



**NAGE-WAZA**

**PROJECTIONS**

*O-GOSHI*



*IPPON-SEOI-NAGE*



*O-SOTO-GARI*



*DE-ASHI-BARAI*



*HIZA-GURUMA*



*UKI-GOSHI*



**KATAME-WAZA**

**IMMOBILISATIONS**

*HON-GESA-GATAME*



*KAMI-SHIHO-GATAME*



*YOKO-SHIHO-GATAME*



*USHIRO-GESA-GATAME*



*TATE-SHIHO-GATAME*

