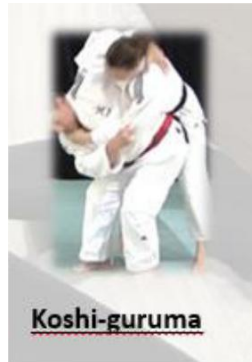
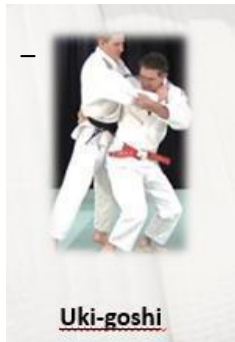


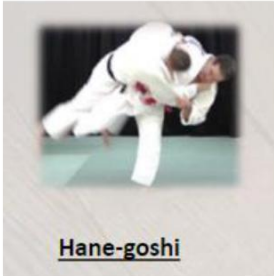
## PROGRAMME TECHNIQUE À RÉALISER (APPLICATION DES TEXTES OFFICIELS)

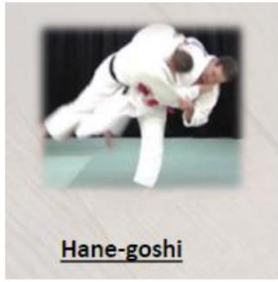


## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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





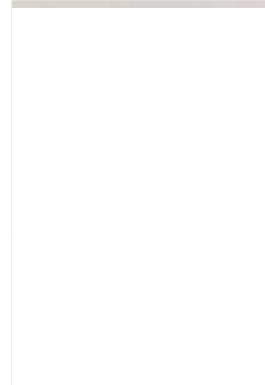
Hane-goshi



Ippon-seoi-nage



Tai-otoshi



Uchi-mata



Yoko-guruma



Kami Shiho Gatame



Kata-gatame



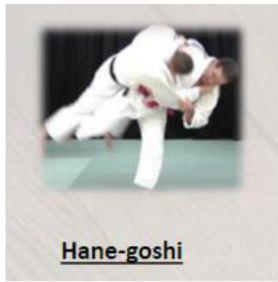
Nami-juji-jime



Ude-ishigi-hara-gatame



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



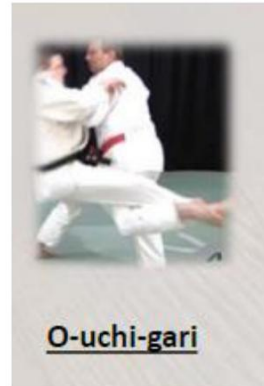
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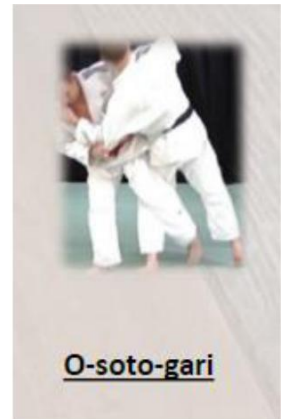
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O-uchi-gari



O-soto-gari



Yoko-guruma



Kami Shiho Gatame



Tate Shiho Gatame



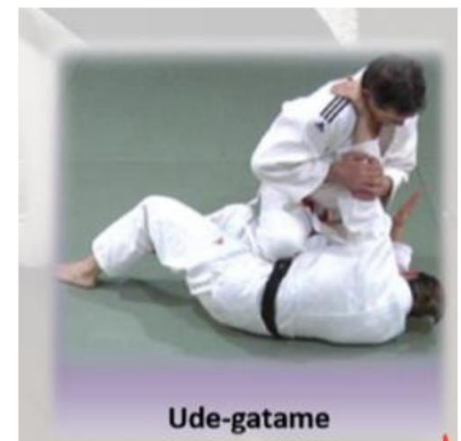
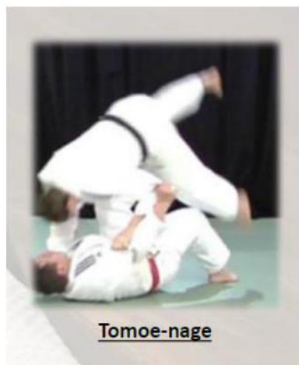
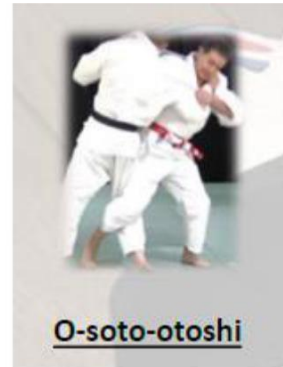
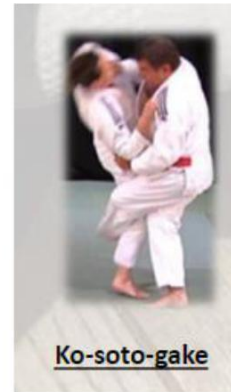
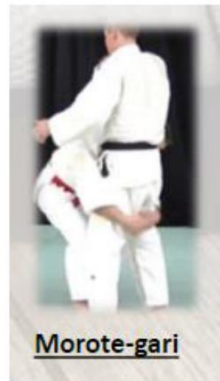
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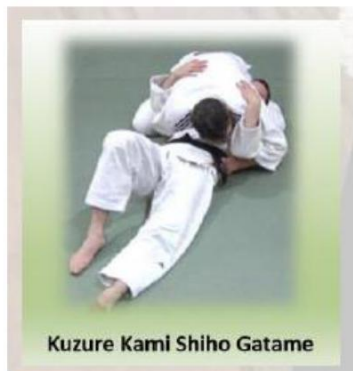
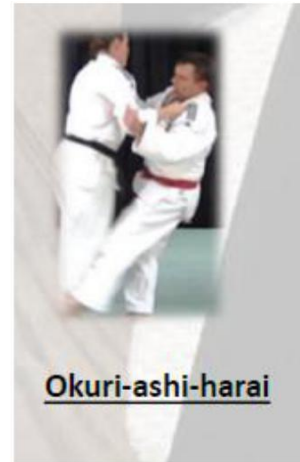
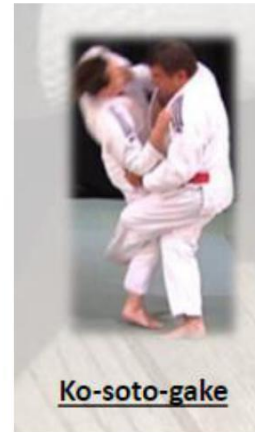
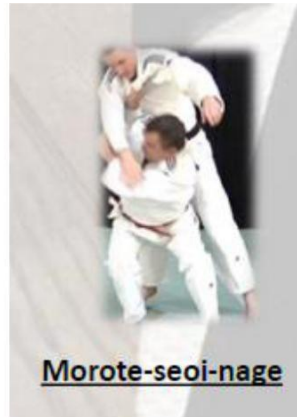
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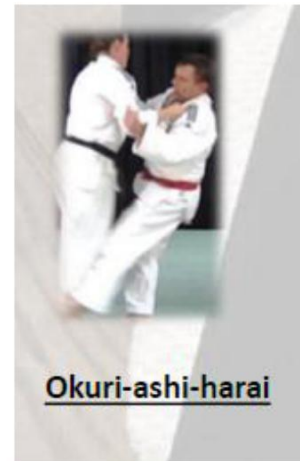
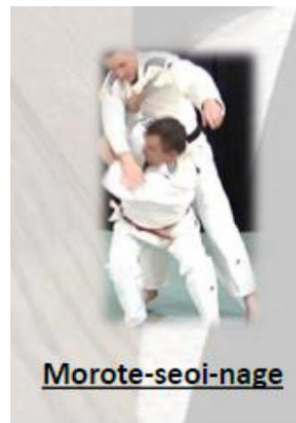
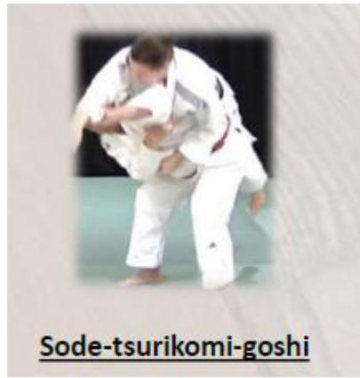
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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

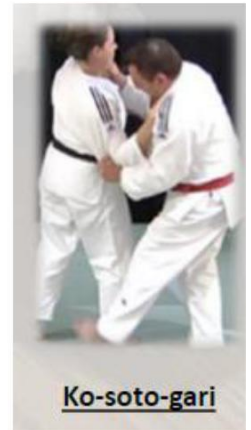
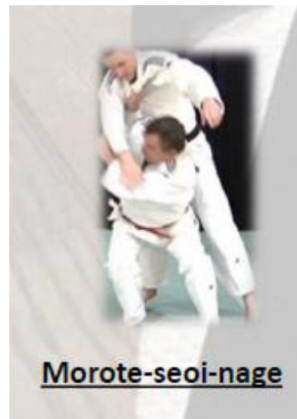


## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

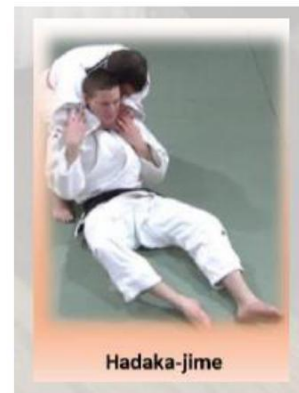




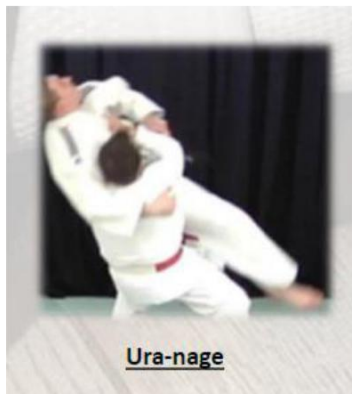
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



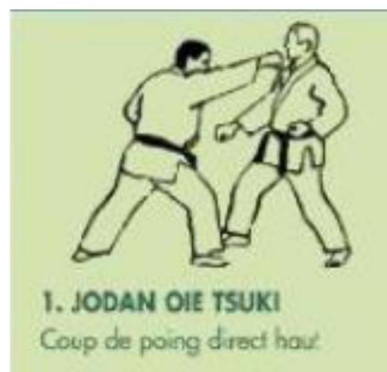
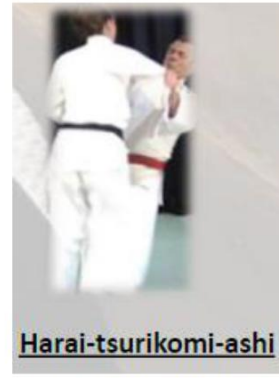
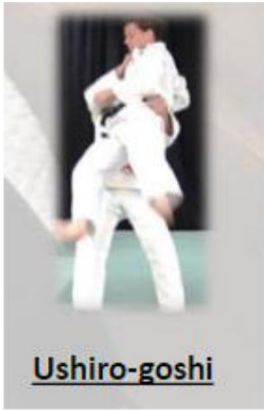
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



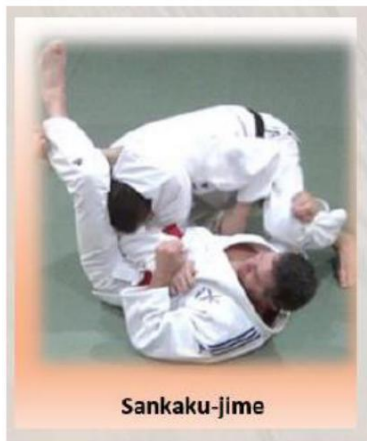
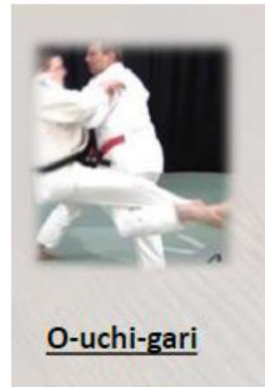
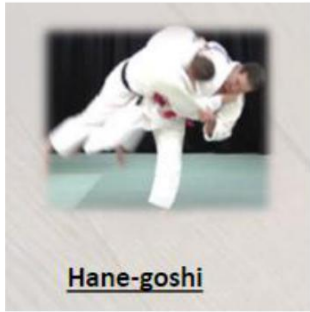
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



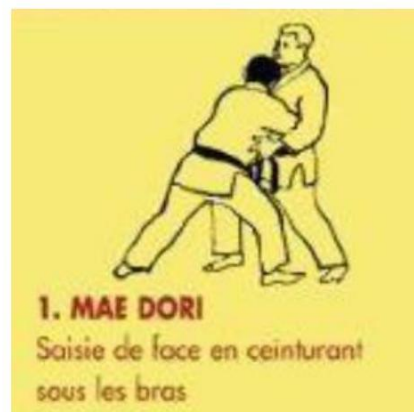
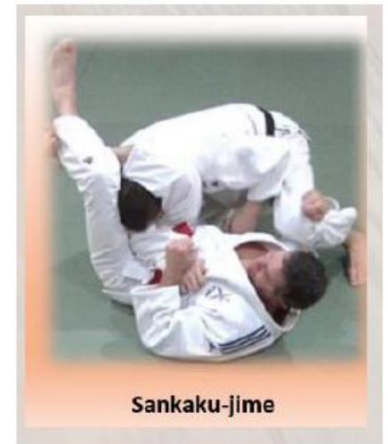
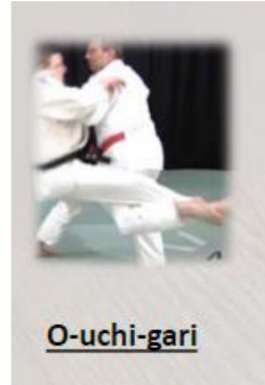
## PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)



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