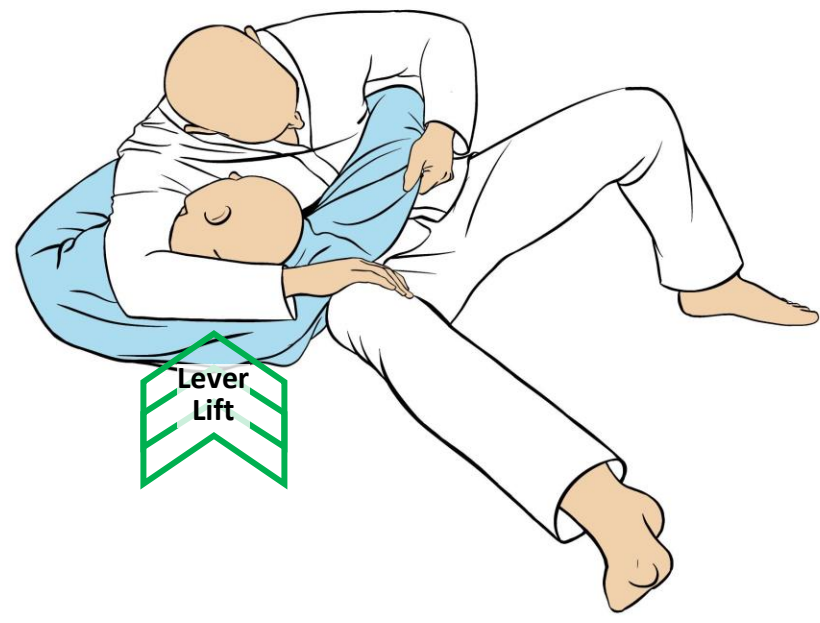
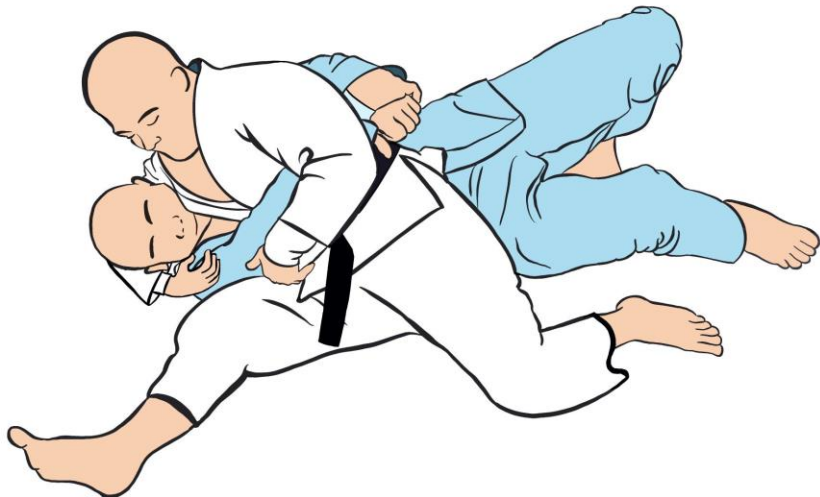


NE-WAZA CHIKARA CHELSEA – OSAEKOMI-WAZA

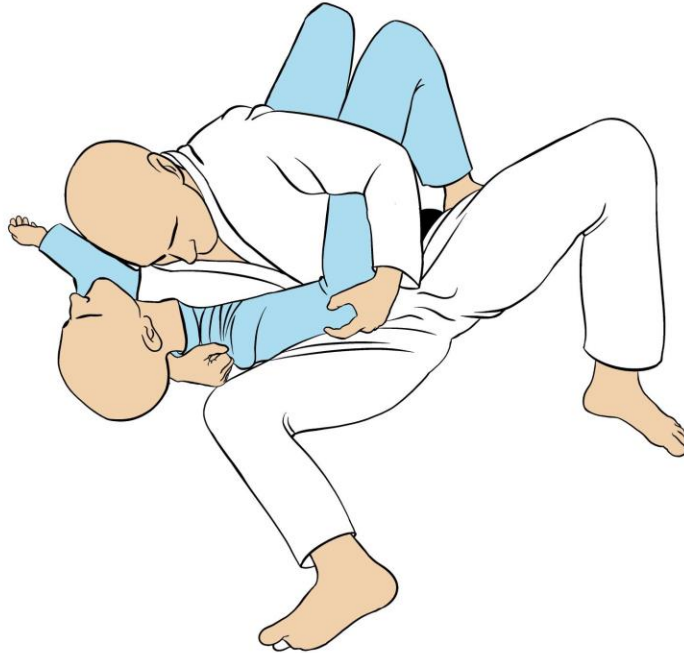
KESA-GATAME (CONTRÔLE PAR LE TRAVERS OU LATÉRO-COSTAL / SCARF HOLD)



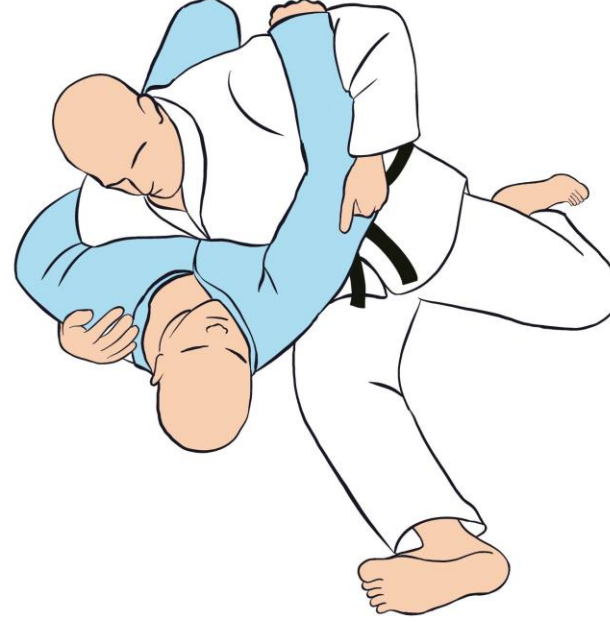
HON-GESA-GATAME (FONDAMENTALE / FUNDAMENTAL)



KESA-GATAME – KODOKAN



KESA-GATAME – SPORT

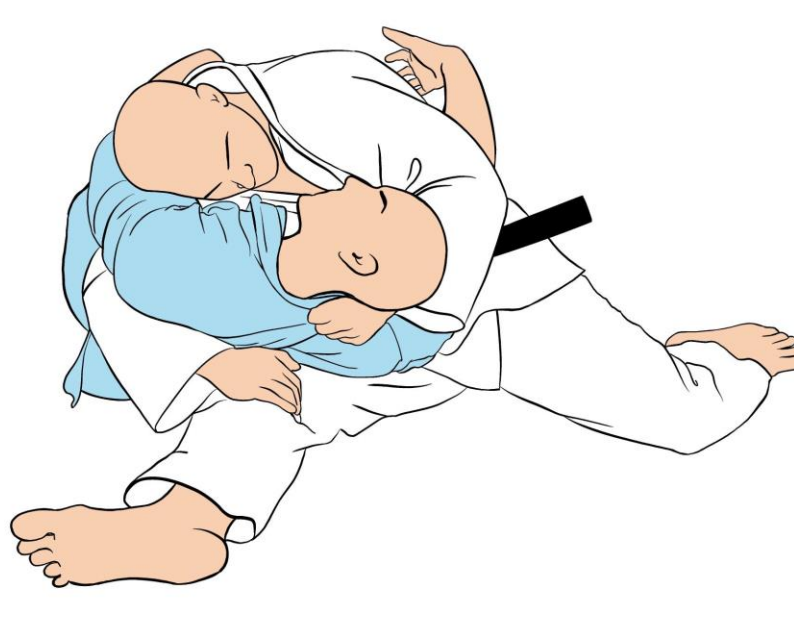


KUZURE-GESA-GATAME



KUZURE-GESA-GATAME
(VUE DU CÔTÉ / SIDE VIEW)

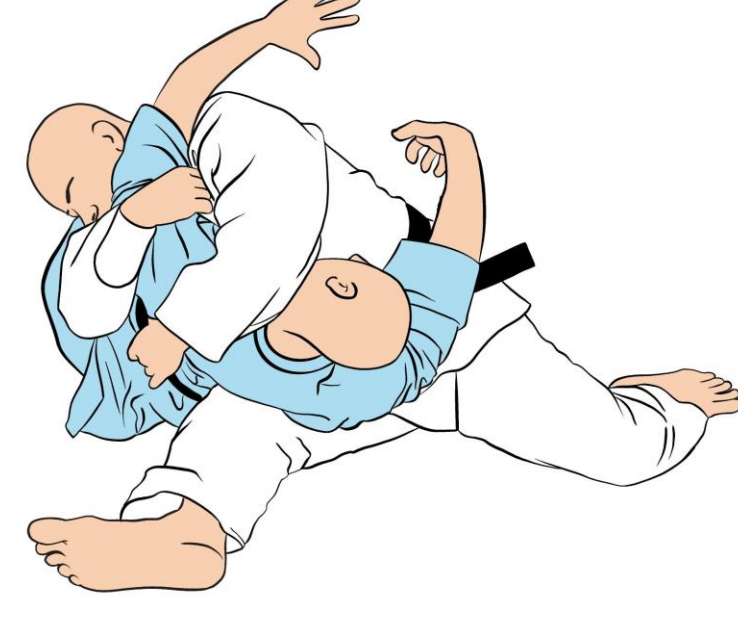
MAKURA-GESA-GATAME (CONTRÔLE PAR LE TRAVERS EN OREILLER / PILLOW SCARF HOLD)



MAKURA-GESA-GATAME – VERSION A



MAKURA-GESA-GATAME – VERSION B

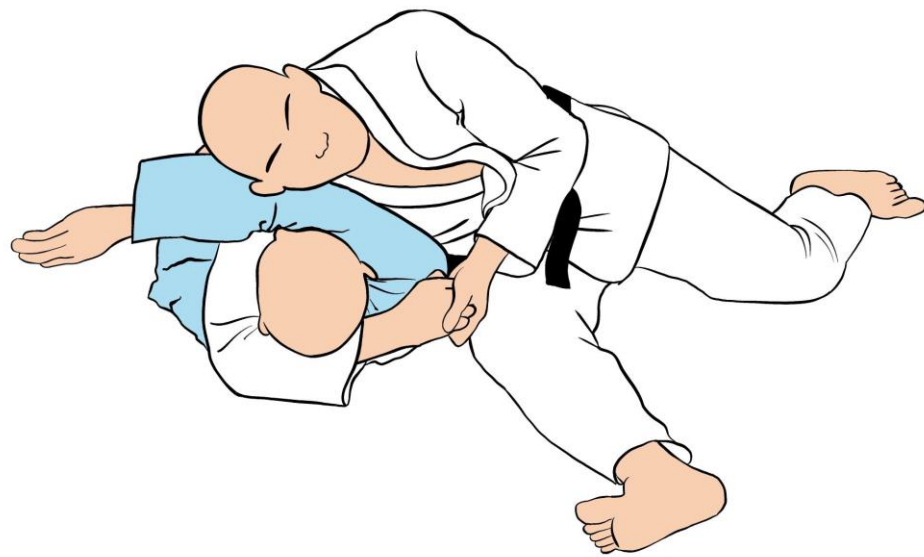


MAKURA-GESA-GATAME – VERSION C

KATA-GATAME (CONTRÔLE LATÉRO-COSTAL PAR LE BRAS ET LA TÊTE / SHOULDER HOLD) – (AUSSI APPELÉE « TECHNIQUE DE LA VOITURE »)

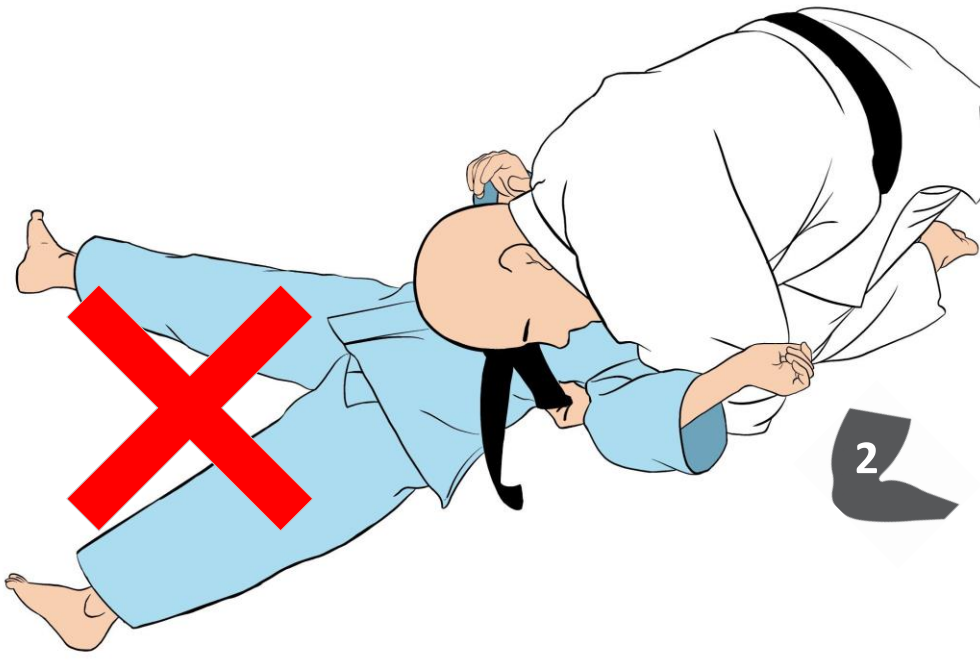


KATA-GATAME – KODOKAN

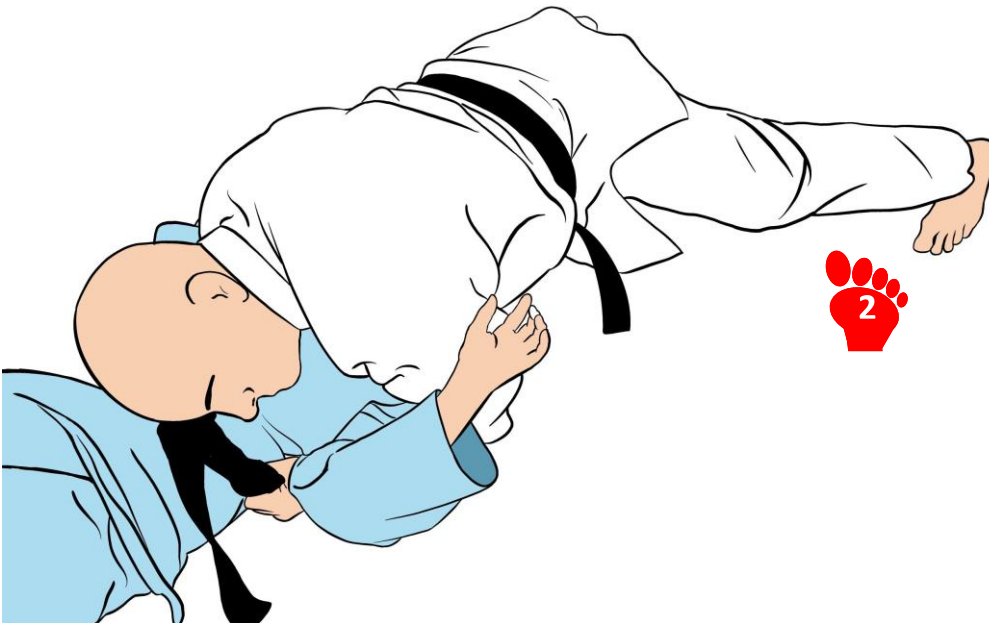


KATA-GATAME – SPORT

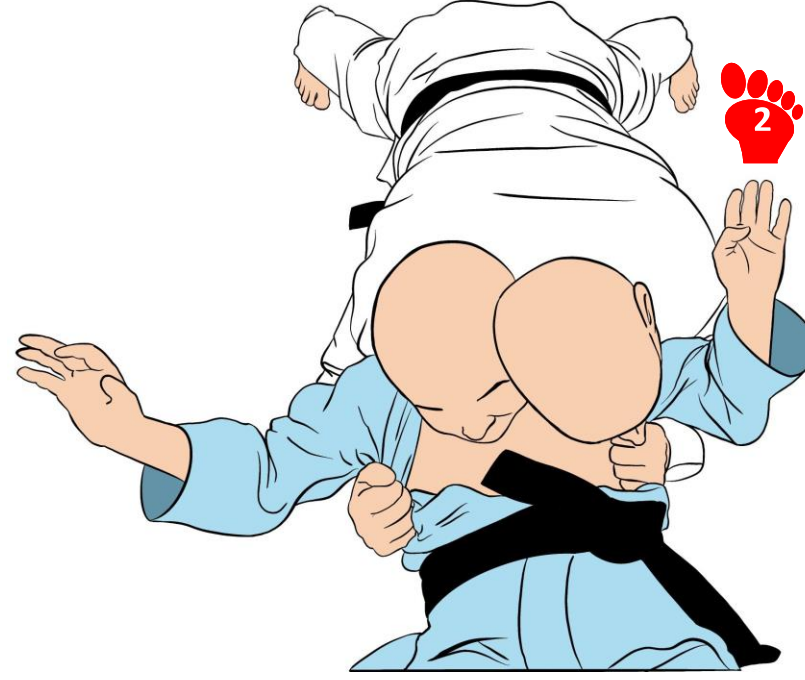
KAMI-SHIHO-GATAME (CONTRÔLE DES QUATRE COINS PAR LE DESSUS / NORTH-SOUTH POSITION)



KAMI-SHIHO-GATAME – KODOKAN



KAMI-SHIHO-GATAME – SPORT



ERI-KAMI-SHIHO-GATAME



KUZURE-KAMI-SHIHO-KATAME – KODOKAN

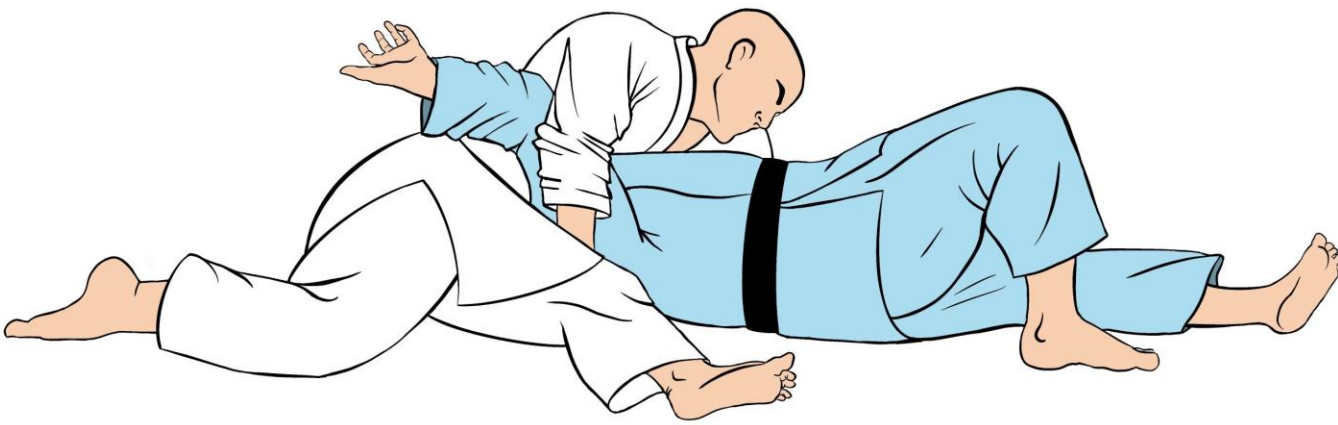


KUZURE-KAMI-SHIHO-KATAME – SPORT



KUZURE-KAMI-SHIHO-KATAME – SPORT
(UNDERHOOKS)

CONTRÔLES PAR L'ARRIÈRE / BACK HOLDS



USHIRO-GESA-GATAME



USHIRO-GESA-GATAME
(VUE DU DESSUS /
TOP VIEW)

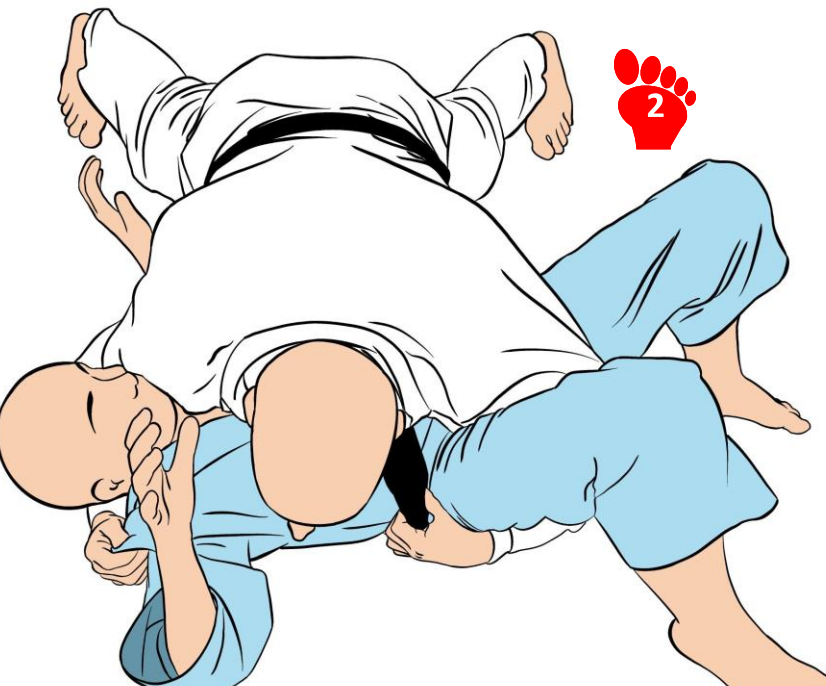


URA-GATAME

KAMI-SHIHO-GATAME (CONTRÔLE DES QUATRE COINS PAR LE CÔTÉ / SIDE CONTROL)



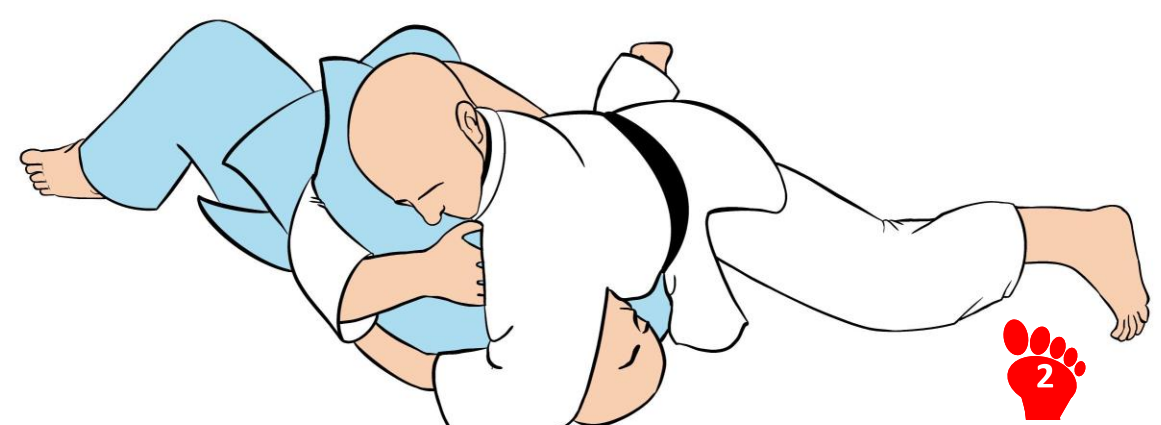
YOKO-SHIHO-GATAME – KODOKAN



YOKO-SHIHO-GATAME – SPORT

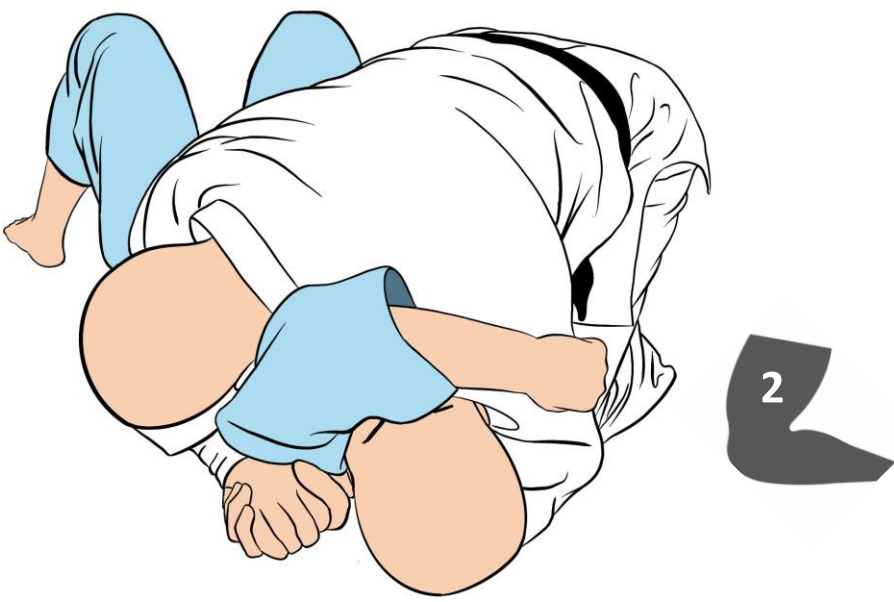


KUZURE-YOKO-SHIHO-GATAME – VERSION A

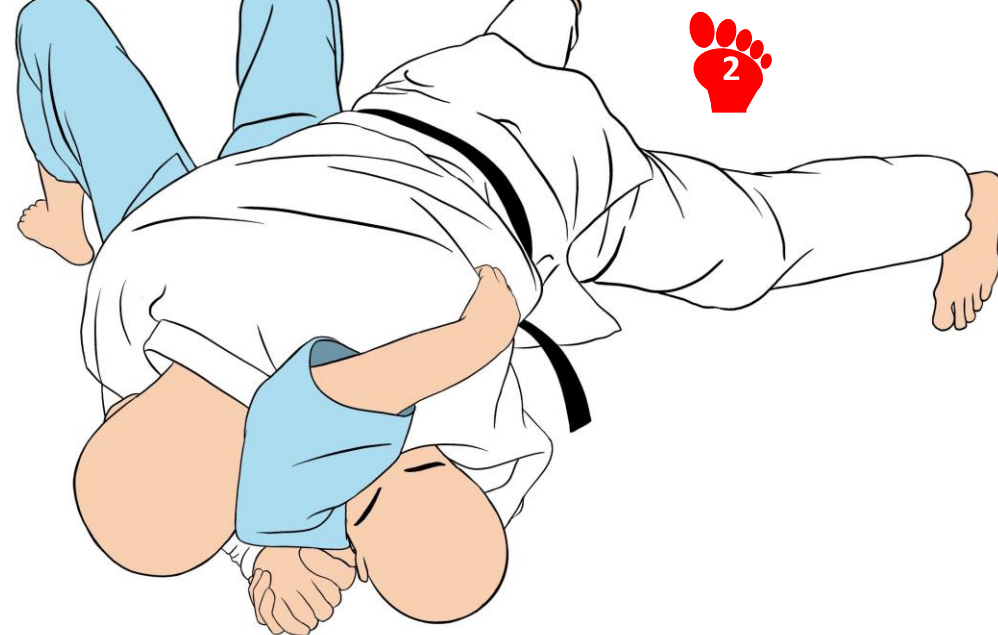


KUZURE-YOKO-SHIHO-GATAME – VERSION B

MUNE-GATAME (CONTRÔLE PAR LA POITRINE / CHEST HOLD)

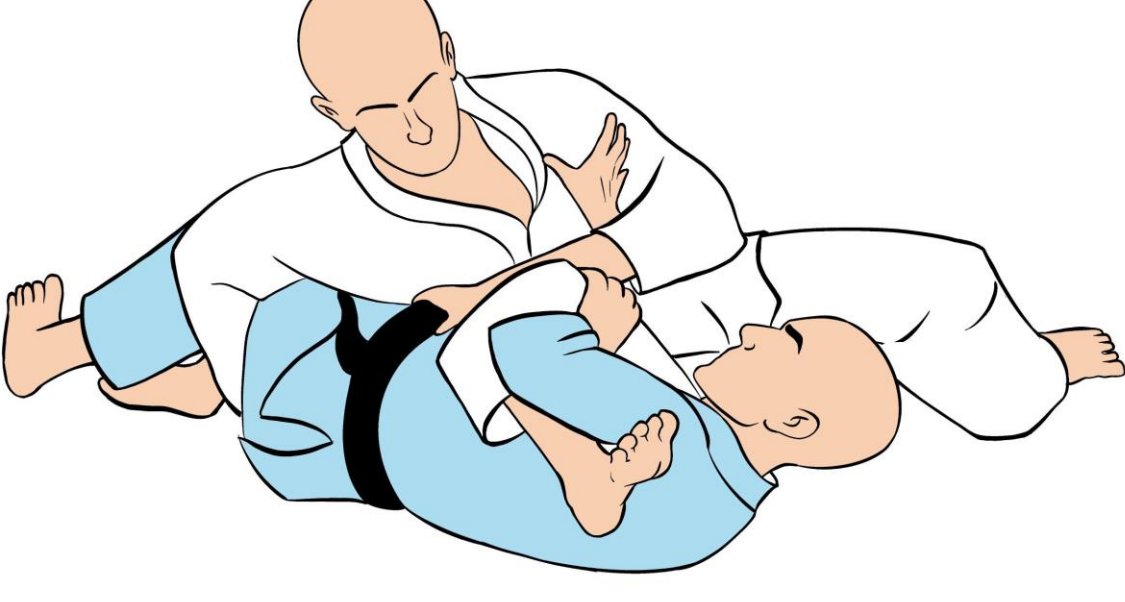


MUNE-GATAME – KODOKAN

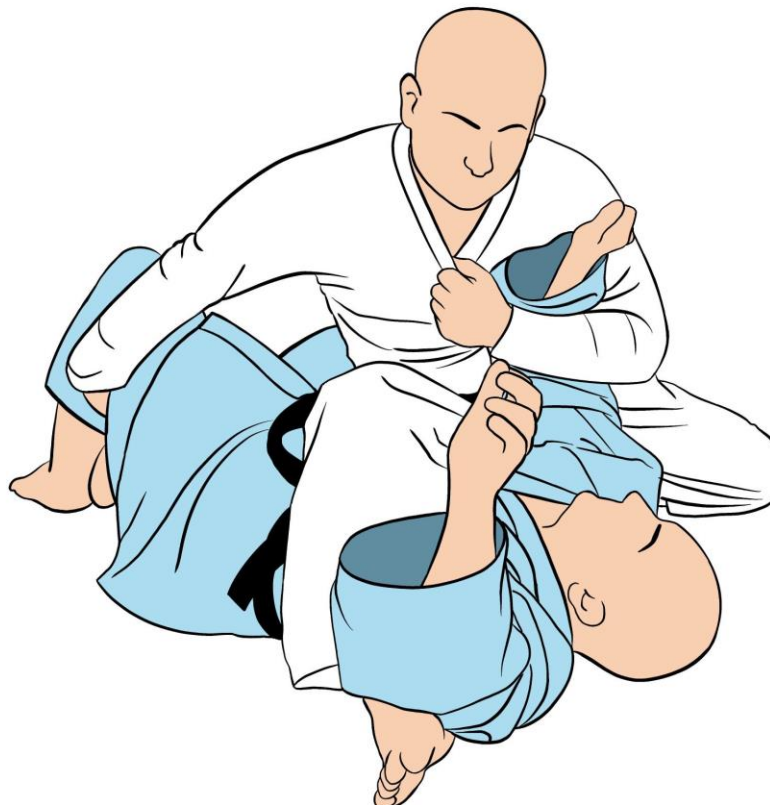


MUNE-GATAME – SPORT

CONTRÔLES DU DESSUS / TOP CONTROL HOLDS



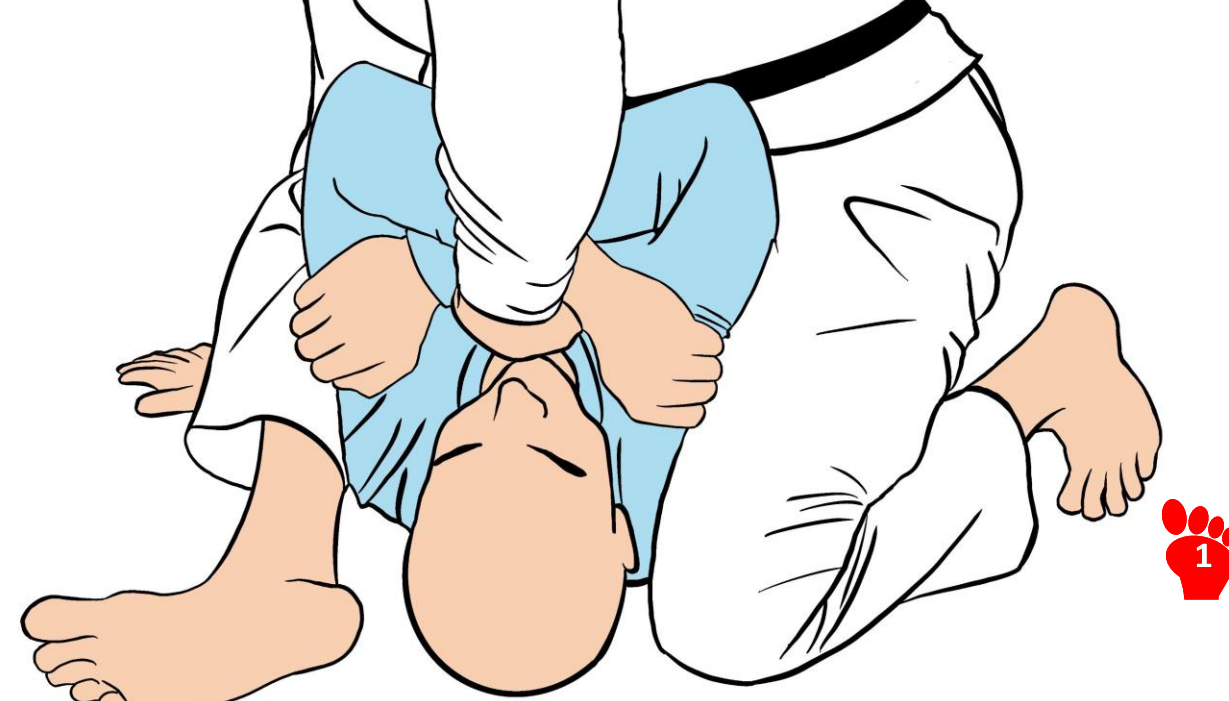
UKI-GATAME – SPORT



UKI-GATAME – KODOKAN

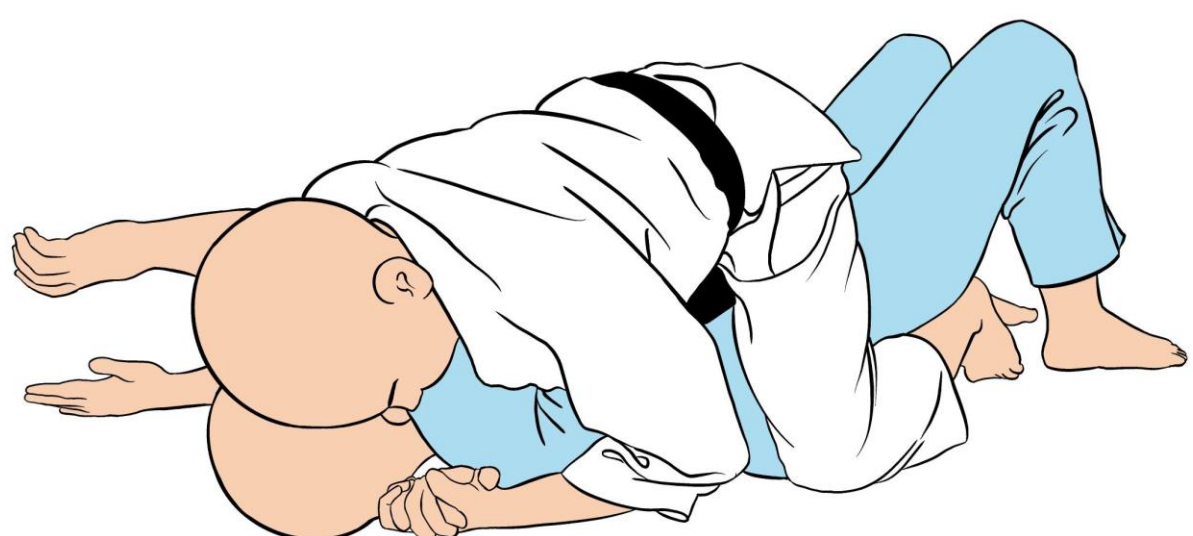


KNEE-ON-BELLY

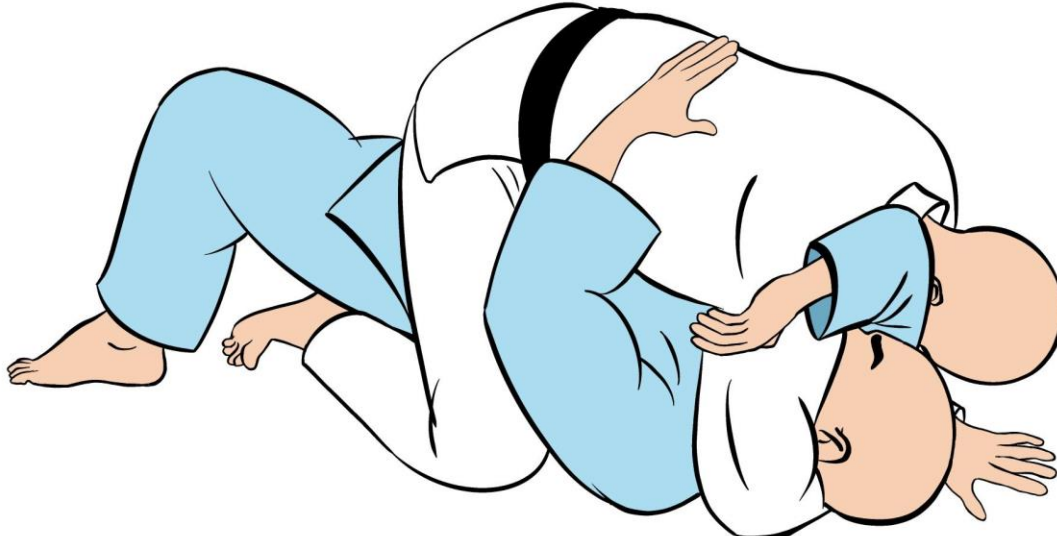


S-MOUNT

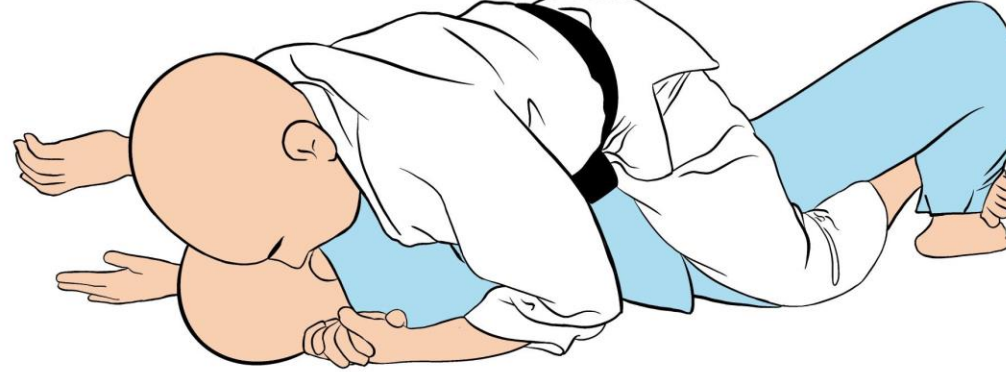
TATE-SHIHO-GATAME (POSITIONS MONTÉES, OU À « CHEVAL » / MOUNTED POSITIONS)



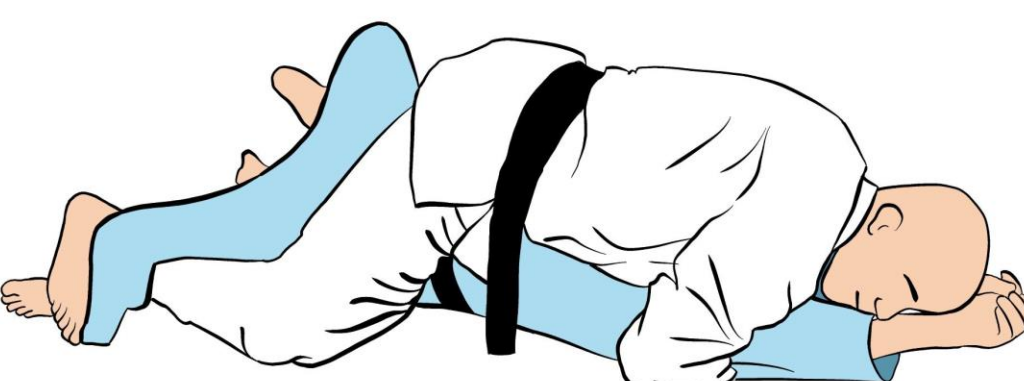
TATE-SHIHO-GATAME – KODOKAN



TATE-SHIHO-GATAME – SPORT
(MAIN AU SOL/HAND ON MAT)

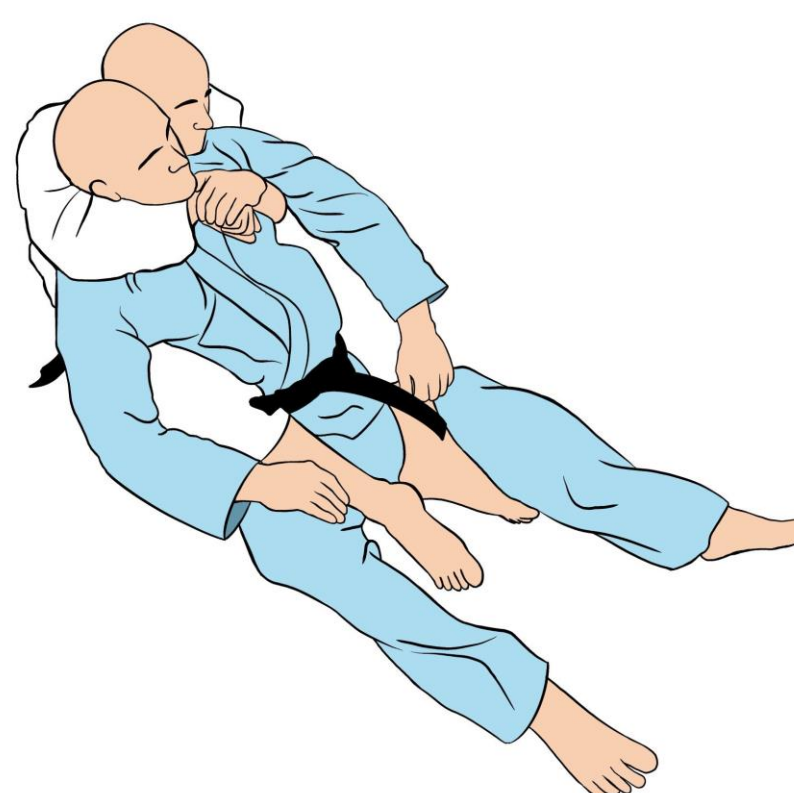


KUZURE-TATE-SHIHO-GATAME
(ASHI-GARAMI)



KUZURE-TATE-SHIHO-GATAME
(ASHI-GARAMI + OKURI-TE-GATAME)

CONTRÔLE ARRIÈRE / BACK CONTROL)



CONTRÔLE ARRIÈRE AVEC CEINTURE DE SÉCURITÉ /
BACK CONTROL WITH SEAT BELT



CONTRÔLE ARRIÈRE AVEC ADVERSAIRE ACTIF /
BACK CONTROL WITH BLUE DEFENDING

