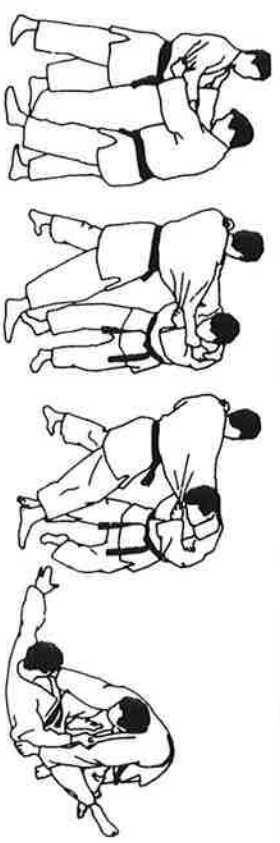




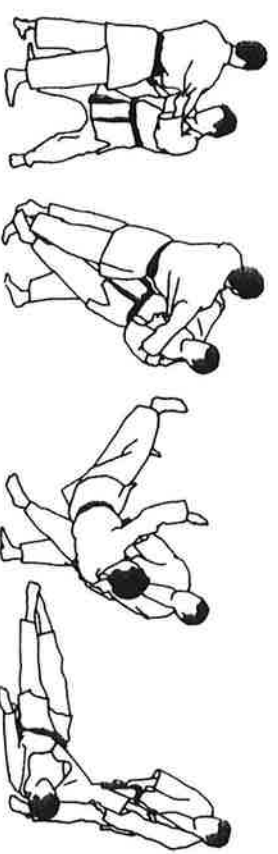
GAKE



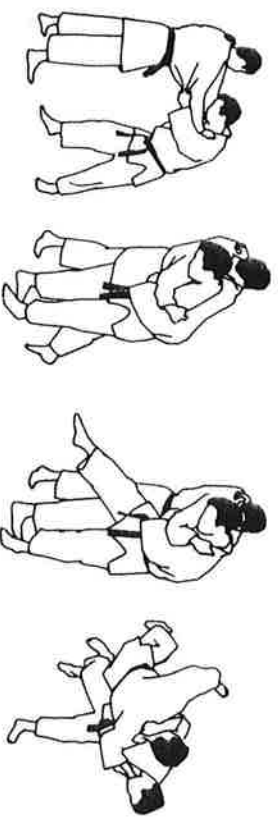
OKURI-ASHI-BARAI



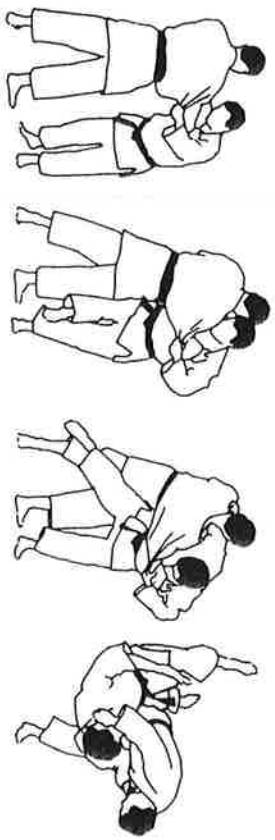
GARI



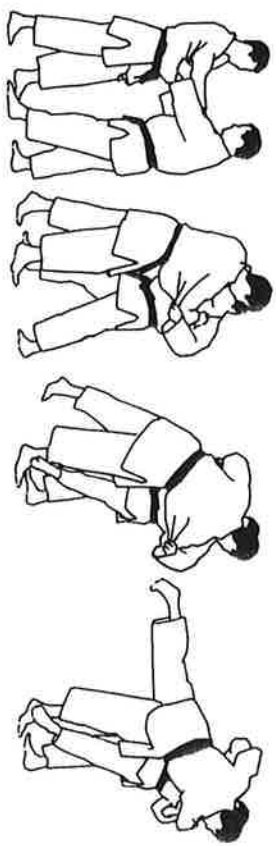
O-SOTO-GARI



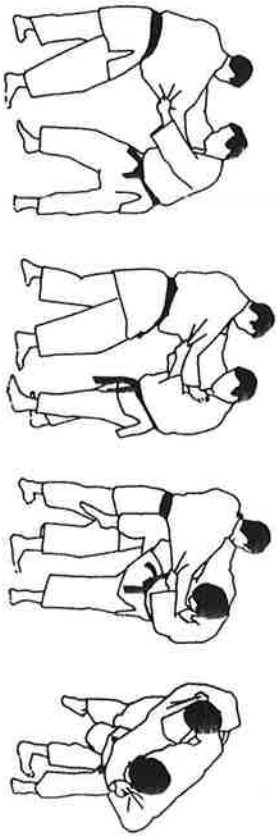
O-SOTO-GURUMA



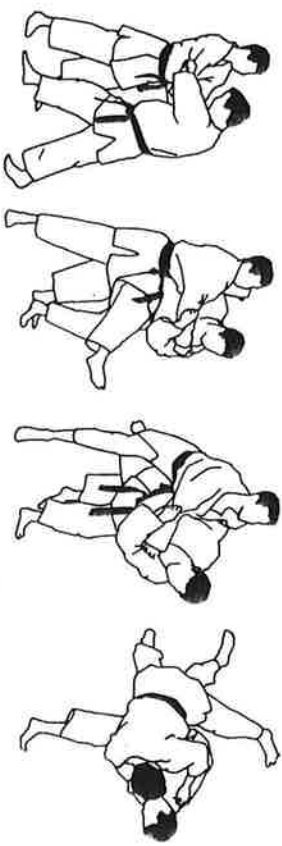
SASAE-TSURI-KOMI-ASHI



O-SOTO-OTOSHI



UCHI-MATA A



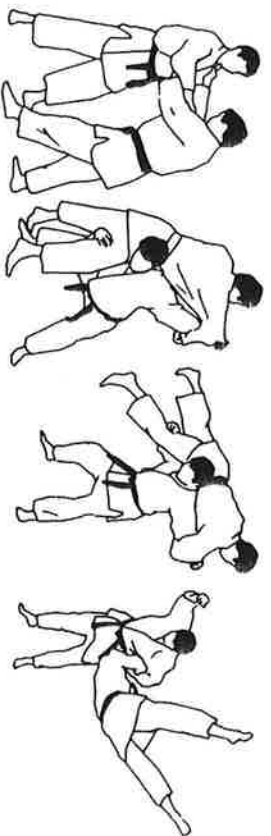
O-UCHI-GARI



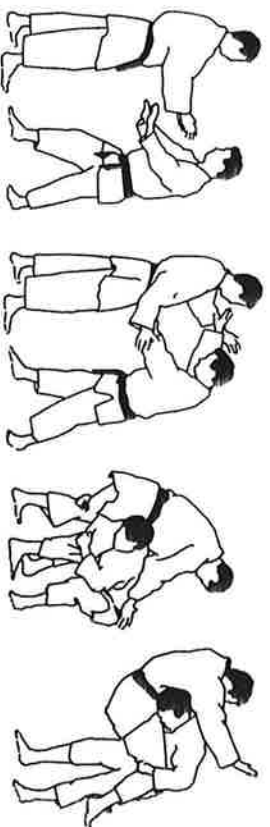
UCHI-MATA B



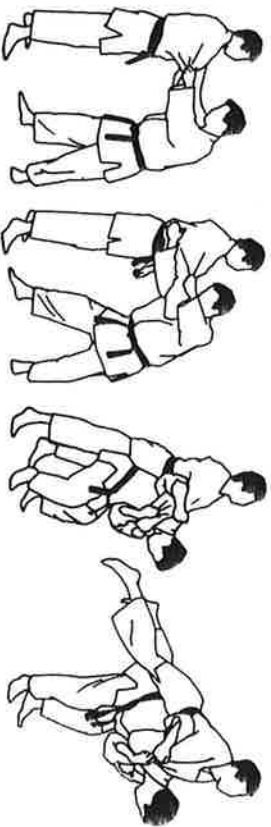
KATA-GURUMA



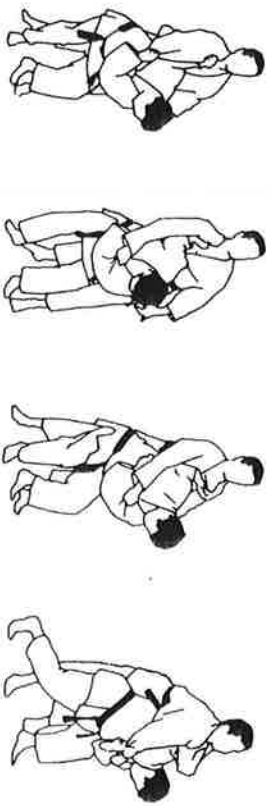
MOROTE-GARI



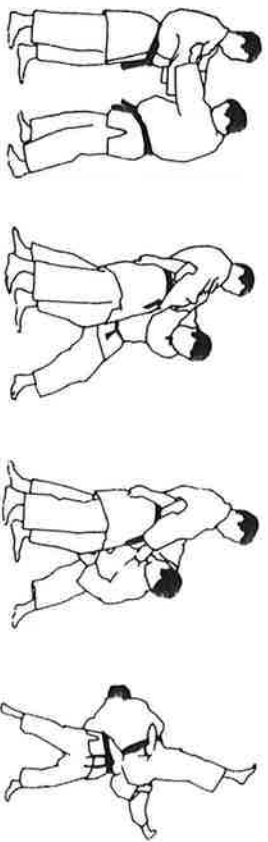
IPPON-SEOI-NAGE



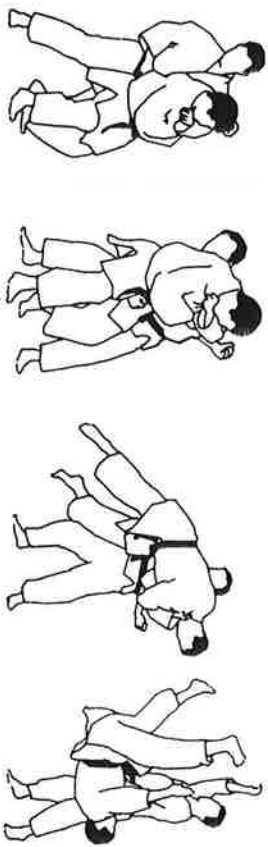
SODE-SEOI-NAGE ERI-SEOI-NAGE MOROTE-SEOI-NAGE SEOI-OTOSHI



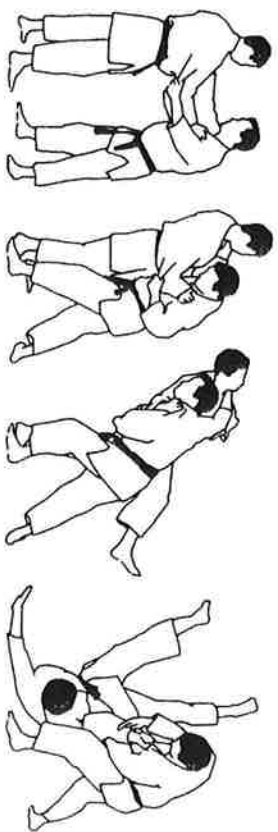
SUKUI-NAGE A



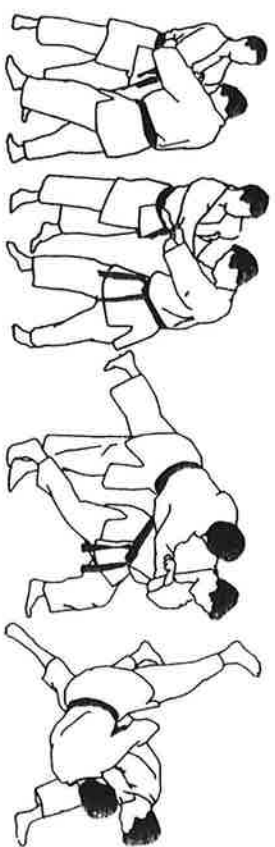
SUKUI-NAGE B



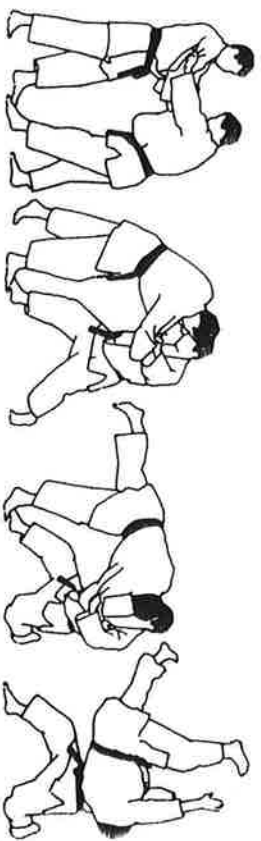
SUMI-OTOSHI



TAI-OTOSHI



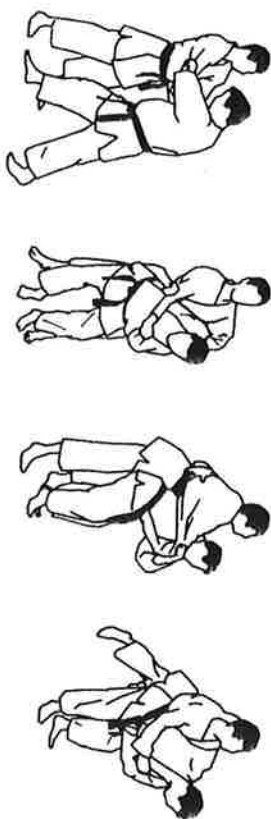
UKI-OTOSHI



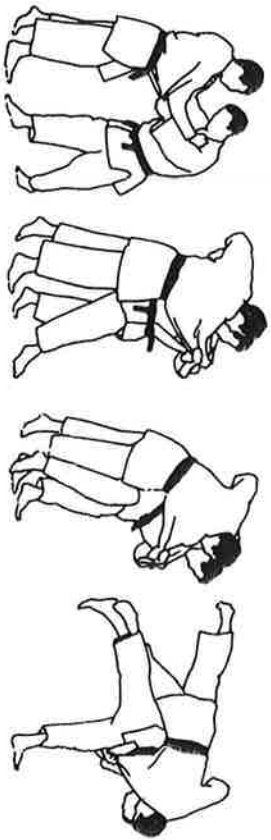
HANE-GOSHI



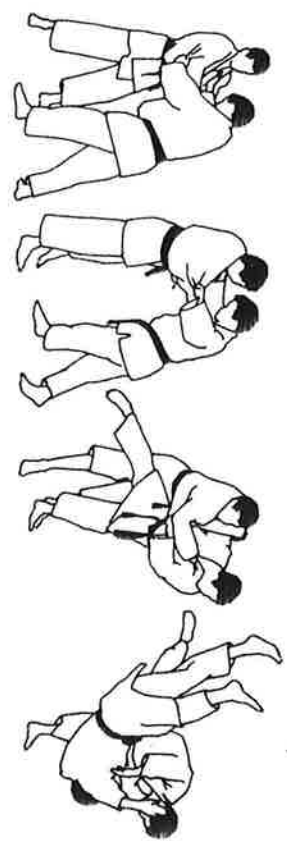
O-GOSHI



HARAI-GOSHI



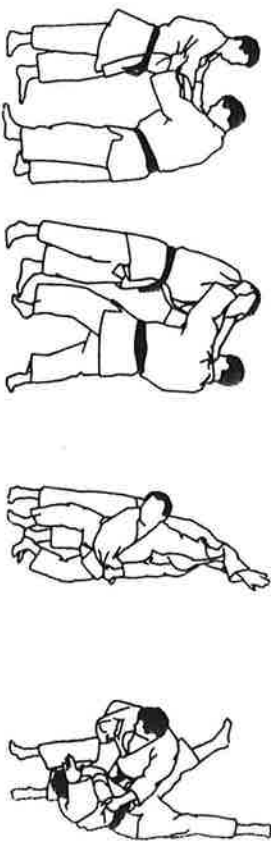
O-GURUMA



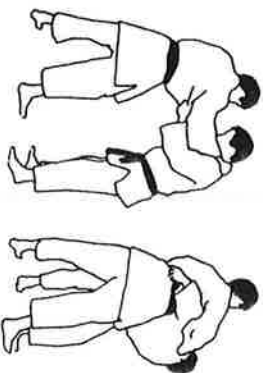
KOSHI-GURUMA



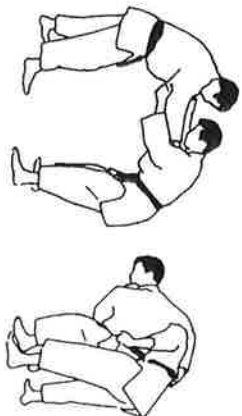
SODE-TSURI-KOMI-GOSHI



KO-TSURI-GOSHI



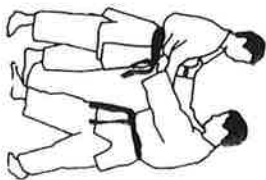
O-TSURI-GOSHI



USHIRO-GOSHI



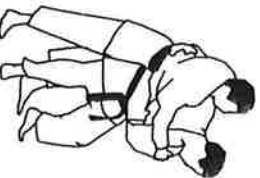
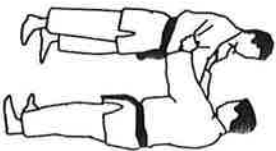
TSURI-KOMI-GOSHI



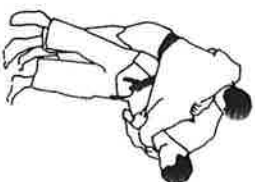
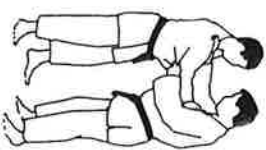
UTSURI-GOSHI



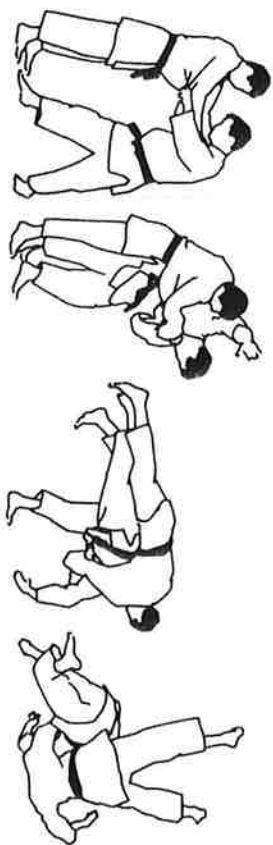
UKI-GOSHI



YAMA-ARASHI



HANE-MAKI-KOMI



KANI-WAZA



O-SOTO-MAKI-KOMI



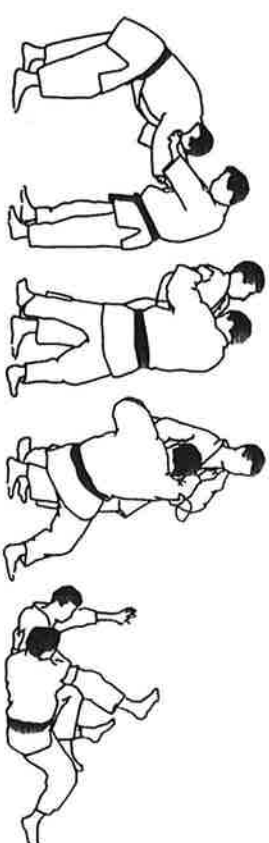
SOTO-MAKI-KOMI



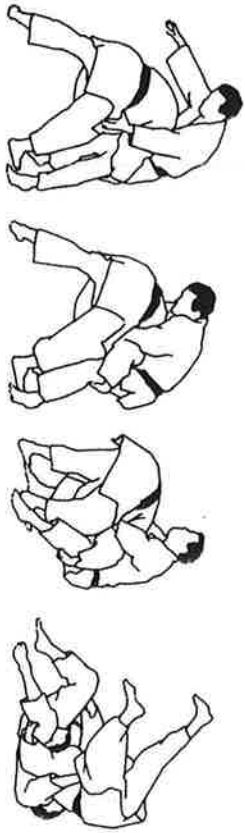
SUMI-GAESHI



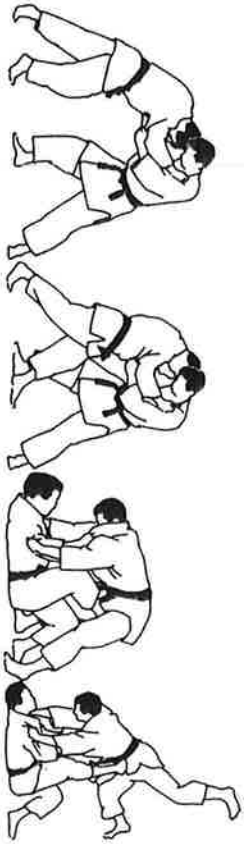
TANI-OTOSHI



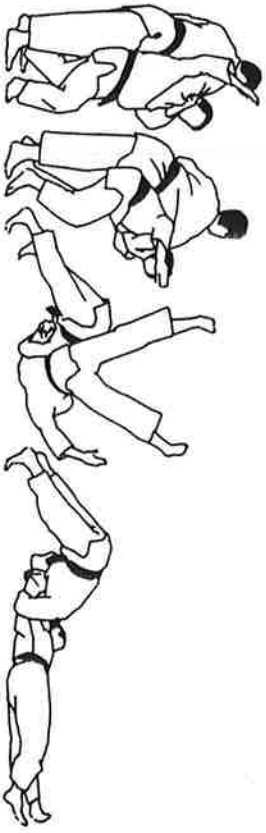
TAWARA-GAESHI



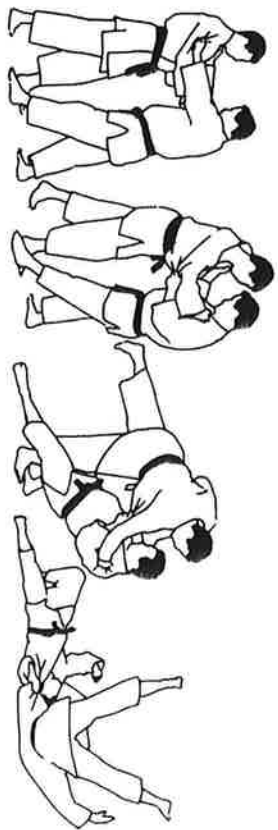
TOMOE-NAGE



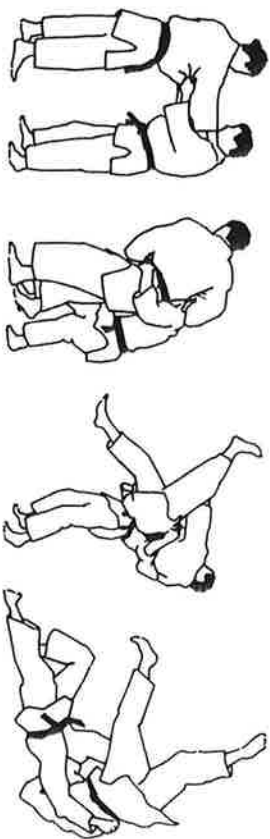
UCHI-MAKI-KOMI



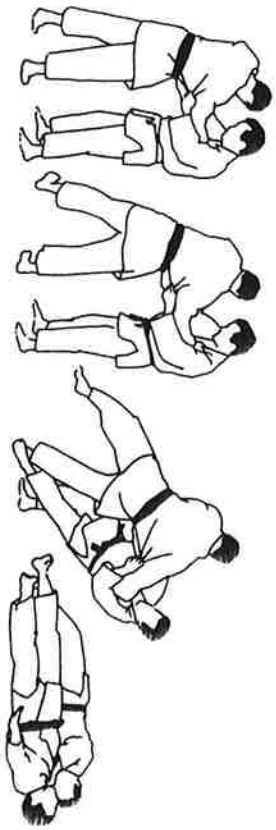
UKI-WAZA



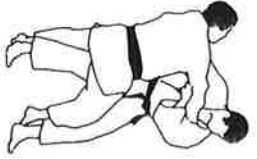
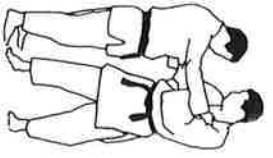
URA-NAGE



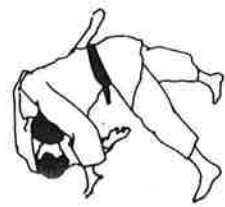
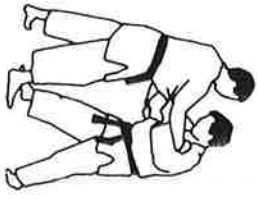
YOKO-GAKE



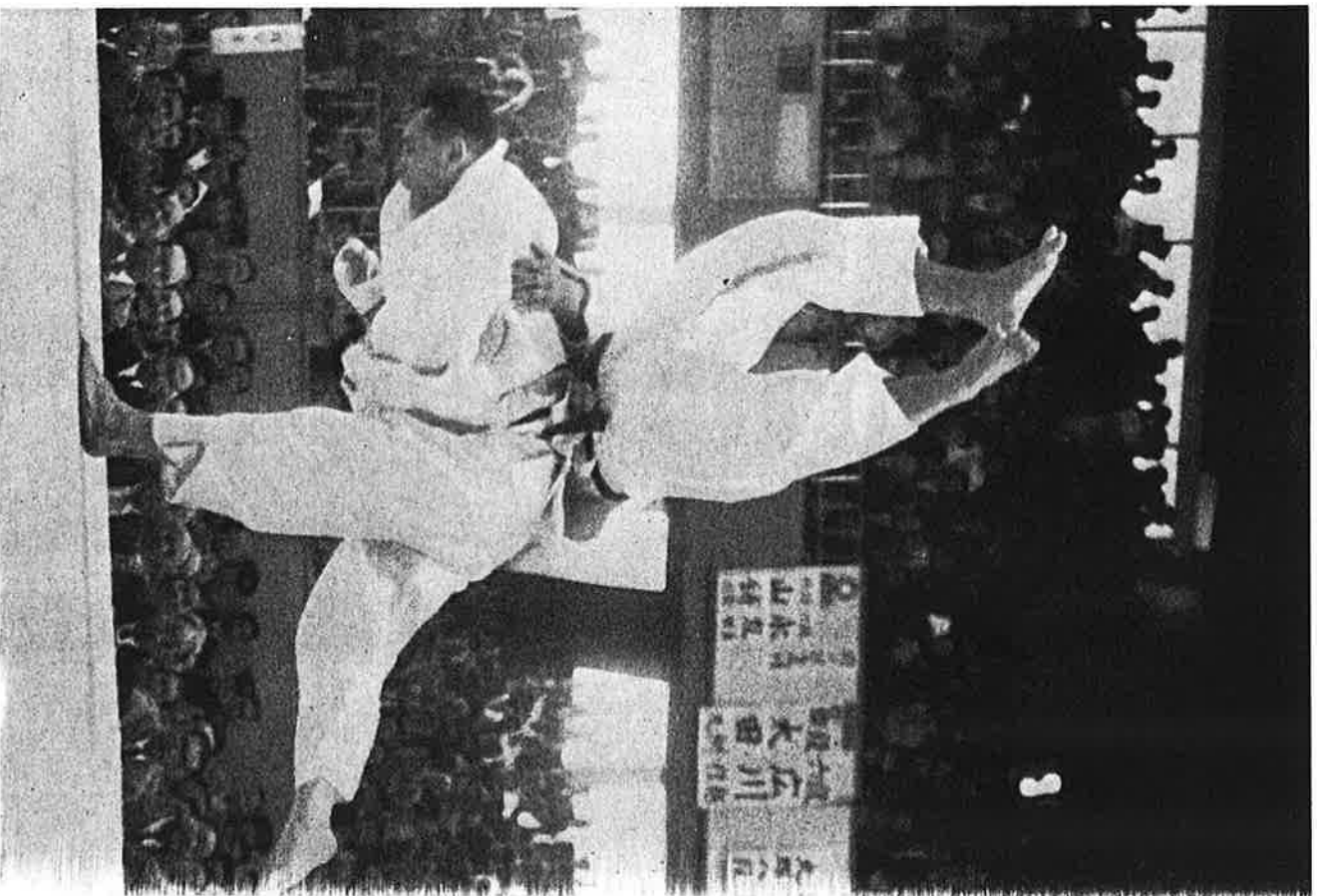
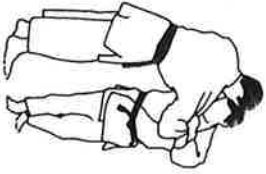
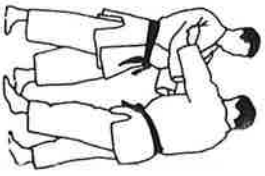
YOKO-GURUMA



YOKO-OTOSHI



YOKO-WAKARE



HON-GESA-GATAME

von vorn



von hinten



KUZURE-GESA-GATAME

von vorn



von hinten



A

B



C



KATA-GATAME



Detail



Variation



MAKURA-GESA-GATAME



Variation



USHIRO-GESA-GATAME

von vorn



von hinten



YOKO-SHIHO-GATAME

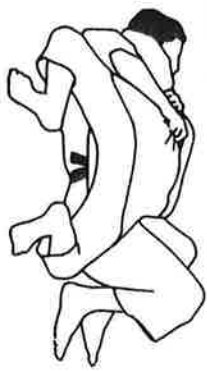
von vorn



Andere Stellung der Beine



von hinten



KUZURE-YOKO-SHIHO-GATAME

A



B



C



D



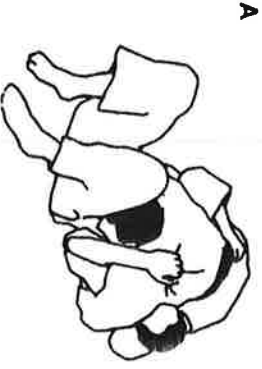
KAMI-SHIHO-GATAME



Detail



KUZURE-KAMI-SHIHO-GATAME



A



B



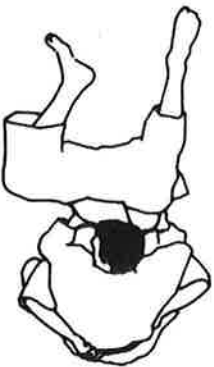
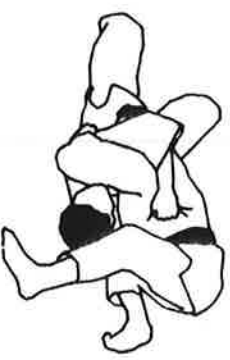
C

D



E

F



TATE-SHIHO-GATAME



Detail von unten gesehen



Seitenansicht

Fußstellung, wenn Uke sich in der Brücke befindet



KUZURE-TATE-SHIHO-GATAME



A

Detail von unten gesehen



B

C Von unten gesehen

