

# CEINTURE JAUNE-ORANGE

## TE-WAZA



Tai-otoshi



ippon-seoi-nage

## OSAEKOMI-WAZA



Tate-shiho-gatame



yoko-shiho-gatame



Kuzure-gesa-gatame



Kami-shiho-gatame

## KOSHI-WAZA



uki-goshi



o-goshi

## ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma



sasae-tsuri-komi-ashi



okuri-ashi-barai



ashi-guruma