

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





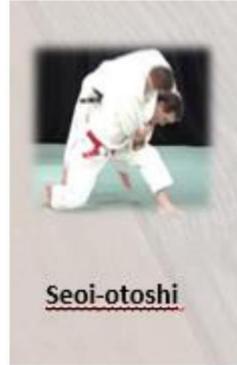
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



Hane-goshi



Koshi-guruma



Seoi-otoshi



Ko-uchi-gari



Sasae-tsurikomi-ashi



Yoko-guruma



Hon-gesa-gatame



Kuzure-gesa-gatame



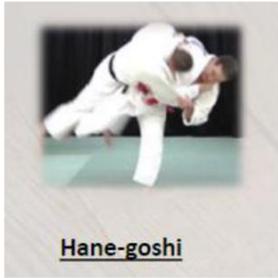
Sankaku-jime



Ude-garami



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



Hane-goshi



Ippon-seoi-nage



Tai-otoshi



O-uchi-gari



Uchi-mata



Yoko-guruma



Kami Shiho Gatame



Kata-gatame



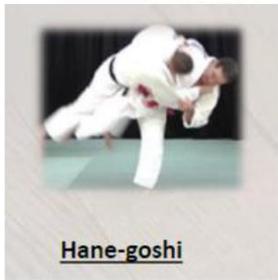
Nami-juji-jime



Ude-ishigi-hara-gatame



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



Hane-goshi



Ippon-seoi-nage



Kata-guruma



O-uchi-gari



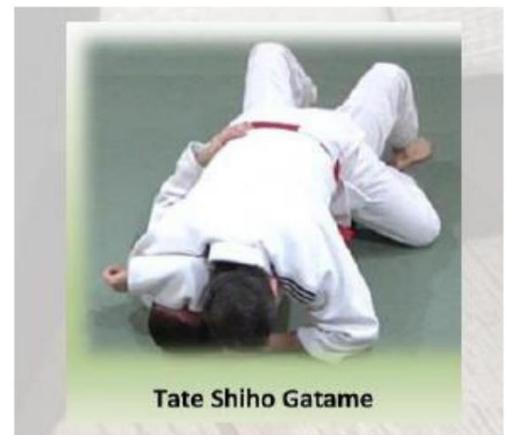
O-soto-gari



Yoko-guruma



Kami Shiho Gatame



Tate Shiho Gatame



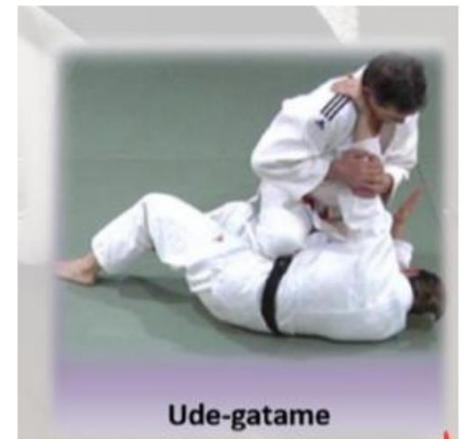
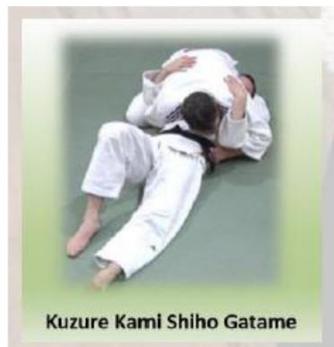
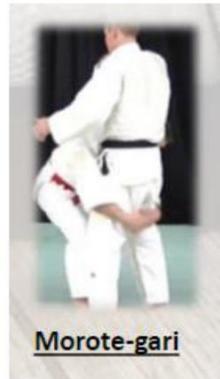
Nami-juji-jime



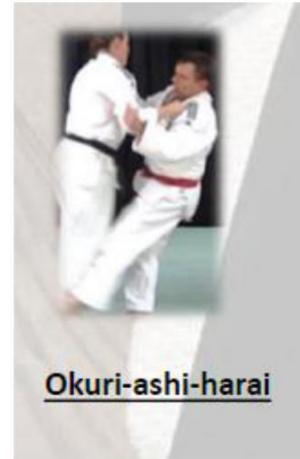
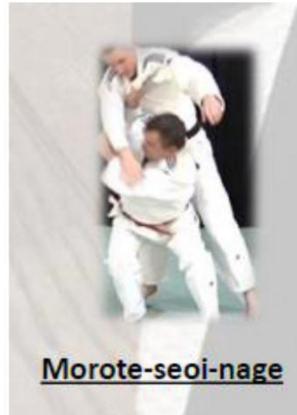
Ude-ishigi-juji-gatame



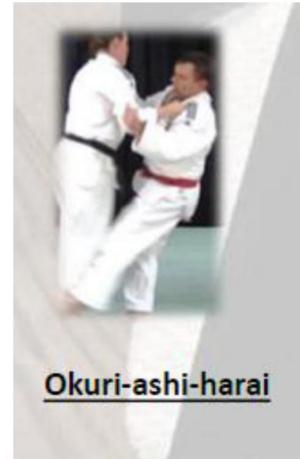
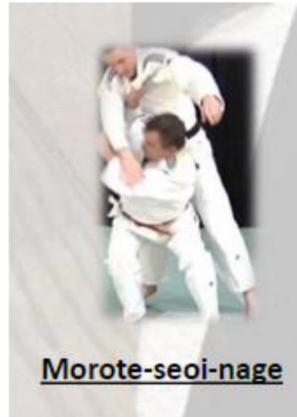
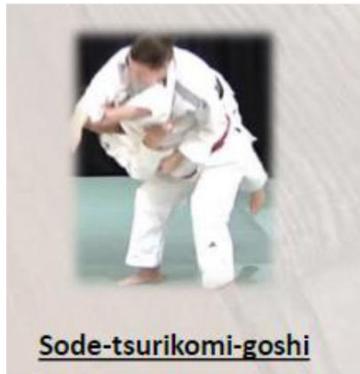
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



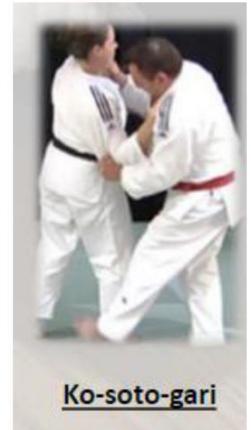
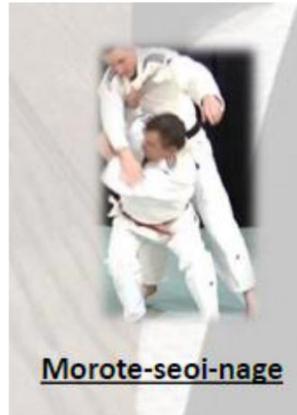
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



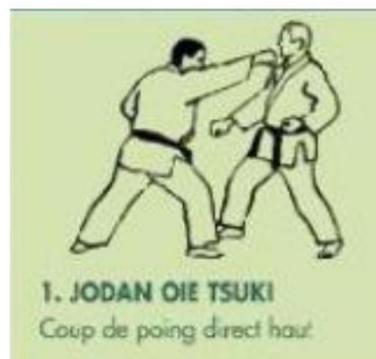
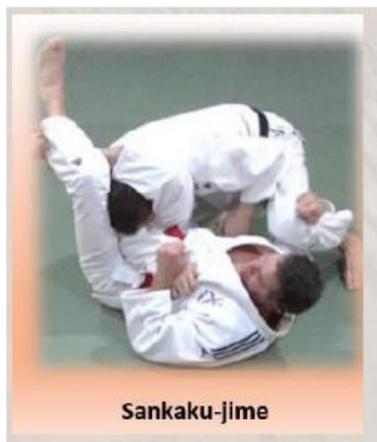
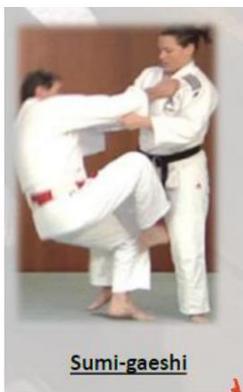
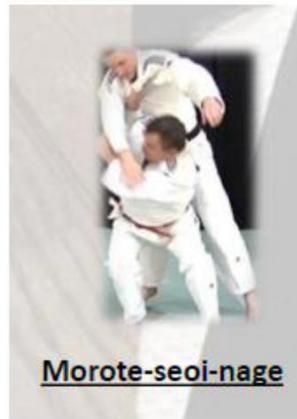
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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



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



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



Tsurikomi-goshi



Kubi-nage



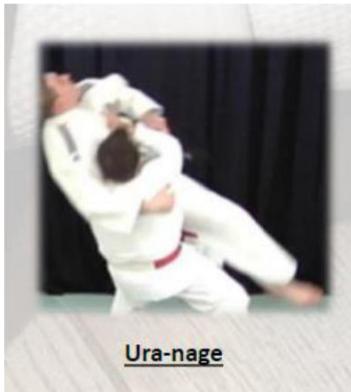
Eri-seoi-nage



Ashi-guruma



De-ashi-harai



Ura-nage



Makura-gesa-gatame



Hadaka-jime



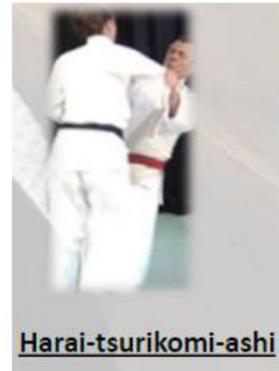
Okuri-eri-jime



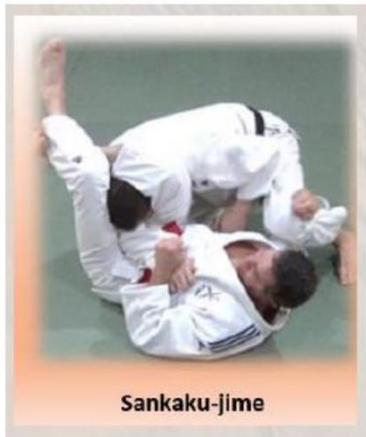
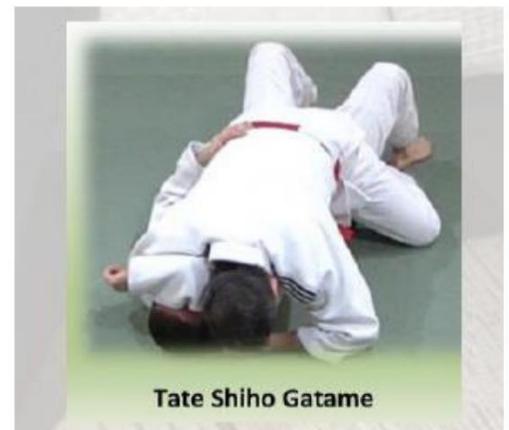
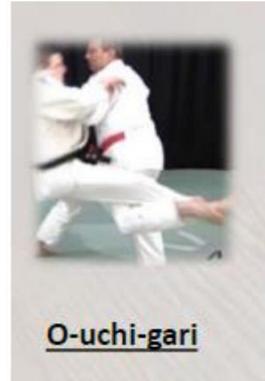
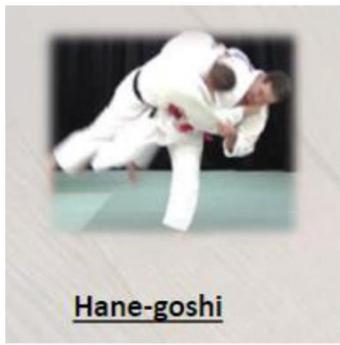
Ude-garami



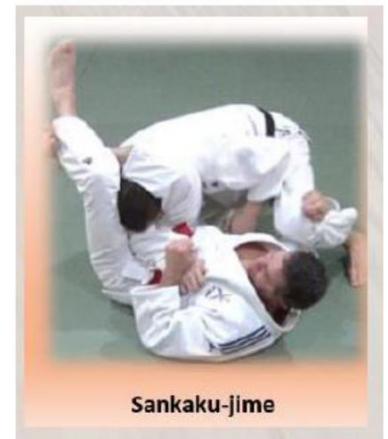
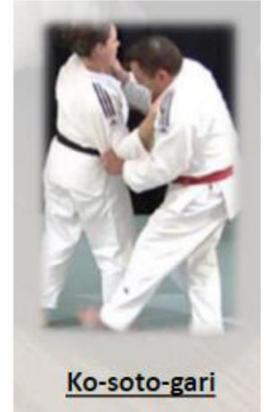
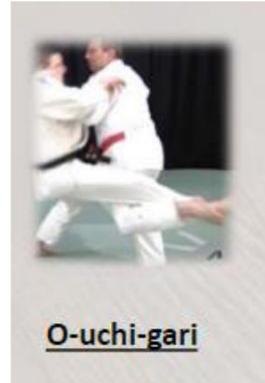
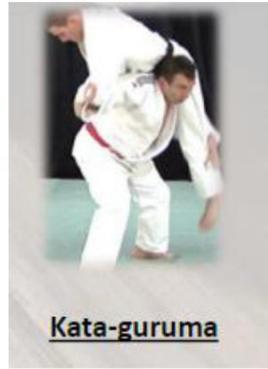
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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



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



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

