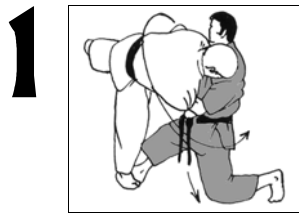


Nage-no-Kata

TE-WAZA

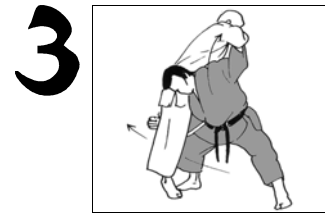
Uki-otoshi



Ippon-seoi-nage



Kata-guruma

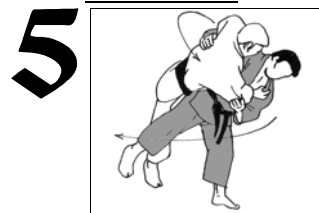


KOSHI-WAZA

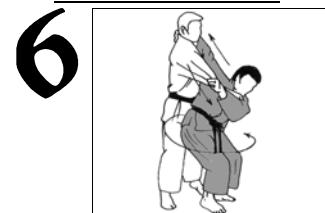
Uki-goshi



Harai-goshi

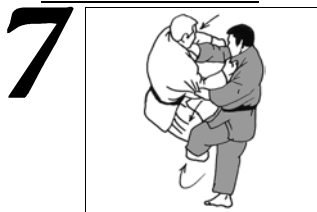


Tsuri-komi-goshi

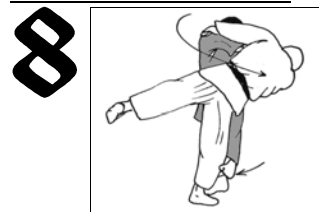


ASHI-WAZA

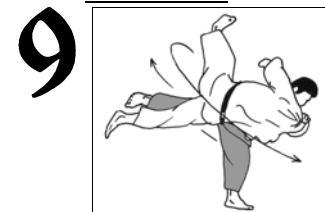
Okuri-ashi-barai



Sasae-tsuri-komi-ashi

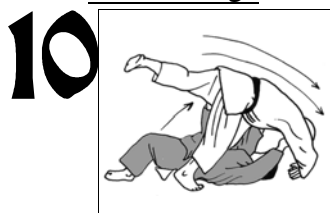


Uchi-mata

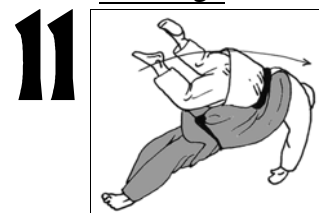


MA-SUTEMI-WAZA

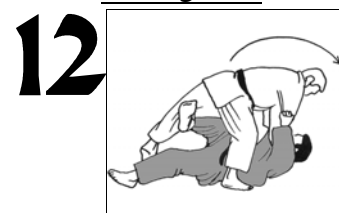
Tomoe-nage



Ura-nage

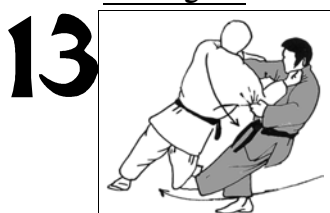


Sumi-gaeshi

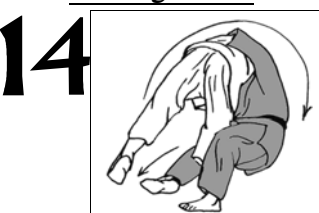


YOKO-SUTEMI-WAZA

Yoko-gake



Yoko-guruma



Uki-waza

