

ORANJE GORDEL

Suwari Waza

Nukite

Atemi

Hiza Gatame

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Gassho Dori

Ude Osae Dori

Mune Osae 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 Dori

Hanbo Waza

Nukite Dori

Uchi Komi Dori Nage

Uchi Komi Shiho Nage

Hara Gatame Nage

Hara Jime Otoshi