

GROENE GORDEL

Suwari Waza

Nukite

Atemi

Hiza Gatame

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Uchi Komi Dori

Tachi Waza

Shuto Zeme + Shuto Zeme Otoshi

Atemi Kasumi No-To + Uto No-To

Hiki Otoshi

Aiki Nage

Kote Gaeshi Dori

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Ude Mune Osae Dor

Uchi Komi Dori

Ushiro Zeme Otoshi

Kubi Jime Nage

Ushiro Kubi Jime Nage

Hanbo Waza

Nukite Dori

Uchi Komi Dori Nage

Uchi Komi Shiho Nage

Hara Gatame Nage

Hara Jime Otoshi

Kubi Jime Gatame

Yoko Otoshi