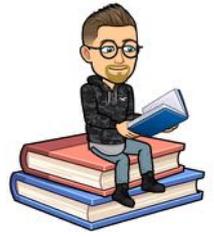


ASSOCIE L'IMAGE AU BON MOT.



Kuzuré-gésa-gatamé



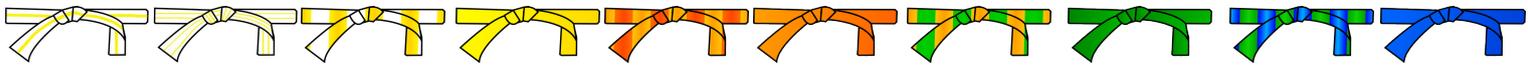
Yoko-shiho-gatamé



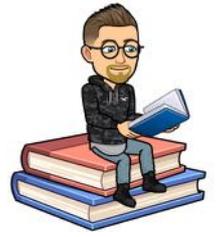
Taté-shiho-gatamé



Kami-shiho-gatamé



ASSOCIE L'IMAGE AU BON MOT.



O-goshi



O-uchi-gari



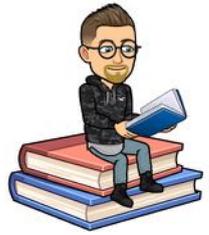
O-soto-gari



Tai-otoshi



ASSOCIE L IMAGE AU BON MOT.



Harai-goshi



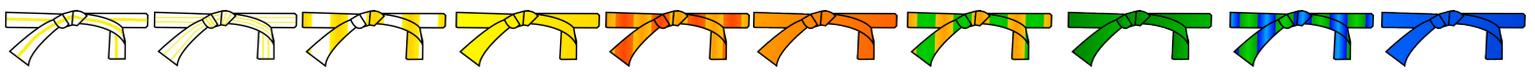
Uchi-mata



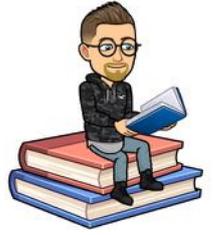
Ippon-seoi-nagé



Ko-uchi-gari



ASSOCIE L'IMAGE AU BON MOT.



Koshi-guruma



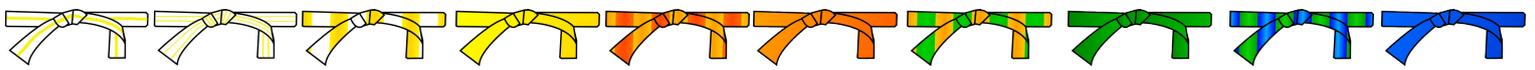
Okuri-ashi-barai



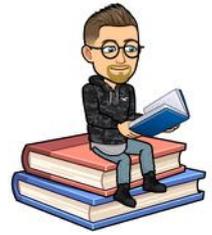
Moroté-seoi-nagé



Hiza-guruma



ASSOCIE L'IMAGE AU BON MOT.



Kata-guruma



Kuchiki-taoshi



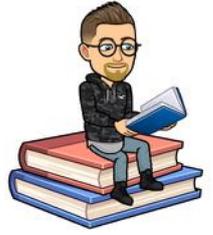
Té-guruma



Moroté-gari



ASSOCIE L IMAGE AU BON MOT.



Ashi-guruma



Sumi-gaeshi



Tsuri-komi-goshi



Hané-goshi



ASSOCIE L IMAGE AU BON MOT.



Hadaka-jimé



Kata-ha-jimé



Juji-jimé



Gyaku-juji-jimé



Nami-juji-jimé



Kata-juji-jimé



ASSOCIE L'IMAGE AU BON MOT.



Hara-gatamé



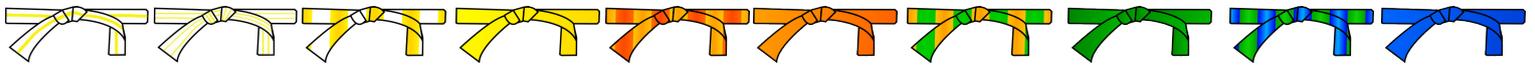
Ashi-gatamé



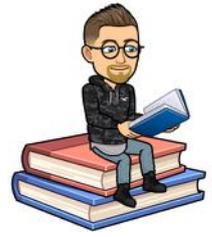
Waki-gatamé



Juji-gatamé



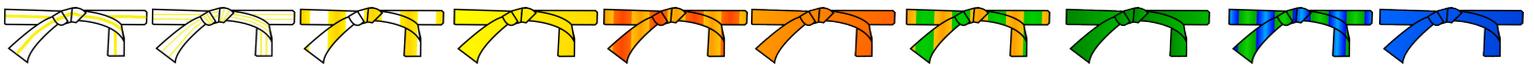
# PLACE LES TECHNIQUES DANS LES BONNES FAMILLES



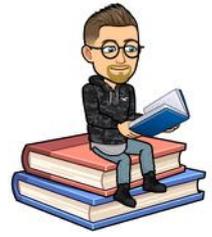
- |                         |                         |                     |                         |
|-------------------------|-------------------------|---------------------|-------------------------|
| <b>Uchi-mata</b>        | <b>Ippon-seoi-nagé</b>  | <b>Ko-uchi-gari</b> | <b>Koshi-guruma</b>     |
| <b>Moroté-seoi-nagé</b> | <b>Okuri-ashi-barai</b> | <b>O-goshi</b>      | <b>Tai-otoshi</b>       |
|                         |                         |                     | <b>Tsuri-komi-goshi</b> |
|                         |                         |                     | <b>Ashi-guruma</b>      |

KOSHI WAZA	ASHI WAZA	TE WAZA





# ENTOURE TA CEINTURE ET COLORIE LES TECHNIQUES QUE TU AS LE DROIT DE FAIRE



Kata-guruma



Hadaka-jimé



Kuzuré-gésa-gatamé



Tai-otoshi



O-soto-gari



Sankaku-jimé



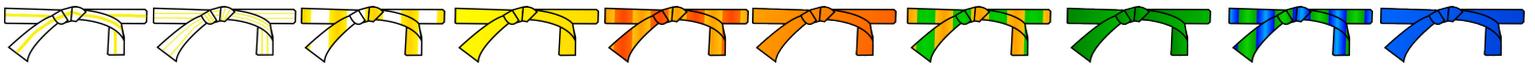
Yoko-shiho-gatamé



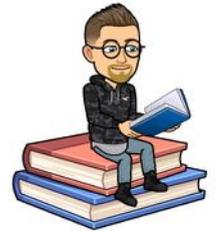
Ippon-seoi-nagé



Juji-gatamé



# ASSOCIE L'IMAGE AU BON MOT LE CODE MORAL



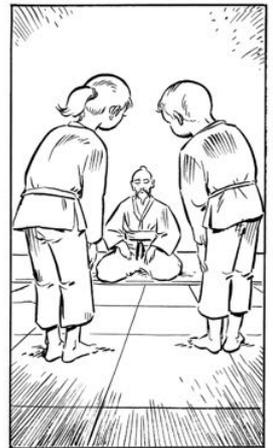
L'amitié



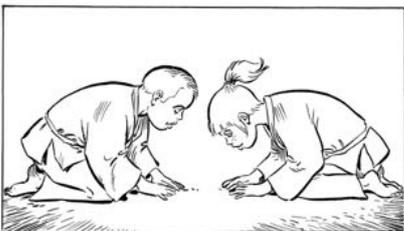
La modestie



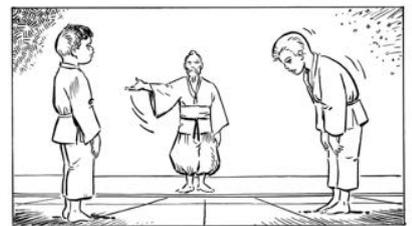
Le courage



La politesse



L'honneur



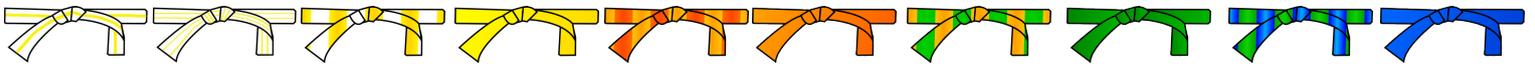
Le respect



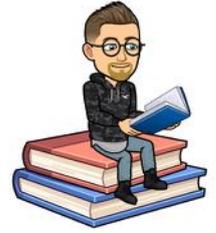
La sincérité



Le contrôle de soi



# ASSOCIE L'IMAGE AU BON MOT LE CODE MORAL



Ponctualité



Convivialité



Persévérance



Hygiène



Entraide



Discrétion



Respect des lieux



Respect des personnes