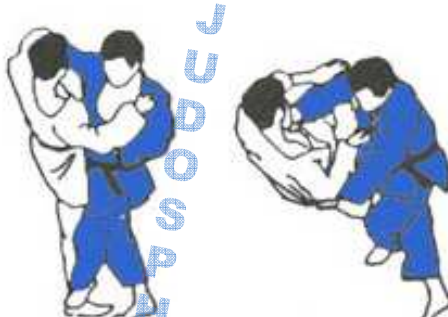


# CEINTURE VERTE

## KO-SOTO-GAKE

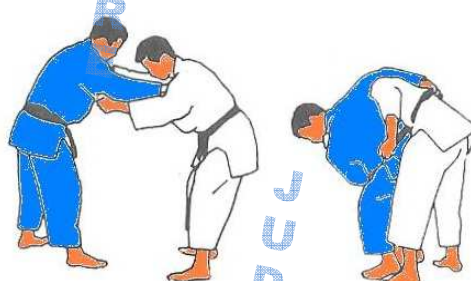


Petit accrochage extérieur

## 1-TSURI-GOSHI



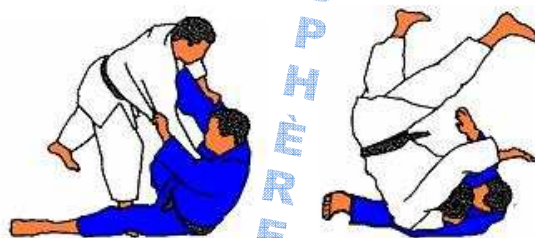
## 2-TSURI-GOSHI



1-Hanche pêchée

2-Grande projection de hanche en soulevant

## YOKO-OTOSHI



Renversement de côté

## ASHI-GURUMA



Enroulement sur la jambe

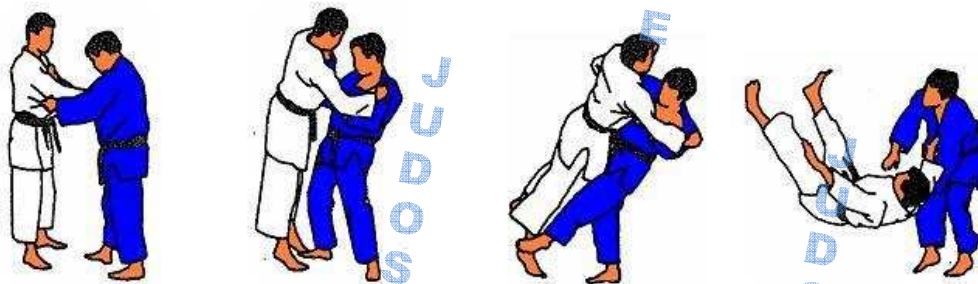
# CEINTURE VERTE

## HANE-GOSHI



Hanche sautée

## HARAI-TSURI-KOMI-ASHI



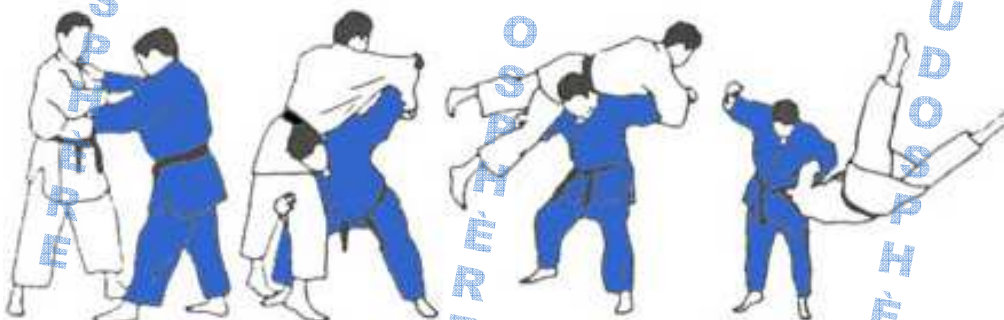
Balayage du pied en pêchant

## TOMOE-NAGE



Projection en cercle

## KATA-GURUMA



Roue autour des épaules