

GEEL

RECHTSTAAND

O SOTO GARI
UKI GOSHI
HIZA GURUMA
SASAE TSURI KOMI ASHI

GROND

KESA GATAME
KUZURE KESA GATAME

ORANJE

RECHTSTAAND

DE ASHI BARAI
O GOSHI
IPPON SEOI NAGE
MOROTE SEOI NAGE
ERI SEOI NAGE
MOROTE ERI SEOI NAGE
KOSHI GURUMA
O UCHI GARI
KO UCHI GARI

GROND

USHIRO KESA GATAME
KATA GATAME
YOKO SHIHO GATAME
KAMI SHIHO GATAME
KUZURE KAMI SHIHO GATAME
TATE SHIHO GATAME
MAKURA KESA GATAME

GROEN

RECHTSTAAND

KO SOTO GARI
HARAI GOSHI
O TSURI GOSHI
KO TSURI GOSHI
TSURI KOMI GOSHI
TAI OTOSHI
OKURI ASHI BARAI
UCHI MATA

GROND

NAMI JUJI JIME
KATA JUJI JIME
GYAKU JUJI JIME
OKURI ERI JIME
UDE GARAMI
UDE GATAME
JUJI GATAME
HIZA GATAME

BLAUW

RECHTSTAAND

HARAI TSURI KOMI ASHI
KATA GURUMA
KO SOTO GAKE
HANE GOSHI
TOMOE NAGE
ASHI GURUMA

GROND

ASHI GATAME
WAKI GATAME
HARA GATAME
SODE GURUMA JIME
RYOTE JIME
KATA TE JIME
KATA HA JIME
HADAKA JIME
SANKAKU JIME

BRUIN

RECHTSTAAND

O GURUMA
O SOTO GURUMA
O SOTO OTOSHI
SODE TSURI KOMI GOSHI
USHIRO GOSHI
UTSURI GOSHI
MOROTE GARI
SUKUI NAGE
UKI OTOSHI
HANE MAKI KOMI
O SOTO MAKI KOMI
SOTO MAKI KOMI
SUMI GAESHI
TANI OTOSHI
TAWARA GAESHI
UCHI MAKI KOMI
UKI WAZA
YOKO OTOSHI
YOKO WAKARE
URA NAGE
YOKO GURUMA