

# Progression française de Judo par ceintures

## Ceinture blanche

### Nage waza (techniques de projection)



O goshi



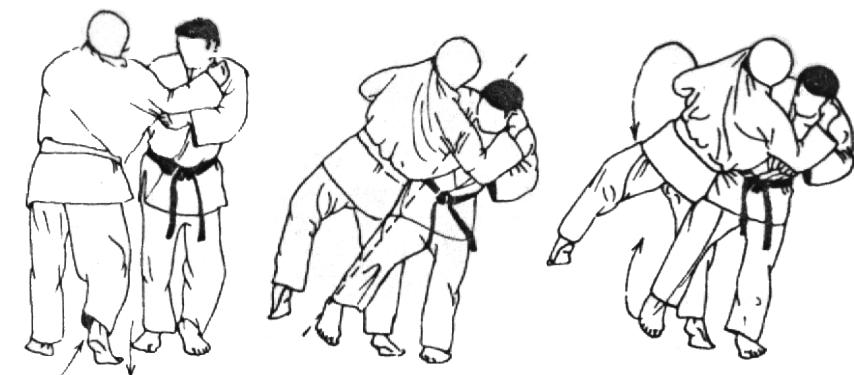
Ippon seoi nage



Hiza guruma (c'est le genou qui est bloqué)



De hashi barai (la jambe de Uke n'est pas encore posée)

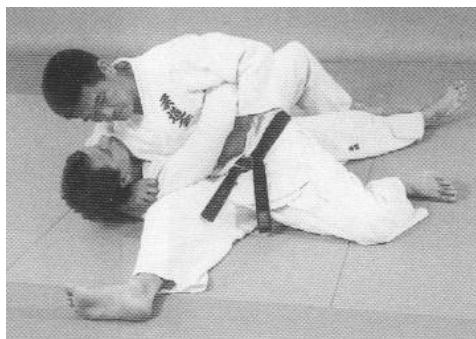


O soto gari



Uki goshi (la hanche de Tori percute le centre du bassin de Uke)

### Katame waza (techniques d'immobilisation)



Hon gesa gatame



Yoko shiho gatame



Ushiro gesa gatame



Kami shiho gatame



Tate shiho gatame

## Ceinture jaune

### Nage waza (techniques de projection)



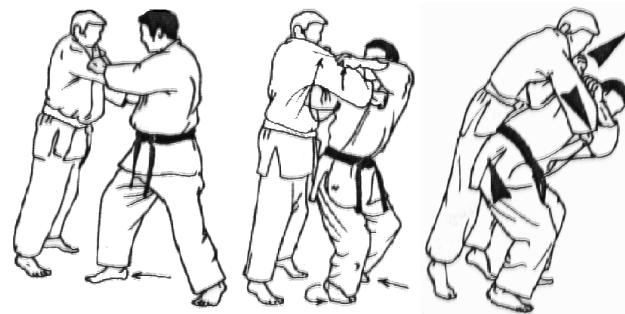
Tsurikomi goshi



Sode tsurikomi goshi



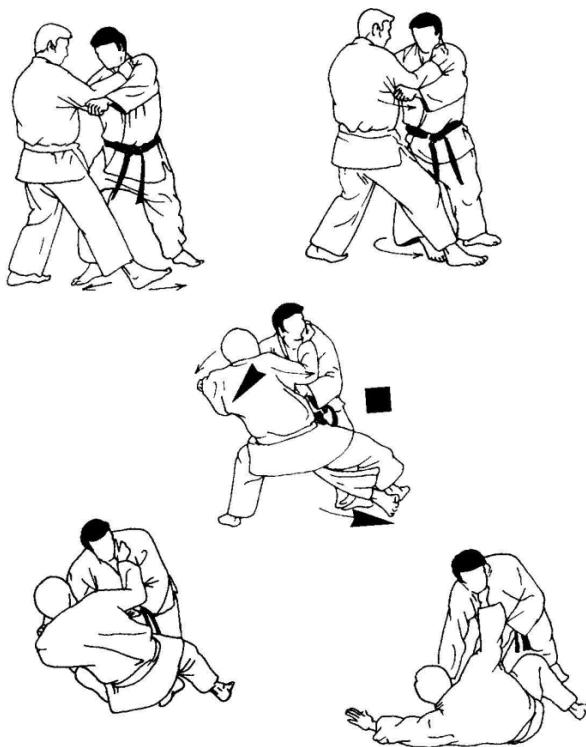
Harai goshi



Morote seoi nage



Sasae tsurikomi ashi (c'est la cheville qui est balayée)

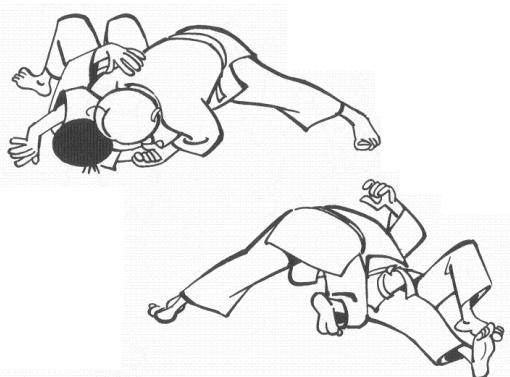


Ko uchi gari



O uchi gari

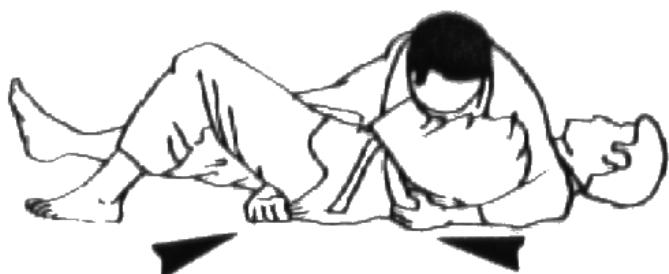
### Katame waza (techniques d'immobilisation)



KATA-GATAME



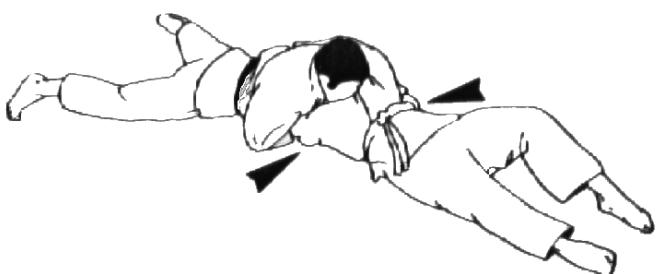
Kuzure kesa gatame



Kuzure yoko shiho gatame 1  
(Le genou droit de Tori vient bloquer la hanche droite de Uke)



Makura gesa gatame



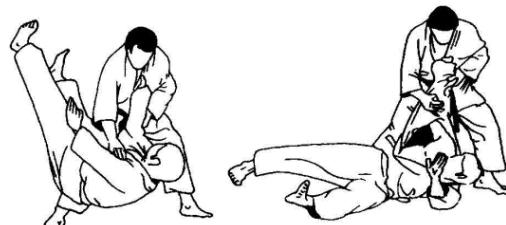
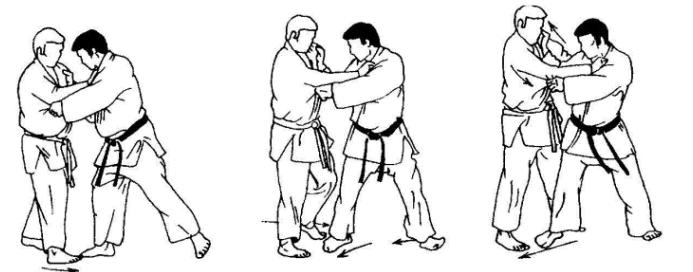
Kuzure kami shiho gatame 1



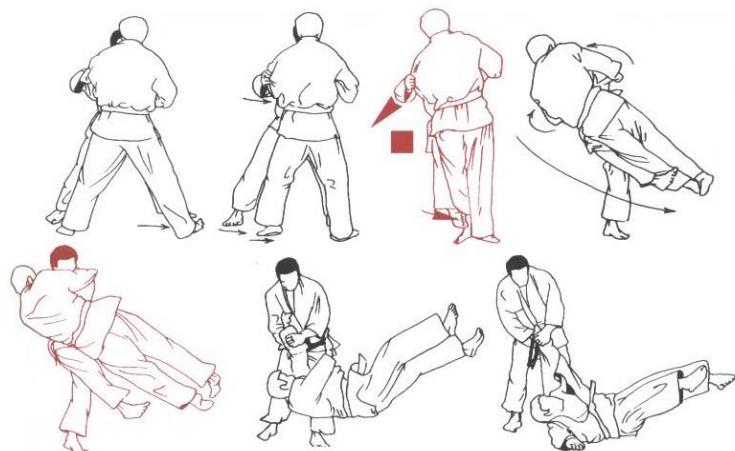
Kuzure tate shiho gatame 1

## Ceinture orange

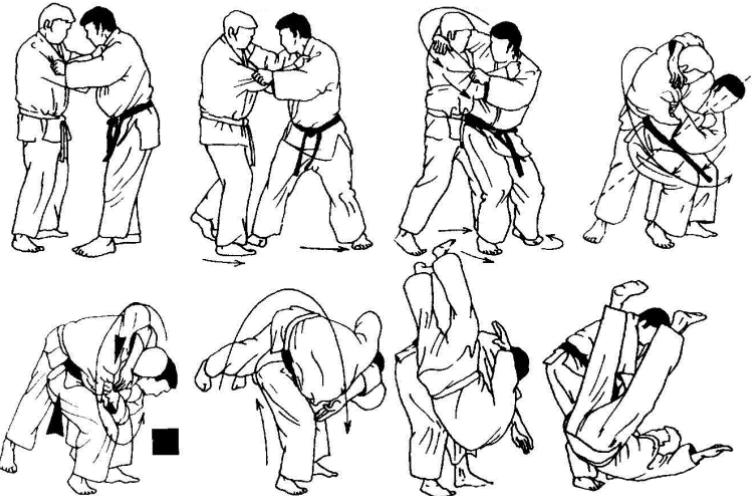
### Nage waza (techniques de projection)



Tai otoshi



Okuri ashi baraï (déplacement latéral simultané de Uke et Tori => balayage latéral)



Koshi guruma



Hane goshi

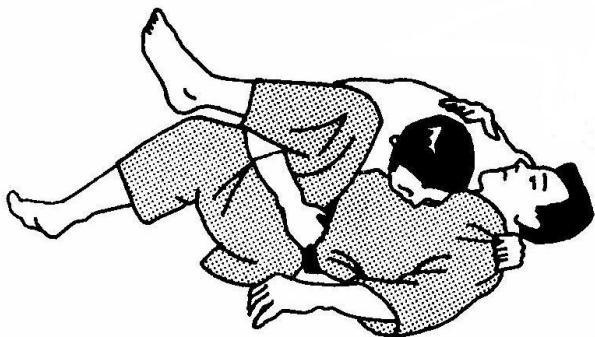


Uchi mata

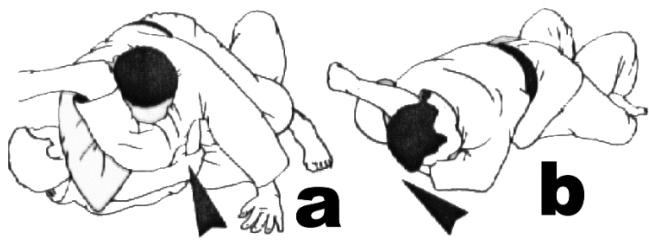


Ko soto gari (la jambe de Uke vient juste de se poser)

## Katame waza (techniques d'immobilisation)



**Kuzure yoko shiho gatame 2**  
(Tori peut aussi contrôler la jambe droite de Uke au lieu de sa jambe gauche)



**Kuzure tate shiho gatame 2**



**Kuzure makura kesa gatame 2**  
(Tori saisit son revers gauche de son bras droit)



**Kuzure kami shiho gatame 2**  
(La main droite de Tori passe sous l'aisselle droite de Uke et vient saisir le col arrière de Uke)

## Ceinture verte

### Nage waza (techniques de projection)



Kata guruma



Tomoe nage



Ko soto gake



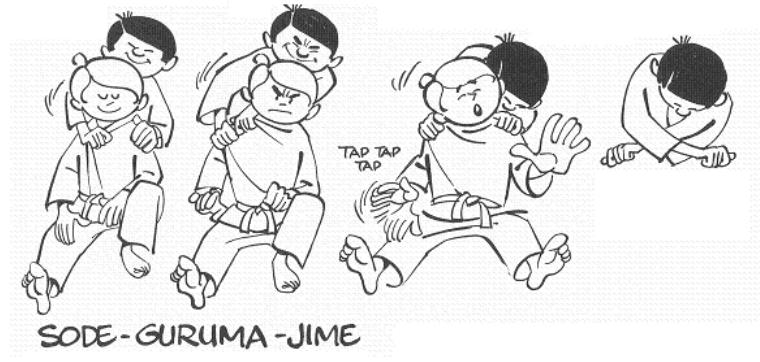
Uki otoshi



Ashi guruma

### Shime waza (techniques d'étranglement)

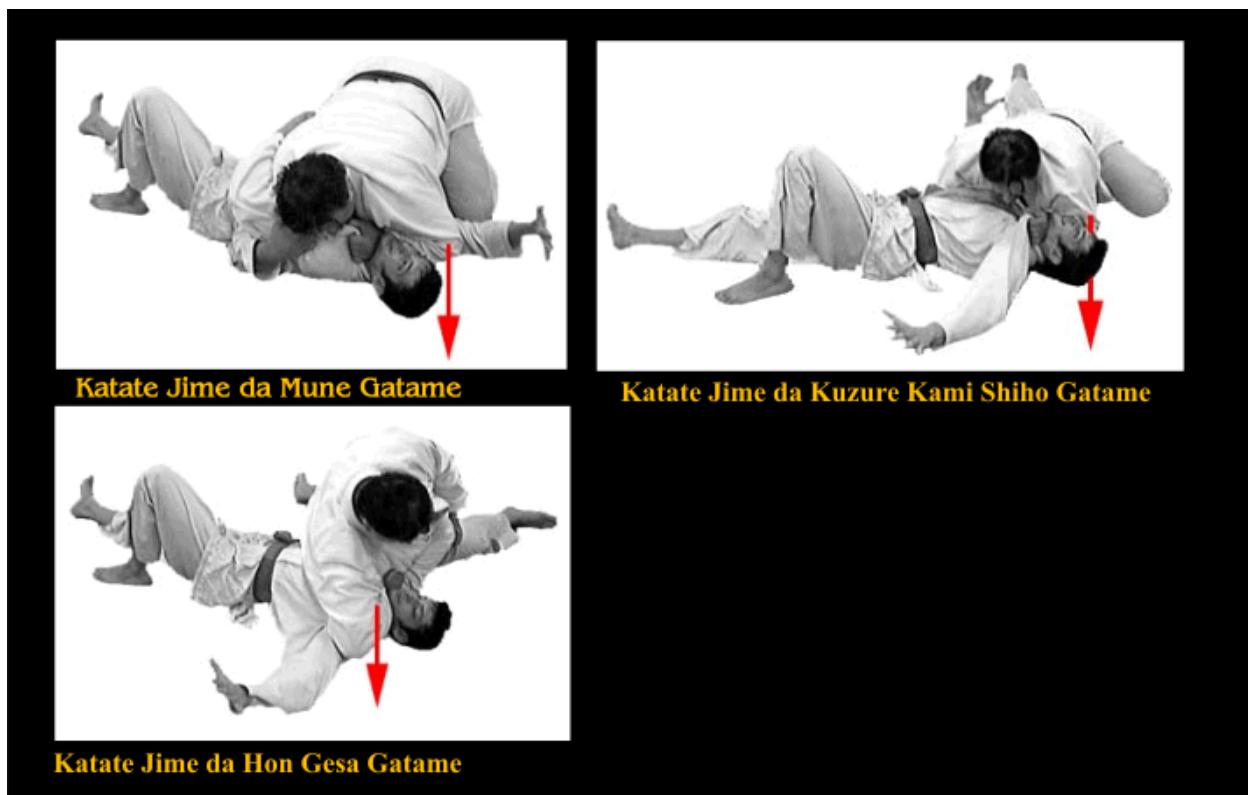
 Kata juji jime	 Gyaku juji jime	 Nami juji jime	 Morote jime (Tori comprime les carotides de Uke entre les phalanges de ses deux poings)
 Hadaka jime	 Okuri eri jime	 Kata ha jime	



SODE - GURUMA - JIME



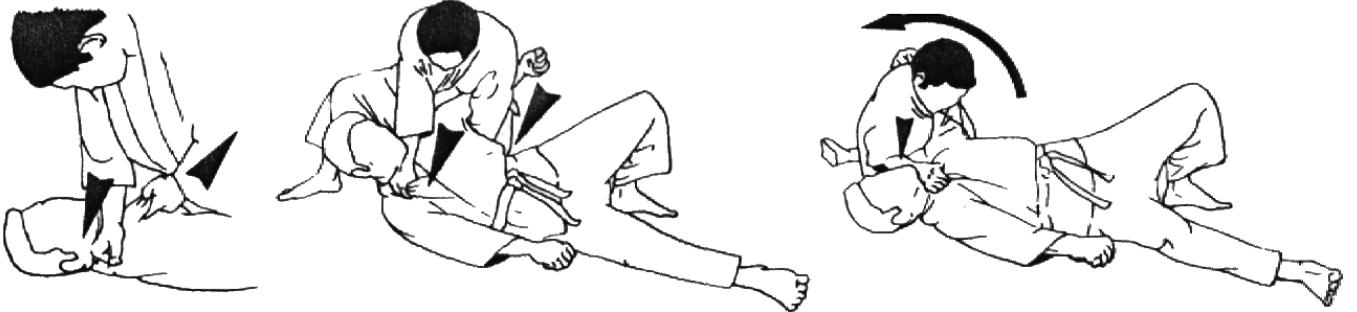
Ashi gatame



Katate Jime da Mune Gatame

Katate Jime da Kuzure Kami Shiho Gatame

Katate Jime da Hon Gesa Gatame



Kata Jime (différentes variantes)

## Ceinture bleue

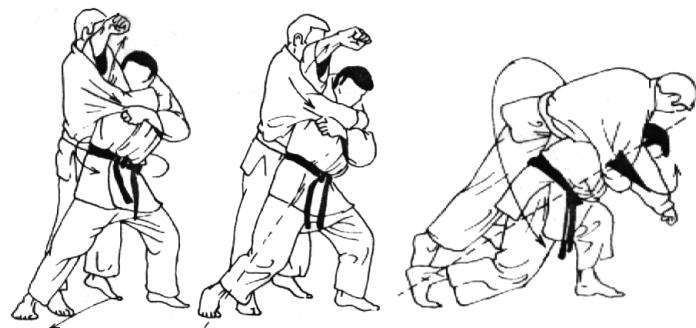
### Nage waza (techniques de projection)



O guruma



O soto otoshi



Soto maki komi

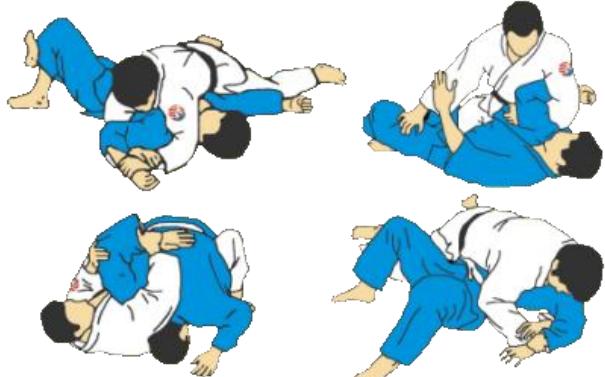


Harai tsuri komi ashi



Uki waza

### Kansetsu waza (techniques de luxation)



Ude garami



Juji gatame



Ude gatame



Hara gatame



Waki gatame



Hiza gatame

## Ceinture marron

### Nage waza (techniques de projection)



Yoko otoshi



Utsuri goshi



Yoko guruma



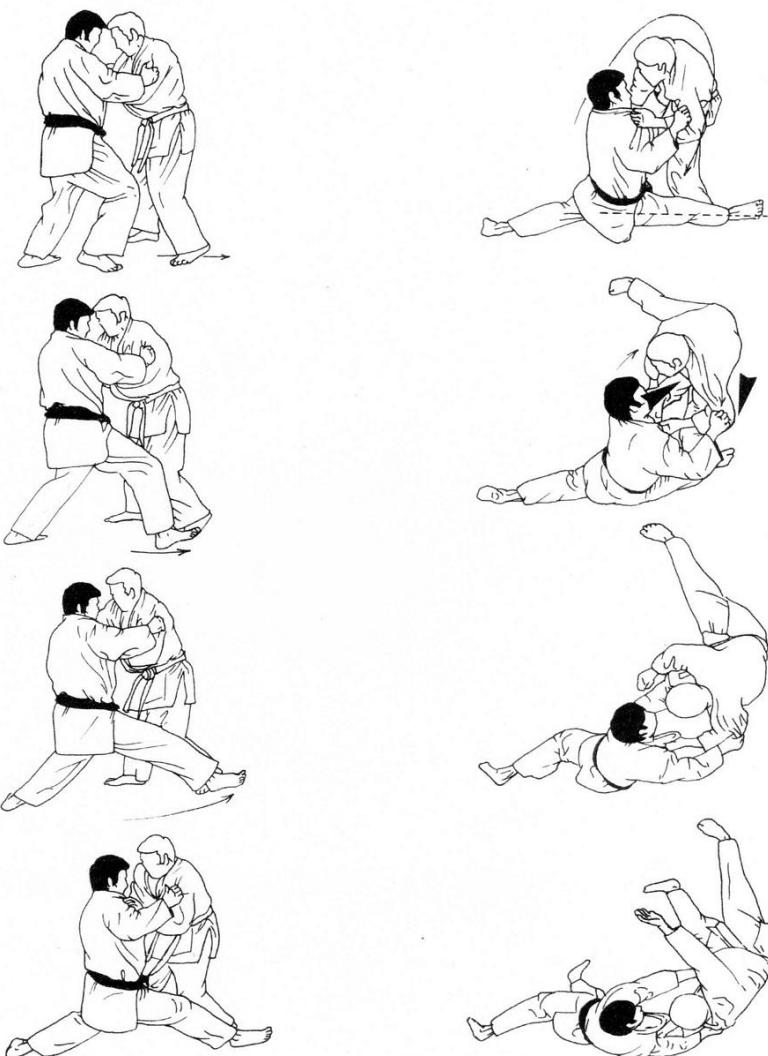
Ushiro goshi



Te guruma



Sumi gaeshi



Tani otoshi



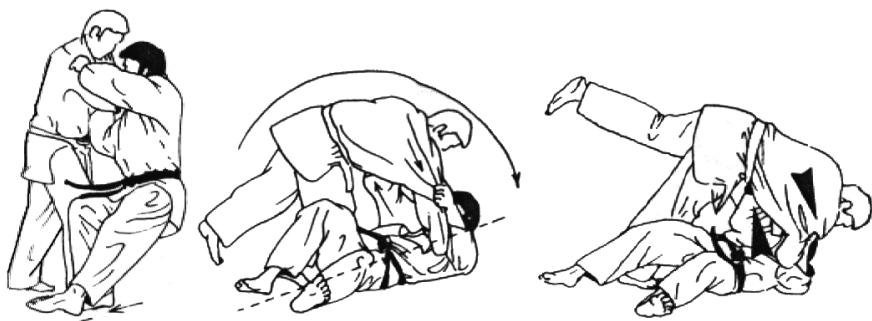
Hane maki komi



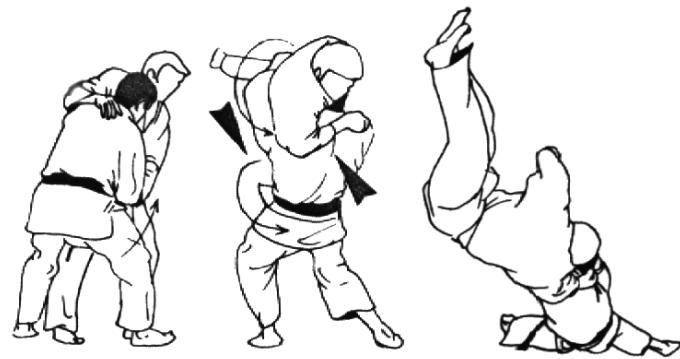
Sukui nage



O soto guruma



Yoko wakare



Ura nage



Sumi otoshi



Yoko gake



Morote gari



Kani basami



Seoi otoshi



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Hikikomi gaeshi