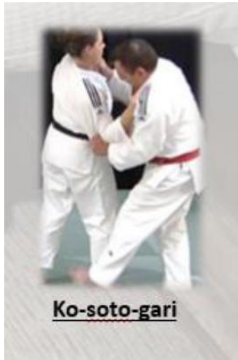
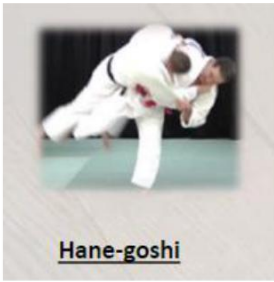


PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)





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



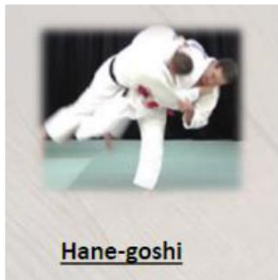
Sankaku-jime



Ude-garami



PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



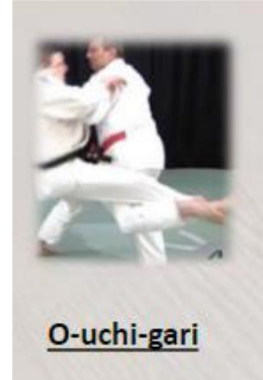
Hane-goshi



Ippon-seoi-nage



Tai-otoshi



O-uchi-gari



Uchi-mata



Yoko-guruma



Kami Shiho Gatame



Kata-gatame



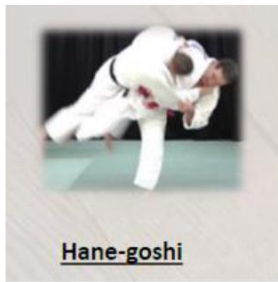
Nami-juji-jime



Ude-ishigi-hara-gatame



PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



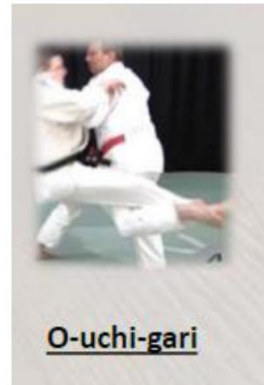
Hane-goshi



Ippon-seoi-nage



Kata-guruma



O-uchi-gari



O-soto-gari



Yoko-guruma



Kami Shiho Gatame



Tate Shiho Gatame



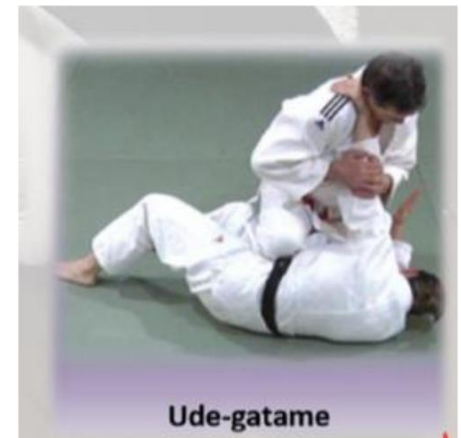
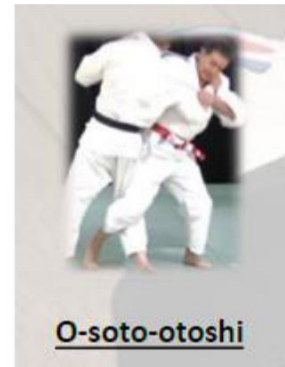
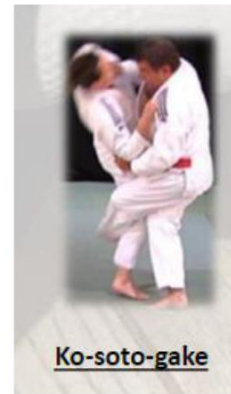
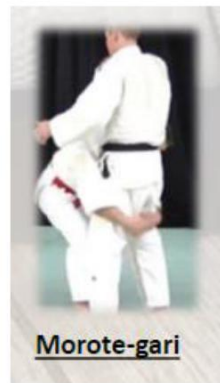
Nami-juji-jime



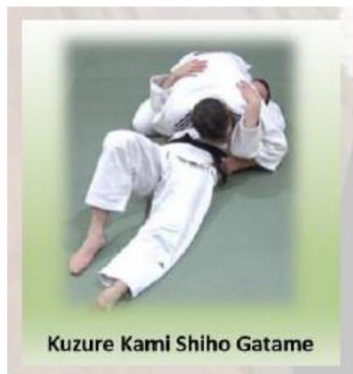
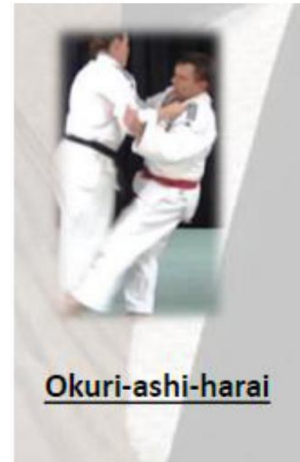
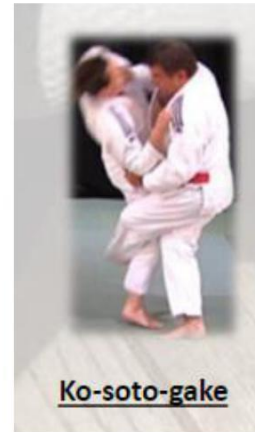
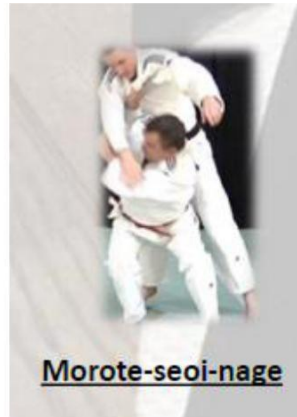
Ude-ishigi-juji-gatame



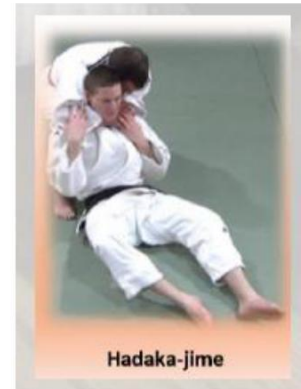
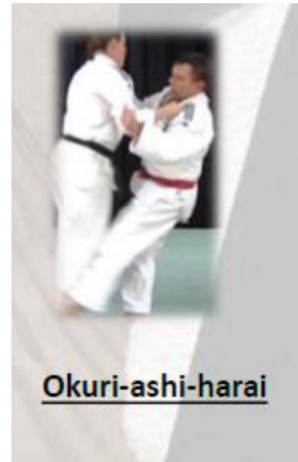
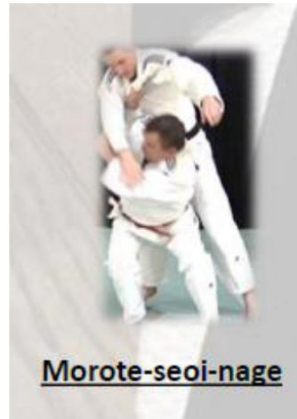
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



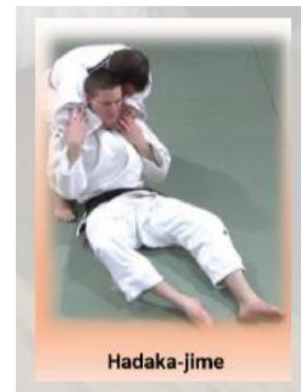
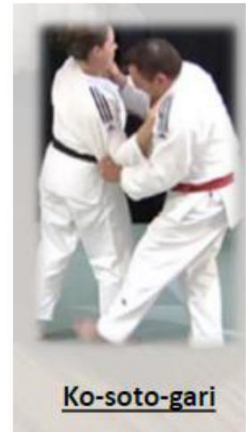
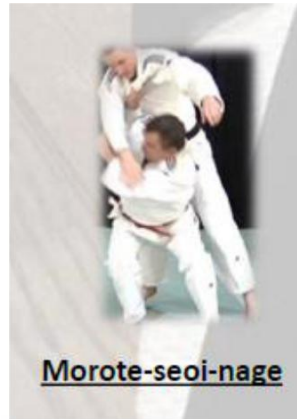
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



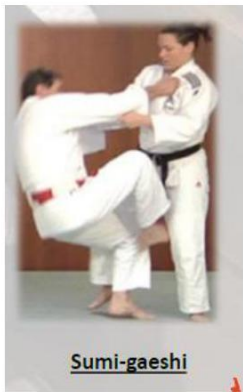
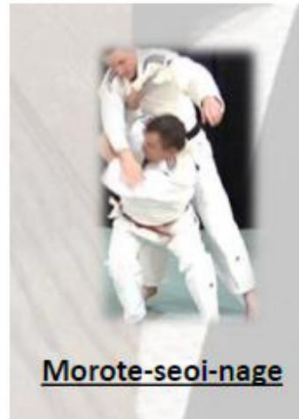
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



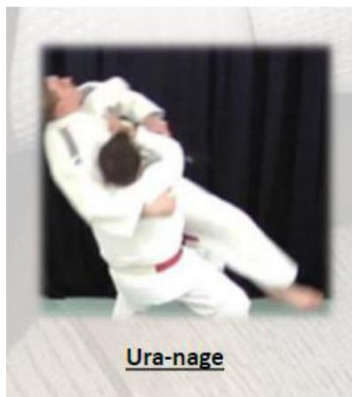
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



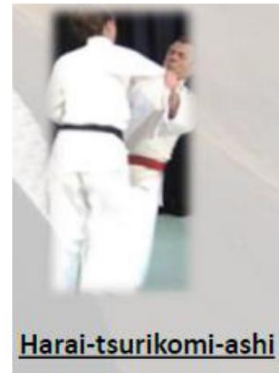
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



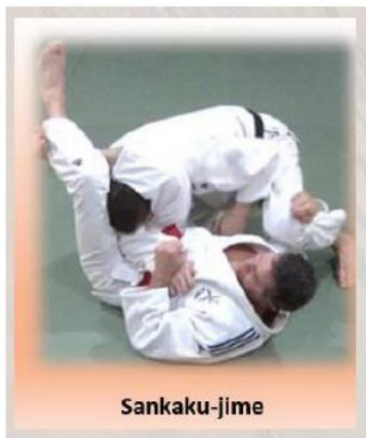
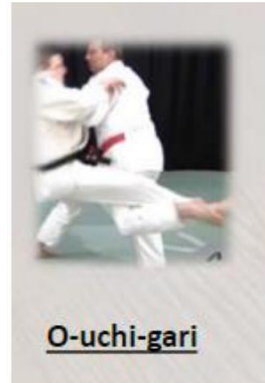
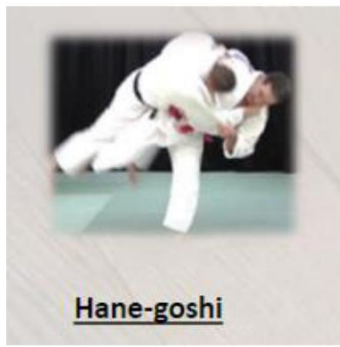
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



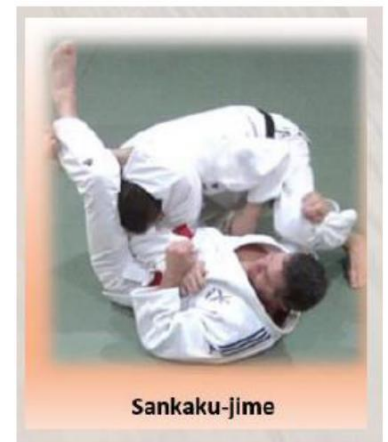
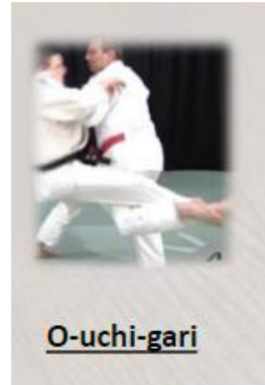
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

