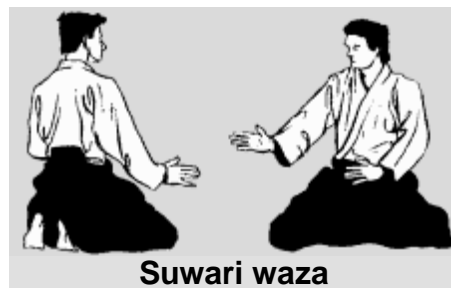


Waza



Mae dori



Katate dori (Gyaku hanmi)



Katate dori (Ai hanmi)



Ryote dori



Morote dori



Kata dori



Kata dori shomen uchi

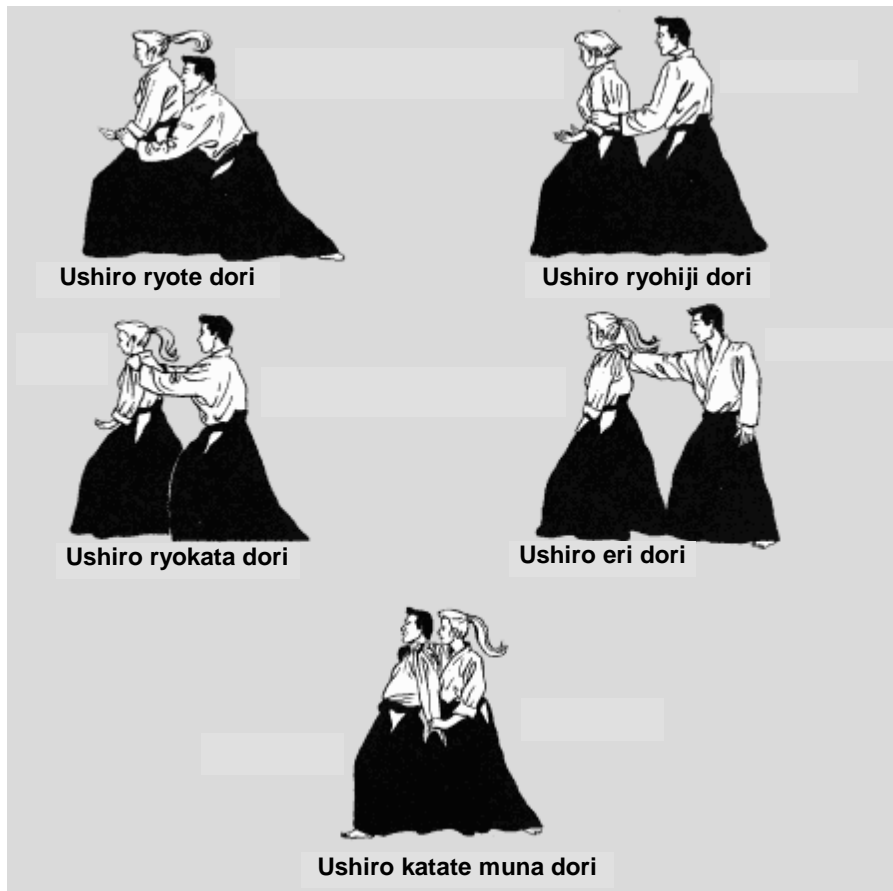


Ryokata dori

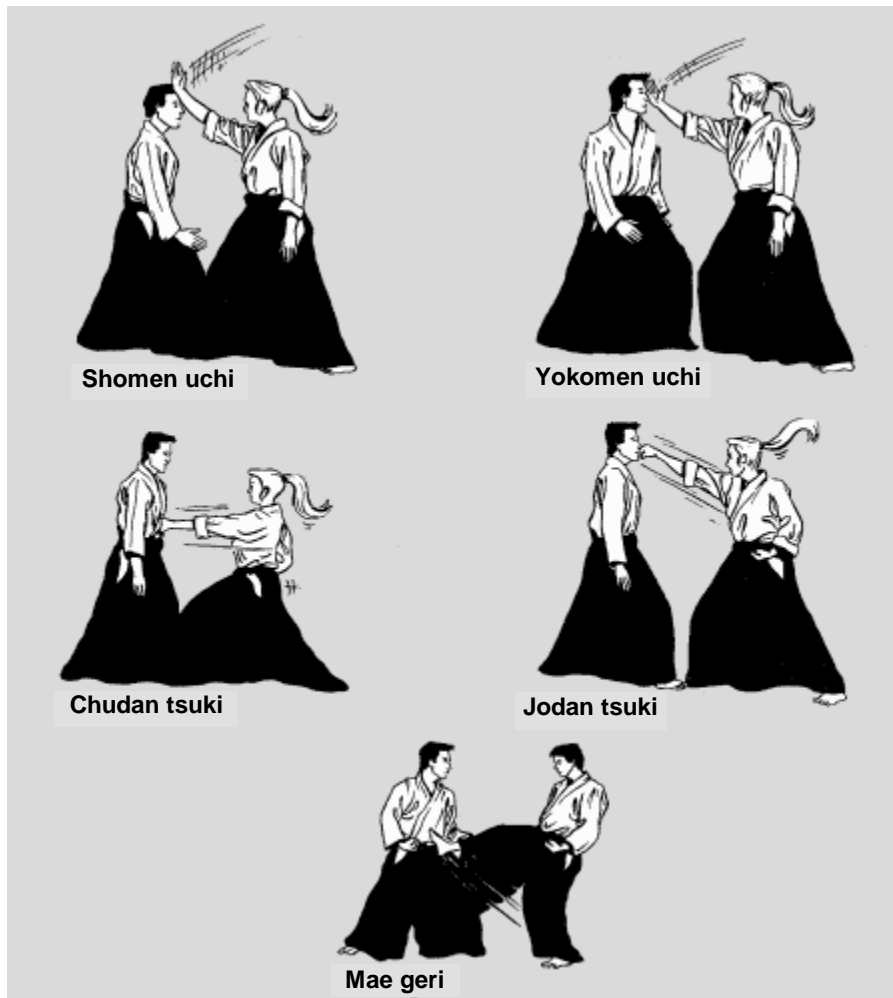


Muna dori

Ushiro dori

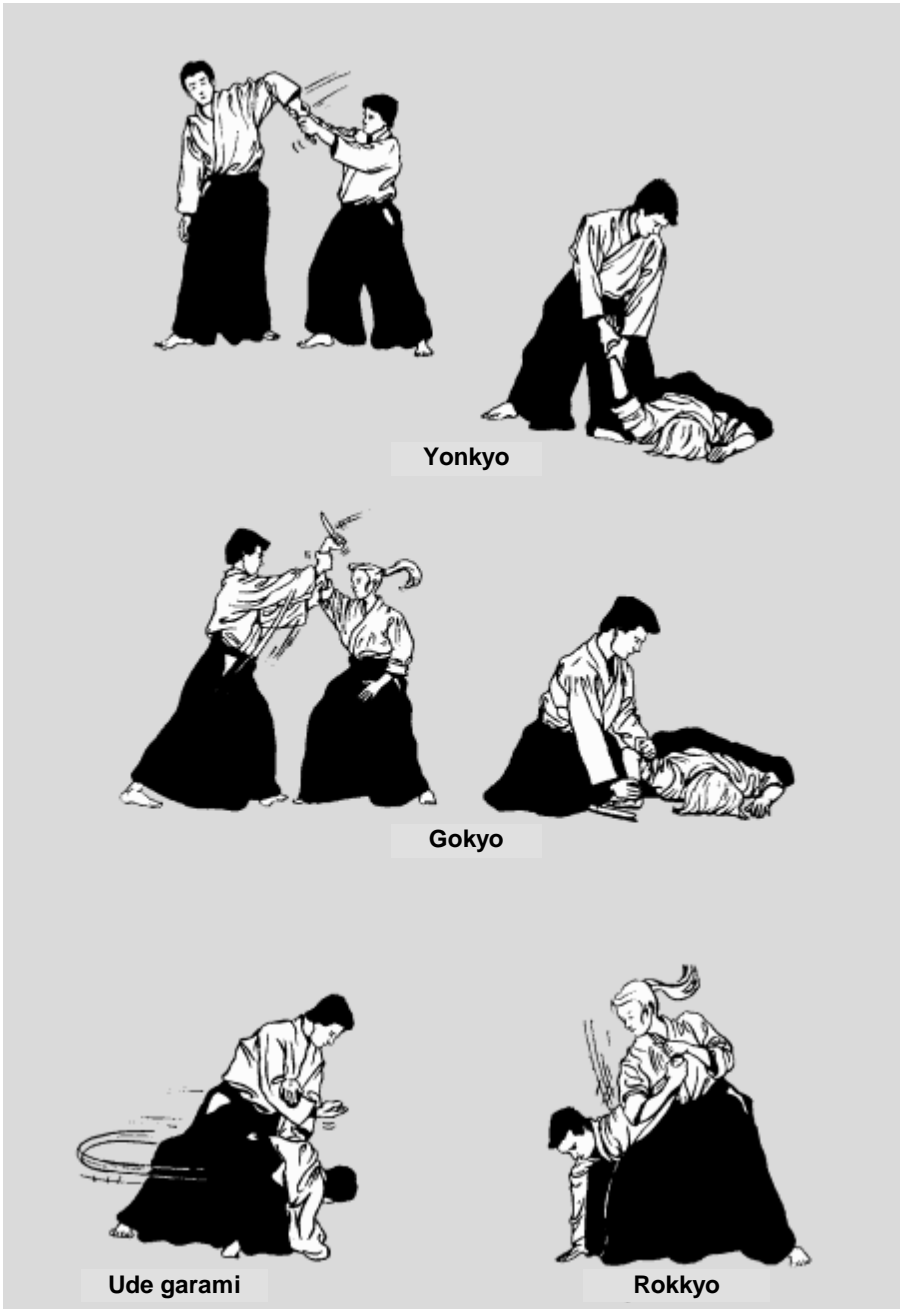


Uchi



Katame waza





Nage waza



Irimi nage



Shiho nage



Kote gaeshi



Kaiten nage



Tenchi nage



Kokyu ho dosa

