

## 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		
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	
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