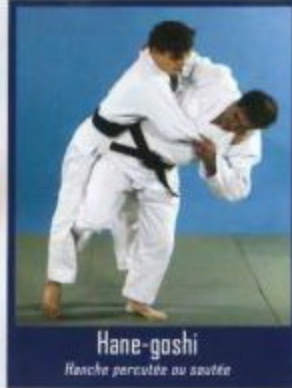


PROGRESSION FRANÇAISE D'ENSEIGNEMENT JUDO - JUJITSU

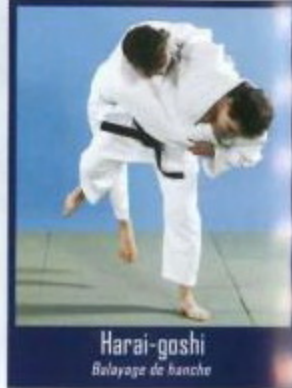
NAGE-WAZA TECHNIQUES DE PROJECTION

PROGRAMME TECHNIQUE 1^{ER} DAN

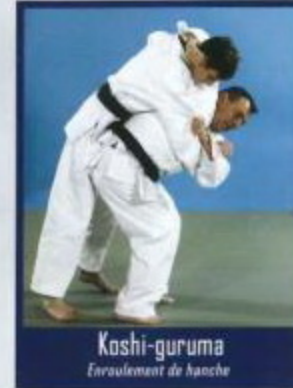
KOSHI-WAZA TECHNIQUES DE HANCHE



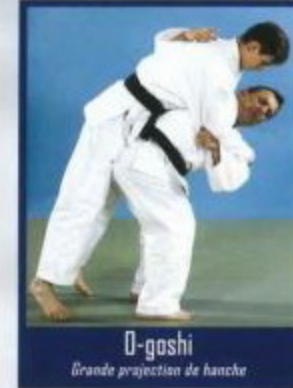
Hane-goshi
Hanche percutee au sautoir



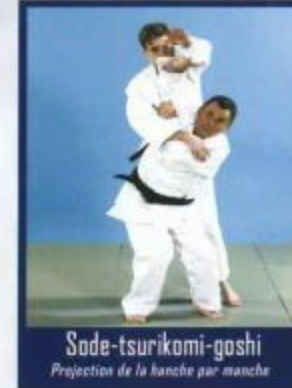
Harai-goshi
Balayage de hanche



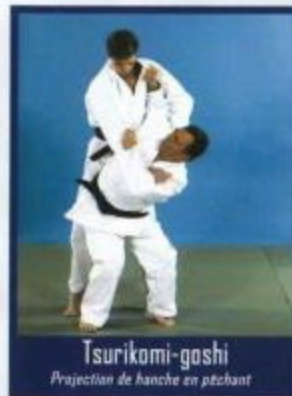
Koshi-guruma
Enroulement de hanche



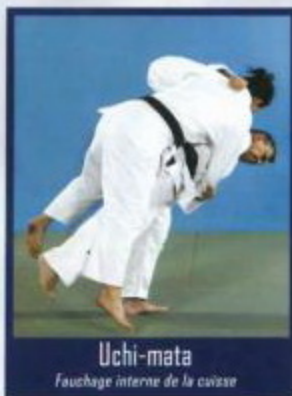
O-goshi
Grande projection de hanche



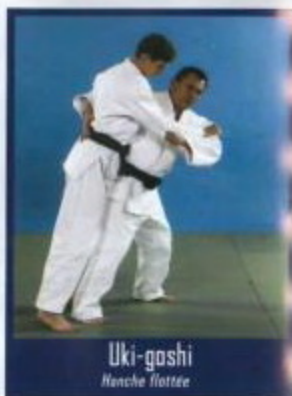
Sode-tsurikomi-goshi
Projection de la hanche par manche



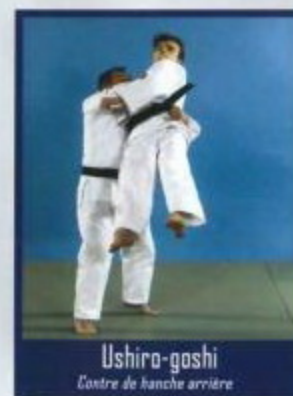
Tsurikomi-goshi
Projection de hanche en pèchant



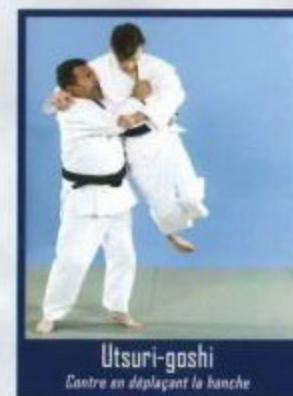
Uchi-mata
Fauchage interne de la cuisse



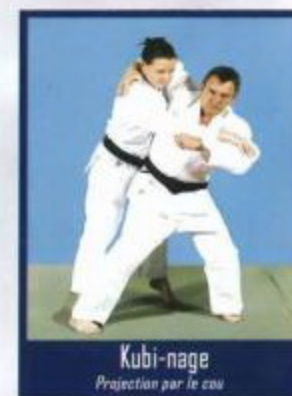
Uki-goshi
Hanche flottée



Ushiro-goshi
Centre de hanche arrière



Utsuri-goshi
Centre en déplaçant la hanche



Kubi-nage
Projection par le cou

TE-WAZA TECHNIQUES DE MAIN



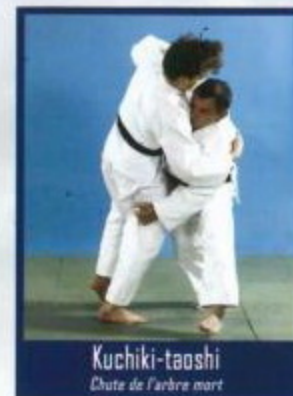
Ippon-seoi-nage
Projection par l'épaule



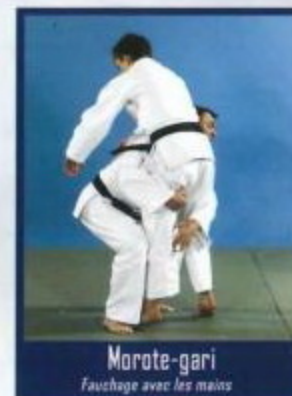
Kata-guruma
Roue autour des épaules



Kibisu-gaeshi
Accrochage du talon avec la main



Kuchiki-taoshi
Chute de l'arbre mort



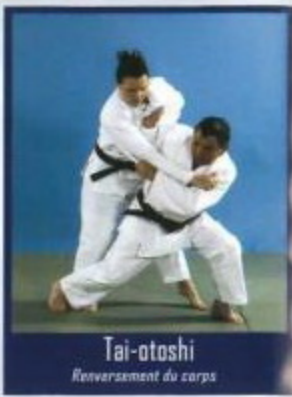
Morote-gari
Fauchage avec les mains



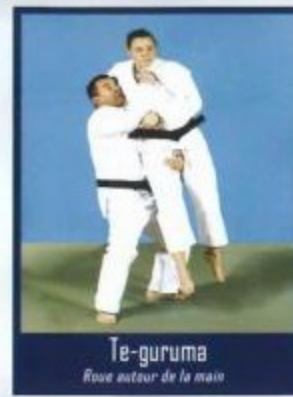
Morote-seoi-nage
Projection d'épaule à deux mains



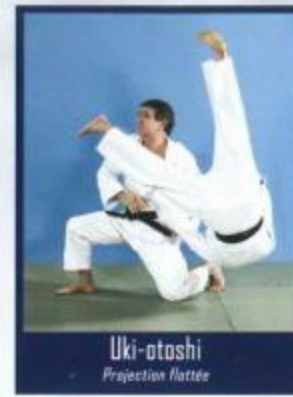
Seoi-otoshi
Renversement par l'épaule



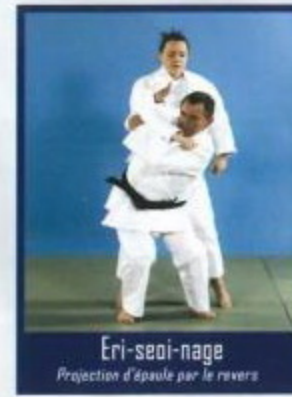
Tai-otoshi
Renversement du corps



Te-guruma
Roue autour de la main



Uki-otoshi
Projection flottée



Eri-seoi-nage
Projection d'épaule par le revers

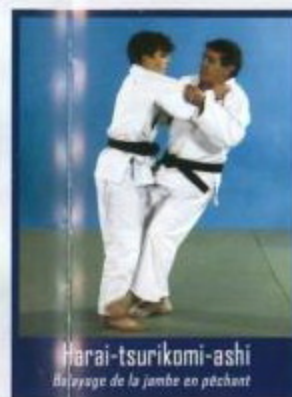
ASHI-WAZA TECHNIQUES DE JAMBE



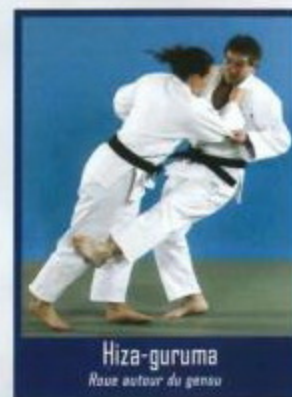
Ashi-guruma
Roue autour de la jambe



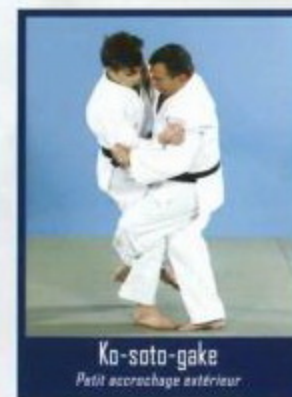
De-ashi-harai (barai)
Balayage du pied avancé



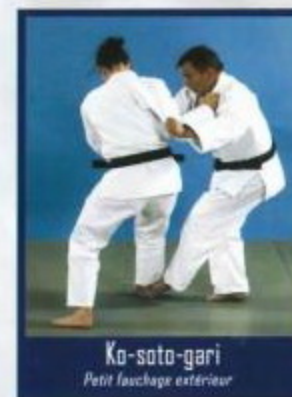
Harai-tsurikomi-ashi
Balayage de la jambe en pèchant



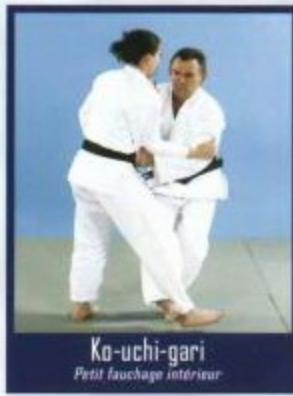
Hiza-guruma
Roue autour du genou



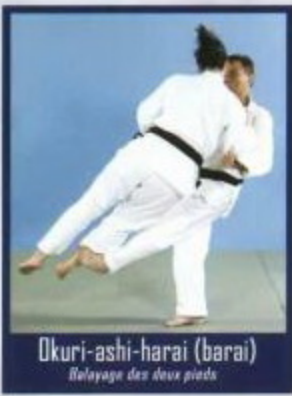
Ko-soto-gake
Petit accrochage extérieur



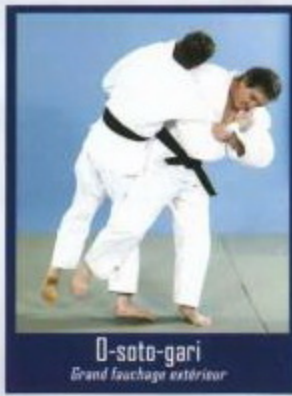
Ko-soto-gari
Petit fauchage extérieur



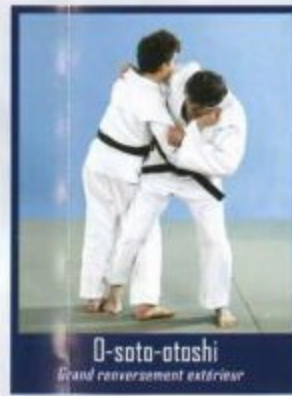
Ko-uchi-gari
Petit fauchage intérieur



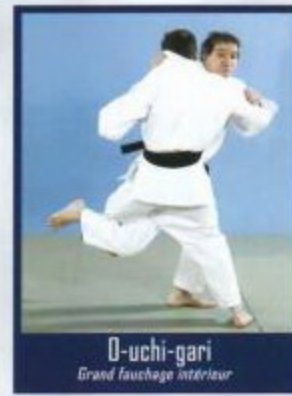
Okuri-ashi-harai (barai)
Balayage des deux pieds



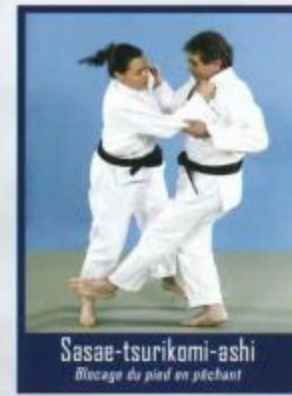
O-soto-gari
Grand fauchage extérieur



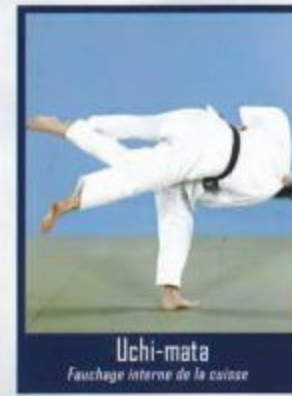
O-soto-otoshi
Grand renversement extérieur



O-uchi-gari
Grand fauchage intérieur



Sasae-tsurikomi-ashi
Blocage du pied en pèchant



Uchi-mata
Fauchage interne de la cuisse

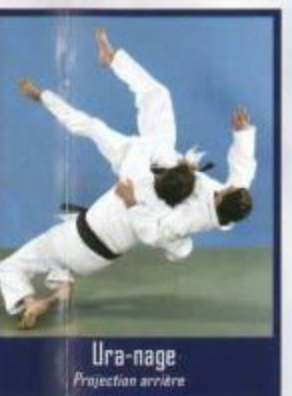
SUTEMI-WAZA TECHNIQUES DE SACRIFICE



Sumi-gaeshi
Renversement dans l'angle



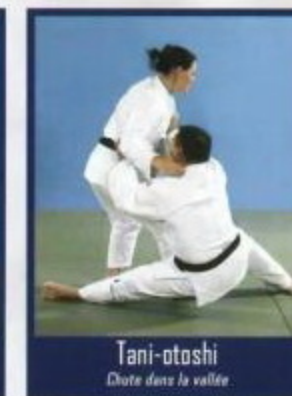
Tomoe-nage
Projection en cercle



Ura-nage
Projection arrière



Soto-makikomi
Enroulement extérieur



Tani-otoshi
Chute dans la vallée



Yoko-guruma
Roue latérale

SUTEMI-WAZA TECHNIQUES DE SACRIFICE DANS L'AXE

YOKO-SUTEMI-WAZA TECHNIQUES DE SACRIFICE LATÉRALES

