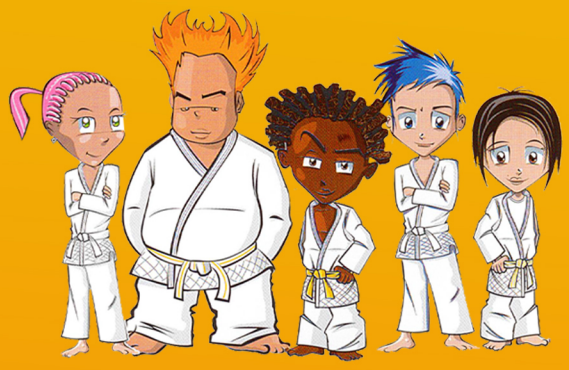
# MES FICHES COMPLEMENTAIRES
# JU JITSU



## JAUNE

### ATEMI-WAZA

/ 3 points

Oi-tsuki

Gyaku-tsuki

Teisho-tsuki

Mae-geri

Ushiro-geri

Yoko-geri

### BLOCAGE ET PARADE

/ 1 point

Gedan-barai