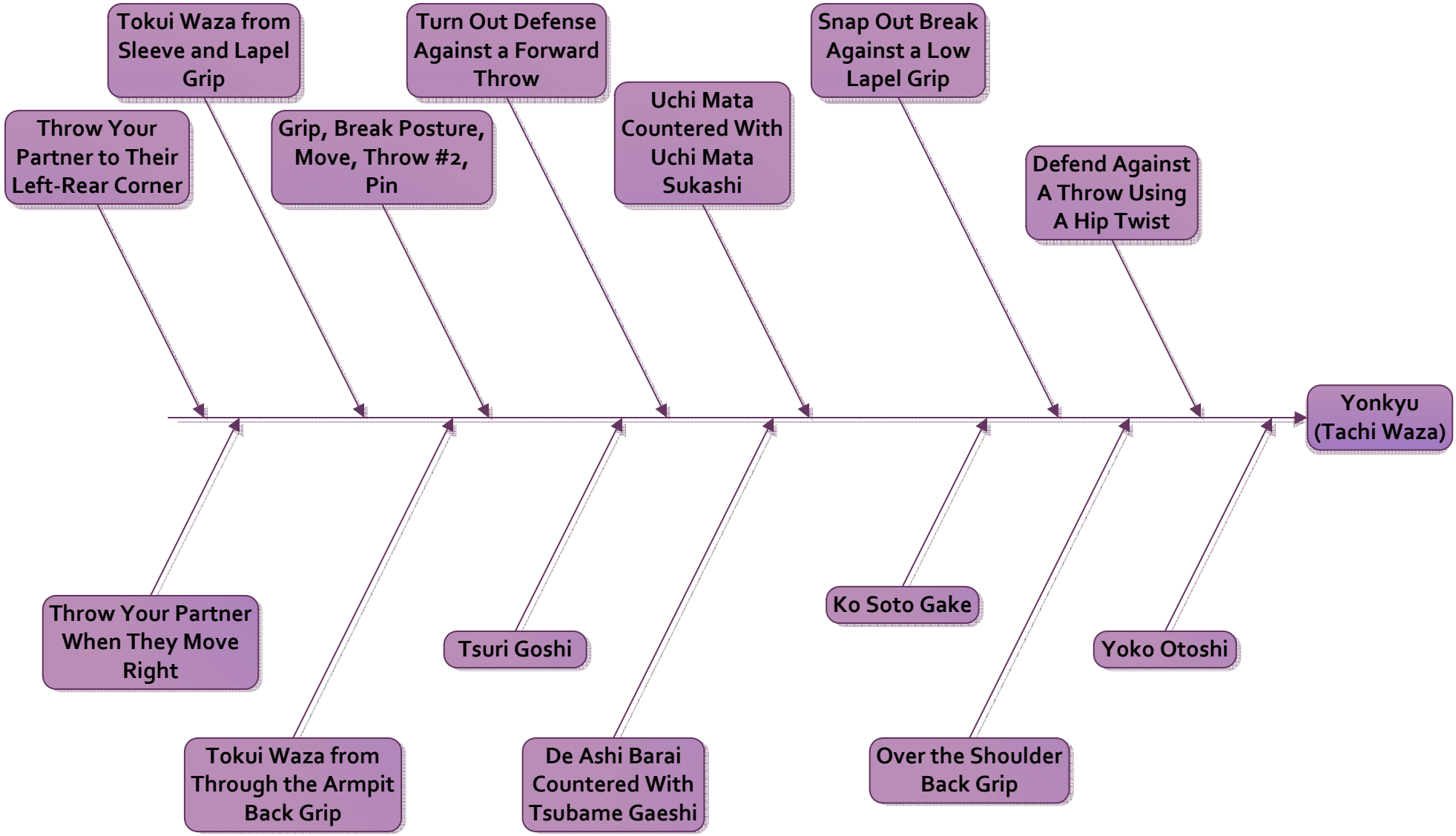
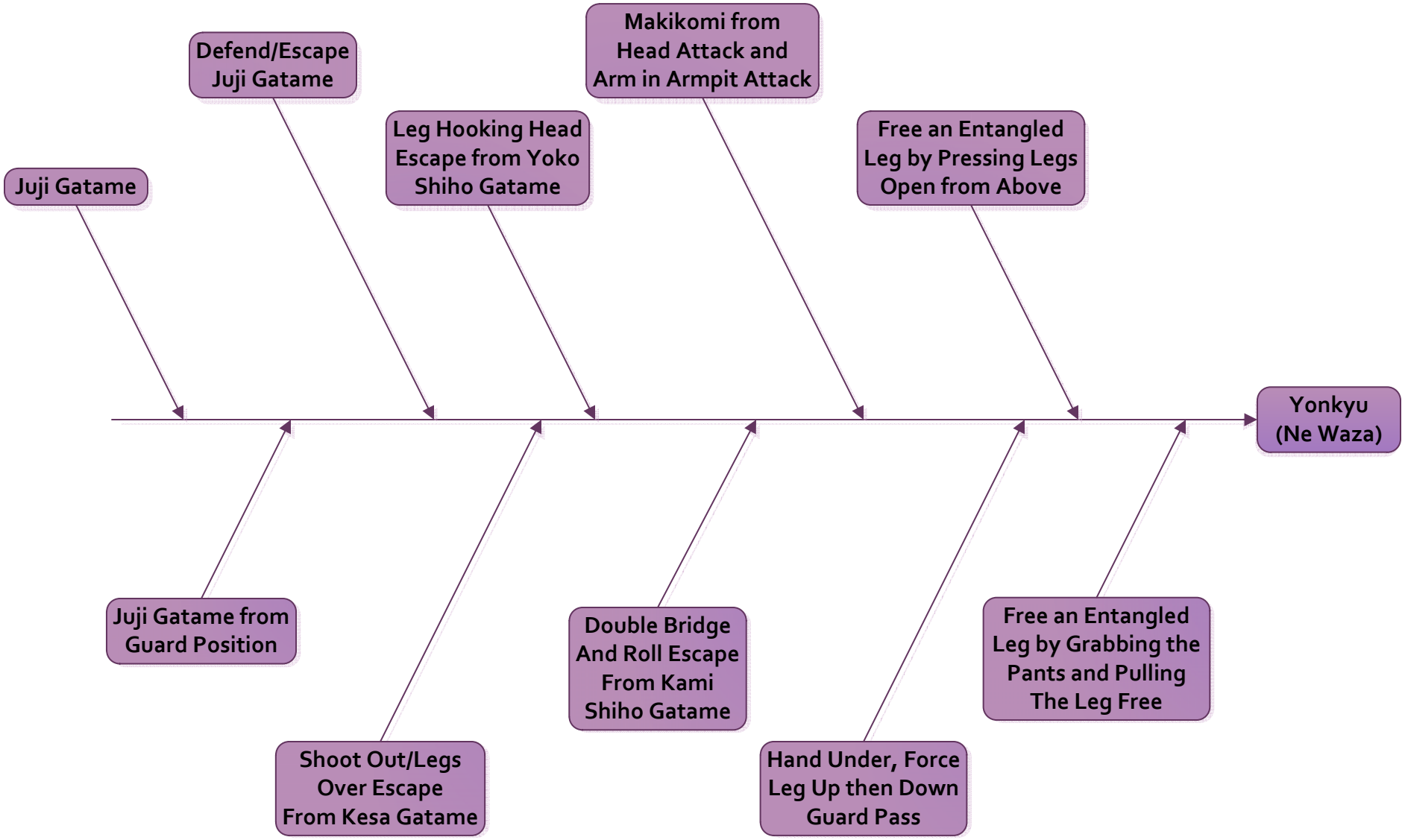

Tokui Waza from Sleeve and Lapel Grip
Turn Out Defense Against a Forward Throw
Snap Out Break Against a Low Lapel Grip
Throw Your Partner to Their Left-Rear Corner
Grip, Break Posture, Move, Throw #2, Pin
Uchi Mata Countered With Uchi Mata Sukashi
Defend Against A Throw Using A Hip Twist
Yonkyu (Tachi Waza)
Throw Your Partner When They Move Right
Tsuri Goshi
Ko Soto Gake
Yoko Otoshi
Tokui Waza from Through the Armpit Back Grip
De Ashi Barai Countered With Tsubame Gaeshi
Over the Shoulder Back Grip


Juji Gatame
Defend/Escape Juji Gatame
Leg Hooking Head Escape from Yoko Shiho Gatame
Makikomi from Head Attack and Arm in Armpit Attack
Free an Entangled Leg by Pressing Legs Open from Above
Yonkyu (Ne Waza)
Juji Gatame from Guard Position
Shoot Out/Legs Over Escape From Kesa Gatame
Double Bridge And Roll Escape From Kami Shiho Gatame
Hand Under, Force Leg Up then Down Guard Pass
Free an Entangled Leg by Grabbing the Pants and Pulling The Leg Free