

Common techniques



Ikyo



Nikyō



Sankyō



Irimi nage



Shiho nage



Kote gaeshi



Kokyu nage



Sumi otoshi

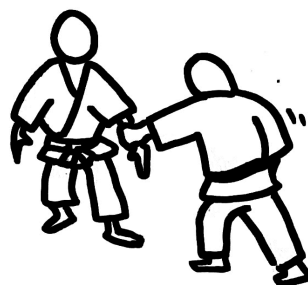
Common Attacks



Kata dori



hatate dori



Gyaku hatate dori



Morote tore



Ryote dori



Shome ichi



tsuki



usher ryokate dori



ushiro ruote dori



Yokomen uchi

Useful terms



Omote



Ura



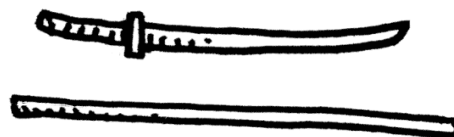
Seiza



Hanmi handachi



Suwari waza



boken jo

