



**Seoi-otoshi**



**Tai-otoshi**



**Uki-goshi**



**Kubi-nage**



**O-soto-gari**



**Ko-soto-gari**



**Hiza-guruma**



**Sasae-tsurikomi-ashi**



**O-uchi-gari**



**Ko-uchi-gari**



**Yoko-shiho-gatame**



**Tate-shiho-gatame**



**Hon-gesa-gatame**



**Kami-shiho-gatame**



**Ushiro-gesa-gatame**