



Irimi ashi barai



Hirza guruma



Sasae
tsurikomi ashi



Uki goshi



O soto gari



O goshi



O uchi gari



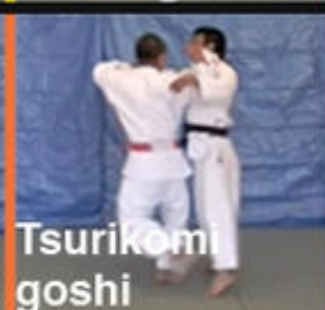
Ko soto gari



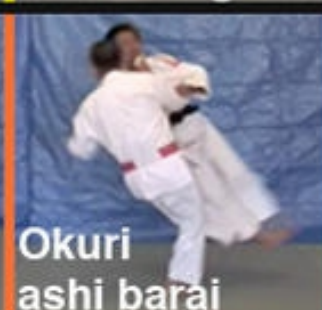
Ko uchi gari



Koshi guruma



Tsurikomi
goshi



Okuri
ashi barai



Tai otoshi



Harai goshi



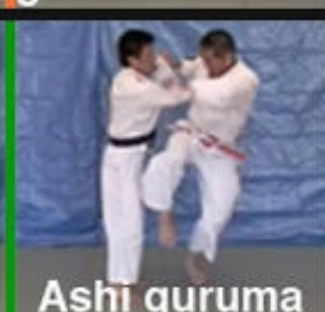
Ko soto gake



Tsuru goshi



Yoko otoshi



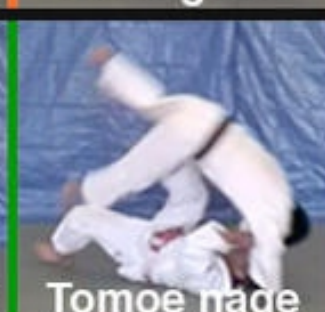
Ashi guruma



Hane goshi



Harai
tsurikomi ashi



Tomoe nage



umi gaeshi



Tani otoshi



Hane
makikomi



Sukui nage



Utsuri goshi



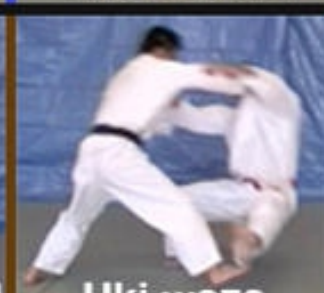
O guruma



Soto makikomi



soto guruma



Uki mata



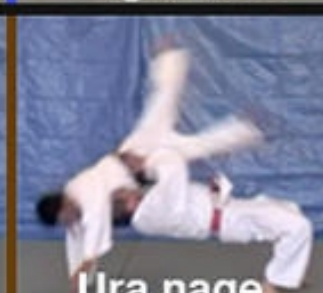
Yoko makikomi



Yoko guruma



Ushiro goshi



Ura nage



Gumi otoshi