FEUILLE D'ÉVALUATION

Code fiche : FEDC-1A
Ordre de passage :

PROGRAMME TECHNIQUE À RÉALISER (APPLICATION DES TEXTES OFFICIELS)

Uki-goshi

Koshi-guruma

Uki-otoshi

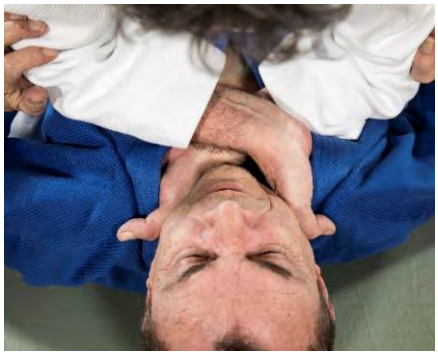
O-soto-gari

Ko-soto-gari

Tani-otoshi

Hon-gesa-gatame

Yoko-shiho-gatame



Gyaku-juji-jime

Ude-garami

Jodan-naname-shuto

Hadaka-jime

FEUILLE D'ÉVALUATION

Code fiche : FEDC-1B
Ordre de passage :

PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

Ushiro-goshi

Koshi-guruma

Seoi-otoshi

Ko-uchi-gari

Sasae-tsurikomi-ashi

Yoko-guruma

Hon-gesa-gatame

Kuzure-gesa-gatame

Sankaku-jime

Ude-garami

Jodan-naname-shuto

Hakada-jime

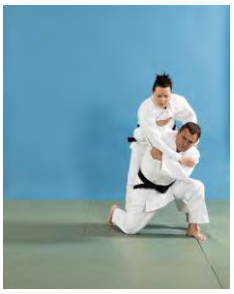
FEUILLE D'ÉVALUATION

Code fiche : FEDC-1C
Ordre de passage :

PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

Hane-goshi

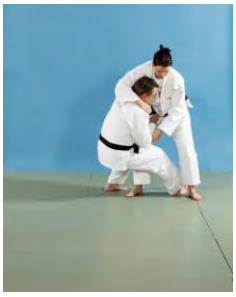
Koshi-guruma



Seoi-otoshi

Ko-uchi-gari

Sasae-tsurikomi-ashi



Yoko-guruma

Hon-gesa-gatame

Kuzure-gesa-gatame

Sankaku-jime

Ude-garami

Jodan-naname-shuto

Mae-dori

FEUILLE D'ÉVALUATION

Code fiche : FEDC-1D
Ordre de passage :

PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

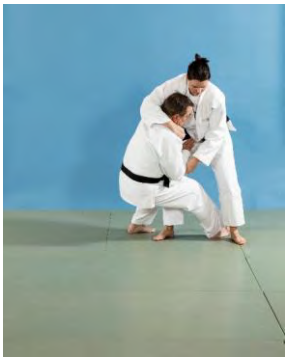
Hane-goshi

Ippon-seoi-nage

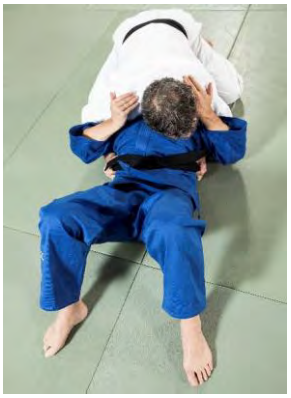
Tai-otoshi

O-uchi-gari

Uchi-mata

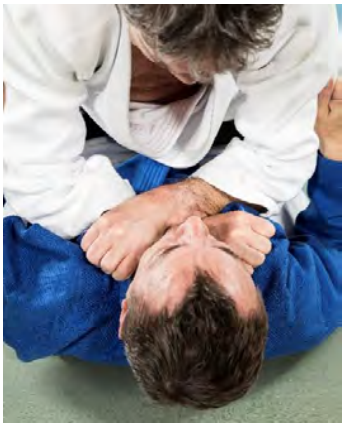


Yoko-guruma



Kami-shiho-gatame

Kata-gatame



Nami-juji-jime

Ude-ishigi-hara-gatame

Mae-kubi-dori

Chudan-gyaku-tsuki

FEUILLE D'ÉVALUATION

Code fiche : FEDC-1E
Ordre de passage :

PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

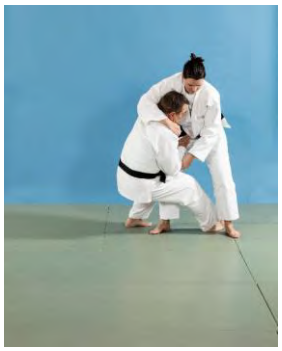
Hane-goshi

Ippon-seoi-nage

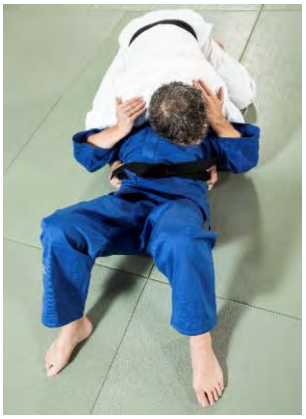
Kata-guruma

O-uchi-gari

O-soto-gari

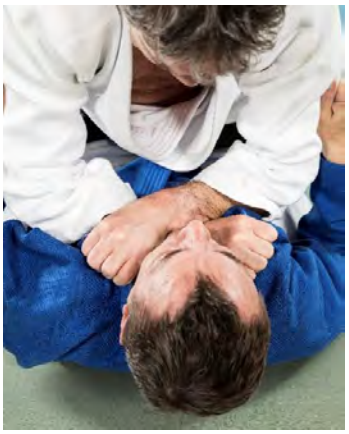


Yoko-guruma



Kami-shiho-gatame

Tate-shiho-gatame



Nami-juji-jime

Ude-ishigi-juji-gatame

Eri-dori

Mae-dori

FEUILLE D'ÉVALUATION

Code fiche : FEDC-1F
Ordre de passage :

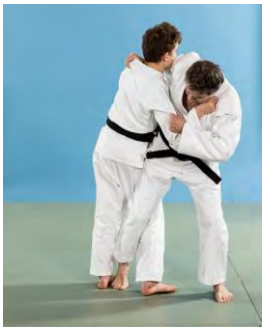
PROGRAMME TECHNIQUE A REALISER (APPLICATION DES TEXTES OFFICIELS)

Uki-goshi

Te-guruma

Morote-gari

Ko-soto-gake



O-soto-otoshi

Tomoe-nage

Kuzure-kami-shiho-gatame

Kata-ha-jime

Kata-juji-jime

Ude-ishigi-ude-gatame

Eri-dori

Yoko-dori