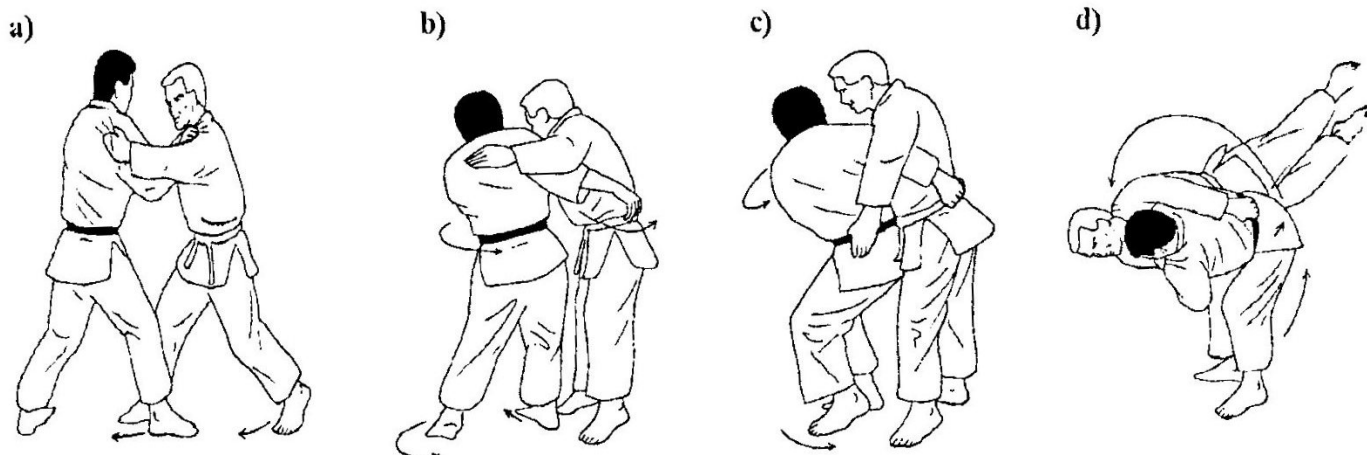


KOSHI-WASA

Tsuri-Goshi



Crtež 65a–d. Tsuri goshi.

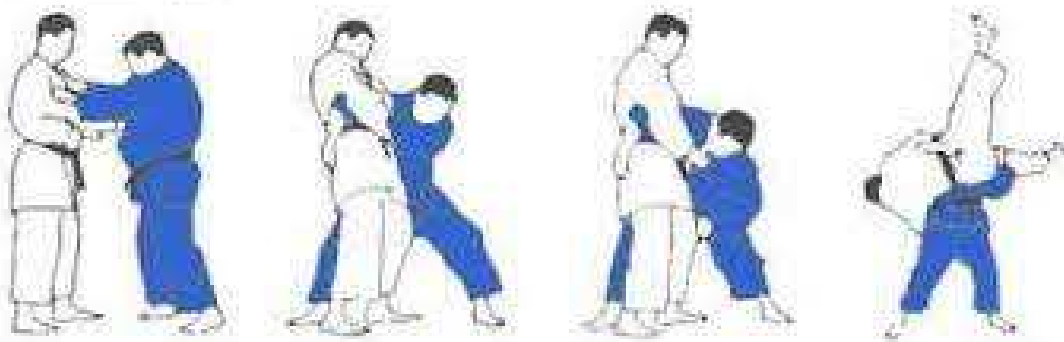
Copyright Bill Nauta, Encino Judo Club



Comme O Goshi mais en passant sur le bras

TE-WASA

Sukui-Nage



Sumi-Ostoshi



2ème et 3ème Dan

Uchi Mata Sukashi



Yama-Arashi



ASHI-WASA

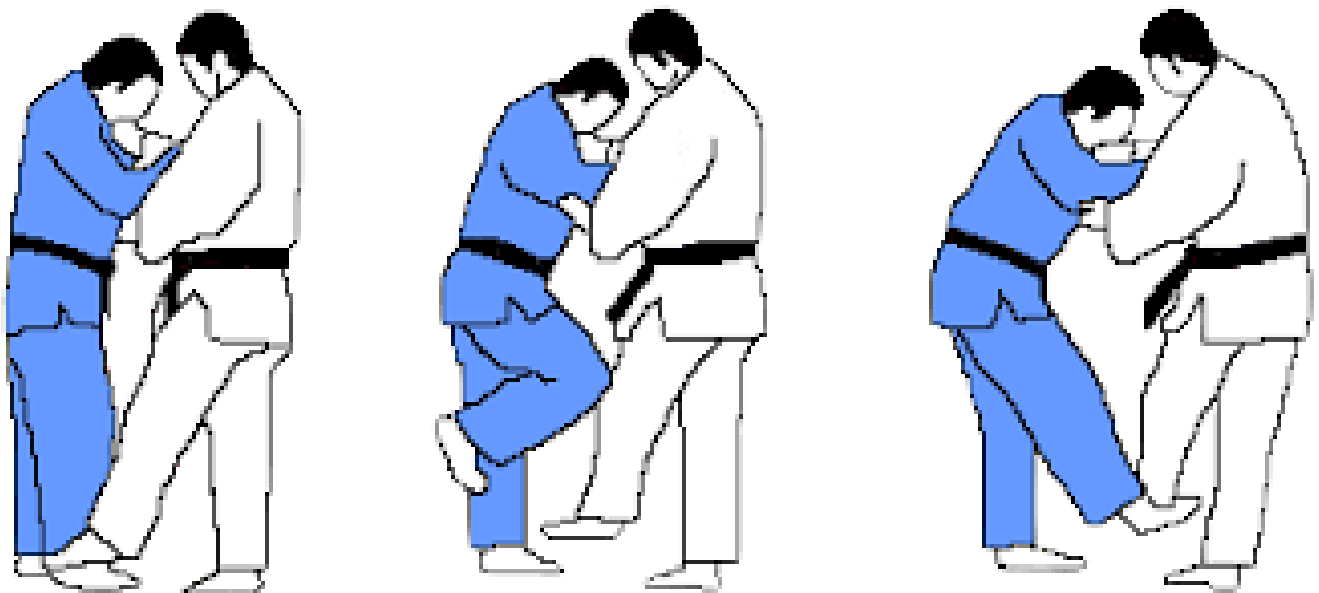
O-Guruma



O-Soto-Guruma



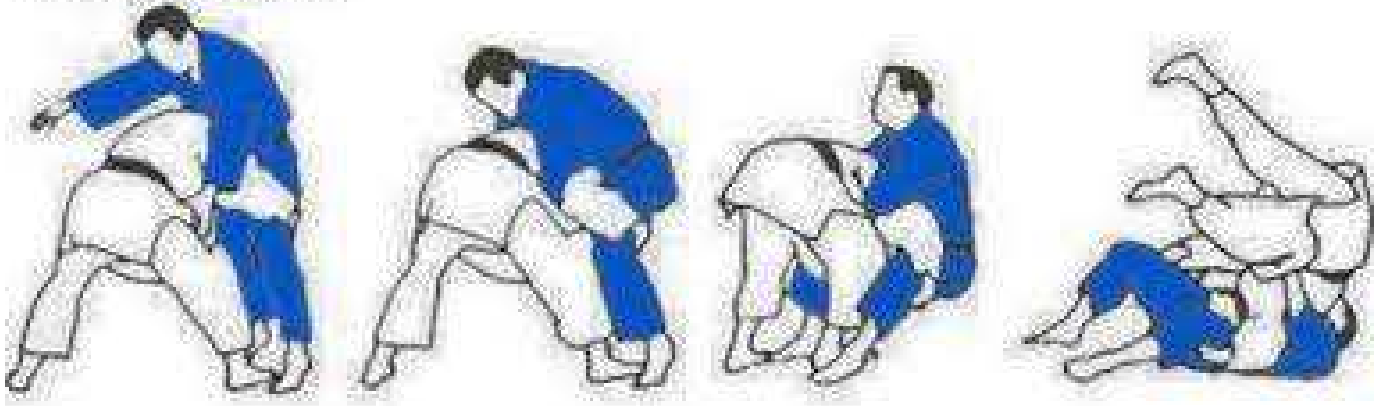
Tsubame Gaeshi



SUTEMI-WASA

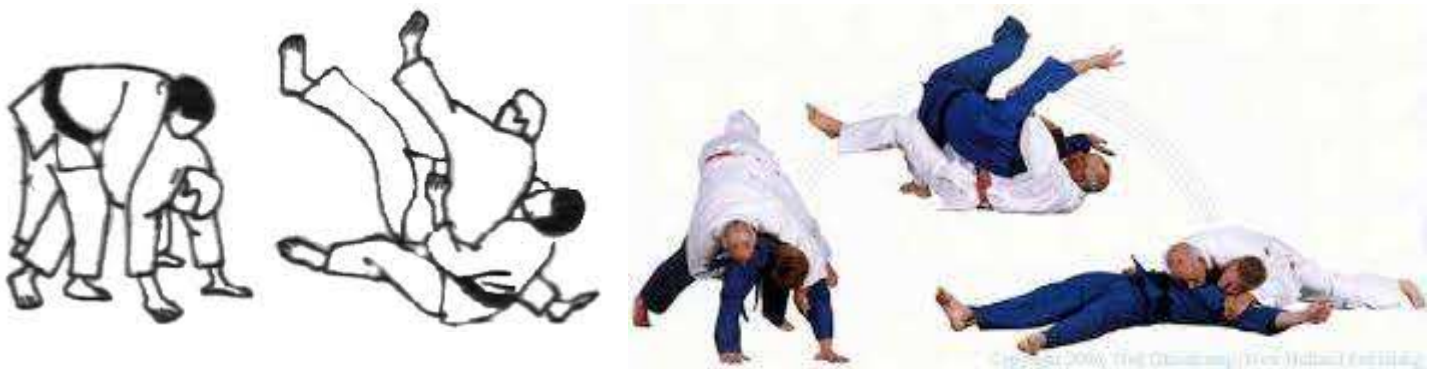
MA-SUTEMI-WASA

Tawara-Gaeshi

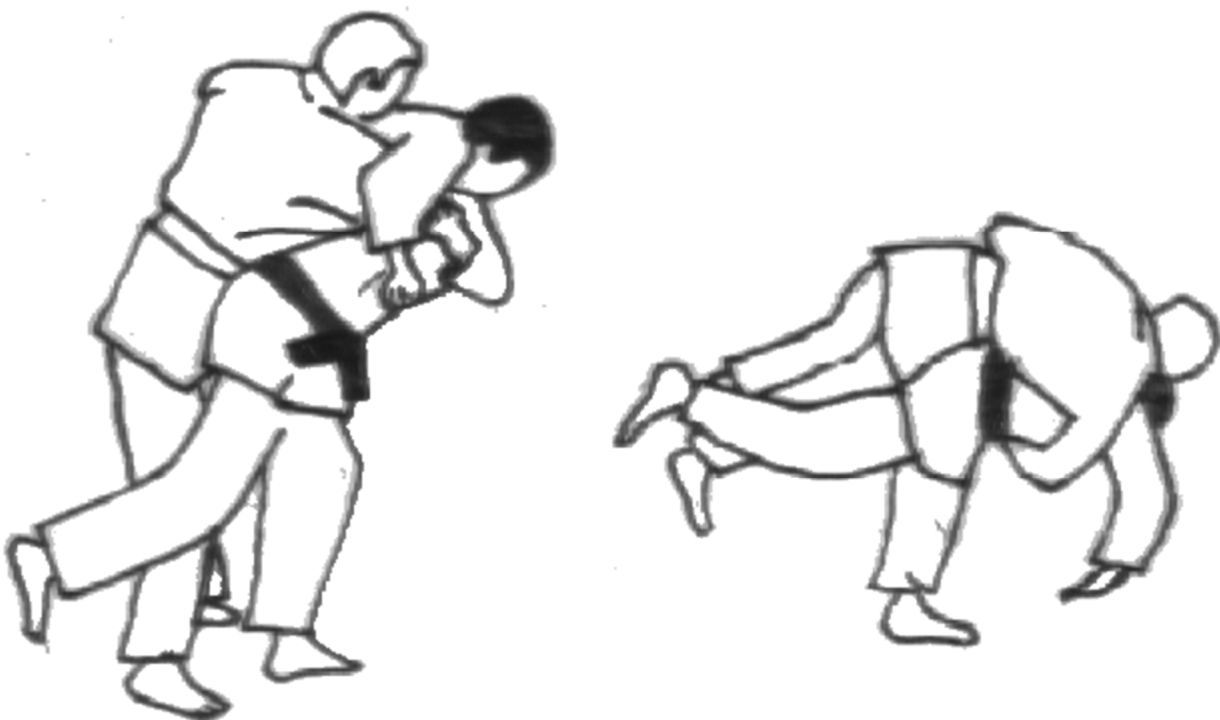


YOKO-SUTEMI-WASA

Daki-Wakare



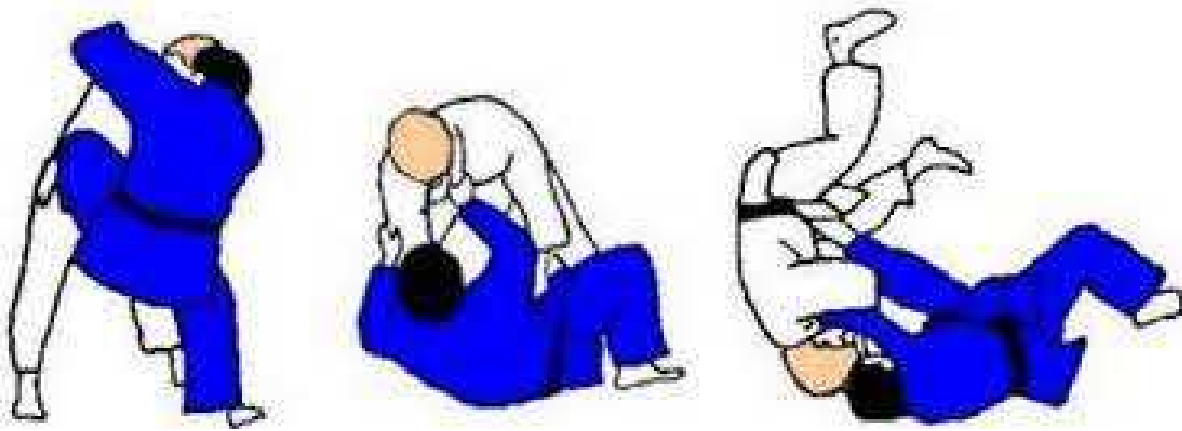
Harai-Makikomi 2^{ème} et 3^{ème} Dan



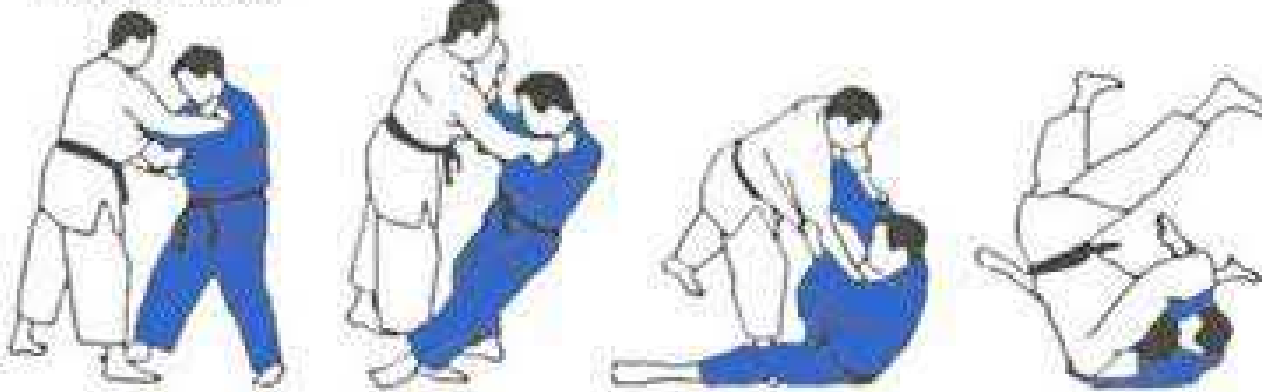
Ko-uchi-maki-komi



Yoko-Tomoe-Nage 2^{ème} et 3^{ème} Dan



Yoko-Otoshi

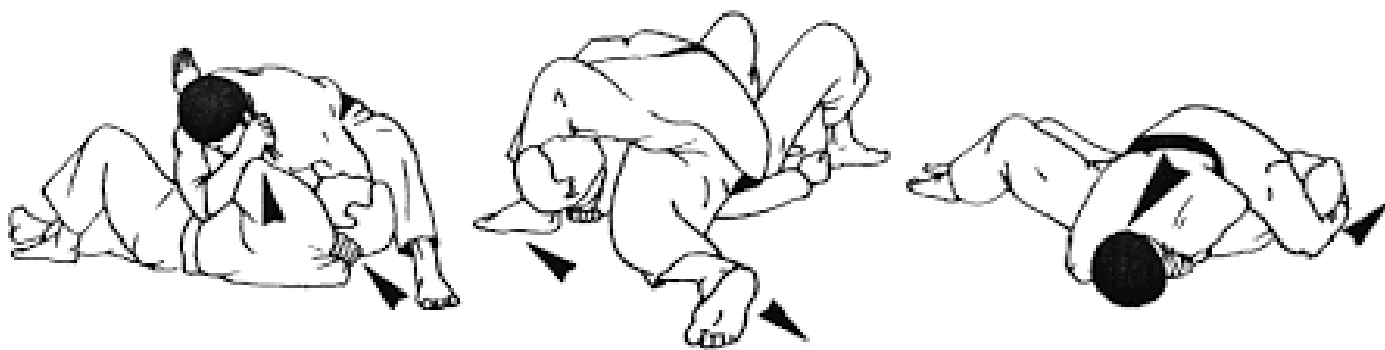


Yoko-Wakare



ETRANGLEMENT SHIME-WASA

Ashi-Gatame-Jime



Morote-Jime



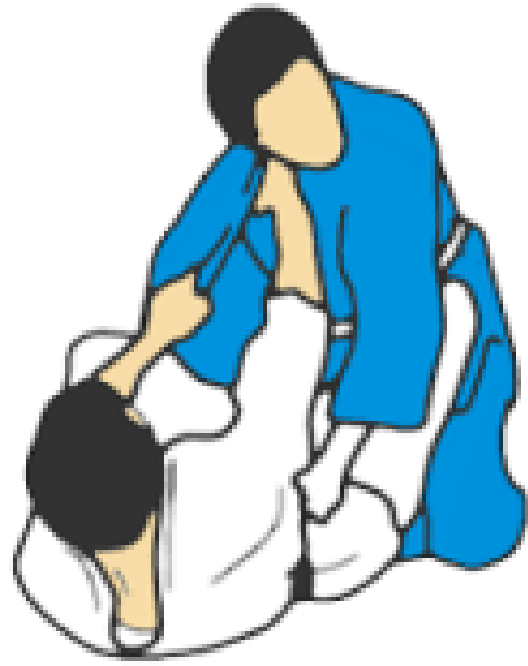
Ryo-Te-Jime



Sode-Guruma-Jime 2^{ème} et 3^{ème} Dan



Tsukkomi-Jime



CLES AUX COUDES KANSETSU-WASA

ude hisihigi ashi gatame



ude hisihigi sankaku gatame

