

CEINTURE ORANGE

TE-WAZA



Tai-otoshi



ippon-seoi-nage



morote-seoi-nage



eri-seoi-nage

OSAEKOMI-WAZA



Kuzure-gesa-gatame



Tate-shiho-gatame



yoko-shiho-gatame



Ushiro-gesa-gatame



Kami-shiho-gatame

KOSHI-WAZA



uki-goshi



o-goshi



koshi-guruma



harai-goshi

ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma



sasae-tsuri-komi-ashi



okuri-ashi-barai



ashi-guruma



de-ashi-barai