

Worpen en grepen oranje gordel

WORPEN



Hiza guruma



Seoi nage



Ippon seoi nage



Uki goshi

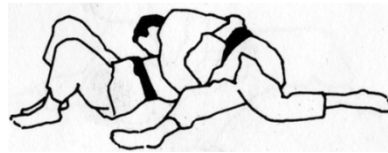
HOUDGREPEN



Kesa gatame



Kuzure kami shiho gatame



Ushiro kesa gatame