



O-Soto-Otoshi



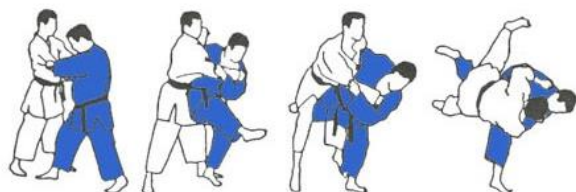
Ko-Soto-Gari



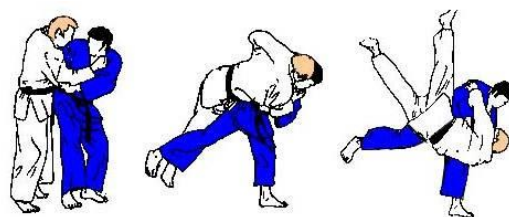
De ashi Barai



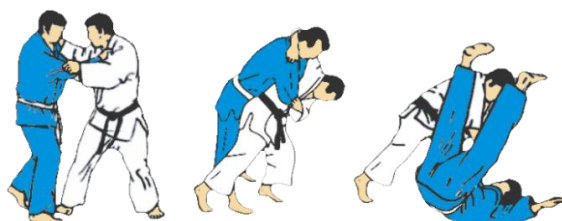
Ko-Soto-Gake



Uchi-Mata

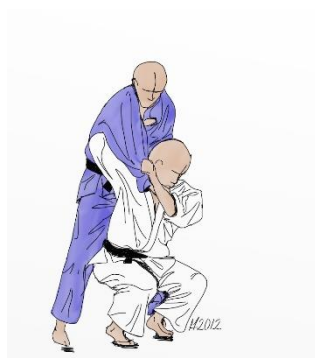


Harai Goshi



Kubi-Nage

Eri-Seoi-Nage



Morote-Seoi-Nage

Seoi-Otoshi





Chute arrière



Chute Latérale



Chute avant



O-soto-gari



Contre O-soto-gari



Okuri-Ashi-Barai



Ō-uchi-gari



Sasae-Tsuri-Komi-Ashi



Ko-uchi-gari



Hiza-Guruma



Tai-Otoshi



Uki-Goshi



Koshi-Guruma



O-Goshi



Ippon-seoi-nage

