

Exameneisen gele band



de-ashi-barai



hiza-guruma



uki-goshi



o-soto-gari

houdgrepen



kesa-gatame



yoko-shio-gatame

Omstrengelingen +12



kata-juji-jime



nami-juji-jime

Armklemmen +12



ude-garami



juji-gatame