

PROGRAMME TECHNIQUE À RÉALISER (APPLICATION DES TEXTES OFFICIELS)

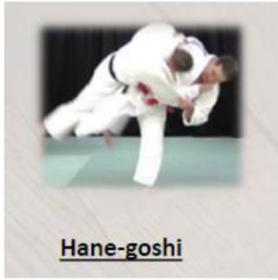


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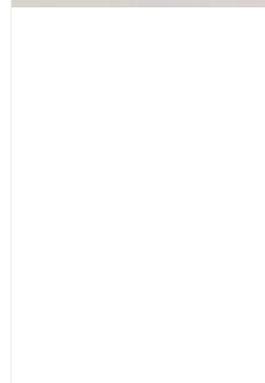
Hane-goshi



Ippon-seoi-nage



Tai-otoshi



Uchi-mata



Yoko-guruma



Kami Shiho Gatame



Kata-gatame



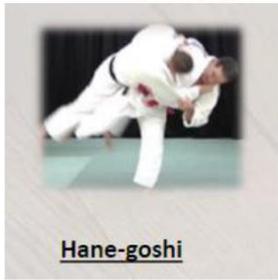
Nami-juji-jime



Ude-ishigi-hara-gatame



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Hane-goshi



Ippon-seoi-nage



Kata-guruma



O-uchi-gari



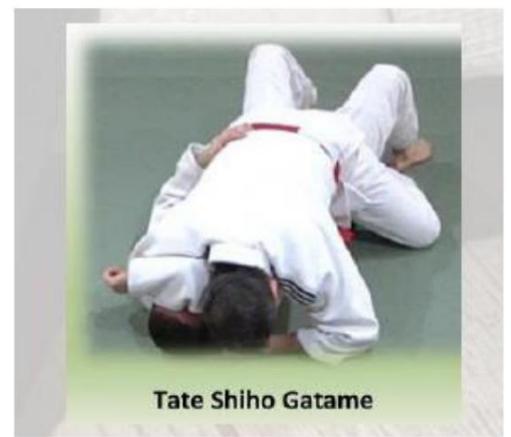
O-soto-gari



Yoko-guruma



Kami Shiho Gatame



Tate Shiho Gatame



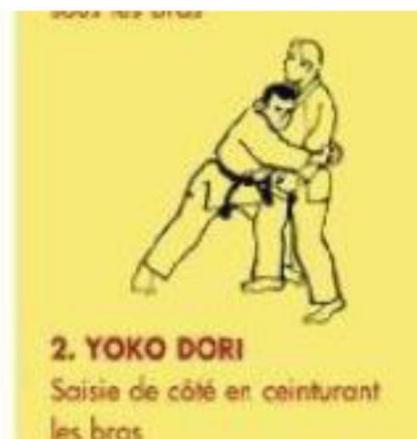
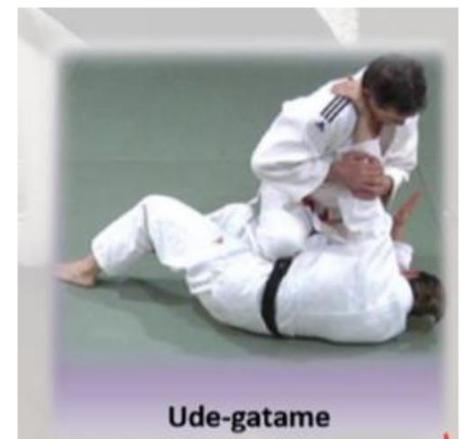
Nami-juji-jime



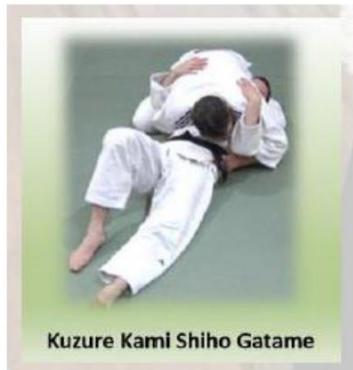
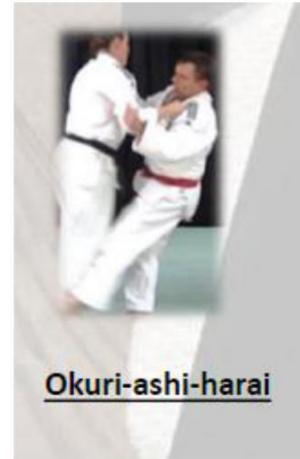
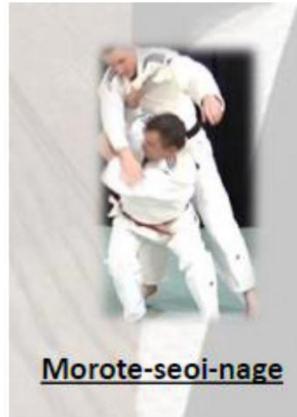
Ude-ishigi-juji-gatame



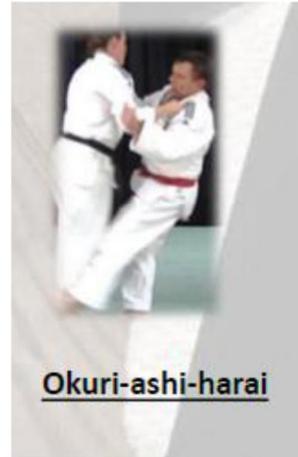
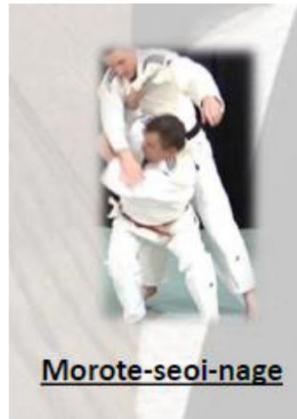
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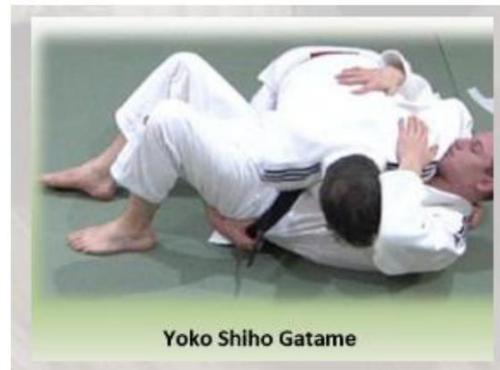
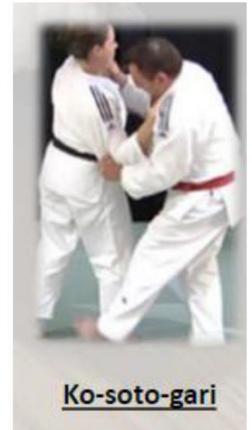
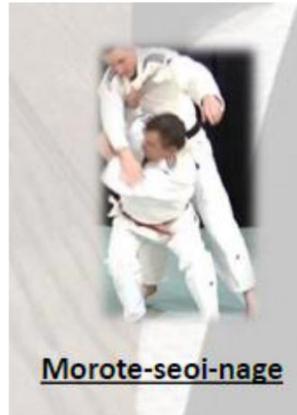
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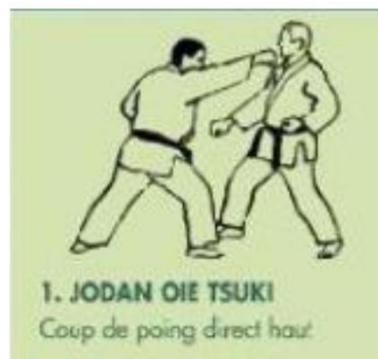
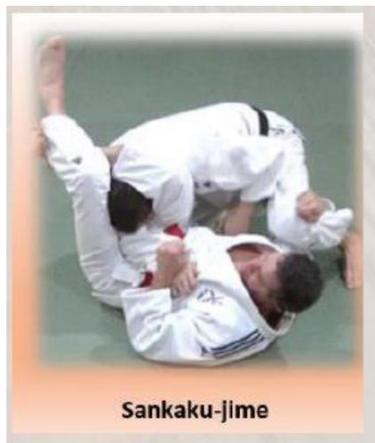
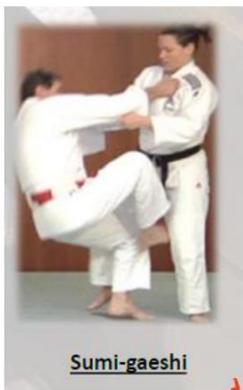
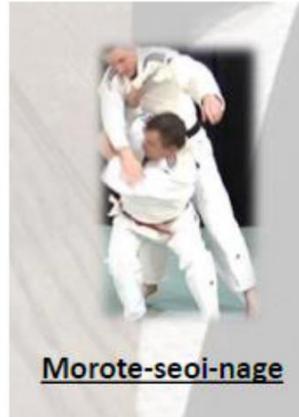
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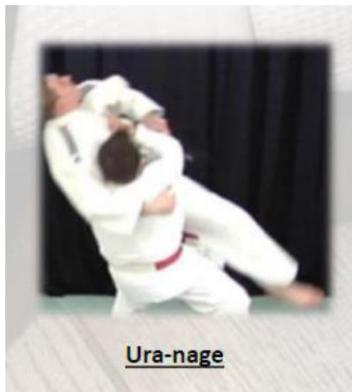
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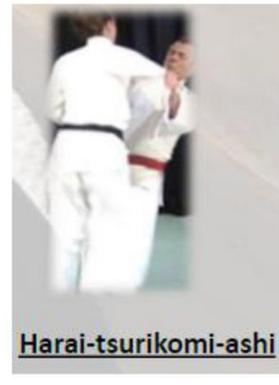
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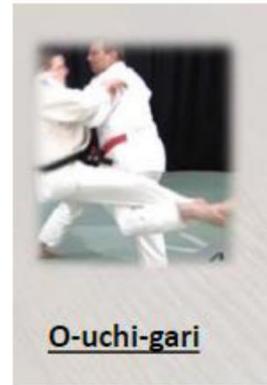
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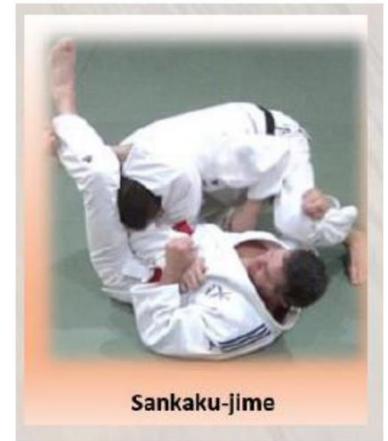
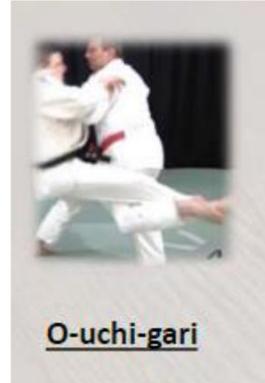
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