



五級

YELLOW BELT

—
5th KYU

—
GOKYŪ

大腰 O-GOSHI

Major hip throw

Koshi-waza



SCAN ME
watch the video

大外落 O-SOTO-OTOSHI

Major outer drop

Ashi-waza



SCAN ME
watch the video

出足払 DE-ASHI-HARAI

Forward foot sweep

Ashi-waza



SCAN ME
watch the video

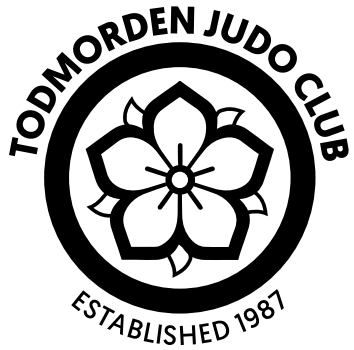
一本背負投 IPPON-SEOI-NAGE

One arm shoulder throw

Te-waza



SCAN ME
watch the video



五級

YELLOW BELT

—
5th KYU

—
GOKYŪ

袈裟固

KESA-GATAME

Scarf hold

Osaekomi-waza



SCAN ME
watch the video

崩袈裟固

KUZURE-KESA-GATAME

Broken scarf hold

Osaekomi-waza



SCAN ME
watch the video