

Ashi Waza

BARAI



De Ashi Barai



O Uchi Barai



Okuri Ashi Barai



Harai Tsurikomi Ashi

GAKE



Ko Uchi Barai



Ko Soto Gake



O Soto Gake

GARI



O Soto Gari



Ko Uchi Gari



Ko Soto Gari



O Uchi Gari

FUSA



Uchi Mata (Soto)



O Soto Otoshi



Hiza Guruma



Sasae Tsurikomi Ashi



O Soto Guruma



Ashi Guruma

Kata Waza



Ippon Seoi Nage



Morote Seoi Nage



Seoi Otoshi



Eri Seoi Nage



Kata Guruma

Te Waza



Kibisu Gaeshi



Kuchiki Taoshi



Ma Te Guruma



Morote Gari



Sukui Nage



Sumi Otoshi



Tai Otoshi



Uki Otoshi



Ushiro Te Guruma



Waki Otoshi

Koshi Waza

RYO ASHI YORIDOKORO



Uki Goshi



O Goshi



Koshi Guruma



Kubi Nage



Tsurikomi Goshi



Sode Tsurikomi Goshi



Ushiro Goshi



Tsurugi Goshi



Seoi Age



Utsuri Goshi

KATA ASHI YORIDOKORO



Harai Goshi



Hane Goshi



O Guruma



Uchi Mata

Makikomi Waza



Hane Makikomi



Ko Uchi Makikomi



O Soto Makikomi



Soto Makikomi



Uchi Makikomi

Sutemi Waza

MA SUTEMI WAZA



Tomoe Nage



Ura Nage



Sumi Gaeshi



Obi Tori Gaeshi



Tawara Gaeshi

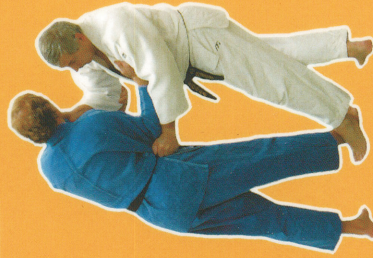


Tani Otoshi

YOKO SUTEMI WAZA



Uki Waza



Yoko Gake



Yoko Guruma



Yoko Otoshi



Yoko Tomoe



Yoko Wakare