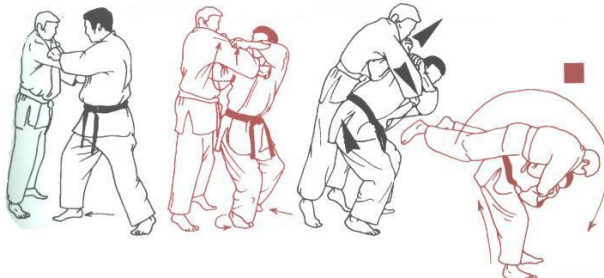


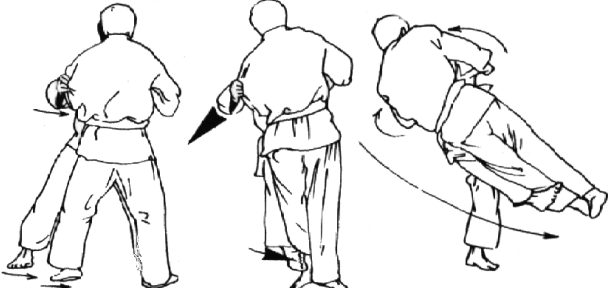
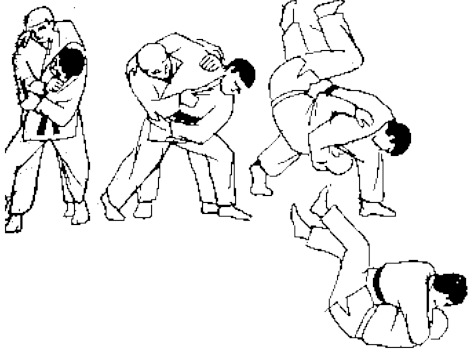



Repères techniques

<p>Morote soei nage</p>	 <p>The illustrations show the progression of Morote soei nage. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands (Morote) gripping the attacker's shoulders (Soei). The second illustration shows the defender pulling the attacker's arms. The third illustration shows the defender lifting the attacker's feet. The final illustration shows the attacker being projected (Nage) into the air, with a red square indicating the point of projection.</p>	<p>Morote : les 2 mains Soei : épaules Nage : projection</p>
<p>Ko soto gari</p>	 <p>The illustrations show the progression of Ko soto gari. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands gripping the attacker's arms. The second illustration shows the defender pulling the attacker's arms. The third illustration shows the defender sweeping the attacker's legs (Gari) from the outside (Soto).</p>	<p>Ko : petit soto : extérieur Gari : fauchage</p>
<p>De ashi barai</p>	 <p>The illustrations show the progression of De ashi barai. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands gripping the attacker's arms. The second illustration shows the defender pulling the attacker's arms. The third illustration shows the defender sweeping the attacker's legs (Barai) from the front (De).</p>	<p>De : avancé (le pied avancé) Ashi : jambe Barai : blayage</p>
<p>Okuri ashi barai</p>	 <p>The illustrations show the progression of Okuri ashi barai. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands gripping the attacker's arms. The second illustration shows the defender pulling the attacker's arms. The third illustration shows the defender sweeping the attacker's legs (Barai) from the back (Okuri).</p>	<p>Okuri : en tirant (les 2 jambes en même temps) Ashi : jambe Barai : blayage</p>
<p>Kubi nage</p>	 <p>The illustrations show the progression of Kubi nage. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands gripping the attacker's neck (Kubi). The second illustration shows the defender pulling the attacker's neck. The third illustration shows the attacker being projected (Nage) into the air.</p>	<p>Kubi : cou Nage : projection</p>
<p>Uki otoshi</p>	 <p>The illustrations show the progression of Uki otoshi. It starts with two practitioners in a neutral stance. The first illustration shows the defender's hands gripping the attacker's arms. The second illustration shows the defender pulling the attacker's arms. The third illustration shows the defender sweeping the attacker's legs (Otoshi) from the side, causing the attacker to be projected (Uki) into the air.</p>	<p>Uki : flottant Otoshi : renversement</p>