

CEINTURE
ORANGE-VERTE

TE-WAZA



Tai-otoshi



ippon-seoi-nage



morote-seoi-nage



eri-seoi-nage

YOKO-SUTEMI-WAZA



tani-otoshi

KOSHI-WAZA



uki-goshi



o-goshi



koshi-guruma



harai-goshi



uchi-mata



tsuru-komi-goshi



sode-tsuru komi goshi

ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma



sasae-tsuru-komi-ashi



okuri-ashi-barai



ashi-guruma



de-ashi-barai