

Programme 2026 Programme ceinture Blanche/jaune



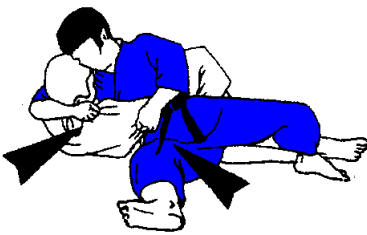
O Goshi



Koshi Guruma



Tai otoshi



Hon gesa gatame

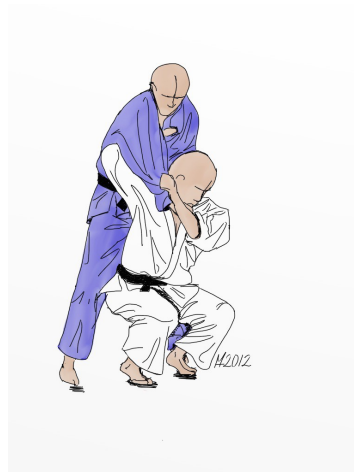


Kuzure Yoko Shiho Gatame

Programme Ceinture Jaune



Ko uchi Gari



Morote sei nage



O soto Gari



Tate shiho Gatame



Kami shiho Gatame

Programme ceinture Jaune/orange



Sasae Tsurikomi Goshi



Ouchi gari



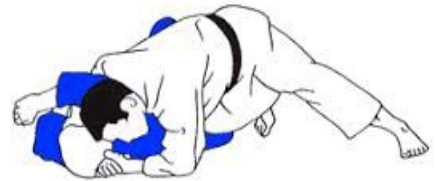
Ippon Seoi Nage



Eri Seoi Nage



Ushiro Gesa Gatame



Kata Gatame

Programme Ceinture Orange



Tsurikomi Goshi



Ko Soto Gake



Harai Goshi



De ashi barai

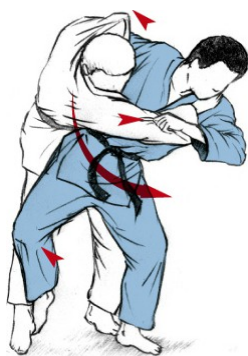


Kuzure Gesa Gatame



Kuzure Kami Shiho Gatame

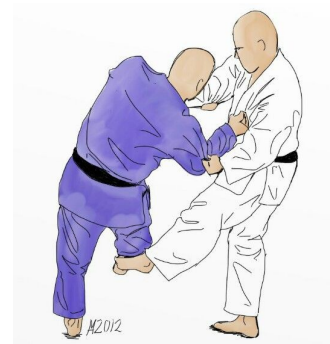
Programme ceinture Orange-Verte :



Hane Goshi



okuri ashi barai



De ashi Barai

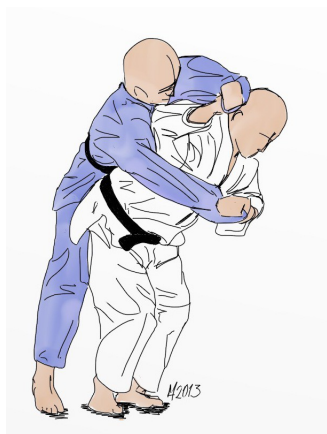


Hadaka jime

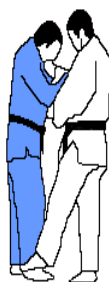


Sode guruma Jime

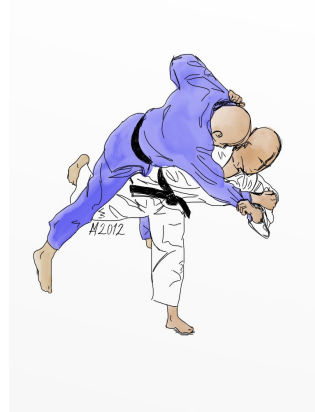
Programme ceinture Verte :



Sode Tsuru Komi Goshi



Tsubame Gaeshi



Uchi Mata

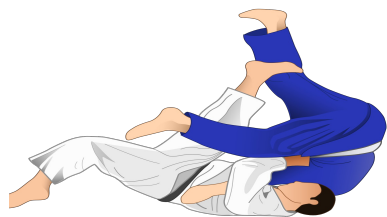


Okuri eri Jime



Kata Ha Jime

Programme Ceinture Bleu :



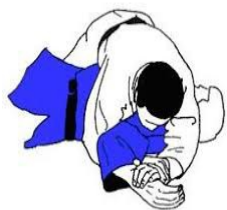
Sumi Gaeshi



Tomoe Nage



Soto Maki Komi



Ude Garami



Ude Gatame



Waki Gatame



Hara Gatame

Programme Ceinture Marron :



Yoko Tomoe Nage



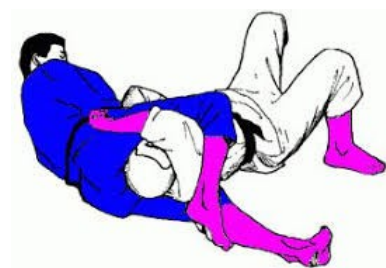
Utsuri Goshi



Ura Nage



Tani Otoshi



Sankaku Jime

Kata-juji-jimé

Gyaku-juji-jimé

Nami-juji-jimé



Jugi Gatame