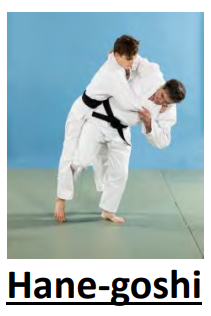
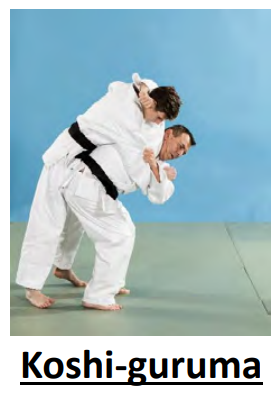
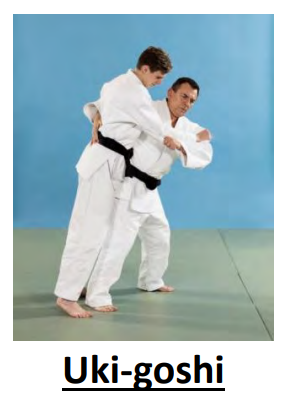
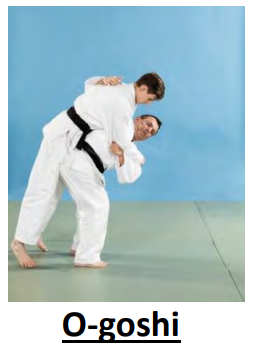
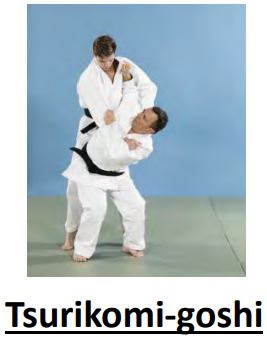
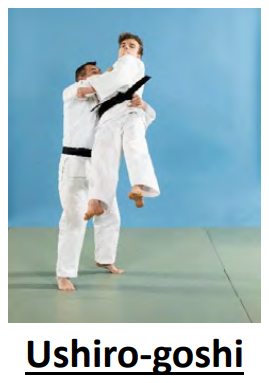
**KOSHI-WAZA**



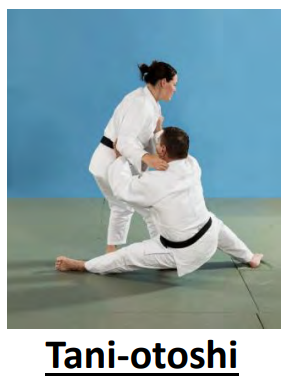
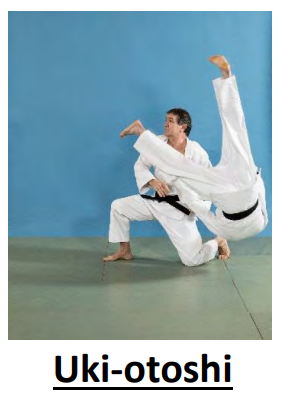
  

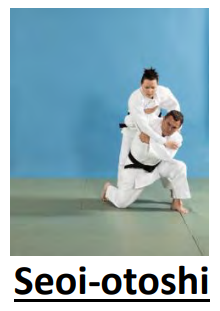
  

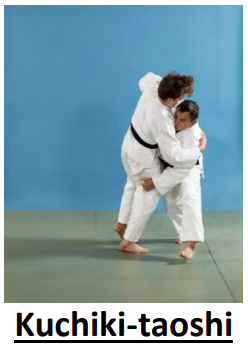
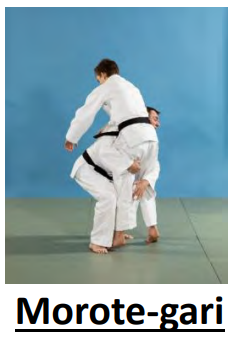
**KOSHI-WAZA - suite**

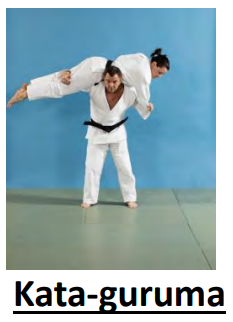
**TE-WAZA**





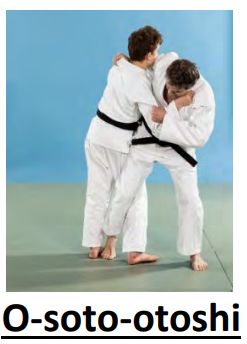
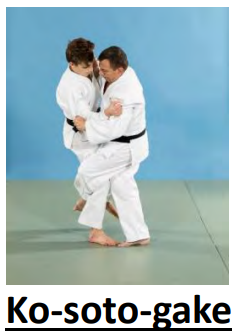
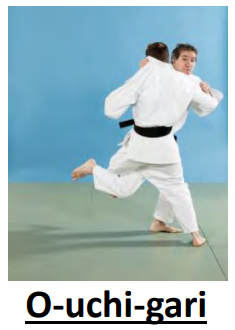
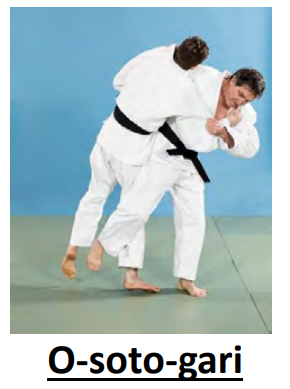
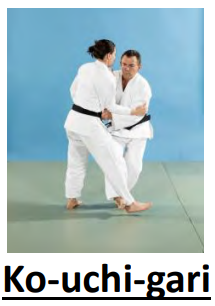


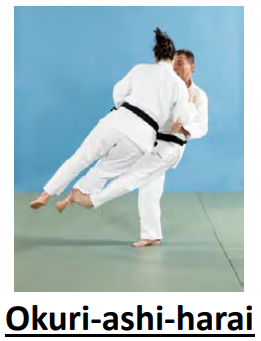
**TE-WAZA - suite**

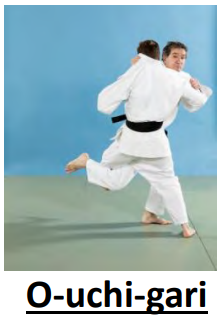


**ASHI-WASA**



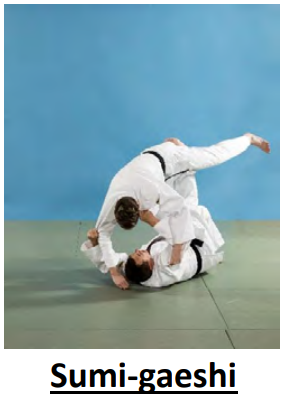
  

**ASHI-WASA - suite**

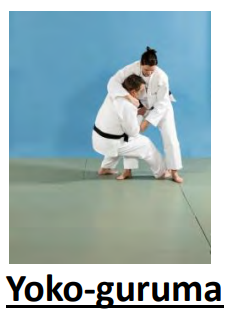
  



**SUTEMI-WAZA MA-SUTEMIU-WAZA**

**SUTEMI-WAZA YOKO-SUTEMIU-WAZA**

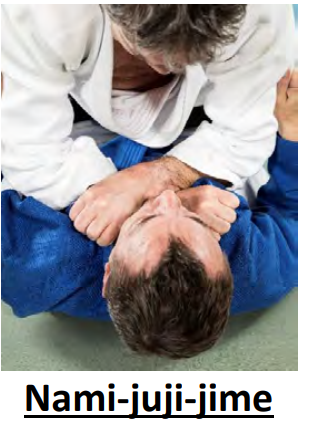
**OSAEKOMI-WAZA (IMMOBILISATIONS)**







**SHIME-WAZA (ETRANGLEMENTS)**



**KANSETSU-WAZA (CLE DE COUDE)**