



Dai Ikkuyo



Kansetsu waza



UDE-GARAMI



Ude-Hishigi-JUJI-GATAME

Shime waza



KATA-JUJI-JIME



GYAKU-JUJI-JIME

Osae waza



KESA-GATAME



KUZURE-GESA-GATAME



KATA-GATAME



KARI-SHEO-GATAME



YOKO-SHEO-GATAME 1



Dai Nikkyo



Kansetsu waza



Shime waza



Osae waza





Dai Sankyo



Kansetsu waza



Shime waza



Osae waza





Dai Yonkkyo



Kansetsu waza



Ude-Hishigi-HIZA-GATAME



Ude-Hishigi-HARA-GATAME



Ude-Hishigi-WAKI-GATAME

Shime waza



KATA-TE-JIME

Osae waza



Dai Gokyo



Kansetsu waza



Shime waza



Osae waza

