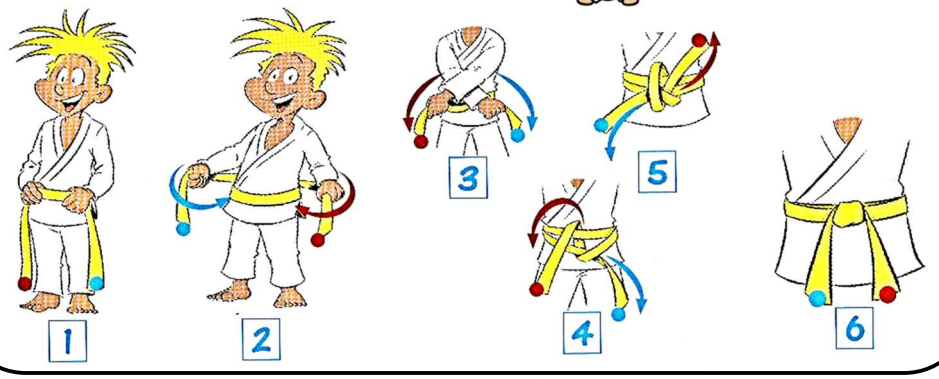
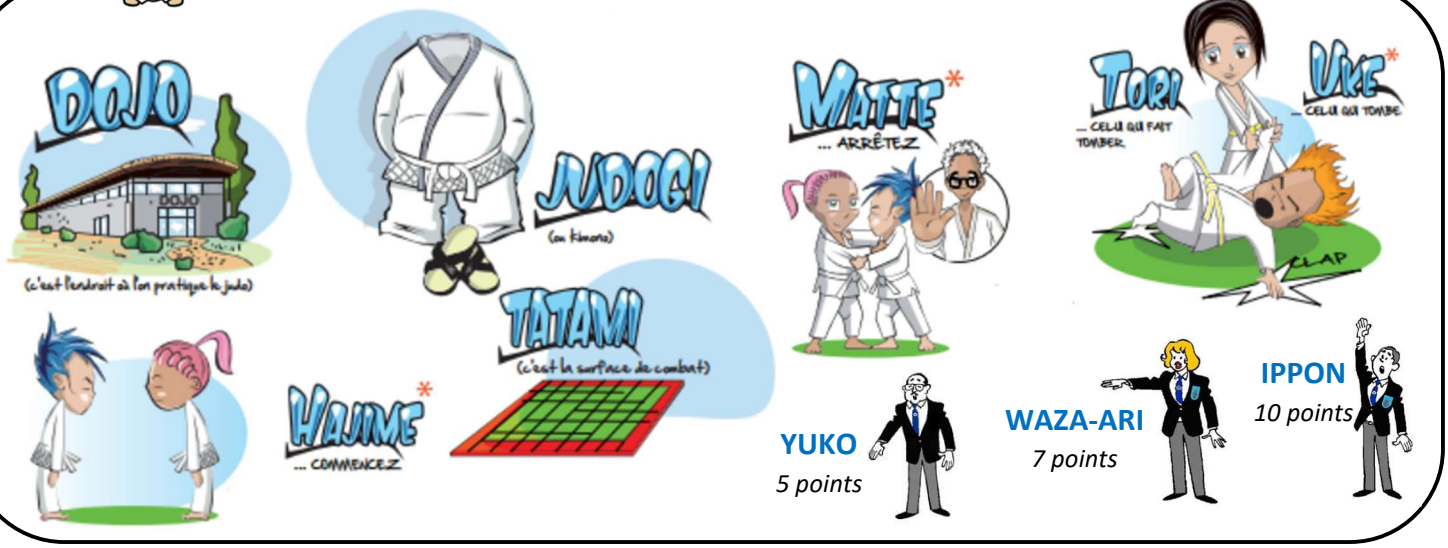
REVISION PASSAGE DE GRADE

PRE-POUSSINS

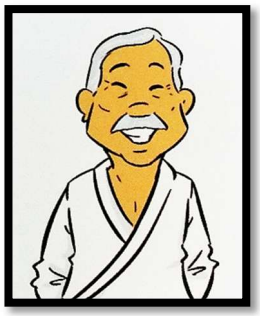
Je sais faire ma ceinture



Je connais mon vocabulaire japonais

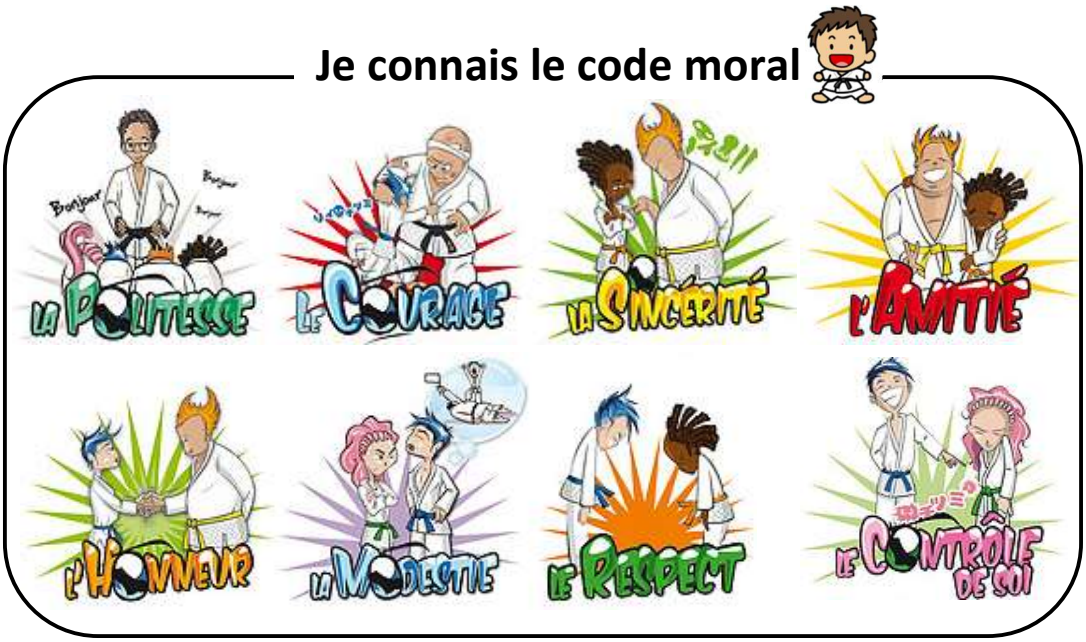


Jigoro KANO



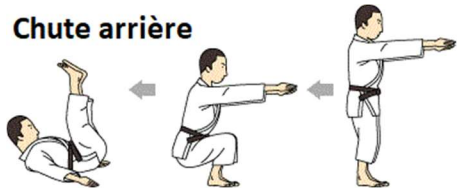
Fondateur du Judo

Je connais le code moral

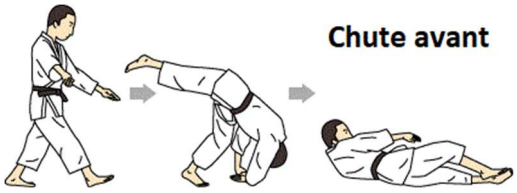


Je sais chuter pour ne pas me faire mal

Chute arrière

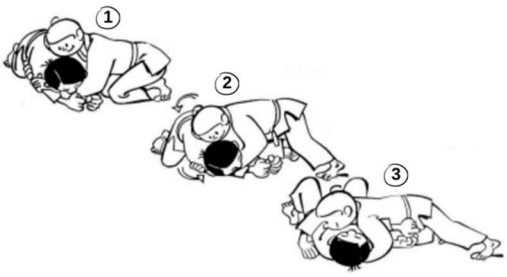


Chute avant

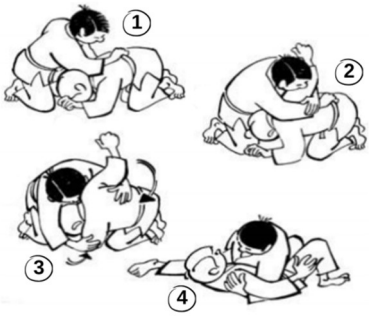


Je sais retourner et immobiliser

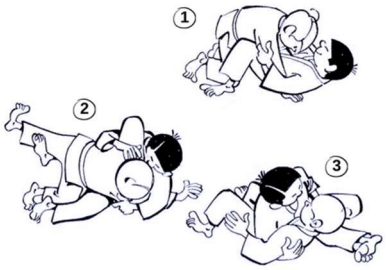
Le rouleau compresseur



Le bras dans bras



Le câlin nounours



Le crabe

YOKO-SHIHO-GATAME

Le docteur-kami

KAMI-SHIHO-GATAME

Le cavalier

TATE-SHIHO-GATAME

Le canapé / la voiture

HON-GESA-GATAME

Je connais 7 techniques de projection

La danse

O-goshi

Le barrage

Tai-otoshi

Le fauchage extérieur

O-soto-gari

Le cartable

Morote-seoi-nage

La tornade

Hiza-guruma

Le fauchage intérieur

O-uchi-gari

Gros muscle

Ippon-seoi-nage