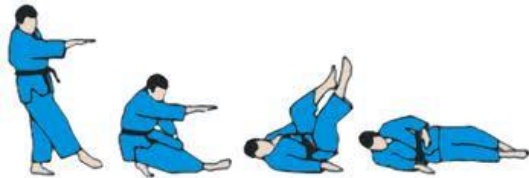


Ukeme Waza – (Val breken)



NAGE-WAZA

Tachi-waza (staande technieken)

O-Soto-Guruma



Uki-Waza



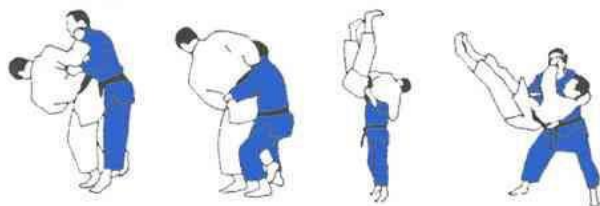
Yoko-Wakare



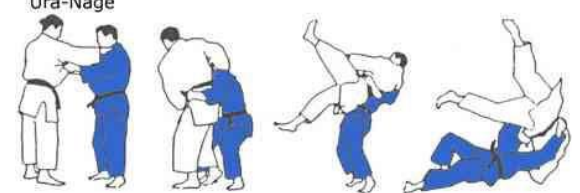
Yoko-Guruma



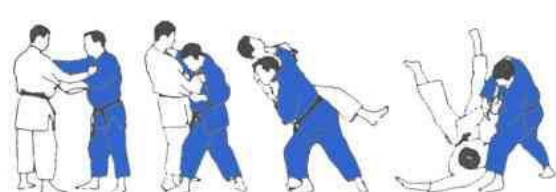
Ushiro-Goshi



Ura-Nage



Sumi-Ostoshi



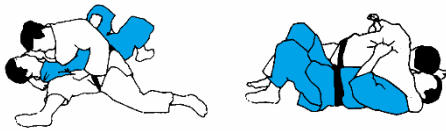
Yoko-Gake



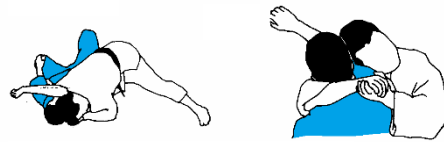
KATAME-WAZA

Osae-waza (houdgrepen)

kesa-gatame



Kata-gatame



Tate-shiho-gatame



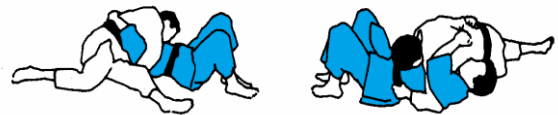
Yoko-shio-gatame



Kami-shiho-gatame

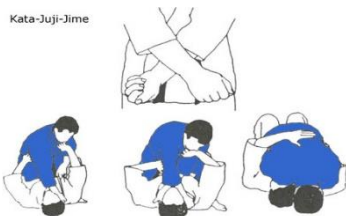


Ushiro-gesa-gatame

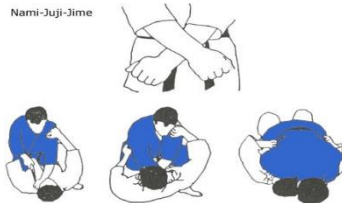


Shime-waza (verwurgingen) (+12)

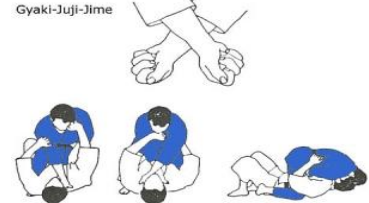
Kata-juji-jime



Nami-juji-jime



Gyaku-juji-jime



Technieken 1^e Kyu - Bruine band

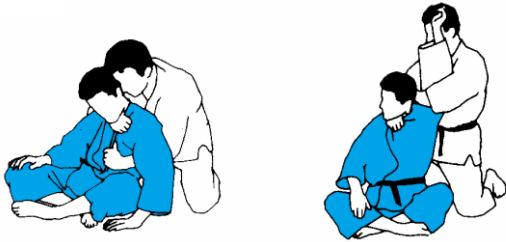
Hadaka-jime



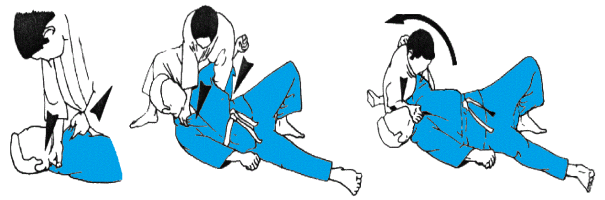
Okuri-eri-jime



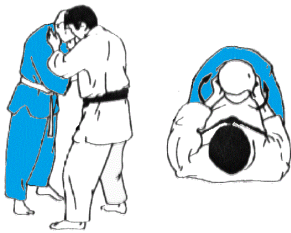
Kataha-jime



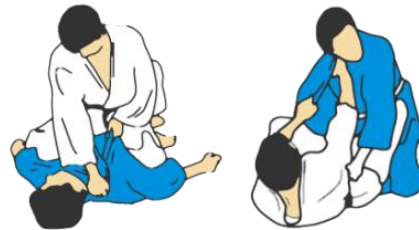
Katate-jime



Morote-jime



Tsukomi-jime



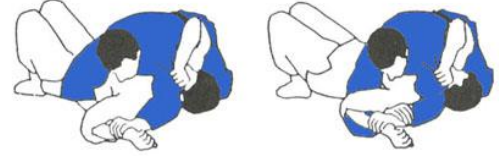
Sankanku Jime (3)

Kansetsu-waza (armklemmen) (+12)

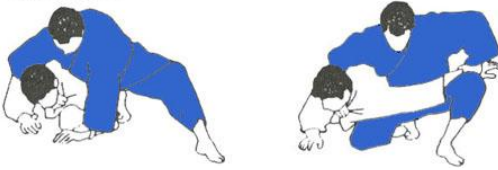
Juji-Gatame



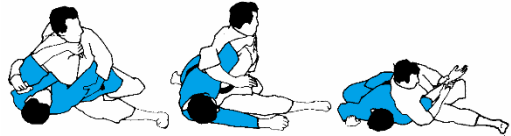
Ude-Garami



Hara-Gatame



Waki-gatame



Hiza-Gatame



Ashi-gatame