



Nage-Waza (Wurftechniken)



Ko-Soto-Gari



Ko-Uchi-Gari



Nage-Waza (Wurftechniken)



Okuri-Ashi-Barai



Harai-Goshi



Koshi-Guruma



Tsuru-Komi-Goshi



Tai-Otoshi



Uchi-Mata



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



Osae-komi-waza (Haltetechniken)



Kuzure-Tate-Shiho-Gatame 1



2



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Kuzure-Kami-Shiho-Gatame 1



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