

Programme ceinture Blanche/jaune



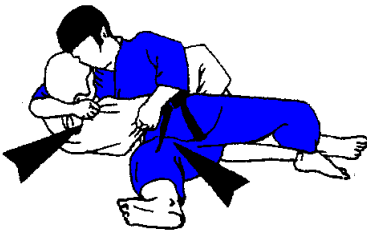
O Goshi



Koshi Guruma



Tai otoshi



Hon gesa gatame



Kuzure Yoko Shiho Gatame

Programme Ceinture Jaune



Ko uchi Gari



Morote sei nage



O soto Gari



Tate shiho Gatame

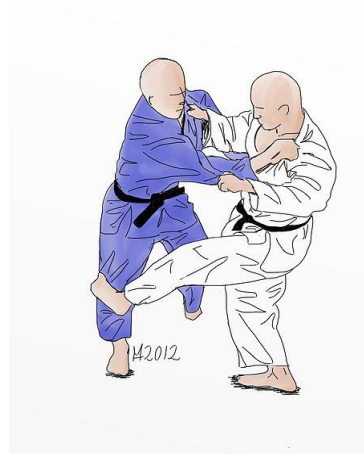


Kami shiho Gatame

Programme ceinture Jaune/orange



Sasae Tsurikomi Goshi



ou Hiza guruma



O uchi gari



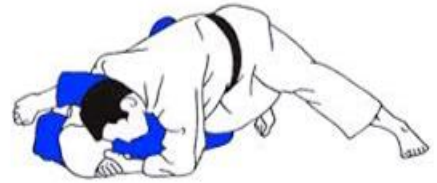
Ippon Seoi Nage



Eri Seoi Nage



Ushiro Gesa Gatame



Kata Gatame

Programme Ceinture Orange



Tsurikomi Goshi



Ko Soto Gake



Harai Goshi



De ashi barai



Kuzure Gesa Gatame



Kuzure Kami Shiho Gatame

Programme ceinture Orange-Verte :



Hane Goshi



okuri ashi barai



Ko soto gari



Hadaka jime

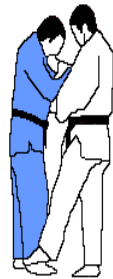


Sode guruma Jime

Programme ceinture Verte :



Sode Tsuru Komi Goshi



Tsubame Gaeshi



Uchi Mata



Okuri eri Jime



Kata Ha Jime

Programme Ceinture Bleu :



Sumi Gaeshi



Tomoe Nage



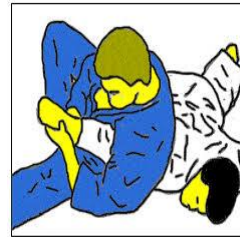
Soto Maki Komi



Ude Garami



Ude Gatame



Waki Gatame



Hara Gatame

Programme Ceinture Marron :



Yoko Tomoe Nage



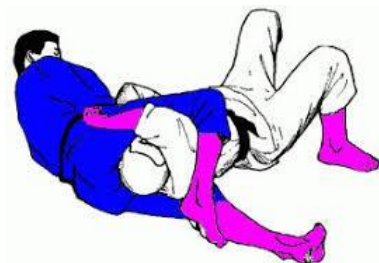
Utsuri Goshi



Ura Nage



Tani Otoshi



Sankaku Jime

Kata-juji-jimé



Gyaku-juji-jimé



Nami-juji-jimé



Jugi Gatame