TACHI WAZA
(technique debout):

I - <u>Te Waza</u> (technique de main/épaule):

- Uki Otoshi

- Séoi Otoshi

- Ippon Séoi Nagé

- Moroté Séoi Nagé

- Eri Séoi Nagé

- Taï Otoshi

- Kata Guruma

- Té Guruma

- Moroté Gari

- Kibisu Gaeshi

- Kuchiki Daoshi

(garde unilatéral, main G/genou, D/vers l'extérieur)

II - <u>Koshi Waza</u> (technique de hanche):

- Uki Goshi

- O Goshi

- Koshi Guruma

- Tsuri Komi Goshi

- Kubi Nagé

- Sodé Tsuri Komi Goshi

- Uschiro Goshi

- Utsuri Goshi

- Uchi Mata

- Haraï Goshi

- Hané Goshi

III - <u>Ashi Waza</u> (technique de pied/ jambe):

- Osoto Gari

- Ko Soto Gari

- O Uchi Gari

- Ko uchi Gari

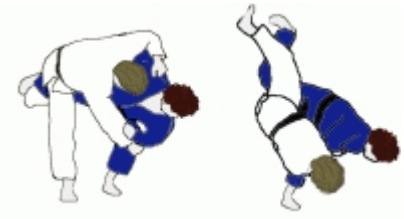
- Ko Soto Gaké

- O Soto Otoshi

- Sasaé Tsuri komi Ashi

- Hiza Guruma

- Ashi Guruma

- Uchi Mata 

- Dé Ashi Baraï

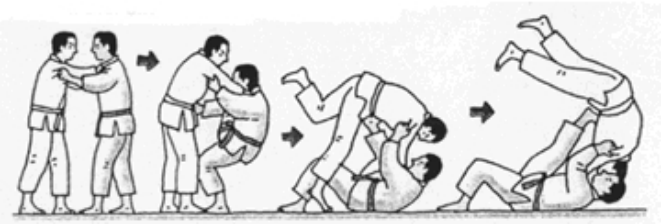
- Okuri Ashi Baraï

- Haraï Tusri Komi Ashi

IV - <u>Sutémi Waza</u> (technique de sacrifice):

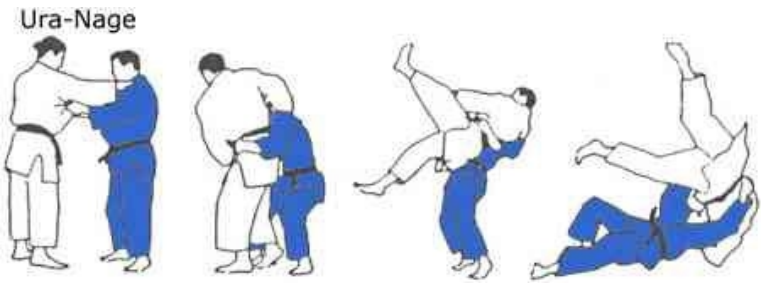
- Tani Otoshi

-Yoko Guruma

- Tomoé Nagé 

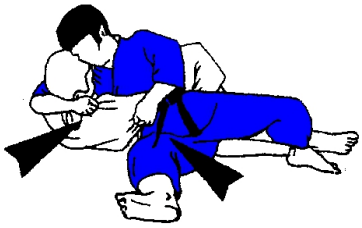
- Sumi Gaeshi

- Soto Maki Komi

- Ura Nagé 

NE WAZA
(technique au sol):

I - <u>Osaoe Komi Waza</u> (technique d'immobilisation):

- hon gésa 

- kuzuré gésa

- ushiro gésa

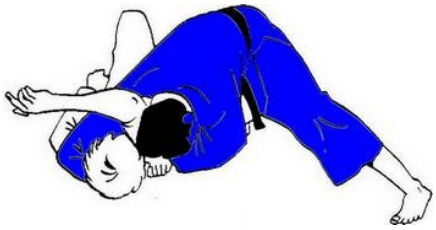
- makura gésa

- yoko shiho

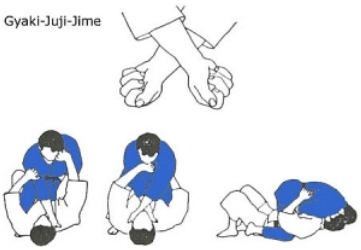
- taté shiho

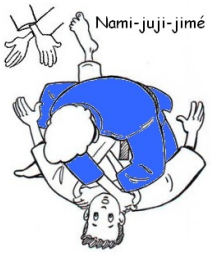
- kami shiho

- kuzuré kami shiho

- Kata gatamé 

II - <u>Shimé Waza</u> (technique d'étranglement):

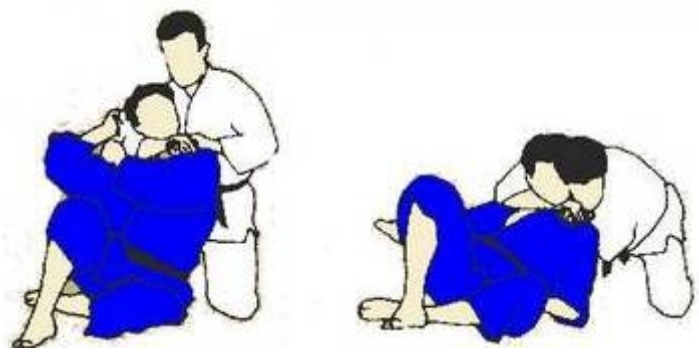
- Gyaku juji Jimé 

- Nami Juji Jimé 

- Kata Juji Jimé

- Sankaku Jimé

- Kata Ha Jimé

- Hadaka Jimé 

- Kata Té Jimé

- Okuri Eri Jimé

III - Kansetsu Waza (technique de clef de bras):

- Jugi Gatamé

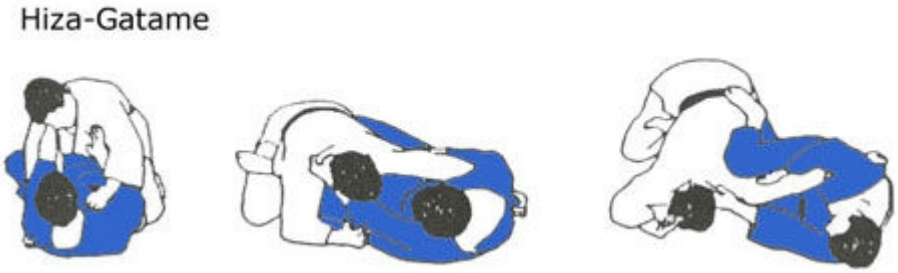
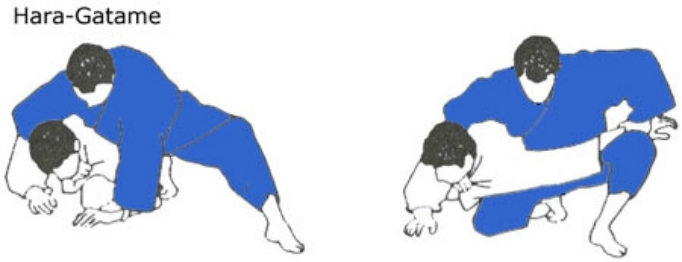
- Hara Gatamé

- Udé Garami

- Udé Gatamé

- Waki Gatamé

- Hiza Gatamé



- Hara Gatamé