

# CEINTURE BLANCHE-JAUNE

## TE-WAZA

tai-otoshi



## ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma

## KOSHI-WAZA

uki-goshi



sasae-tsur-komi-ashi



## OSAEKOMI-WAZA



Yoko-shiho-gatame



kami-shiho-gatame



tate-shiho-gatame



kuzure-gesa-gatame