

BLANCHE - JAUNE



O - SOTO - GARI



UKI - GOSHI



HIZA - GURUMA



YOKO - SHIHO - GATAME



TATE - SHIHO - GATAME

JAUNE



O - UCHI - GARI



KO - UCHI - GARI



O - GOSHI



KAMI - SHIHO - GATAME



USHIRO - GESA - GATAME



HON - GESA - GATAME

# PROGRAMME JAUNE ORANGE

## TECHNIQUES DEBOUT



IPPON - SEOI - NAGE



DE - ASHI - BARAI



TSURI - KOMI - GOSHI

## TECHNIQUES AU SOL



MAKURA - GESA - GATAME



KUZURE - YOKO - SHIHO - GATAME



KUZURE - TATE - SHIHO - GATAME

# PROGRAMME ORANGE

## TECHNIQUES DEBOUT



SASAE - TSURI - KOMI - ASHI



HARAI - GOSHI



MOROTE - SEOI - NAGE

## TECHNIQUES AU SOL



KUZURE - HON - GESA - GATAME



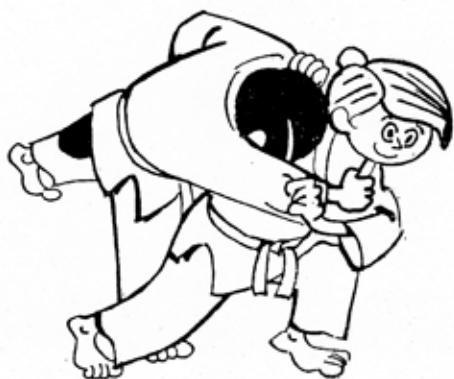
KATA - GATAME



KUZURE - KAMI - SHIHO - GATAME

PROGRAMME ORANGE / VERTE

TECHNIQUES DEBOUT



TAI - OTOSHI



O - GURUMA



KO - SOTO - GARI



KOSHI - GURUMA

TECHNIQUES DES ENTREES ET DES RETOURNEMENTS



# PROGRAMME VERTE

## TECHNIQUES DEBOUT



HANE - GOSHI



UCHI - MATA



OKURI - ASHI - BARAI



TOMOE - NAGE

## TECHNIQUES DES ENTREES ET RETOURNEMENTS



PROGRAMME : VERTE / BLEUE

TECHNIQUES DEBOUT



OSOTO - OTOSHI



KATA - GURUMA



ASHI - GURUMA



USHIRO - GOSHI .



TANI - OTOSHI -

TECHNIQUES DES ETRANGLEMENTS ( SHIME - WAZA )

DES CLES DE BRAS ( KWANSETSU - WAZA )



UDE - GATAME



UDE - GARAMI



JUJI - GATAME



HADAKA - JIME



OKURI - ERI - JIME



KATA - HA - JIME

PROGRAMME : BLEUE

TECHNIQUES DEBOUT



HARAI - TSURI - KOMI - ASHI



MOROTE - GARI



SOTO - MAKI - KOMI



YOKO - GURUMA



UKI - OTOSHI

TECHNIQUES DES ETRANGLEMENTS ( SHIME - WAZA )

DES CLES DE BRAS ( KWANSETSU - WAZA )



KATA - JUJI - JIME



GYAKU - JUJI - JIME



NAMI - JUJI - JIME



HIZA - GATAME

PROGRAMME : MARRON

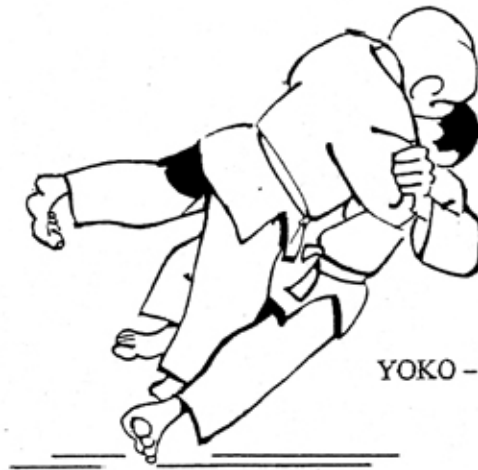
TECHNIQUES DEBOUT



UKI - WAZA



SUMI - GAESHI



YOKO - OTOSHI

TECHNIQUES DES ETRANGLEMENTS ( SHIME - WAZA )

DES CLES DE BRAS ( KWANSETSU - WAZA )



SANKAKU - JIME



POSITION DES  
BRAS



SODE - GURUMA - JIME



PROGRAMME : MARRON

TECHNIQUES DEBOUT



KO - SOTO - GAKE



TE - GURUMA



UTSURI - GOSHI



KUCHIKI - DAOSHI



YOKO - TOMOE - NAGE



URA - NAGE