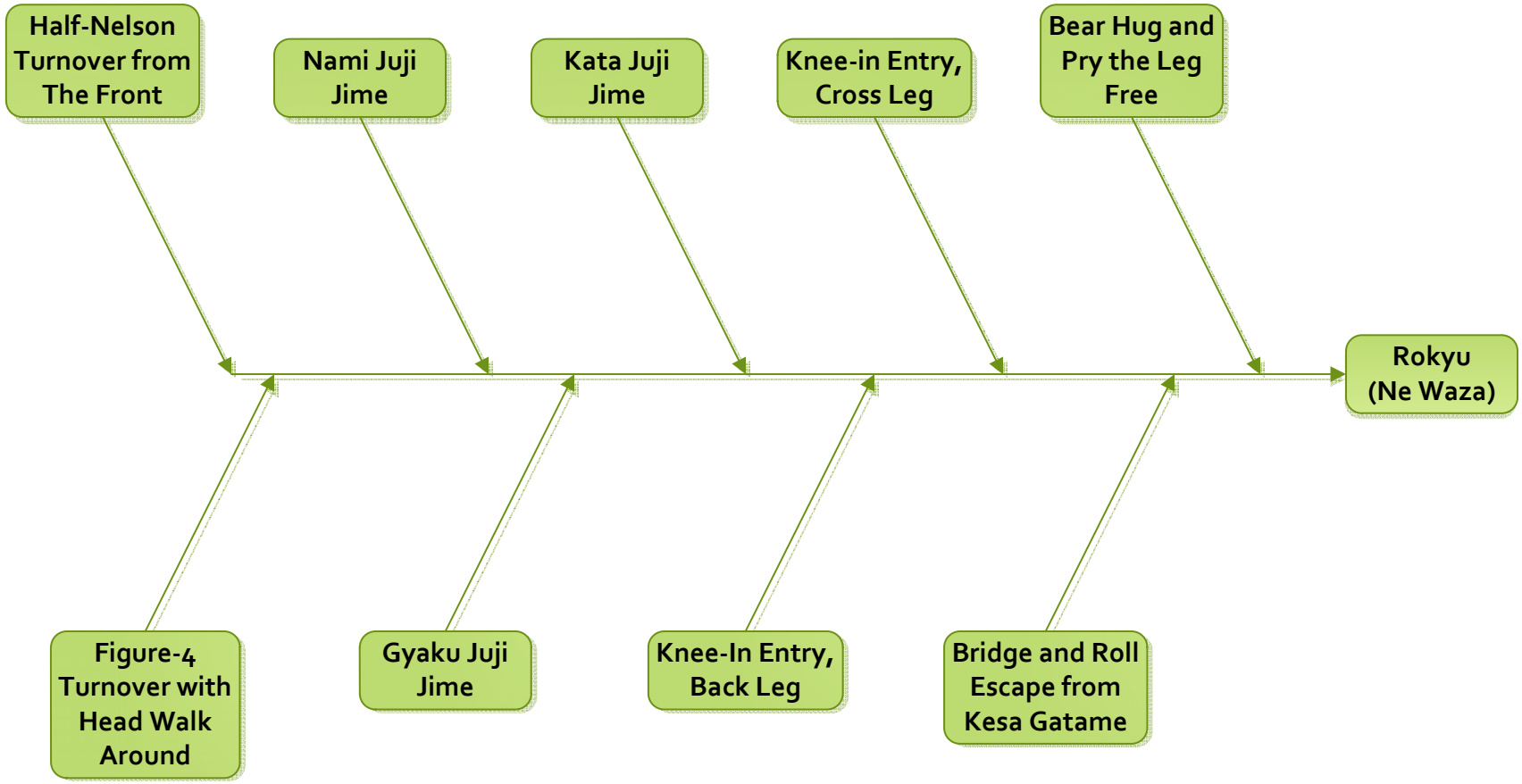
Sleeve and Lapel Grip
Sasae Tsuri Komi Ashi
Uki Goshi
Forward Throw To Inside Leg Jump Around to a Forward Throw
Harai Goshi
Rear Throw #1 to a Pin
Throw to Right-Rear Corner
Tomoe Nage
Rokyu (Tachi Waza)
Swinging Elbow Break Against a Sleeve and Lapel Grip
Through the Armpit Back Grip
Inside Leg Jump Around
Diagonal Step Defense to a Throw
Forward Throw #1 to a Pin
Throw to Right-Front Corner
Uchi Mata
Throw Your Partner as They Move Into You


Half-Nelson Turnover from The Front
Nami Juji Jime
Kata Juji Jime
Knee-in Entry, Cross Leg
Bear Hug and Pry the Leg Free
Rokyu (Ne Waza)
Figure-4 Turnover with Head Walk Around
Gyaku Juji Jime
Knee-In Entry, Back Leg
Bridge and Roll Escape from Kesa Gatame