

CEINTURE
VERTE

TE-WAZA



Tai-otoshi



ippou-seoi-nage



morote-seoi-nage



eri-seoi-nage



te-guruma

KOSHI-WAZA



uki-goshi



o-goshi



koshi-guruma



harai-goshi



uchi-mata



tsuri-komi-goshi



sode-tsure komi goshi



ushiro goshi

YOKO-SUTEMI-WAZA

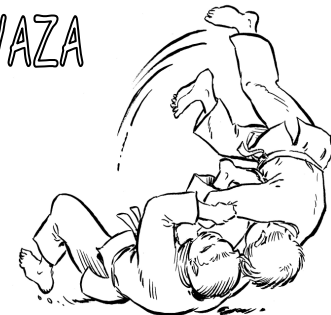


tani-otoshi



yoko-tomoe-nage

MA-SUTEMI-WAZA



tomoe-nage

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

OSAEKOMI-WAZA



kami-shiho-gatame



yoko-shiho-gatame



tate-shiho-gatame



kuzure-gesa-gatame



ushiro-gesa-gatame