

O-goshi



Tai-otoshi



Ko-uchi-gari



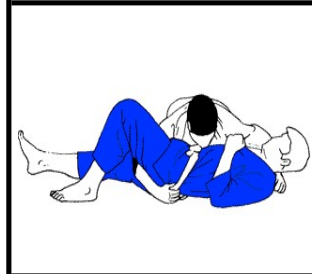
De-ashi-barai

sicheln                      gari



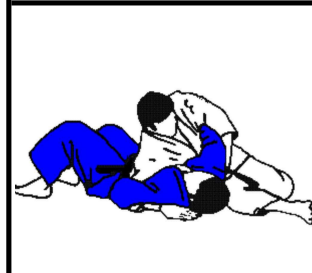
Mune-gatame

hakeln                      gake



Yoko-shiho-gatame

klein                      Ko



Kesa-gatame

groß                      O-

Variante von

Kuzure

Fuß                      ashi

Festhalte

gatame