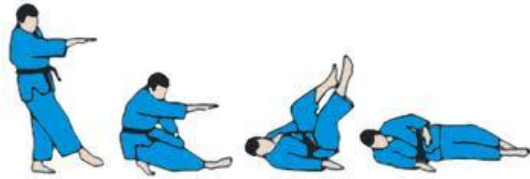


Ukeme Waza – (Val breken)



NAGE-WAZA

Tachi-waza (staande technieken)

Ko-Soto-Gake



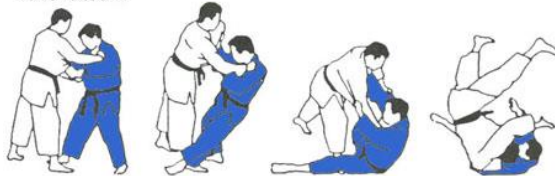
Ko-Tsuri-Goshi



O-Tsuri-Goshi



Yoko-Otoshi



Ashi-Guruma



Hane-Goshi



Harai-tsure-komi-ashi



Tomoe-Nage



Kata-Guruma



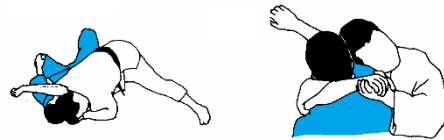
KATAME-WAZA

Osae-waza (houdgrepen)

kesa-gatame



Kata-gatame



Tate-shiho-gatame



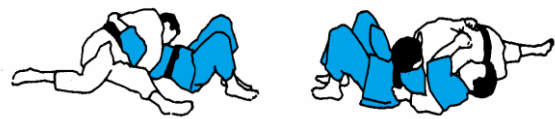
Yoko-shio-gatame



Kami-shiho-gatame

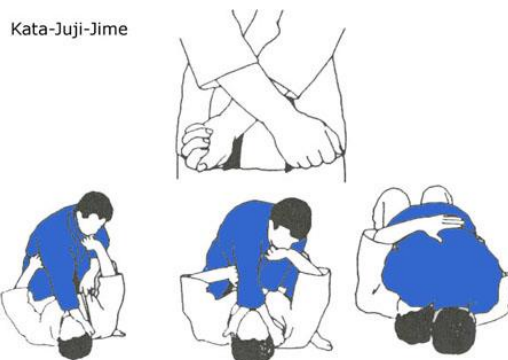


Ushiro-gesa-gatame

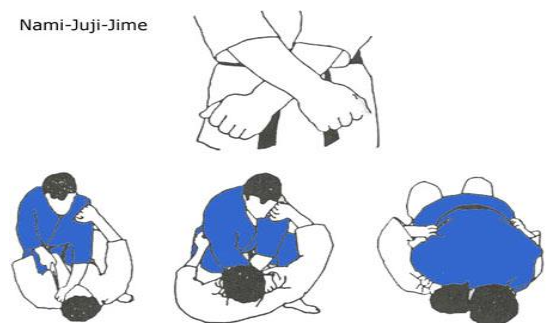


Shime-waza (verwurgingen) (+12)

Kata-juji-jime



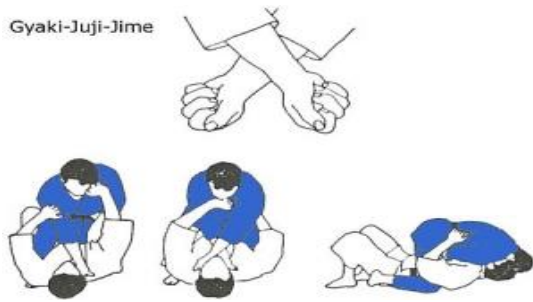
Nami-juji-jime



Technieken 3^e Kyu - Groene band

Gyaku-juji-jime

Gyaki-Juji-Jime

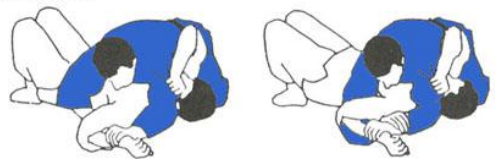


Kansetsu-waza (armklemmen) (+12)

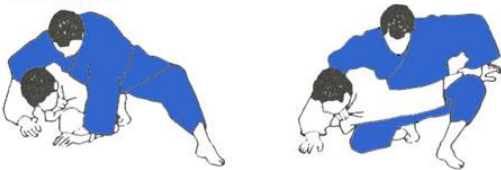
Juji-Gatame



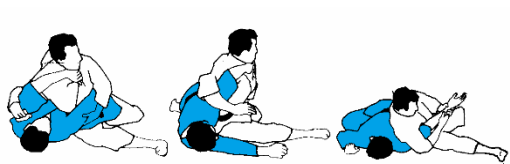
Ude-Garami



Hara-Gatame



Waki-gatame



Hiza-Gatame



Ashi-gatame