

NOMENCLATURE TECHNIQUE BLOC 1 EPREUVE 3

| NAGE WAZA | | | |
|----------------------|--------------------|----------------------|----------------|
| KOSHI WAZA | TE WAZA | ASHI WAZA | SUTEMI WAZA |
| Harai Goshi | Ippon Seoi Nage | De Ashi Barai | Sumi Gaeshi |
| Kubi Nage | Kata Guruma | Hiza Guruma | Tome Nage |
| Koshi Guruma | Uki Otoshi | Sasae Tsurikomi Ashi | Tani Otoshi |
| O Goshi | Tai Otoshi | Ko Soto Gari | Yoko Guruma |
| Tsurikomi Goshi | Morote Seoi Nage | Ko Uchi Gari | Soto Maki Gomi |
| Uki Goshi | Kata Eri Seoi Nage | Okuri Ashi Barai | |
| Hane Goshi | Te Guruma | O Soto Gari | |
| Ushiro Goshi | | O Uchi Gari | |
| Sode Tsurikomi Goshi | | Uchi Mata | |

| NE WAZA | | |
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| OSAEKOMI WAZA | SHIME WAZA | KANSETSU WAZA |
| Hon Gesa Gatame | Gyaku Juji Jime | Ude Hishigi Juji Gatame |
| Kami Shio Gatame | Hadaka Jime | Ude Hishigi Ude Gatame |
| Tate Shio Gatame | Kata Juji Jime | Ude Garami |
| Yoko Shio Gatame | Nami Juji Jime | Ude Hishigi Waki Gatame |
| Ushiro Gesa Gatame | Okuri Eri Jime | Ude Hishigi Hiza Gatame |
| Kuzure Gesa Gatame | Sankaku Jime | |
| Kata Gatame | Kata Ha Jime | |
| Kuzure Tate Shio Gatame | | |
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