

ASHI WAZA  
(technique de jambe)

O SOTO GARI



ASHI WAZA  
(technique de jambe)

O UCHI GARI



ASHI WAZA  
(technique de jambe)

HIZA GURUMA



ASHI WAZA  
(technique de jambe)

UCHI MATA



ASHI WAZA  
(technique de jambe)

DE ASHI BARAI



ASHI WAZA  
(technique de jambe)

OKURI ASHI BARAI



TE WAZA  
(technique de bras)

IPPON SEOI NAGE



TE WAZA  
(technique de bras)

KATA GURUMA



TE WAZA  
(technique de bras)

TAI OTOSHI



TE WAZA  
(technique de bras)

TE GURUMA



TE WAZA  
(technique de bras)

MOROTE SEOI NAGE



TE WAZA  
(technique de bras)

UKI OTOSHI



**KOSHI WAZA**  
(technique de hanche)

**O GOSHI**



**KOSHI WAZA**  
(technique de hanche)

**HARAI GOSHI**



**KOSHI WAZA**  
(technique de hanche)

**UKI GOSHI**



**KOSHI WAZA**  
(technique de hanche)

**USHIRO GOSHI**



**KOSHI WAZA**  
(technique de hanche)

**UTSURI GOSHI**



**KOSHI WAZA**  
(technique de hanche)

**TSURI KOMI GOSHI**



**SUTEMI WAZA**  
(technique de sacrifice)

**TOMOE NAGE**



**SUTEMI WAZA**  
(technique de sacrifice)

**YOKO TOMOE NAGE**



**SUTEMI WAZA**  
(technique de sacrifice)

**URA NAGE**



**SUTEMI WAZA**  
(technique de sacrifice)

**SUMI GAESHI**



**SUTEMI WAZA**  
(technique de sacrifice)

**TANI OTOSHI**



**SUTEMI WAZA**  
(technique de sacrifice)

**SOTO MAKIKOMI**



OSAE WAZA  
(technique  
d'immobilisation)

TATE SHIHO GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

OSAE WAZA  
(technique  
d'immobilisation)

HON GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

OSAE WAZA  
(technique  
d'immobilisation)

YOKO SHIHO GATAME

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OSAE WAZA  
(technique  
d'immobilisation)

KAMI SHIHO GATAME

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OSAE WAZA  
(technique  
d'immobilisation)

MAKURA GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

OSAE WAZA  
(technique  
d'immobilisation)

USHIRO GESA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

JUJI GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

UDE GARAMI

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

UDE GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

WAKI GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

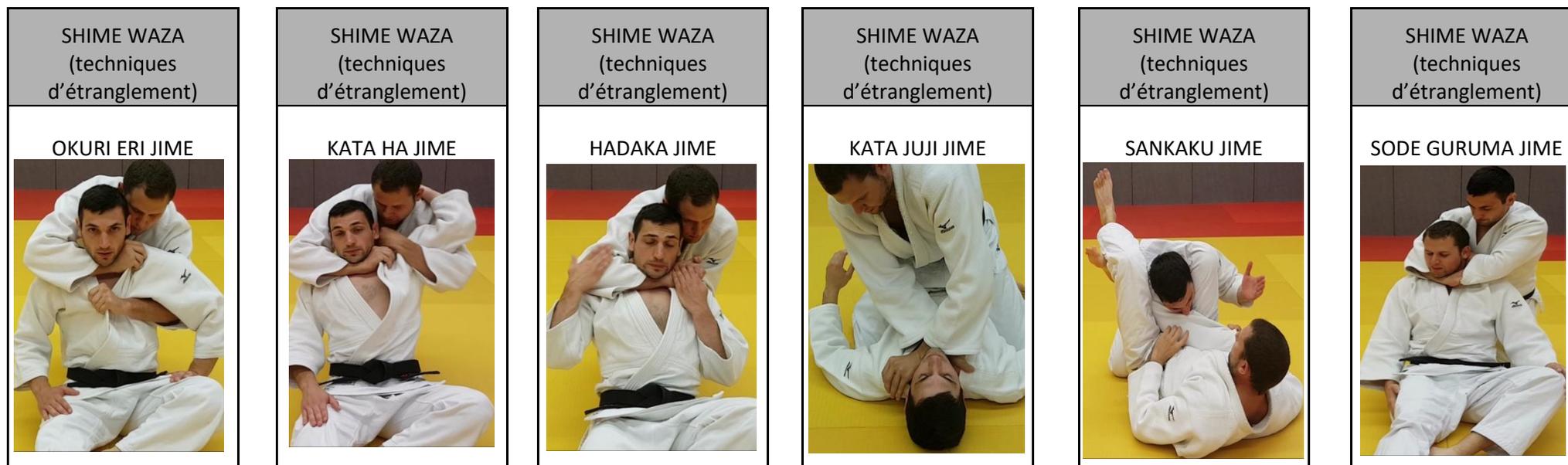
HARA GATAME

A judo practitioner in a white gi is immobilizing another person on their back. The practitioner is on their side, with their back to the ground, and their arms are wrapped around the opponent's neck and shoulders.

KANSETSU WAZA  
(technique de luxation)

ASHI GATAME

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**REGLES : DECOUPER CHAQUE CARTE AVANT DE COMMENCER.** Avoir le maximum de familles à la fin de la partie pour gagner.

Début de partie : distribuer 6 cartes par joueur, le reste des cartes forme la « pioche ».

Pour pouvoir demander une carte d'une famille, il faut déjà posséder une carte de cette même famille. Si l'on demande une carte à un joueur et qu'il ne l'a pas, il faut piocher. Rotation dans le sens des aiguilles d'une montre, le (la) plus jeune commence.

7 familles de techniques :

ASHI WAZA	TE WAZA	KOSHI WAZA	SUTEMI WAZA	OSAE WAZA	KANSETSU WAZA	SHIME WAZA
O SOTO GARI	IPPON SEOI NAGE	O GOSHI	TOMOE NAGE	TATE SHIHO GATAME	JUJI GATAME	OKURI ERI JIME
O UCHI GARI	KATA GURUMA	HARAI GOSHI	YOKO TOMOE NAGE	HON GESA GATAME	UDE GARAMI	KATA HA JIME
HIZA GURUMA	TAI OTOSHI	UKI GOSHI	URA NAGE	YOKO SHIHO GATAME	UDE GATAME	HADAKA JIME
UCHI MATA	TE GURUMA	USHIRO GOSHI	SUMI OTOSHI	KAMI SHIHO GATAME	WAKI GATAME	KATA JUJI JIME
DE ASHI BARAI	MOROTE SEOI NAGE	UTSURI GOSHI	TANI OTOSHI	MAKURA GESA GATAME	HARA GATAME	SANKAKU JIME
OKURI ASHI BARAI	UKI OTOSHI	TSURI KOMI GOSHI	SOTO MAKIKOMI	USHIRO GESA GATAME	ASHI GATAME	SODE GURUMA JIME