

5 ème Kyu



Yoko Shiho Gatame



Kuzure Kesa Gatame



Kata Gatame



Kesa Gatame



Tate Shiho Gatame

4 ème Kyu



Kami Shiho Gatame



Kuzure Kami Shiho Gatame

3 ème Kyu



Gyaku Juji-Jime



Kata Juji-Jime



Hadaka Jime



Okuri Eri Jime



Ude Hishigi Juji Gatame



Nami Juji-Jime

2 ème Kyu



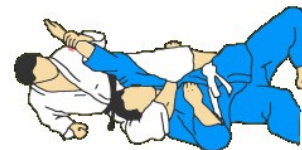
Ude Garami



Ude Hishigi Ude Gatame



Ude Hishigi Hiza Gatame



Sankaku Gatame



Kata Ha Jime

1 ème Kyu



Ude Hishigi Waki Gatame



Ude Hishigi Ashi Gatame



Ude Hishigi Hara Gatame



Ude Hishigi Te Gatame



Sode Guruma Jime



Kata Te Jime



Ryo Te Jime