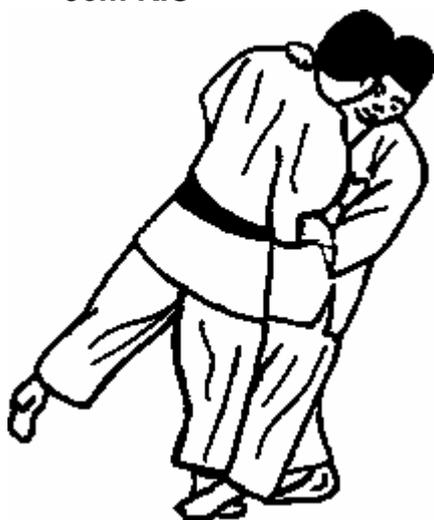


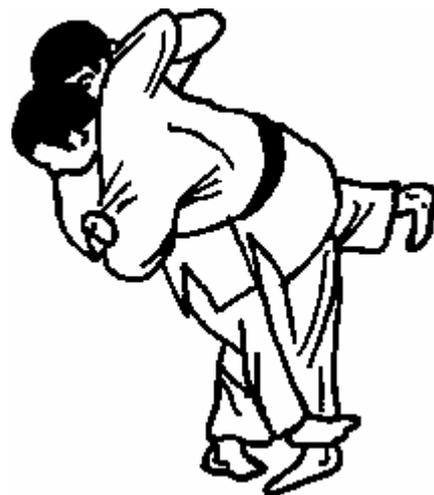
5em KIU



DE - ASHI - BARAI



HIZA - GURUMA



SASAE - TSURI - KOMI - ASHI



UKI - GOSHI



O - SOTO - GARI



O - GOSHI



O - UCHI - GARI



IPPON - SEOI - NAGE

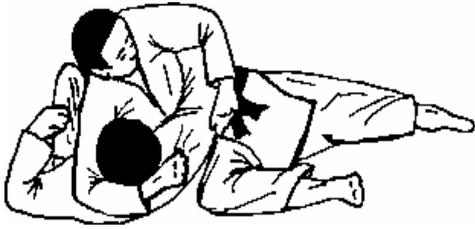


MOROTE - SEOI - NAGE

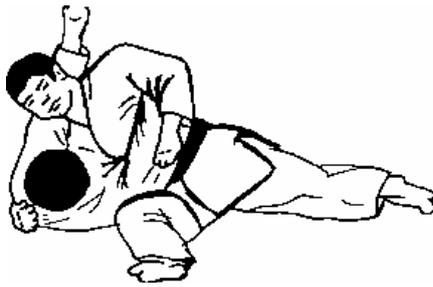


ERI - SEOI - NAGE

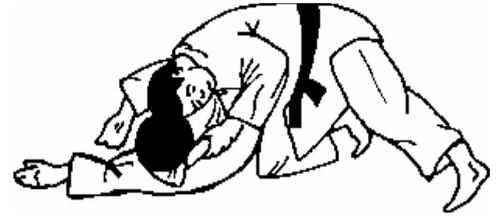
OSE – KOMI – WAZA



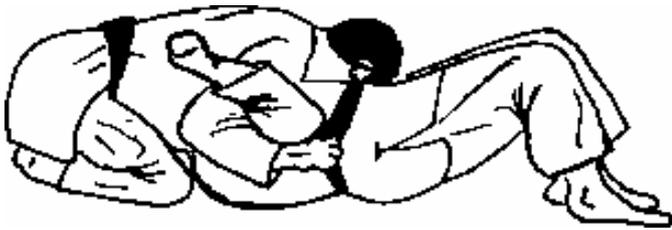
KESA – GATAME



KUZURE – KESA – GATAME



KATA – GATAME



KAMI – SHIHO – GATAME



YOKO – SHIHO – GATAME

SHIME – WAZA

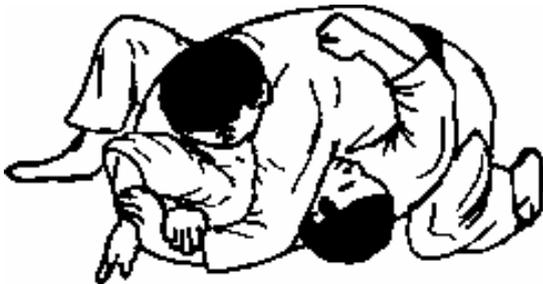


KATA – JUJI – JIME



GYAKU – JUJI – JIME

KANSETSU – WAZA



UDE – GARAMI



UDE – HISHIGI – JUJI – GATAME

4em KIU



KO - SOTO - GARI



KO - UCHI - GARI



KOSHI - GURUMA



TSURI - KOMI - GOSHI



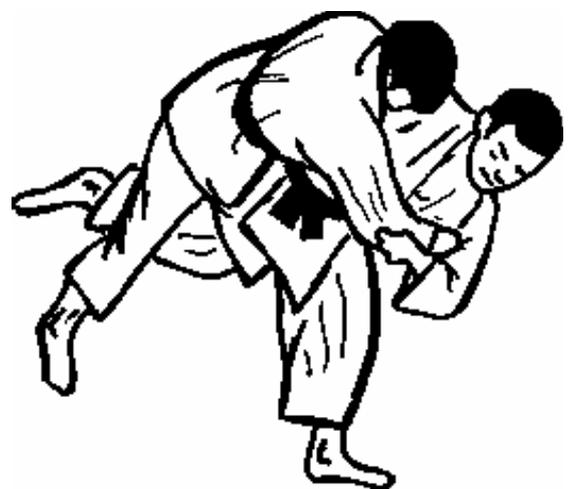
OKURI - ASHI - BARAI



TAI - OTOSHI



HARAI - GOSHI



UCHI - MATA

OSAE – KOMI – WAZA



GIAKU – KESA – GATAME



MAKURA – KESA – GATAME



KUZURE – KAMI – SHIHO – GATAME



KUZURE – YOKO – SHIHO – GATAME

SHIME – WAZA



HADAKA – JIME



USHIRO – JIME



NAMI – JUJI – JIME



KATA – HA – JIME



OKURI – ERI – JIME

KANSETSU – WAZA



YOKO – UDE – HISHIGI – GATAME



UDE – HISHIGI – UDE – GATAME

3em KIU



KO - SOTO - GAKE



TSURI - GOSHI



YOKO - OTOSHI



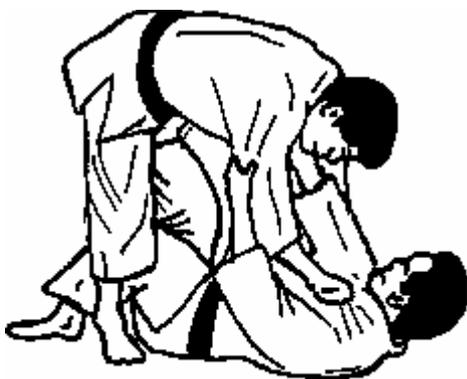
ASHI - GURUMA



HANE - GOSHI



HARAI - TSURI - KOMI - ASHI



TOMOE - NAGE

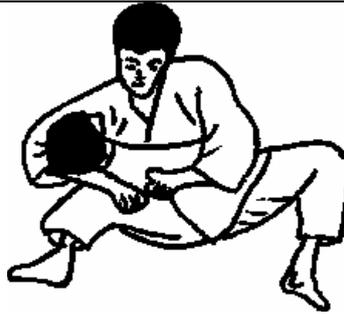


KATA - GURUMA

OSE – KOMI – WAZA



TATE – SHIO – GATAME



KASHIRA – GATAME



TATE – SAN – KAKU

SHIME – WAZA



MOROTE – JIME



SODE – GURUME

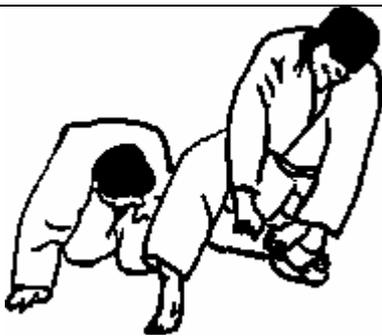


TSUKI – KOMI – SHIME

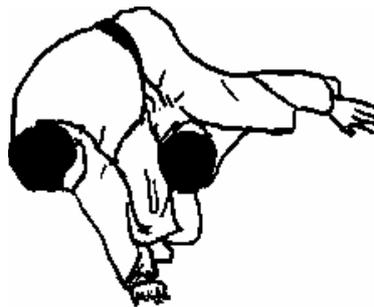


OTHEN – JIME

KANSETSU – WAZA



ASHI – GATAME



OTHEN – GATAME

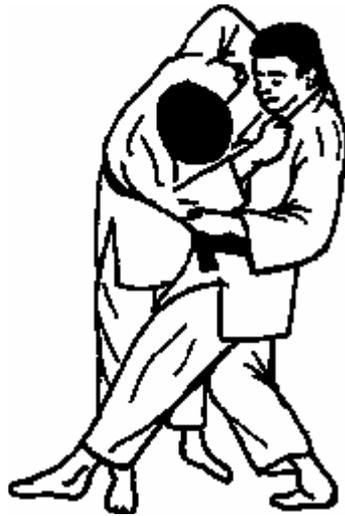


KESA – GARAMI

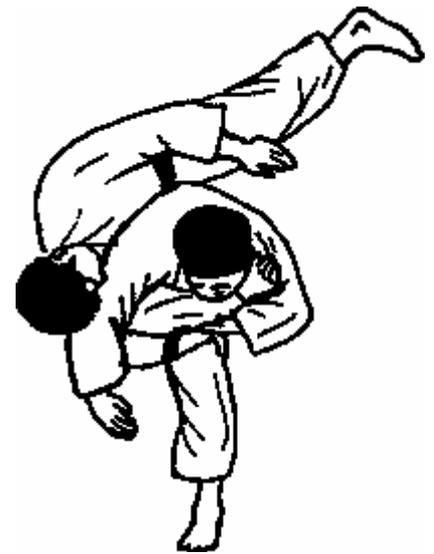
2em KIU



SUMI - GAESHI



TANI - OTOSHI



HANE- MAKI - KOMI



SUKUI - NAGE



TE - GURUMA



UTSURI - GOSHI



O - GURUMA

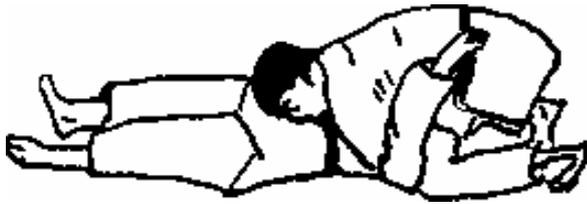


SOTO - MAKI - KOMI



UKI - OTOSHI

OSE - KOMI - WAZA



URA - SHINO - GATAME



MUNE - GATAME

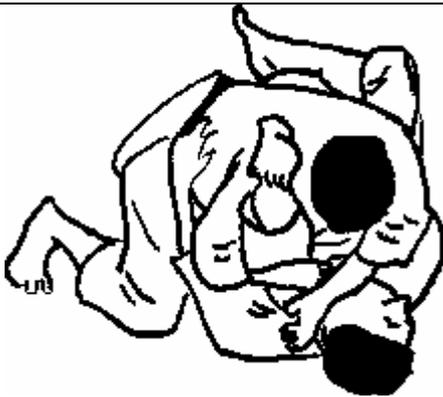


TATE - OSE - GATAME



KAMI - TATE - SANKAKU - GATAME

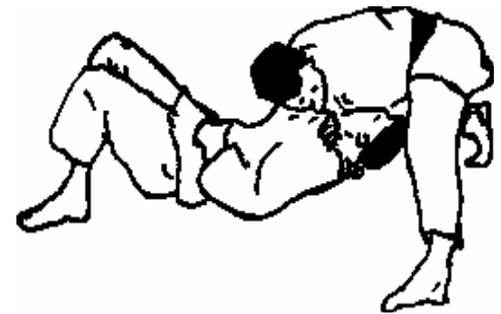
SHIME - WAZA



EBI - JIME



GOSHI - JIME



KATA - TE - JIME

KANSETSU - WAZA



HIZA - GATAME

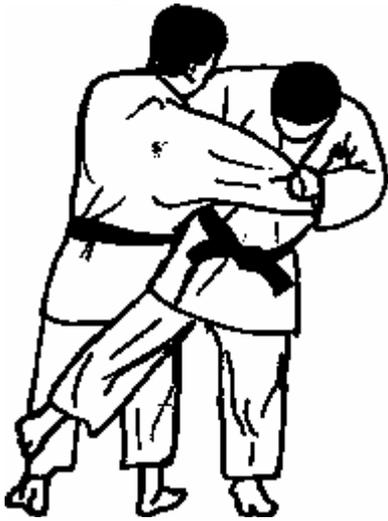


HARA - GATAME



WAKI - GATAME

1^{er} KIU



O - SOTO - GURUMA



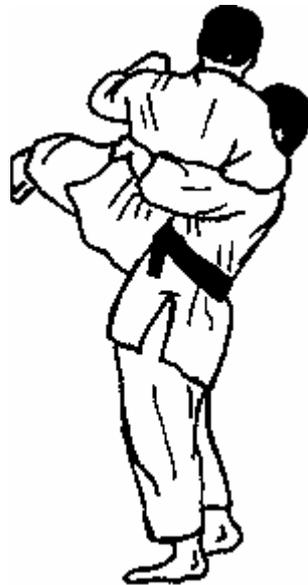
UKI - WAZA



YOKO - WAKARE



YOKO - GURUMA



USHIRO - GOSHI



URA - NAGE

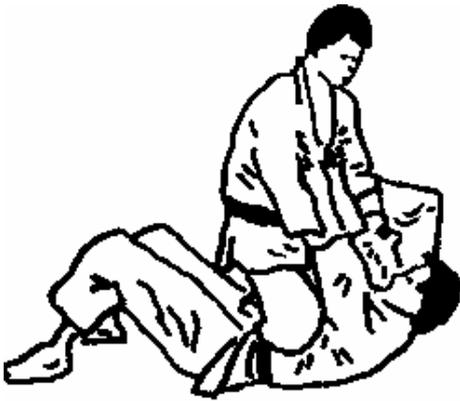


SUMI - OTOSHI



YOKO - GAKE

OSE - KOMI - WAZA



UKI - GATAME



KUZURE - TATE - SHIO -
GATAME



JIGOKU - KAMI - SHIO -
GATAME

SHIME - WAZA



GAESHI - JIME



KAMI - SHIO - JIME

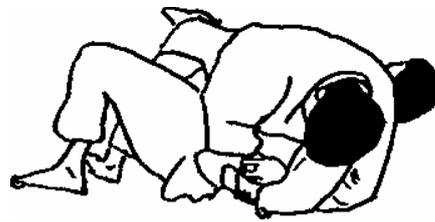


RYO - TE - JIME

KANSETSU - WAZA



MUNE - GARAMI



GIAKU - UDE - GARAMI



KANNUKI - GATAME