



TACHI WAZA

RYOTE DORI SHIHONAGE OMOTE/URA



Attaque : RYOTE DORI
saisie simultanée des 2 poignets

RYO :deux
TE :mains,poignets
DORI :saisie

Technique :SHIHONAGE
Projection dans toutes les directions

SHI-HO :Quatre – Directions
NAGE:projection
OMOTE/URA:Positif/Négatif



omote-1



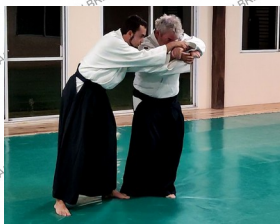
omote-2



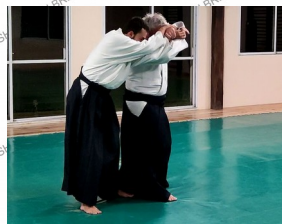
omote-3



omote-4



omote-5



omote-6



omote-7



omote-8



omote-9



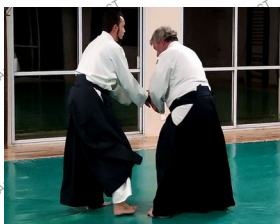
omote-10



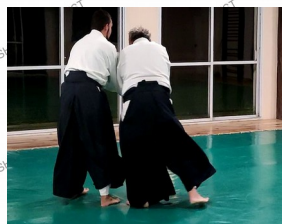
ura-1



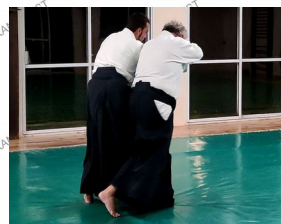
ura-2



ura-3



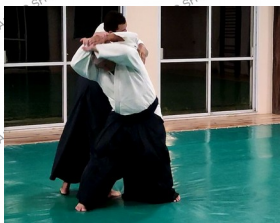
ura-4



ura-5



ura-6



ura-7



ura-8



ura-9



ura-10

POINTS CLES



Entrée omote



Entrée ura



Position des mains