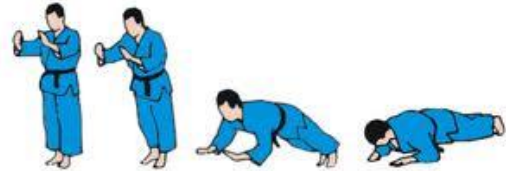
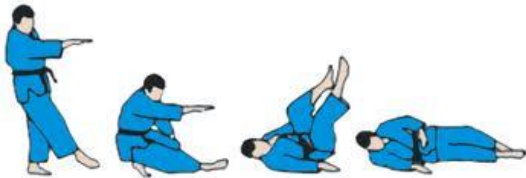


Ukeme Waza – (Val breken)



NAGE-WAZA

Tachi-waza (staande technieken)

Sumi-Gaeshi



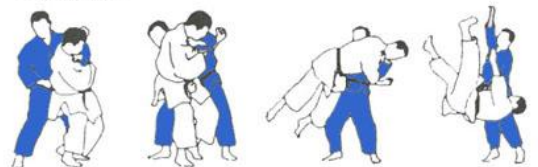
Tani-Otoshi



Hane-Maki-Komi



Sukui-Nage



Utsuri-Goshi



O-Guruma



O-Guruma



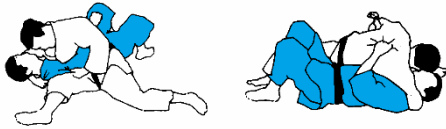
Uki-Otoshi



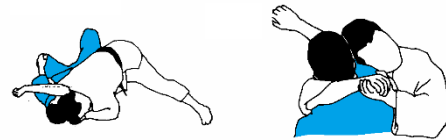
KATAME-WAZA

Osae-waza (houdgrepen)

kesa-gatame



Kata-gatame



Tate-shiho-gatame



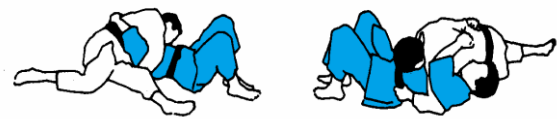
Yoko-shio-gatame



Kami-shiho-gatame

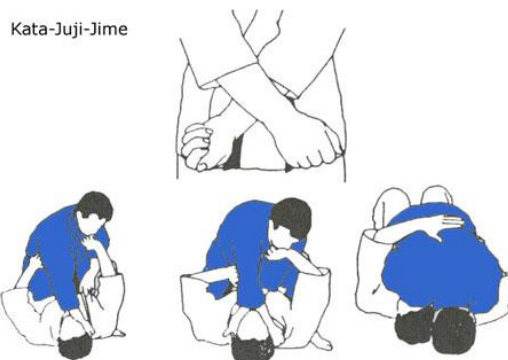


Ushiro-gesa-gatame

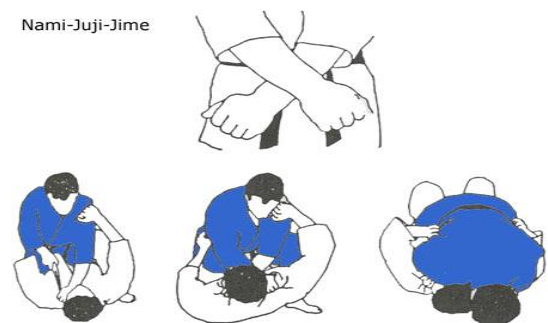


Shime-waza (verwurgingen) (+12)

Kata-juji-jime



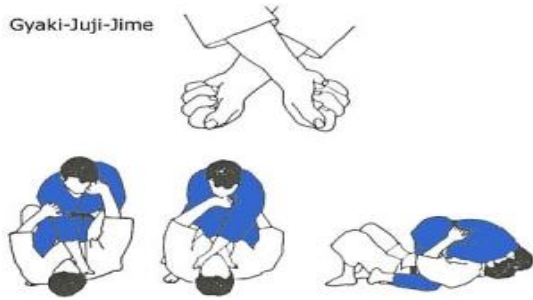
Nami-juji-jime



Technieken 2° Kyu - Blauwe band

Gyaku-juji-jime

Gyaki-Juji-Jime



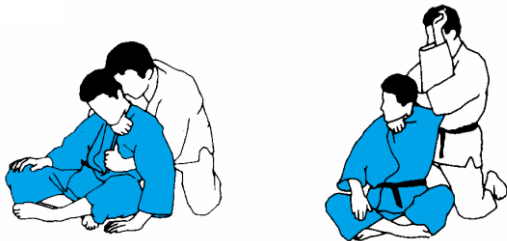
Hadaka-jime



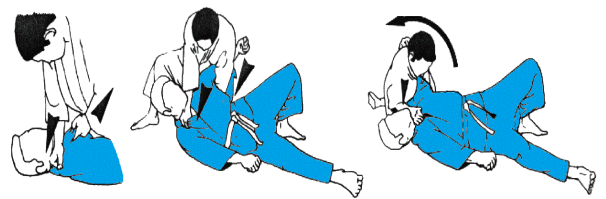
Okuri-eri-jime



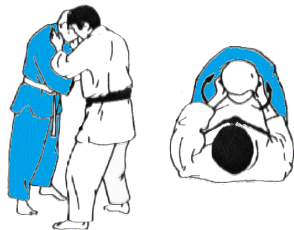
Kataha-jime



Katate-jime



Morote-jime



Tsukomi-jime



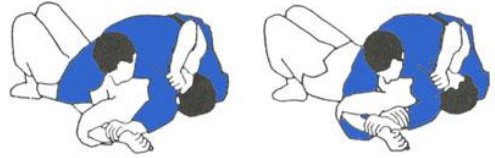
Sankanku Jime (3)

Kansetsu-waza (armklemmen) (+12)

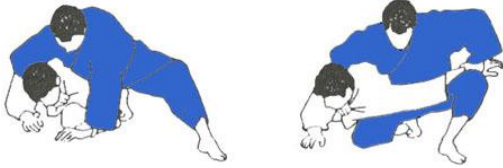
Juji-Gatame



Ude-Garami



Hara-Gatame



Waki-gatame



Hiza-Gatame



Ashi-gatame