



① O-Guruma

② Ura-Nage

③ Harai-Tsuri-Komi-Ashi

④ Utsuri-Goshi

⑤ Ushiro-Goshi

⑥ O-Soto-Guruma

⑦ Yoko-Gake

⑧ Juji-Gatame

⑨ Ude-Garami

⑩ Ude-Gatame

⑪ Hiza-Gatame

⑫ Hara-Gatame

⑬ Waki-Gatame