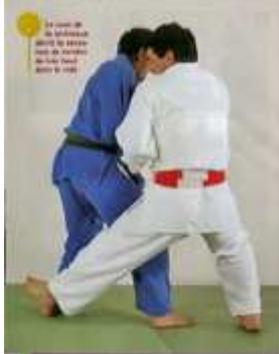


PROGRAMME CEINTURE VERTE

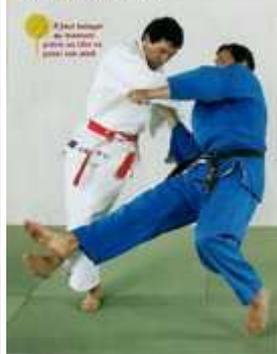
» Tani otoshi



» Hiza guruma



» De ashi barai



» Ushiro goshi



» Te guruma



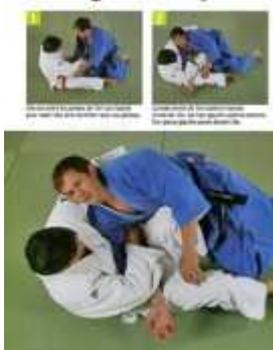
» O soto gari



» Dégagement de jambes



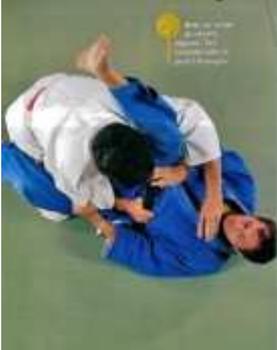
» Passage entre les jambes



du partenaire



» Partenaire entre les jambes



» Reprise d'initiative



» Gyaku juji jime



» Kata juji jime



» Nami juji jime

