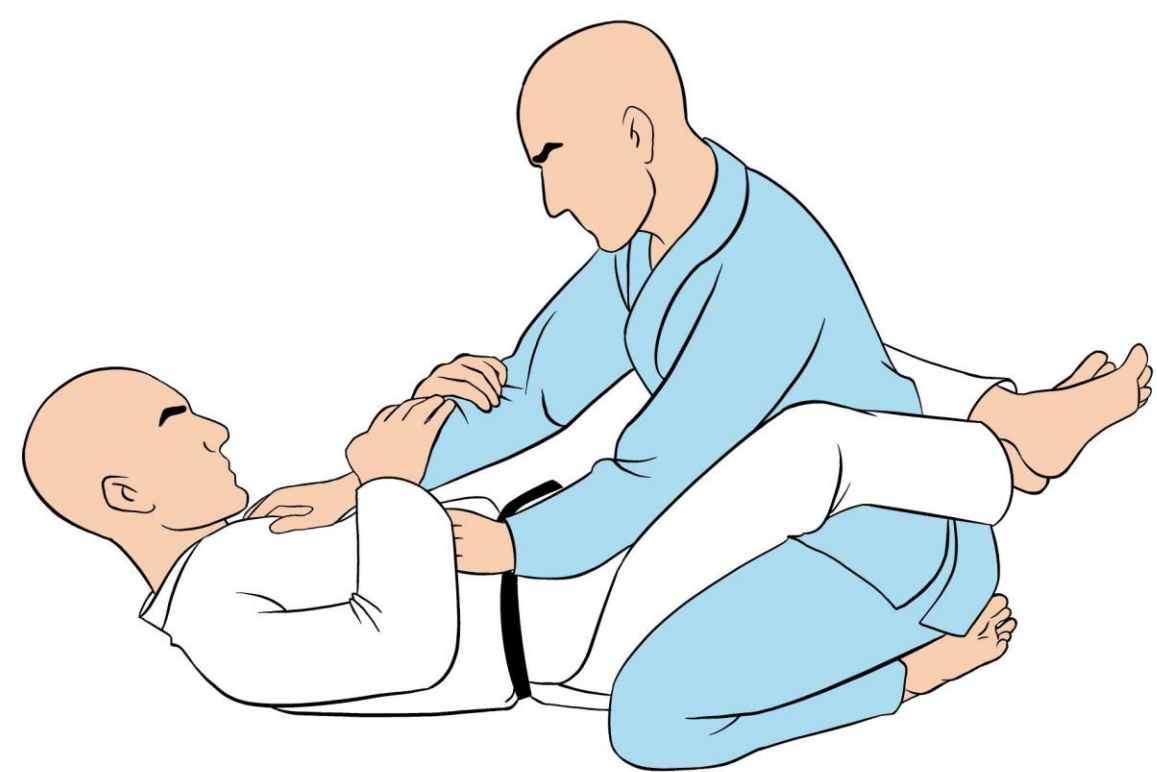
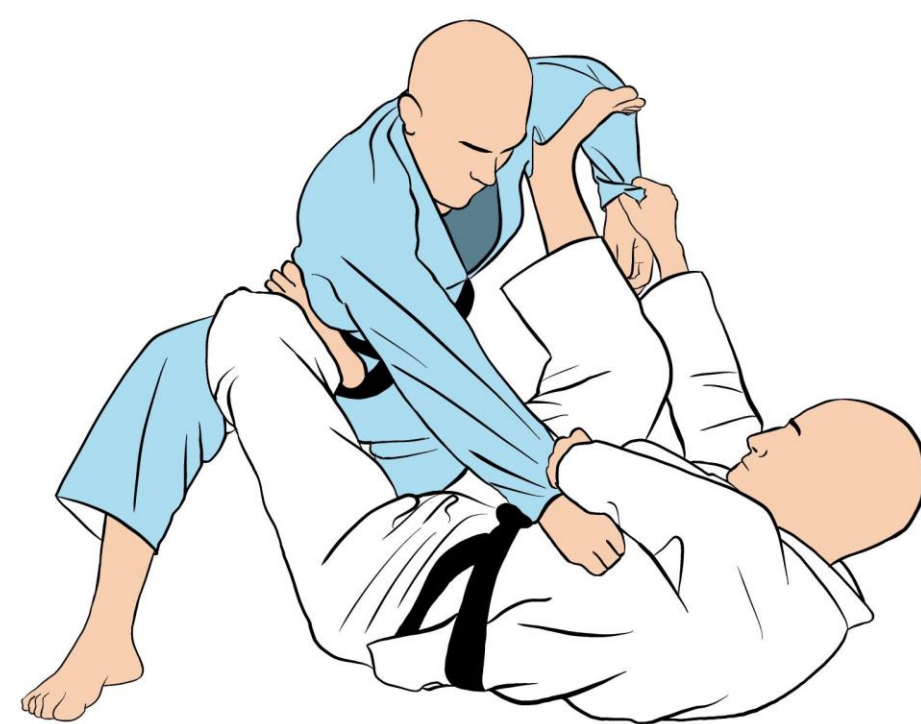


NE-WAZA CHIKARA CHELSEA – GARDES ET MOUVEMENTS TECHNIQUES / GUARDS AND TECHNICAL MOVEMENTS

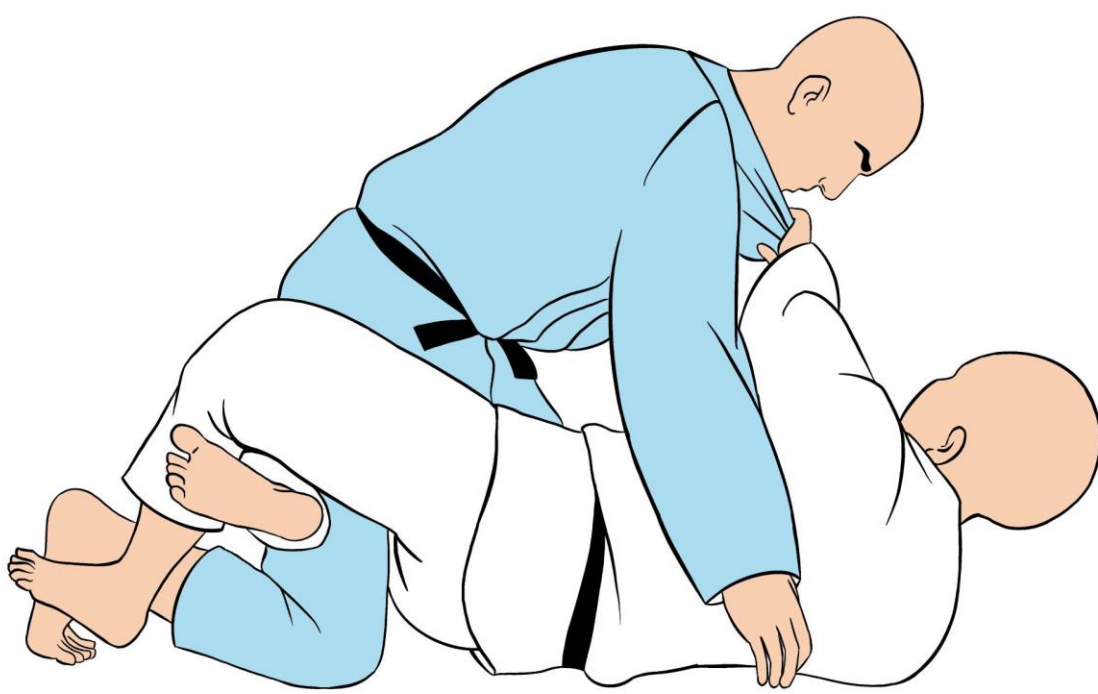
GARDES / GUARDS



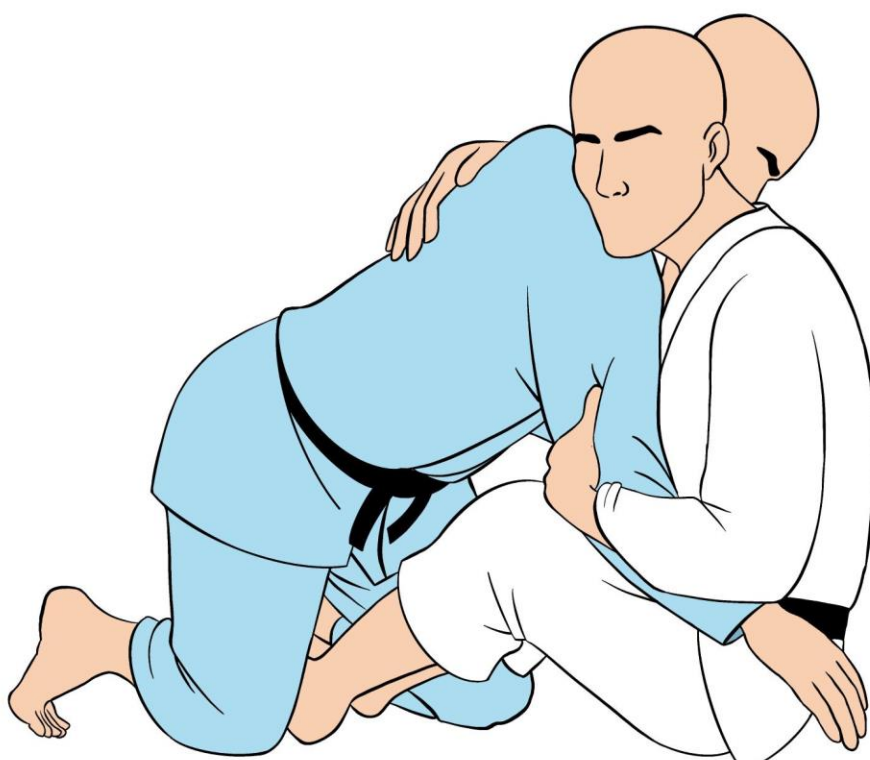
PLEINE GARDE (OU GARDE FERMÉE) /
FULL OR CLOSED GUARD



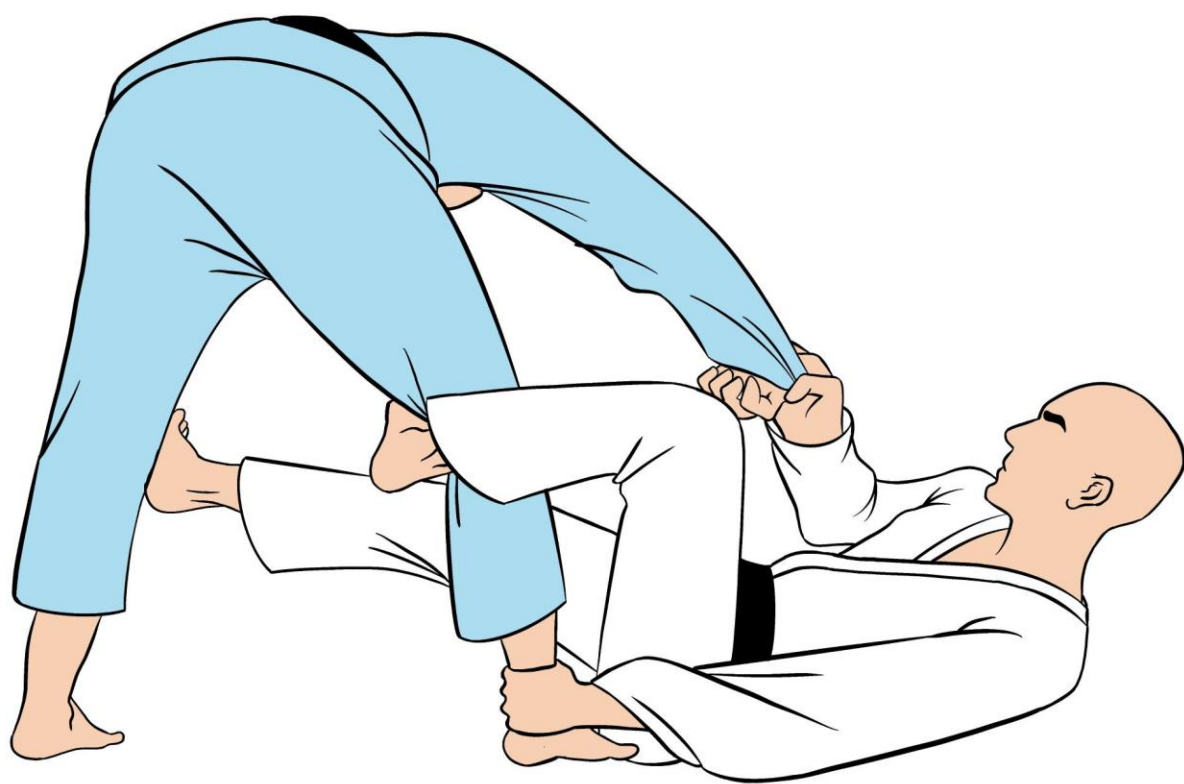
GARDE OUVERTE /
OPEN GUARD



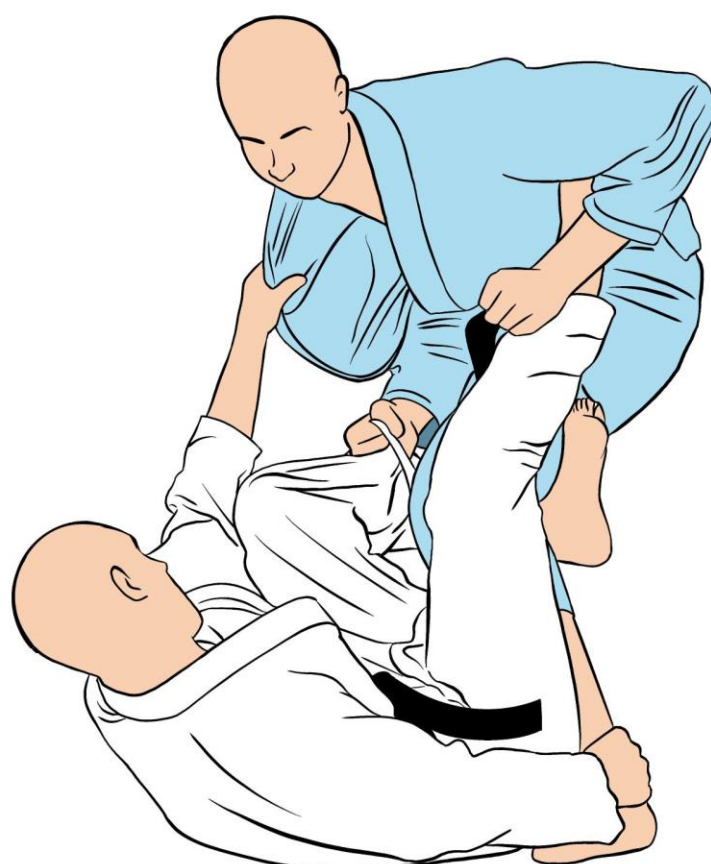
DEMI-GARDE /
HALF GUARD



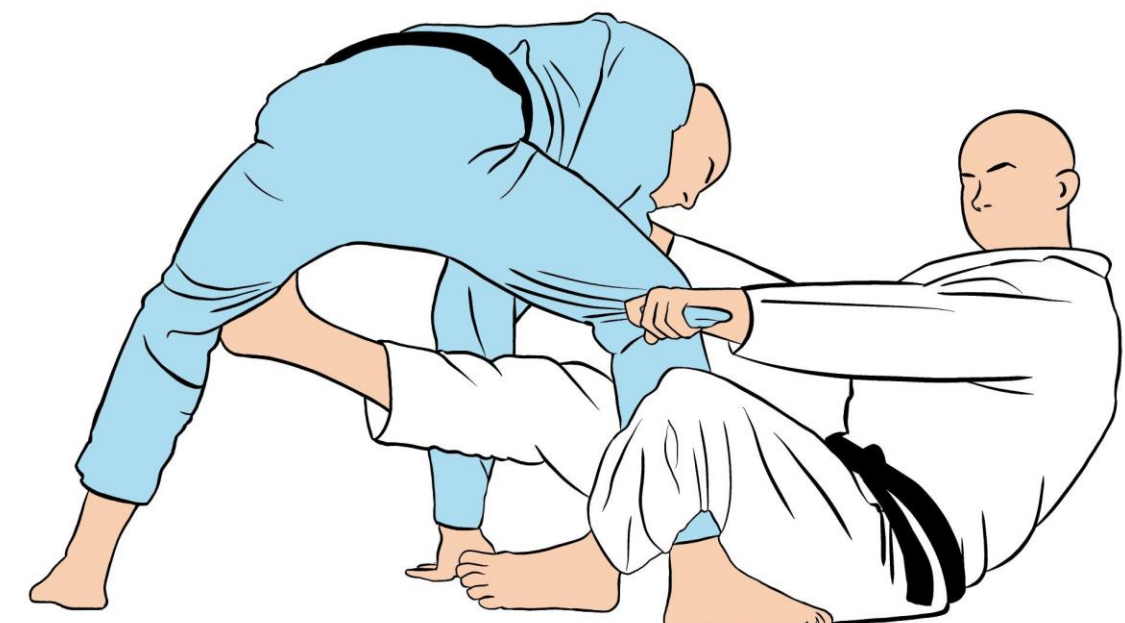
GARDE PAPILLON /
BUTTERFLY GUARD



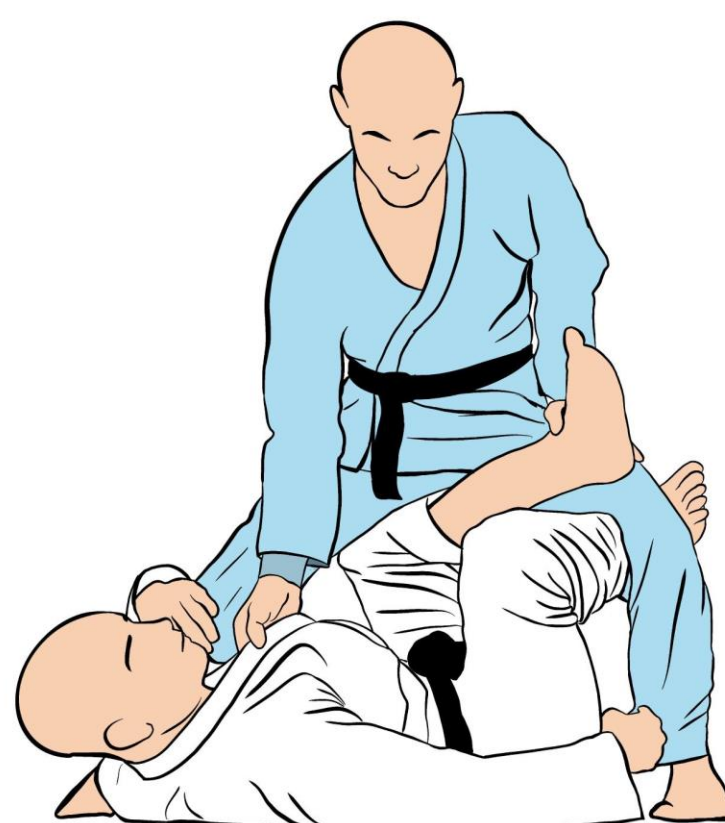
GARDE DE LA RIVA /
DE LA RIVA GUARD



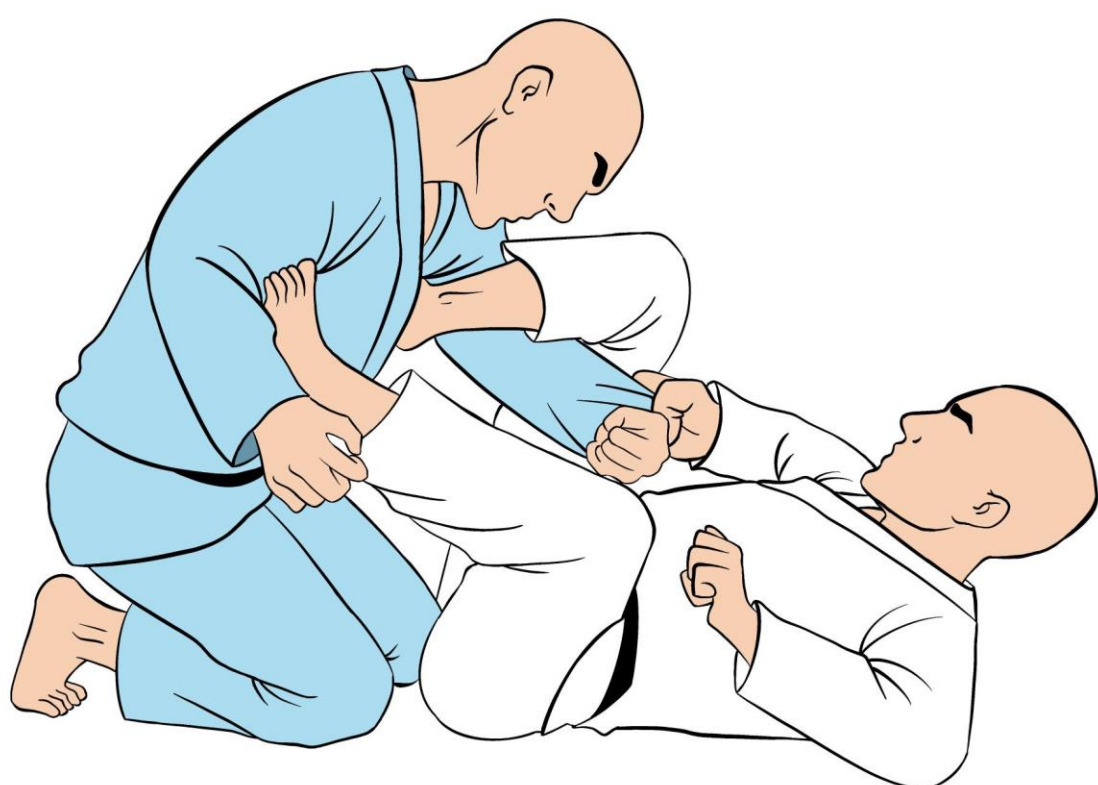
GARDE DE LA RIVA INVERSÉE /
REVERSE DE LA RIVA GUARD



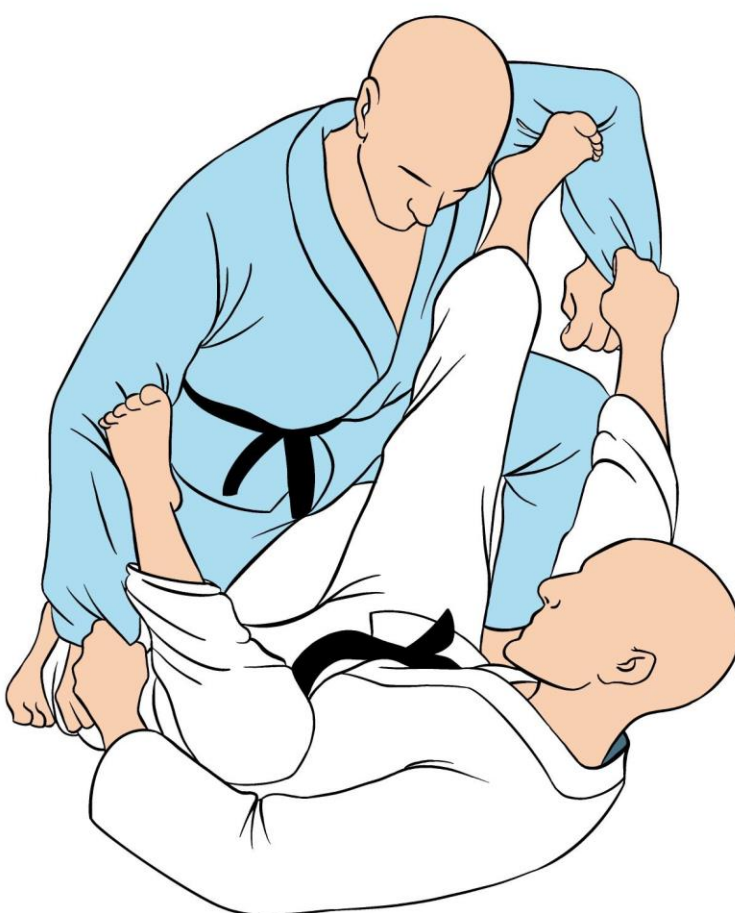
GARDE PAR LE REVERS /
LAPEL GUARD



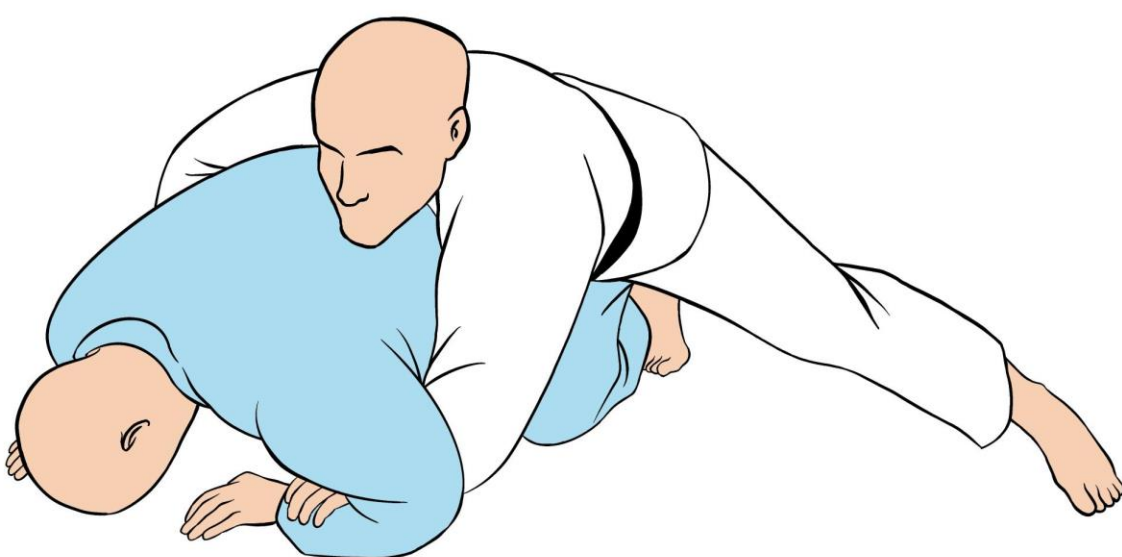
GARDE EN X /
X GUARD



GARDE EN LASSO /
LASSO GUARD



GARDE ARAIGNÉE /
SPIDER GUARD



TORTUE /
TURTLE

MOUVEMENTS TECHNIQUES / TECHNICAL MOVEMENTS

TIRER LA GARDE / PULLING GUARD



PHASE 1 – PLACER LA JAMBE /
FOOT-UP

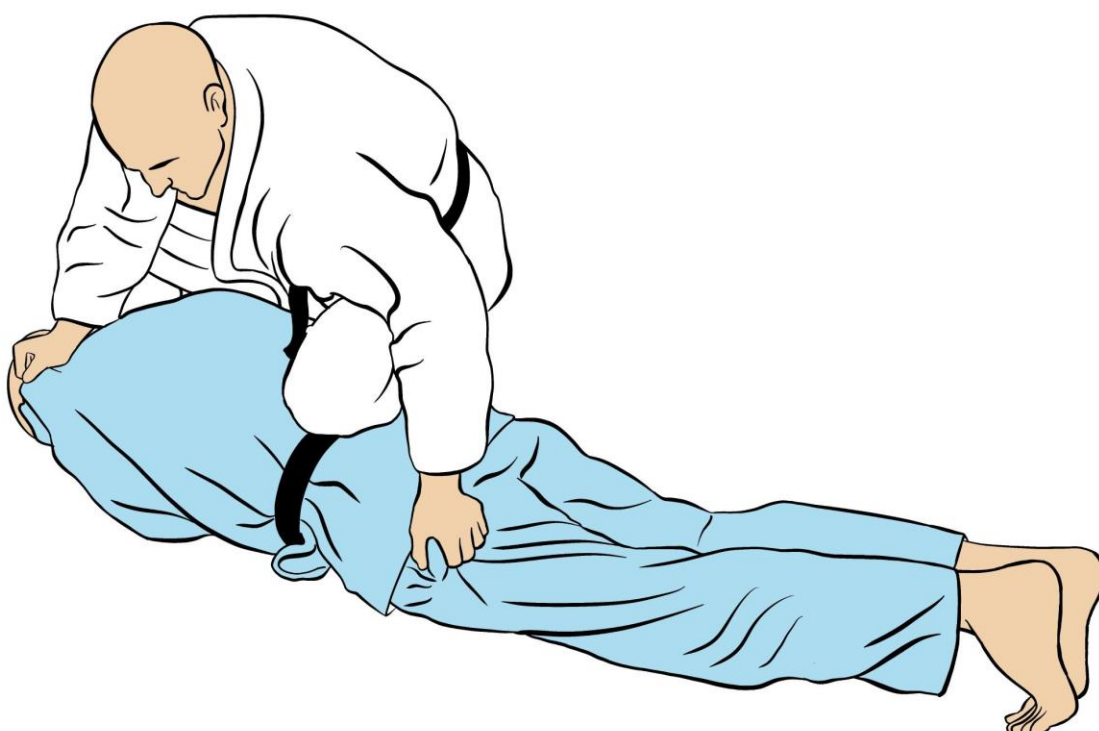


PHASE 2 – TOMBER DU CÔTÉ /
SIDE FALL

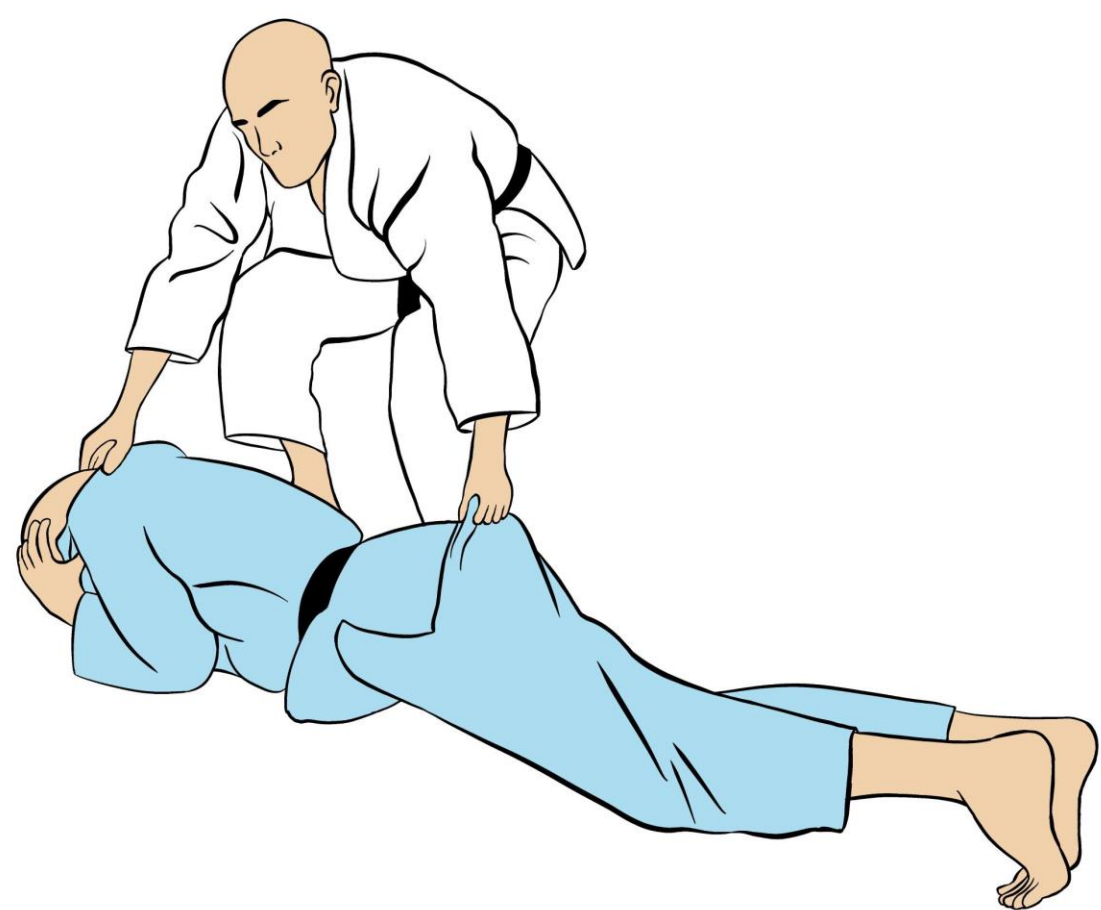


PHASE 3 – TIRER LA GARDE /
GUARD PULL

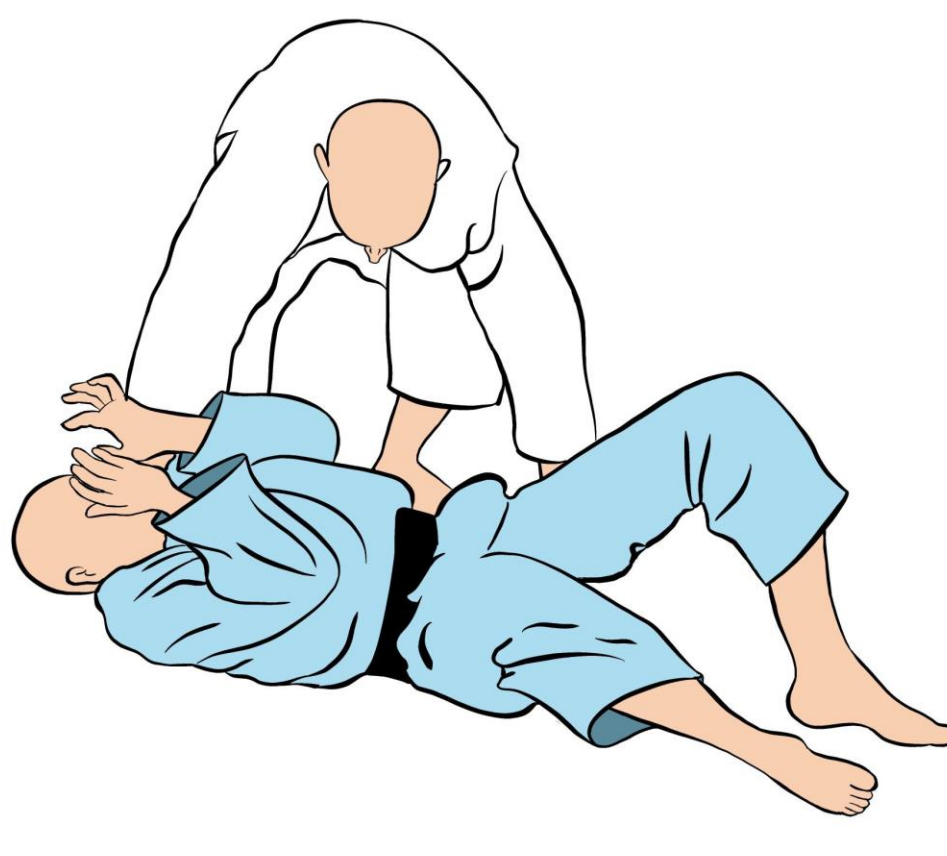
JUDO STACK: RETOURNEMENT DE L'ADVERSAIRE À PLAT AU SOL / REVERSAL OF FLAT-FACED OPPONENT



PHASE 1 – SAISIE AVEC PRESSION /
TOP PRESSURE GRIP



PHASE 2 – TIRER VERS L'ARRIÈRE /
PULL BACKWARDS



PHASE 3 – RETOURNEMENT FRANCOU EN ANGLE /
STRAIGHT OR ANGULAR REVERSAL

REMONTÉE TECHNIQUE / TECHNICAL STAND



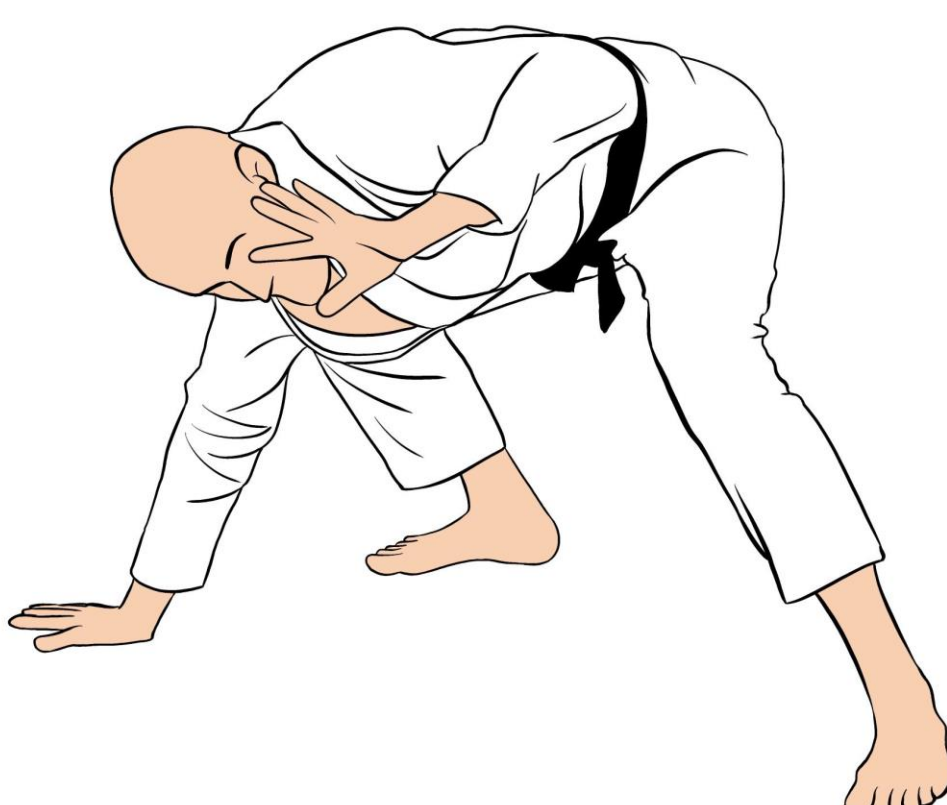
PHASE 1 – SE REDRESSER EN POSITION ASSISE /
ASSUME SITTING STANCE



PHASE 2 – CHARPENTER /
FRAME



PHASE 3 – COUP DE PIED ET BASCULE /
KICK AND SLIDE



PHASE 4 – SE RELEVER (EN RECLANT) /
SLIDE BACK AND STAND



PHASE 5 – POSITION DE COMBAT /
ASSUME FIGHTING STANCE

