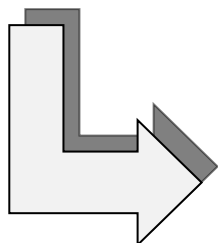


CONTRE- PRISES

Uke attaque



Tori contre attaque

- *De Ashi BaraiDe Ashi Barai*
- *Ko Uchi GariDe Ashi Barai*
- *O Uchi GariO Uchi Gaeshi*
- *O Soto Gari.....Ippon Seoï Nage*
- *Hiza Guruma..... Hiza Guruma*
- *O Soto GariO Soto Gaeshi*
- *O Uchi GariIppon Seoï Nage*
- *Tai Otoshi.....Ko Soto Gake*
- *Ko Uchi GariHiza Guruma à gauche*
- *De Ashi BaraiTai Otoshi.*