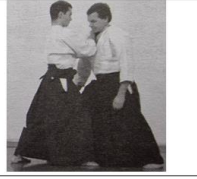















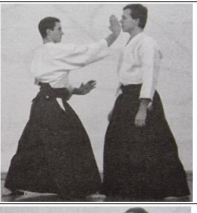


	sode dori			ryote juji shime	
	ryote dori		tachi waza/ suwariwaza/ hanmi handachi waza		ryo kata dori
	ushiro ryo kata dori			ushiro dori	
	aihanmi katate dori			ushiro ryote dori	
	gyaku hanmi katate dori	<p>ikkyo nikyo sankyo yonkyo gokyo kote gaeshi irimi nage shiho nage udekime nage koshi nage kaiten nage kokyu nage kokyu ho uchi kaiten nage uchi kaiten sankyo soto kaiten nage aiki otoshi sumi otoshi hijikime osae jugi garami</p>		ushiro ryohiji dori	
	jodan/men tsuki			ushiro ryokata dori	
	judan tsuki			ushiro eri dori	
	shomen uchi			ushiro katate dori kubi shime	
	yokomen uchi			shomen ate	
	kata dori men uchi			gamen uchi	
kata dori	katate ryote dori/ ryo katate dori/ morote dori		muna dori	mawasi geri	mae geri
