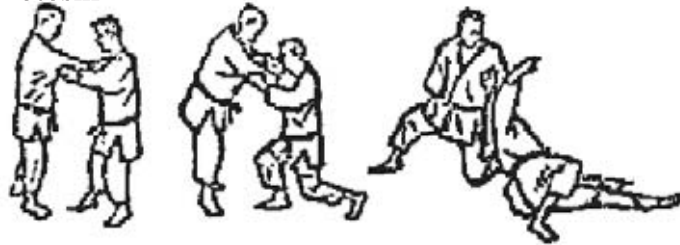


Nage-no-kata

Set 1 Te-waza

Uki-otoshi



Seoi-nage



Kata-guruma



Set 2 Koshi-waza

Uki-goshi



Harai-goshi

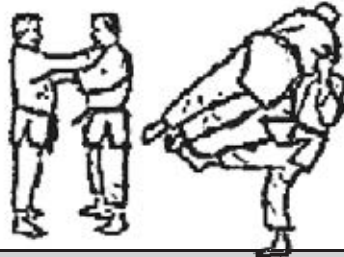


Tsuri-komi-goshi



Set 3 Ashi-waza

Okuri-ashi-barai



Sasae-tsuri-komi-ashi



Uchi-mata



Set 4 Ma-sutemi-waza

Tomoe-nage



Ura-nage



Sumi-gaeshi



Set 5 Yoko-sutemi-waza

Yoko-gake



Yoko-guruma



Uki-waza

