



Nage-Waza (Wurftechniken)



Ko-Soto-Gari

Ko-Uchi-Gari

Koshi-Guruma

Tsuru-Komi-Goshi

Osae-Komi-Waza (Haltetechniken)



Kuzure-Kesa-Gatame 1



Kuzure-Yoko-Shiho-Gatame 1



Kuzure-Kesa-Gatame 2



Kuzure-Yoko-Shiho-Gatame 2



Kuzure-Kesa-Gatame 3



Kuzure-Yoko-Shiho-Gatame 3