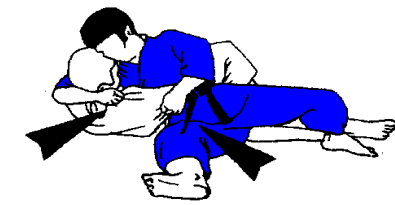
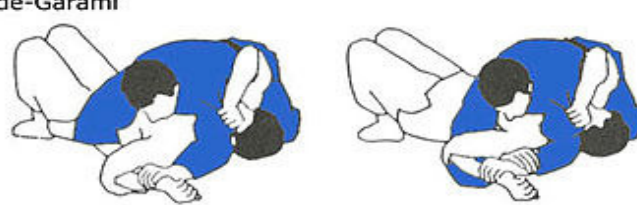
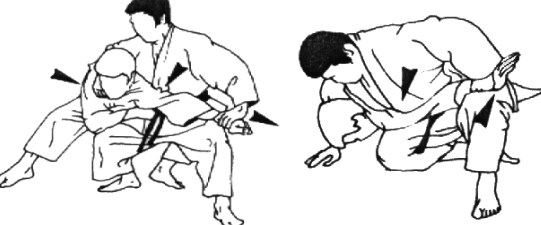
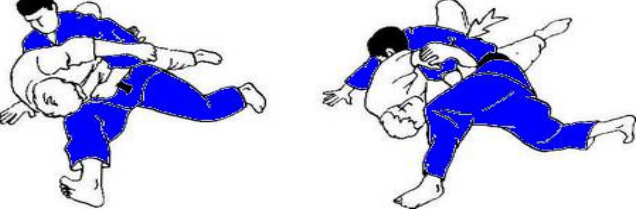
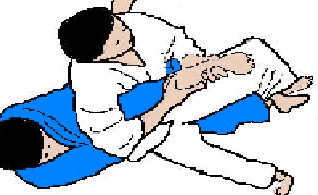
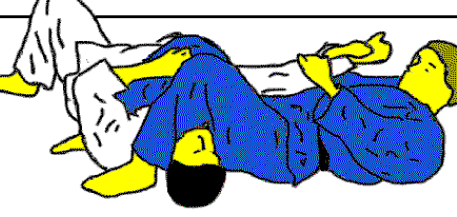
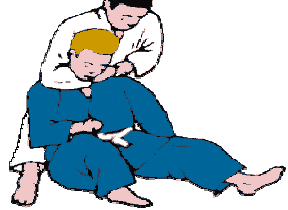
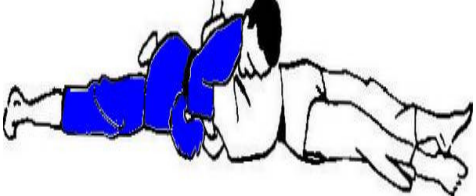
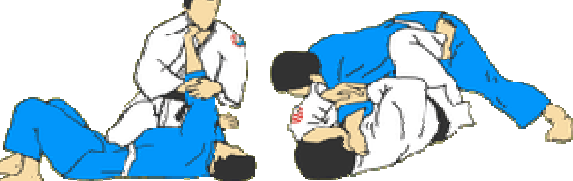
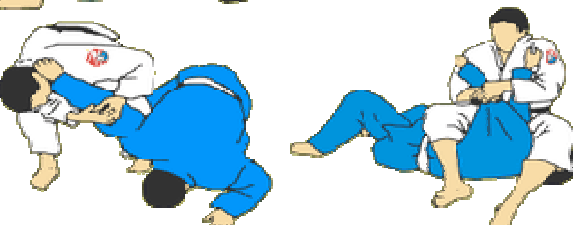


FEUILLES EVALUATION 1 DAN : RECAPITILATIF DES TECHNIQUES NE WAZA

| NE WAZA                  |                                                                                     |                 |                                                                                       |                         |                                                                                       |
|--------------------------|-------------------------------------------------------------------------------------|-----------------|---------------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------------------------------|
| IMMOBILISATIONS          |                                                                                     | ETRANGLEMENTS   |                                                                                       | CLES AUX COUDES         |                                                                                       |
| OSAECOMI-WAZA            |                                                                                     | SHIME-WAZA      |                                                                                       | KANSETSU-WAZA           |                                                                                       |
|                          |                                                                                     |                 |                                                                                       |                         |                                                                                       |
| HON-GESA-GATAME          |    | GYAKU-JUJI-JIME |    | UDE-GARAMI              |    |
| YOKO-SHIHO-GATAME        |    | SANKAKU-JIME    |    | UDE-HISHIGI-HARA-GATAME |    |
| KUZURE-GESA-GATAME       |    | NAMI-JUJI-JIME  |    | UDE-HISHIGI-HIZA-GATAME |    |
| KAMI-SHIHO-GATAME        |    | KATA-HA-JIME    |    | UDE-HISHIGI-WAKI-GATAME |    |
| KATA-GATAME              |    | KATA-JUJI-JIME  |    | UDE-HISHIGI-JUGI-GATAME |    |
| TATE-SHIO-GATAME         |   | HADAKA-JIME     |   | HIZA-GATAME             |   |
| KUZURE-KAMI-SHIHO-GATAME |  | KATA-TE-JIME    |  | UDE-HISHIGI-UDE-GATAME  |  |
| USHIRO-GESA-GATAME       |  | OKURI-ERI-JIME  |  |                         |  |
| MAKURA-GESA-GATAME       |  |                 |                                                                                       |                         |                                                                                       |
|                          |                                                                                     |                 |                                                                                       |                         |                                                                                       |