

Exameneisen gele band, oranje slip



de-ashi-barai



hiza-guruma



uki-goshi



o-soto-gari



o-goshi



O-uchi-gari



ko-uchi-gari

houdgrepen



kesa-gatame



yoko-shio-gatame



kuzure-kesa-gatame

Omstrengelingen +12



Kata-juji-jime



nami-juji-jime



gyaku-juji-jime

Armklemmen +12



ude-garami



juji-gatame



ude-gatame