



NAGE-WAZA

PROJECTIONS

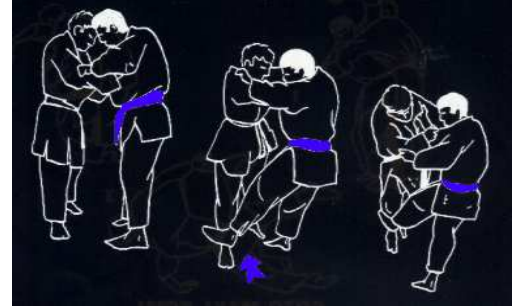
O-SOTO-OTOSHI



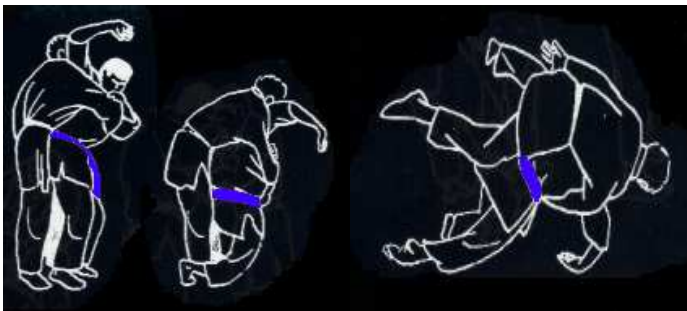
O-GURUMA



HARAI-TSURI-KOMI-ASHI



SOTO-MAKI-KOMI



UKI-WAZA



KWANSETSU-WAZA

LUXATIONS

JUJI-GATAME



UDE-GATAME



UDE-GATAME



HIZA-GATAME



HARA-GATAME



WAKI-GATAME

