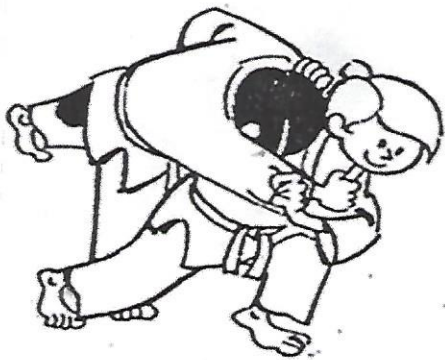


CEINTURE JAUNE A ORANGE :



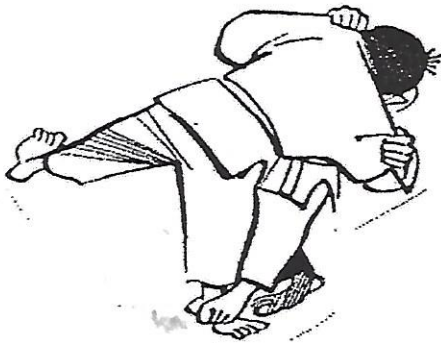
TAI-OTOSHI



HARAI-GOSHI



MOROTE-SEOI-NAGE



SASAE-TSURI-KOMI-ASHI



KO-UCHI-GARI



O-UCHI-GARI



MAKURA-GESA-GATAME

- **KUZURE-GESA-GATAME**
- **KUZURE-YOKO-SHIHO-GATAME**
- **KUZURE-KAMI-SHIHO-GATAME**
- **KUZURE-TATE-SHIHO-GATAME**
- **une entrée UKE à 4 pattes**
- **une entrée UKE sur le dos TORI entre les jambes**