

GELE GORDEL

Suwari Waza

Nukite

Atemi

Hiza Gatame

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Tachi Waza

Shuto Zeme + Shuto Zeme Otoshi

Atemi (Kasumi No-To) + (Uto No-To)

Hiki Otoshi

Aiki Nage

Kote Gaeshi Dori

Hanbo Waza

Nukite Dori

Uchi Komi Dori Nage

Uchi Komi Shiho Nage