

Progression française de Judo par ceintures

Ceinture blanche

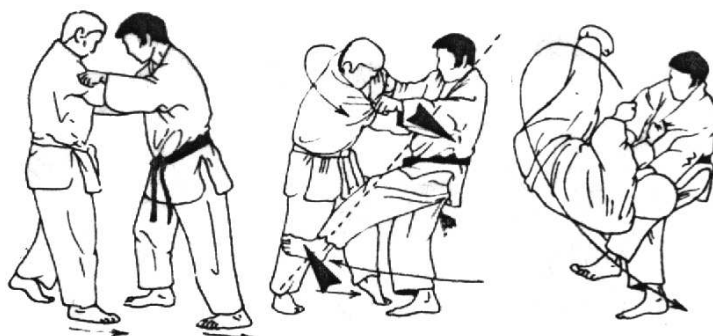
Nage waza (techniques de projection)



O goshi



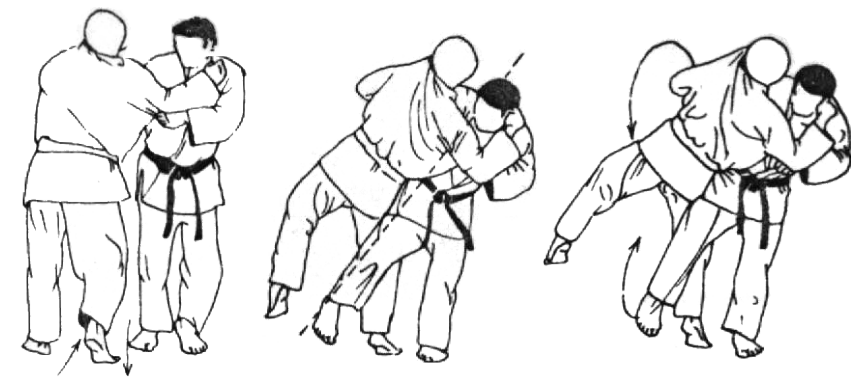
Ippon seoi nage



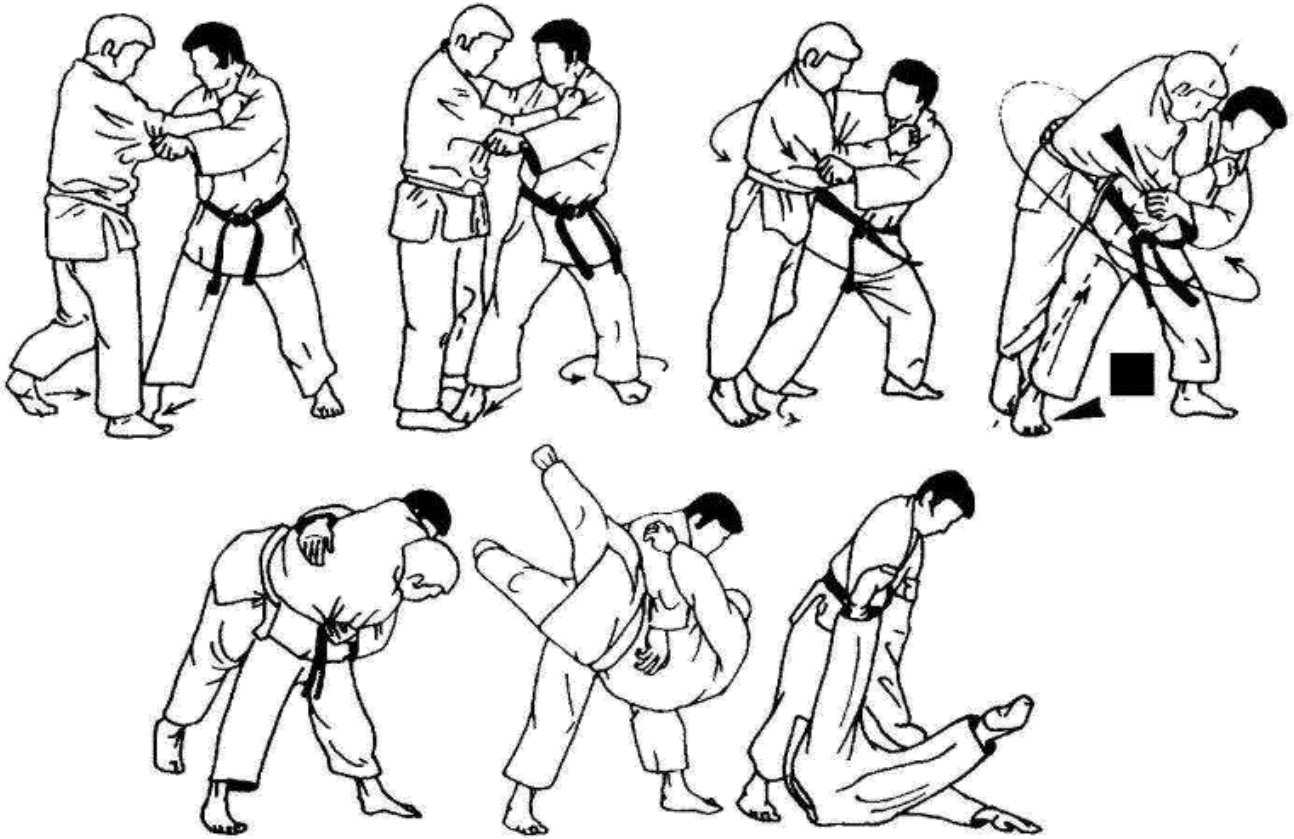
Hiza guruma (c'est le genou qui est bloqué)



De hashi barai (la jambe de Uke n'est pas encore posée)

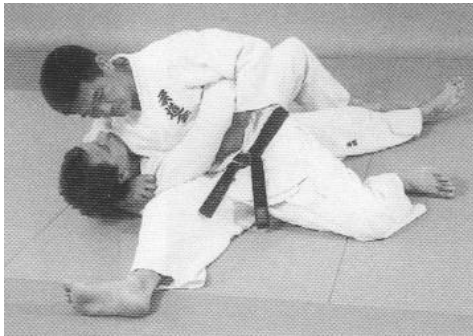


O soto gari



Uki goshi (la hanche de Tori percute le centre du bassin de Uke)

Katame waza (techniques d'immobilisation)



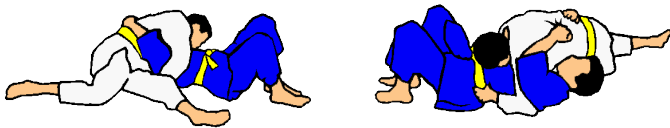
Hon gesa gatame



Yoko shiho gatame

Côté droit

côté gauche



Ushiro gesa gatame



Kami shiho gatame



Tate shiho gatame

Ceinture jaune

Nage waza (techniques de projection)



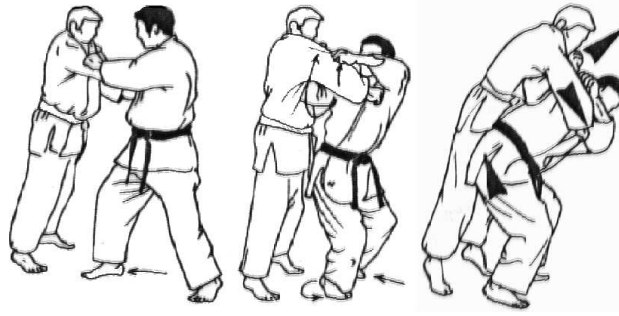
Tsurikomi goshi



Sode tsurikomi goshi



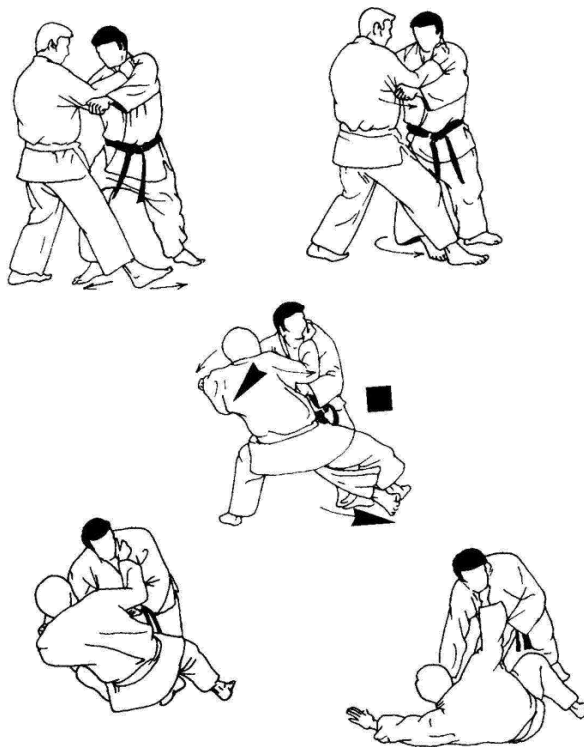
Harai goshi



Morote seoi nage



Sasae tsurikomi ashi (c'est la cheville qui est balayée)

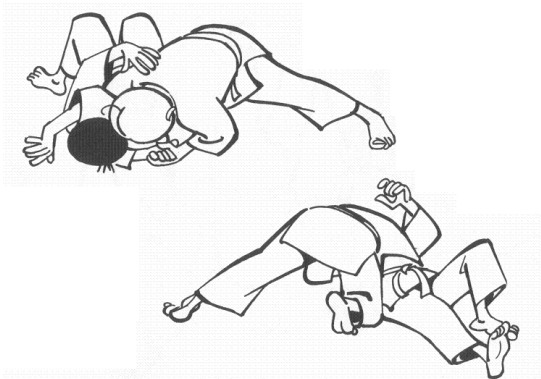


Ko uchi gari



O uchi gari

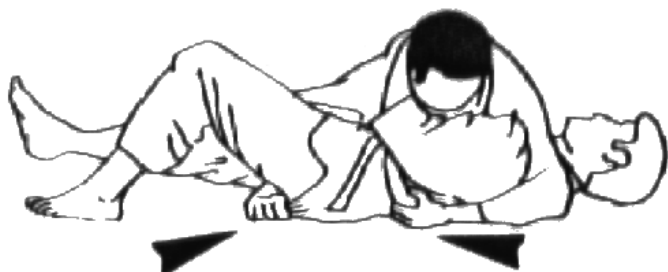
Katame waza (techniques d'immobilisation)



KATA-GATAME



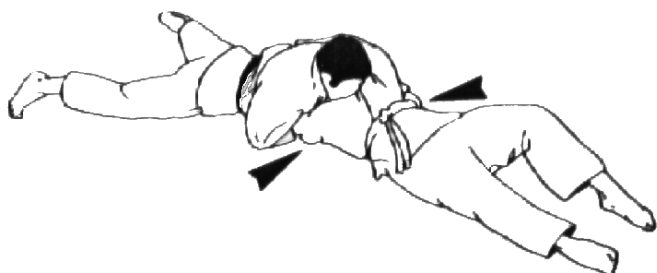
Kuzure kesa gatame



Kuzure yoko shiho gatame 1
(Le genou droit de Tori vient bloquer la hanche droite de Uke)



Makura gesa gatame



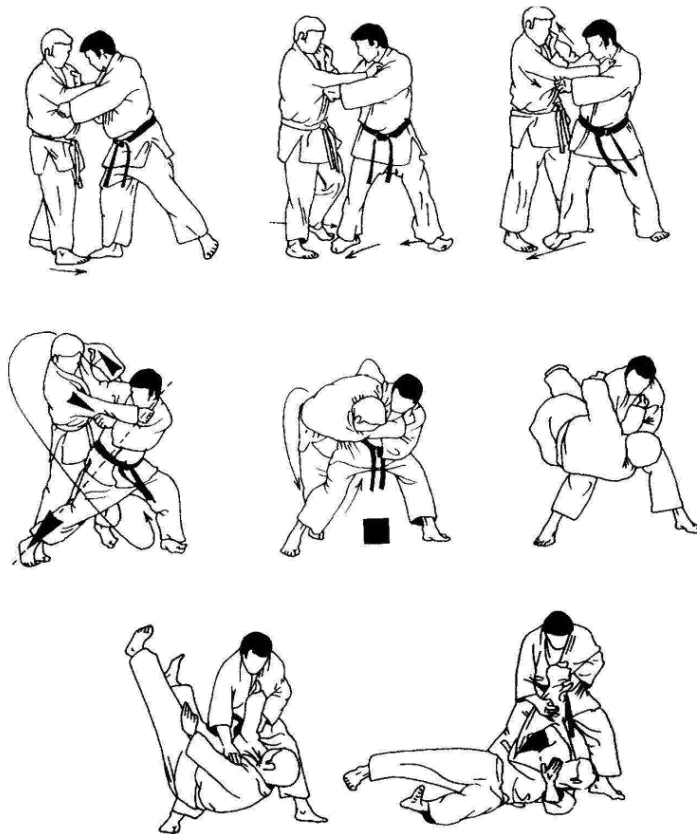
Kuzure kami shiho gatame 1



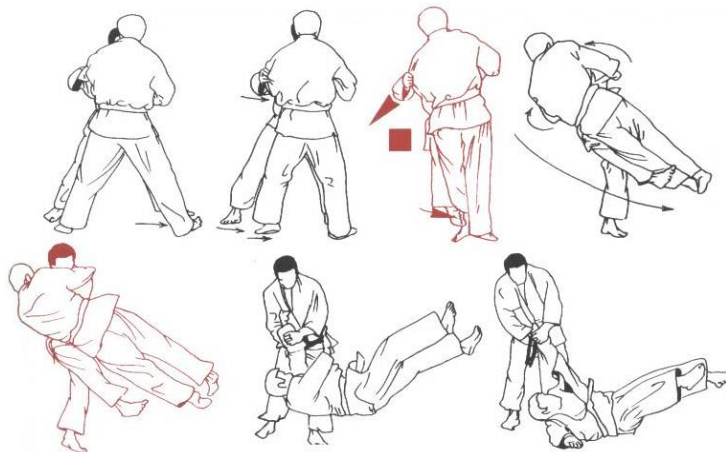
Kuzure tate shiho gatame 1

Ceinture orange

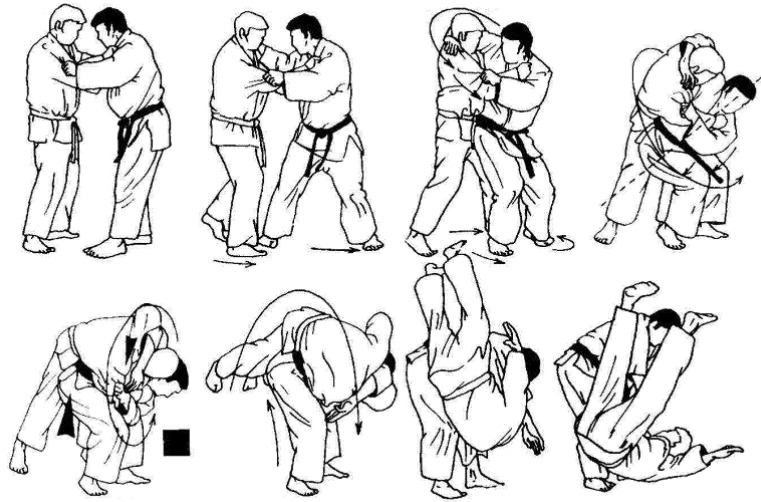
Nage waza (techniques de projection)



Tai otoshi



Okuri ashi barai (déplacement latéral simultané de Uke et Tori => balayage latéral)



Koshi guruma



Hane goshi

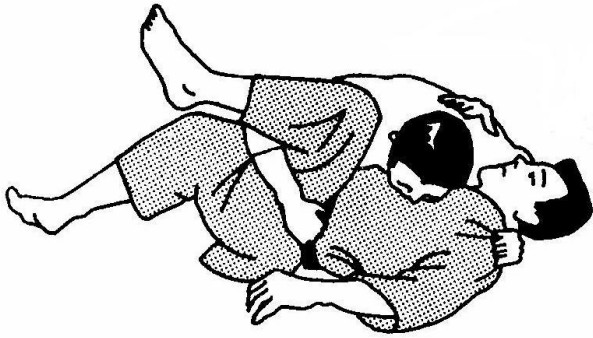


Uchi mata

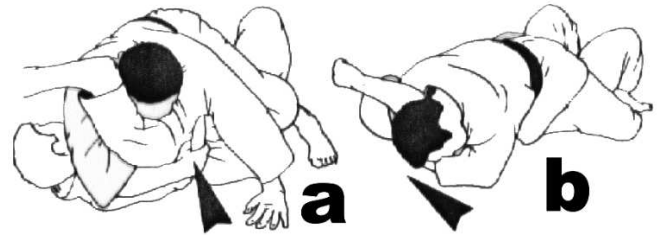


Ko soto gari (la jambe de Uke vient juste de se poser)

Katame waza (techniques d'immobilisation)



Kuzure yoko shiho gatame 2
(Tori peut aussi contrôler la jambe droite de Uke au lieu de sa jambe gauche)



Kuzure Tate Shiho Gatame 2



Kuzure Makura Kesa Gatame 2
(Tori saisi son revers gauche de son bras droit)



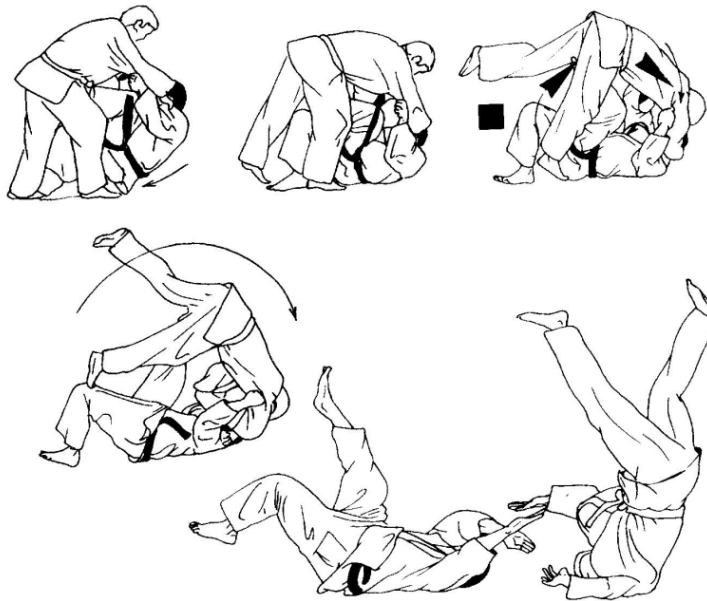
Kuzure Kami Shiho Gatame 2
(La main droite de Tori passe sous l'aisselle droite de Uke et vient saisir le col arrière de Uke)

Ceinture verte

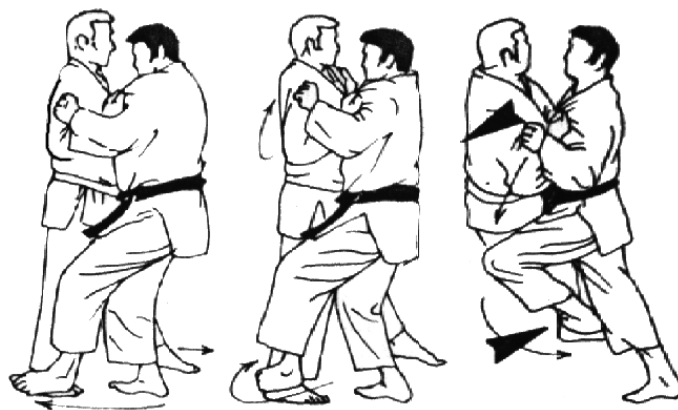
Nage waza (techniques de projection)



Kata guruma



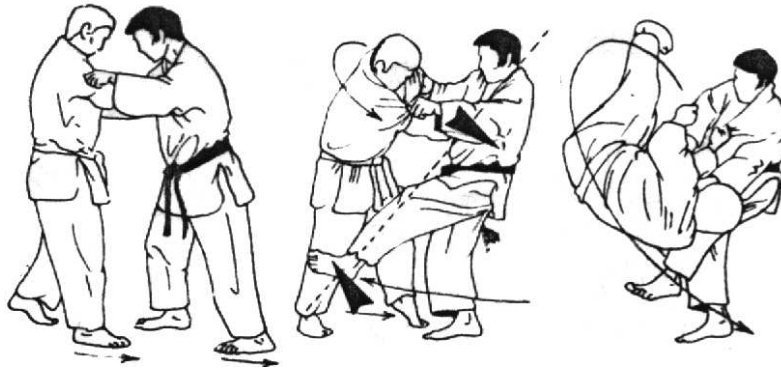
Tomoe nage



Ko soto gake














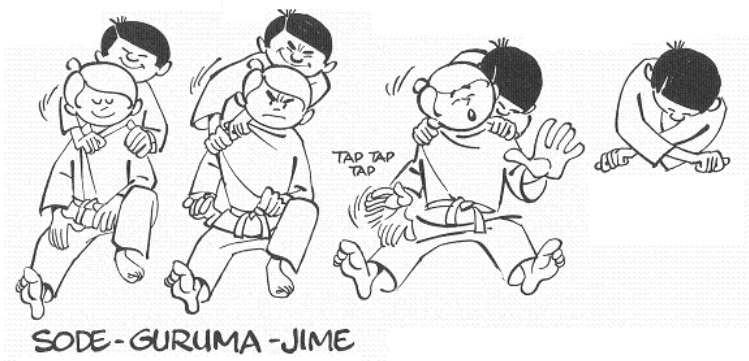
Uki otoshi



Ashi guruma

Shime waza (techniques d'étranglement)

  <p>Kata juji jime</p>	  <p>Gyaku juji jime</p>	  <p>Nami juji jime</p>	  <p>Morote jime (Tori comprime les carotides de Uke entre les phalanges de ses deux poings)</p>
 <p>Hadaka jime</p>	 <p>Okuri eri jime</p>	 <p>Kata ha jime</p>	



SODE-GURUMA-JIME



Ashi gatame



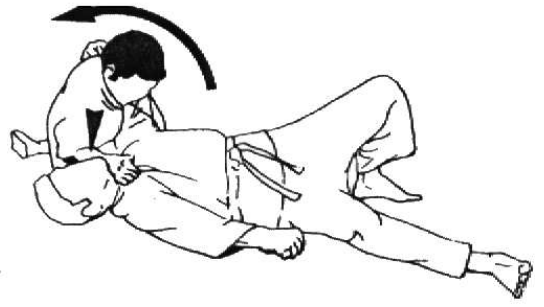
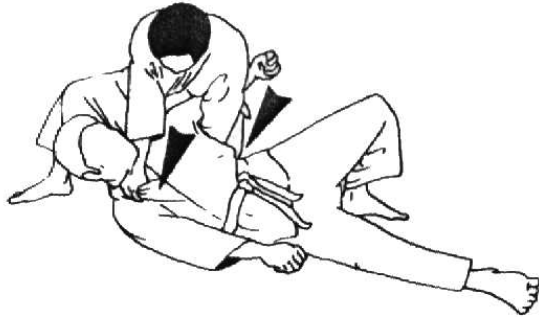
Katate Jime da Mune Gatame



Katate Jime da Kuzure Kami Shiho Gatame



Katate Jime da Hon Gesa Gatame



Katate Jime (différentes variantes)

Ceinture bleue

Nage waza (techniques de projection)



O guruma



O soto otoshi



Soto maki komi

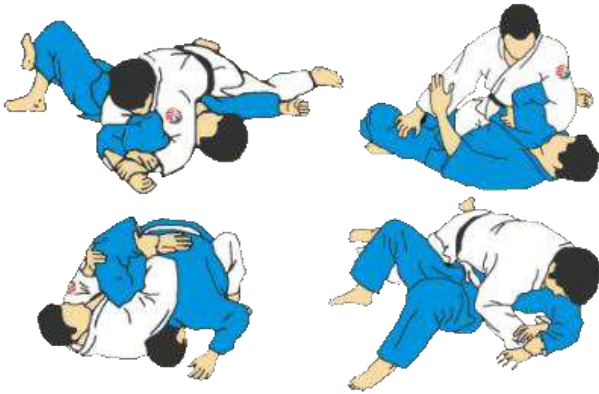


Harai tsumi komi ashi



Uki waza

Kansetsu waza (techniques de luxation)



Ude garami



Juji gatame



Ude gatame



Hara gatame



Waki gatame



Hiza gatame

Ceinture marron

Nage waza (techniques de projection)



Yoko otoshi



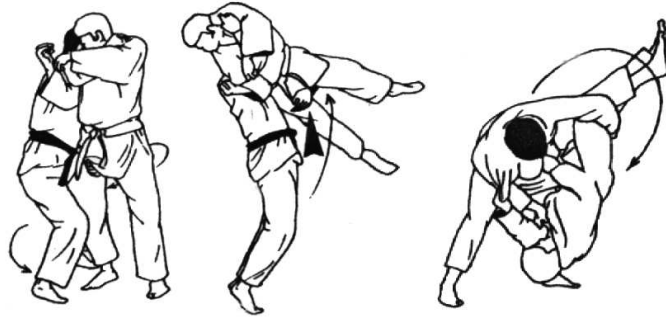
Utsuri goshi



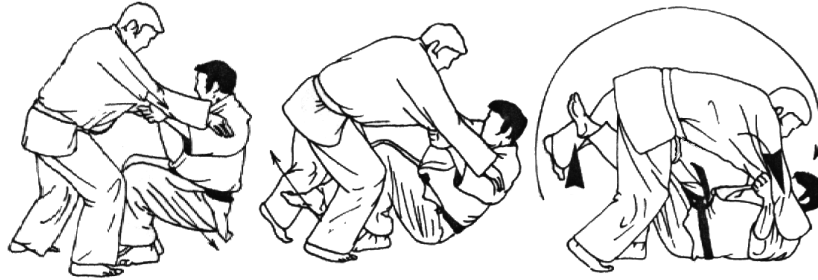
Yoko guruma



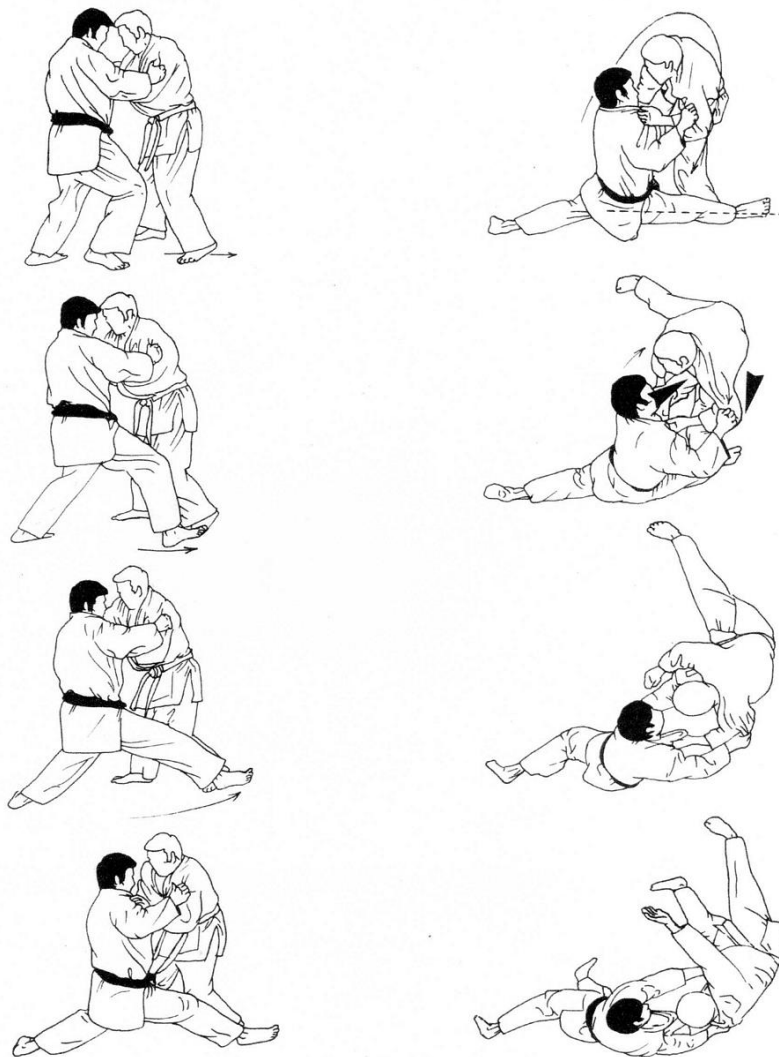
Ushiro goshi



Te guruma



Sumi gaeshi



Tani otoshi



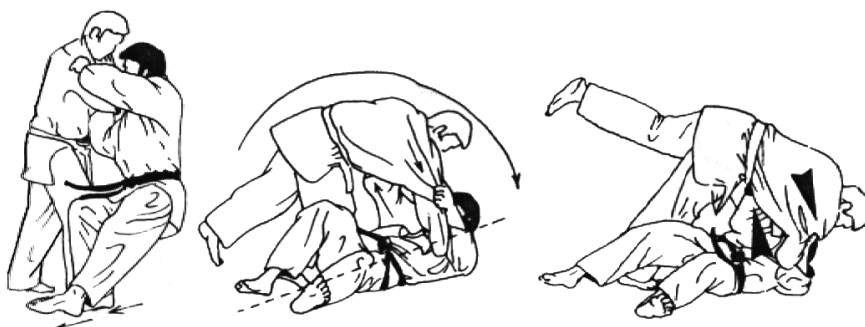
Hane maki komi



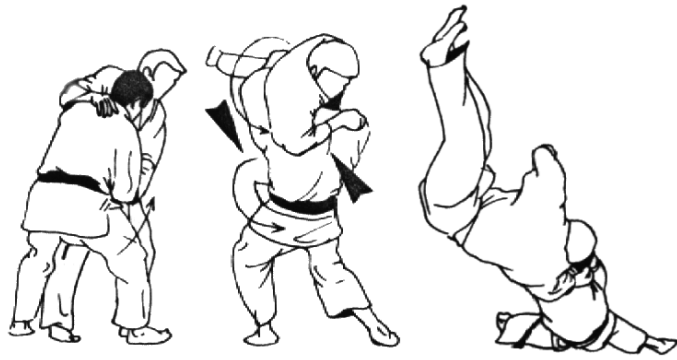
Sukui nage



O soto guruma



Yoko wakare



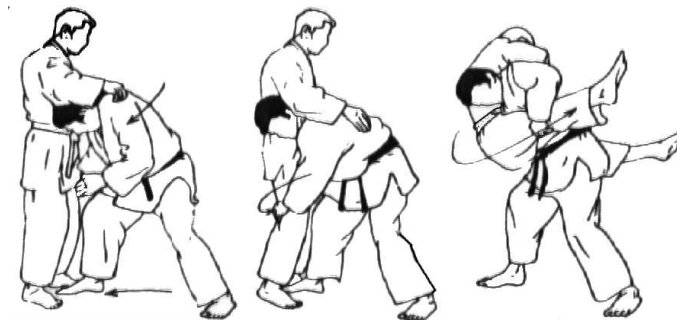
Ura nage



Sumi otoshi



Yoko gake



Morote gari



Kani basami



Seoi otoshi



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Hikikomi gaeshi