

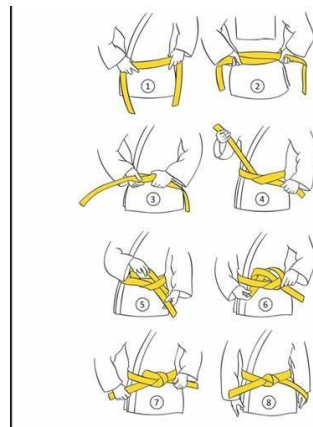


Passage de grade JCOR

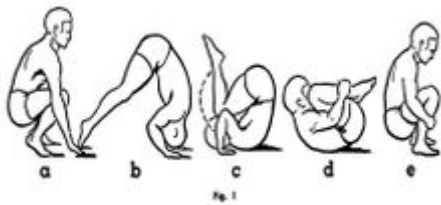
Baby judo :



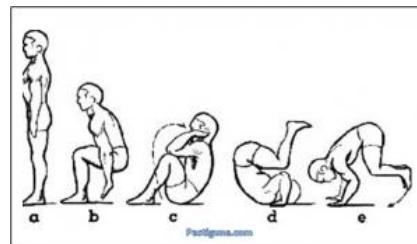
Jigoro Kano (créateur du judo)



Nœud de ceinture



Roulade avant



Roulade Arrière



Chute arrière



Chute avant



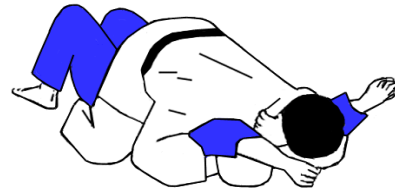
Hon geza gatame (la voiture ou le canapé)



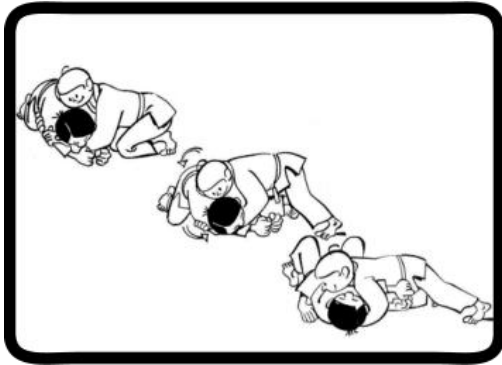
Yoko shio gatame (la grande pince de crabe)



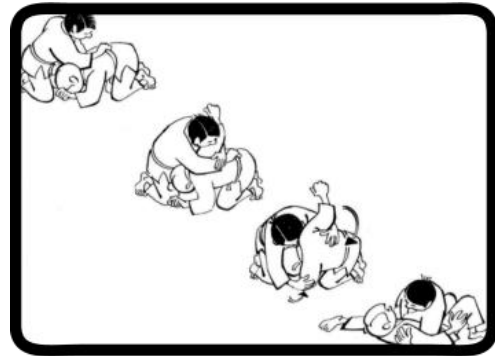
Kami shio gatame (le casque)



Tate shio gatame (le cheval)



Le rouleau compresseur



La montre