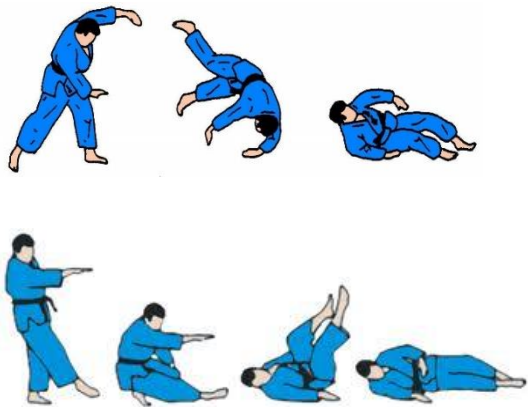


Ukeme Waza – (Val breken)



NAGE-WAZA

Tachi-waza (staande technieken)

Ko-Soto-Gari



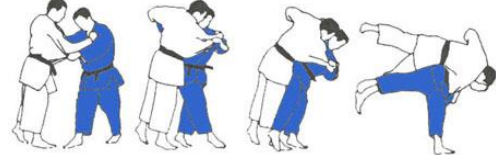
Ko-Uchi-Gari



Koshi-Guruma



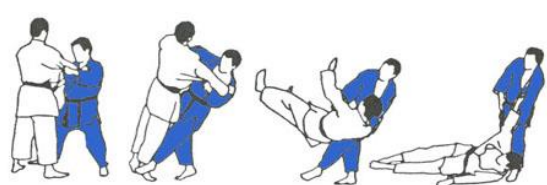
Harai-Goshi



Tsuri-Komi-Goshi



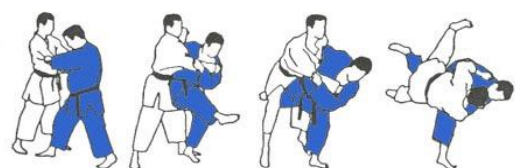
Okuri-Ashi-Barai



Tai-Otoshi



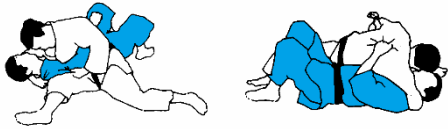
Uchi-Mata



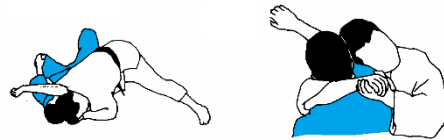
KATAME-WAZA

Osae-waza (houdgrepen)

kesa-gatame



Kata-gatame



Tate-shiho-gatame



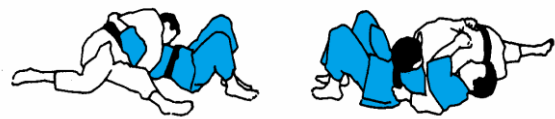
Yoko-shio-gatame



Kami-shiho-gatame

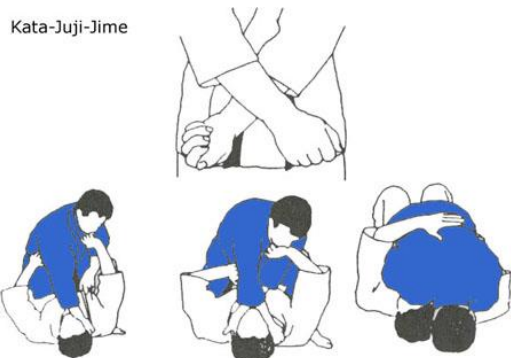


Ushiro-gesa-gatame

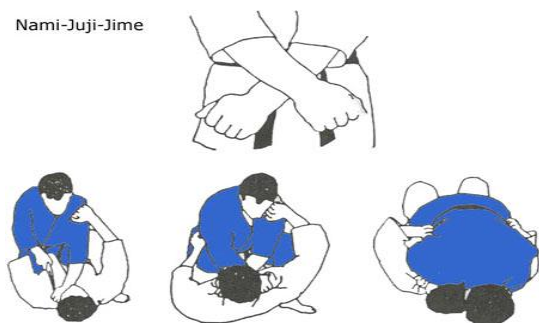


Shime-waza (verwurgingen) (+12)

Kata-juji-jime



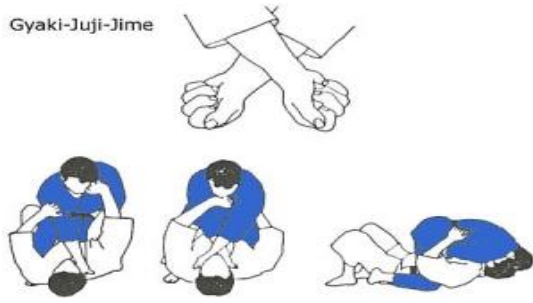
Nami-juji-jime



Technieken 4^e Kyu - Oranje band

Gyaku-juji-jime

Gyaki-Juji-Jime



Kansetsu-waza (armklemmen) (+12)

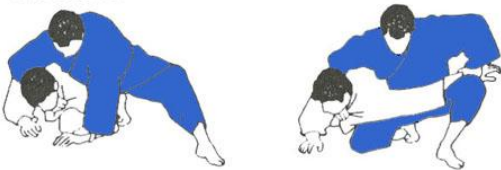
Juji-Gatame



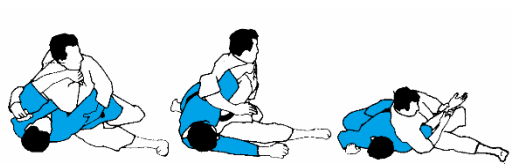
Ude-Garami



Hara-Gatame



Waki-gatame



Hiza-Gatame



Ashi-gatame