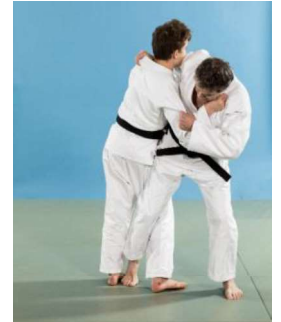
Te-guruma



Morote-gari



Ko-soto-gake



O-soto-otoshi



Tomoe-nage



Kuzure-kami-shiho-gatame



Kata-ha-jime



Kata-juji-jime



Ude-ishigi-ude-gatame



Eri-dori



Yoko-dori

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Hadaka-jime



Kata-juji-jime



Ude-ishigi-hiza-gatame



Mae-kubi-dori



Jodan-naname-shuto

## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



Sode-tsurikomi-goshi



Kibisu-gaeshi



Morote-seoi-nage



Hiza-guruma



Okuri-ashi-harai



Soto-maki-komi



Ushiro-gesa-gatame



Hadaka-jime



Gyaku-juji-jime



Ude-ishigi-waki-gatame



Yoko-kubi-dori



Chudan-mawashi-geri



## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



Uchi-mata



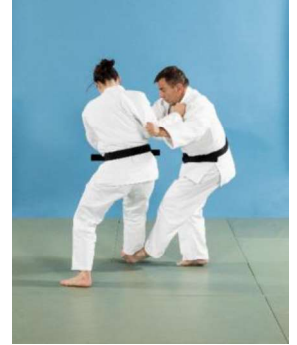
Kuchiki-taoshi



Morote-seoi-nage



Hiza-guruma



Ko-soto-gari



Tani-otoshi



Yoko-shiho-gatame



Hadaka-jime



Kata-te-jime



Ude-ishigi-waki-gatame



Yoko-sode-dori



Chudan-mae-geri-kekomi

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Utsuri-goshi



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Hiza-guruma



De-ashi-harai



Sumi-gaeshi



Yoko-shiho-gatame



Hadaka-jime



Sankaku-jime



Ude-garami



Yoko-kubi-dori



Jodan-oi-tsuki

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Tsurikomi-goshi



Kubi-nage



Eri-seoi-nage



Ashi-guruma



De-ashi-harai



Ura-nage



Makura-gesa-gatame



Hadaka-jime



Okuri-eri-jime



Ude-garami



Hadaka-jime



Jodan-oi-tsuki

## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



Ushiro-goshi



Kubi-nage



Uki-otoshi



Harai-tsurikomi-ashi



De-ashi-harai



Sumi-gaeshi



Makura-gesa-gatame



Gyaku-juji-jime



Okuri-eri-jime



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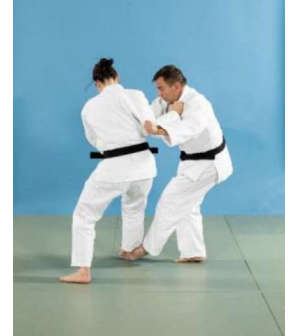
Ippon-seoi-nage



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