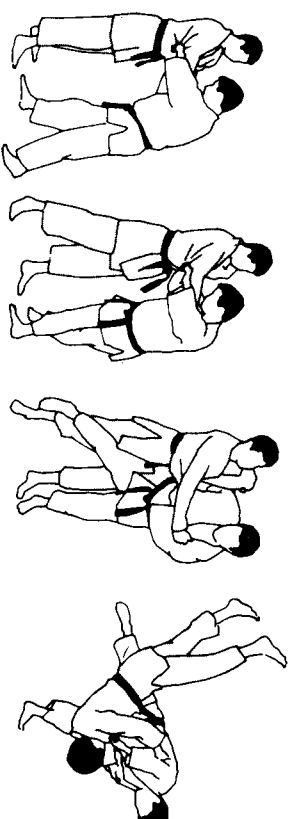


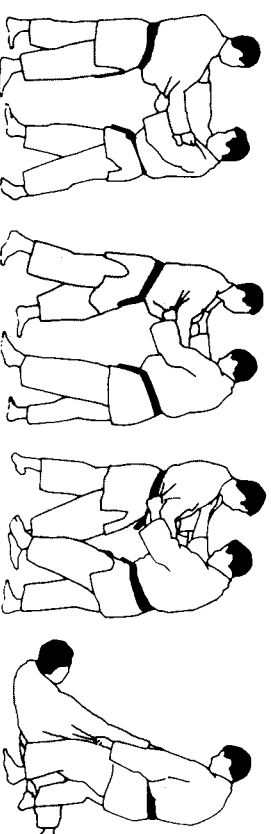
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- 1 *Ashi-guruma* / Beenrad 55
- 2 *De-ashi-barai* / Vooruitkomende voet vegen 55
- 3 *Harai-tsuri-komi-ashi* / Vegen van de voet al trekkend en oplichtend 55
- 4 *Hiza-Guruma* / Knierad 56
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- 6 *Ko-soto-gari* / Kleine buitenwaartse maaiworp 56
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- 8 *O-guruma* / Groot rad 57
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- 10 *O-soto-gari* / Grote buitenwaartse maaiworp 58
- 11 *O-soto-guruma* / Groot buitenwaarts rad 58
- 12 *O-soto-otoshi* / Grote buitenwaartse worp 58
- 13 *O-uchi-gari* / Grote binnenwaartse maaiworp 59
- 14 *Sasae-tsuri-komi-ashi* / Blokkeren van de voet al trekkend en oplichtend 59
- 15 *Uchi-mata* / Binnenwaartse diwworp 59

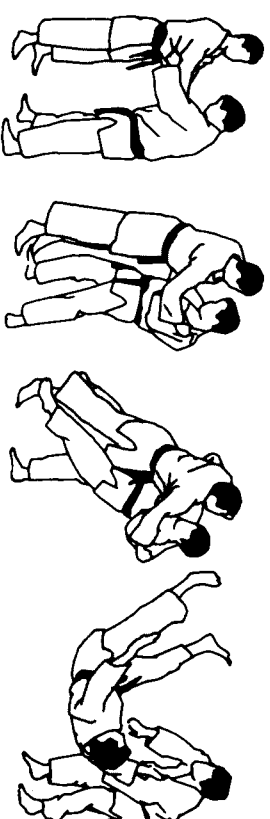
1 *Ashi-guruma*



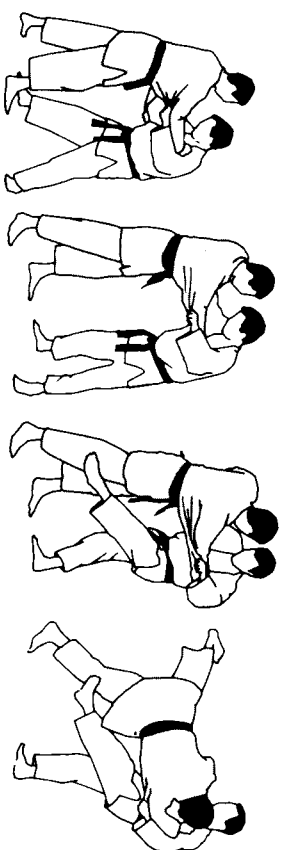
2 *De-ashi-barai*



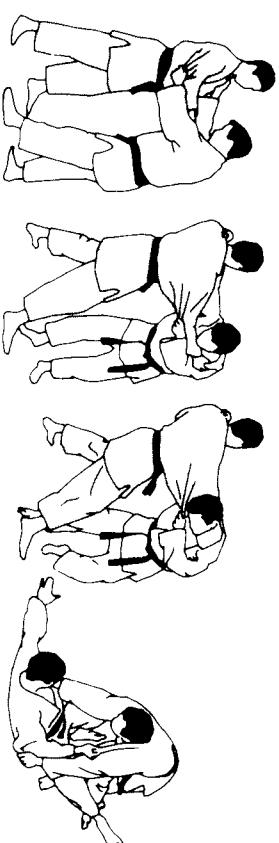
3 *Harai-tsuri-komi-ashi*



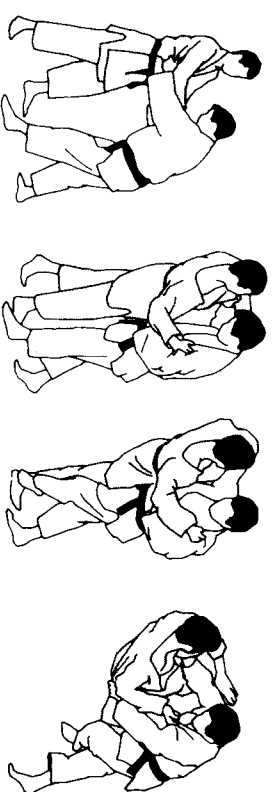
4 Hiza-guruma



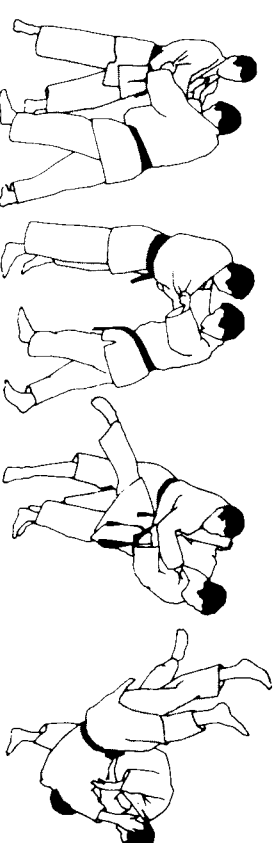
7 Ko-uchi-gari



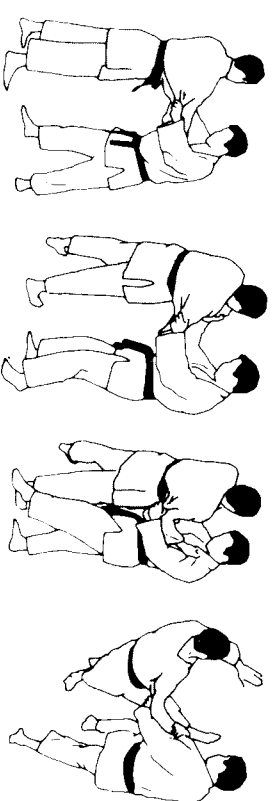
5 Ko-soto-gake



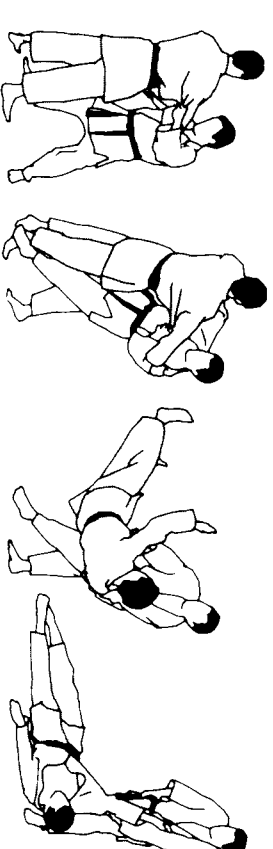
8 O-guruma



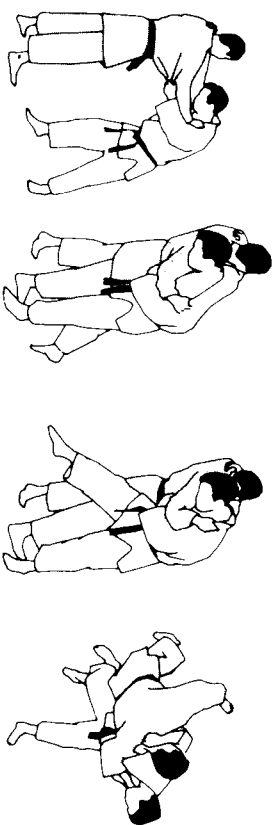
6 Ko-soto-gari



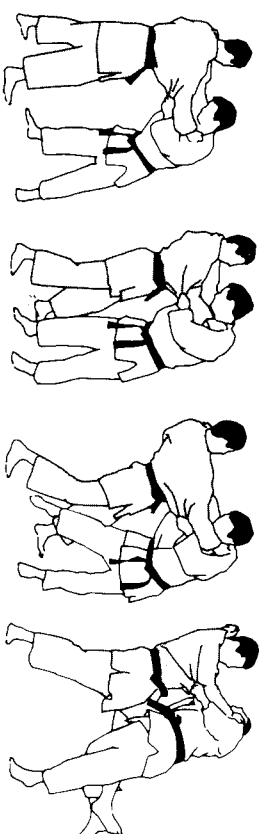
9 Okuri-ashi-barai



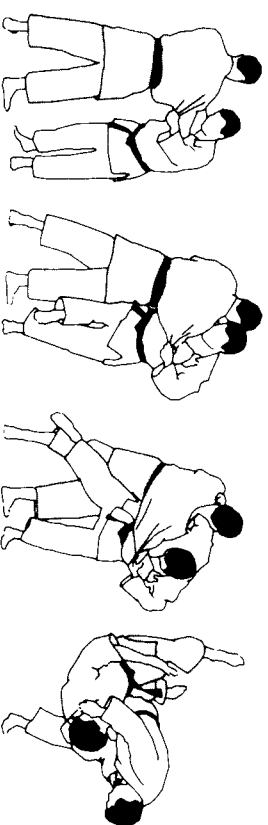
10 O-soto-gari



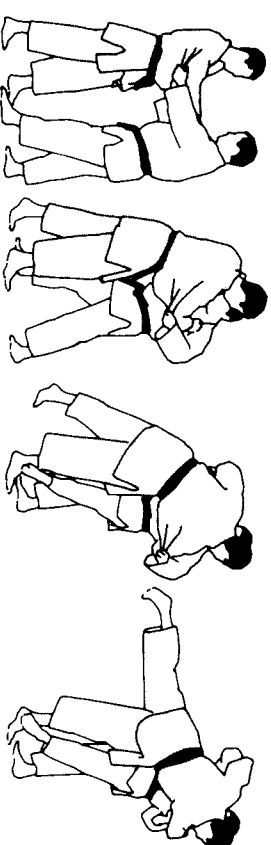
13 O-uchi-gari



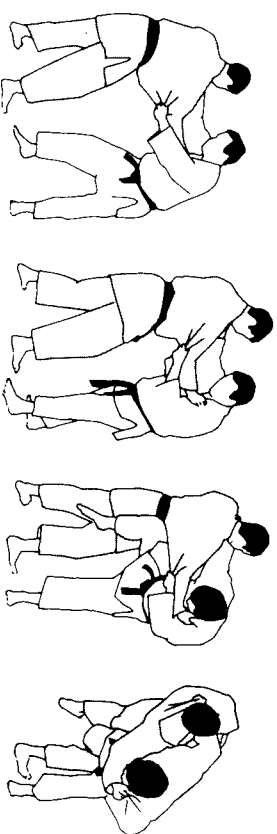
11 O-soto-guruma



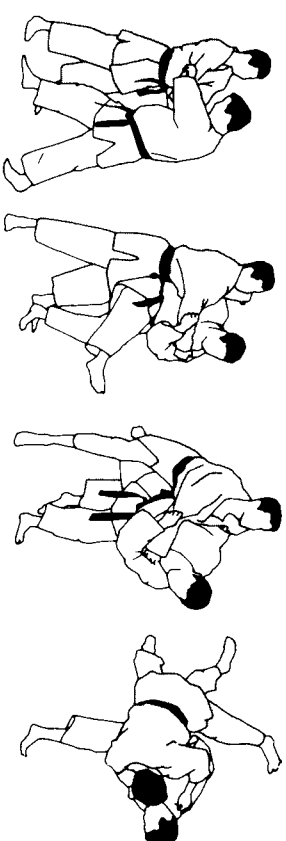
14 Sasae-tsuri-komi-ashi



12 O-soto-otoshi

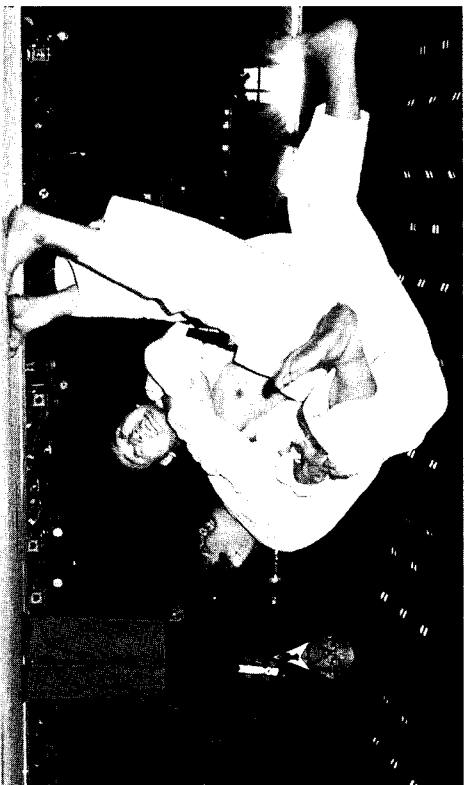


15 Uchi-mata

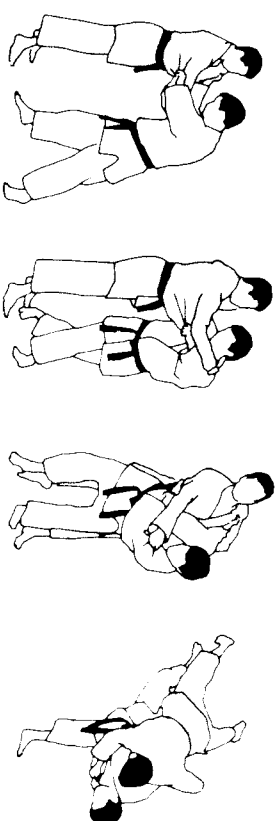


Heupworpen (koshi-waza)

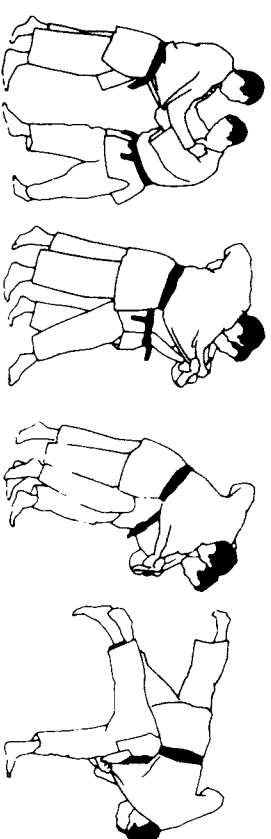
- 1 Hane-goshi / Springende heupworp 61
- 2 Harai-goshi / Vegende heupworp 61
- 3 Koshi-guruma / Heuprad 61
- 4 O-goshi / Grote heupworp 62
- 5 Ko-tsuri-goshi / Kleine heffende heupworp 62
O-tsuri-goshi / Grote heffende heupworp 62
- 6 Tsuri-komi-goshi / Heupworp al trekkend en oplichtend 62
- 7 Sode-tsuri-komi-goshi / Mouw trekkend en oplichtend heupworp 63
- 8 Uki-goshi / Vlottende heupworp 63
- 9 Ushiro-goshi / Achter heupworp 63
- 10 Utsuri-goshi / Omkerende heupworp 64
- 11 Yama-arashi / Bergstormworp 64



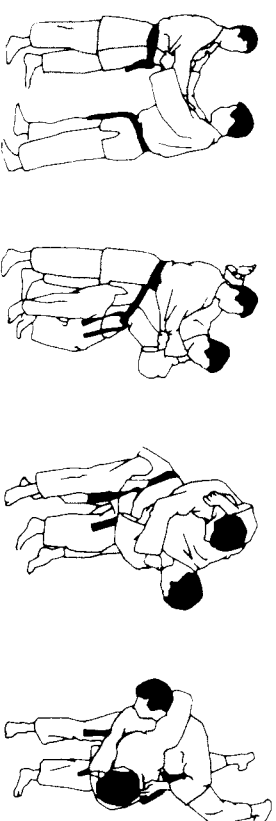
1 Hane-goshi



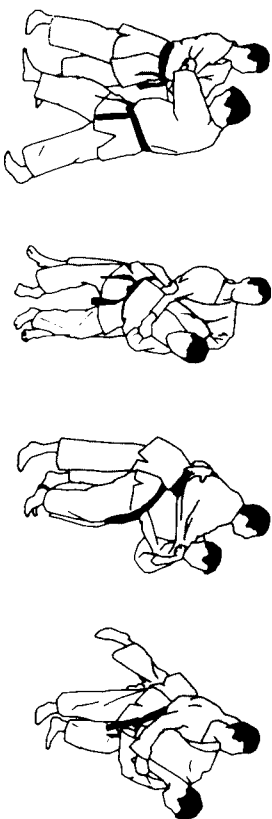
2 Harai-goshi



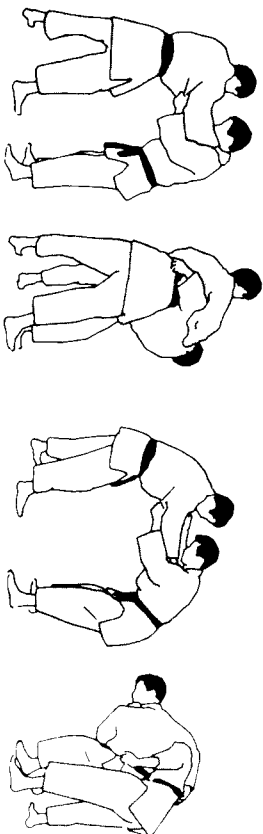
3 Koshi-guruma



4 O-goshi

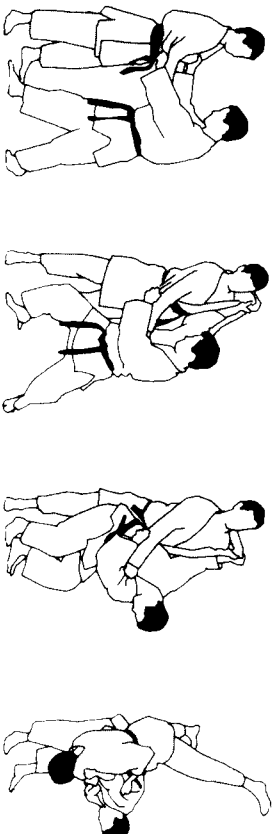


5 Ko-tsuri-goshi

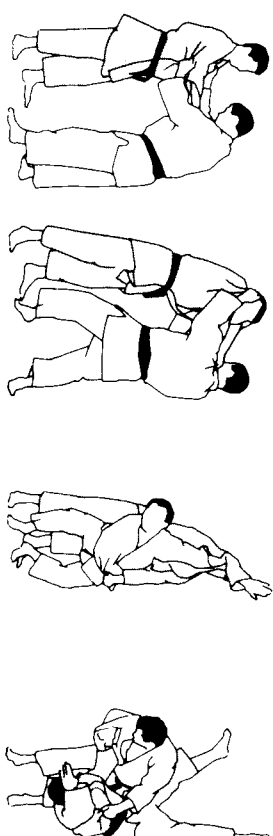


O-tsuri-goshi

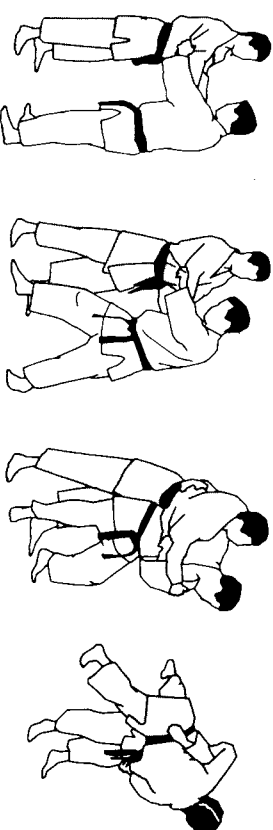
6 Tsuru-komi-goshi



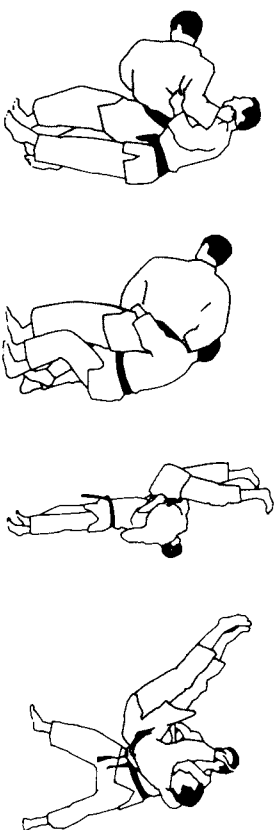
7 Sode-tsuri-komi-goshi



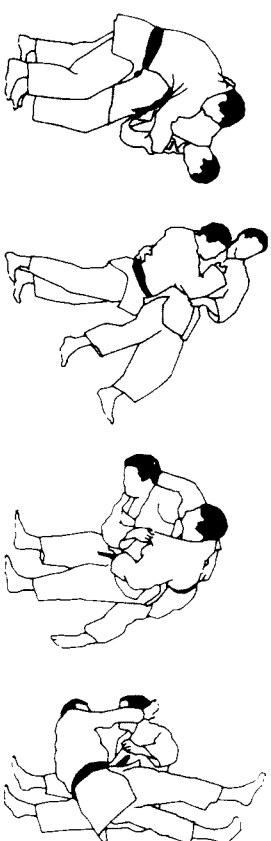
8 Uki-goshi



9 Ushiro-goshi



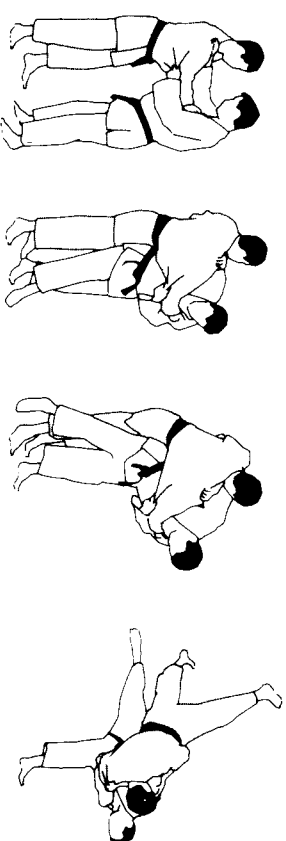
10 *Utsuri-goshi*



Handworpen (te-waza)

- 1 *Ippon-seoi-nage* / Eén punt over de rug werpen 66
- 2 *Kata-guruma* / Schouderrad 66
- 3 *Morote-gari* / Met beide handen maaien 66
- 4 *Morote-seoi-nage* / Met twee handen rug werpen 67
- Seoi-otoshi* / Rug vallen 67
- 5 *Sukui-nage* / Lepel werpen 67
- 6 *Sukui-nage* / Lepel werpen 67
- 7 *Sumi-otoshi* / Hoekworp 68
- 8 *Tai-otoshi* / Lichaam werpen 68
- 9 *Uki-otoshi* / Vlootende worp 68

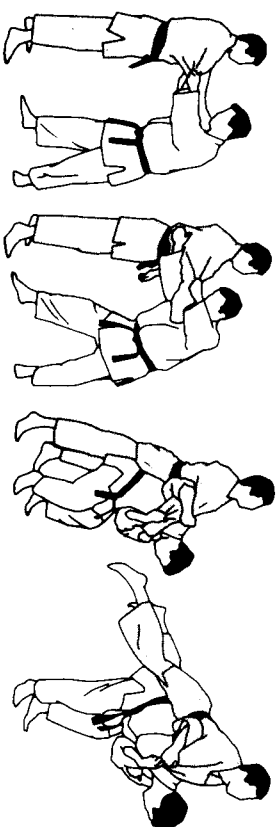
11 *Yama-arashi*



Rechts : *tai-otoshi*

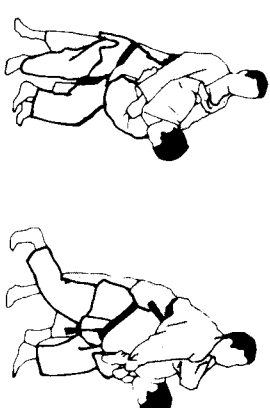


1 Ippon-seoi-nage

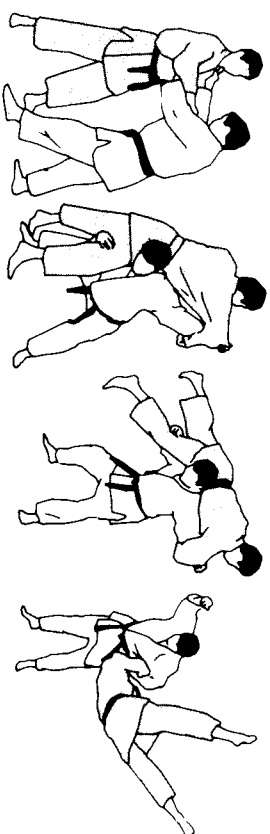


4 Morote-seoi-nage

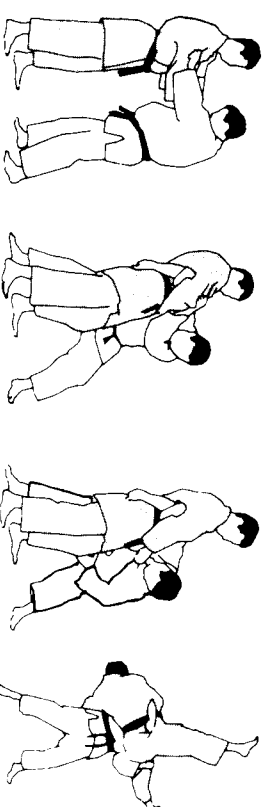
Seoi-otoshi



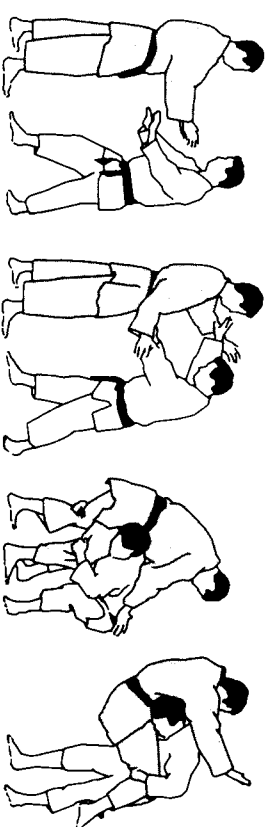
2 Kata-guruma



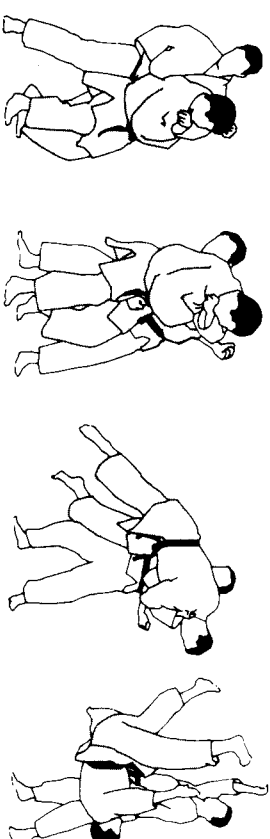
5 Sukui-nage



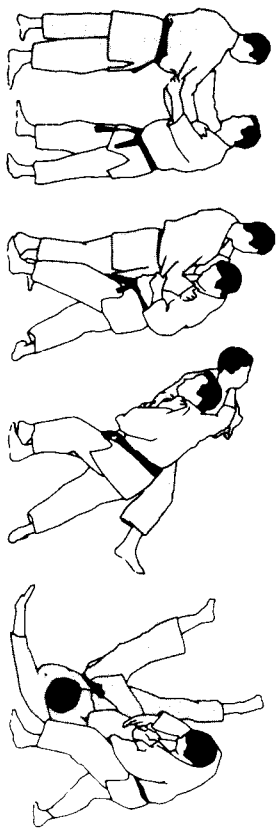
3 Morote-gari



6 Sukui-nage

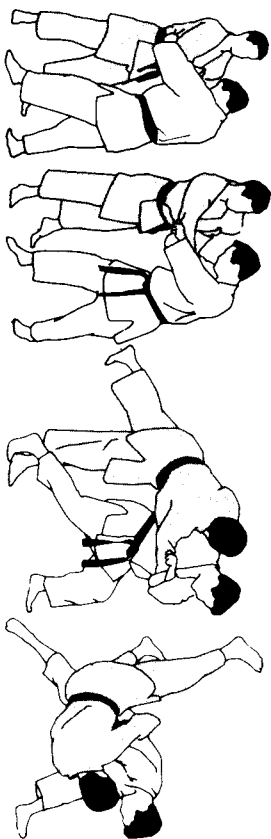


7 Sumi-otoshi



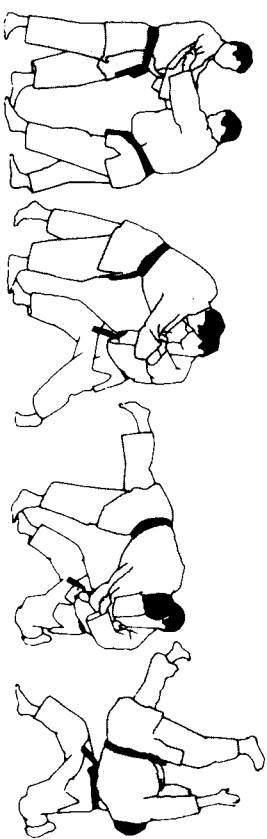
Offerworpen (sulemi-waza)

8 Tai-otoshi

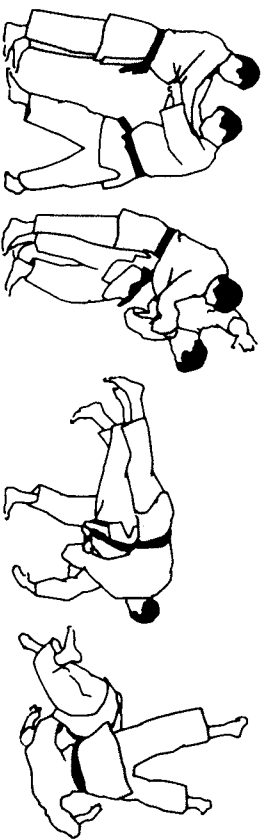


- 1 Hane-maki-komi / Vleugel oprollen 70
- 2 Kani-basami / Vliegende schaar 70
- 3 O-soto-maki-komi / Grote buitenwaartse rol 70
- 4 Soto-maki-komi / Buitenwaartse rol 71
- 5 Sumi-gaeshi / In hoek omkantelen 71
- 6 Tani-otoshi / Worp in de vallei 71
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- 9 Uchi-maki-komi / Binnenwaartse rol 72
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- 12 Yoko-gake / Zijdelings haken 73
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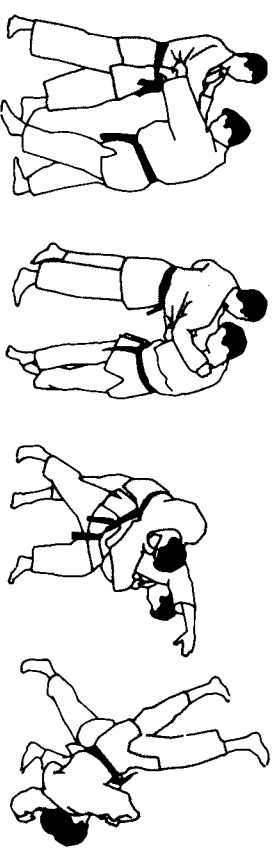
9 Uki-otoshi



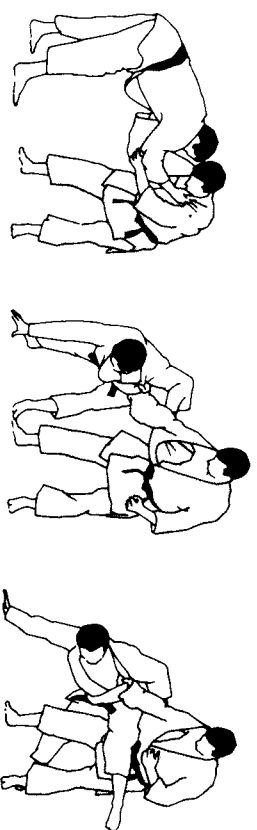
1 Hane-maki-komi



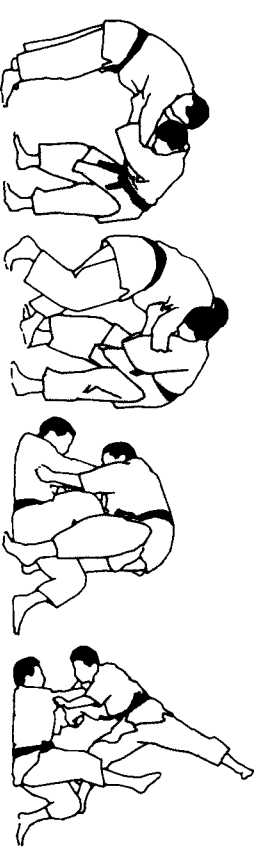
4 Soto-maki-komi



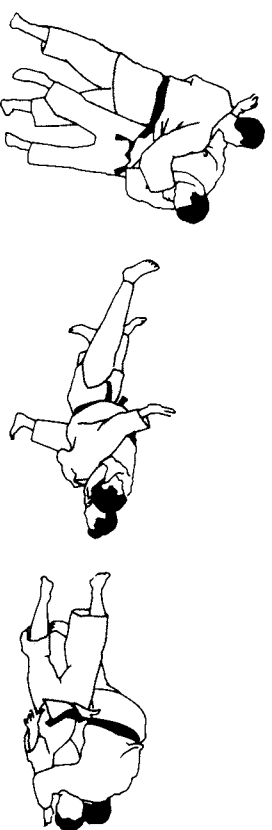
2 Kani-basarai (verboden techniek)



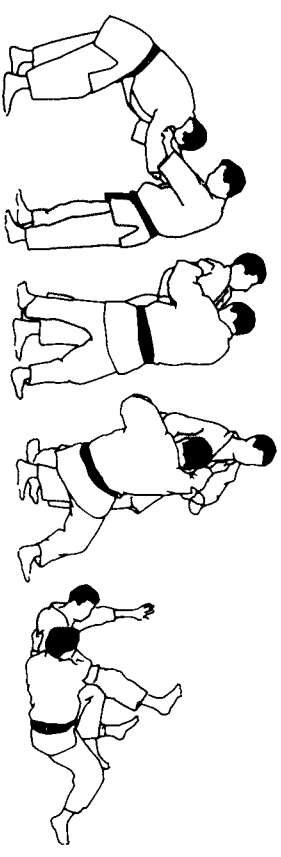
5 Sumi-gaeshi



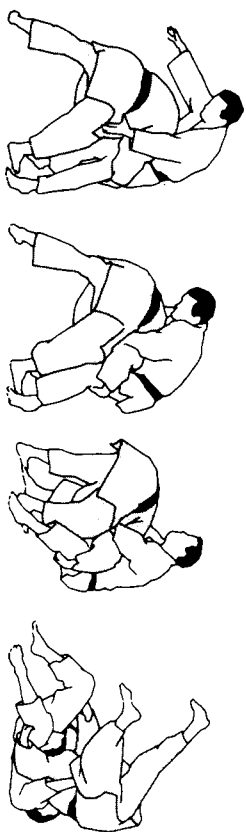
3 O-soto-maki-komi



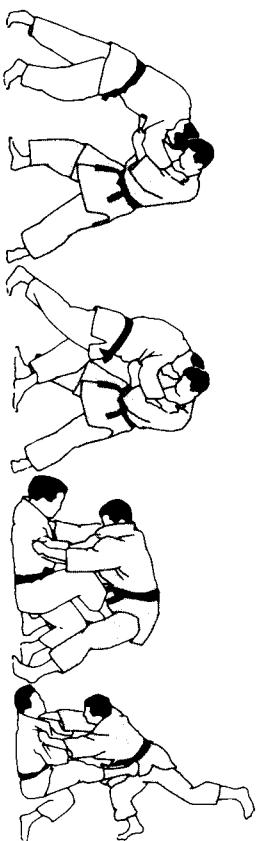
6 Tani-otoshi



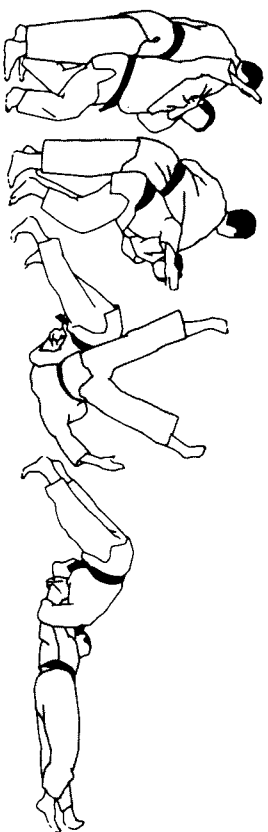
7 Tawara-gaeshi



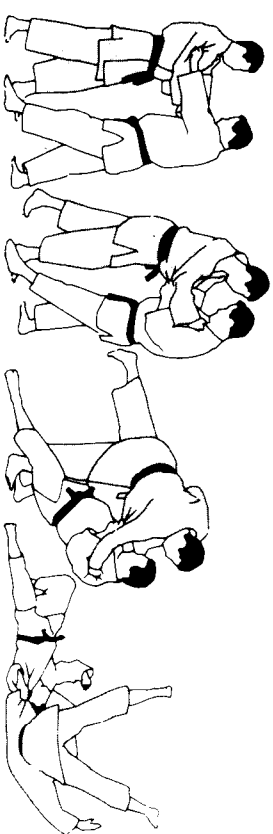
8 Tomoe-nage



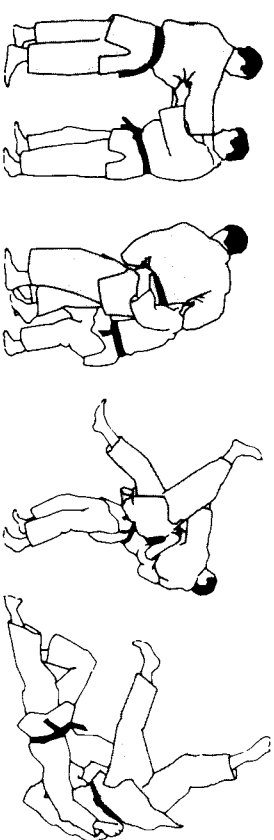
9 Uchi-maki-komi



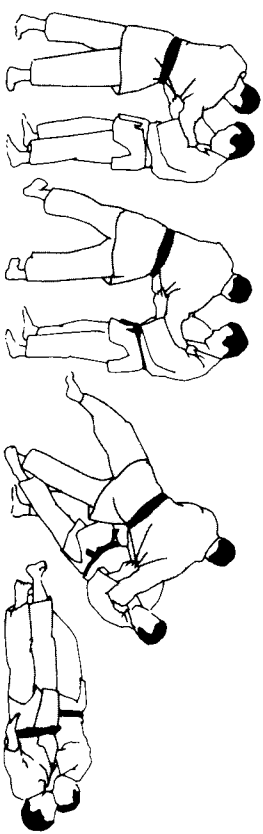
10 Uki-waza



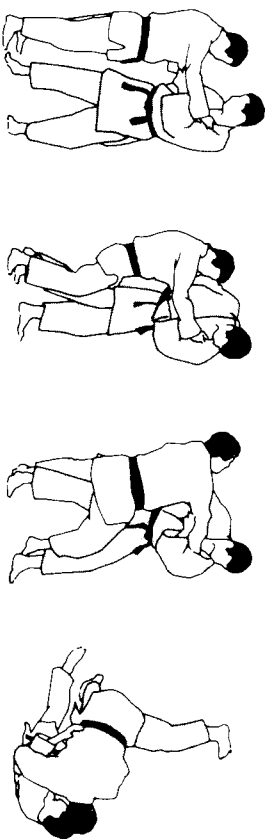
11 Ura-nage



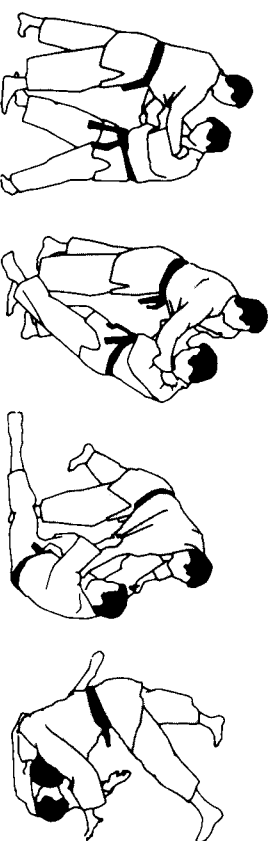
12 Yoko-gake



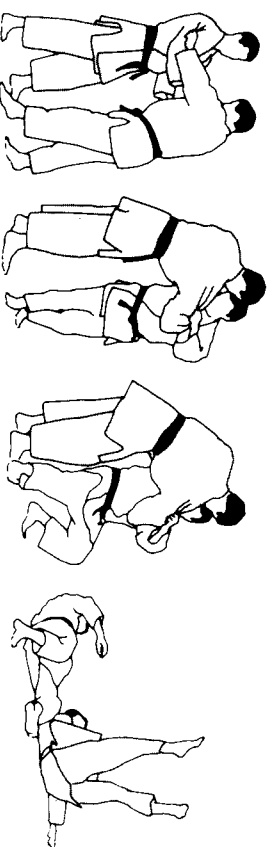
13 Yoko-guruma



14 Yoko-otoshi



15 Yoko-wakare



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Onder: Makura-gesa-gatame

