

# ANNEXE 1 : PROGRAMME TECHNIQUE UV2-1<sup>er</sup> DAN



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



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

# Référentiel techniques judo juïtsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition



Hane-goshi



Harai-goshi

## KOSHI-WAZA



Koshi-guruma



Kubi-nage



Sode-tsuri-komi-goshi



O-goshi



Uki-goshi



Uchi-mata



Ushiro-goshi



1<sup>er</sup> dan : KOSHI-WAZA

Tsuri-komi-goshi



Utsuri-goshi

# Référentiel techniques judo iujitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition



O-uchi-gari



O-soto-otoshi



Sasae-tsuri-komi-ashi



Uchi-mata

## ASHI-WAZA



O-soto-gari



Okuri-ashi-harai



Hiza-guruma



De-ashi-harai



Harai-tsuri-komi-ashi



Ko-uchi-gari



Ko-soto-gake



Ashi-guruma



Ko-soto-gari

1<sup>er</sup> dan : ASHI-WAZA



# Référentiel techniques judo jujitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition



Ippon-seoi-nage



Eri-seoi-nage



Te-guruma



Kibisu-gaeshi

## TE-WAZA



Seoi-otoshi



Morote-seoi-nage



Uki-otoshi



Tai-otoshi



Kuchiki-daoshi



Morote-gari



Kata-guruma



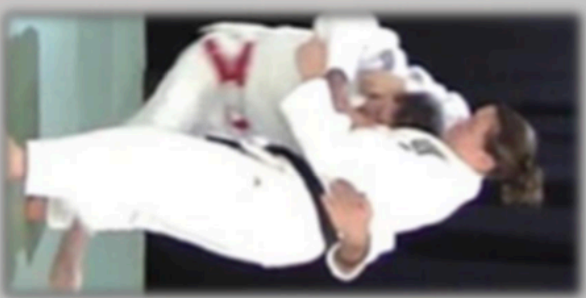
1<sup>er</sup> dan : TE-WAZA



# Référentiel techniques judo juitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition



Tani-otoshi



Yoko-guruma

## SUTEMI-WAZA



Soto-maki-komi



Ura-nage



Tomoe-nage



Sumi-gaeshi



# Référentiel techniques judo jujitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition

## IMMOBILISATIONS: OSAEKOMI-WAZA



Hon-gesa-gatame



Kuzure-gesa-gatame



Ushiro-gesa-gatame



Kata-gatame



Makura-gesa-gatame



Kami Shiho Gatame



Kuzure Kami Shiho Gatame



Tate Shiho Gatame



Yoko Shiho Gatame



1<sup>er</sup> dan : IMMOBILISATIONS : OSAEKOMI-WAZA



# Référentiel techniques judo jujitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition

## ÉTRANGLEMENTS : SHIME-WAZA



Kata-te-jime (Koshi-jime)



Nami-juji-jime



Okuri-eri-jime



Sankaku-jime



Kata-juji-jime



Gyaku-juji-jime



Hadaka-jime



Kata-ha-jime





# Référentiel techniques judo juitsu : 1<sup>er</sup> dan (UV2) dominante technique et compétition

## CLÉS DE BRAS: KANSETSU-WAZA



Ude-ishigi-waki-gatame



Ude-garami



Hiza-gatame



Ude-ishigi-hara-gatame



Ude-ishigi-juji-gatame



Ude-gatame

