

Nage- no- kata

Set 1

Te- waza

Uki- otoshi



Seoi- nage



Kata- guruma



Nage- no- kata

Set 2

Koshi- waza

Uki- goshi



Harai- goshi



Tsuri- komi- goshi

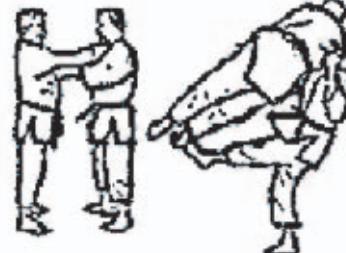


Nage- no- kata

Set 3

Ashi- waza

Okuri-ashi-barai



Sasae-tsuri- komi-ashi



Uchi- mata



Nage- no- kata

Set 4

Ma- sutemi- waza

Tomoe- nage



Ura- nage



Sumi- gaeshi



Nage- no- kata

Set 5

Yoko- sutemi- waza

Yoko- gake



Yoko- guruma



Uki- waza

