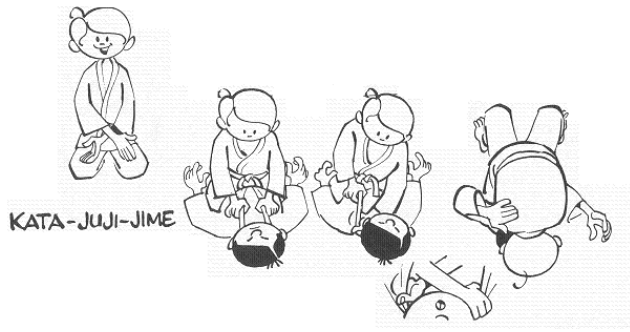


Kata juji jime : 4 doigts / 1 pouce  
 Nami juji jime: 1 pouce / 1 pouce  
 Gyaku juji jime : 4 doigts / 4 doigts



KATA-JUJI-JIME



Kata ha jime



HADAKA-JIME



Koshi jime

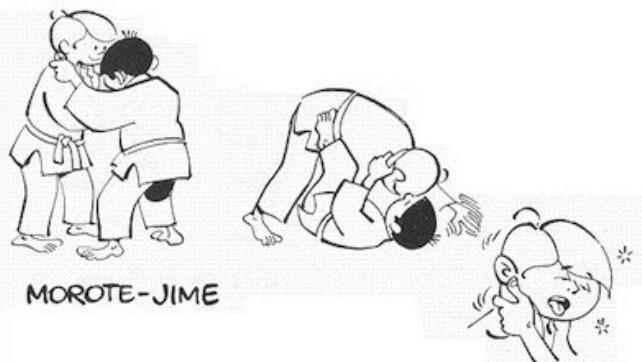
Les étranglements (Shime-Waza)



Okuri eri jime



Sankaku jime



MOROTE-JIME