

# ASHI WAZA

ASHI-GURUMA



HIZA-GURUMA



DE-ASHI-BARAI



KO-SOTO-GAKE



HARAI-TSURI-KOMI-ASHI



KO-SOTO-GARI



**O-SOTO-GURUMA**



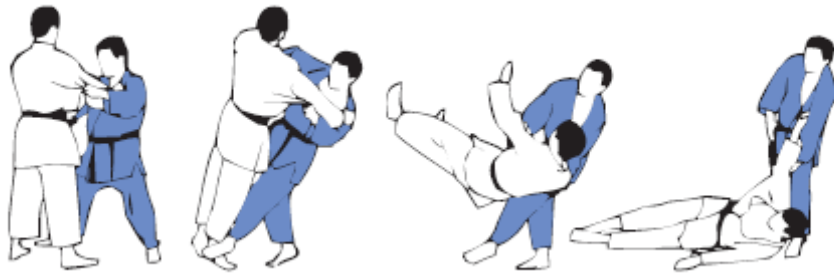
**KO-UCHI-GARI**



**O-SOTO-OTOSHI**



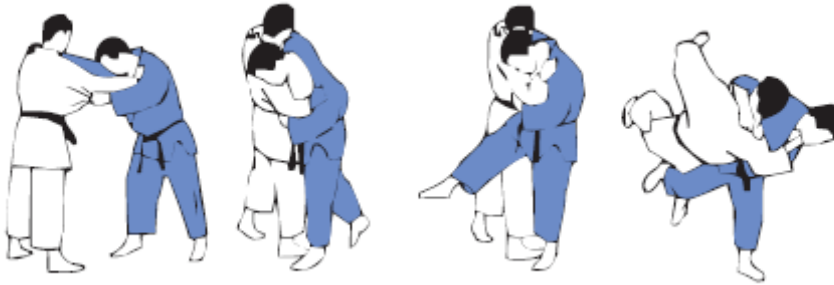
**OKURI-ASHI-BARAI**



**O-UCHI-GARI**



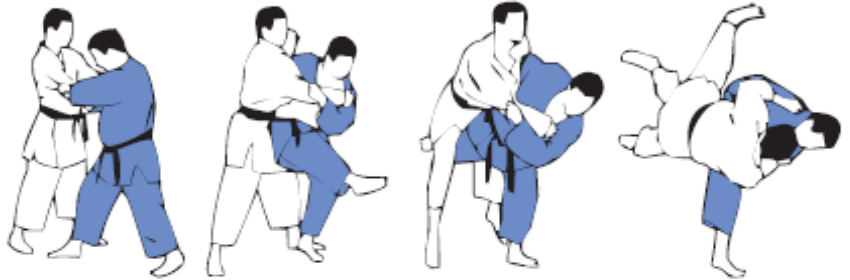
**O-SOTO-GARI**



SASAE-TSURI-KOMI-ASHI



UCHI-MATA



O-GURUMA



DE-ASHI-BARAI + TSUBAME-GAESHI (DE-ASHI-BARAI)

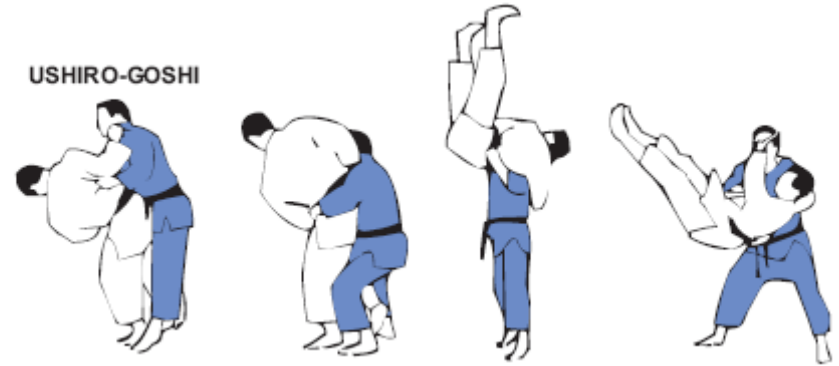


# KOSHI WAZA

UKI-GOSHI



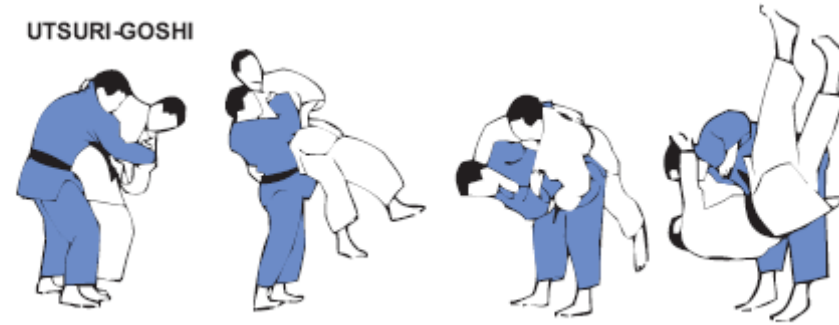
USHIRO-GOSHI



O-GOSHI



UTSURI-GOSHI



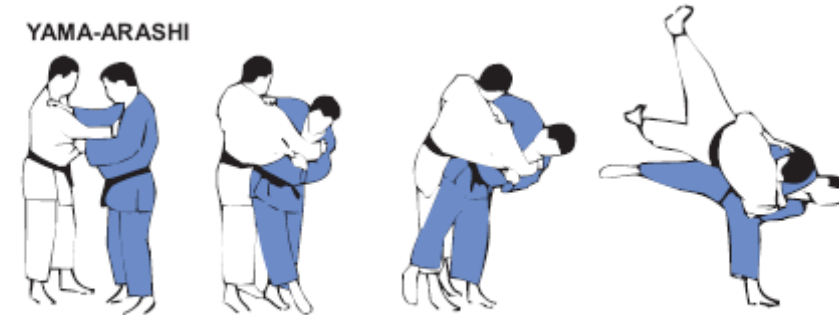
KO-TSURI-GOSHI



O-TSURI-GOSHI



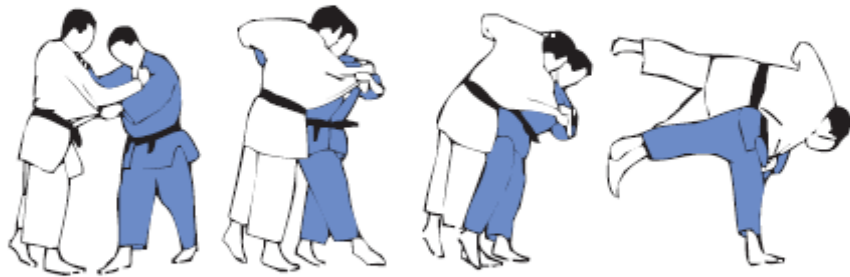
YAMA-ARASHI



**HANE-GOSHI**



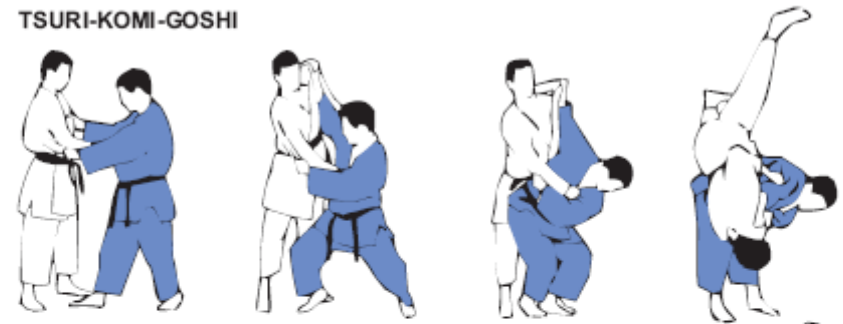
**HARAI-GOSHI**



**GOSHI-GURUMA (Kubi-Nage)**



**TSURI-KOMI-GOSHI**

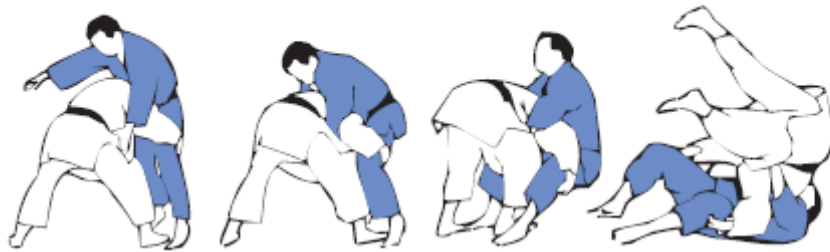


**SODE-TSURI-KOMI-GOSHI**

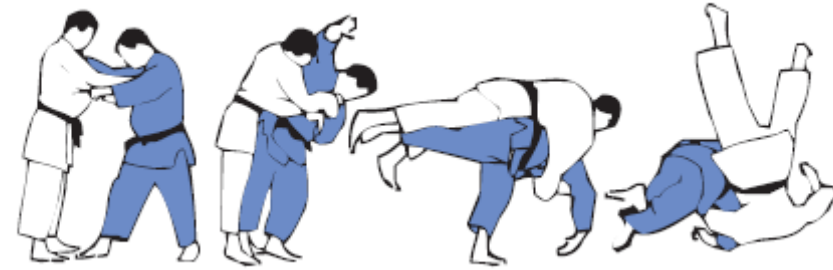


# SUTEMI WAZA

TAWARA-GAESHI



HANE-MAKI-KOMI



TOMOE-NAGE



KANI-WAZA (Kani-Basami) interdit



UCHI-MAKI-KOMI



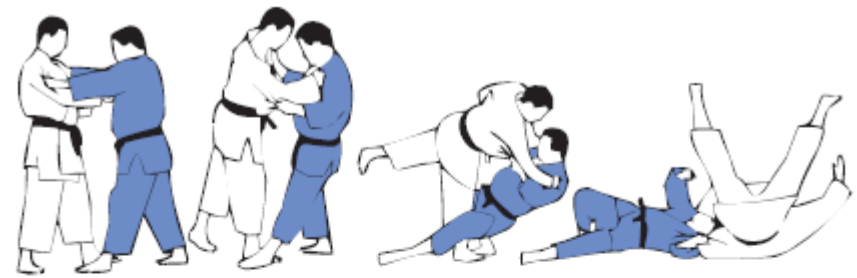
O-SOTO-MAKI-KOMI



**SOTO-MAKI-KOMI**



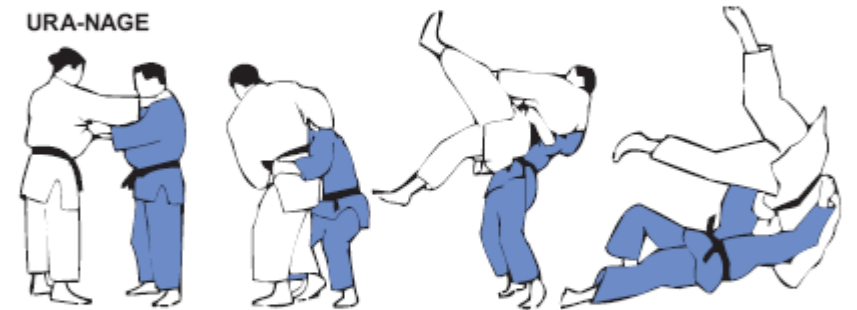
**UKI-WAZA**



**SUMI-GAESHI**



**URA-NAGE**



**TANI-OTOSHI**



**YOKO-GAKE**

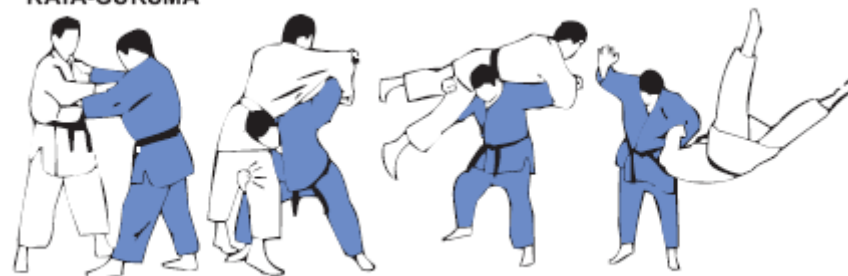


# TE WAZA

SUMI-OTOSHI



KATA-GURUMA



TAI-OTOSHI



MOROTE-GARI (Ryo-Ashi-Dori)



UKI-OTOSHI



IPPON-SEOI-NAGE



**SODE-SEOI-NAGE**



**ERI-SEOI-NAGE**



**MOROTE-SEOI-NAGE**



**SEOI-OTOSHI**



**SUKUI-NAGE**



**KUCHIKI-DAOSHI**  
par Kawaguchi



**KIBISU-GAESHI**  
par Osawa



**SUKUI-NAGE (Te-Guruma)**

