

IKKAJO IDORI (SUWARI WAZA)

Ippon Dori

Shomen Uchi

Gyaku Ude Dori

Muna Dori

Hiji Gaeshi

Tsuki Chudan

Kuruma Daoshi

Yoko Men Uchi

Shime Gaeshi

Juji Jime

Kakae Jime

Juji Jime

Karami Nage

Mae Eri Shomen Uchi

Kote Gaeshi

Ryote Dori

Nukite Dori

Ryote Dori

Hiza Jime

Ryote Dori