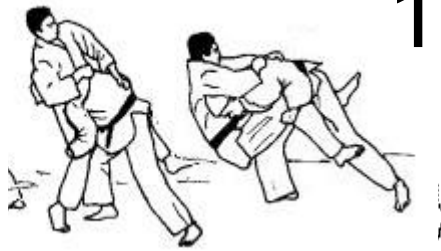


1Kyu Tachi Waza



Morote Gari



O Soto Guruma



Ura Nage



Tani Otoshi



Sukui Nage



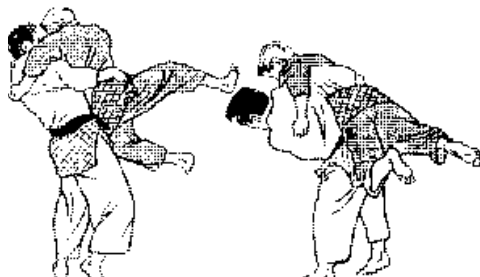
Uki Otoshi



Sumi Otoshi



Yoko Gake



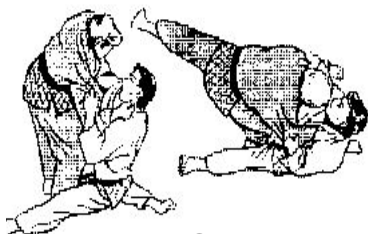
Utsuri Goshi



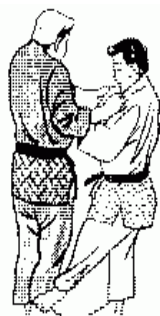
Hiza Guruma



Yoko Guruma



Yoko Otoshi



Okuri Ashi Harai



Harai Tsuru Komi Ashi

1Kyu Kansetsu/ Shime Waza



Hadaka Jime



Hara Gatame



Ude Gatame



Kata Te Jime



Ashi Gatame



Ryote Jime



Koshi Jime