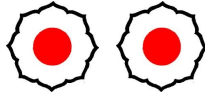


# Initiation Judo



**N I**  
Demi jaune

**N II**  
Jaune 5 kyu

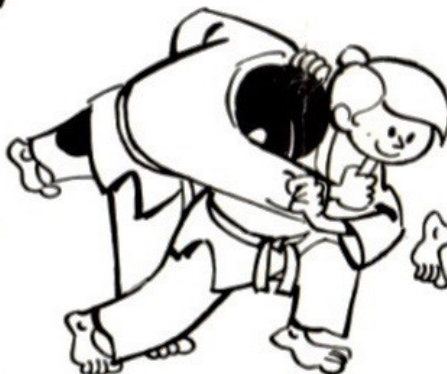
**N III**  
Demi orange



## OKURI-ASHI-BARAI

balayage des deux pieds

OKURI = les deux ASHI = pieds BARAI = balayage



## TAI-OTOSHI

renversement du corps par barrage

TAI = Corps OTOSHI = tomber