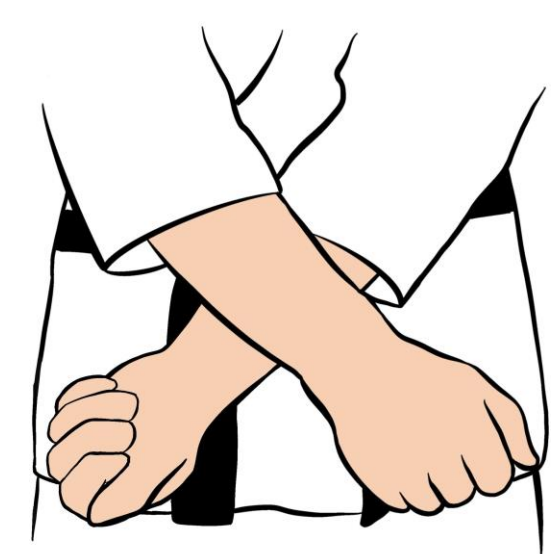


NE-WAZA CHIKARA CHELSEA – KIME-WAZA – AVEC GI / WITH GI

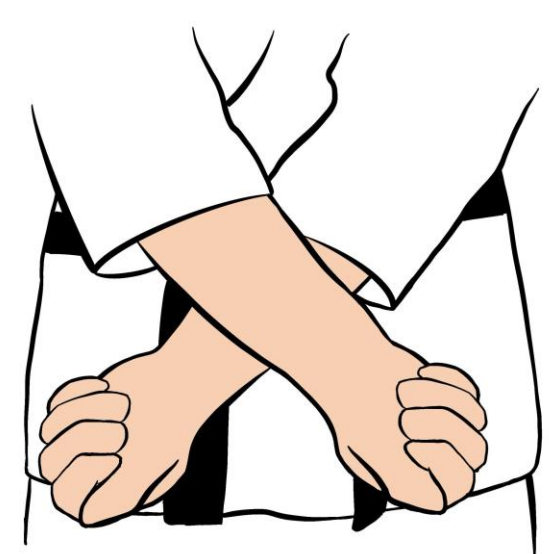
PHASE 1 – PREPARATION



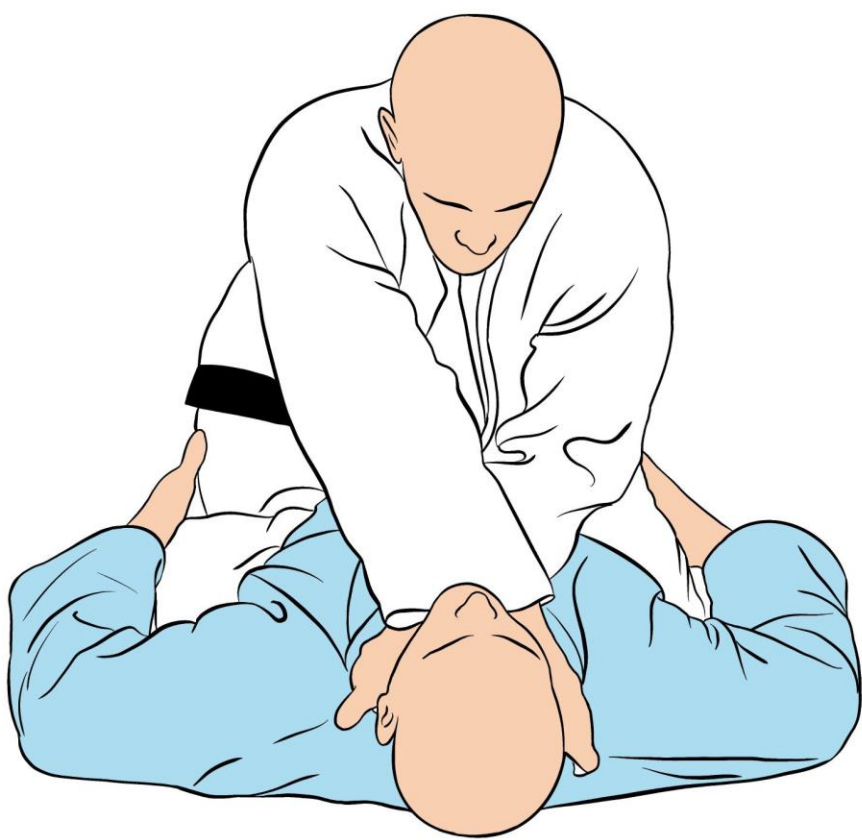
MAINS – HANDS



KATA-JUGI-JIME



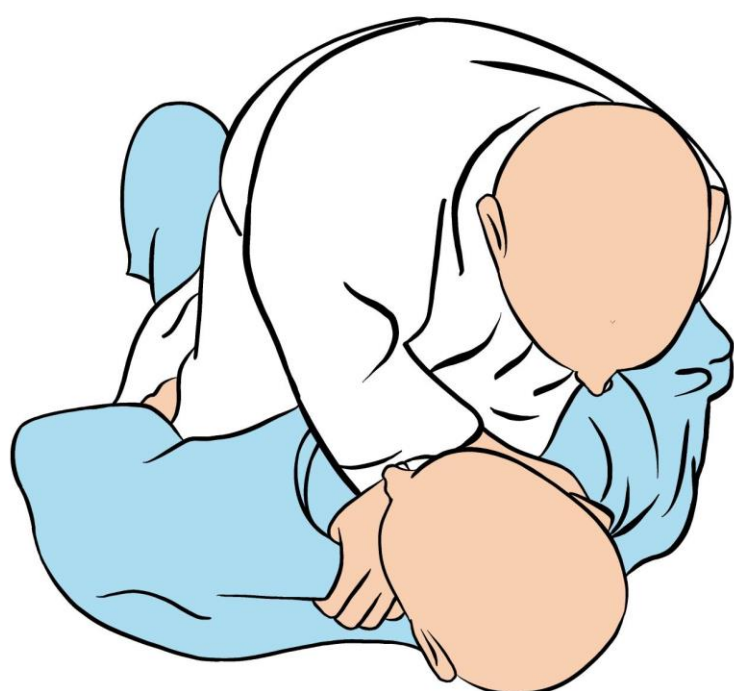
MAINS – HANDS



GYAKU-JUGI-JIME

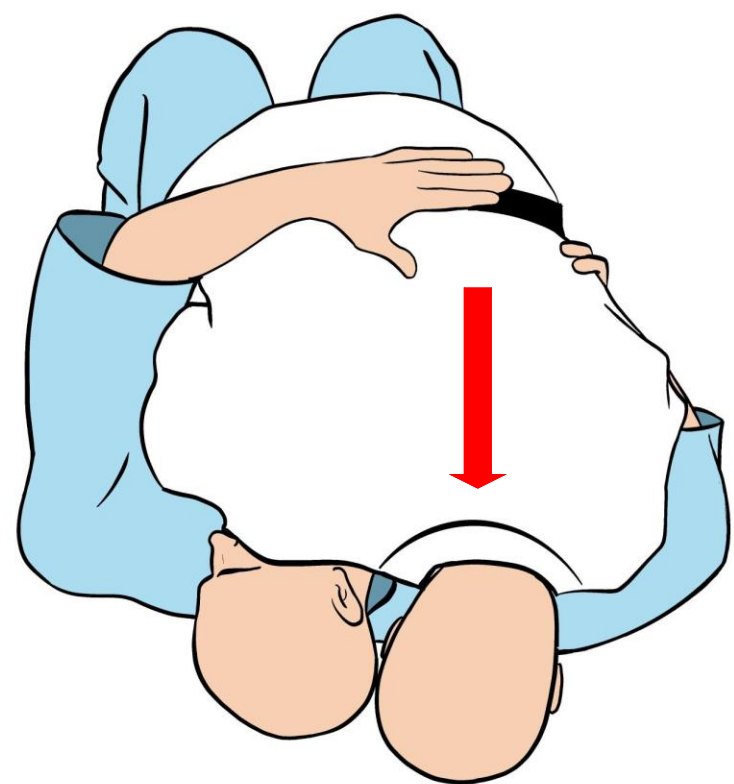


MAINS – HANDS

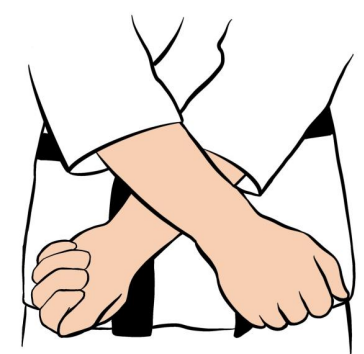


NAMI-JUGI-JIME

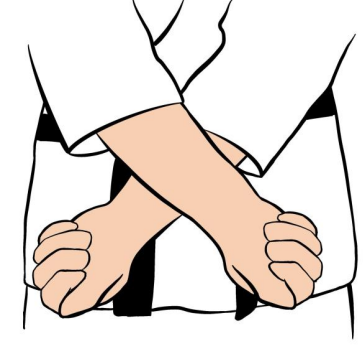
PHASE 2 – EXECUTION



STRANGULATIONS AVEC GI EN POSITION MONTÉE /
STRANGULATIONS USING GI FROM MOUNT



KATA-JUGI-JIME

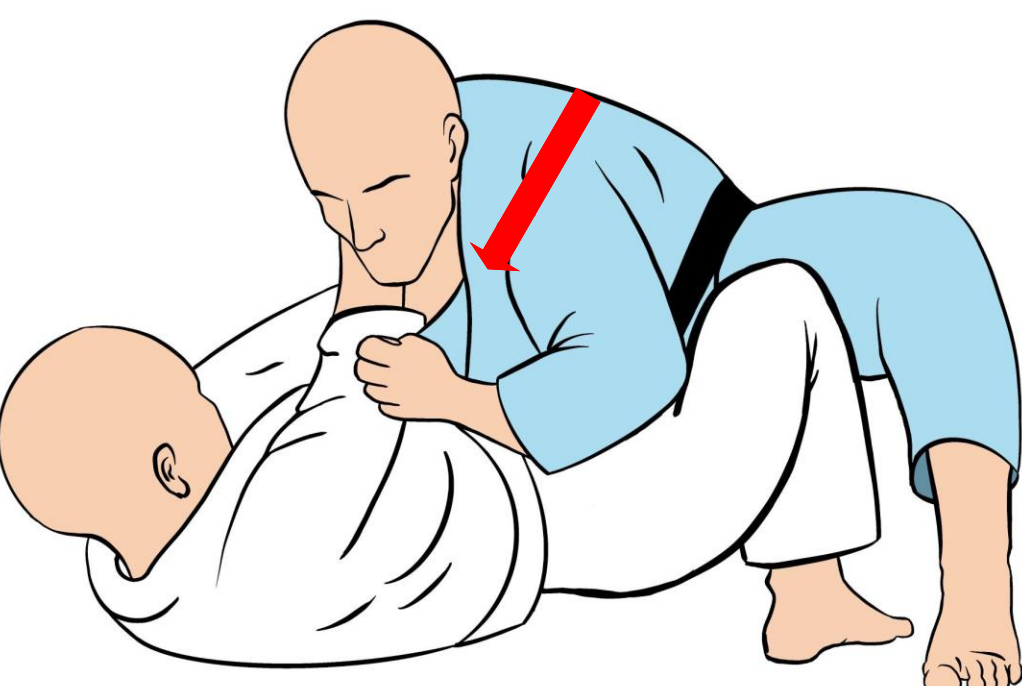


GYAKU-JUGI-JIME

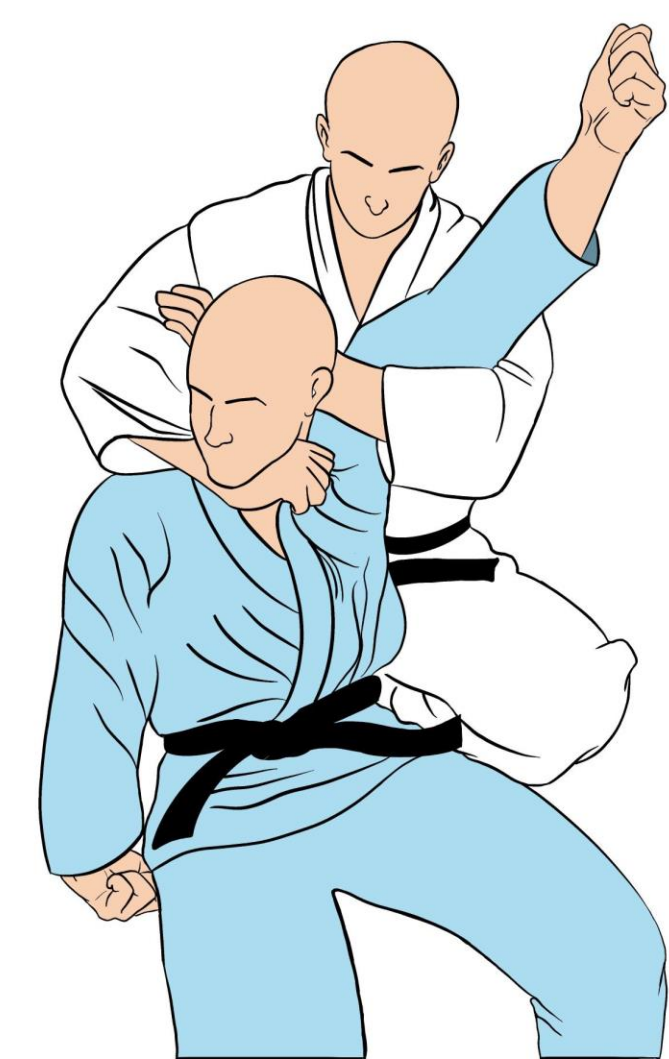


NAMI-JUGI-JIME

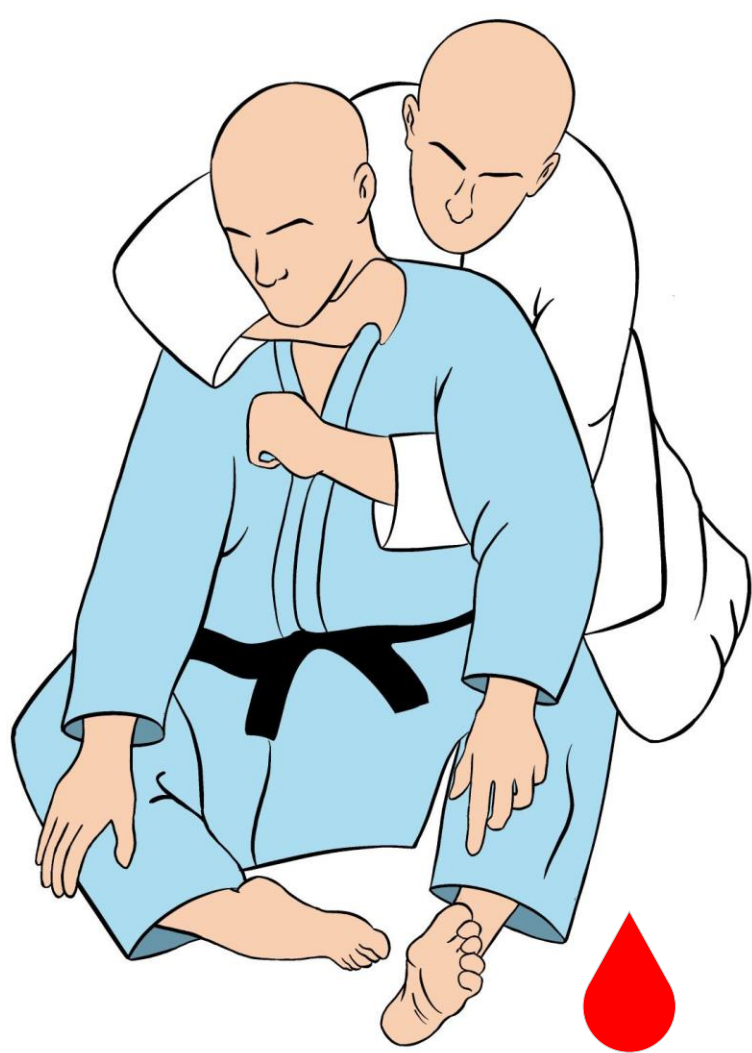
DE LA GARDE / FROM GUARD



ÉTRANGLEMENTS AVEC GI DE LA GARDE /
CHOKES WITH GI FROM GUARD



KATA-HA-JIME



OKURI-ERI-JIME

SODE-GURUMA-JIME



SODE-GURUMA-JIME – KODOKAN



SODE-GURUMA-JIME – SPORT

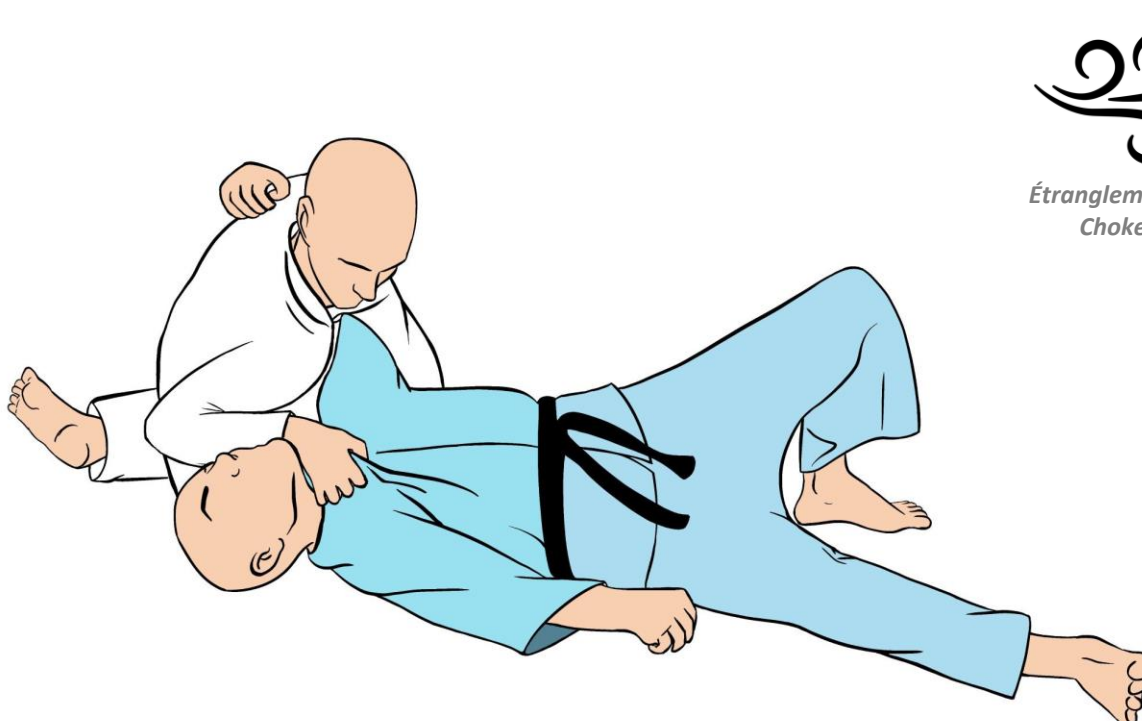


SODE-GURUMA-JIME POSITION MONTÉE / FROM MOUNT

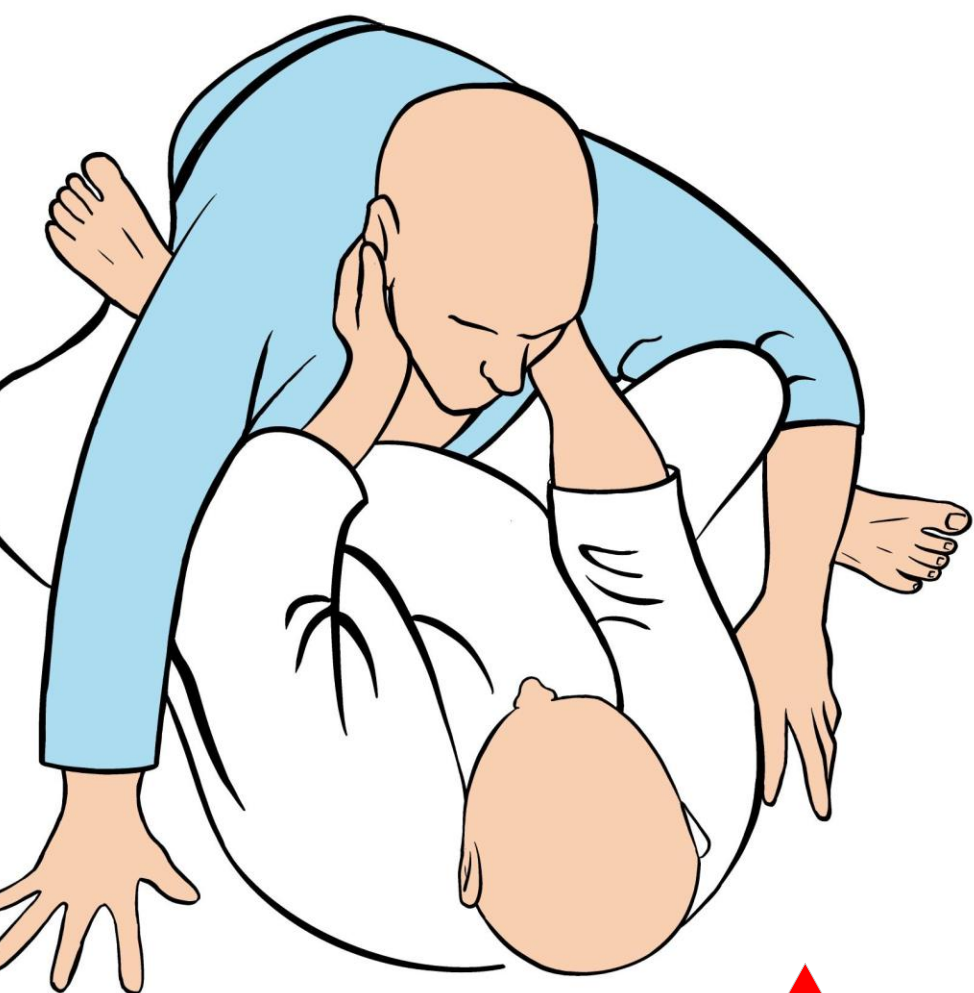
KATA-TE-JIME



KATA-TE-JIME (CONTRE TORTUE / AGAINST TURTLE)



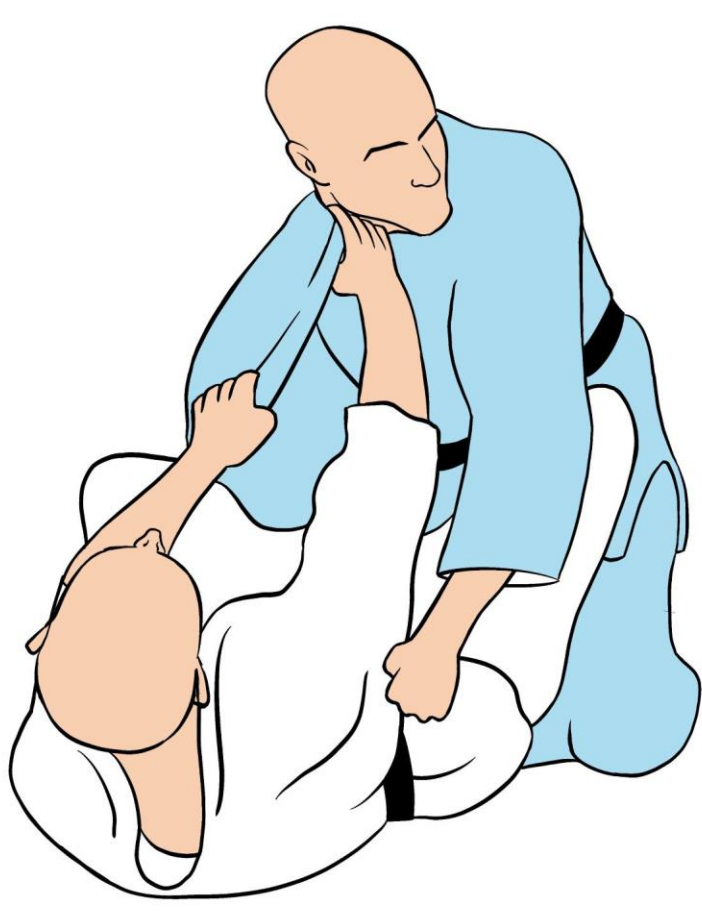
KATA-TE-JIME (CONTRÔLE DU CÔTÉ / SIDE CONTROL)



RYOTE-JIME



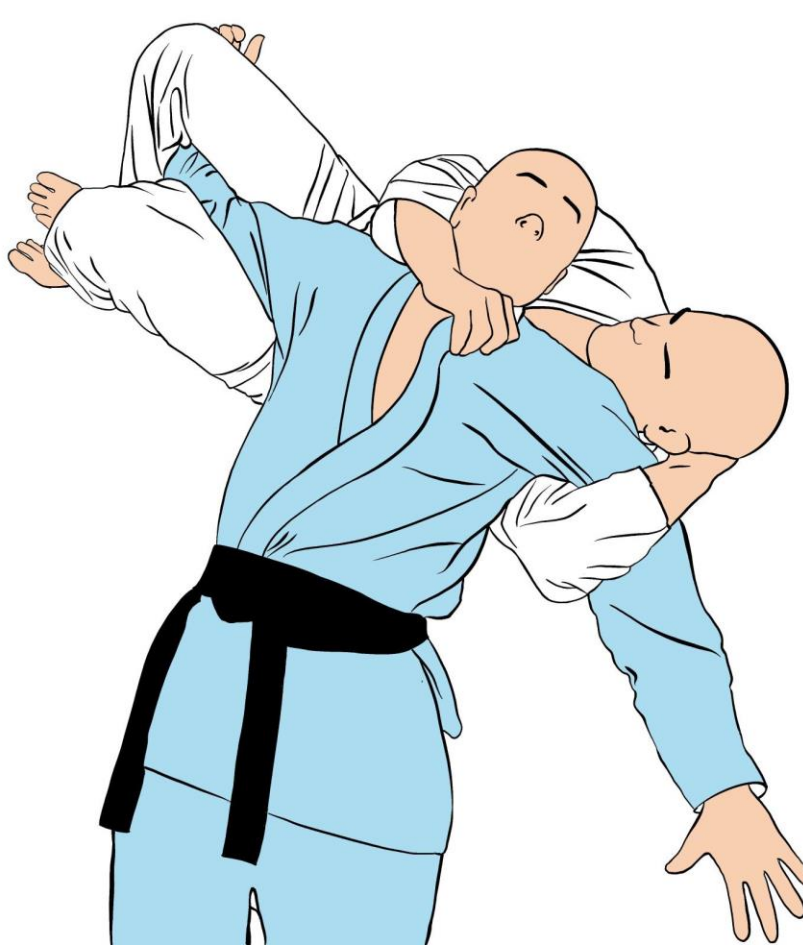
RYOTE-JIME – TEE-PEE STRANGULATION



TSUKKOMI-JIME

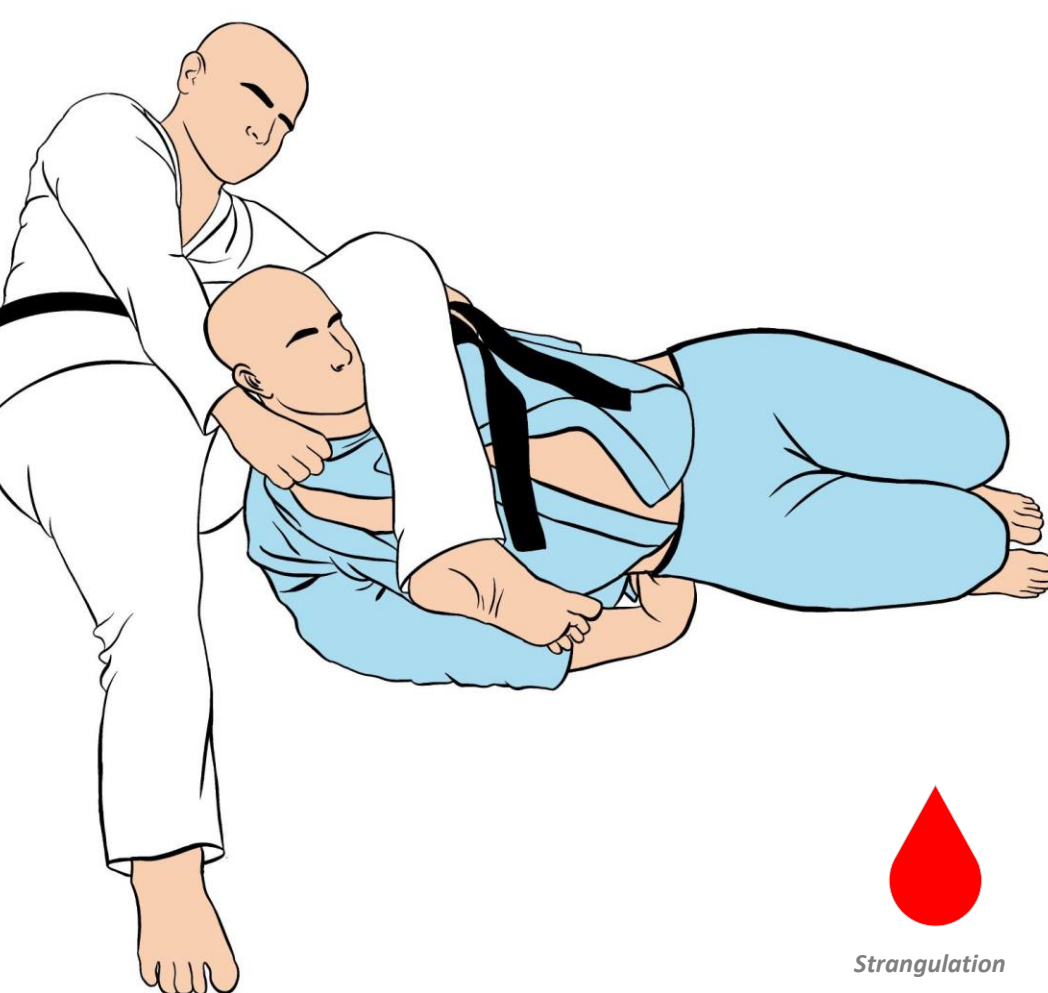


KAGATO-JIME

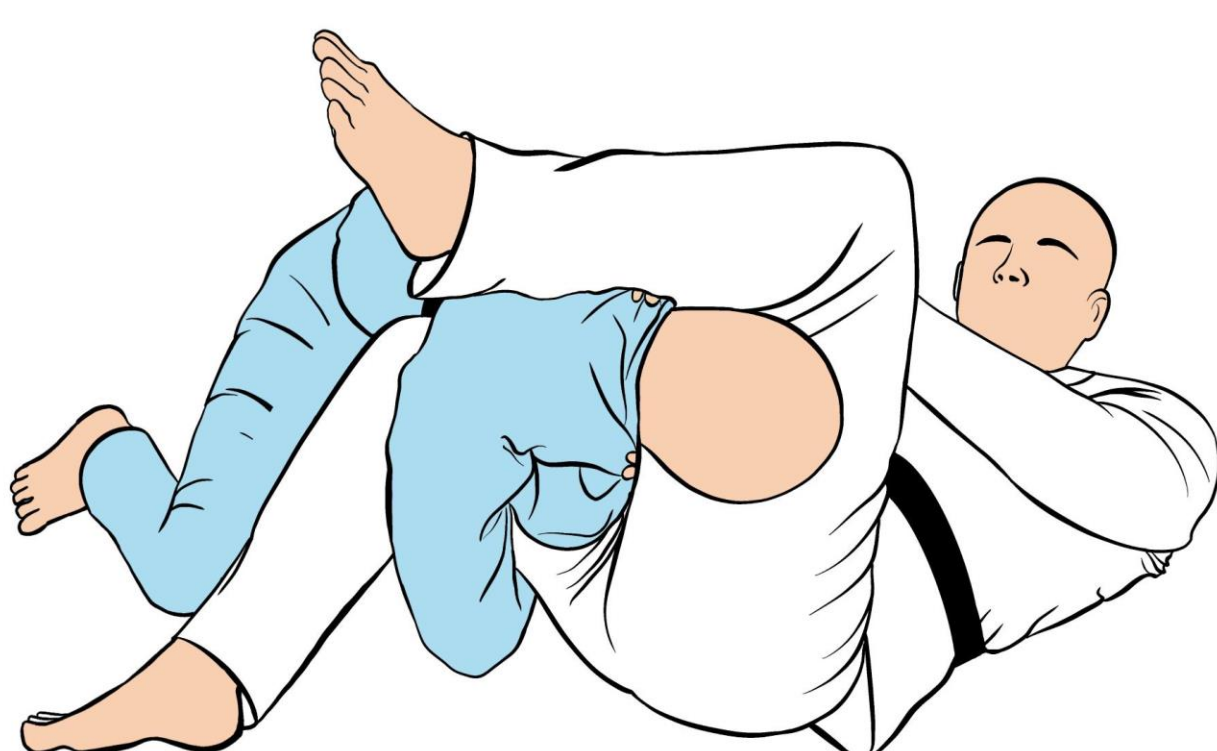


CRUCIFIX (JIGOKU-JIME)

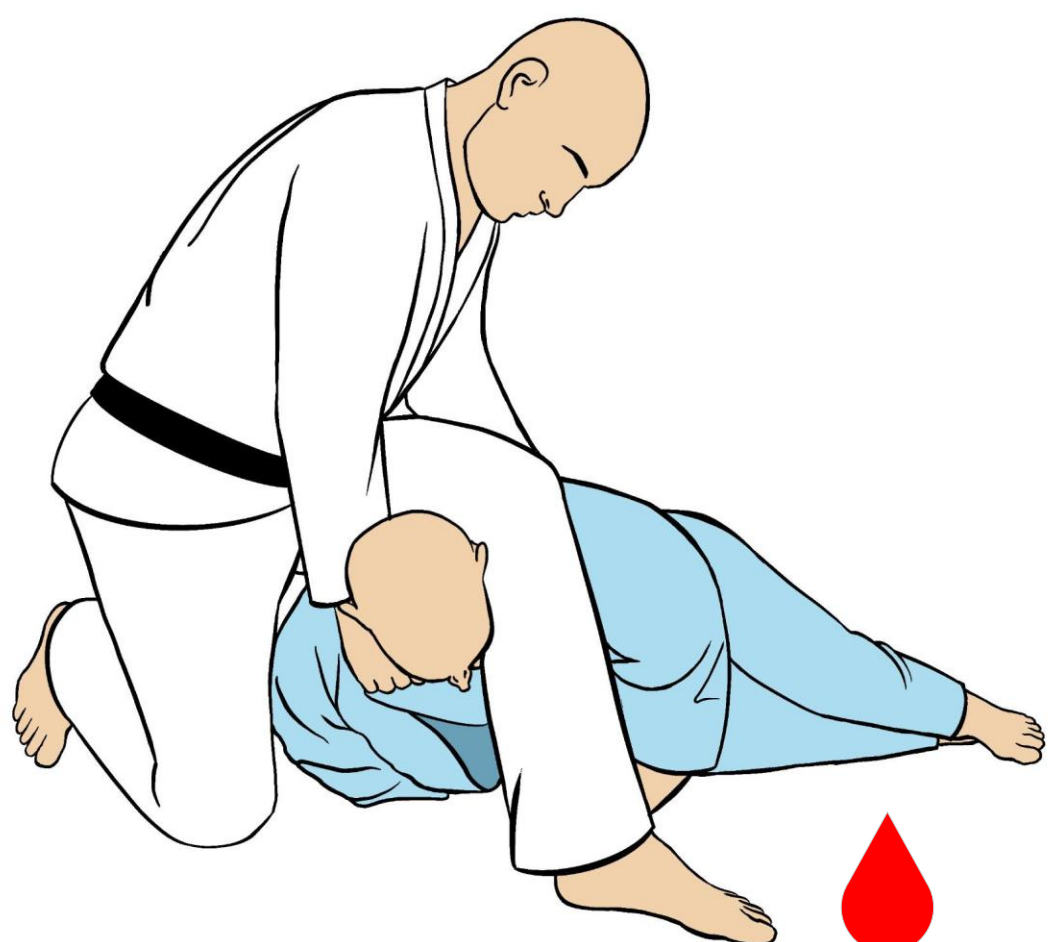
DU CONTRÔLE ARRIÈRE / FROM BACK CONTROL



ASHI-JIME



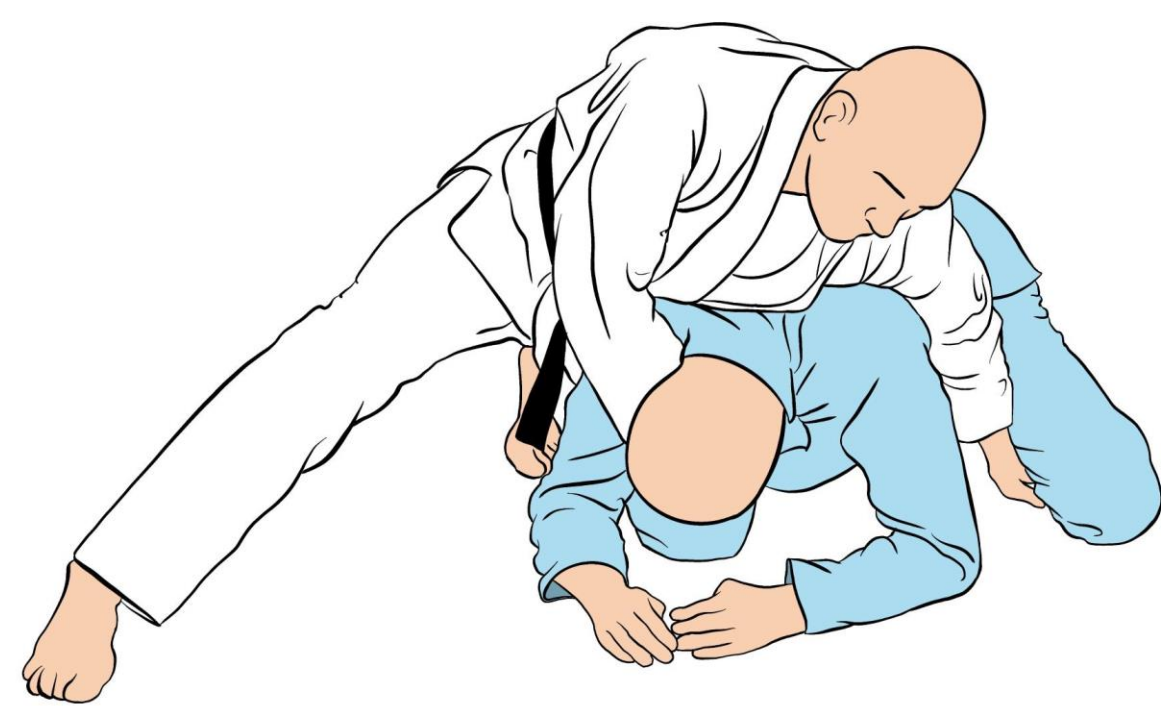
HASAMI-JIME



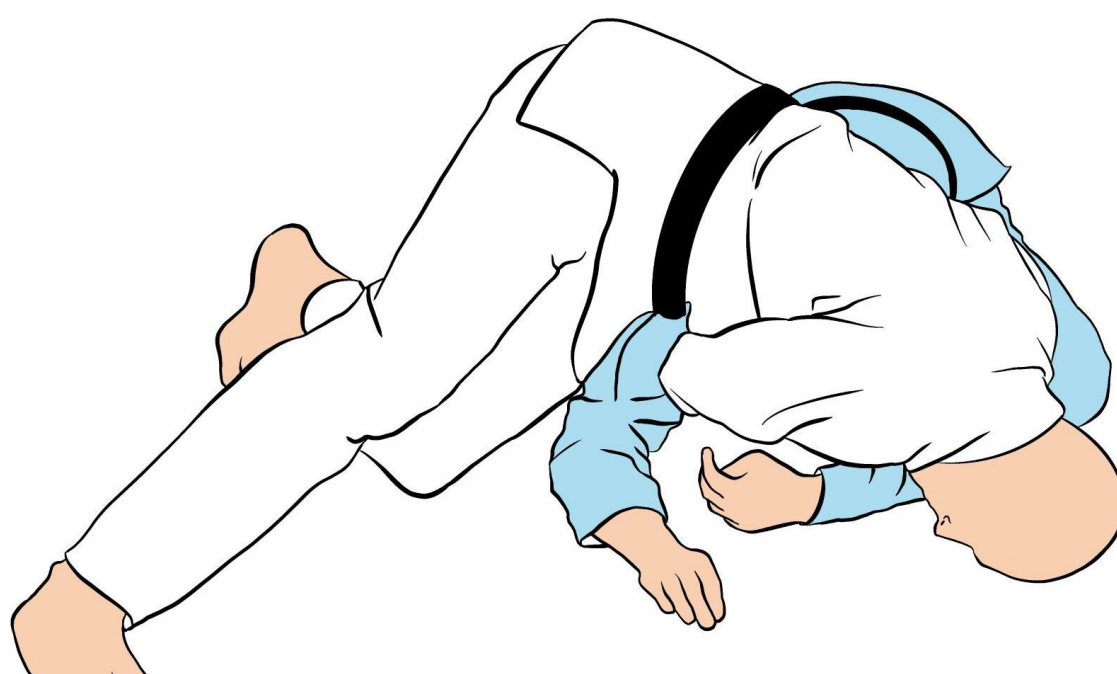
HASAMI-JIME (CONTRE TORTUE / TURTLE ATTACK)

DE NORD-SUD / FROM NORTH-SOUTH

ÉTRANGEMENT DE L'HORLOGE / CLOCK CHOKES



PHASE 1 – SAISIE / GRIP



PHASE 2 – TOURNIQUET



DU CÔTÉ (INCLUANT CONTRE DE TORTUE) / FROM SIDE CONTRÔLE (INCLUDING ATTACKING TURTLE)