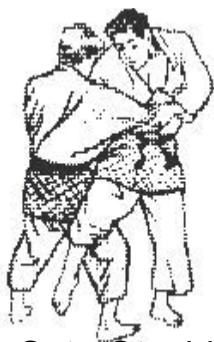


3 Kyu



Koshi Guruma



O Soto Otoshi



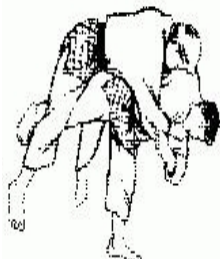
Morote Seoi Nage



Uki Goshi



Sode-Tsuri-Komi-Goshi



Uchi Mata



Tai Otoshi



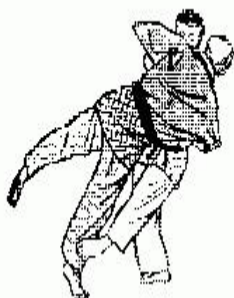
Soto Makikomi



Harai Goshi



O Guruma



Sasae Tsuri-Komi-Ashi



Ko Soto Gake



Tate Shiho Gatame



Kami Shiho Gatame



Kuzure Tate Shiho Gatame



Hiza Gatame



Okuri Eri Jime



Kata Ha-Jime



Ude Garami



Nami Juji Jime