

O-soto-otoshi



O-soto-otoshi



Uki-goshi



O-goshi



O-goshi



Uki-goshi



O-uchi-gari



O-uchi-gari



Seoi-otoshi



Ippon-soei-nage



Ippon-soei-nage



Seoi-otoshi



Tai-otoshi



Tai-otoshi



Mune-gatame



Hon-kesa-gatame



Hon-kesa-gatame



Mune-gatame





|                                                                                                             |                                                                                                              |                                                                                                                |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <p>Tate-shiho-gatame</p>    | <p>Tate-shiho-gatame</p>    | <p>Ushiro-ukemi</p>           |
| <p>Kami-shiho-gatame</p>    | <p>Kami-shiho-gatame</p>    | <p>Ushiro-ukemi</p>          |
| <p>Yoko-ukemi</p>          | <p>Yoko-ukemi</p>          | <p>Kuzure-kesa-gatame</p>    |
| <p>Mae-mawari ukemi</p>  | <p>Mae-mawari ukemi</p>   | <p>Kuzure-kesa-gatame</p>  |
| <p>Yoko-shiho-gatame</p>  | <p>Yoko-shiho-gatame</p>  | <p>Harai-goshi</p>        |
| <p>O-soto-gari</p>       | <p>O-soto-gari</p>        | <p>Harai-goshi</p>        |

