

ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma



sasae-tsuri-komi-ashi



okuri-ashi-barai



ashi-guruma



de-ashi-barai

SHIME-WAZA



sankaku-jime



juji-jime



Kata-juji-jime



Gyaku-juji-jime



Nami-juji-jime



okuri-eri-jime



kata-ha-jime

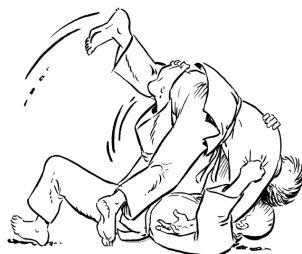


hadaka-jime

MA-SUTEMI-WAZA



tomoe-nage



sumi-gaeshi

UDE-KANTSETSU-WAZA



juji-gatame



ude-garami