

ASHI WAZA  
(technique de jambe)

O SOTO GARI



ASHI WAZA  
(technique de jambe)

O UCHI GARI



ASHI WAZA  
(technique de jambe)

HIZA GURUMA



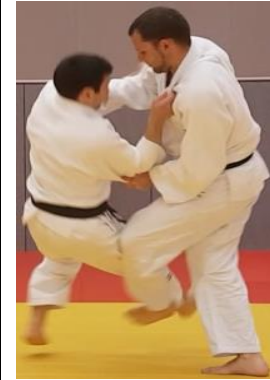
ASHI WAZA  
(technique de jambe)

UCHI MATA



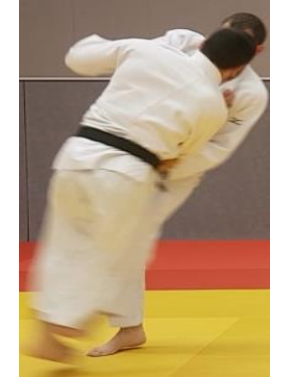
ASHI WAZA  
(technique de jambe)

DE ASHI BARAI



ASHI WAZA  
(technique de jambe)

OKURI ASHI BARAI



TE WAZA  
(technique de bras)

IPPON SEOI NAGE



TE WAZA  
(technique de bras)

KATA GURUMA



TE WAZA  
(technique de bras)

TAI OTOSHI



TE WAZA  
(technique de bras)

TE GURUMA



TE WAZA  
(technique de bras)

MOROTE SEOI NAGE



TE WAZA  
(technique de bras)

UKI OTOSHI



**KOSHI WAZA**  
(technique de hanche)



**KOSHI WAZA**  
(technique de hanche)



**KOSHI WAZA**  
(technique de hanche)



**KOSHI WAZA**  
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**KOSHI WAZA**  
(technique de hanche)



**SUTEMI WAZA**  
(technique de sacrifice)



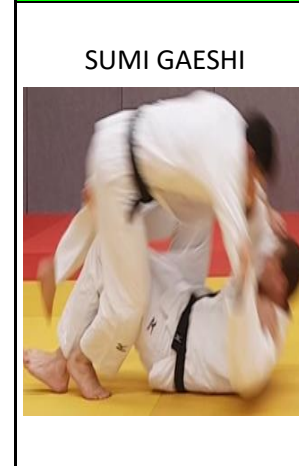
**SUTEMI WAZA**  
(technique de sacrifice)



**SUTEMI WAZA**  
(technique de sacrifice)



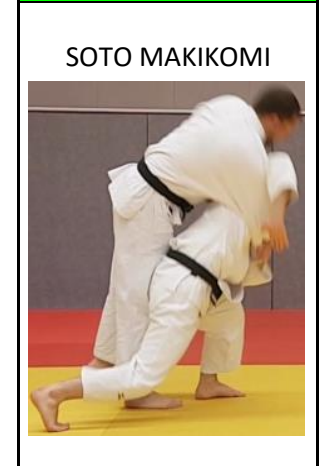
**SUTEMI WAZA**  
(technique de sacrifice)



**SUTEMI WAZA**  
(technique de sacrifice)



**SUTEMI WAZA**  
(technique de sacrifice)



OSAE WAZA  
(technique  
d'immobilisation)

TATE SHIHO GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

OSAE WAZA  
(technique  
d'immobilisation)

HON GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

OSAE WAZA  
(technique  
d'immobilisation)

YOKO SHIHO GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

OSAE WAZA  
(technique  
d'immobilisation)

KAMI SHIHO GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

OSAE WAZA  
(technique  
d'immobilisation)

MAKURA GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

OSAE WAZA  
(technique  
d'immobilisation)

USHIRO GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.


KANSETSU WAZA  
(technique de luxation)

JUJI GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

KANSETSU WAZA  
(technique de luxation)

UDE GARAMI

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

KANSETSU WAZA  
(technique de luxation)

UDE GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

KANSETSU WAZA  
(technique de luxation)

WAKI GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

KANSETSU WAZA  
(technique de luxation)

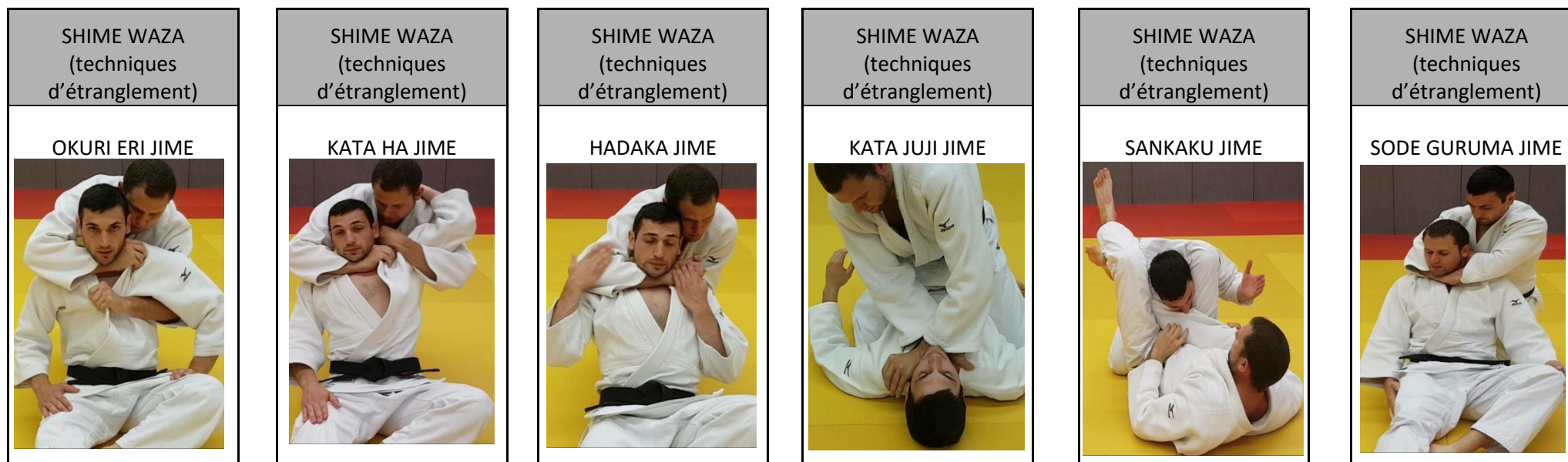
HARA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.

KANSETSU WAZA  
(technique de luxation)

ASHI GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The immobilizer is on their side, with their back to the mat, and their arms are wrapped around the opponent's torso and legs.



**REGLES : DECOUPER CHAQUE CARTE AVANT DE COMMENCER.** Avoir le maximum de familles à la fin de la partie pour gagner.

Début de partie : distribuer 6 cartes par joueur, le reste des cartes forme la « pioche ».

Pour pouvoir demander une carte d'une famille, il faut déjà posséder une carte de cette même famille. Si l'on demande une carte à un joueur et qu'il ne l'a pas, il faut piocher. Rotation dans le sens des aiguilles d'une montre, le (la) plus jeune commence.

7 familles de techniques :

| ASHI WAZA        | TE WAZA          | KOSHI WAZA       | SUTEMI WAZA     | OSAE WAZA          | KANSETSU WAZA | SHIME WAZA       |
|------------------|------------------|------------------|-----------------|--------------------|---------------|------------------|
| O SOTO GARI      | IPPON SEOI NAGE  | O GOSHI          | TOMOE NAGE      | TATE SHIHO GATAME  | JUJI GATAME   | OKURI ERI JIME   |
| O UCHI GARI      | KATA GURUMA      | HARAI GOSHI      | YOKO TOMOE NAGE | HON GESA GATAME    | UDE GARAMI    | KATA HA JIME     |
| HIZA GURUMA      | TAI OTOSHI       | UKI GOSHI        | URA NAGE        | YOKO SHIHO GATAME  | UDE GATAME    | HADAKA JIME      |
| UCHI MATA        | TE GURUMA        | USHIRO GOSHI     | SUMI OTOSHI     | KAMI SHIHO GATAME  | WAKI GATAME   | KATA JUJI JIME   |
| DE ASHI BARAI    | MOROTE SEOI NAGE | UTSURI GOSHI     | TANI OTOSHI     | MAKURA GESA GATAME | HARA GATAME   | SANKAKU JIME     |
| OKURI ASHI BARAI | UKI OTOSHI       | TSURI KOMI GOSHI | SOTO MAKIKOMI   | USHIRO GESA GATAME | ASHI GATAME   | SODE GURUMA JIME |