

## GENERIQUES

HIDARI	GAUCHE
MIGI	DROIT
GEDAN	NIVEAU BAS (SOUS LA CEINTURE)
SHUDAN	NIVEAU MOYEN (AUNIVEAU DU CORPS)
JODAN	NIVEAU HAUT (TETE)
ETRANGLEMENT	JIME
WAZA	TECHNIQUES
GOHIN	DEFENSE
DO	VOIE
JU	SOUPLESSE
JUTSU	TECHNIQUE
TE	MAIN
UDE	COUDE
ATAMA	TETE
IZA	GENOU
ASHI	JAMBE
MUNE	POITRINE

## LES COUPS (ATEMI)

COUP DE POING DIRECT COTE JAMBE DEVANT	OÏ STUKI
COUP DE POING DIRECT COTE JAMBE ARRIERE	GIAKU STUKI
CROCHET	NANAME STUKI OU MAWASHI STKI
UPPERCUTT	AGO STUKI
PIQUET AVEC LES DOIGTS	YUBI
TEISHO	COUP AVEC LA PAUME DE LA MAIN
SHUTO	COUP AVEC LE TRANCHANT DE LA MAIN
EMPI	COUDE
URAKEN	REVERS CIRCULAIRE
TETSUI	COUP DE POING MARTEAU
COUP DE PIED DE FACE PENETRANT FOUETE	MAE GERI KEKOMI KE AGE
COUP DE PIED CIRCULAIRE	MAWASHI GERI
COUP DE PIED LATERAL	YOKO GERI
COUP DE GENOU	HIZA
COUP DE TALON	KAKATO
COUP DE L'EXTERIEUR VERS L'INTERIEUR	MIKATSKI GERI
COUP DE L'INTERIEUR VERS L'EXTERIEUR	URA MIKATSKI GERI

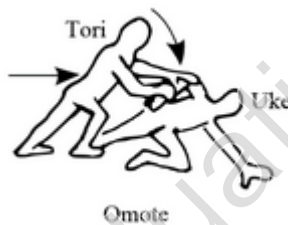
## LES LUXATIONS (KANSETSU)



KOTE GAESHI



IKKYO



Omote



Ura



SANKYO



WAKI GATAME

# LES PROJECTIONS (NAGE WAZA)



O GOSHI  
(GRANDE BASCULE  
DE LA HANCHE)



IPPON SOE NAGE  
(PROJECTION PAR  
L'EPAULE)



O SOTO GARI  
(GRAND FAUCHAGE  
EXTERIEUR)



TOMOE NAGE  
(PROJECTION EN CERCLE)



DE ASHI BARAI  
(BALAYAGE DE LA JAMBE AVANT)



KO UCHI GARI  
(PETIT FAUCHAGE INTERIEUR)



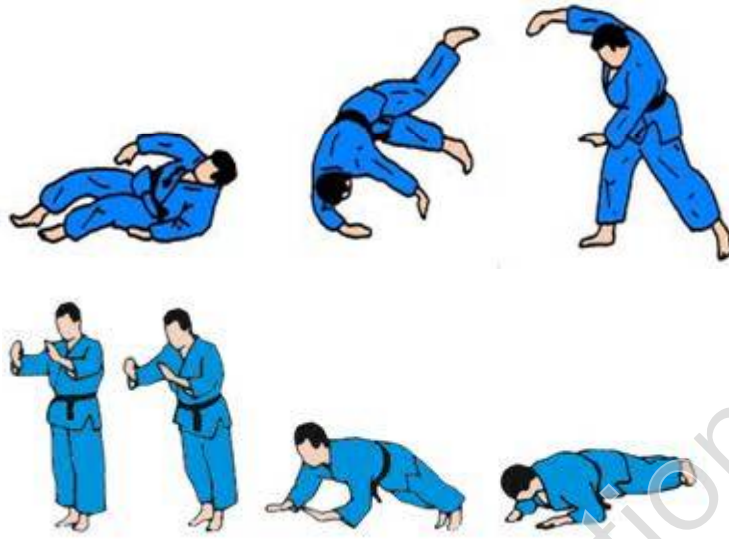
O UCHI GARI  
( GRAND FAUCHAGE INTERIEUR)



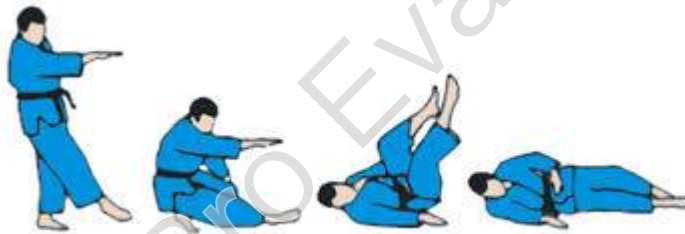
SHIHO NAGE  
(PROJECTION DANS 4 DIRECTIONS)

# LES CHUTES (UKEMI)

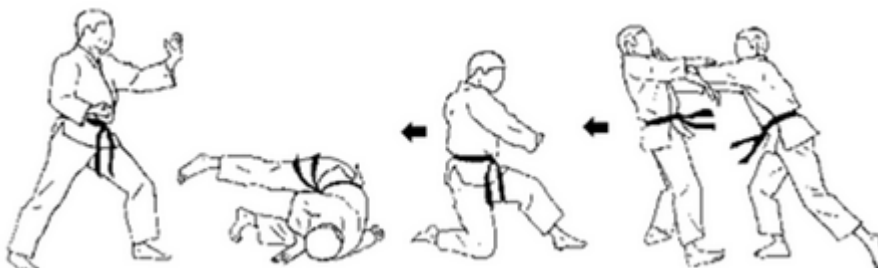
## MAE UKEMI



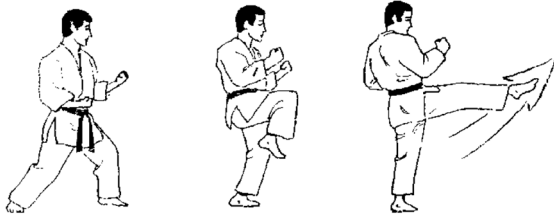
## YOKO UKEMI



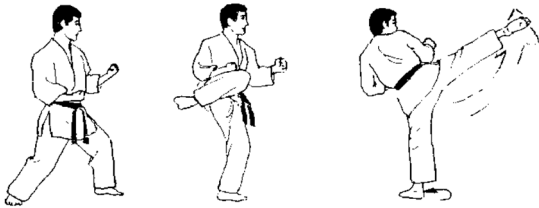
## USHIRO UKEMI



# LES COUP DE PIEDS (GERI)



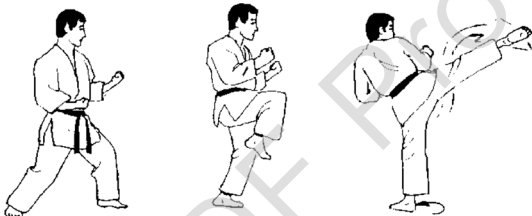
MAE GERI



MAWASHI GERI



URA MAWASHI GERI



YOKO GERI

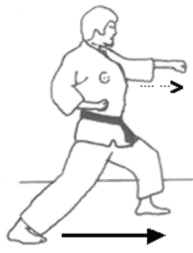


USHIRO GERI



MIKAZUKI GERI

# LES FRAPPES AVEC LES MAINS



OI TSUKI



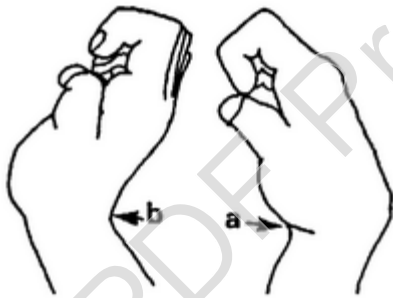
GIAKU TSUKI



MAWASHI TSUKI  
NANAME TSUKI



EMPI



TEISHO



SHUTO

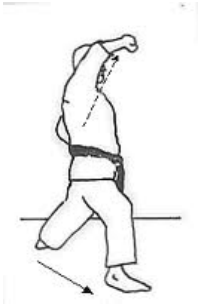


URAKEN

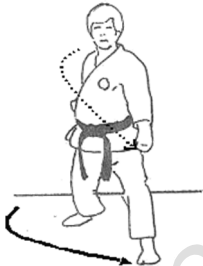


YUBI

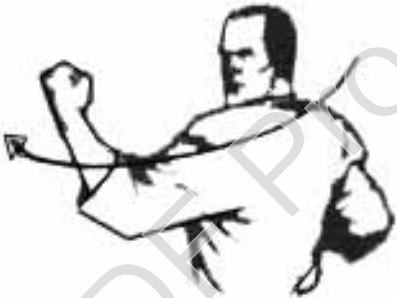
# LES BLOCAGES



AGE UKE



GEDAN BARAI



SOTO UKE



UCHI UKE