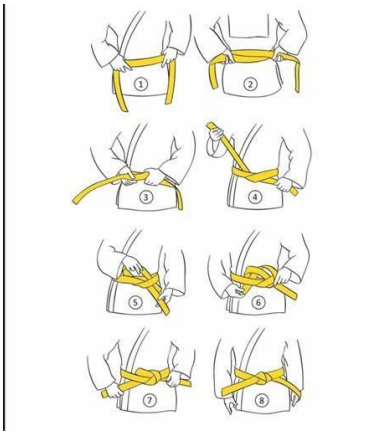
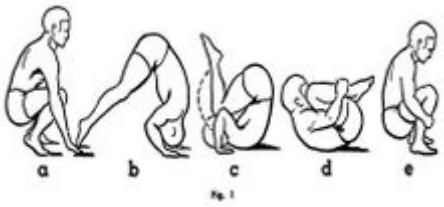
Passage de grade JCOR

Poussin :

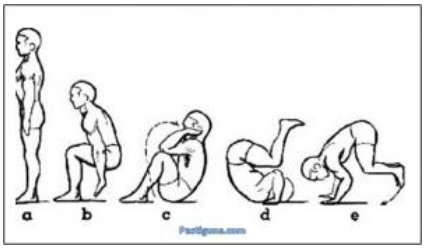
Jigoro Kano (créateur du judo)



Nœud de ceinture

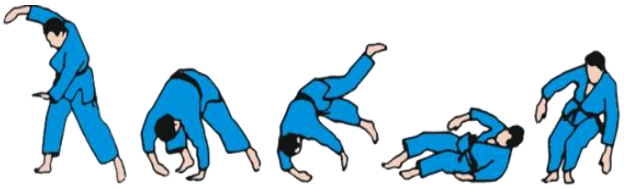


Roulade avant

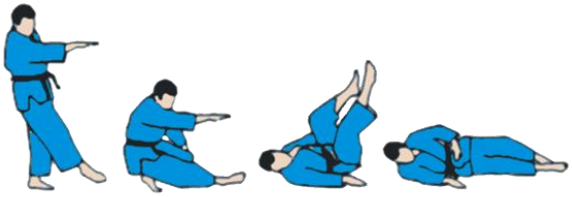


Roulade Arrière

Chute arrière



Chute avant

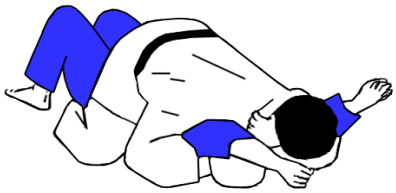


Chute latérale

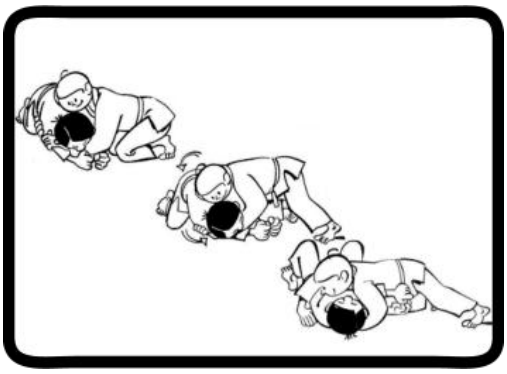
Hon geza gatame (la voiture ou le canapé)

Yoko shio gatame (la grande pince de crabe)

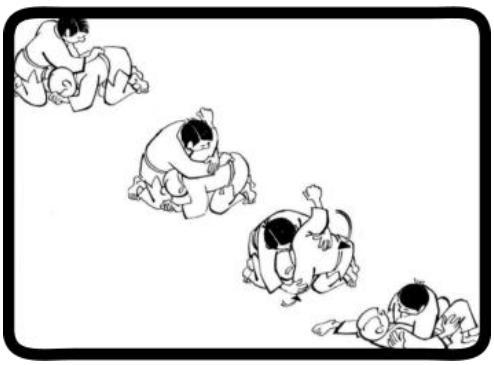
Kami shio gatame (le casque ou Dr Kami)



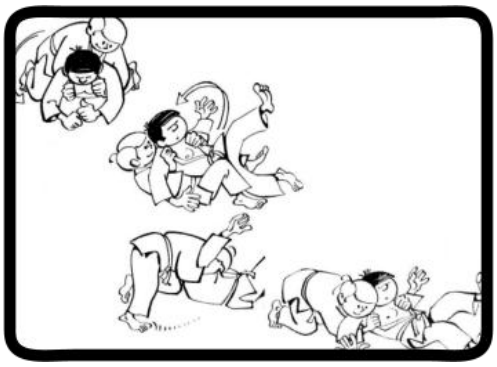
Tate shio gatame (le cheval)



Le rouleau compresseur



La montre



La grue

Sankaku

Ippon seio nage
(les biscotos)

Morote seoi nage
(le coude caché)

Ko uchi gari
(le petit fauchage intérieur)

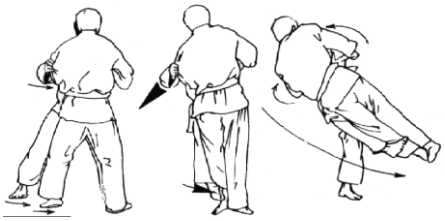
O uchi gari
(le grand fauchage intérieur)

O soto gari
(le grand fauchage extérieur)

O goshi
(la main dans le dos)

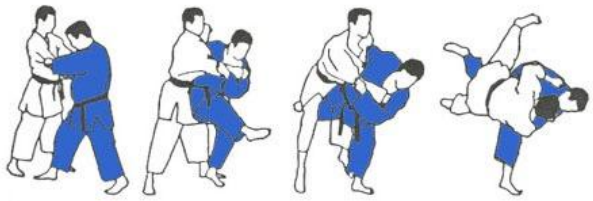
Tai otoshi
(le barrage)

sasae tsurikomi ashi
(le coup de volant)



Okuri ashi barai
(le balayage)

Uchi-Mata



Uchi Mata (soulever avec la jambe)

LE CODE MORAL DU JUDO