



TACHI WAZA

RYOTE DORI IRIMINAGE



Attaque : RYOTE DORI
saisie simultanée des 2 poignets

RYO :deux
TE :mains,poignets
DORI :saisie

Technique :IRIMINAGE
Projection en entrant dans le centre

IRI :centre
MI :corps
NAGE :projection



-1



-2



-3



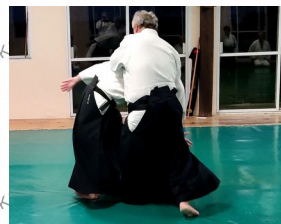
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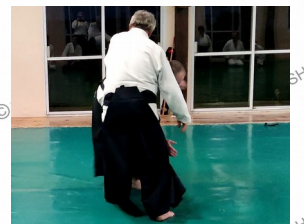
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-14



-15



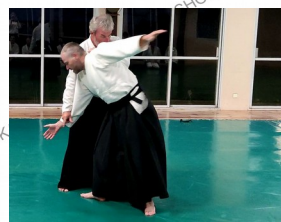
-16



-17



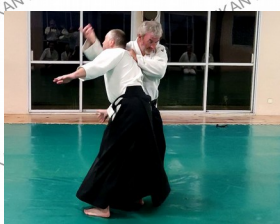
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-19



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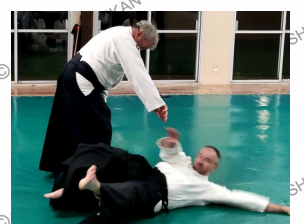
-21



-22



-23



-24