

ANNEXE 1 : PROGRAMME TECHNIQUE UV2-1^{er} DAN



<u>KOSHI-WAZA</u>	<u>TE-WAZA</u>	<u>ASHI-WAZA</u>	<u>SUTEMI-WAZA</u>
<ul style="list-style-type: none"> - hane-goshi - harai-goshi - koshi-guruma - o-goshi - sode-tsurikomi-goshi - tsurikomi-goshi - uchi-mata - uki-goshi - ushiro-goshi - utsuri-goshi - kubi-nage 	<ul style="list-style-type: none"> - ippon-seoi-nage - kata-guruma - kibisu-gaeshi - kuchiki-daoshi - morote-gari - morote-seoi-nage - seoi-otoshi - tai-otoshi - te-guruma - uki-otoshi - eri-seoi-nage 	<ul style="list-style-type: none"> - ashi-guruma - de-ashi-barai (-harai) - harai-tsurikomi-ashi - hiza-guruma - ko-soto-gake - ko-soto-gari - ko-uchi-gari - okuri-ashi-barai (-harai) - o-soto-gari - o-soto-otoshi - o-uchi-gari - sasae-tsurikomi-ashi - uchi-mata 	<p><u>MA-SUTEMI-WAZA</u></p> <ul style="list-style-type: none"> - sumi-gaeshi - tomoe-nage - ura-nage <p><u>YOKO-SUTEMI-WAZA</u></p> <ul style="list-style-type: none"> - soto-makikomi - tani-otoshi - yoko-guruma



<u>IMMOBILISATIONS</u> <u>OSAEKOMI-WAZA</u>	<u>ÉTRANGLEMENTS</u> <u>SHIME-WAZA</u>	<u>CLÉS AUX COUDES</u> <u>KANSETSU-WAZA</u>
<ul style="list-style-type: none"> - hon-gesa-gatame - kami-shiho-gatame - kata-gatame - kuzure-gesa-gatame - kuzure-kami-shiho-gatame - tate-shiho-gatame - ushiro-kesa-gatame - yoko-shiho-gatame - makura-gesa-gatame 	<ul style="list-style-type: none"> - gyaku-juji-jime - hadaka-jime - kata-ha-jime - kata-juji-jime - kata-te-jime - nami-juji-jime - okuri-eri-jime - sankaku-jime 	<ul style="list-style-type: none"> - ude-hishigi-hara-gatame - ude-hishigi-hiza-gatame - ude-hishigi-juji-gatame - ude-hishigi-ude-gatame - ude-hishigi-waki-gatame - ude-garami