



Seoi-otoshi



Tai-otoshi



Uki-goshi



Kubi-nage



O-soto-gari



Ko-soto-gari



Hiza-guruma



Sasae-tsurikomi-ashi



O-uchi-gari



Ko-uchi-gari



Ippon-seoi-nage



O-goshi



Ashi-guruma





Hon-gesa-gatame



Kata-gatame



Kami-shiho-gatame



Kuzure-kami-shiho-gatame



Ushiro-gesa-gatame



Kuzure-yoko-shiho-gatame



Yoko-shiho-gatame



Tate-shiho-gatame

