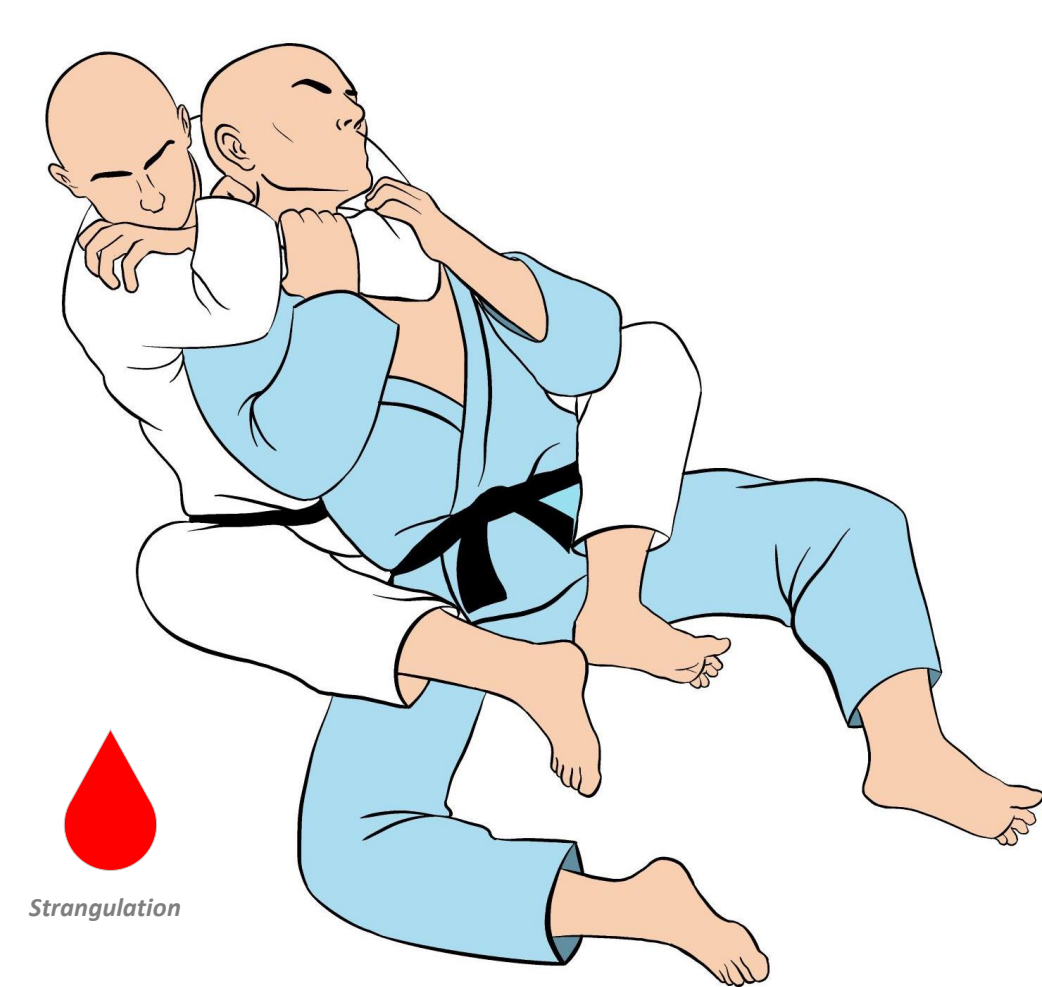


NE-WAZA CHIKARA CHELSEA – KIME-WAZA – SANS GI / NO GI

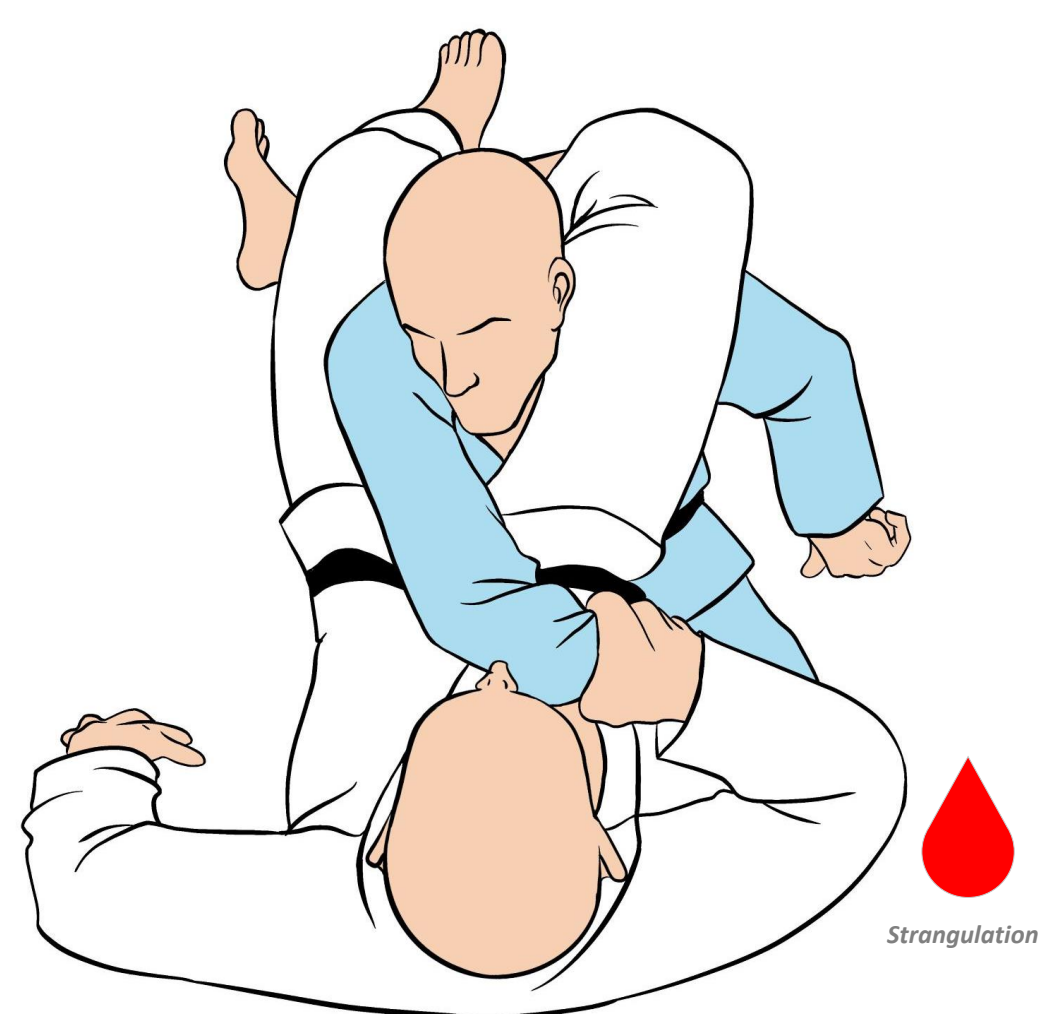


GRAND ÉTRANGLEMENT ARRIÈRE, POSITION CONTRÔLE ARRIÈRE / REAR-NAKED CHOKE (RNC) FROM BACK CONTROL

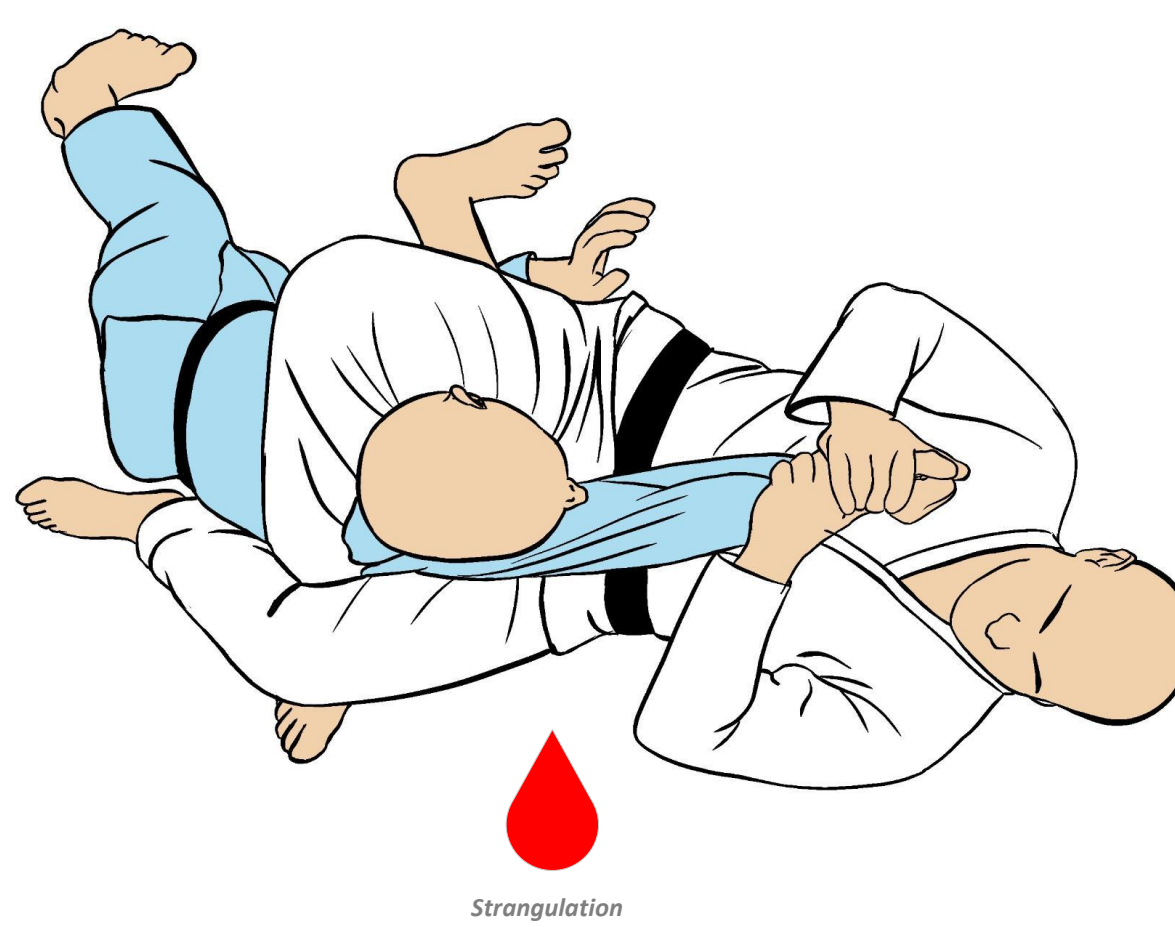
DE LA POSITION ARRIÈRE / FROM BACK CONTROL



HADAKA-JIME



SANKAKU-JIME (ÉTRANGLEMENT TRIANGULAIRE) / (TRIANGULAR CHOKE)

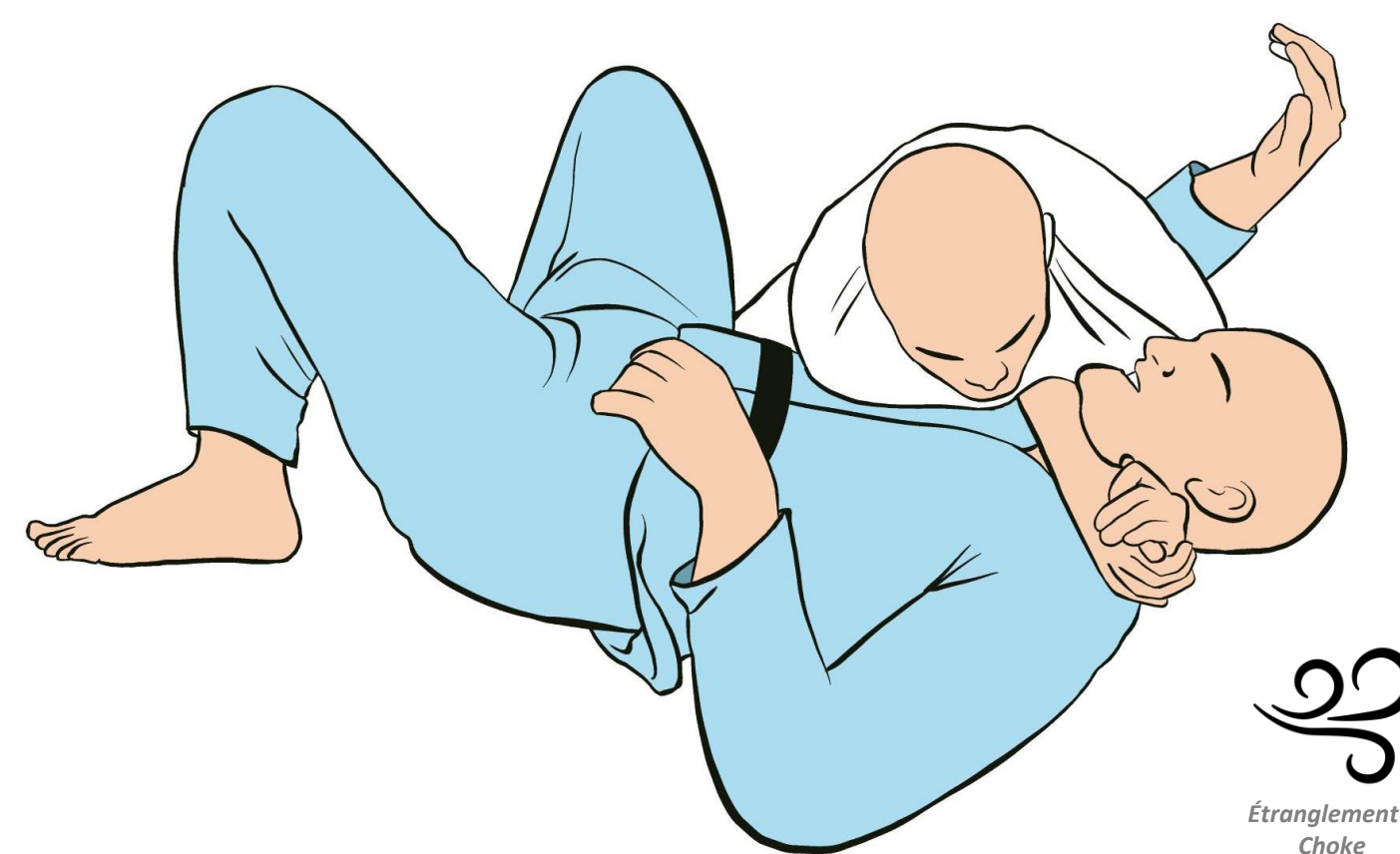


YOKO-SANKAKU-JIME (ÉTRANGLEMENT TRIANGULAIRE DU CÔTÉ) / (SIDE TRIANGULAR CHOKE)

DE LA GARDE / FROM GUARD



GOGOPLATA

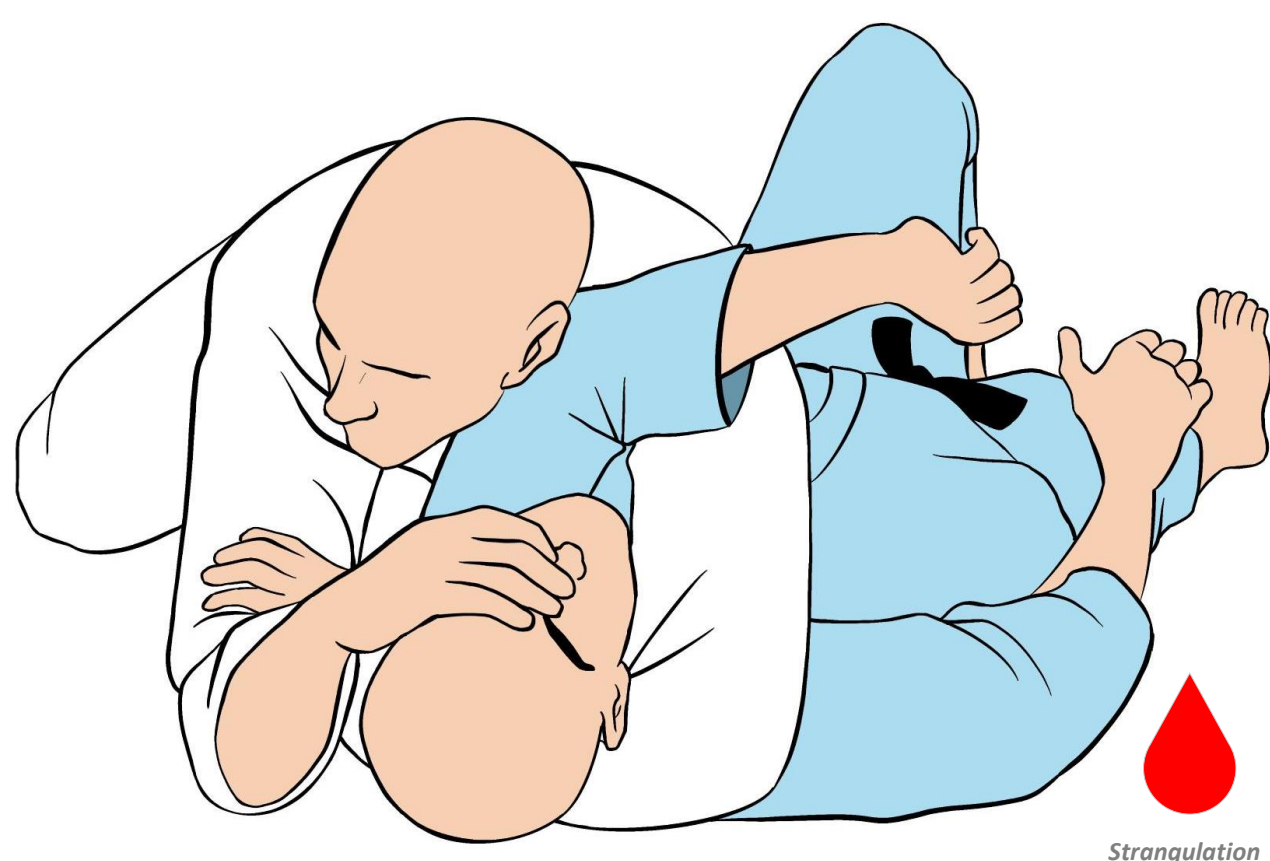


ÉTRANGLEMENT BASEBALL / BASEBALL CHOKE

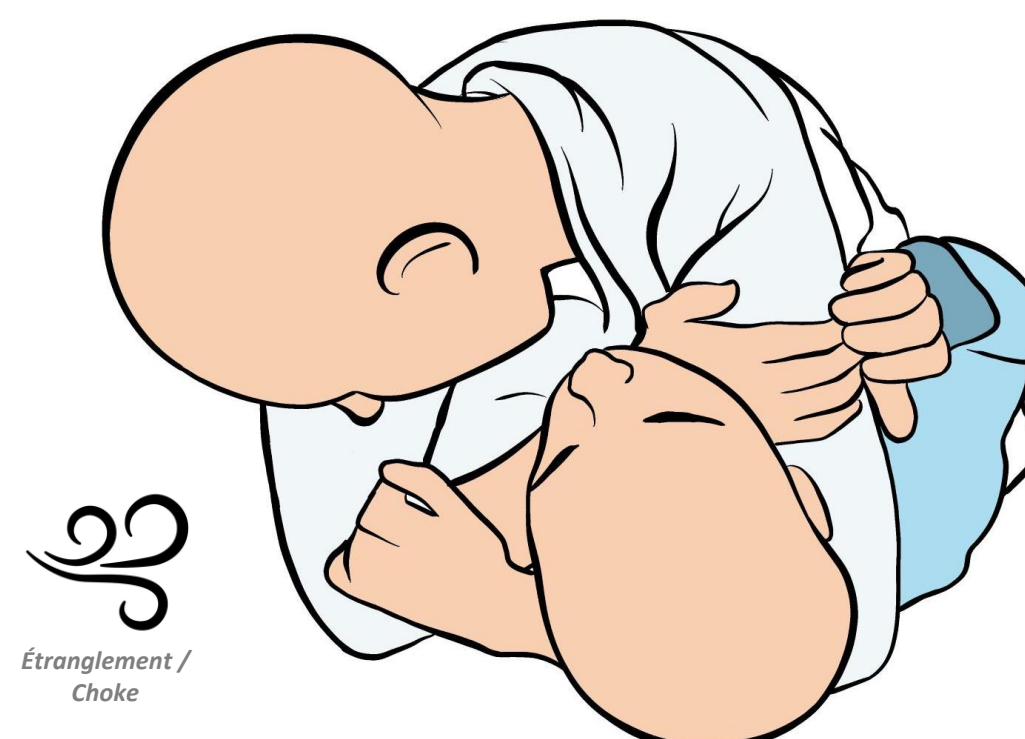


ÉTRANGLEMENT D'ARCE / D'ARCE CHOKE

DU CÔTÉ / FROM SIDE CONTROL

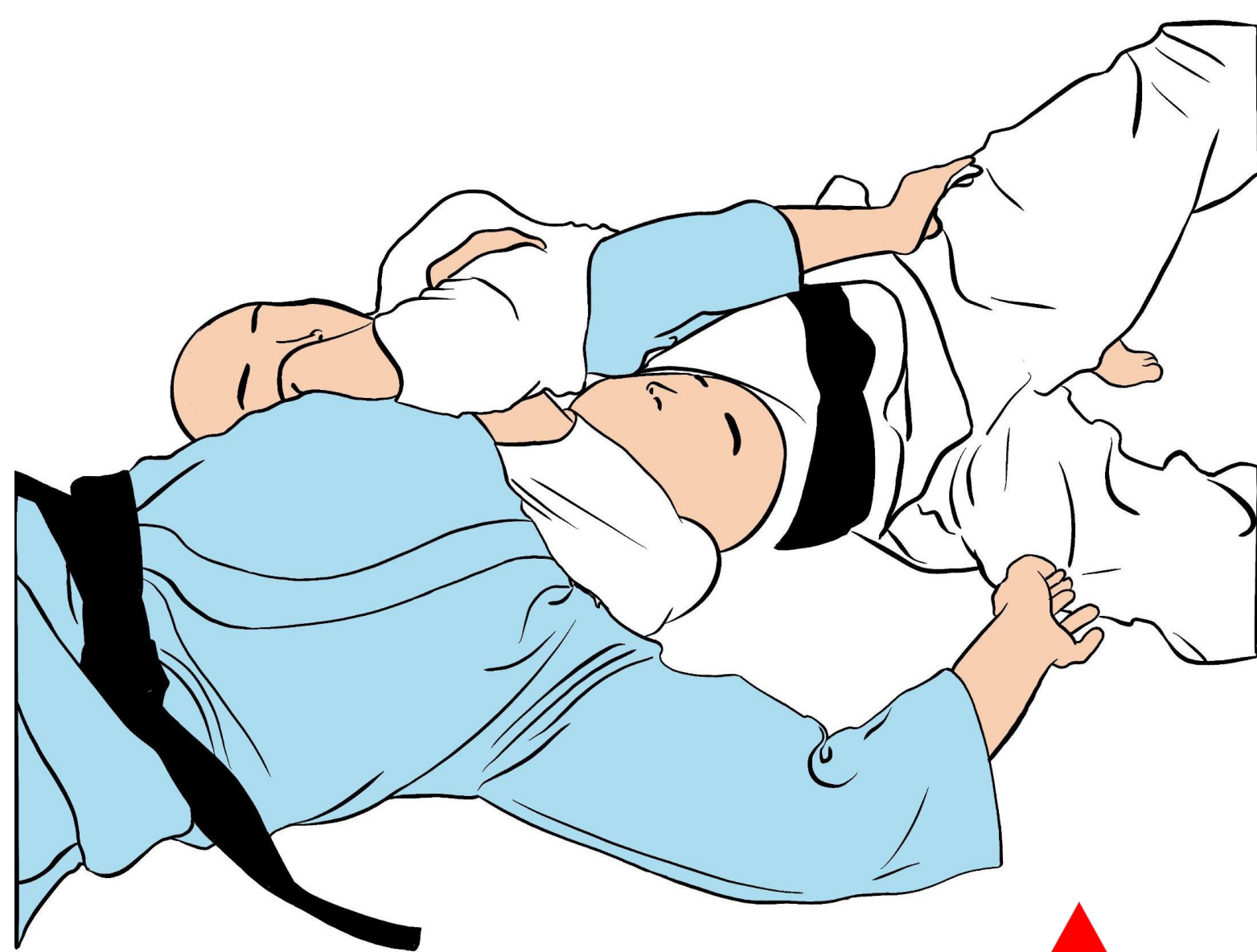


ÉTRANGLEMENT TRIANGULAIRE AVEC LE BRAS / ARM TRIANGLE CHOKE



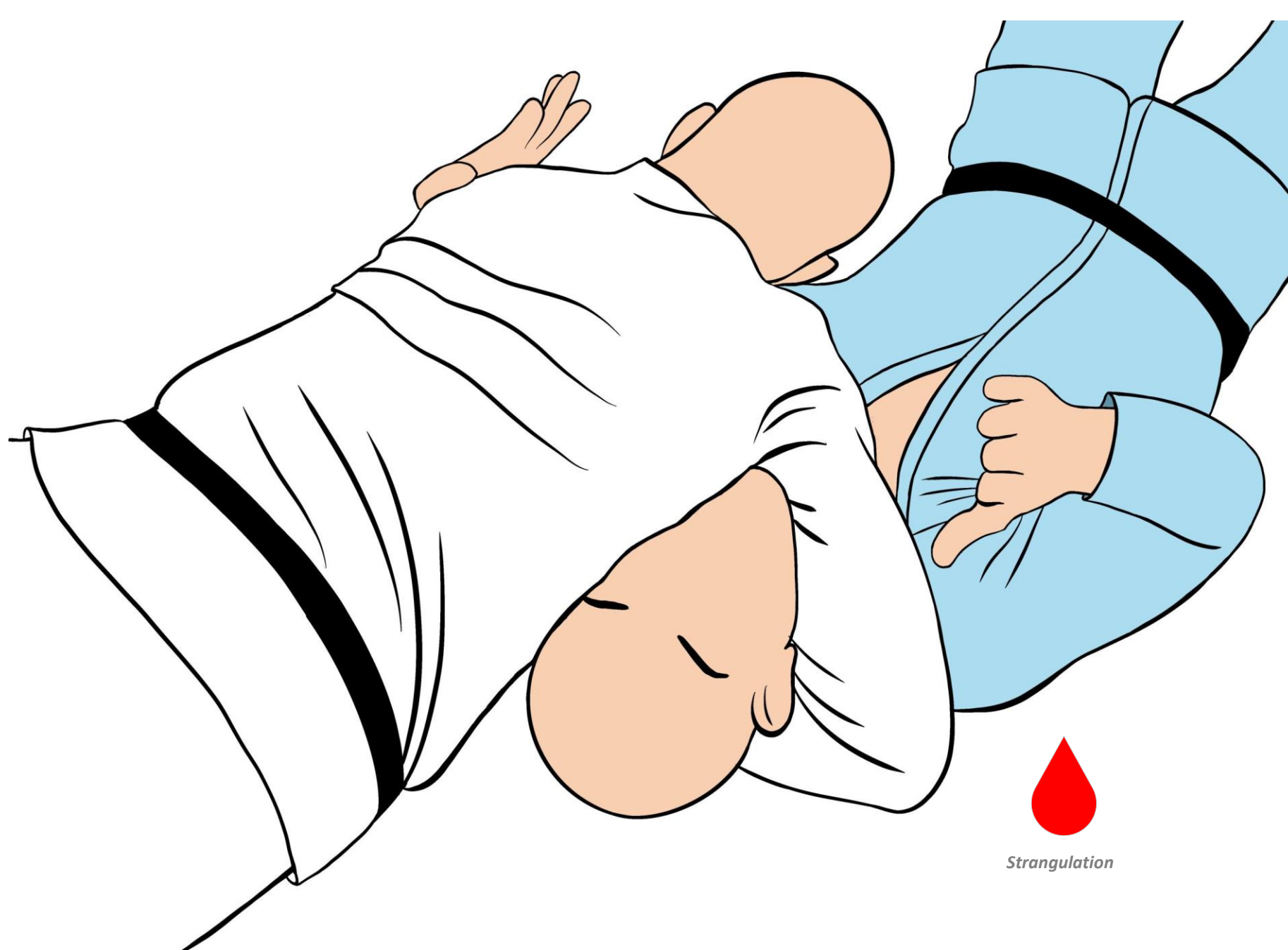
ÉTRANGLEMENT ÉZÉCHIEL / EZEKIEL CHOKE

DE LA POSITION MONTÉE / FROM MOUNT



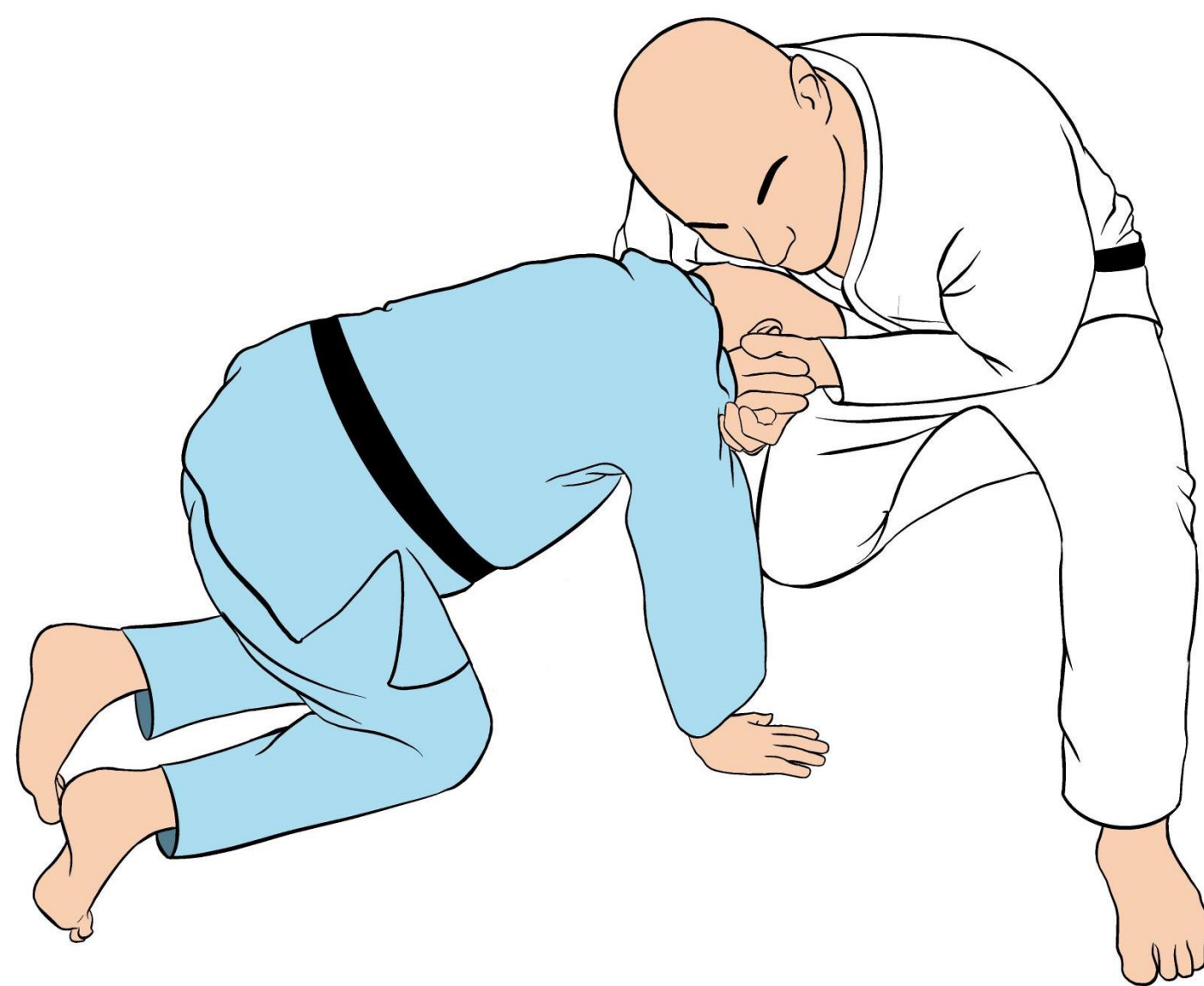
ANACONDA

DE LA POSITION NORD-SUD / FROM NORTH-SOUTH CONTROL

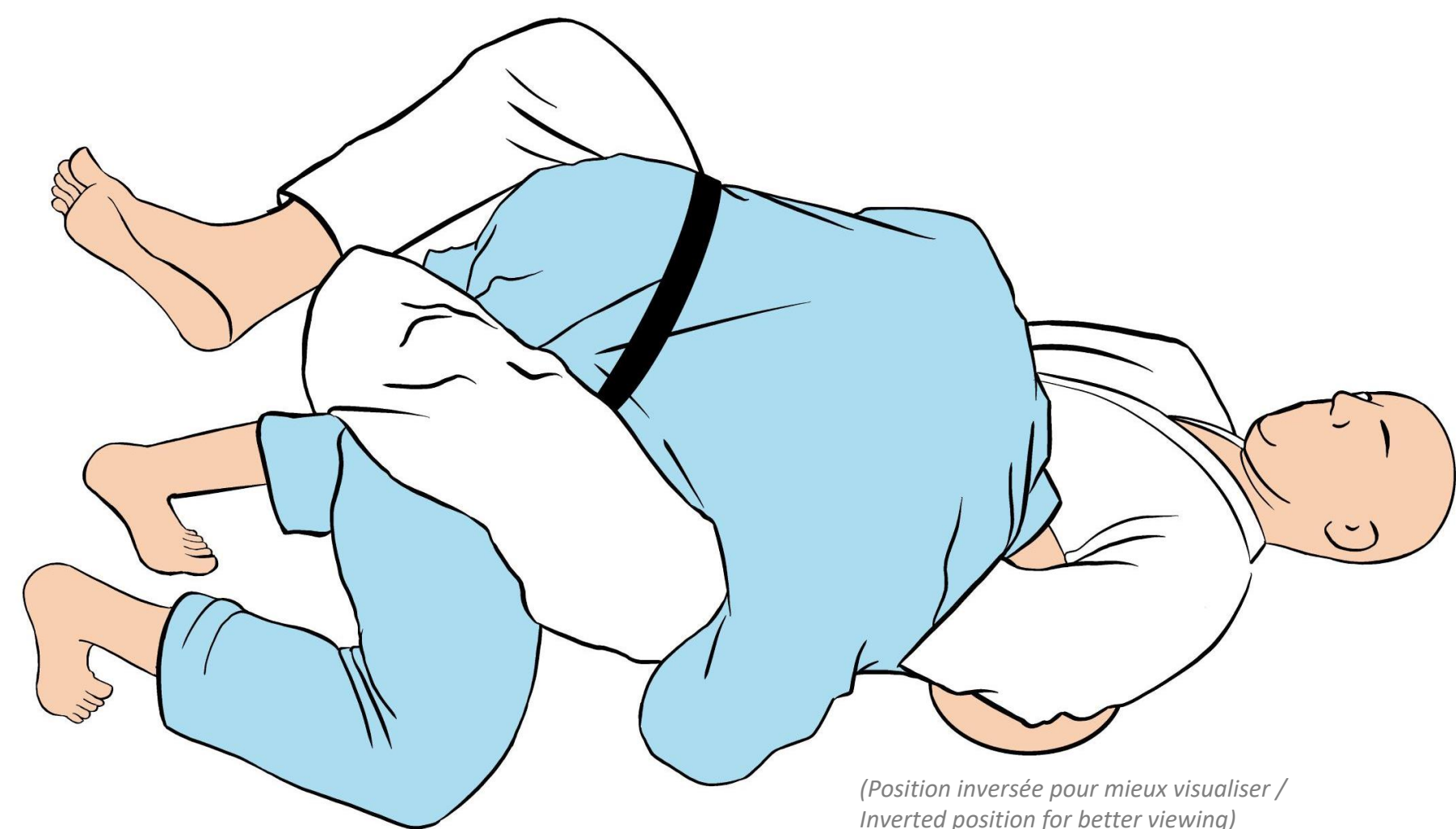


ÉTRANGLEMENT NORD-SUD / NORTH-SOUTH CHOKE

GUILLOTINE



PHASE 1 – SAISIE GUILLOTINE (ATTAQUE CONTRE POSITION TORTUE) / GUILLOTINE SET-UP (ATTACKING TURTLE)



PHASE 2 – GUILLOTINE APPLIQUÉE / APPLIED GUILLOTINE

