

CEINTURE MARRON

ASHI-WAZA



o-soto-gari



ko-soto-gari



o-uchi-gari



ko-uchi-gari



hiza-guruma



sasae-tsuri-komi-ashi



okuri-ashi-barai



ashi-guruma



de-ashi-barai



harai-tsuri-komi-ashi

SHIME-WAZA



sankaku-jime



Kata-juji-jimé



Gyaku-juji-jimé

juji-jime



Nami-juji-jimé



okuri-eri-jime



kata-ha-jime



hadaka-jime

UDE-KANTSETSU-WAZA



juji-gatame



ude-garami



ude-gatame



waki-gatame



hara-gatame



ashi-gatame