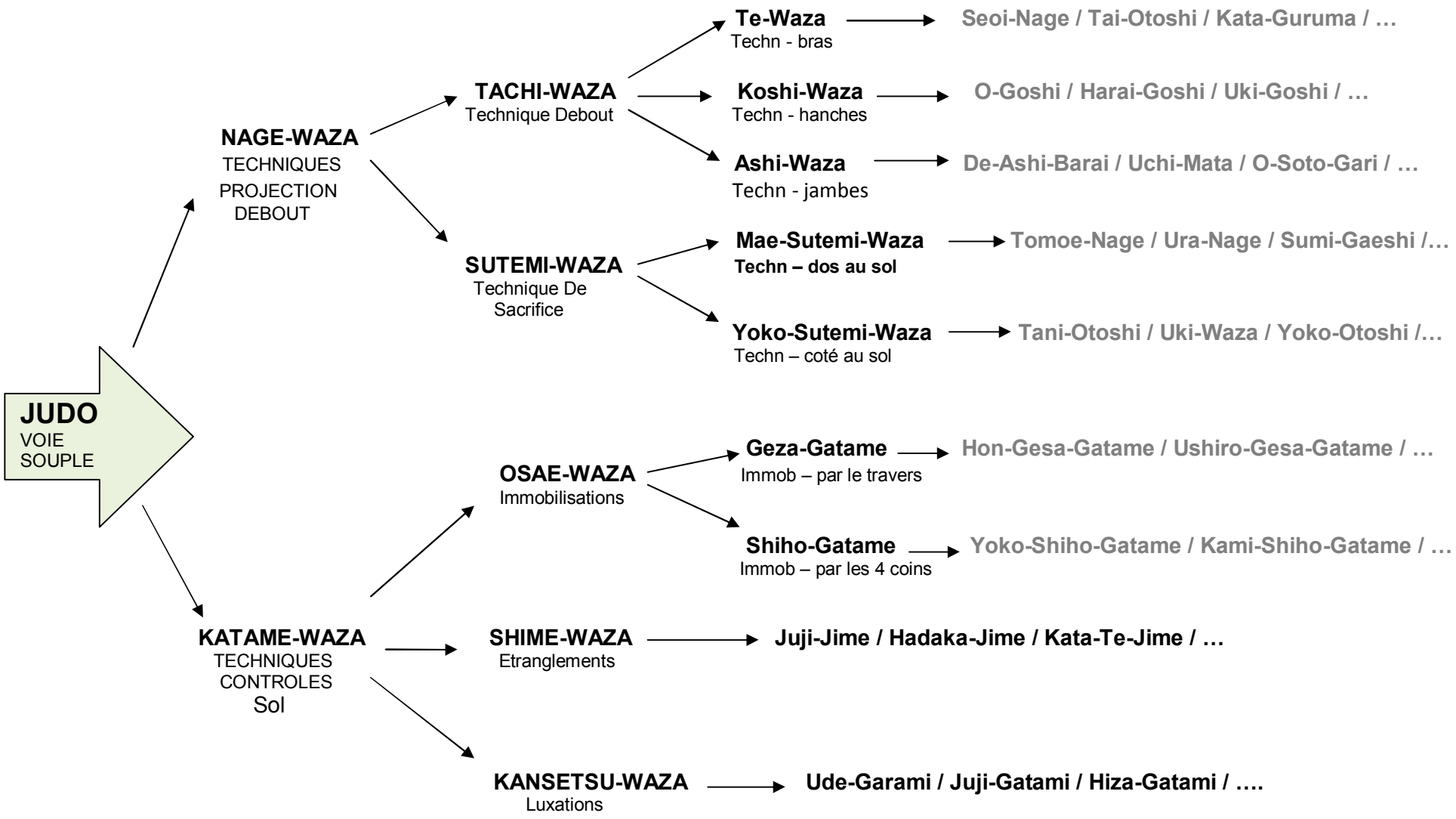

*Source d'inf : classification des techniques de judo, livre : judo pratique de Tadao Inogai

(Elaboration :prof . chebil ramzi)