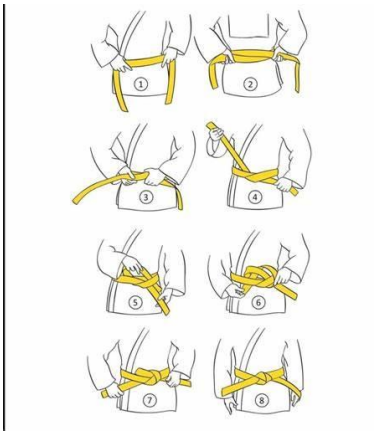
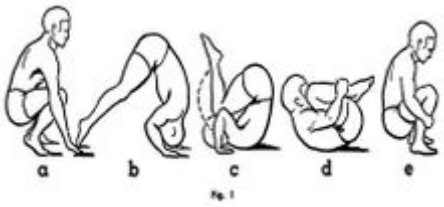
Passage de grade JCOR

Benjamins-minimes :

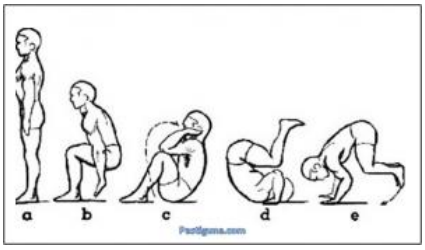
Jigoro Kano (créateur du judo)



Nœud de ceinture

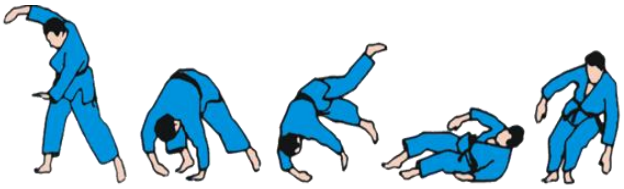


Roulade avant

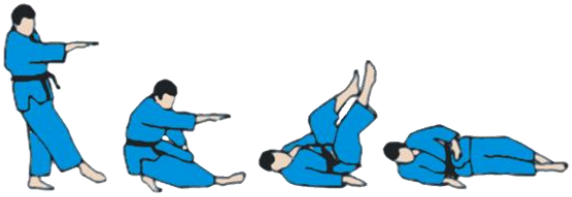


Roulade Arrière

Chute arrière



Chute avant

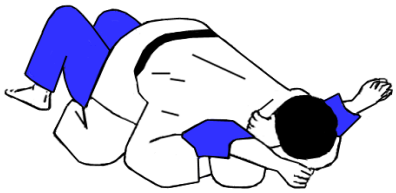


Chute latérale

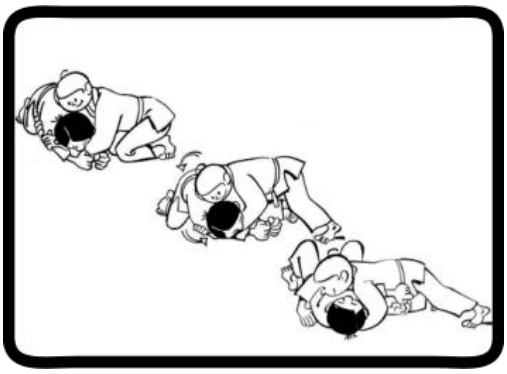
Hon geza gatame

Yoko shio gatame

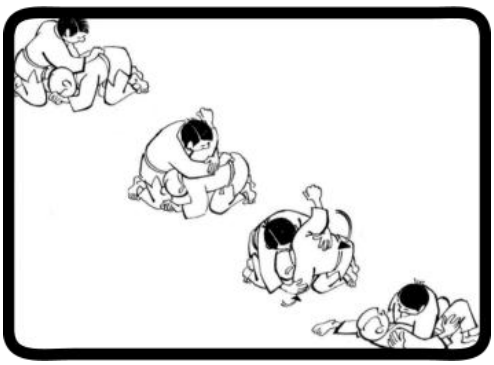
Kami shio gatame



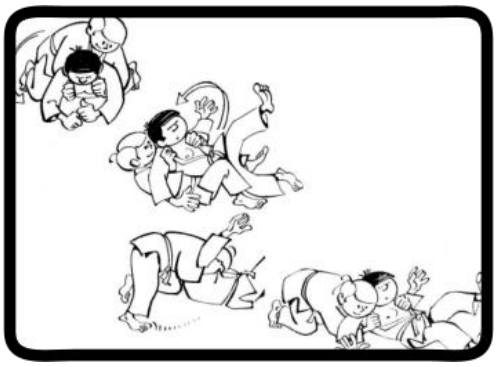
Tate shio gatame



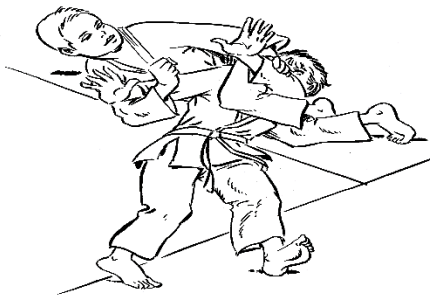
Le rouleau compresseur



La montre



La grue



Sankaku

☐ **L'aile de pigeon** ☐ **Le « tord boyau »** ☐ **paluchek**

Ippon seio nage

Morote seoi nage

Ko uchi gari

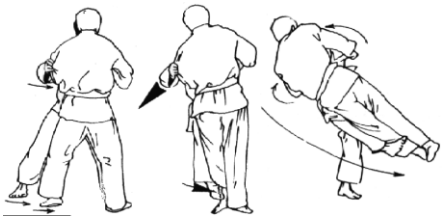
O uchi gari

O soto gari

O goshi

Tai otoshi

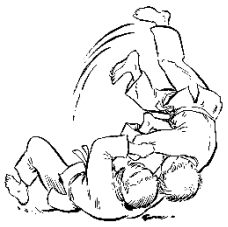
sasae tsurikomi ashi



Okuri ashi barai

Uchi mata

Harai goshi



Tomoe nage

LE CODE MORAL DU JUDO