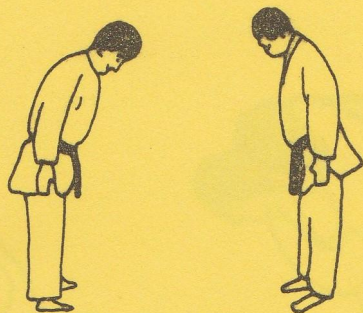




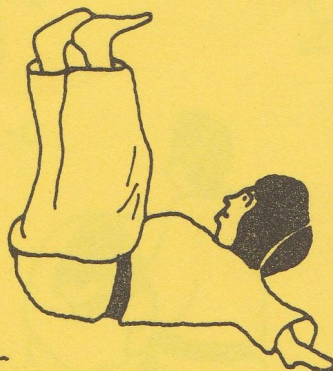
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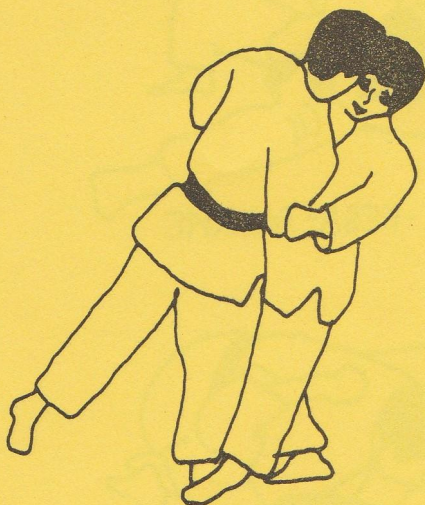
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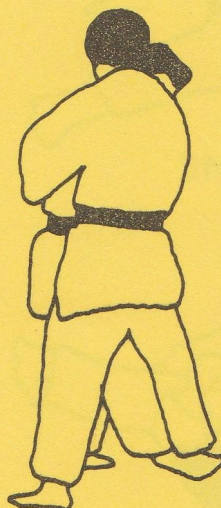
BAKÅTFALL



SIDOFALL



DE-ASHI-BARAI



KO-UCHI-GARI



O-UCHI-GARI

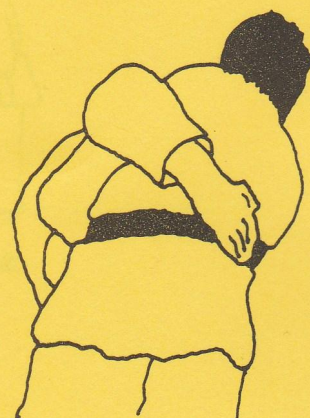




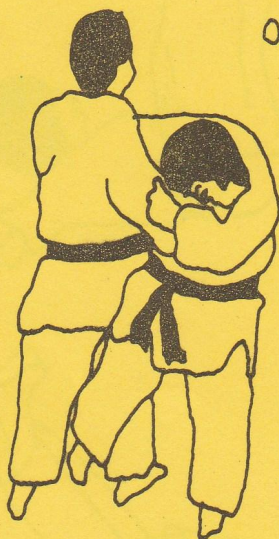
UKI-GOSHI



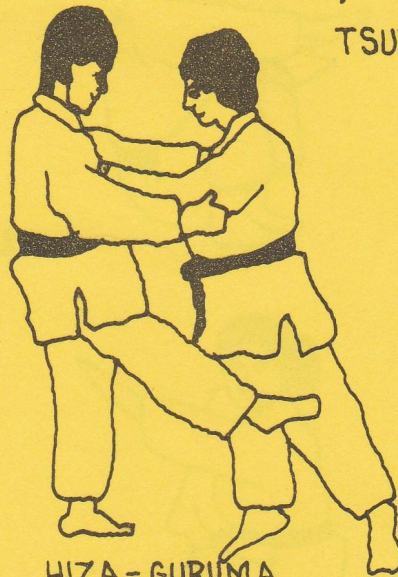
O-GOSHI



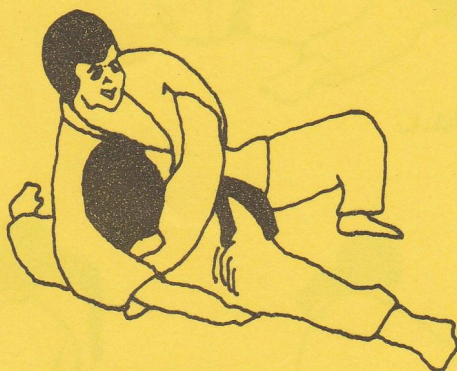
TSURI-GOSHI



O-SOTO-GARI



HIZA-GURUMA



KESA-GATAME



KUZURE-KESA-GATAME

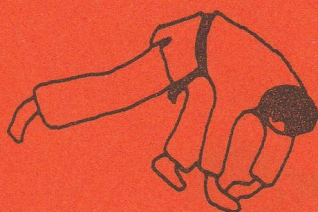


KUZURE-YOKO-SHIHO-GATAME

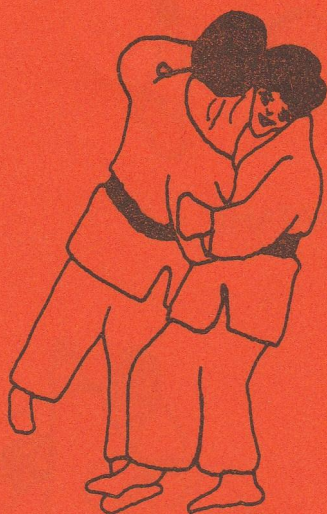


MUNE-GATAME

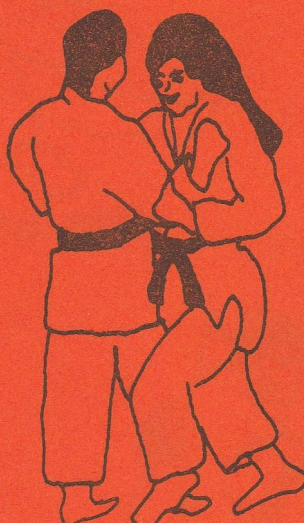




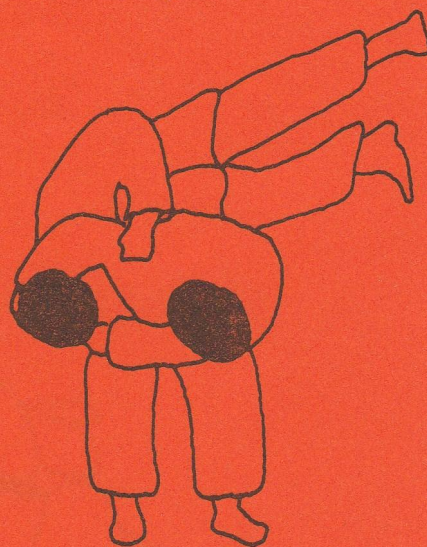
FRAMÅTFALL



KO-SOTO-GAKE



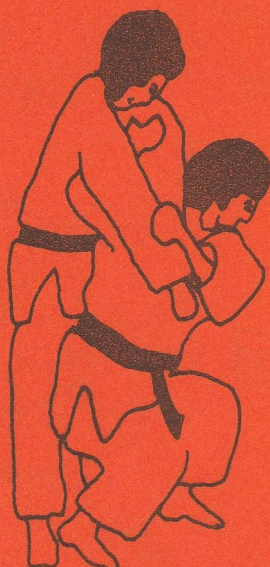
KO-SOTO-GARI



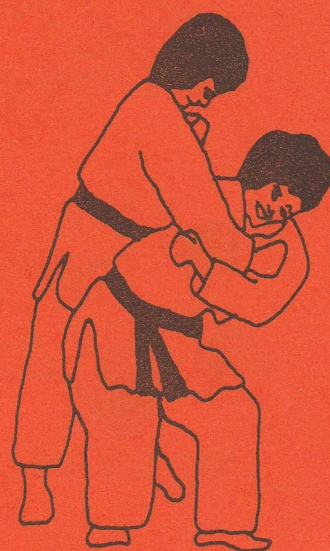
KOSHI-GURUMA



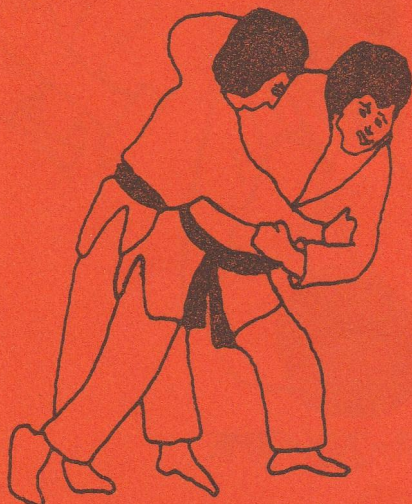
IPPON-SEOI-NAGE



MOROTE-SEOI-NAGE



TSURIKOMI-GOSHI



TAI-OTOSHI

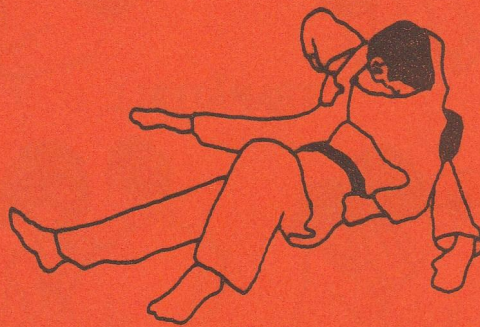


HARAI-GOSHI



SASAE-TSURIKOMI-ASHI





USHIRO-KESA-GATAME



KUZURE-KAMI-SHIHO-GATAME



KAMI-SHIHO-GATAME



UDE-GARAMI



UDE-HISHIGI-JUJI-GATAME

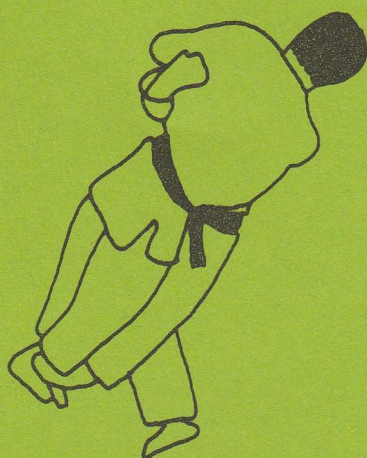


KATA-JUJI-JIME.

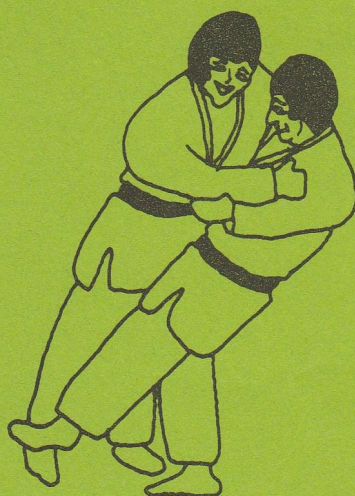


NAMI-JUJI-JIME





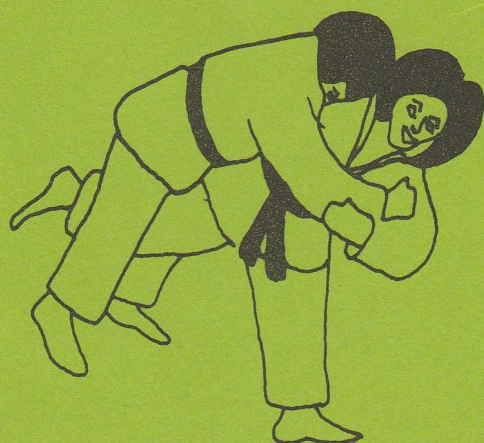
OKURI-ASHI-BARAI



HARAI-TSURIKOMI-ASHI



HANE-GOSHI



UCHI-MATA



TOMOE-NAGE

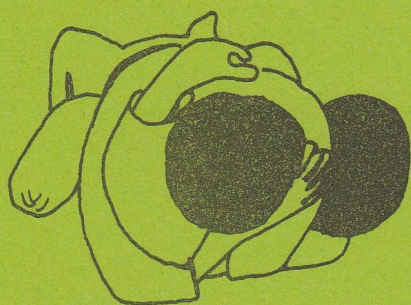


SUMI-GAESHI



HANE-MAIKOMI

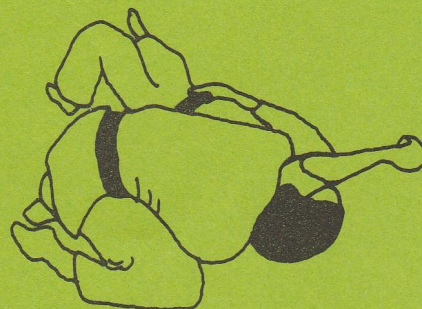




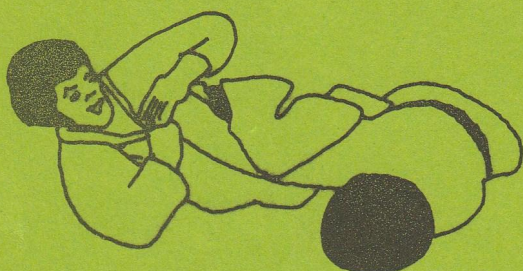
TATE-SHIHO-GATAME



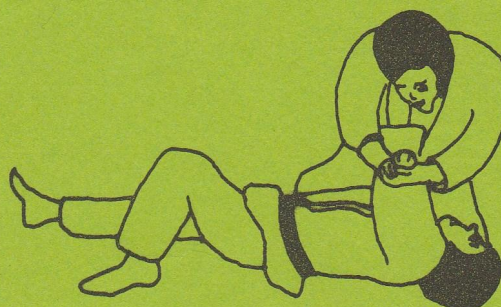
KUZURE-TATE-SHIHO-GATAME



KATA-GATAME



UDE-HISHIGI-HIZA-GATAME



UDE-HISHIGI-UDE-GATAME



HADAKA-JIME



OKURI-ERI-JIME



KATA-HAJIME

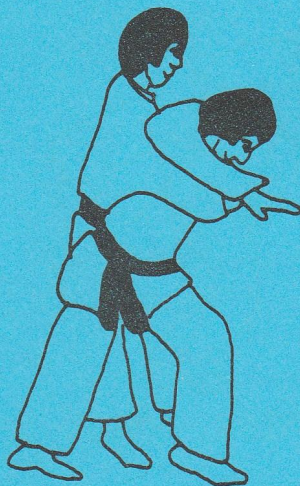


GYAKU-JUJI-JIME

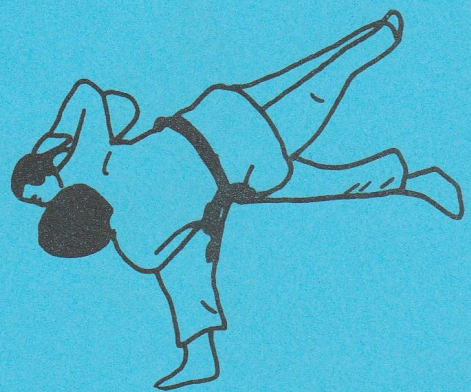




SODE-TSURIKOMI-GOSHI



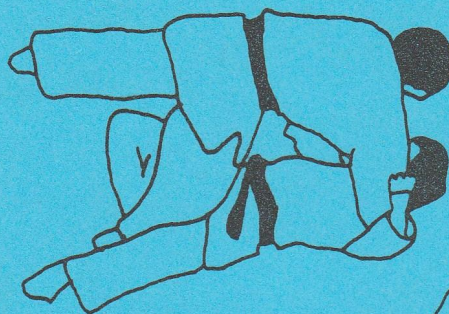
SOTO-MAKIKOMI



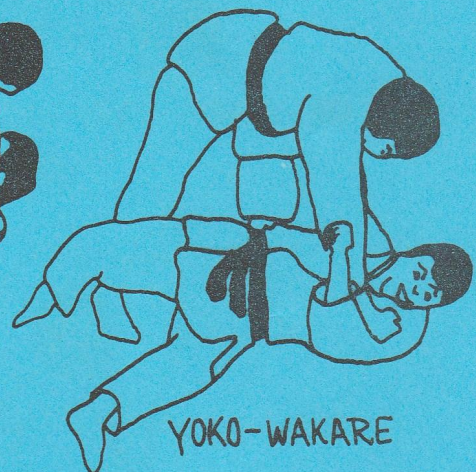
O-GURUMA



ASHI-GURUMA



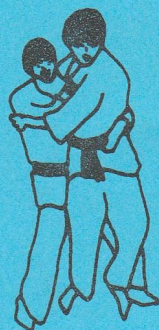
UKI-WAZA



YOKO-WAKARE



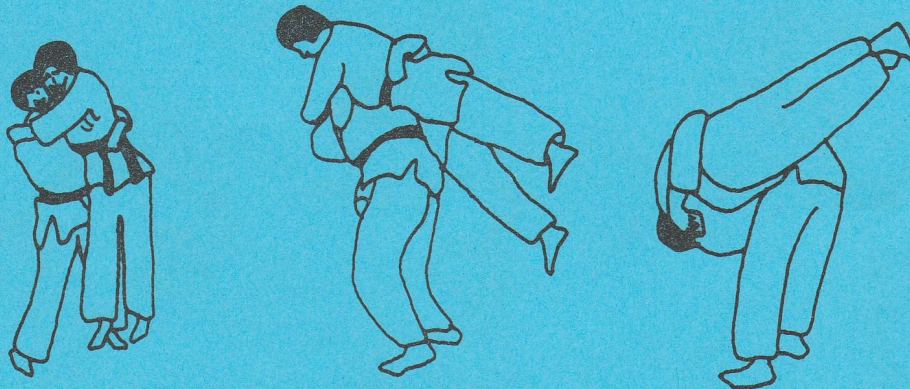
O-SOTO-GURUMA



USHIRO-GOSHI







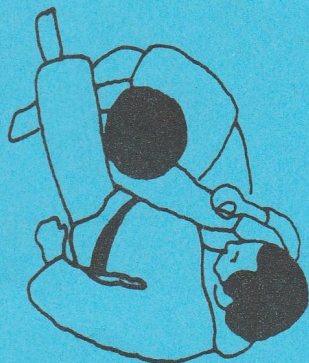
UTSURI-GOSHI



UDE-HISHIGI-WAKI-GATAME



UDE-HISHIGI-HARA-GATAME



SANKAKU-JIME



TSUKKOMI-JIME



SODE-GURUMA

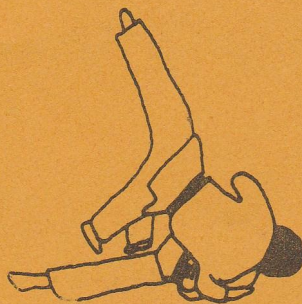




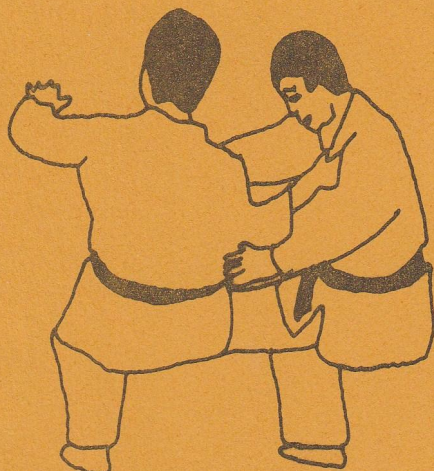
TANI-OTOSHI



YOKO-OTOSHI



UKI-OTOSHI



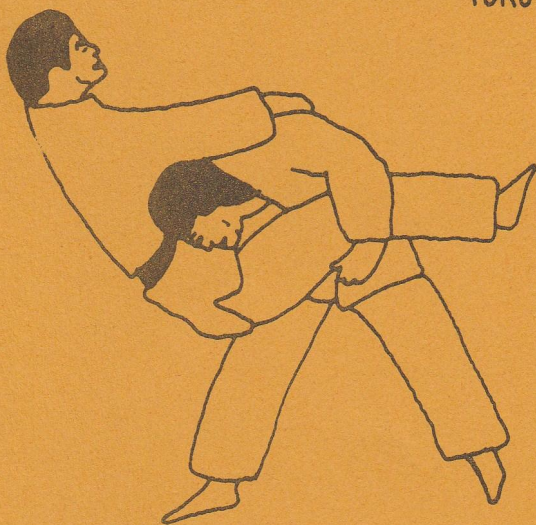
YOKO-GAKE



YOKO-GURUMA



SUMI-OTOSHI



MOROTE-GARI



SUKUI-NAGE



URA-NAGE



TE-GURUMA

