

▶ Grades

Budo Schools Ashita



BUDO SCHOOLS ASHITA

武道 学校 明日

O Soto Gari

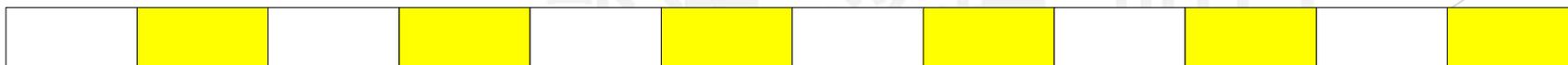
▶ Traduction

▶ Déséquilibre

▶ Point important



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O Uchi Gari

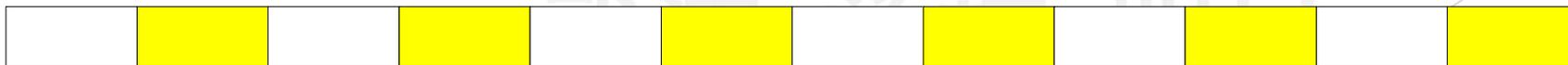
▶ Traduction

▶ Déséquilibre

▶ Point important



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O Goshi

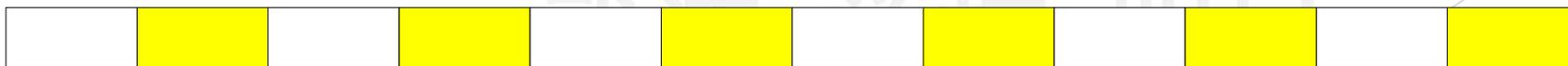
▶ Traduction

▶ Déséquilibre

▶ Point important



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Uki Goshi

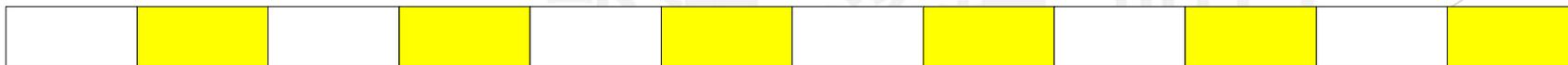
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Ko Soto Gari

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O Uchi Gari

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Hiza Guruma

▶ Traduction

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▶ Point important



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De Ashi Barai

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Hon Kesa Gatame

▶ Traduction

▶ Point d'appui

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Yoko Shiho Gatame

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Morote Seoi Nage

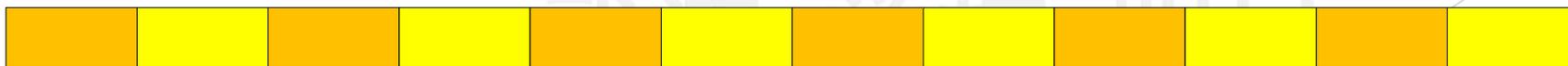
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Ippon Seoi Nage

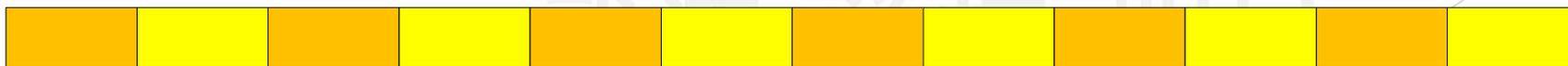
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Eri Seoi Nage

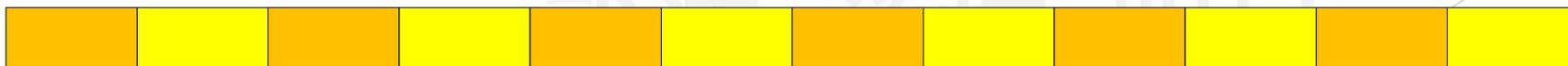
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Kami Shiho Gatame

▶ Traduction

▶ Point d'appui

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Tate Shiho Gatame

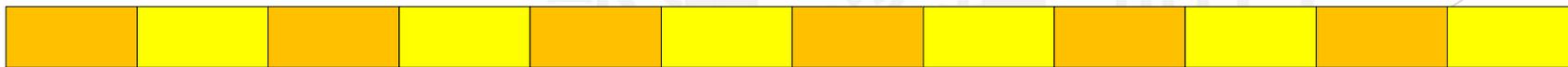
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Harai Goshi

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Tai Otoshi

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Uchi Mata

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Kata Gatame

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▶ Point d'appui

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Tsuri Komi Goshi

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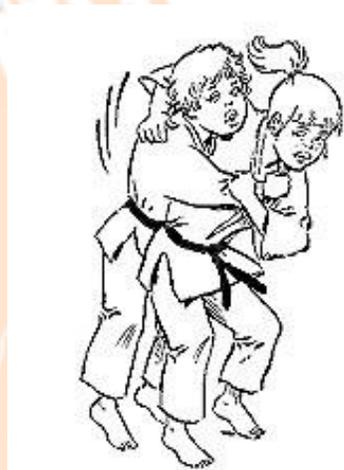


Koshi Guruma

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Kusure Gatame



Japonais	Français	Explications

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Sasae Tsuru Komi Ashi

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Okuri Ashi Barai

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Hane Goshi

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Arbitrage

- ▶ Hadjime : _____
- ▶ Mate : _____
- ▶ Ippon : _____
- ▶ Waza Ari : _____
- ▶ Osekomi : _____
- ▶ Shido : _____

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Ko Soto Gake

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Ashi Guruma

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O Guruma

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O Soto Otoshi

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Tomoe Nage

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Uki Otoshi

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Kata Guruma

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▶ Déséquilibre

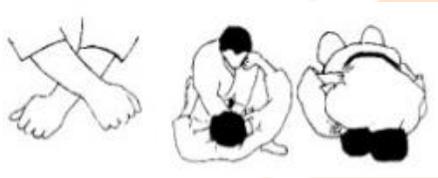
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Étranglements



▶ Nami Juji Jime



▶ Kata Juji Jime

▶ Hadaka Jime



▶ Gyaku Juji Jime



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Uki Waza

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Soto Maki Komi

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▶ Point important



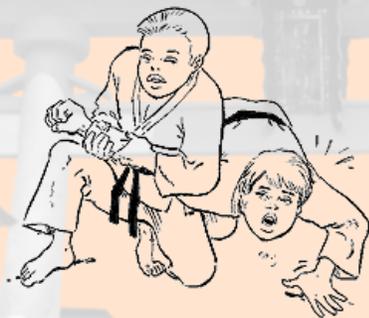
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Clés de bras



Hara Gatame



Waki Gatame



Ude Gatame



Ude Garami



Juji Gatame

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