

Worpen en grepen groene gordel

WORPEN



Harai goshi



Sasae tsuri komi ashi



Ko soto gari



Tsuru komi goshi

HOUDGREPEN



Kata gatame



Makura kesa gatame

KLEMMEN (+14)



Ude garami



Juji gatame

WURGINGEN (+14)



Nami juji jime



Gyaku juji jime



Kata juji jime