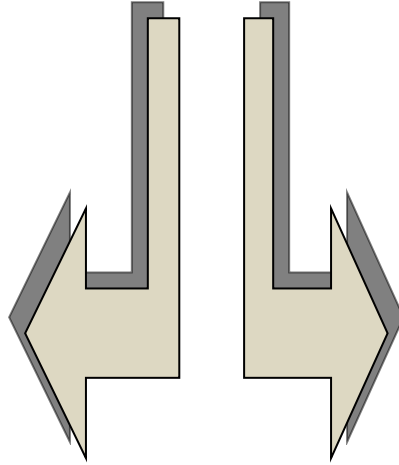


UCHI MATA

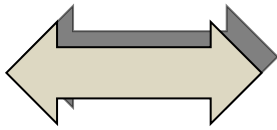
(Fauchage interne)



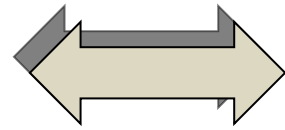
Forme Ashi Waza (jambe)



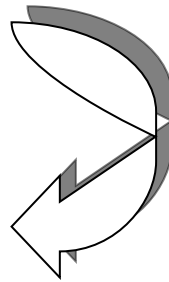
Forme Koshi Waza (hanche)



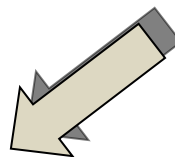
Tori avance ou recule ...



Tori avance ou recule ...



Tori fait tourner Uke sur la gauche de celui-ci...



Tori se déplace latéralement...