

LES

TECHNIQUES

DE BASE PAR

PROJECTIONS



Projection 1

- 1/ Fauchage de jambe arrière



1



2



3



4



5

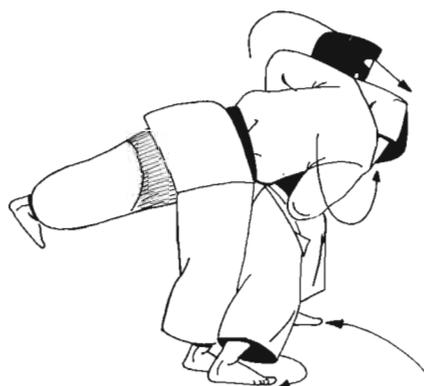


Projection 2

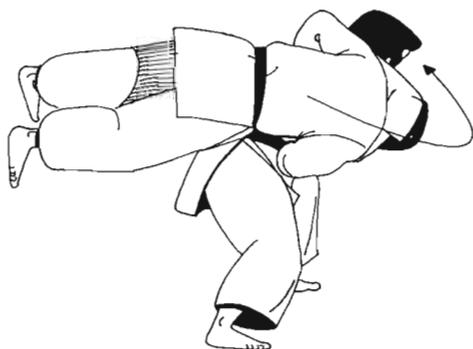
- 2/ Fauchage avec jambe en barrage



1



2



3



4

Projection 3

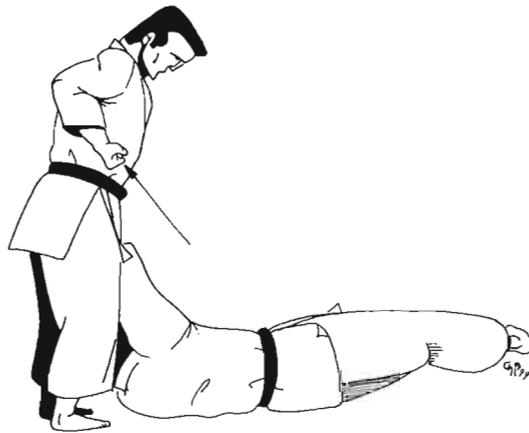
- 3/ Projection par l'épaule



1



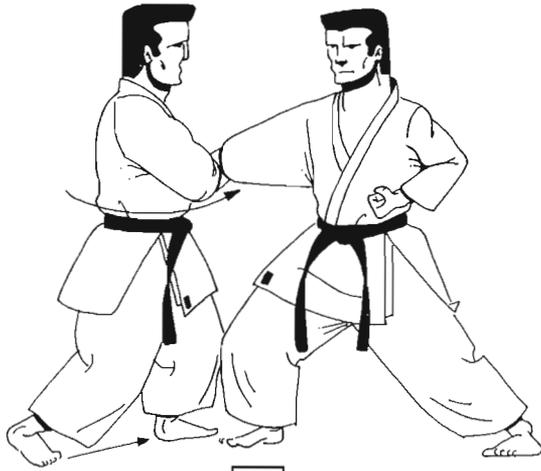
2



3

Projection 4

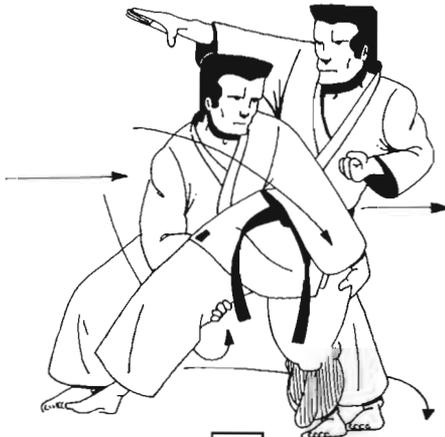
- 4/ Ramassage de jambes



1



2



3



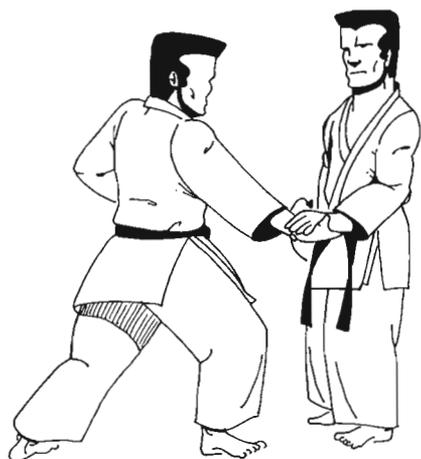
4



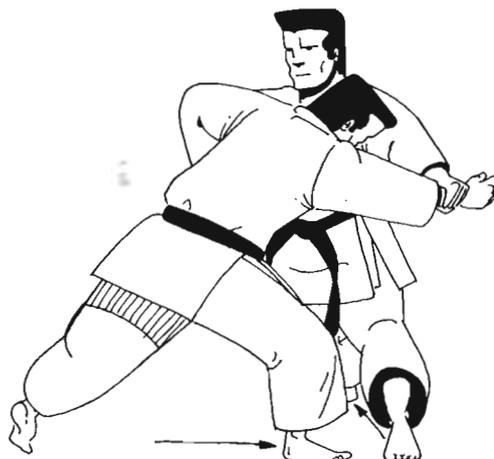
5

Projection 5

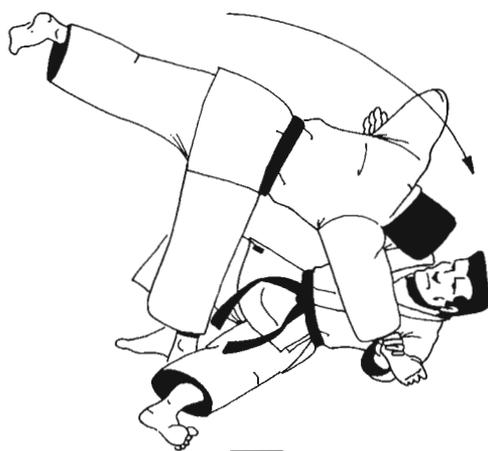
- 5/ Sacrifice du corps



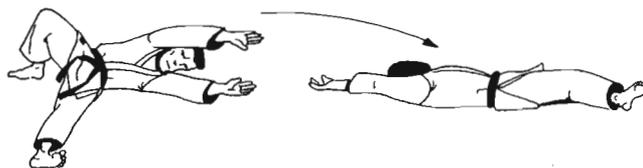
1



2



3



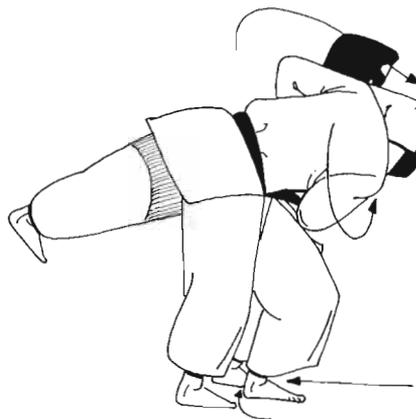
4

Projection 6

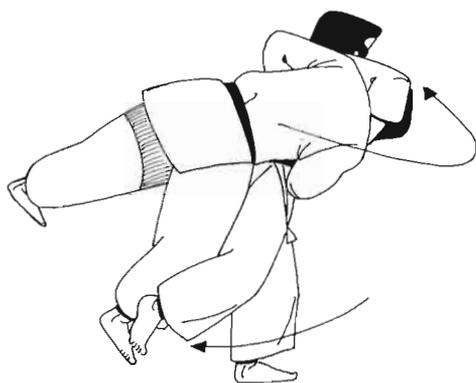
- 6/ Fauchage de jambe avant



1



2



3



4

Projection 7

• 7/ Rversement vers l'arrière



1



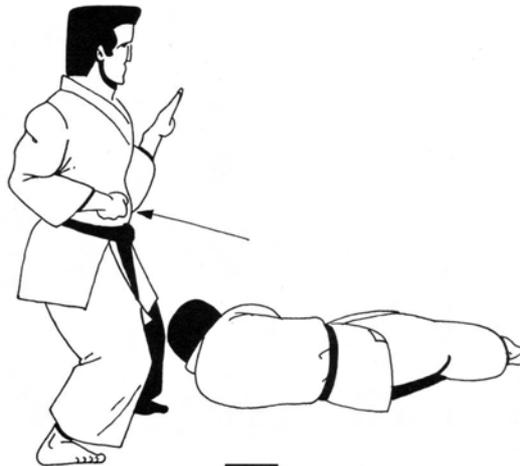
2



3



4



5

Projection 8

- 8/ Enroulement par l'épaule

