

## ANNEXE 1 : PROGRAMME TECHNIQUE UV2-1<sup>er</sup> DAN

<u>KOSHI-WAZA</u>	<u>TE-WAZA</u>	<u>ASHI-WAZA</u>	<u>SUTEMI-WAZA</u>
<ul style="list-style-type: none"> <li>- hane-goshi</li> <li>- harai-goshi</li> <li>- koshi-guruma</li> <li>- o-goshi</li> <li>- sode-tsurikomi-goshi</li> <li>- tsurikomi-goshi</li> <li>- uchi-mata</li> <li>- uki-goshi</li> <li>- ushiro-goshi</li> <li>- utsuri-goshi</li> <li>- kubi-nage</li> </ul>	<ul style="list-style-type: none"> <li>- ippon-seoi-nage</li> <li>- kata-guruma</li> <li>- kibisu-gaeshi</li> <li>- kuchiki-daoshi</li> <li>- morote-gari</li> <li>- morote-seoi-nage</li> <li>- seoi-otoshi</li> <li>- tai-otoshi</li> <li>- te-guruma</li> <li>- uki-otoshi</li> <li>- eri-seoi-nage</li> </ul>	<ul style="list-style-type: none"> <li>- ashi-guruma</li> <li>- de-ashi-barai (-harai)</li> <li>- harai-tsurikomi-ashi</li> <li>- hiza-guruma</li> <li>- ko-soto-gake</li> <li>- ko-soto-gari</li> <li>- ko-uchi-gari</li> <li>- okuri-ashi-barai (-harai)</li> <li>- o-soto-gari</li> <li>- o-soto-otoshi</li> <li>- o-uchi-gari</li> <li>- sasae-tsurikomi-ashi</li> <li>- uchi-mata</li> </ul>	<p><u>MA-SUTEMI-WAZA</u></p> <ul style="list-style-type: none"> <li>- sumi-gaeshi</li> <li>- tomoe-nage</li> <li>- ura-nage</li> </ul> <p><u>YOKO-SUTEMI-WAZA</u></p> <ul style="list-style-type: none"> <li>- soto-makikomi</li> <li>- tani-otoshi</li> <li>- yoko-guruma</li> </ul>



<u>IMMOBILISATIONS</u> <u>OSAEKOMI-WAZA</u>	<u>ÉTRANGLEMENTS</u> <u>SHIME-WAZA</u>	<u>CLÉS AUX COUDES</u> <u>KANSETSU-WAZA</u>
<ul style="list-style-type: none"> <li>- hon-gesa-gatame</li> <li>- kami-shiho-gatame</li> <li>- kata-gatame</li> <li>- kuzure-gesa-gatame</li> <li>- kuzure-kami-shiho-gatame</li> <li>- tate-shiho-gatame</li> <li>- ushiro-kesa-gatame</li> <li>- yoko-shiho-gatame</li> <li>- makura-gesa-gatame</li> </ul>	<ul style="list-style-type: none"> <li>- gyaku-juji-jime</li> <li>- hadaka-jime</li> <li>- kata-ha-jime</li> <li>- kata-juji-jime</li> <li>- kata-te-jime</li> <li>- nami-juji-jime</li> <li>- okuri-eri-jime</li> <li>- sankaku-jime</li> </ul>	<ul style="list-style-type: none"> <li>- ude-hishigi-hara-gatame</li> <li>- ude-hishigi-hiza-gatame</li> <li>- ude-hishigi-juji-gatame</li> <li>- ude-hishigi-ude-gatame</li> <li>- ude-hishigi-waki-gatame</li> <li>- ude-garami</li> </ul>

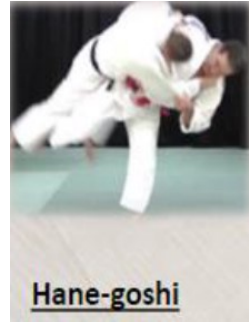
# KOSHI-WAZA



O-goshi



Uki-goshi



Hane-goshi



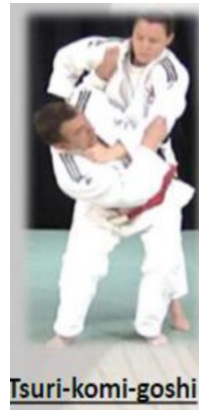
Harai-goshi



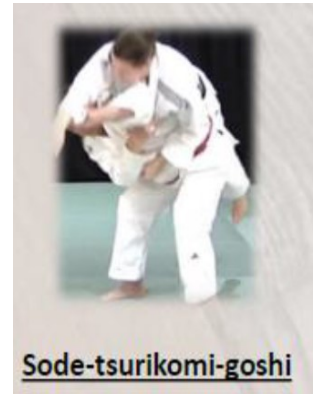
Koshi-guruma



Kubi-nage



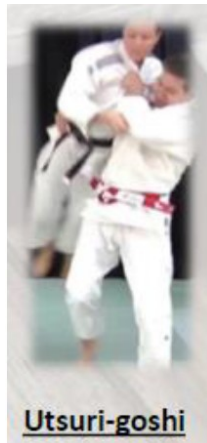
Tsuru-komi-goshi



Sode-tsurikomi-goshi



Ushiro-goshi

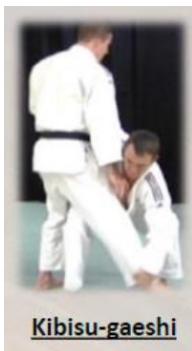
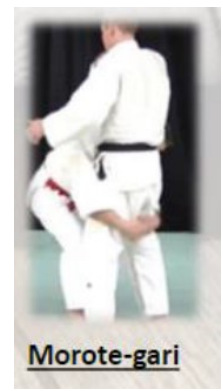
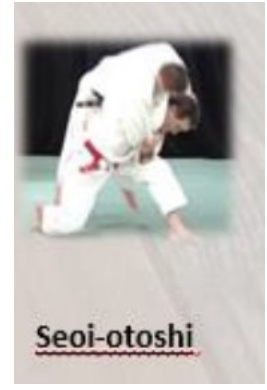
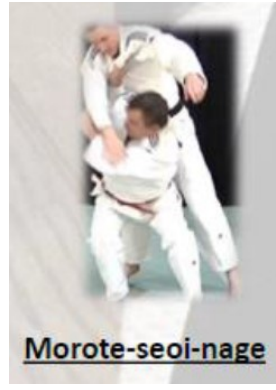
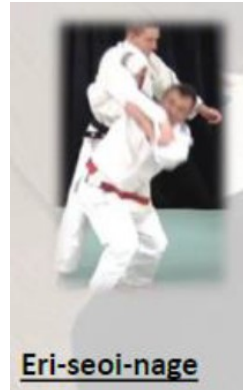
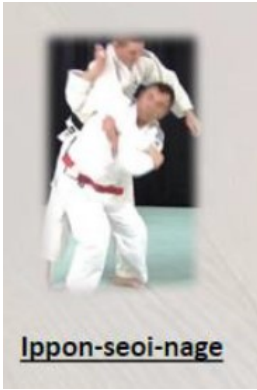


Utsuri-goshi



Uchi-mata

# TE-WAZA



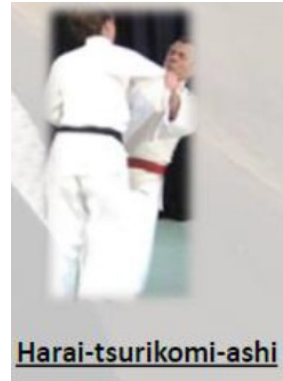
# ASHI-WAZA



Ashi-guruma



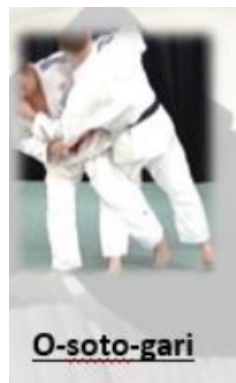
Hiza-guruma



Harai-tsurikomi-ashi



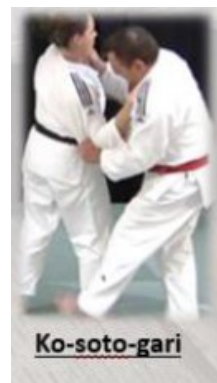
Sasae-tsurikomi-ashi



O-soto-gari



O-soto-otoshi



Ko-soto-gari



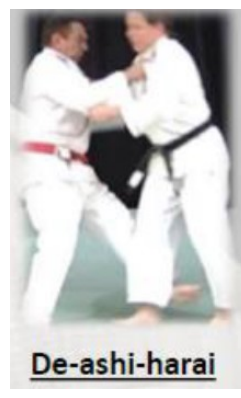
Ko-soto-gake



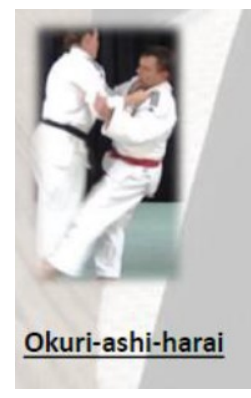
O-uchi-gari



Ko-uchi-gari



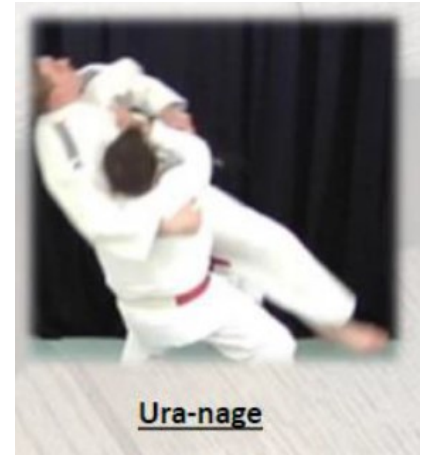
De-ashi-harai



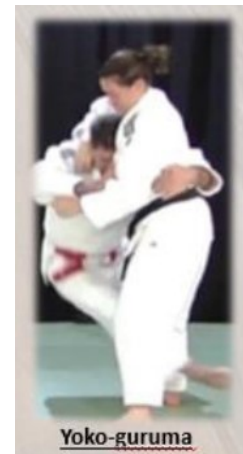
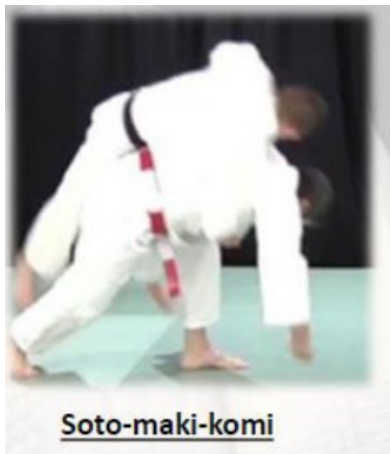
Okuri-ashi-harai

# SUTEMI-WAZA

## MA-SUTEMI-WAZA

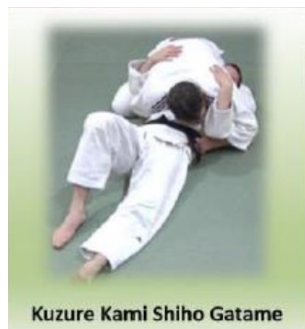


## YOKO-SUTEMI-WAZA



# OSAEKOMI-WAZA

## Immobilisations



# SHIME-WAZA

## Etranglements



# KANSTESU-WAZA

## Clés aux coudes



Ude-garami



Ude-gatame



Ude-ishigi-hara-gatame



Ude-ishigi-waki-gatame



Hiza-gatame



Ude-ishigi-juji-gatame



# Attaques JUJITSU

## Séries A,B,C

### SÉRIE A

#### Saisies avec les mains



##### 1. KATATE DORI

Saisie du poignet à 2 mains



##### 2. ERI DORI

Saisie croisée du revers



##### 3. MAE DORI KUBI

Saisie à 2 mains de face au cou



##### 4. YOKO DORI KUBI

Saisie à 2 mains de côté au cou



##### 5. YOKO SODE DORI

Saisie de la manche de côté

### SÉRIE B

#### Saisies avec les bras



##### 1. MAE DORI

Saisie de face en ceinturant sous les bras



##### 2. YOKO DORI

Saisie de côté en ceinturant les bras



##### 3. YOKO DORI

Saisie de côté au cou



##### 4. MAE DORI

Saisie de face au cou



##### 5. HAKADA JIME

Étranglement par l'arrière

### SÉRIE C

#### Coups



##### 1. JODAN OIE TSUKI

Coup de poing direct haut



##### 2. SHUDAN GIAKU TSUKI

Coup de poing direct (plexus)



##### 3. JODAN NANAME SHUTO

Attaque en oblique avec le tranchant de la main



##### 4. SHUDAN MAE GERI KekomI

Coup de pied direct de face



##### 5. SHUDAN MAWAISHI GERI

Coup de pied circulaire