

LES

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TECHNIQUES

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DE BASE PAR

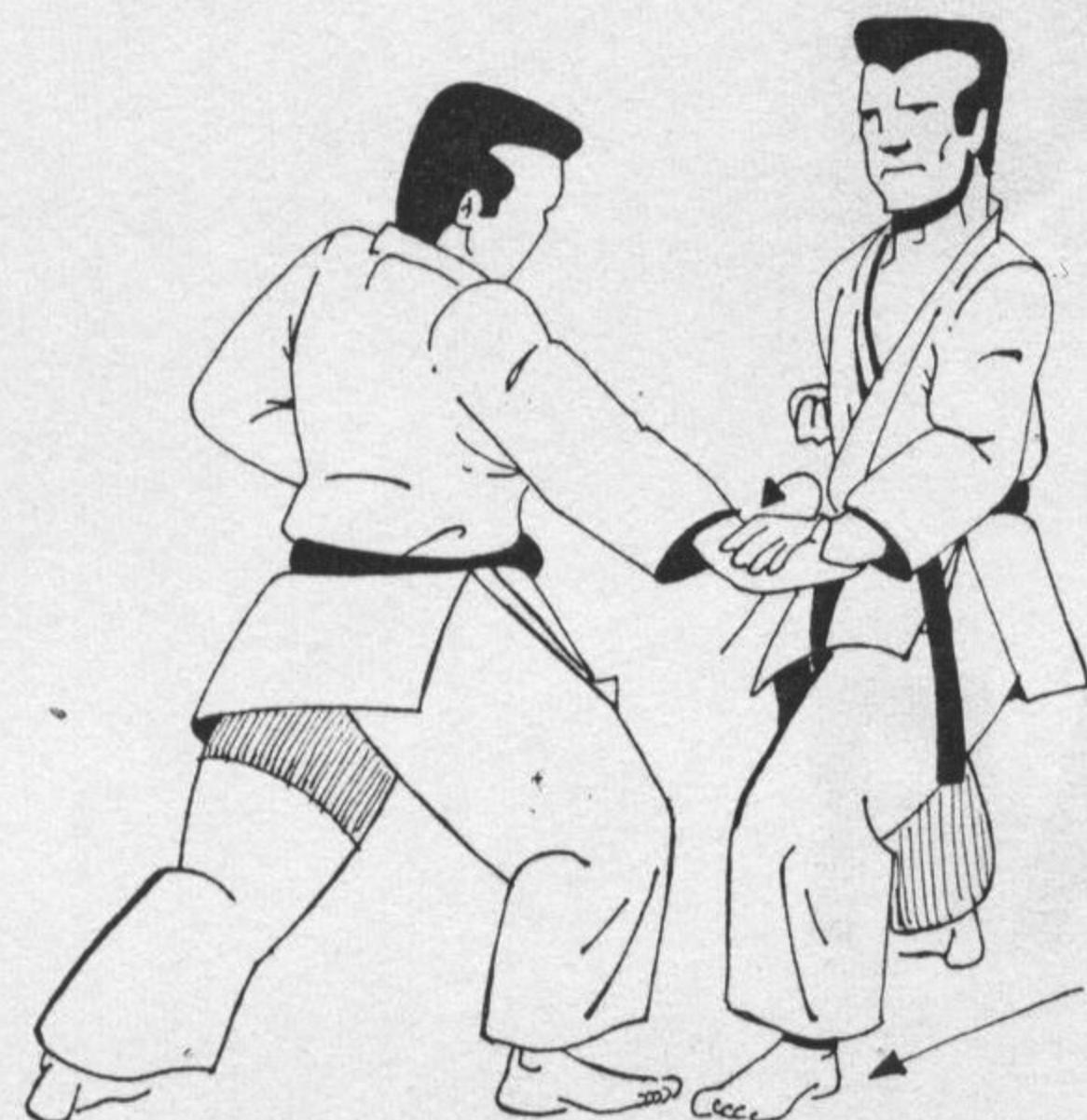
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PROJECTIONS



## Projection 1

### • 1/ Fauchage de jambe arrière



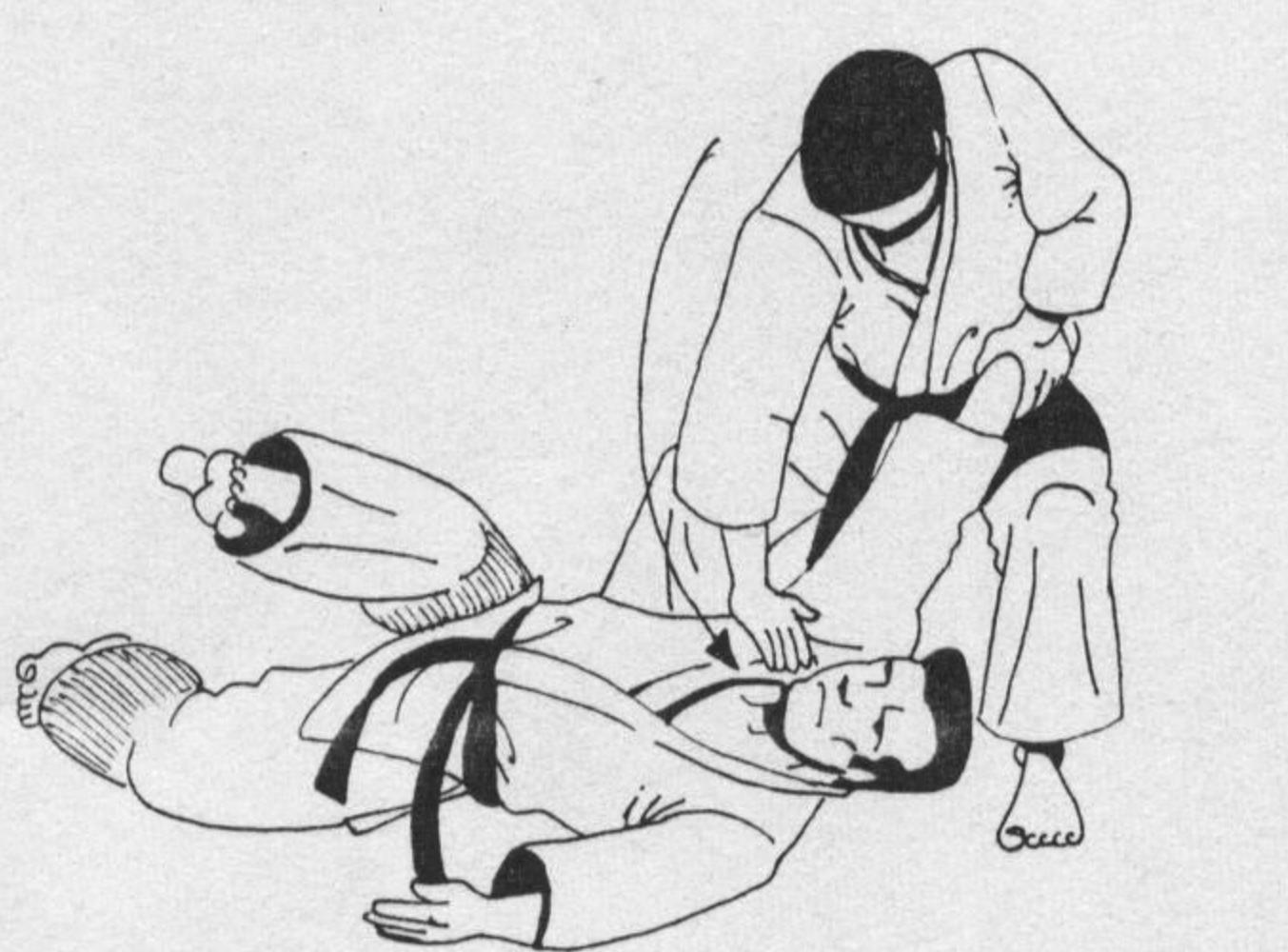
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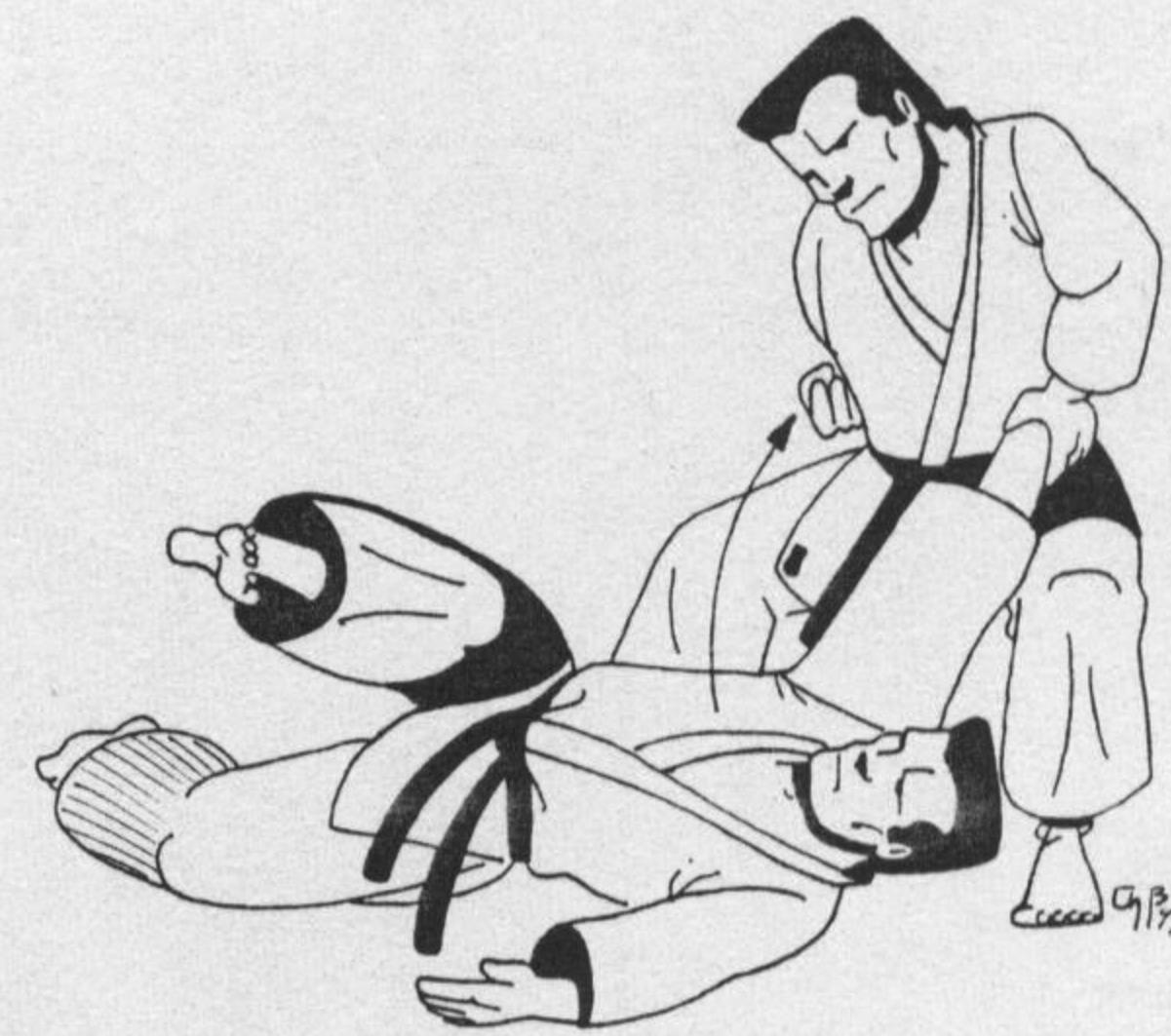
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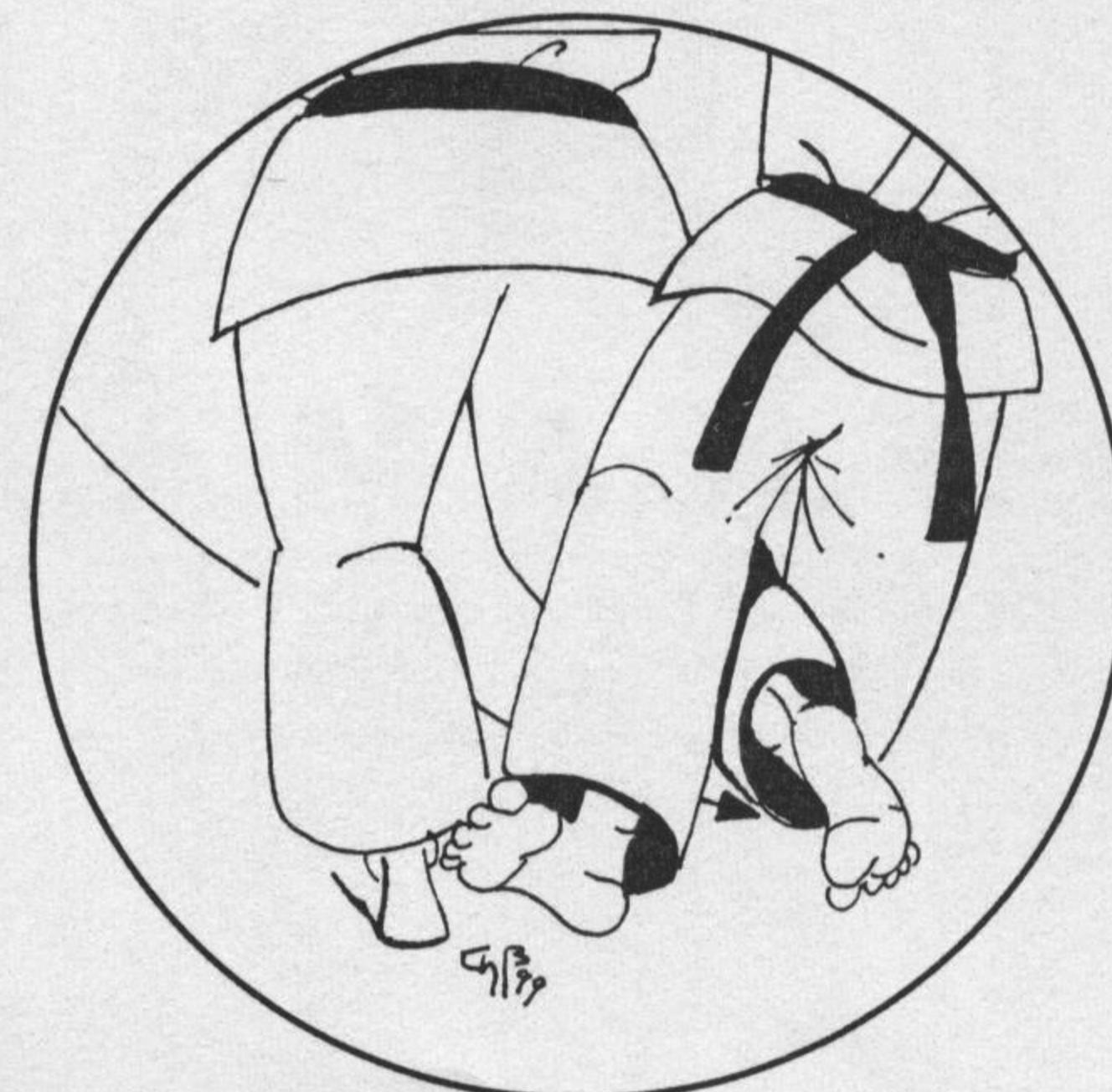
3



4



5

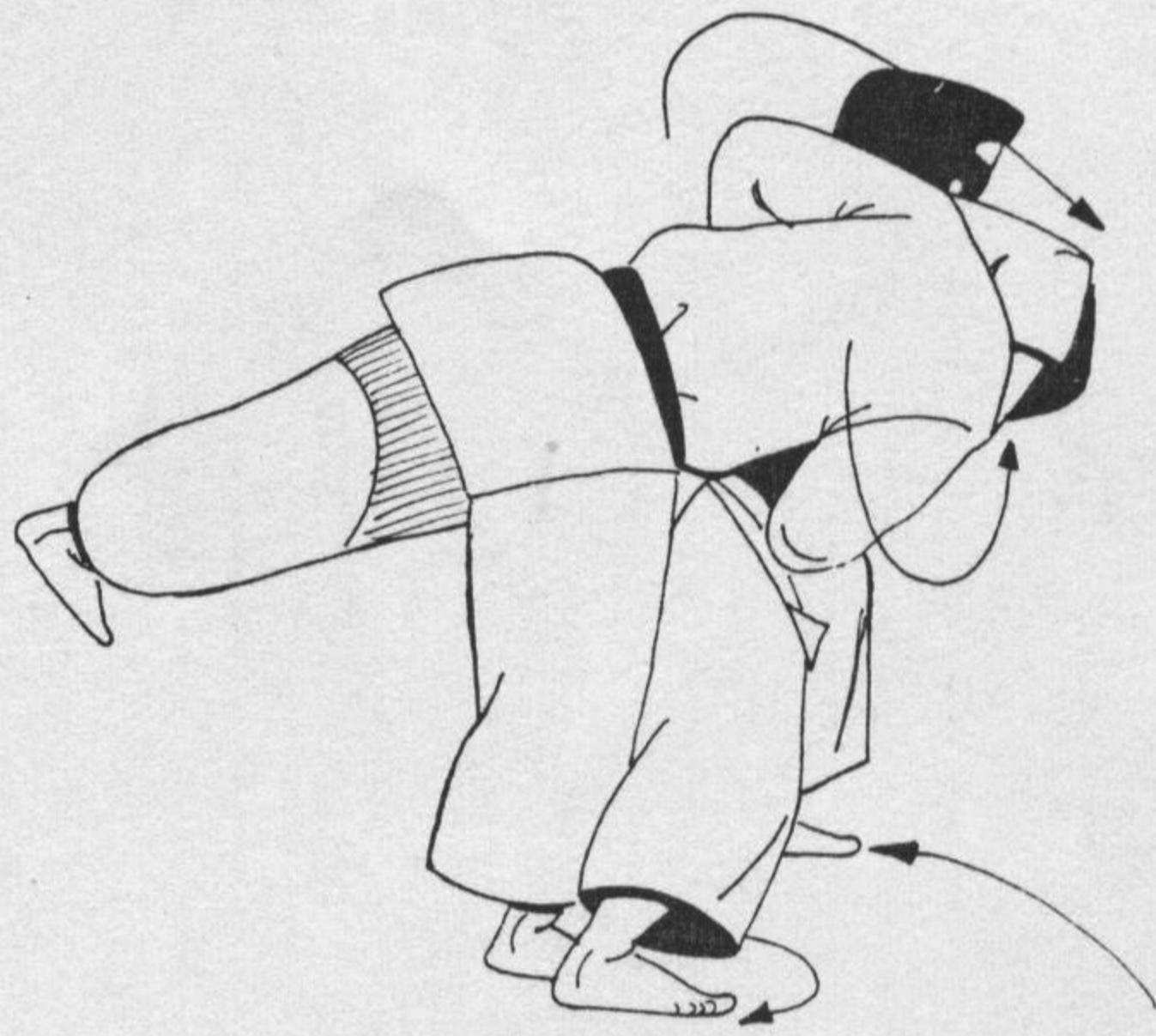


## Projection 2

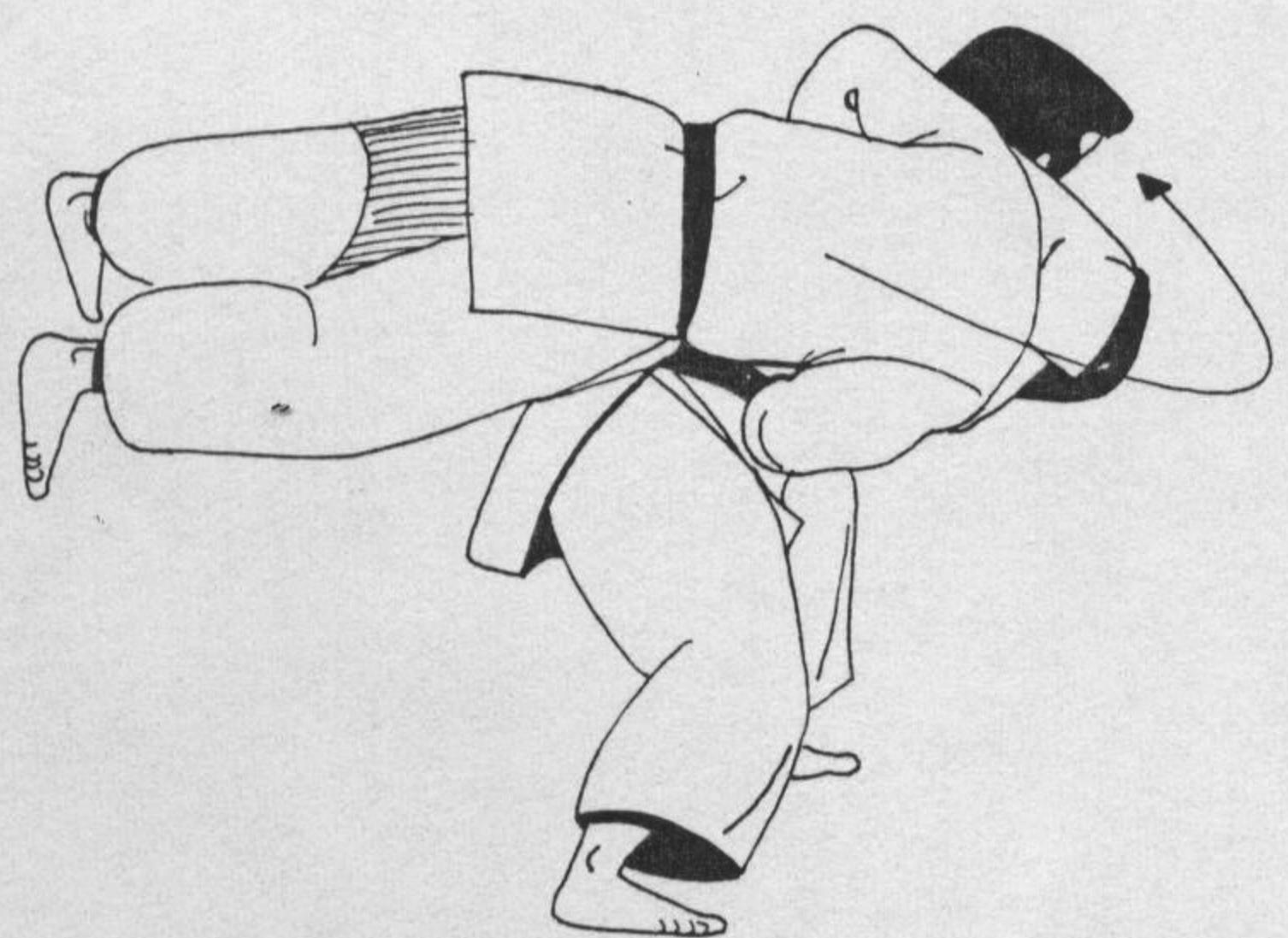
- 2/ Fauchage avec jambe en barrage



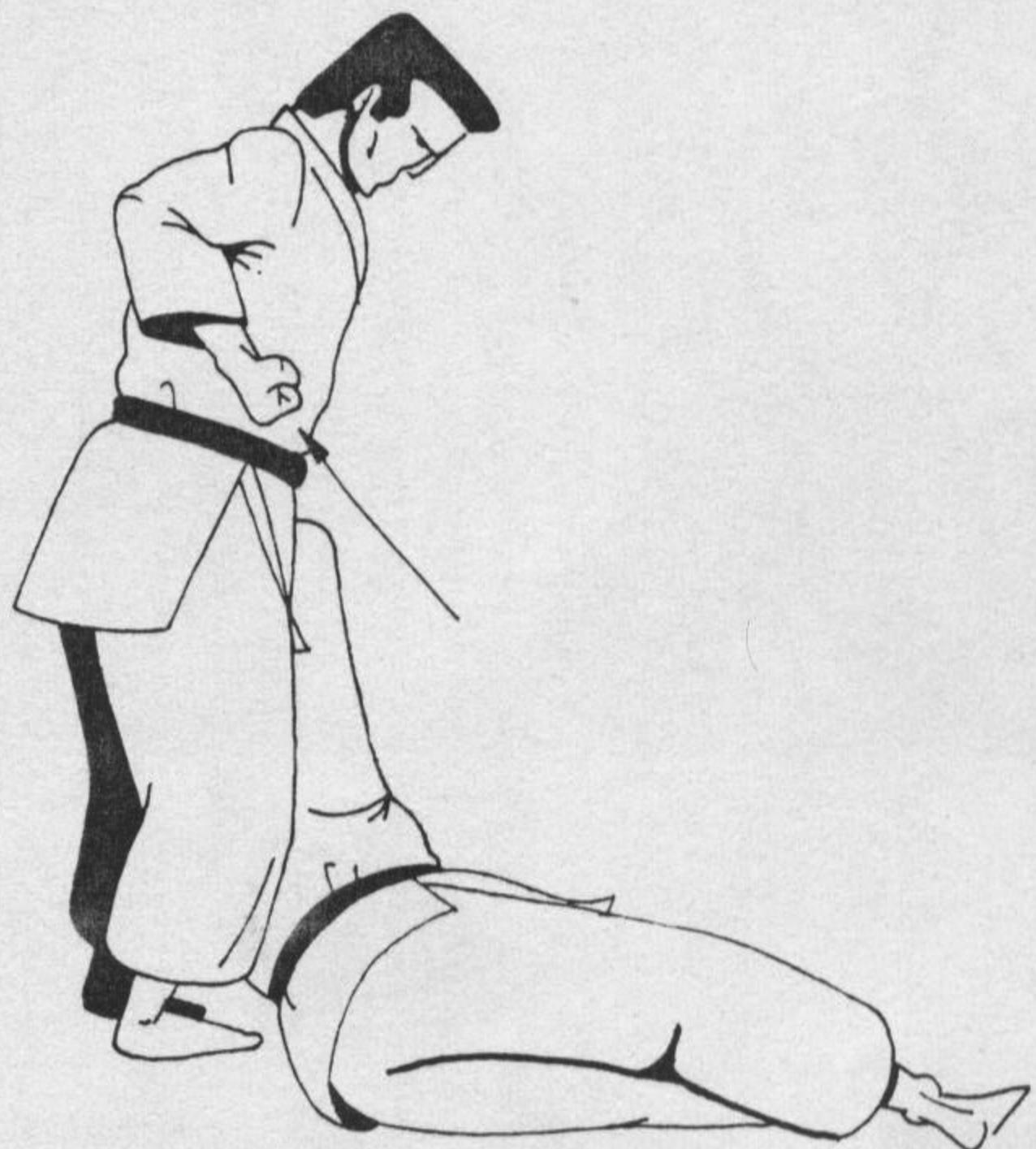
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2



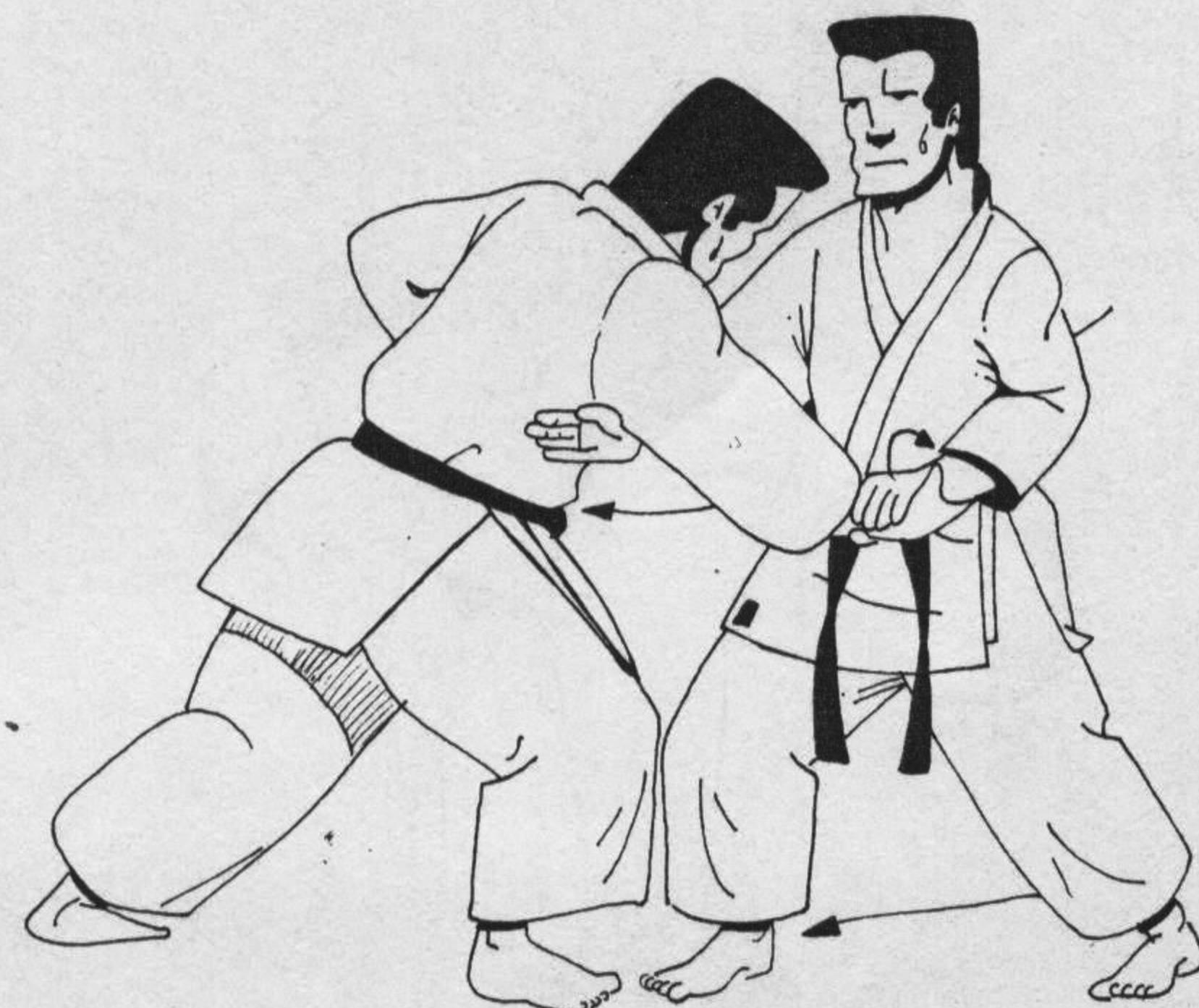
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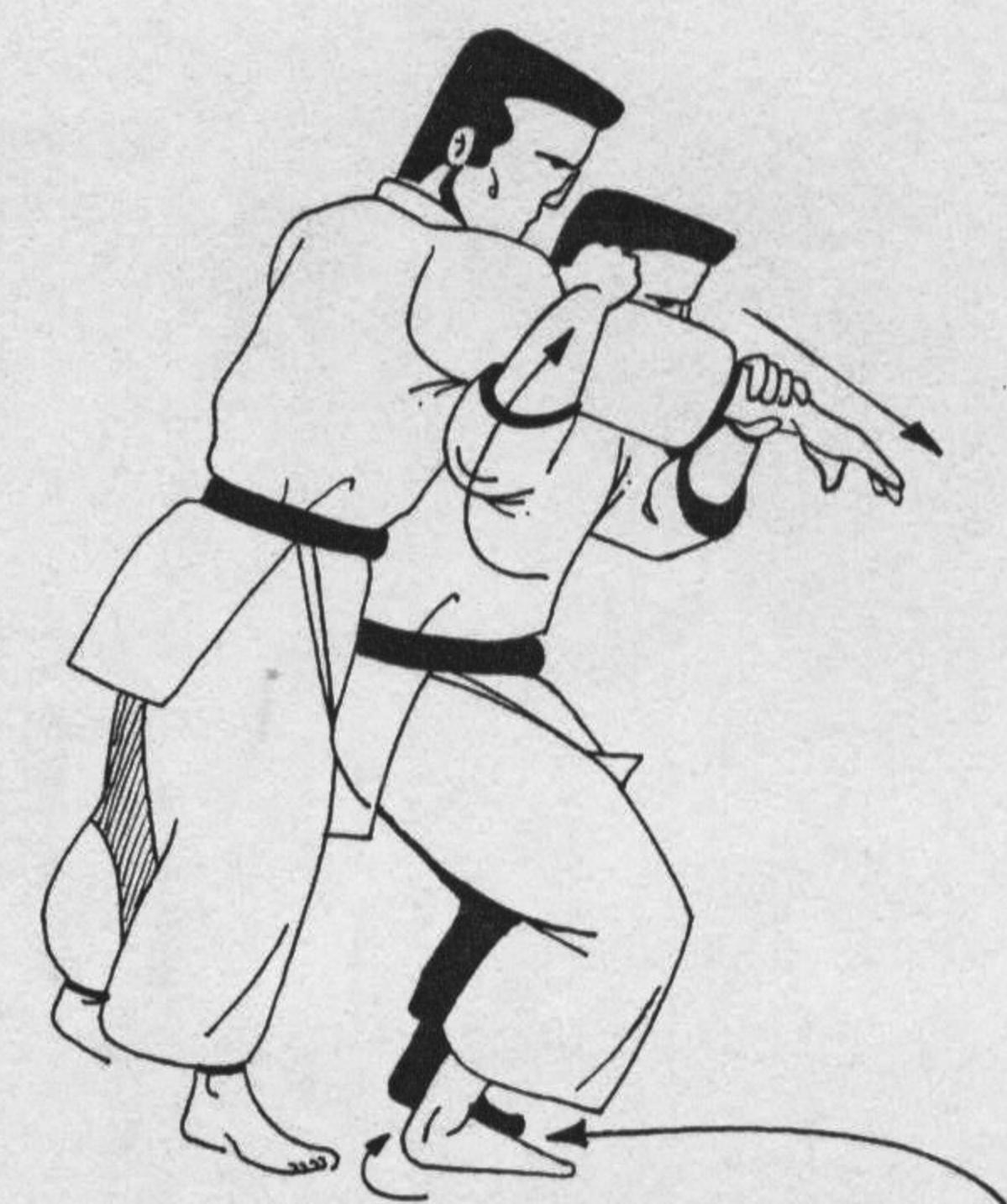
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## Projection 3

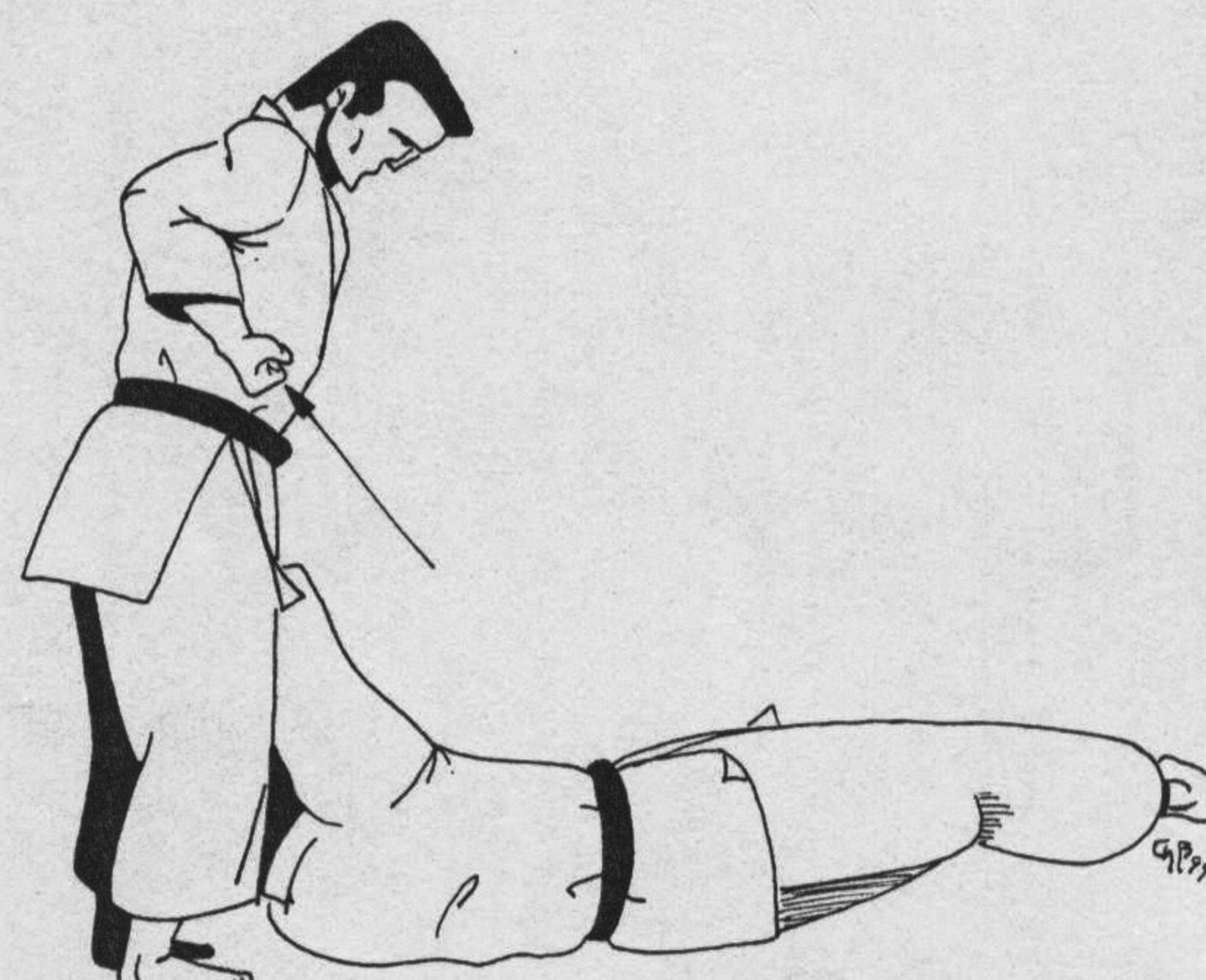
- 3/ Projection par l'épaule



**1**



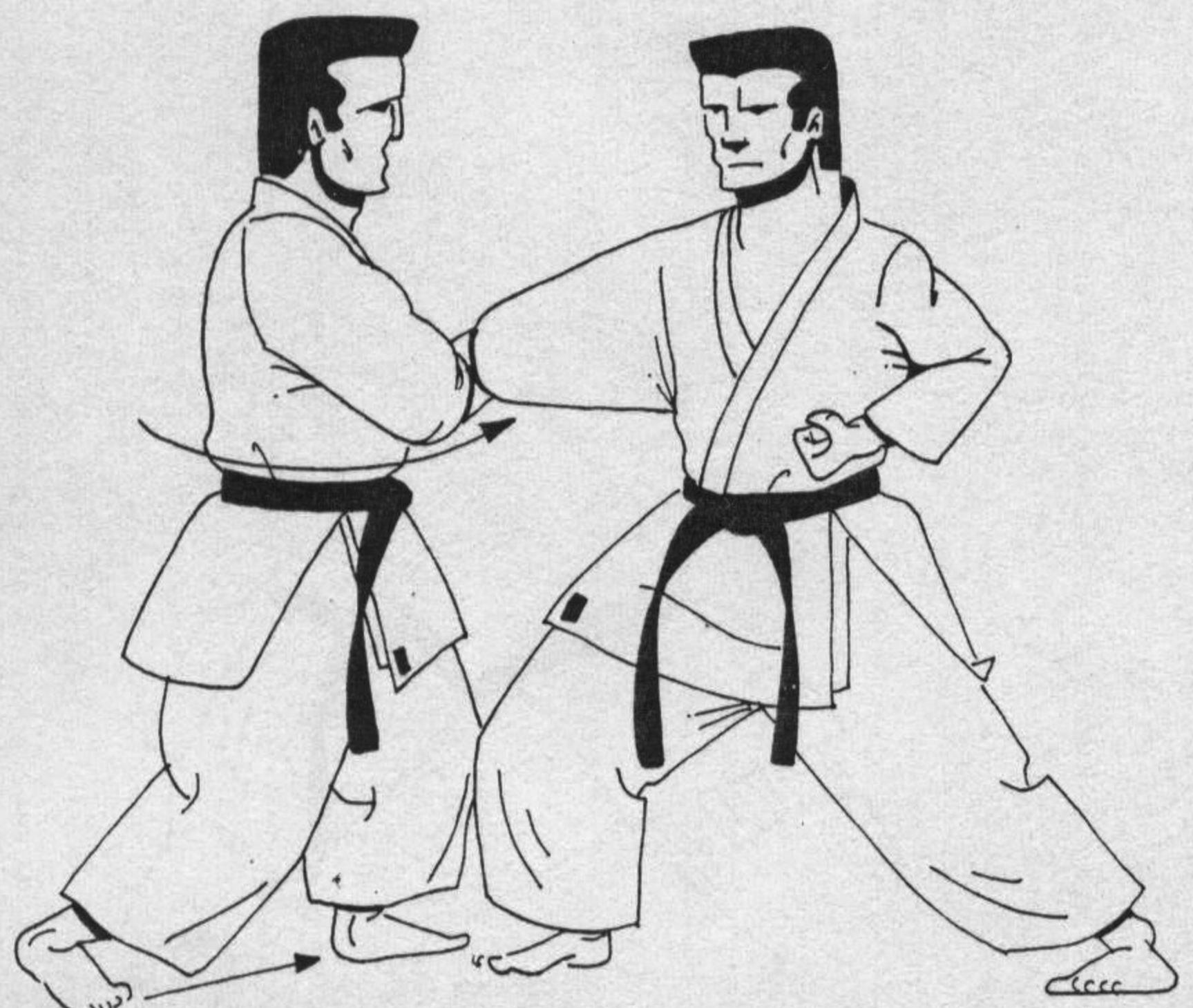
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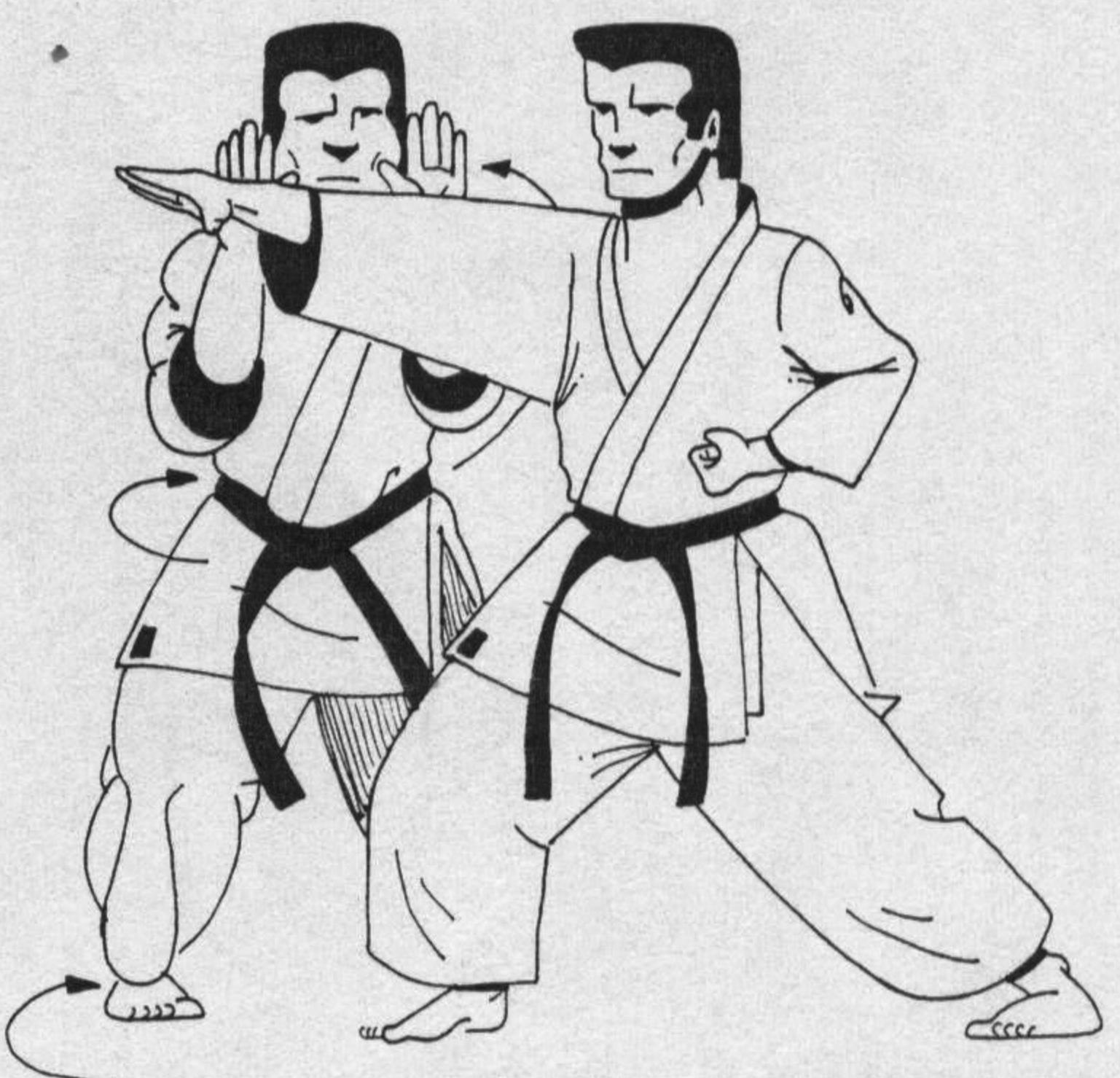
**3**

## Projection 4

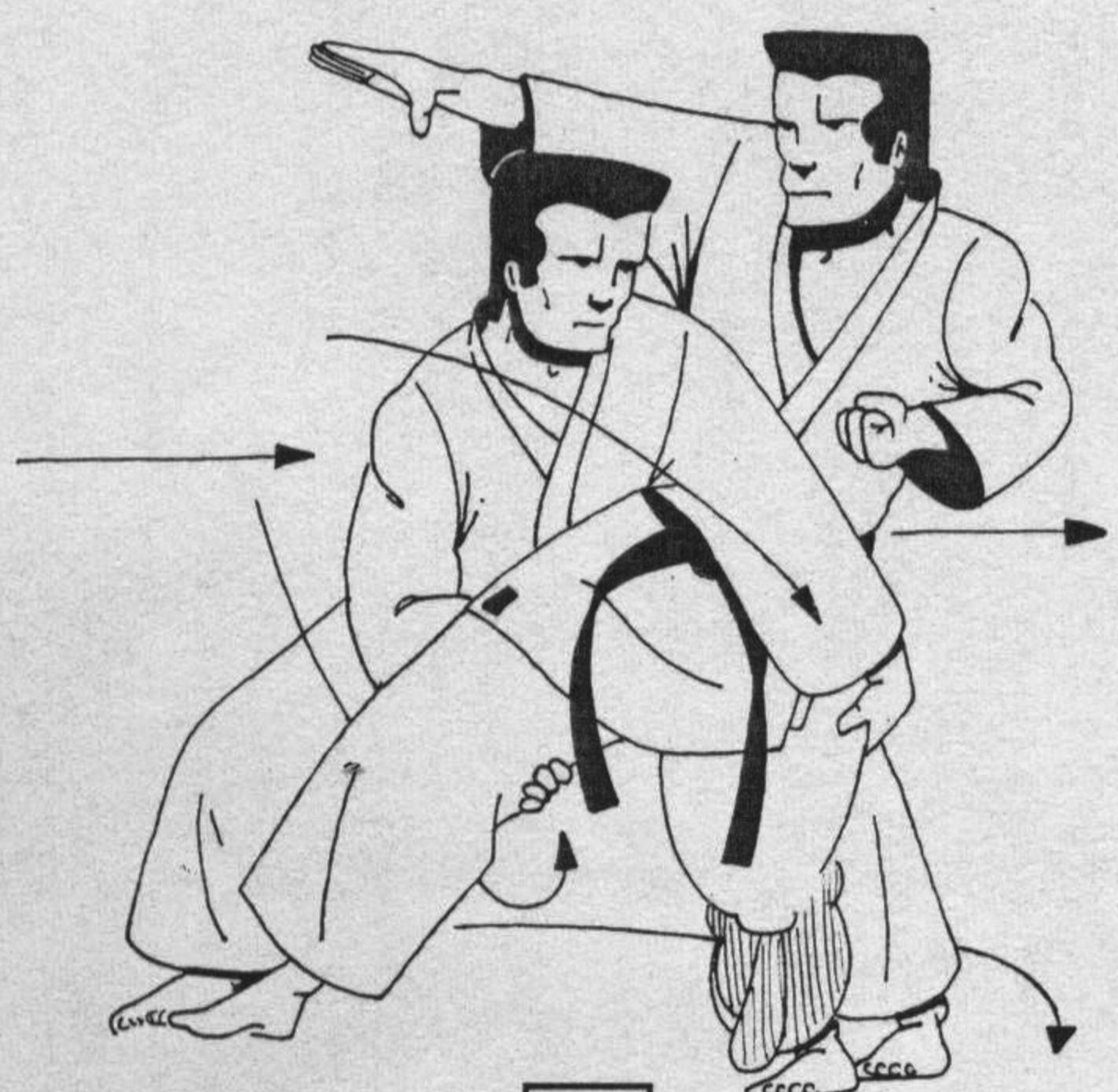
### • 4/ Ramassage de jambes



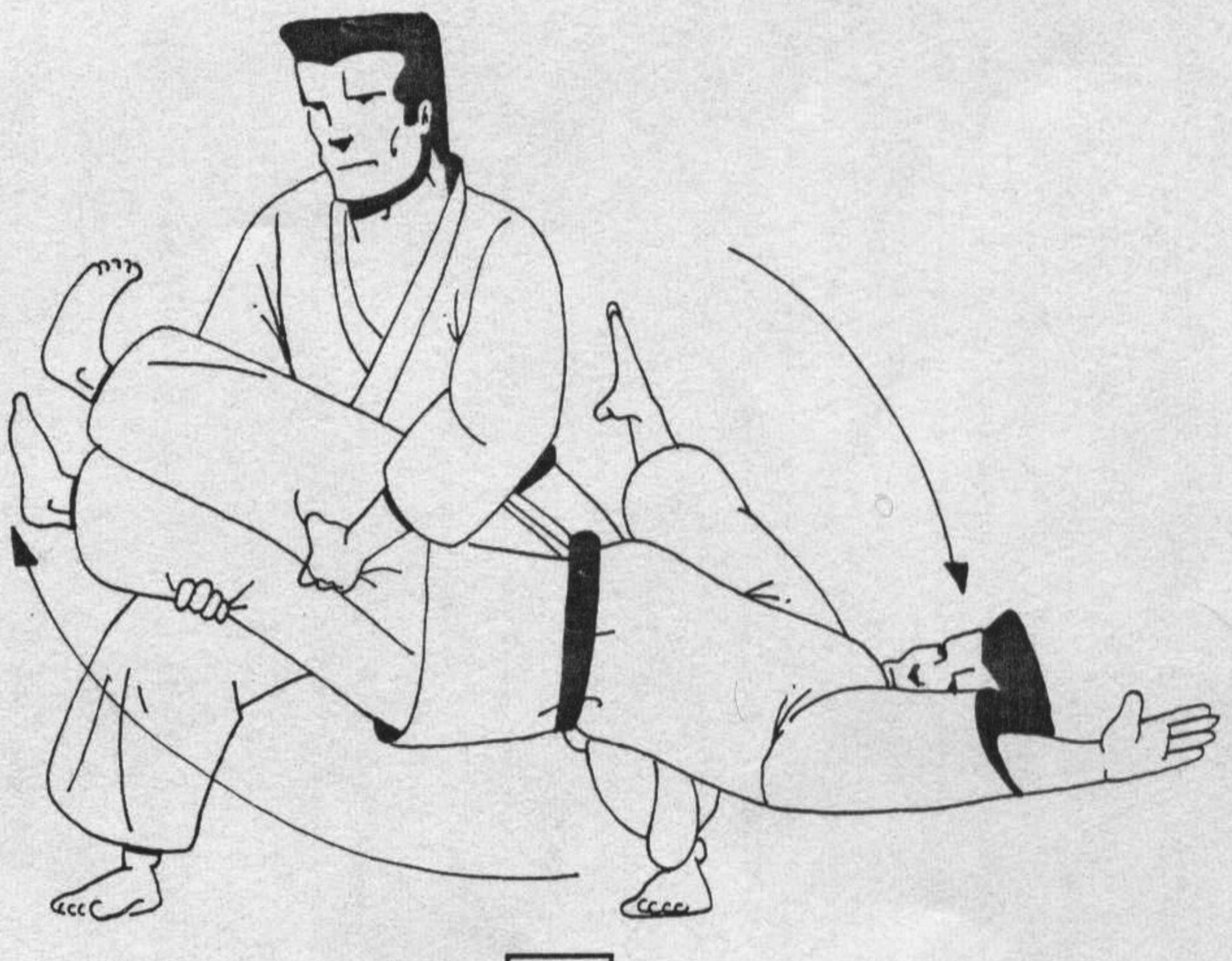
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2



3



4



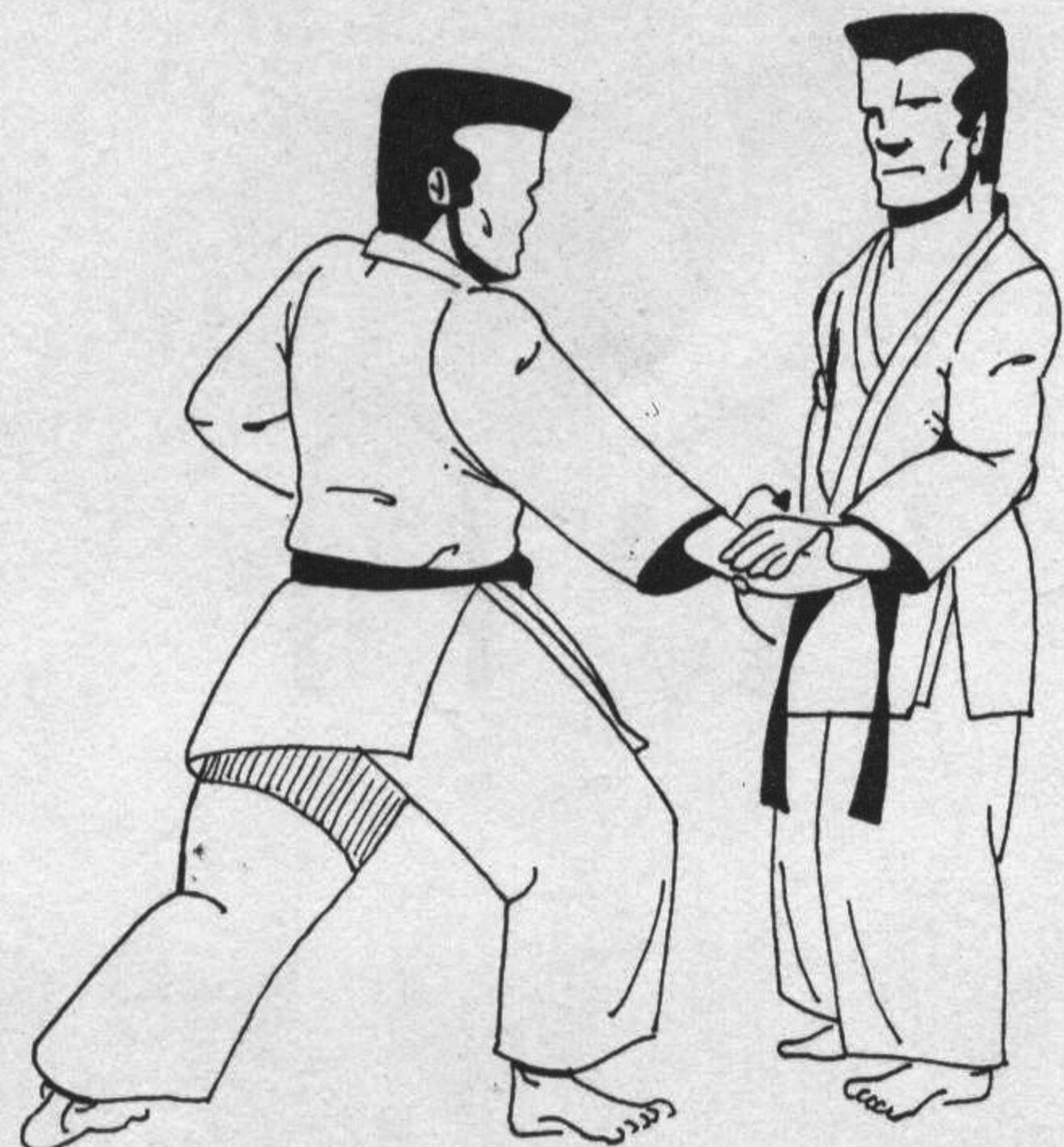
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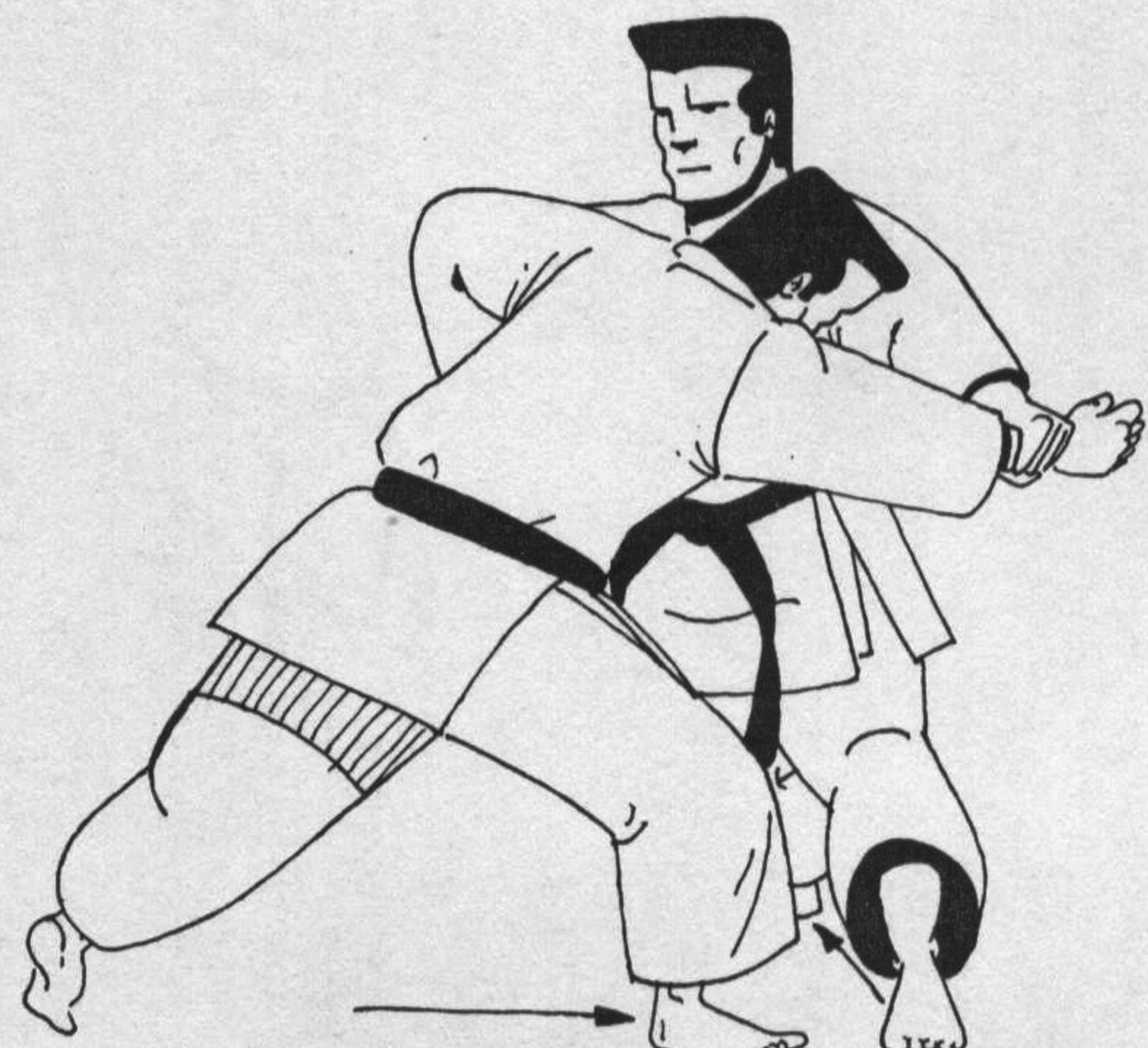
# LES TECHNIQUES DE BASE PAR PROJECTIONS

## Projection 5

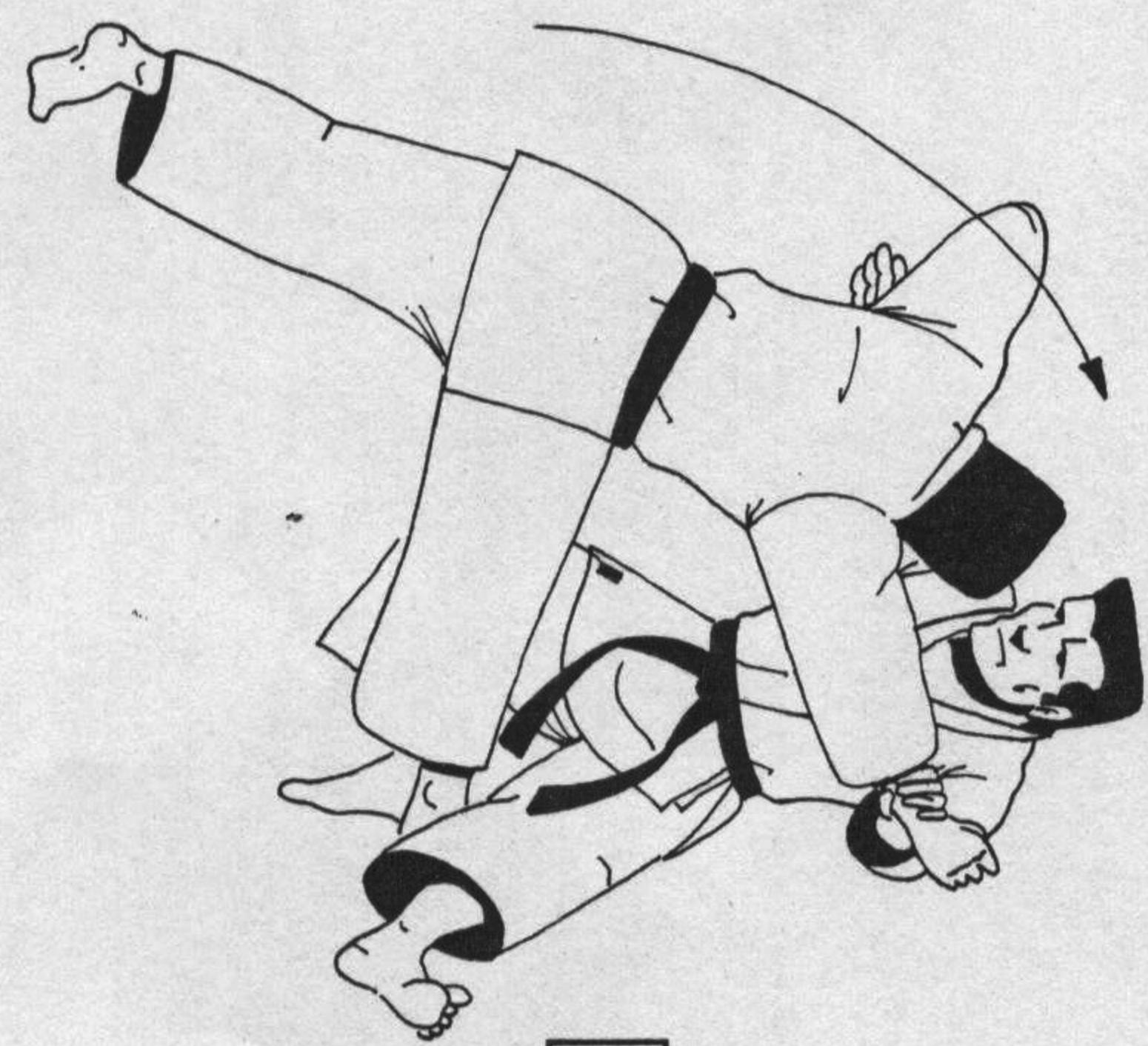
### • 5/ Sacrifice du corps



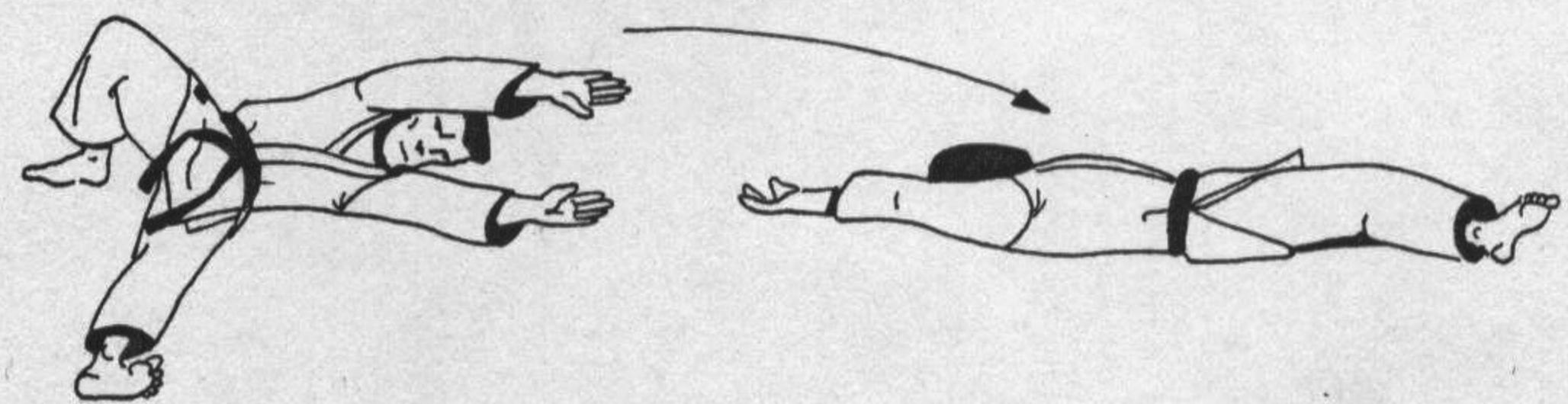
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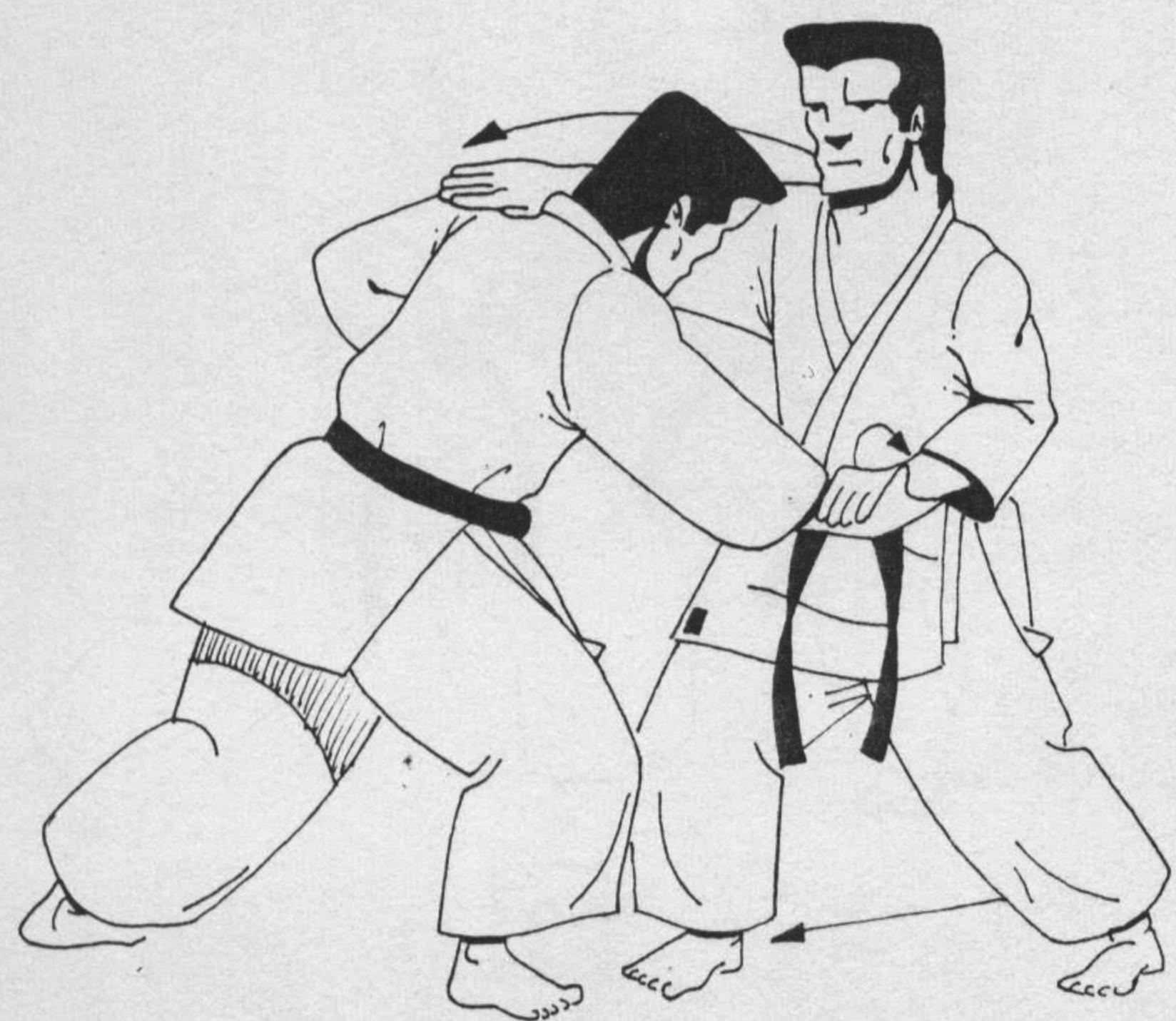
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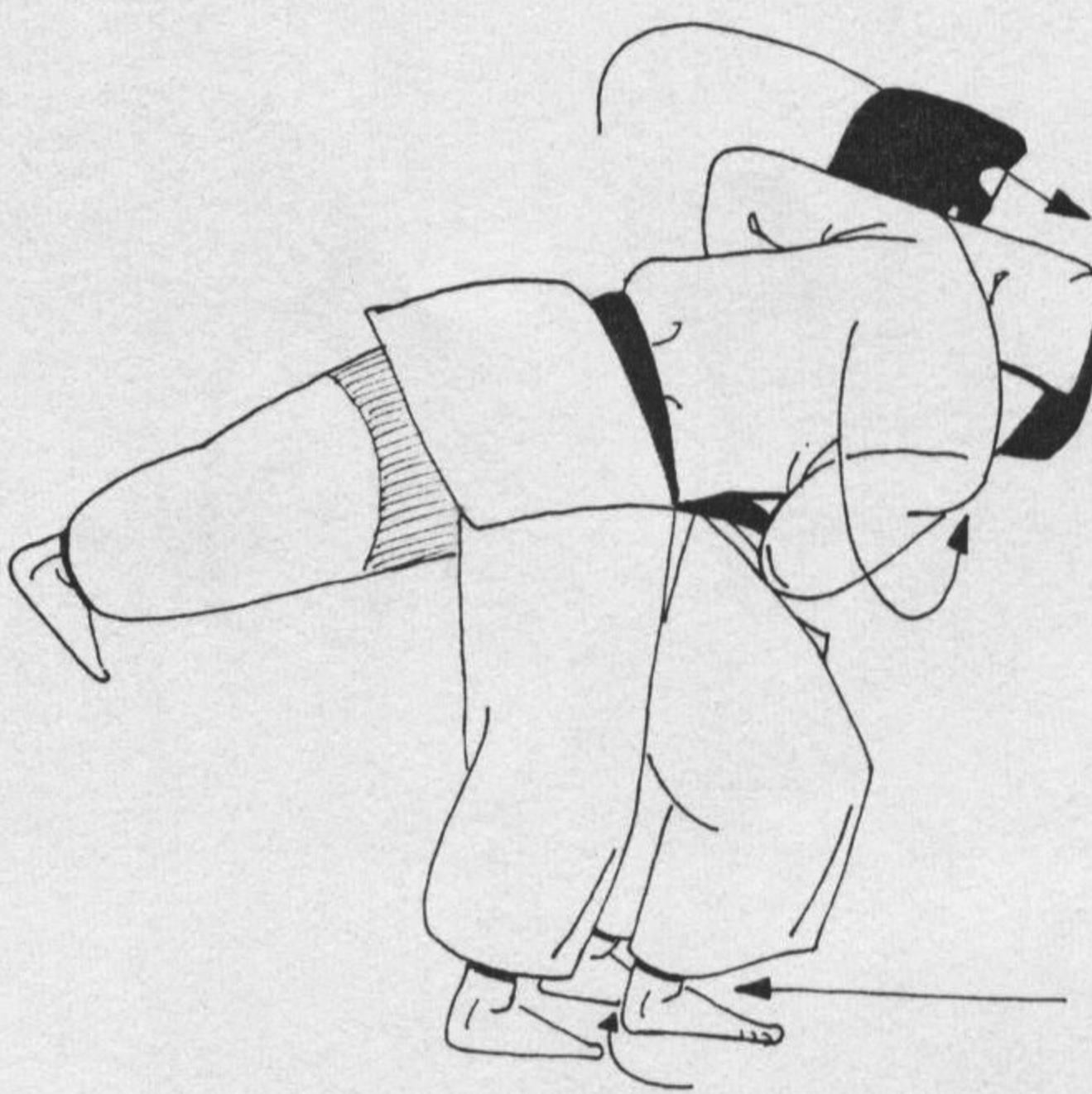
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## Projection 6

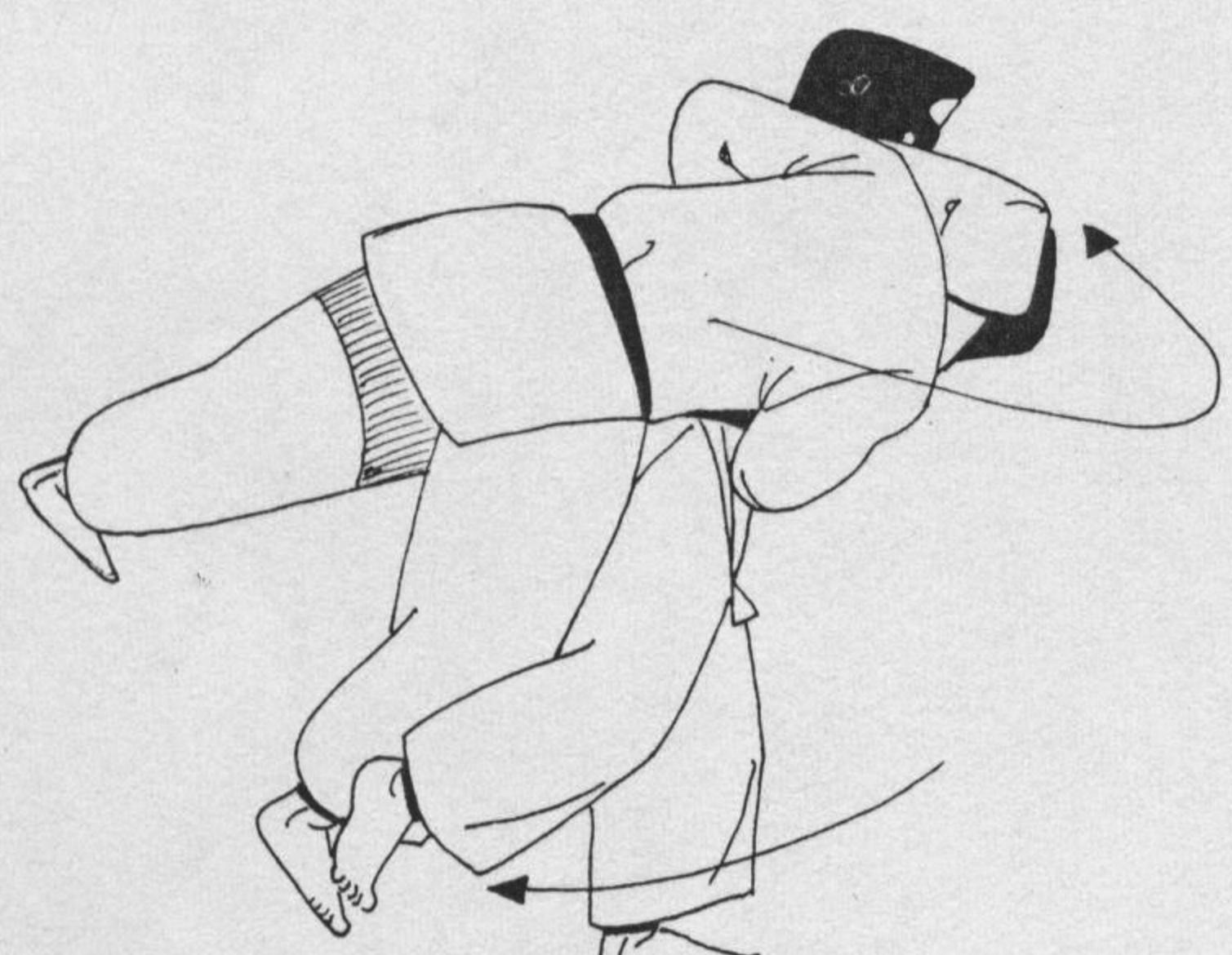
### • 6/ Fauchage de jambe avant



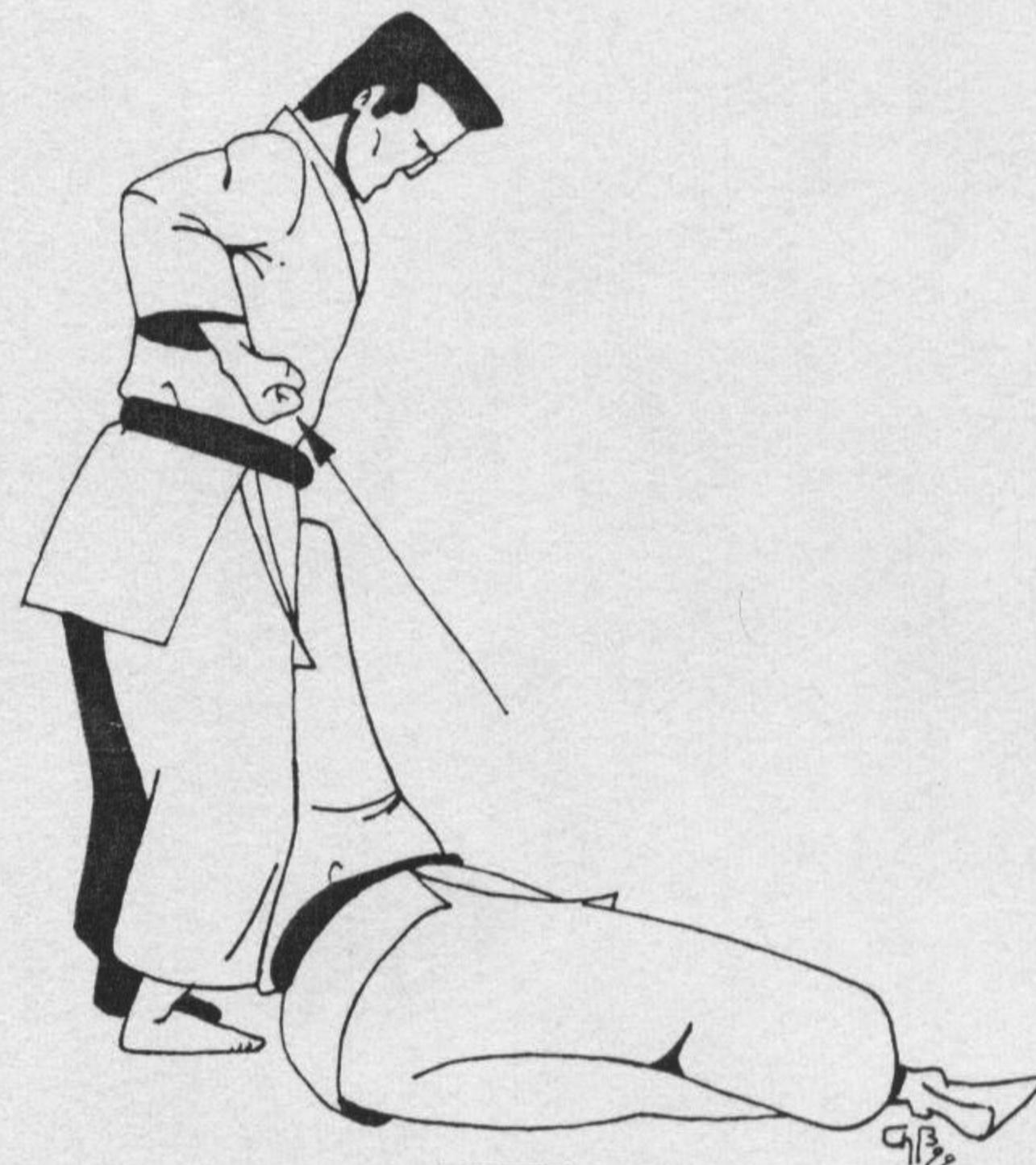
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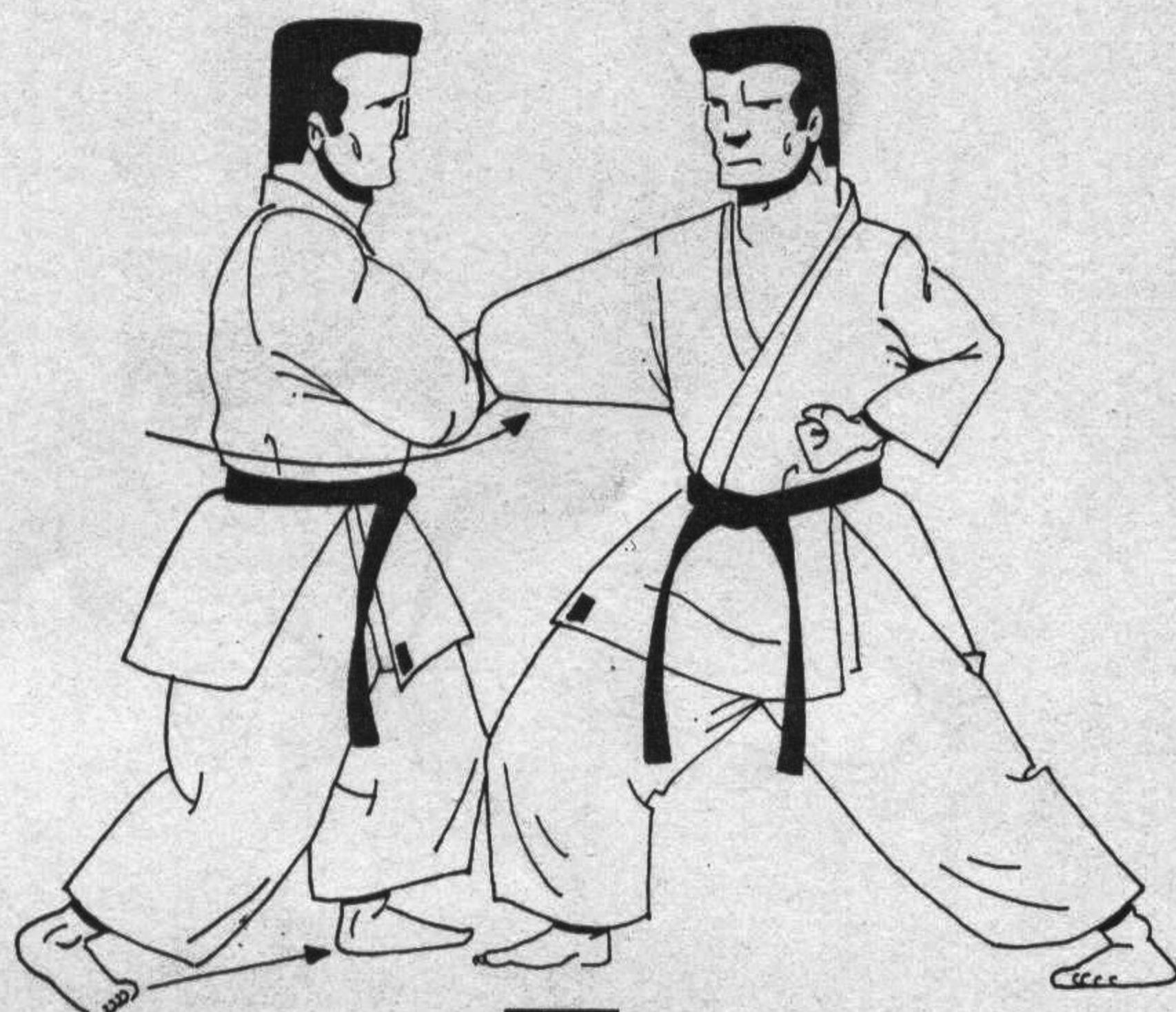
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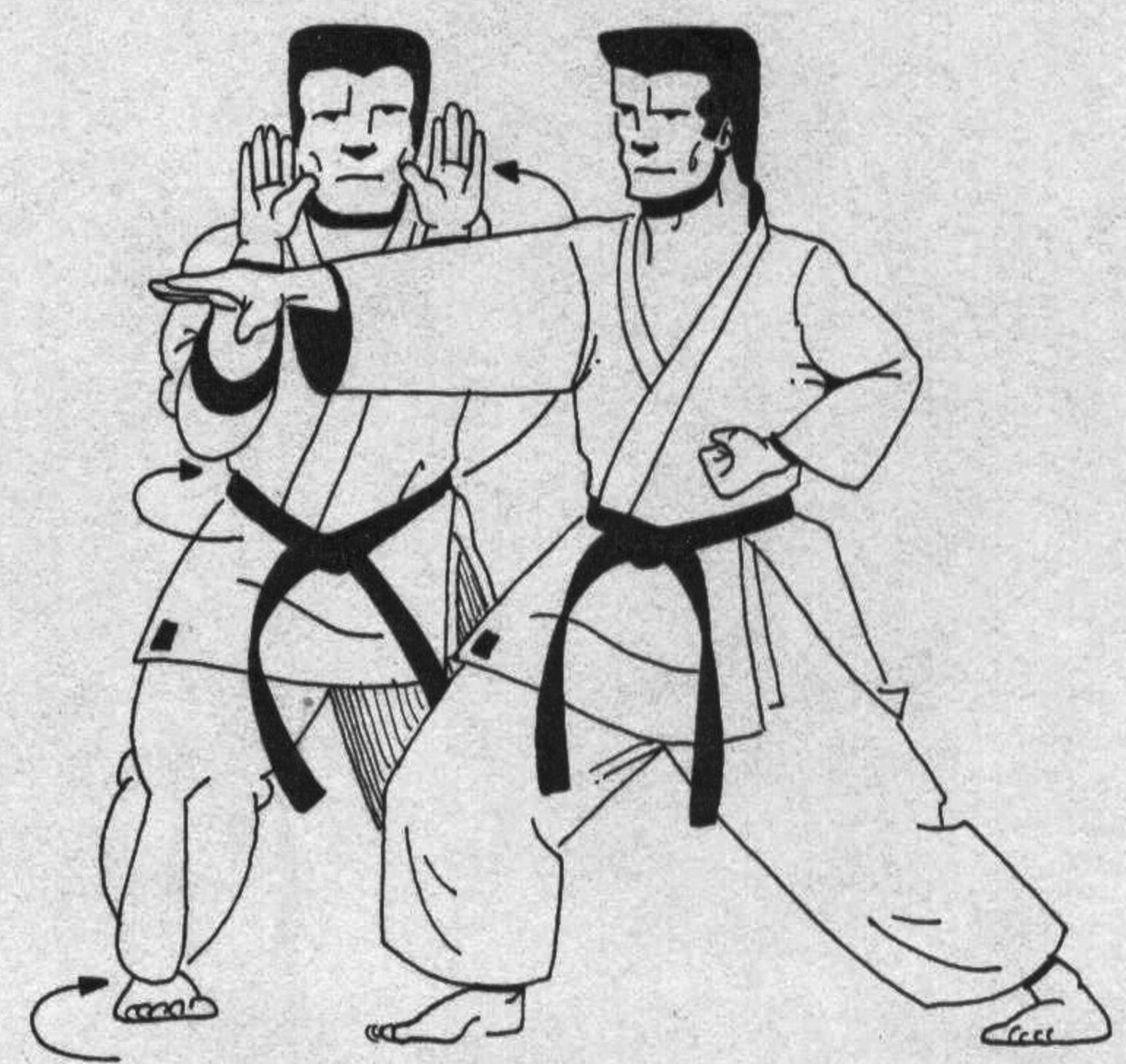
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## Projection 7

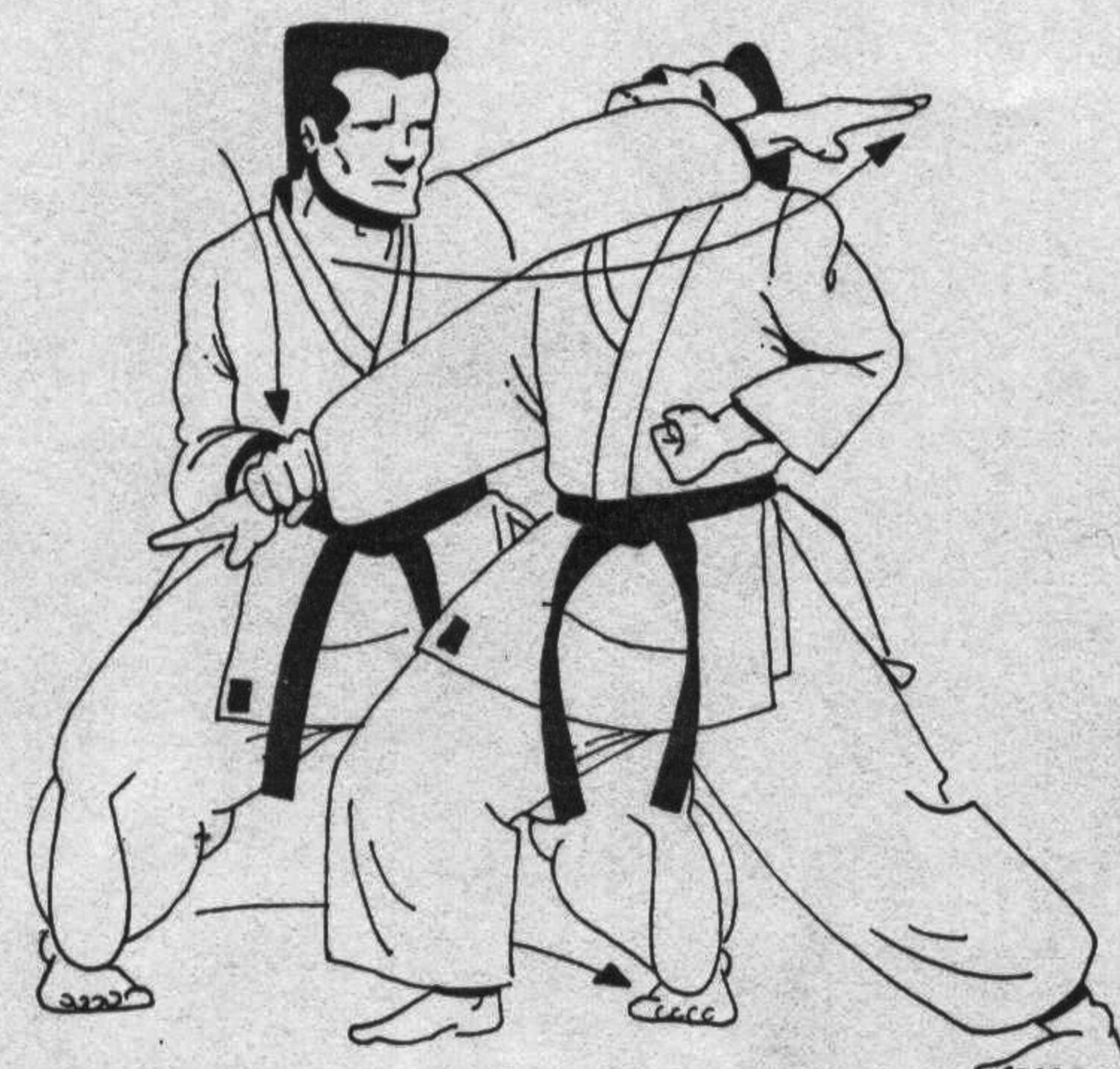
• 7/ Renversement vers l'arrière



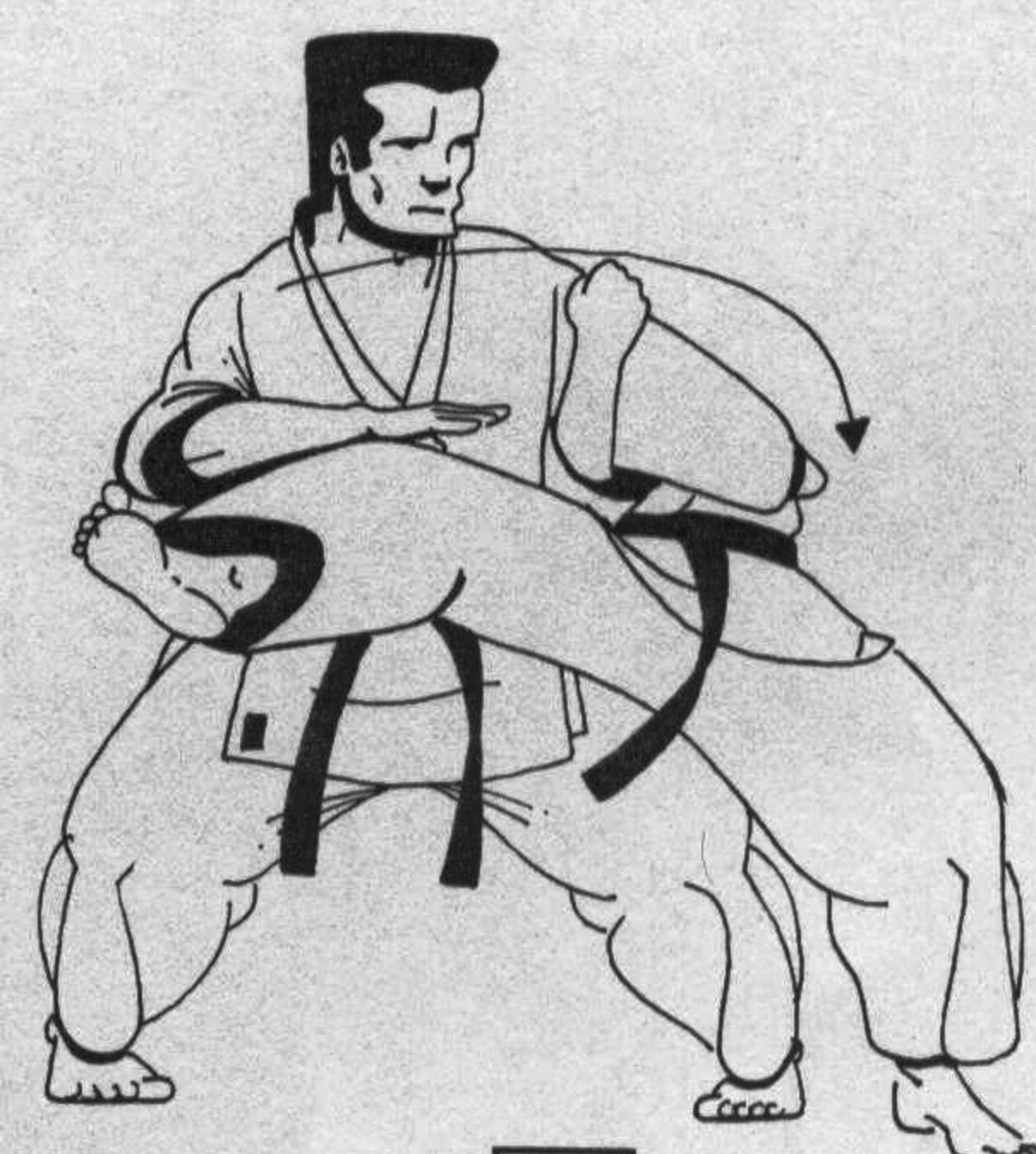
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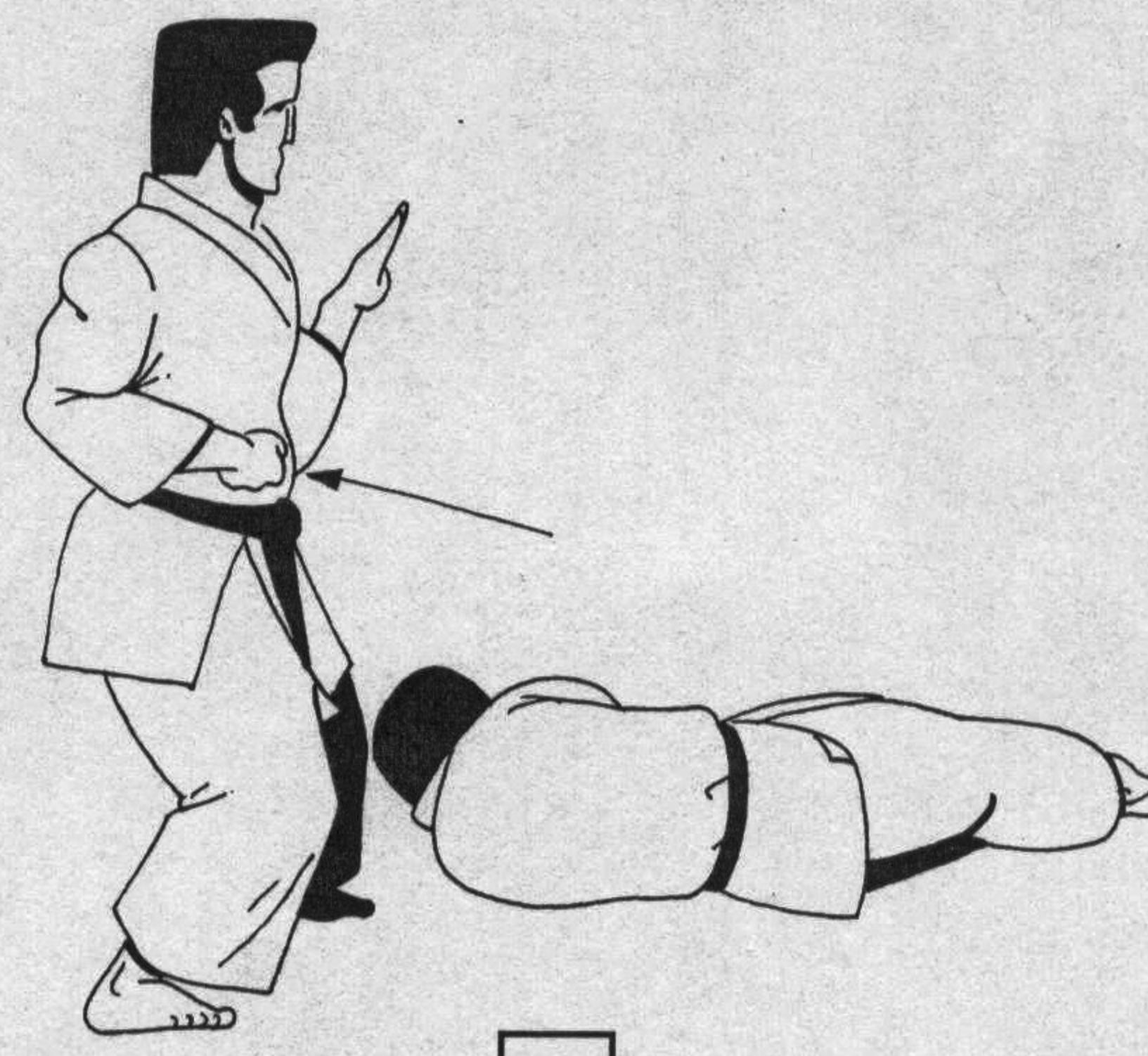
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3



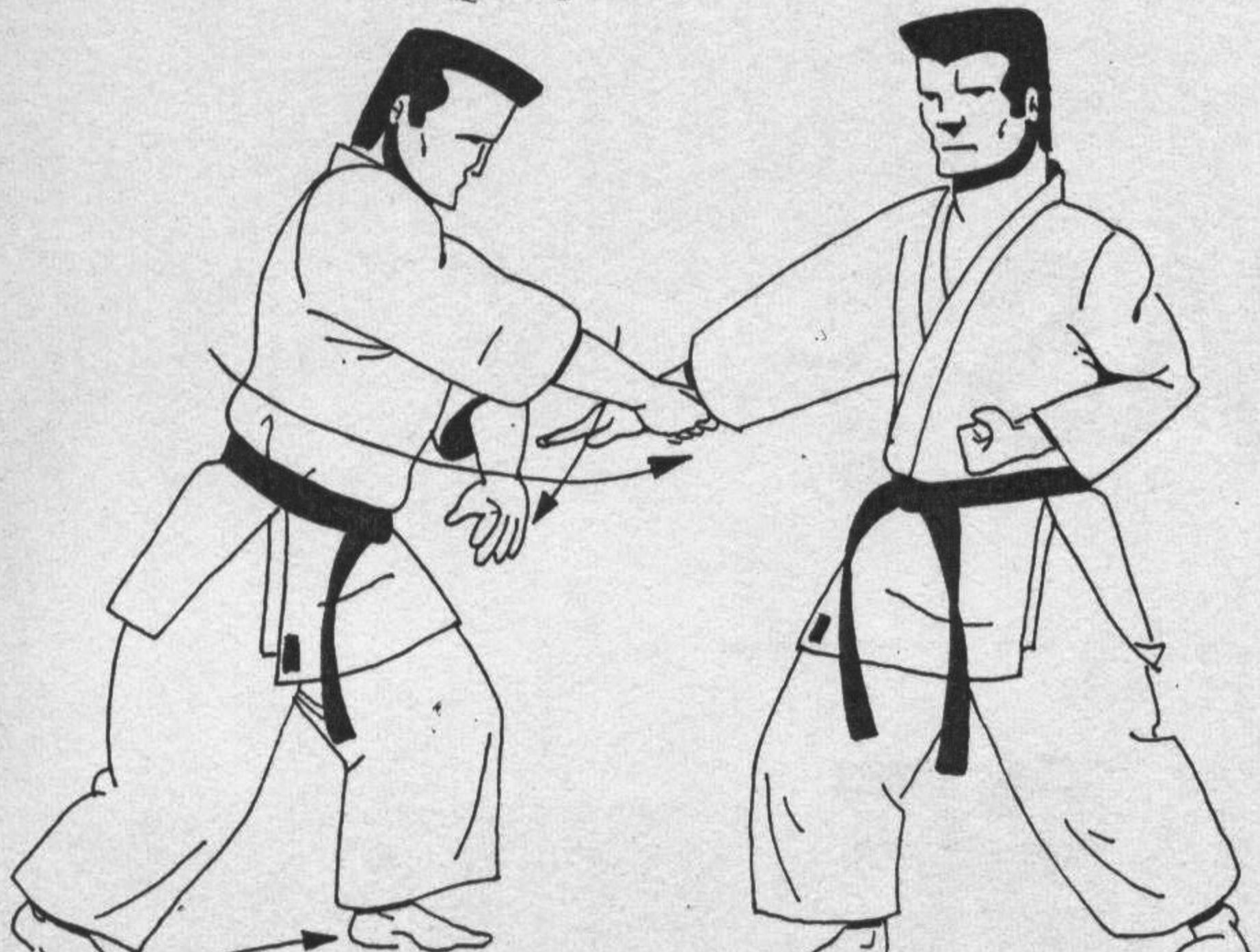
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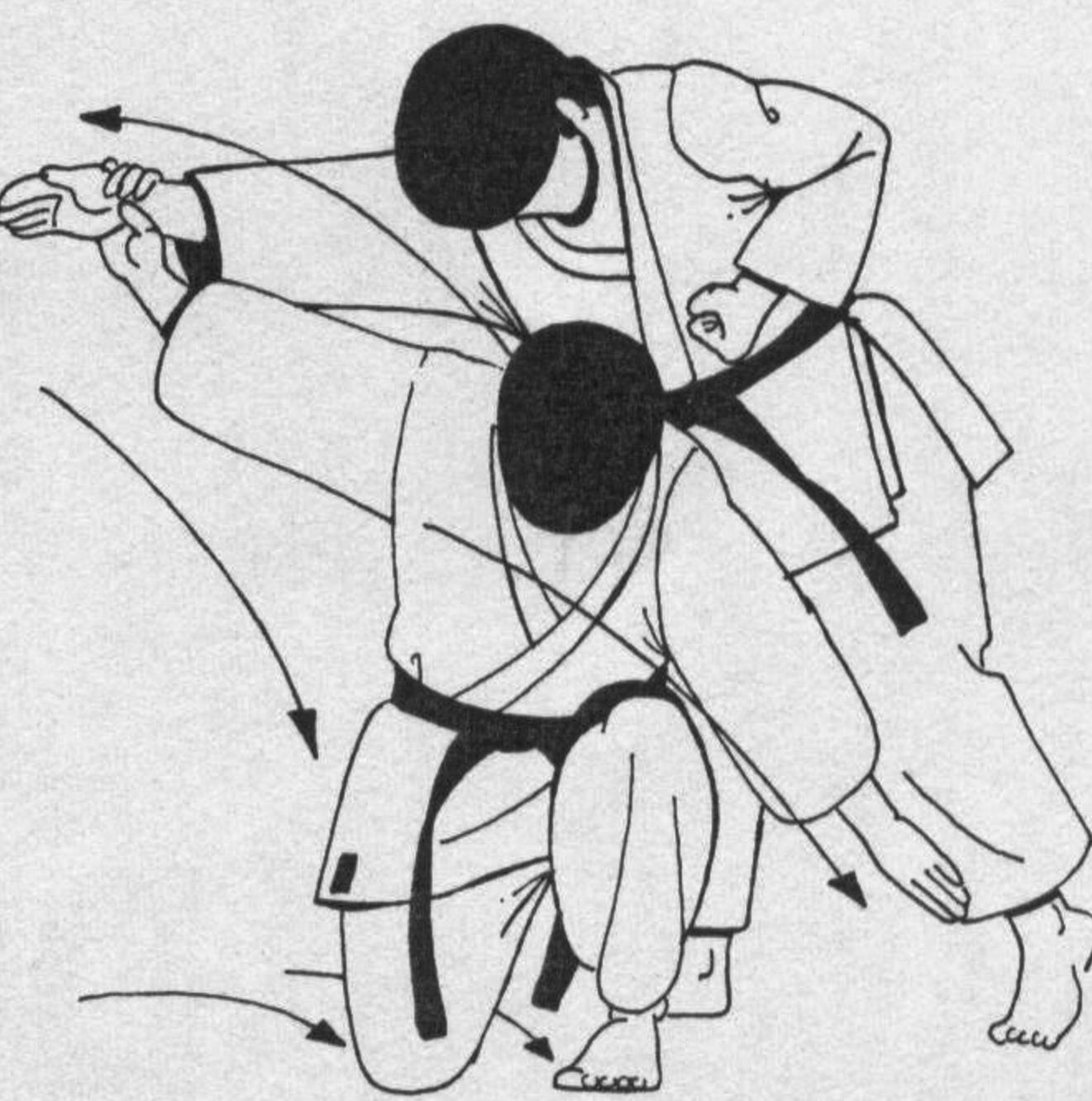
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## Projection 8

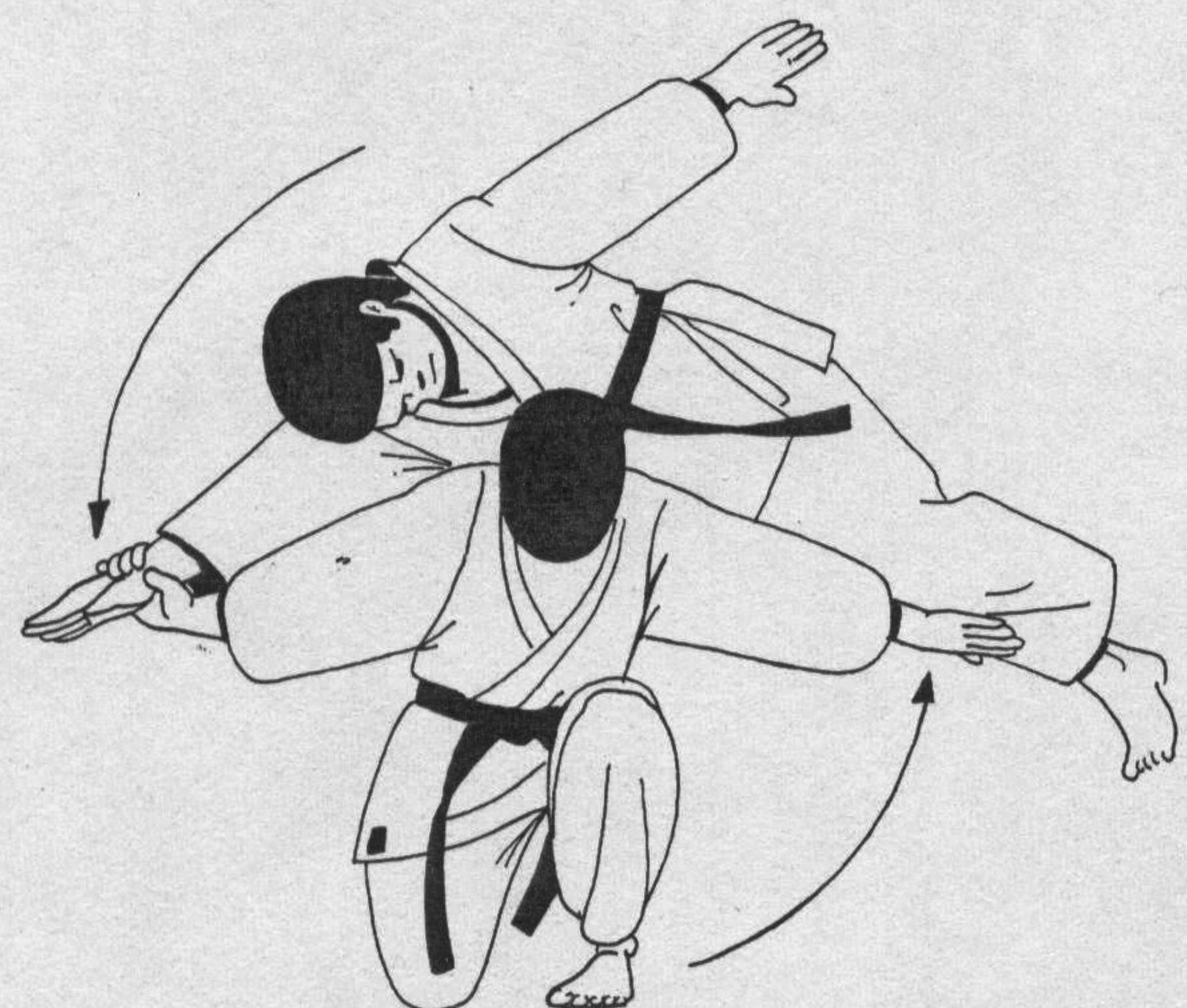
### • 8/ Enroulement par l'épaule



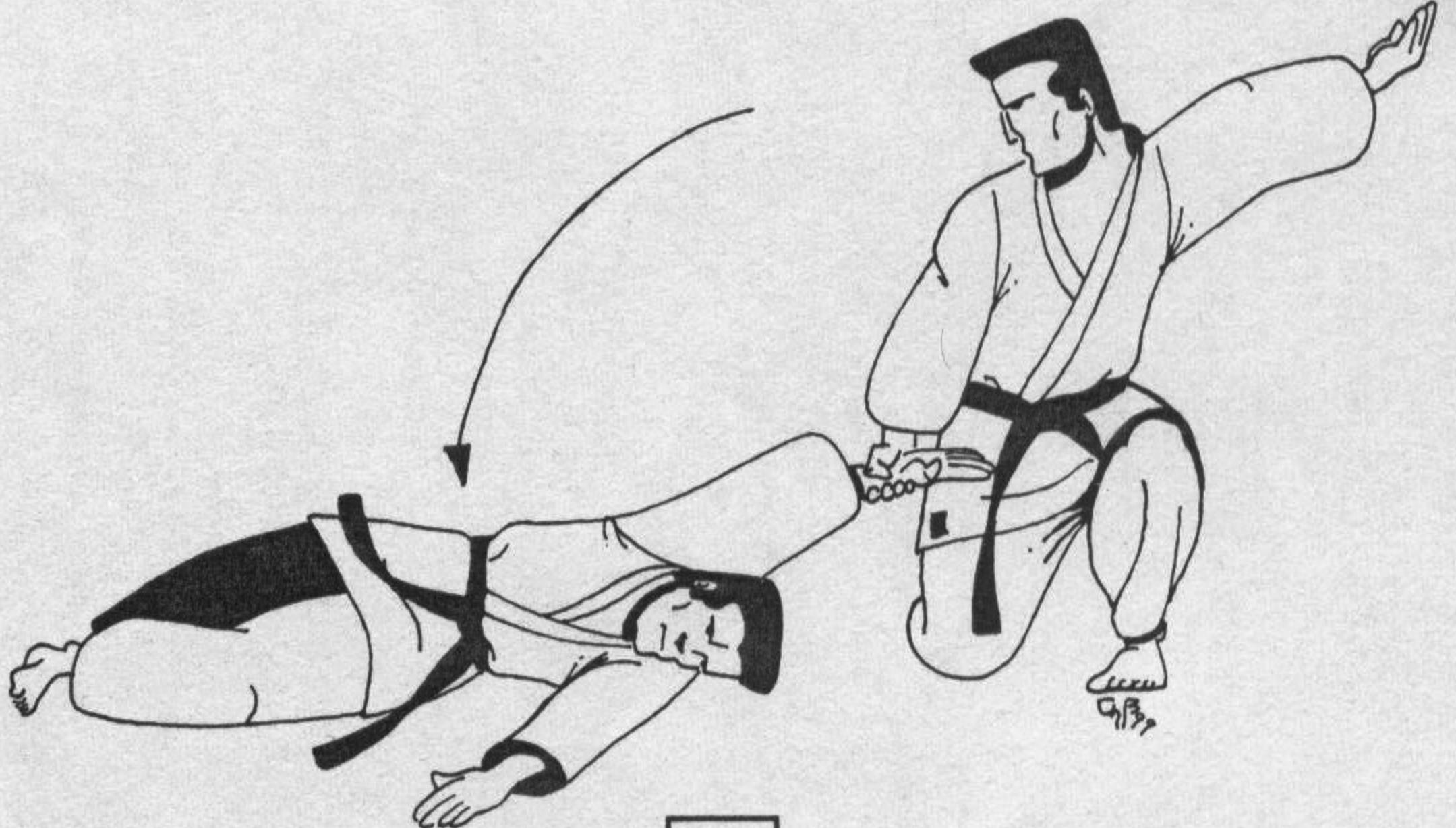
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