

OSA EKOMI-WAZA

Immobilisations



Hon-gesa-gatame



Ushiro-gesa-gatame



Yoko Shiho Gatame



Tate Shiho Gatame



Kami Shiho Gatame

SHIME-WAZA

Etranglements



Hadaka-jime



Okuri-eri-jime



Nami-juji-jime



Kata-juji-jime



Gyaku-juji-jime

KANSETSU-WAZA

Clés aux coudes



Ude-ishigi-juji-gatame



Ude-gatame



Ude-garami



KOSHI-WAZA

Hanche



Harai-goshi



Kubi-nage



Koshi-guruma



O-goshi



uki-goshi



Tsurikomi-goshi



Uchi-mata

TE-WAZA

Épaules



Ippon-seoi-nage



kata-guruma



Uki-otoshi



Tai-otoshi



Morote-seoi-nage

ASHI-WAZA

JAMBES



O-uchi-gari



Ko-uchi-gari



O-soto-gari



Ko-soto-gari



Uchi-Mata



Sa sae tsurikomi-ashi



Hiza-guruma



De-ashi-harai



Okuri-ashi-barai



Tomoe-nage



Sumi-gaeshi

SUTEMI-WAZA

Sacrifices