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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

Total Note / 10

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| Techniques                        | Placement | Déséquilibre | Projection | Contrôle | Note /10 |
|-----------------------------------|-----------|--------------|------------|----------|----------|
| O Goshi                           |           |              |            |          |          |
| O Soto Gari                       |           |              |            |          |          |
| Ippon Seoï Nage                   |           |              |            |          |          |
| Morote Seoï Nage                  |           |              |            |          |          |
| Hiza Guruma                       |           |              |            |          |          |
| Sasae Tsuru Komi Ashi             |           |              |            |          |          |
| O Uchi Gari                       |           |              |            |          |          |
| Haraï Goshi                       |           |              |            |          |          |
| Morote Seoï Otoshi                |           |              |            |          |          |
| Tsuru Komi Goshi                  |           |              |            |          |          |
| Taï Otoshi                        |           |              |            |          |          |
| Ko Uchi Gari                      |           |              |            |          |          |
| Kubi Nage                         |           |              |            |          |          |
| Eri Seoï Nage                     |           |              |            |          |          |
| Eri Seoï Otoshi                   |           |              |            |          |          |
| Uchi Mata Ashi                    |           |              |            |          |          |
| Uchi Mata Goshi                   |           |              |            |          |          |
| Hane Goshi                        |           |              |            |          |          |
| <b>Kami Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Kami Shio Gatame</b> |           |              |            |          |          |
| <b>Yoko Shio Gatame</b>           |           |              |            |          |          |
| <b>1e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>2e Kuzure Yoko Shio Gatame</b> |           |              |            |          |          |
| <b>On Gesa Gatame</b>             |           |              |            |          |          |
| <b>Kuzure Gesa Gatame</b>         |           |              |            |          |          |
| <b>Tate Shio Gatame</b>           |           |              |            |          |          |
| <b>Kuzure Tate Shio Gatame</b>    |           |              |            |          |          |
| <b>Ushiro Gesa Gatame</b>         |           |              |            |          |          |
| <b>Kata Gatame</b>                |           |              |            |          |          |
| <b>Makura Gesa Gatame</b>         |           |              |            |          |          |
| Chutes                            | Placement | Contrôle     | Note /10   |          |          |
| Arrière                           |           |              |            |          |          |
| Latérale Droite                   |           |              |            |          |          |
| Latérale Gauche                   |           |              |            |          |          |
| Avant Droite                      |           |              |            |          |          |
| Avant Gauche                      |           |              |            |          |          |

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