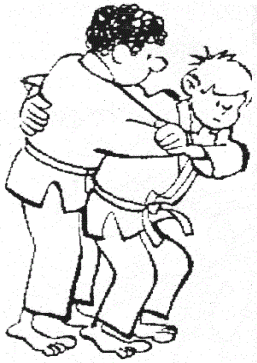
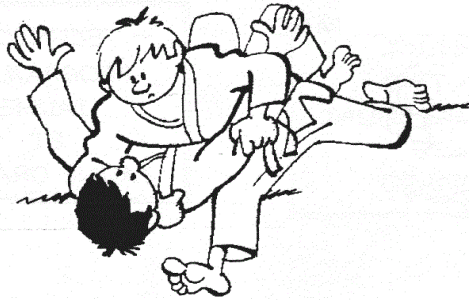
CEINTURE JAUNE

PRISES DEBOUT	 O GOSHI O UCHI GARI KO UCHI GARI O SOTO GARI
PRISES AU SOL	YOKO SHIHO GATAME KAMI SHIHO GATAME TATE SHIHO GATAME  HON GESA GATAME