



UKEMI



ushiro-ukemi



yoko-ukemi



mae-mawari-ukemi



NAGE-WAZA



uki-goshi



harai-goshi



o-uchi-gari



seoi-nage-morote



okuri-ashi-harai



ko-uchi-gari



KATAME-WAZA



kuzure-kesa-gatame



kesa-gatame



kata-gatame



ushiro-kesa-gatame

kesa-gatame + 2 úniky
kuzure-kesa-gatame + únik



kata-gatame + únik
ushiro-kesa-gatame + únik