

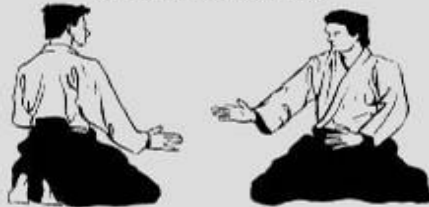
Tachi waza



Hanmi hantachi waza



Suwari waza



Slag en traptechnieken



Shomen uchi



Yokomen uchi



Chudan tsuki



Jodan tsuki



Mae geri

Basispakkingen voorzijde



Katate dori (Gyaku hammi)



Ai hammi katate dori



Ryote dori



Katate ryote dori (morote dori)



Kata dori



Kata dori men uchi



Ryokata dori



Muna dori

Basispakkingen achterzijde



Ushiro ryote dori



Ushiro ryohiji dori



Ushiro ryokata dori



Ushiro eri dori



Ushiro katate dori kubi shime

Katame waza (controletechnieken)1



Ikkyo



Nikyo



Sankyo

Katame waza (controletechnieken) 2



Yonkyo



Gokyo

Variaties



Ude garami



Hiji kime osae

Nage waza (worpen) 1



Irimi nage



Shihoo nage



Sokumen irimi nage (Naname kokyū nage)



Juji garami



Kote gaeshi



Kaiten nage



Ude kime nage



Aikiotoshi



Tenchi nage



Kokyū hō



Sumi otoshi



Ushiro kiri otoshi

Nage waza (worpen) 3



Kokyō Nage



Koshi Nage