



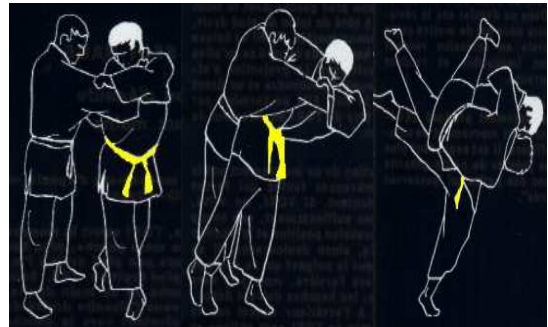
NAGE-WAZA

PROJECTIONS

TSURI-KOMI-GOSHI



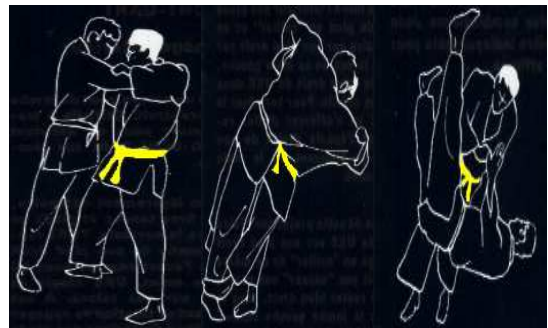
HARAI-GOSHI



MOROTE-SEOI-NAGE



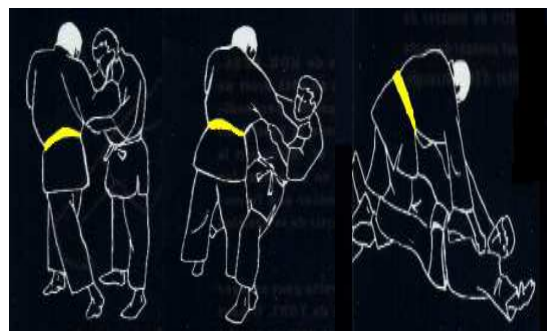
SASAE-TSURI-KOMI-ASHI



KO-UCHI-GARI



O-UCHI-GARI



KATAME-WAZA

IMMOBILISATIONS

KATA-GATAME



MAKURA-GESA-GATAME



VARIANTES : KUSURE-GESA-GATAME
KUSURE-KAMI-SHIHO-GATAME
KUSURE-TATE-SHIHO-GATAME
KUSURE-YOKO-SHIHO-GATAME