

ASHI WAZA
(technique de jambe)

O SOTO GARI

A photograph showing a judo practitioner in a white gi performing O Soto Gari on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the outside.

ASHI WAZA
(technique de jambe)

O UCHI GARI

A photograph showing a judo practitioner in a white gi performing O Uchi Gari on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the inside.

ASHI WAZA
(technique de jambe)

HIZA GURUMA

A photograph showing a judo practitioner in a white gi performing Hiza Guruma on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the side.

ASHI WAZA
(technique de jambe)

UCHI MATA

A photograph showing a judo practitioner in a white gi performing Uchi Mata on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the inside.

ASHI WAZA
(technique de jambe)

DE ASHI BARAI

A photograph showing a judo practitioner in a white gi performing De Ashi Barai on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the side.

ASHI WAZA
(technique de jambe)

OKURI ASHI BARAI

A photograph showing a judo practitioner in a white gi performing Okuri Ashi Barai on another practitioner. The practitioner is in a low stance, using their right leg to sweep the opponent's right leg from the side.

TE WAZA
(technique de bras)

IPPON SEOI NAGE

A photograph showing a judo practitioner in a white gi performing Ippon Seoi Nage on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.

TE WAZA
(technique de bras)

KATA GURUMA

A photograph showing a judo practitioner in a white gi performing Kata Guruma on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.

TE WAZA
(technique de bras)

TAI OTOSHI

A photograph showing a judo practitioner in a white gi performing Tai Otoshi on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.

TE WAZA
(technique de bras)

TE GURUMA

A photograph showing a judo practitioner in a white gi performing Te Guruma on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.

TE WAZA
(technique de bras)

MOROTE SEOI NAGE

A photograph showing a judo practitioner in a white gi performing Morote Seoi Nage on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.

TE WAZA
(technique de bras)

UKI OTOSHI

A photograph showing a judo practitioner in a white gi performing Uki Otoshi on another practitioner. The practitioner is in a low stance, using their arms to lift the opponent and throw them over their shoulder.



OSAE WAZA
(technique
d'immobilisation)

TATE SHIHO GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

OSAE WAZA
(technique
d'immobilisation)

HON GESA GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

OSAE WAZA
(technique
d'immobilisation)

YOKO SHIHO GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

OSAE WAZA
(technique
d'immobilisation)

KAMI SHIHO GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

OSAE WAZA
(technique
d'immobilisation)

MAKURA GESA GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

OSAE WAZA
(technique
d'immobilisation)

USHIRO GESA GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

JUJI GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

UDE GARAMI

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

UDE GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

WAKI GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

HARA GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

KANSETSU WAZA
(technique de luxation)

ASHI GATAME

A judo practitioner in a white gi is immobilizing another practitioner in a white gi. The immobilized practitioner is lying on their back with their arms and legs held in a specific position.

SHIME WAZA
(techniques
d'étranglement)

OKURI ERI JIME



SHIME WAZA
(techniques
d'étranglement)

KATA HA JIME



SHIME WAZA
(techniques
d'étranglement)

HADAKA JIME



SHIME WAZA
(techniques
d'étranglement)

KATA JUJI JIME



SHIME WAZA
(techniques
d'étranglement)

SANKAKU JIME



SHIME WAZA
(techniques
d'étranglement)

SODE GURUMA JIME



ASHI WAZA
(technique de jambe)

O SOTO GARI



ASHI WAZA
(technique de jambe)

O UCHI GARI



ASHI WAZA
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HIZA GURUMA



ASHI WAZA
(technique de jambe)

UCHI MATA



ASHI WAZA
(technique de jambe)

DE ASHI BARAI



ASHI WAZA
(technique de jambe)

OKURI ASHI BARAI



TE WAZA
(technique de bras)

IPPON SEOI NAGE

A photograph showing a judo practitioner in a white gi performing Ippon Seoi Nage on another practitioner. The practitioner being thrown is in a crouched position, and the thrower is using their arms to lift and flip them over their shoulder.

TE WAZA
(technique de bras)

KATA GURUMA

A photograph showing a judo practitioner in a white gi performing Kata Guruma. The practitioner is standing with their arms extended, and the other practitioner is being thrown over their shoulder in a crouched position.

TE WAZA
(technique de bras)

TAI OTOSHI

A photograph showing a judo practitioner in a white gi performing Tai Otoshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

TE WAZA
(technique de bras)

TE GURUMA

A photograph showing a judo practitioner in a white gi performing Te Guruma. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

TE WAZA
(technique de bras)

MOROTE SEOI NAGE

A photograph showing a judo practitioner in a white gi performing Morote Seoi Nage. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

TE WAZA
(technique de bras)

UKI OTOSHI

A photograph showing a judo practitioner in a white gi performing Uki Otoshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

O GOSHI

A photograph showing a judo practitioner in a white gi performing O Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

HARAI GOSHI

A photograph showing a judo practitioner in a white gi performing Harai Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

UKI GOSHI

A photograph showing a judo practitioner in a white gi performing Uki Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

USHIRO GOSHI

A photograph showing a judo practitioner in a white gi performing Ushiro Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

UTSURI GOSHI

A photograph showing a judo practitioner in a white gi performing Utsuri Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

KOSHI WAZA
(technique de hanche)

TSURI KOMI GOSHI

A photograph showing a judo practitioner in a white gi performing Tsuru Komi Goshi. The practitioner is in a crouched position, and the other practitioner is being thrown over their shoulder in a crouched position.

SUTEMI WAZA
(technique de sacrifice)

TOMOE NAGE

A photograph showing a judo practitioner in a white gi performing Tomoe Nage on another practitioner. The practitioner being thrown is on their back, and the thrower is leaning over them, with their feet tucked under the opponent's legs.

SUTEMI WAZA
(technique de sacrifice)

YOKO TOMOE NAGE

A photograph showing a judo practitioner in a white gi performing Yoko Tomoe Nage on another practitioner. The thrower is leaning to the side, and the opponent is being thrown onto their back.

SUTEMI WAZA
(technique de sacrifice)

URA NAGE

A photograph showing a judo practitioner in a white gi performing Ura Nage on another practitioner. The thrower is leaning forward, and the opponent is being thrown onto their back.

SUTEMI WAZA
(technique de sacrifice)

SUMI GAESHI

A photograph showing a judo practitioner in a white gi performing Sumi Gaeshi on another practitioner. The thrower is leaning to the side, and the opponent is being thrown onto their back.

SUTEMI WAZA
(technique de sacrifice)

TANI OTOSHI

A photograph showing a judo practitioner in a white gi performing Tani Otoshi on another practitioner. The thrower is leaning to the side, and the opponent is being thrown onto their back.

SUTEMI WAZA
(technique de sacrifice)

SOTO MAKIKOMI

A photograph showing a judo practitioner in a white gi performing Soto Makikomi on another practitioner. The thrower is leaning to the side, and the opponent is being thrown onto their back.

OSAE WAZA
(technique d'immobilisation)

TATE SHIHO GATAME

A photograph showing a judo practitioner in a white gi performing Tate Shiho Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

OSAE WAZA
(technique d'immobilisation)

HON GESA GATAME

A photograph showing a judo practitioner in a white gi performing Hon Gesa Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

OSAE WAZA
(technique d'immobilisation)

YOKO SHIHO GATAME

A photograph showing a judo practitioner in a white gi performing Yoko Shiho Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

OSAE WAZA
(technique d'immobilisation)

KAMI SHIHO GATAME

A photograph showing a judo practitioner in a white gi performing Kami Shiho Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

OSAE WAZA
(technique d'immobilisation)

MAKURA GESA GATAME

A photograph showing a judo practitioner in a white gi performing Makura Gesa Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

OSAE WAZA
(technique d'immobilisation)

USHIRO GESA GATAME

A photograph showing a judo practitioner in a white gi performing Ushiro Gesa Gatame on another practitioner. The practitioner being immobilized is on their back, and the immobilizer is on top of them, with their feet tucked under the opponent's legs.

KANSETSU WAZA
(technique de luxation)

JUJI GATAME

A photograph showing a judo practitioner in a white gi performing Juji Gatame on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their arms.

KANSETSU WAZA
(technique de luxation)

UDE GARAMI

A photograph showing a judo practitioner in a white gi performing Ude Garami on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their forearms.

KANSETSU WAZA
(technique de luxation)

UDE GATAME

A photograph showing a judo practitioner in a white gi performing Ude Gatame on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their forearms.

KANSETSU WAZA
(technique de luxation)

WAKI GATAME

A photograph showing a judo practitioner in a white gi performing Waki Gatame on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their forearms.

KANSETSU WAZA
(technique de luxation)

HARA GATAME

A photograph showing a judo practitioner in a white gi performing Hara Gatame on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their waist.

KANSETSU WAZA
(technique de luxation)

ASHI GATAME

A photograph showing a judo practitioner in a white gi performing Ashi Gatame on another practitioner. The practitioner being immobilized is lying on their back with their arms crossed over their chest, and the immobilizer is kneeling over them, holding their leg.

SHIME WAZA
(techniques d'étranglement)

OKURI ERI JIME

A photograph showing a judo practitioner in a white gi performing Okuri Eri Jime on another practitioner. The practitioner being choked is sitting on the mat, and the immobilizer is sitting behind them, applying a chokehold.

SHIME WAZA
(techniques d'étranglement)

KATA HA JIME

A photograph showing a judo practitioner in a white gi performing Kata Ha Jime on another practitioner. The practitioner being choked is sitting on the mat, and the immobilizer is sitting behind them, applying a chokehold.

SHIME WAZA
(techniques d'étranglement)

HADAKA JIME

A photograph showing a judo practitioner in a white gi performing Hadaka Jime on another practitioner. The practitioner being choked is sitting on the mat, and the immobilizer is sitting behind them, applying a chokehold.

SHIME WAZA
(techniques d'étranglement)

KATA JUJI JIME

A photograph showing a judo practitioner in a white gi performing Kata Juji Jime on another practitioner. The practitioner being choked is lying on their back, and the immobilizer is kneeling over them, applying a chokehold.

SHIME WAZA
(techniques d'étranglement)

SANKAKU JIME

A photograph showing a judo practitioner in a white gi performing Sankaku Jime on another practitioner. The practitioner being choked is lying on their back, and the immobilizer is kneeling over them, applying a chokehold.

SHIME WAZA
(techniques d'étranglement)

SODE GURUMA JIME

A photograph showing a judo practitioner in a white gi performing Sode Guruma Jime on another practitioner. The practitioner being choked is sitting on the mat, and the immobilizer is sitting behind them, applying a chokehold.

REGLES : DECOUPER TOUTES LES CARTES AVANT DE COMMENCER.

Le code couleur permet aux plus jeunes et novices de repérer plus facilement les cartes.

Le nombre de paires mises en jeu est libre.

Placer toutes les cartes face cachée de manière aléatoire.

Le but est de retourner 2 cartes pour former une paire. Le gagnant est le joueur qui a formé le plus de paires.

Lorsqu'une paire est formée par un joueur, celui-ci continue de jouer.

Si une paire n'est pas formée, retourner les cartes face cachée puis c'est à l'adversaire de jouer.