

FEUILLES EVALUATION 1 DAN : RECAPITILATIF DES TECHNIQUES NAGE WAZA

NAGE WAZA							
KOSHI-WAZA		TE-WAZA		ASHI-WAZA		SUTEMI-WAZA	
UKI-GOSHI		UKI-OTOSHI		O-SOTO-GARI		TANI-OTOSHI	
KOSHI-GURUMA		SEOI-OTOSHI		KO-SOTO-GARI		YOKO-GURUMA	
USHIRO-GOSHI		IPPON-SEOI-NAGE		SASAE-TSURIKOMI-ASHI		TOMOE-NAGE	
HANE-GOSHI		TAI-OTOSHI		O-UCHI-GARI		SUMI-GAESHI	
HARAI-GOSHI		KATA-GURUMA		UCHI-MATA		SOTO-MAKI-KOMI	
O-GOSHI		TE-GURUMA		KO-SOTO-GAKE		URA-NAGE	
SODE-TSURIKOMI-GOSHI		MOROTE-GARI		OSOTO-OTOSHI			
UCHI-MATA		MOROTE-SEOI-NAGE		OKURI-ASHI-BARAI			
UTSURI-GOSHI		KIBISU-GAESHI		HIZA-GURUMA			
TSURIKOMI-GOSHI		KUCHIKI-DAOSHI		DE-ASHI-BARAI			
KUBI-NAGE		ERI-SEOI-NAGE		ASHI-GURUMA			
				HARAI-TSURIKOMI-ASHI			
				KO-UCHI-GARI			