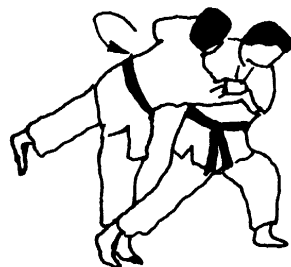




Nage-waza (Kasttekniker) / Te-waza (hand- och skulderkast)



Ippon-seoi-nage



Tai-otoshi



Te-guruma



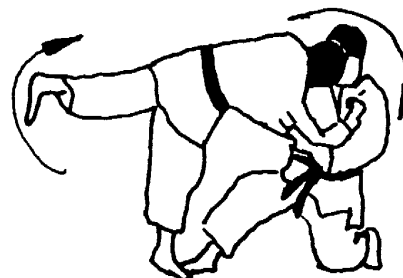
Morote-gari



Eri-seoi-nage



Seoi-otoshi



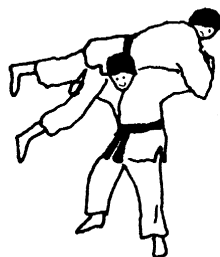
Uki-otoshi



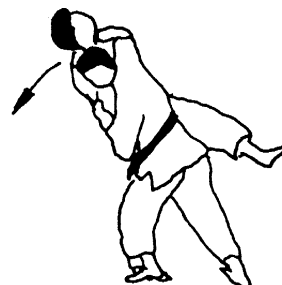
Sukui-nage



Morote-seoi-nage



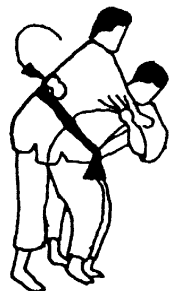
Kata-guruma



Sumi-otoshi



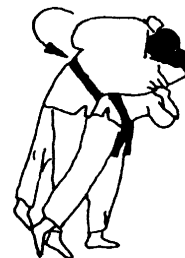
Nage-waza (*Kasttekniker*) / Koshi-waza (*Höftkast*)



O-goshi



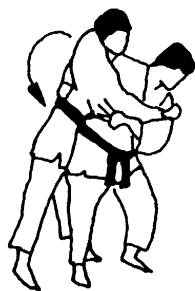
Tsuri-goshi



Harai-goshi



Ushiro-goshi



Uki-goshi



Tsuri-komi-goshi



Hane-goshi



Utsuri-goshi



Koshi-guruma



Sode-tsuri-komi-goshi



Nage-waza (Kasttekniker) / Ashi-waza (Fottekniker)



O-soto-otoshi



O-uchi-gari



Hiza-guruma



Ashi-guruma



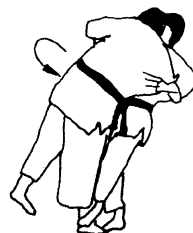
De-ashi-harai



O-soto-gari



Ko-uchi-gari



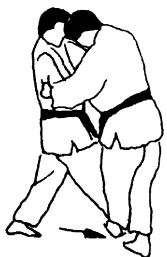
Sasae-tsuri-komi-ashi



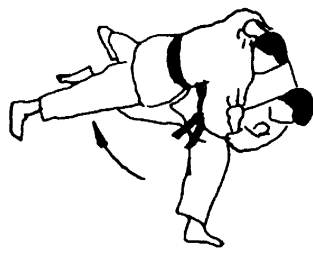
O-guruma



Okuri-ashi-harai



Ko-soto-gari



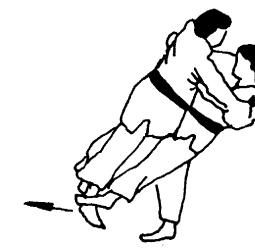
Uchi-mata



Ko-soto-gake



O-soto-guruma



Harai-tsuri-komi-ashi

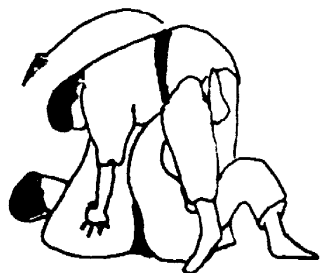


Nage-waza (*Kasttekniker*) / Sutemi-waza (*Offerkast*)

Ma-sutemi-waza



Tomoe-nage



Sumi-gaeshi



Ura-nage

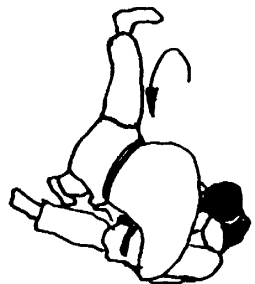
Yoko-sutemi-waza



Yoko-otoshi



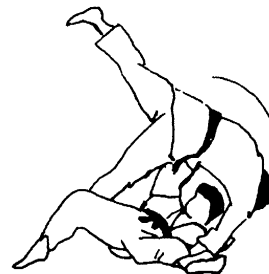
Tani-otoshi



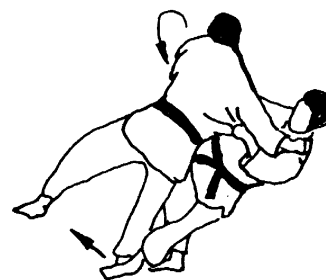
Yoko-guruma



Uki-waza



Yoko-wakare

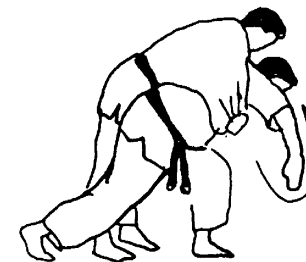


Yoko-gake

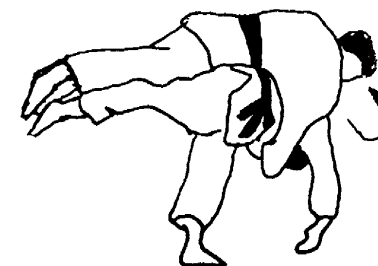
Makikomi-waza



Ko-uchi-makikomi



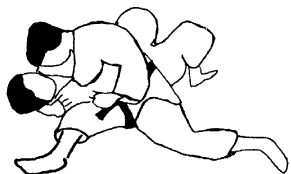
Soto-makikomi



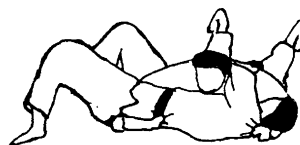
Hane-makikomi



Katame-waza (Matt-tekniker) / Osae-komi-waza (Fasthållningar)



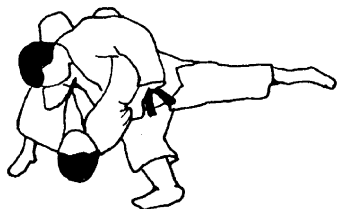
Kesa-gatame



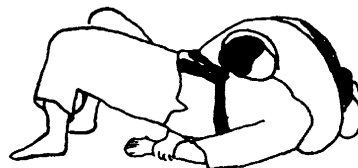
Yoko-shiho-gatame



Tate-shiho-gatame



Kuzure-kesa-gatame



Kuzure-yoko-shiho-gatame



Kami-shiho-gatame



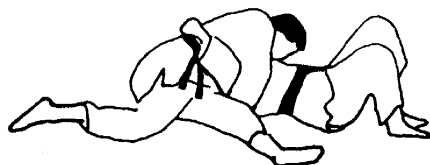
Kata-gatame



Mune-gatame



Kuzure-kami-shiho-gatame



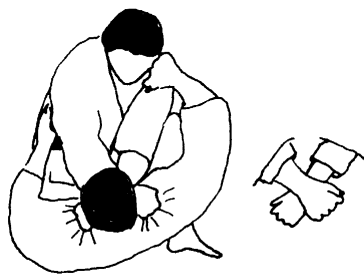
Ushiro-kesa-gatame



Makura-kesa-gatame



Katame-waza (Matt-tekniker) / Shime-waza (Halslås)



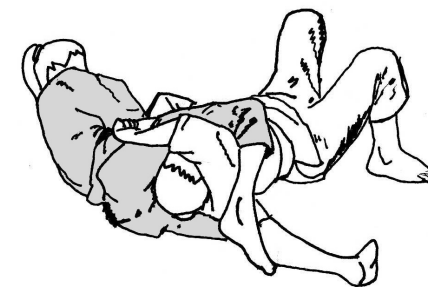
Nami-juji-jime



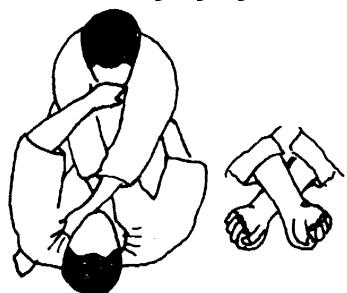
Hadaka-jime



Sode-guruma-jime



Sankaku-jime



Gyaku-juji-jime



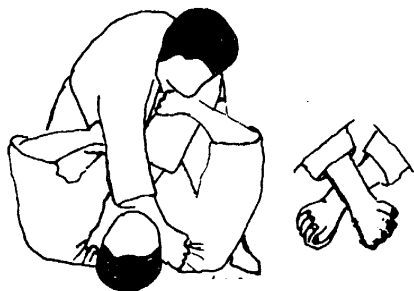
Okuri-eri-jime



Rvote-iime



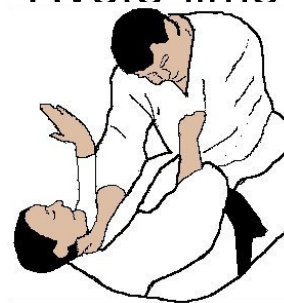
Kata-te-jime



Kata-juji-jime



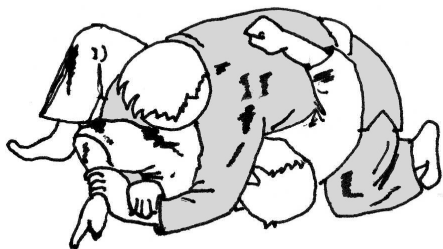
Kataha-jime



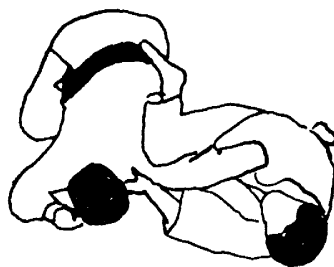
Tsukkomi-jime



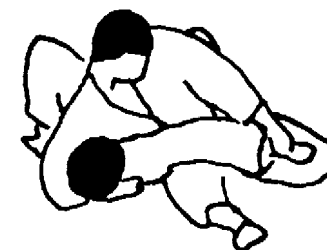
Katame-waza (Matt-tekniker) / Kansetsu-waza (Armlås)



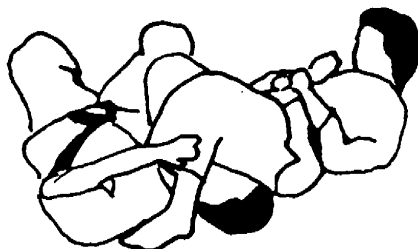
Ude-garami



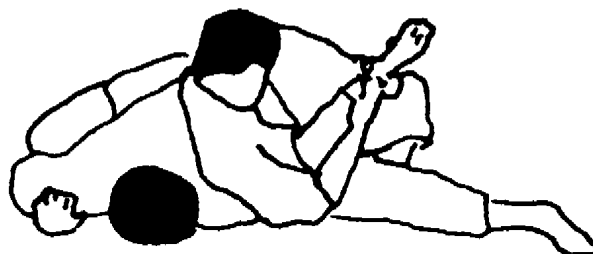
Hiza-gatame



Ashi-gatame



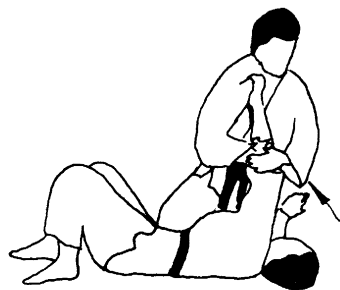
Juji-gatame



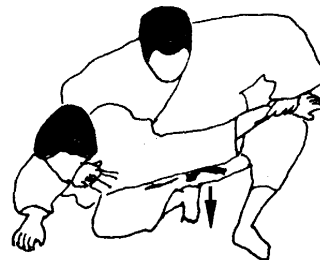
Waki-gatame



Kannuki-gatame



Ude-gatame



Hara-gatame



Kesa-garami