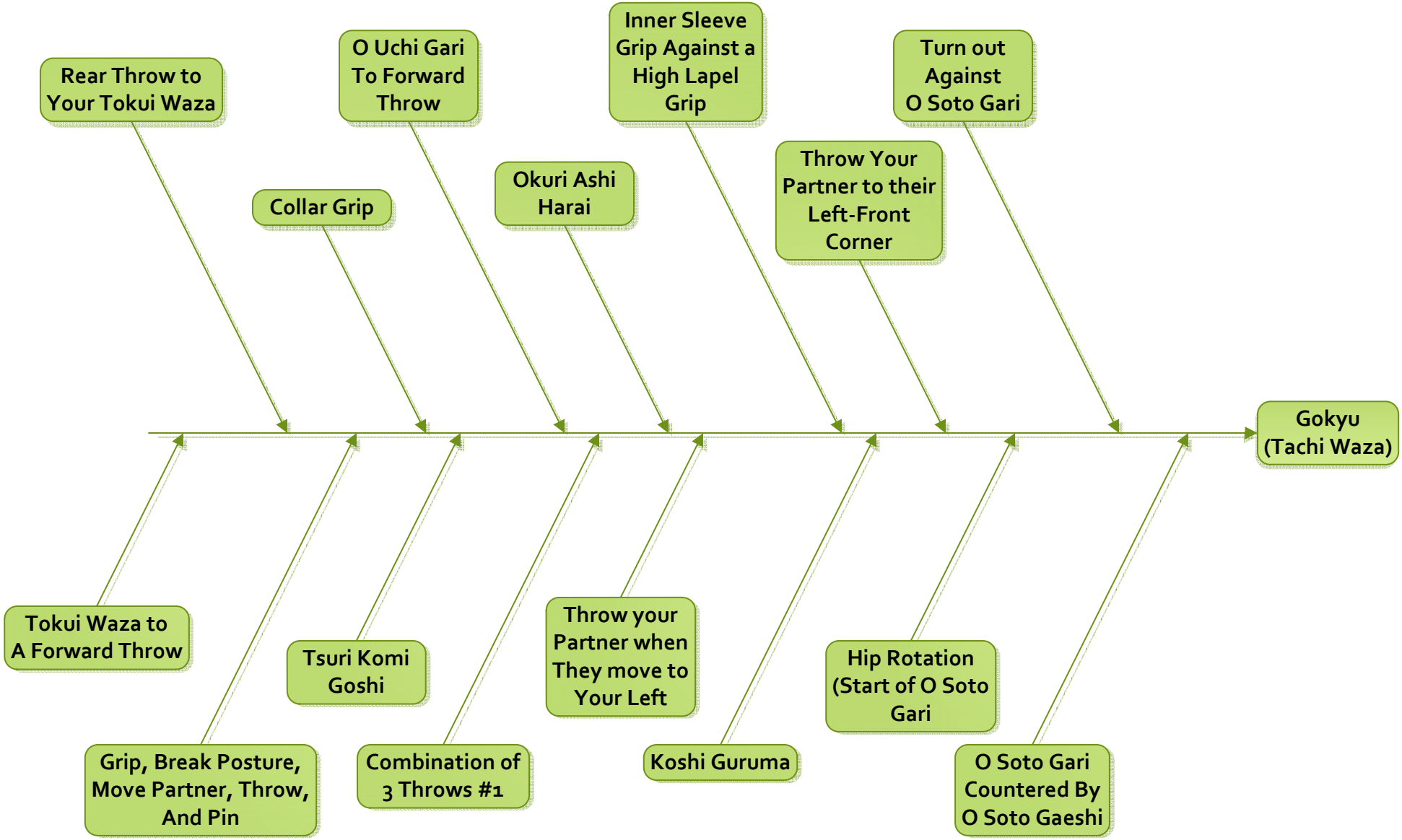
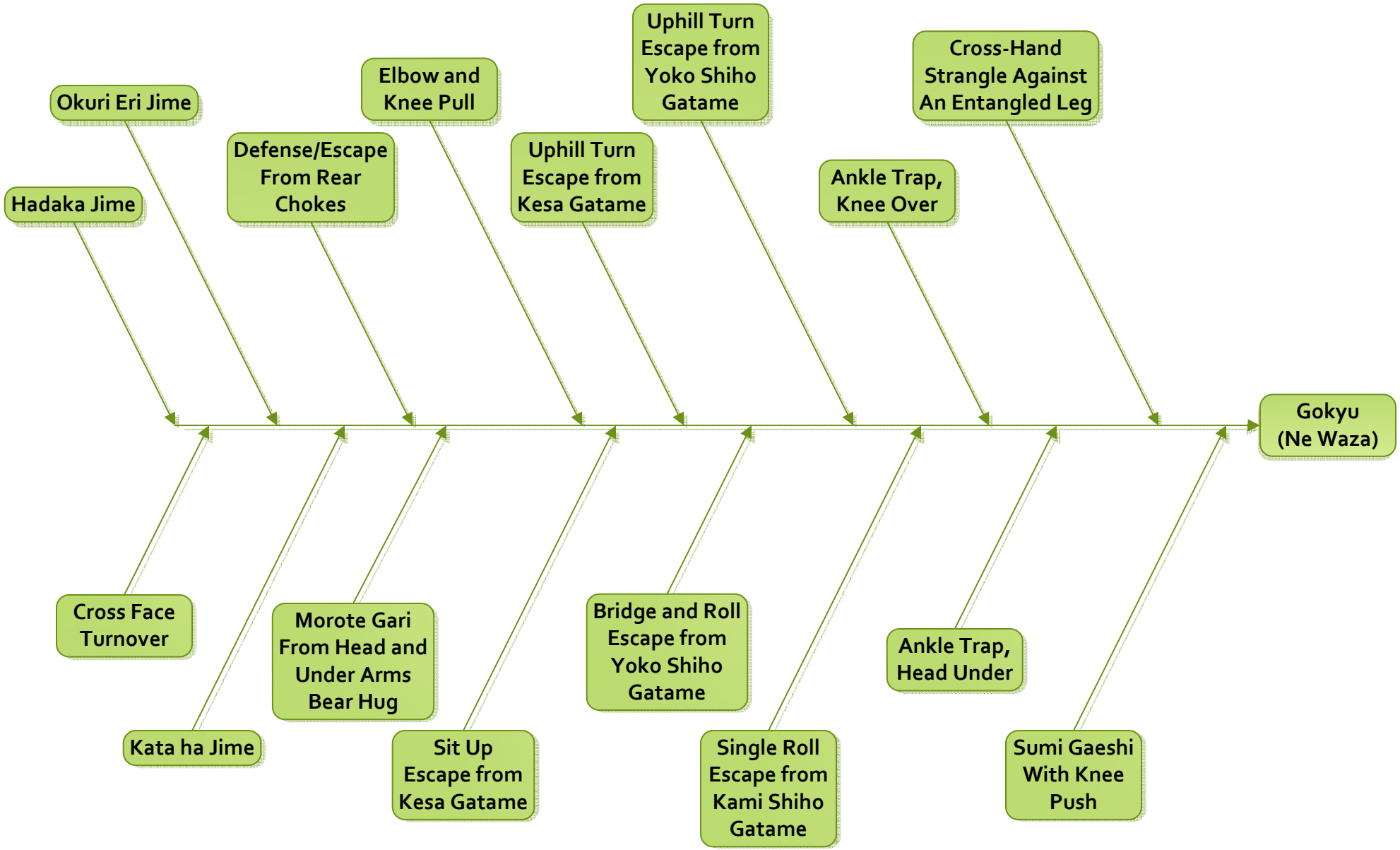

Rear Throw to Your Tokui Waza
O Uchi Gari To Forward Throw
Inner Sleeve Grip Against a High Lapel Grip
Turn out Against O Soto Gari
Collar Grip
Okuri Ashi Harai
Throw Your Partner to their Left-Front Corner
Gokyu (Tachi Waza)
Tokui Waza to A Forward Throw
Tsuri Komi Goshi
Throw your Partner when They move to Your Left
Hip Rotation (Start of O Soto Gari
Grip, Break Posture, Move Partner, Throw, And Pin
Combination of 3 Throws #1
Koshi Guruma
O Soto Gari Countered By O Soto Gaeshi


Hadaka Jime
Okuri Eri Jime
Defense/Escape From Rear Chokes
Elbow and Knee Pull
Uphill Turn Escape from Kesa Gatame
Uphill Turn Escape from Yoko Shiho Gatame
Ankle Trap, Knee Over
Cross-Hand Strangle Against An Entangled Leg
Gokyu (Ne Waza)
Cross Face Turnover
Kata ha Jime
Morote Gari From Head and Under Arms Bear Hug
Sit Up Escape from Kesa Gatame
Bridge and Roll Escape from Yoko Shiho Gatame
Single Roll Escape from Kami Shiho Gatame
Ankle Trap, Head Under
Sumi Gaeshi With Knee Push