

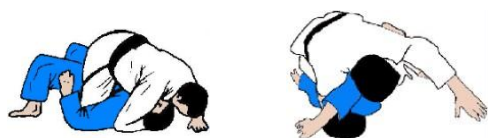
Sortie Hon-Kesa-Gatame



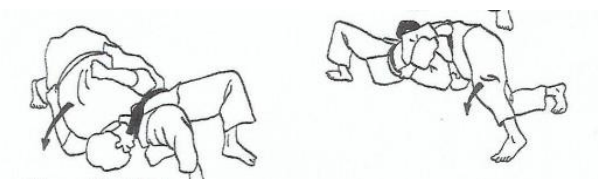
Sortie Yoko-Shiho-Gatame



Sortie Tate-Shiho-Gatame



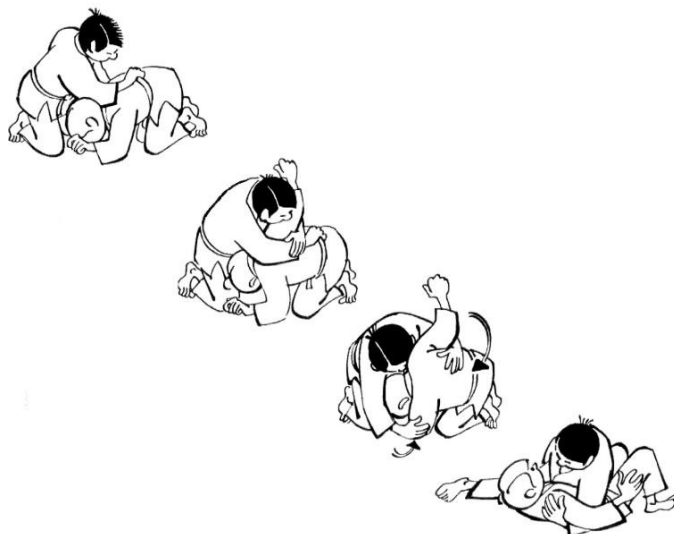
Kami-Shiho-Gatame



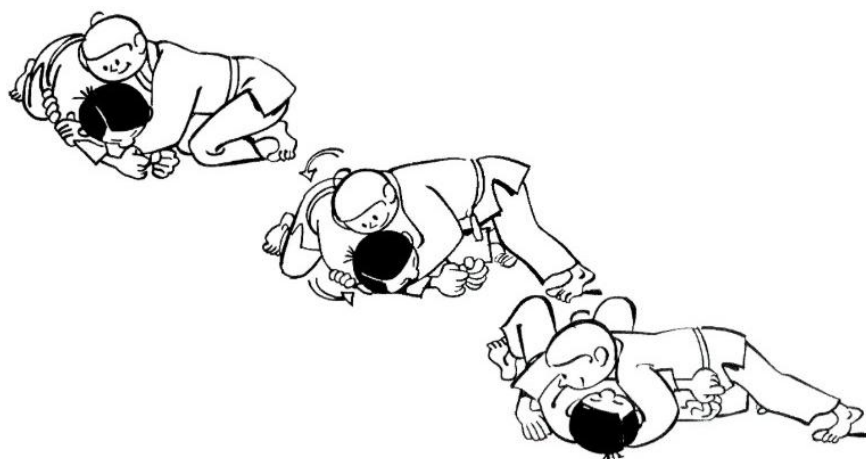
Ciseaux



Retournement : Bras dos

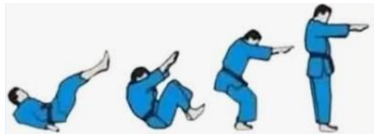


Rouleau Compresseur

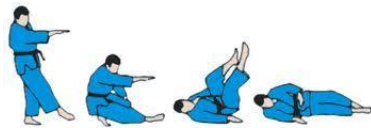


Retournement La Crêpe





Chute arrière



Chute Latérale



Chute avant



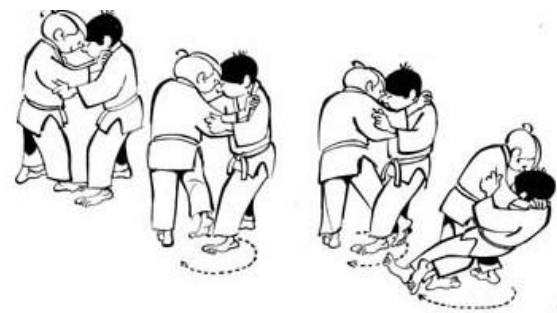
O-soto-gari



Contre O-soto-gari



Okuri-Ashi-Barai



Ō-uchi-gari



Sasae-Tsuri-Komi-Ashi



Ko-uchi-gari



Hiza-Guruma



Tai-Otoshi



Uki-Goshi



Koshi-Guruma



O-Goshi



Ippon-seoi-nage