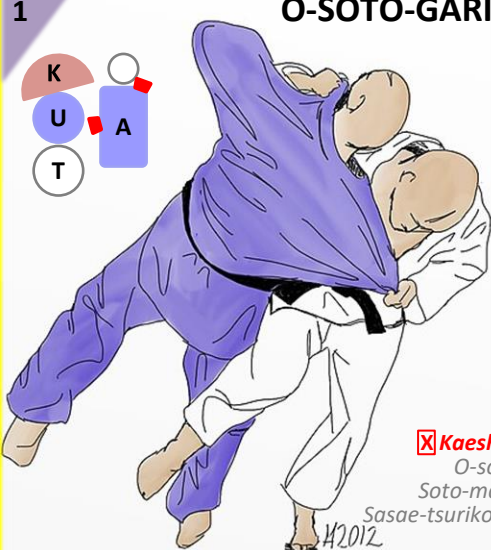


PROJECTIONS 14 ANS ET PLUS / 14 YEARS AND OVER THROWS

KYO 1

1

O-SOTO-GARI



Grand fouchage extérieur / Major (Large) Outside Reap

K

U

T

A

Renraku-waza

O-soto-gari

Soto-makikomi

Sasae-tsirikomi-ashi

Kaeshi-waza

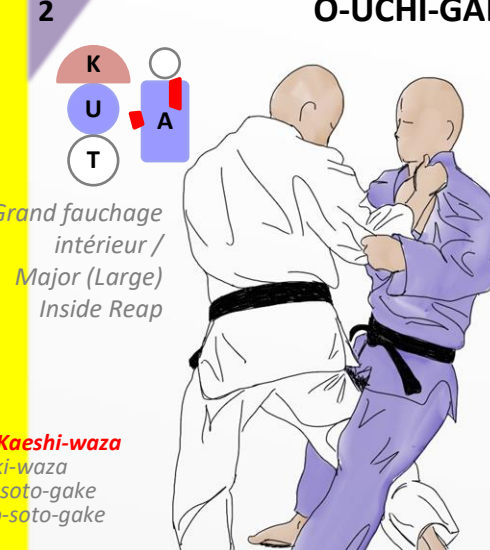
O-soto-gari

Soto-makikomi

Sasae-tsirikomi-ashi

2

O-UCHI-GARI



Grand fouchage intérieur / Major (Large) Inside Reap

K

U

T

A

Renraku-waza

O-uchi-gari

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

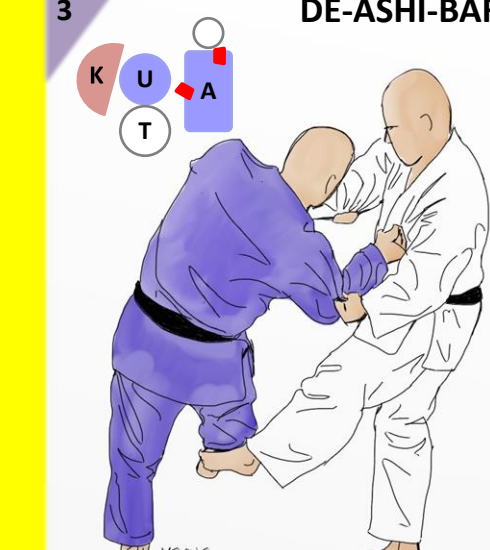
O-uchi-gari

Hiza-guruma

Ko-soto-gake

3

DE-ASHI-BARAI



Balayage du pied avancé / Forward Foot Sweep

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Sasae-tsirikomi-ashi

Kaeshi-waza

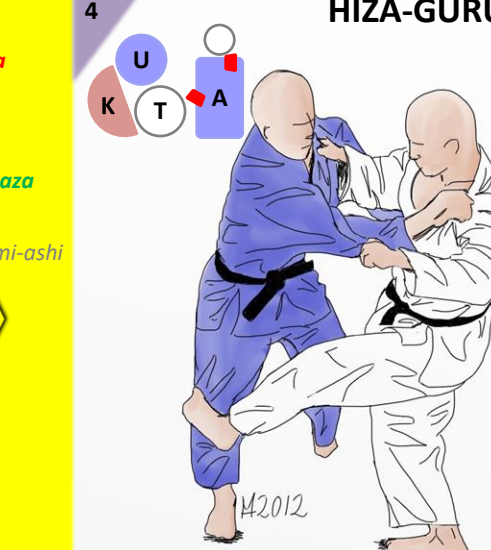
Tai-otoshi

Hiza-guruma

Sasae-tsirikomi-ashi

4

HIZA-GURUMA



Roue autour du genou / Knee Wheel

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

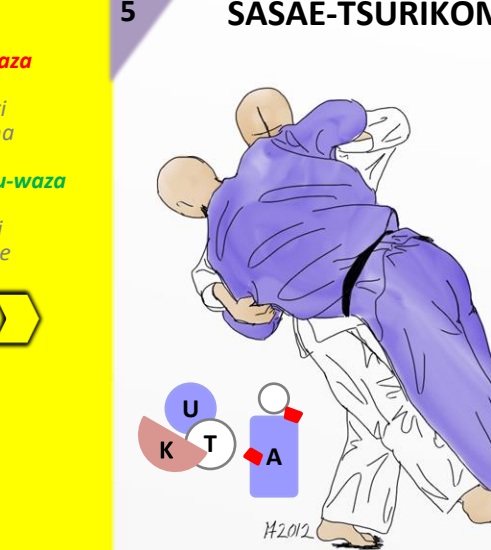
O-uchi-gari

Yoko-guruma

Tamae-nage

5

SASAE-TSURIKOMI-ASHI



Blocage du pied en soulevant / Supporting Foot Lift-pull Throw

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

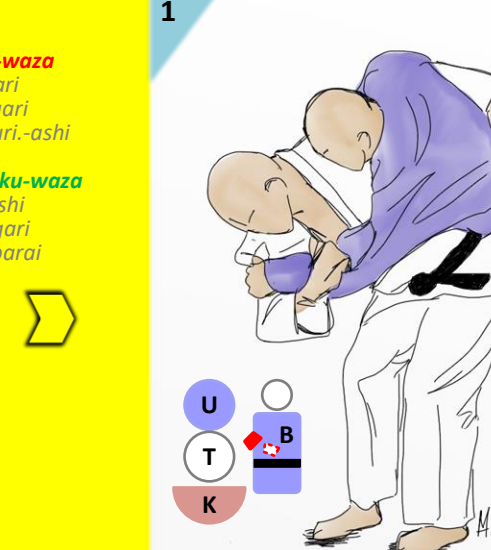
O-uchi-gari

Yoko-guruma

Tamae-nage

1

O-GOSHI



Grande projection de la hanche / Major Hip Throw

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

2

UKI-GOSHI



Projection de la hanche flottante / Floating Hip Throw

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

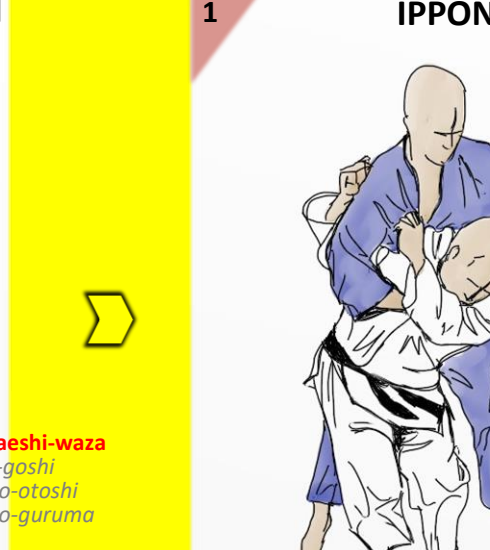
O-uchi-gari

Yoko-guruma

Tamae-nage

1

IPPON-SEOI-NAGE



Projection de l'épaule par le bras / One-Armed Shoulder Throw

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

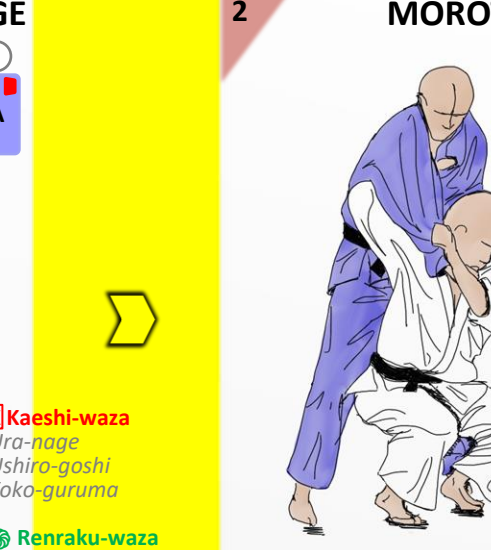
O-uchi-gari

Yoko-guruma

Tamae-nage

2

MOROTE-SEOI-NAGE



Projection de l'épaule des deux bras / Two-Armed Shoulder Throw

K

U

T

A

Renraku-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

Kaeshi-waza

O-uchi-gari

Yoko-guruma

Tamae-nage

KYO 2

6

KO-SOTO-GARI



Petit fouchage extérieur / Minor (Small) Outside Reap

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

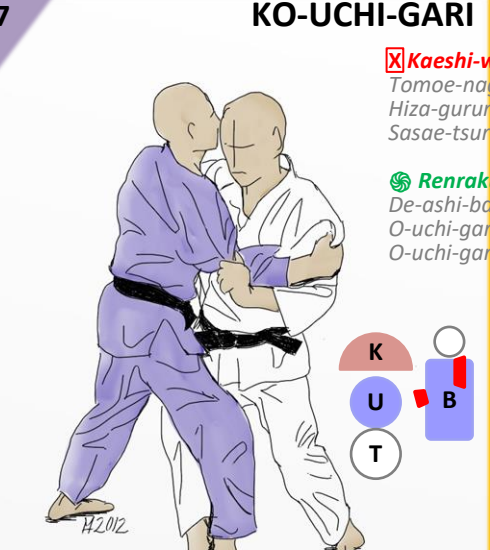
Tai-otoshi

Hiza-guruma

Ko-soto-gake

7

KO-UCHI-GARI



Petit fouchage intérieur / Minor (Small) Inside Reap

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

8

OKURI-ASHI-BARAI



Balayage des deux pieds / Feet Sweep

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

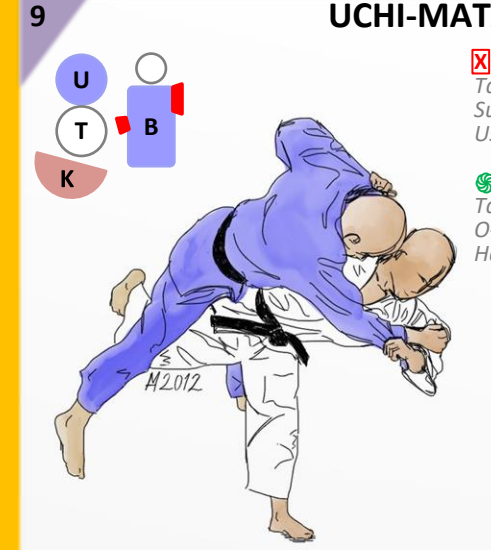
Tai-otoshi

Hiza-guruma

Ko-soto-gake

9

UCHI-MATA



Fouchage par l'intérieur de la cuisse / Inner-Thigh Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

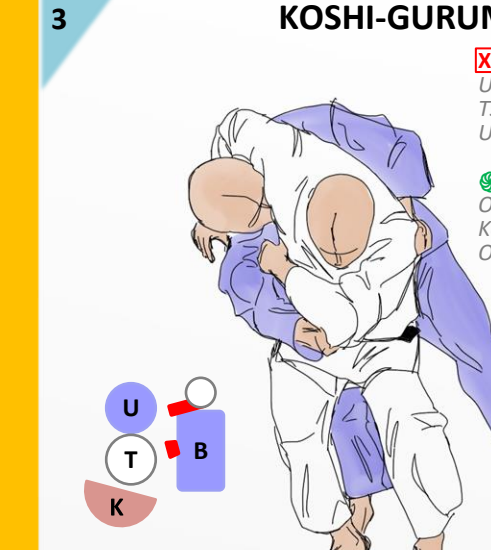
Tai-otoshi

Hiza-guruma

Ko-soto-gake

3

KOSHI-GURUMA



Roue autour de la hanche / Hip Wheel

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

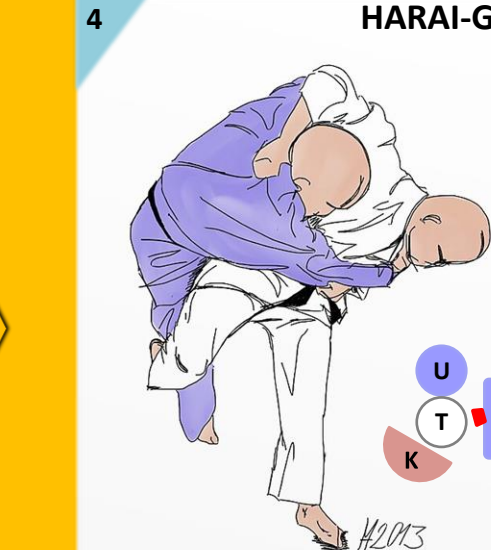
Tai-otoshi

Hiza-guruma

Ko-soto-gake

4

HARAI-GOSHI



Balayage de la hanche / Hip Sweep

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

5

TSURIKOMI-GOSHI



Projection par la hanche pêchée / Lift-Pull Hip Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

3

TAI-OTOSHI



Renversement du corps / Body Drop Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

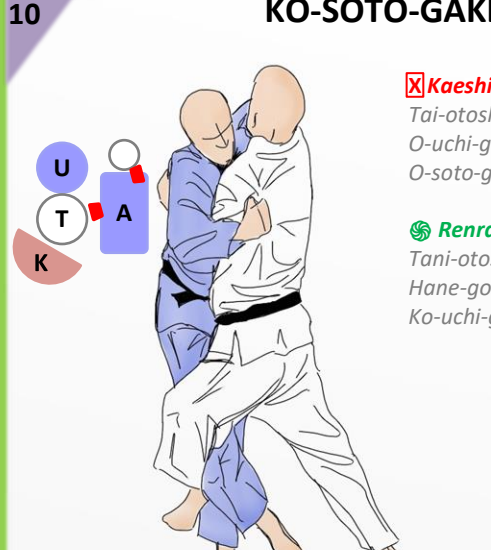
Hiza-guruma

Ko-soto-gake

KYO 3

10

KO-SOTO-GAKE



Petit crochet extérieur / Small Leg Hook

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

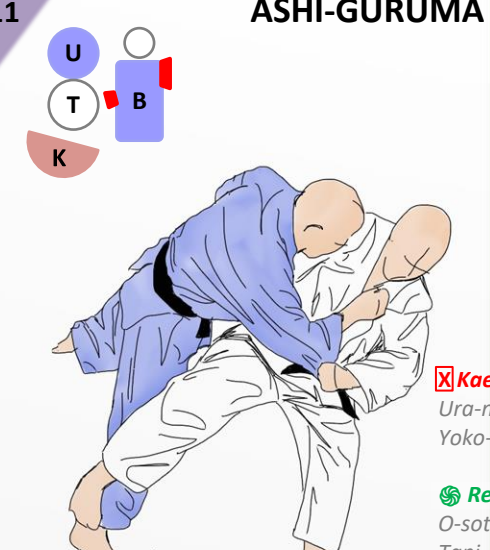
Tai-otoshi

Hiza-guruma

Ko-soto-gake

11

ASHI-GURUMA



Projection par la roue autour de la jambe / Leg Wheel Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

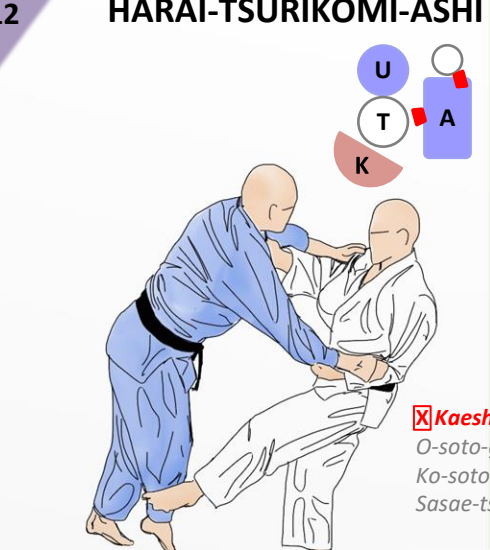
Tai-otoshi

Hiza-guruma

Ko-soto-gake

12

HARAI-TSURIKOMI-ASHI



Balayage du pied en pêchant / Lift-pull Foot Sweep

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

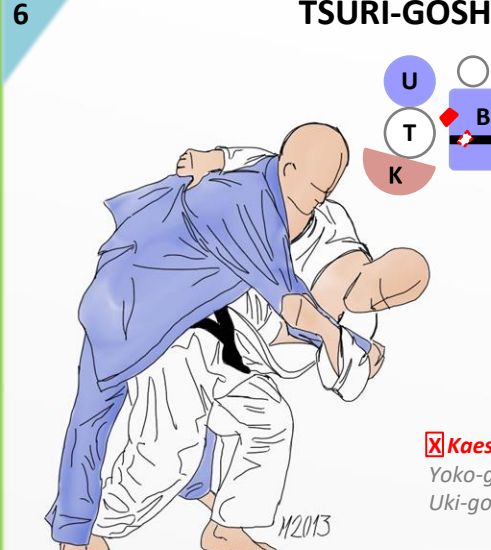
Tai-otoshi

Hiza-guruma

Ko-soto-gake

6

TSURI-GOSHI



Projection par la hanche soulevée / Lifting Hip Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

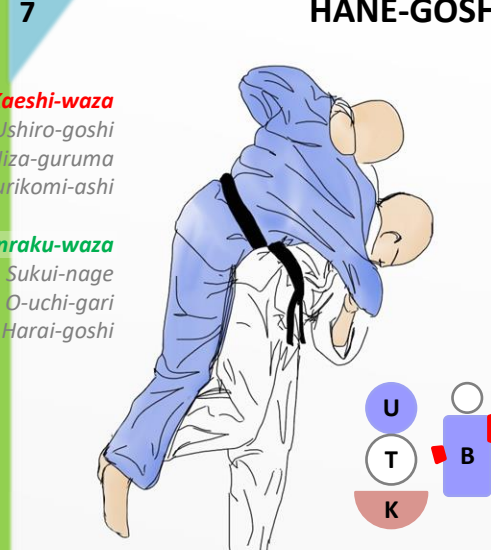
Tai-otoshi

Hiza-guruma

Ko-soto-gake

7

HANE-GOSHI



Hanche percutee / Hip Spring

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

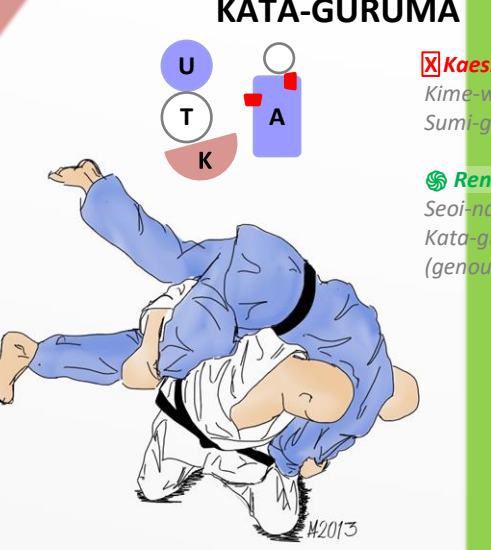
Tai-otoshi

Hiza-guruma

Ko-soto-gake

4

KATA-GURUMA



Roue autour de l'épaule / Shoulder Wheel

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

1

YOKO-OTOSHI



Renversement par le côté / Side Drop

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

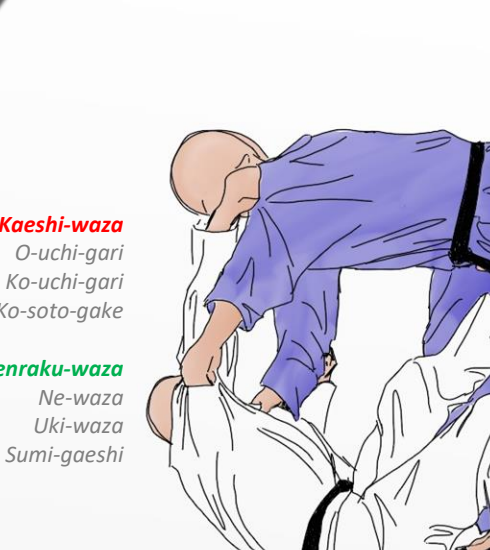
Tai-otoshi

Hiza-guruma

Ko-soto-gake

1

TOMOE-NAGE



Projection circulaire / Circular Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

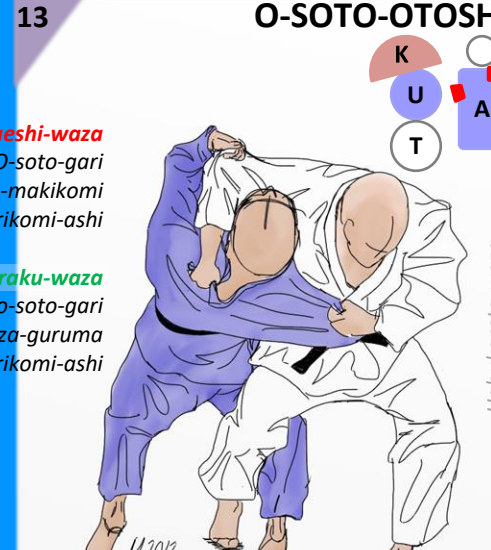
Hiza-guruma

Ko-soto-gake

KYO 4

13

O-SOTO-OTOSHI



Grand renversement extérieur / Large Outer Drop

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

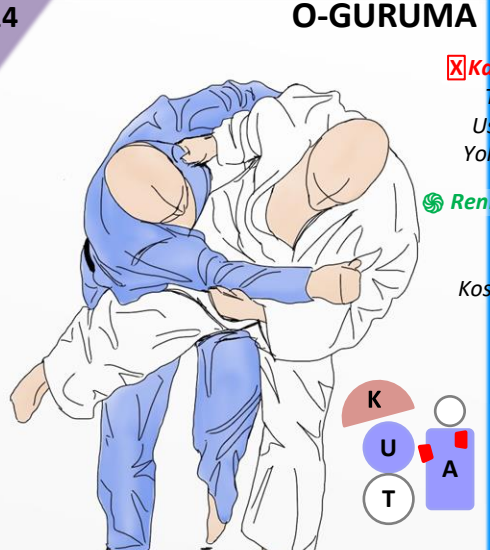
Tai-otoshi

Hiza-guruma

Ko-soto-gake

14

O-GURUMA



Grande roue / Large Wheel Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

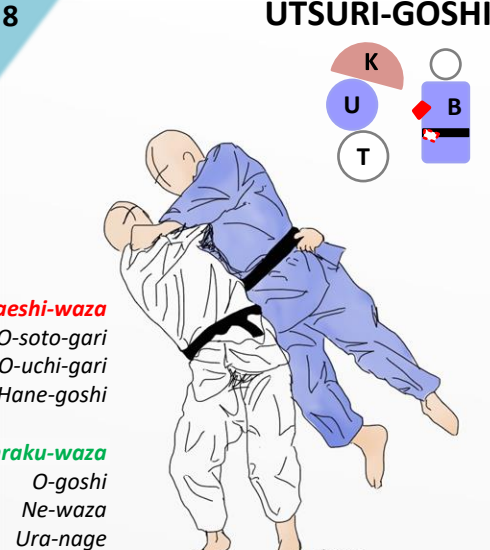
Tai-otoshi

Hiza-guruma

Ko-soto-gake

8

UTSURI-GOSHI



Projection par déplacement de la hanche / Hip Shift Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

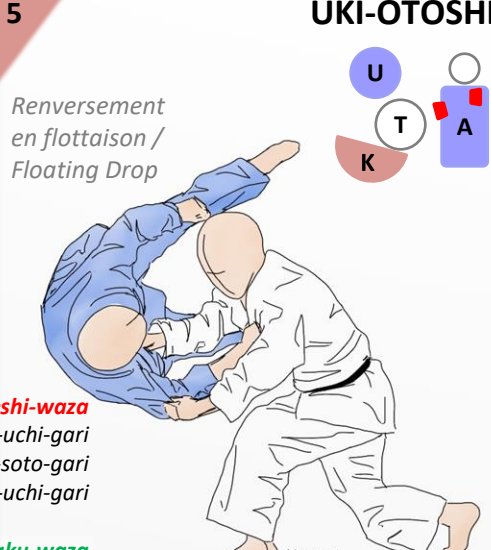
Tai-otoshi

Hiza-guruma

Ko-soto-gake

5

UKI-OTOSHI



Renversement en flottaison / Floating Drop

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

6

SUKUI-NAGE



Projection en cuillère / Scooping Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

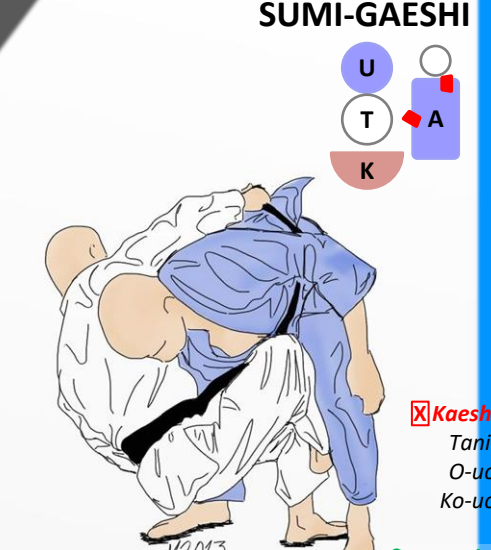
Tai-otoshi

Hiza-guruma

Ko-soto-gake

2

SUMI-GAESHI



Projection dans le coin / Corner Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

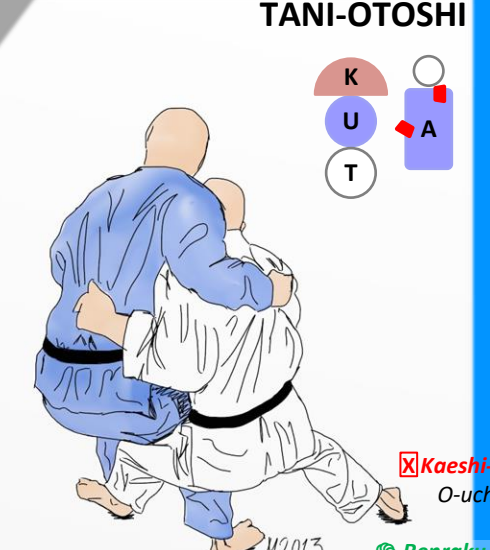
Tai-otoshi

Hiza-guruma

Ko-soto-gake

2

TANI-OTOSHI



Renversement dans la vallée / Valley Drop

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

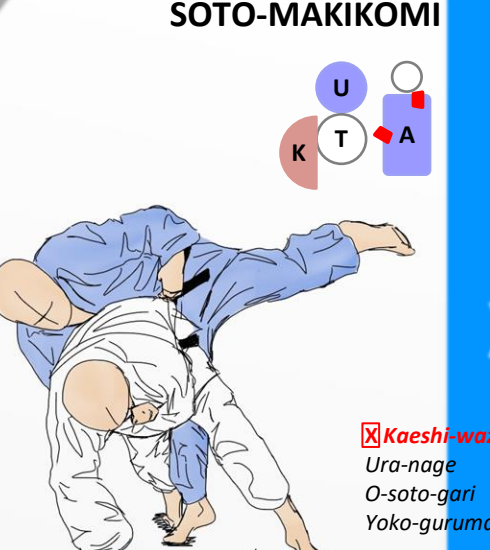
Tai-otoshi

Hiza-guruma

Ko-soto-gake

3

SOTO-MAKIKOMI



Enroulement extérieur / Outer Wraparound

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

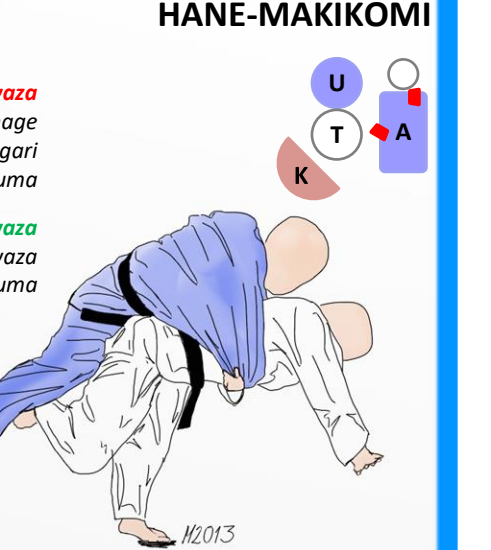
Tai-otoshi

Hiza-guruma

Ko-soto-gake

4

HANE-MAKIKOMI



Enroulement percute / Springing Wraparound

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

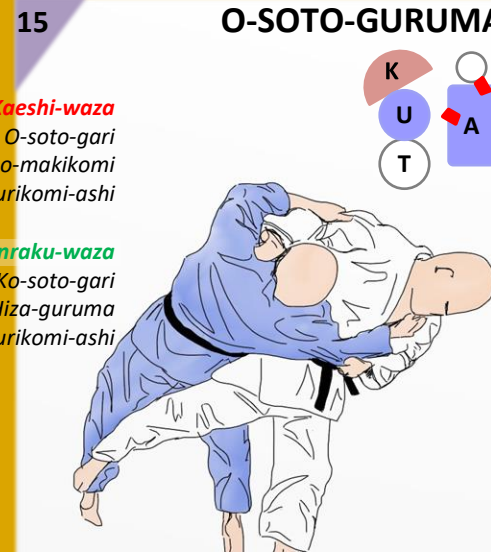
Hiza-guruma

Ko-soto-gake

KYO 5

15

O-SOTO-GURUMA



Grande roue extérieure / Large Outer Wheel Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

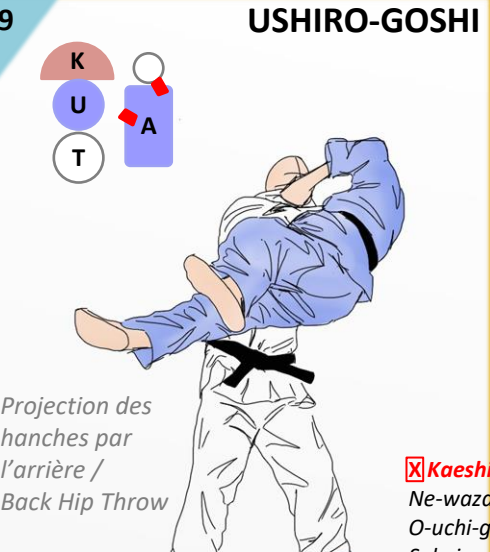
Tai-otoshi

Hiza-guruma

Ko-soto-gake

9

USHIRO-GOSHI



Projection des hanches par l'arrière / Back Hip Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

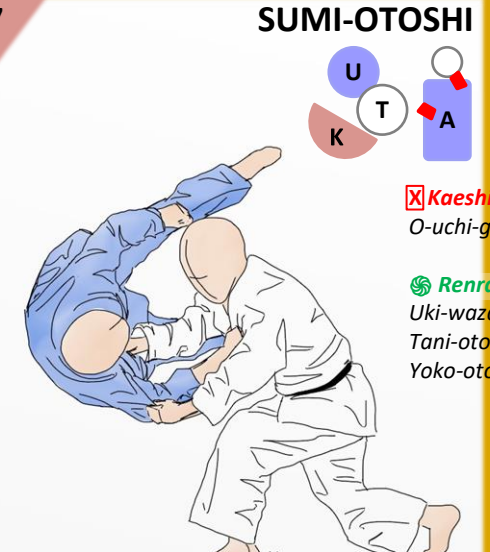
Tai-otoshi

Hiza-guruma

Ko-soto-gake

7

SUMI-OTOSHI



Renversement dans le coin / Corner Drop

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

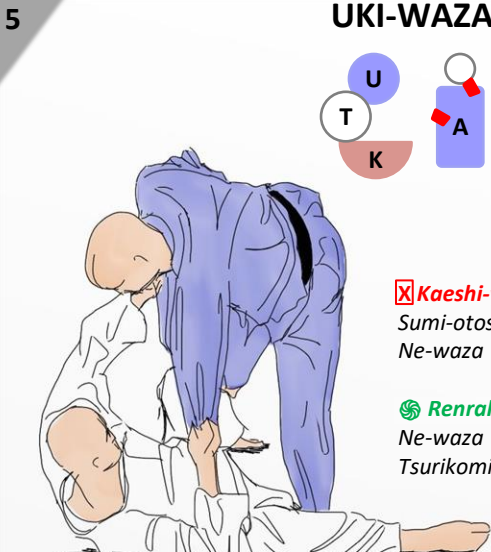
Tai-otoshi

Hiza-guruma

Ko-soto-gake

5

UKI-WAZA



Technique flottante / Floating Technique

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

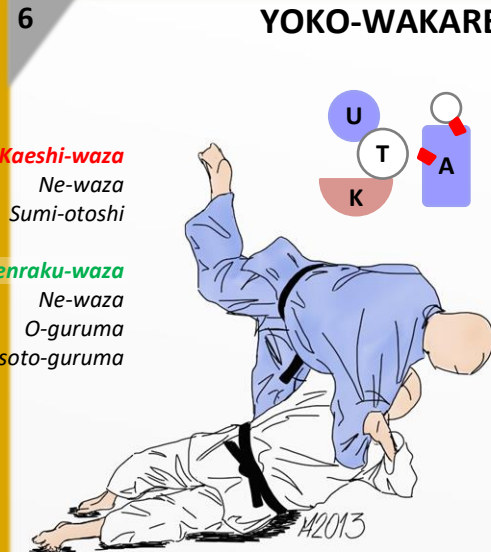
Tai-otoshi

Hiza-guruma

Ko-soto-gake

6

YOKO-WAKARE



Projection en séparation latérale / Side Separation Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

7

YOKO-GAKE



Accrochage (crochet) latéral / Side Hook Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

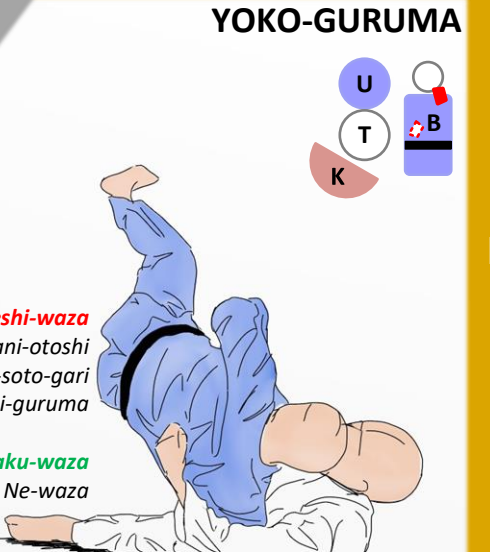
Tai-otoshi

Hiza-guruma

Ko-soto-gake

8

YOKO-GURUMA



Projection en roue latérale / Side Wheel Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

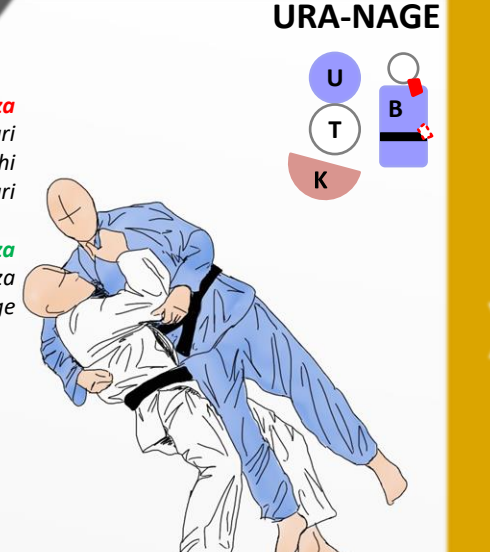
Tai-otoshi

Hiza-guruma

Ko-soto-gake

3

URA-NAGE



Projection par le dos / Rear Throw

K

U

T

A

Renraku-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

Kaeshi-waza

Tai-otoshi

Hiza-guruma

Ko-soto-gake

DELTA

ERI-SEOI-NAGE

SODE-TSURIKOMI-GOSHI

YOKO-TOMOE-NAGE

OBI-TORI-GAESHI

SEOI-OTOSHI (DROP)

HANE-GOSHI-GAESHI

KO-UCHI-GAESHI

UCHI-MATA-GAESHI

HARAI-MAKIKOMI

KO-UCHI-MAKIKOMI

柔道

CHIKARA CHELSEA