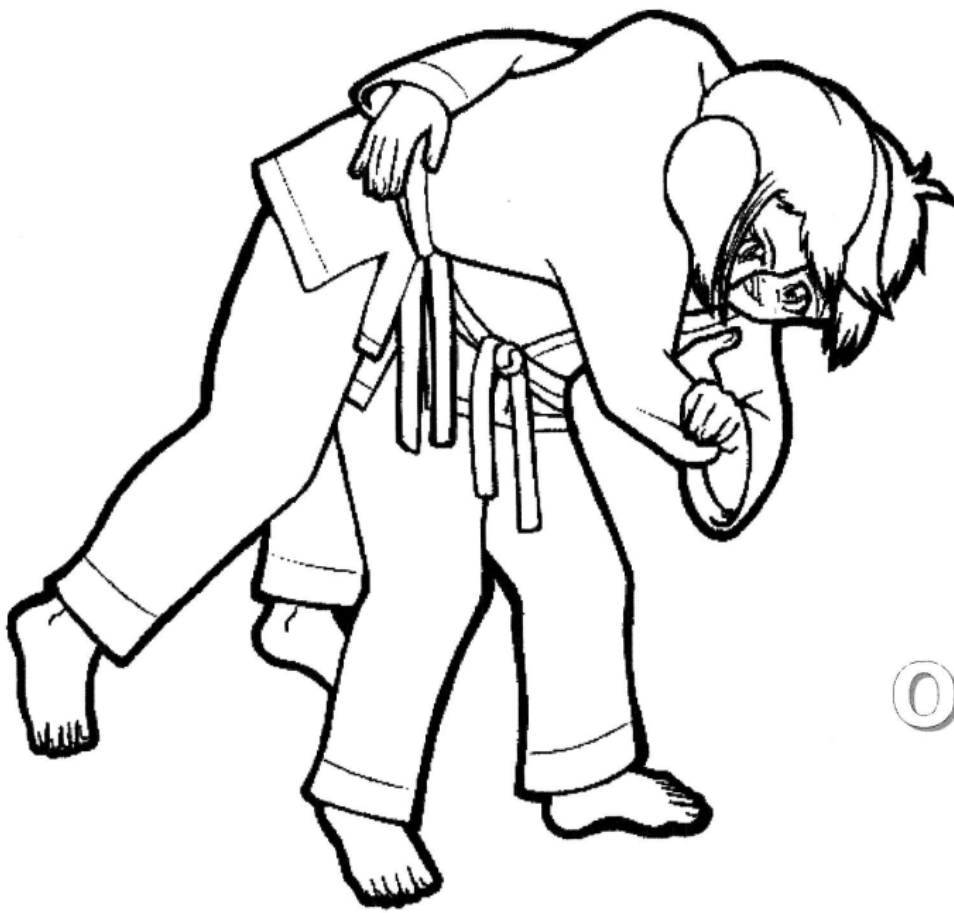




O-Goshi

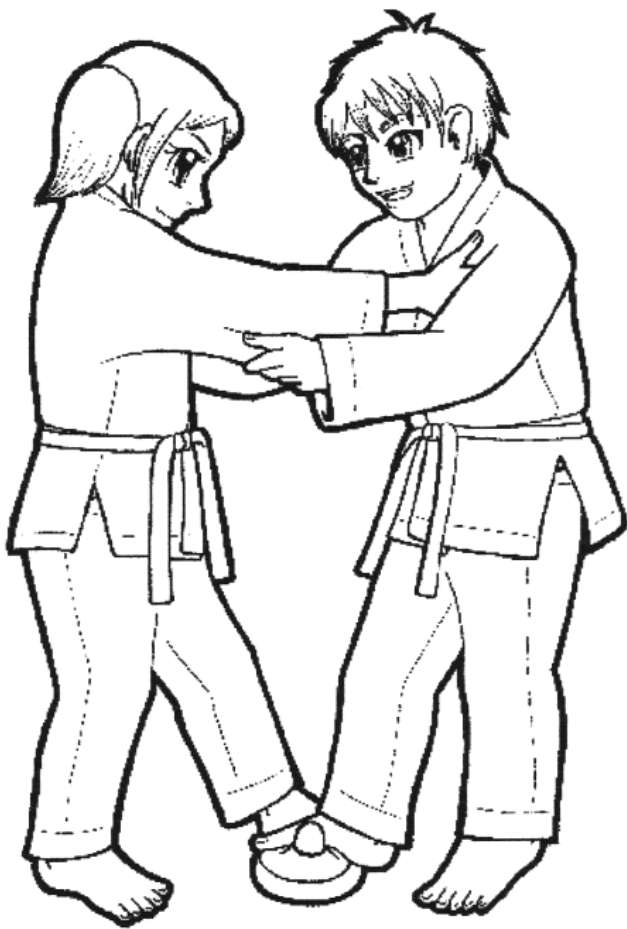


Kesa-Gatame

Yoko-Shio-Gatame



Uki-Goshi



De-Ashi-Barai

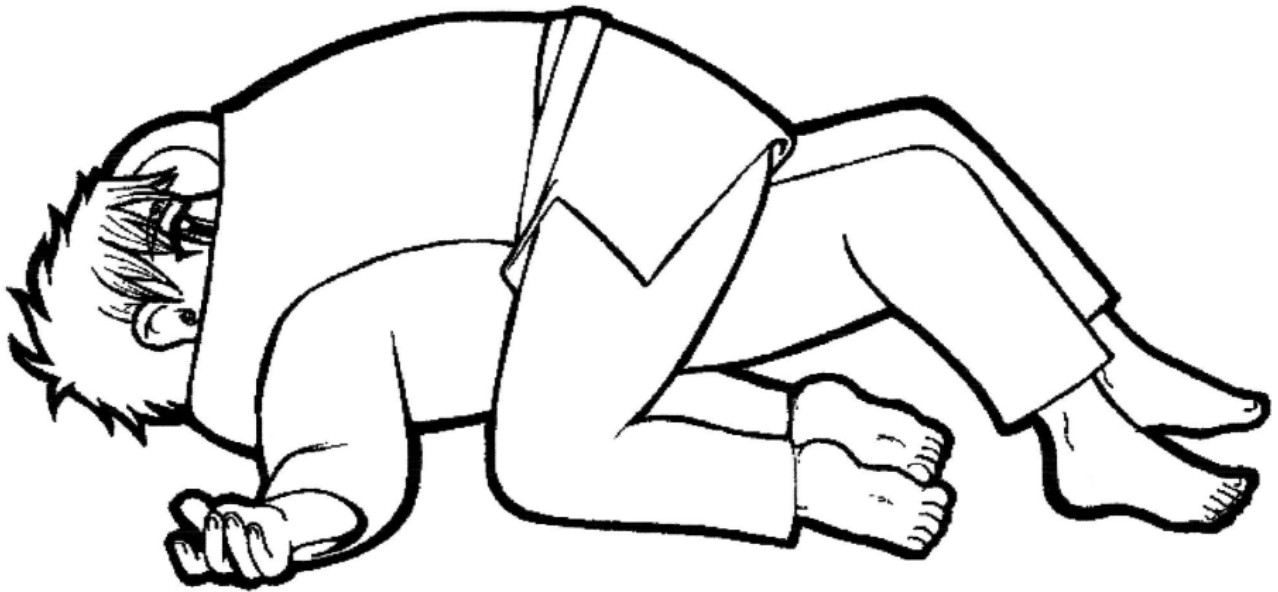


O-Soto-Gari

Kami-Shio-Gatame



Tate-Shio-Gatame



Fall
seitlich



Fall rückwärts



Judorolle

