

IKKAJO TACHI AI (TACHI WAZA)

Ippon Dori

Shomen Uchi

Kuruma Daoshi

OmoteYoko Men Uchi

Gyaku Ude Dori

Mune Dori

Koshi Guruma

Juji Jime

Karami Nage

Mune Dori Shomen Uchi

Ura Otoshi

Sode Dori

Obi Otoshi

Juji Jime

Kiri Gaeshi

Ryosode Dori

Kote Gaeshi

Ryote Dori

Shiho Nage

Jyunte Dori