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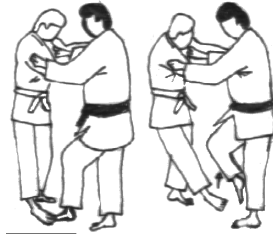
③



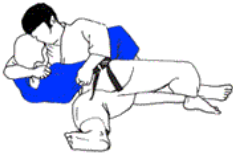
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- ① O-Soto-Otoshi
- ② De-Ashi-Barai
- ③ Uki-Goshi
- ④ Ippon-Seoi-Nage
- ⑤ Hiza-Guruma
- ⑥ Tsubame-Gaeshi

- ⑦ Hon-Gesa-Gatame
- ⑧ Yoko-Shio-Gatame
- ⑨ Tate-Shio-Gatame
- ⑩ Kami-Shio-Gatame
- ⑪ Ushiro-Gesa-Gatame