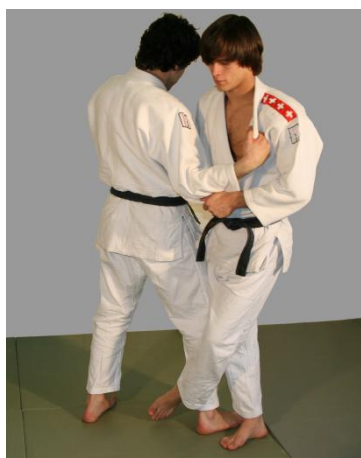




## Nage-Waza (Wurftechniken)



Ko-Soto-Gake



Tsurigoshi



Yoko-Otoshi



Ashi-Guruma

## Kansetsu-Waza (Hebeltechniken)



Ude-Garami



Ude-Hishigi-Juji-Gatame



Ude-Hishigi-Ude-Gatame