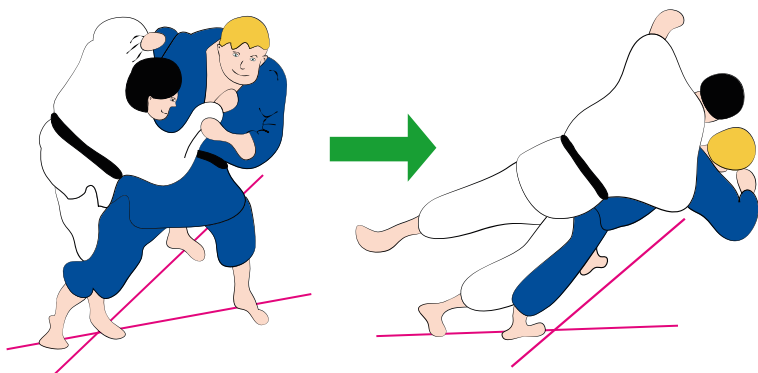


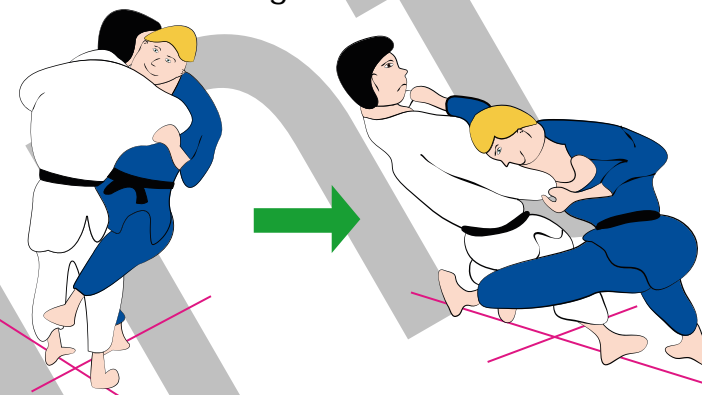
Renraku waza (Kombinationstechniken)



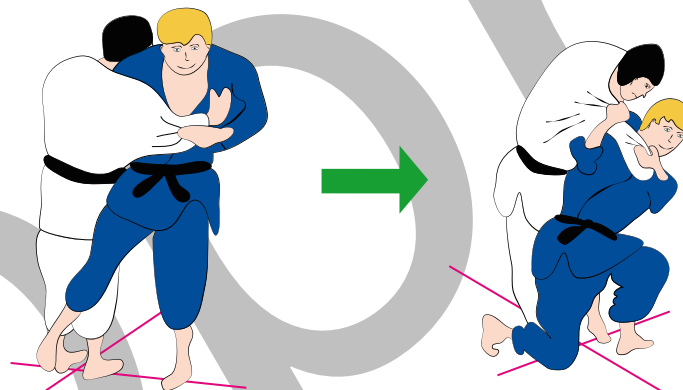
1. Tai otoshi - Maki komi



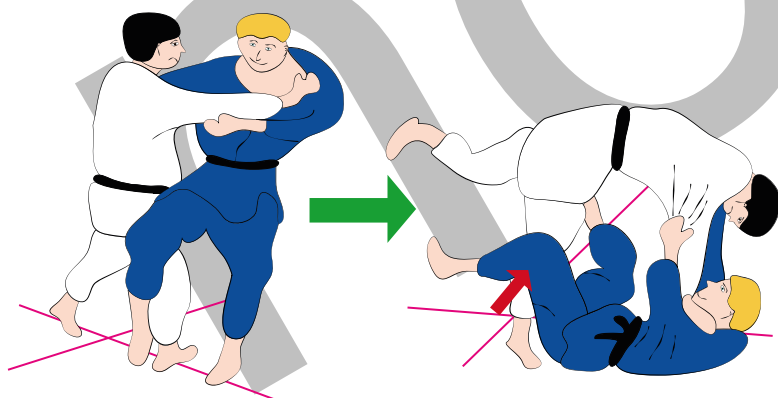
2. Ko soto gake - Tani otoshi



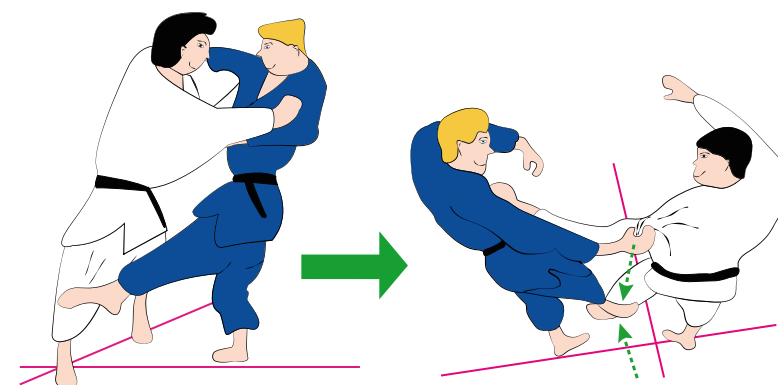
3. O soto guruma - Seoi otoshi



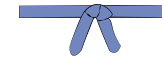
4. O soto otoshi - Yoko tomoe



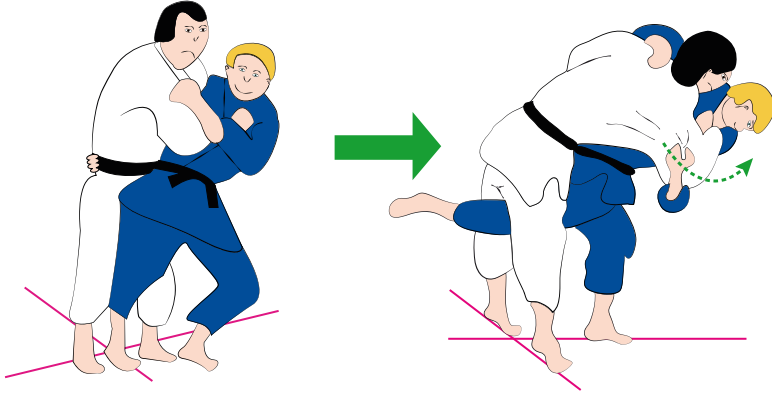
5. Hiza guruma - Hidari yoko gake



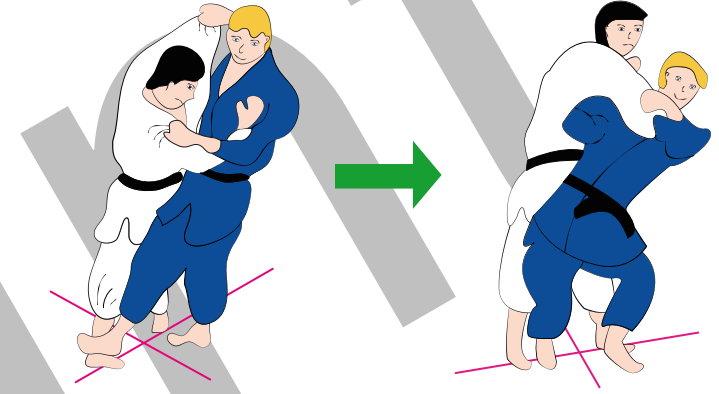
Renraku waza (Kombinationstechniken)



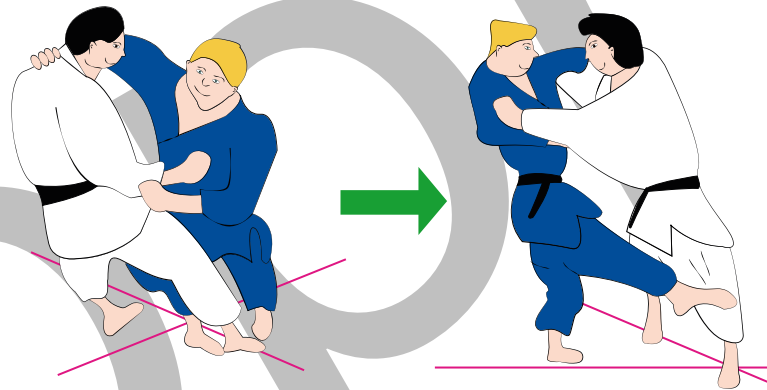
6. Uki goshi - Uchi mata



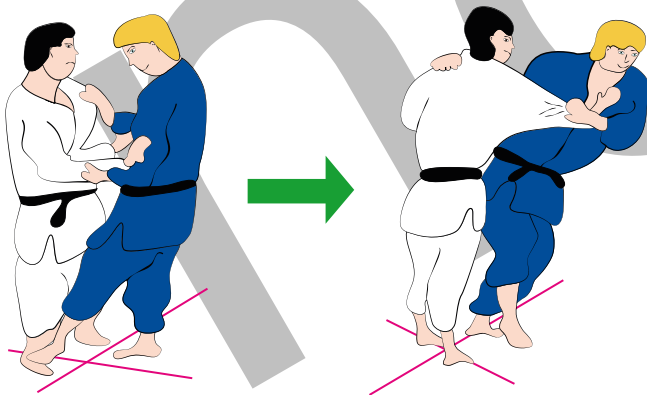
7. Sasae turi komi ashi - Seoi nage



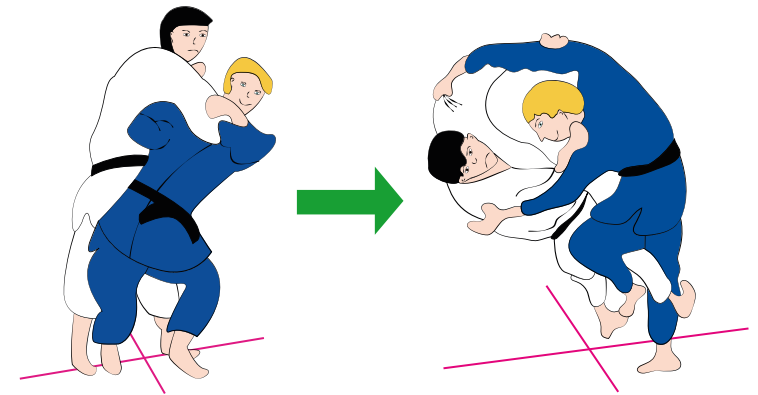
8. Ko uchi gari - Hidari hiza guruma



9. Okuri ashi barai - Harai goshi

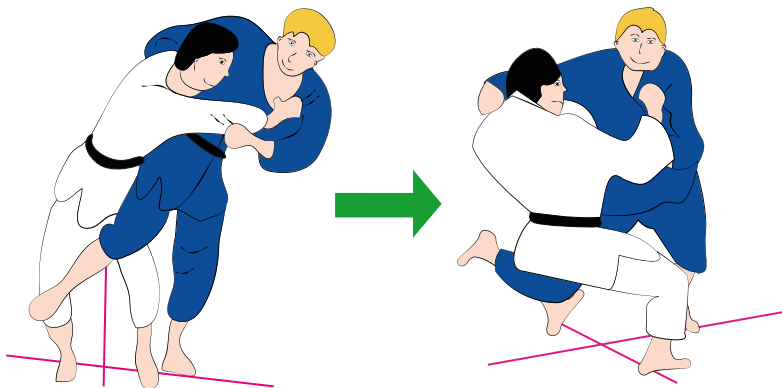


10. Seoi nage - Ko soto gake

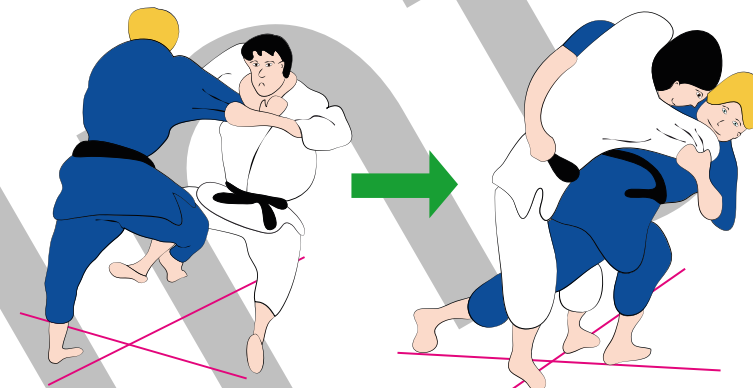


Renraku waza (Kombinationstechniken)

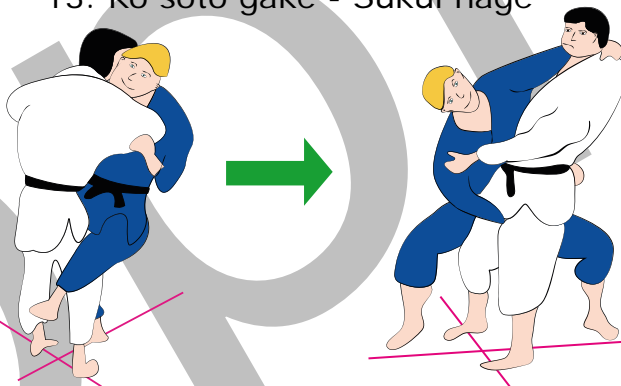
11. O guruma - O uchi gari



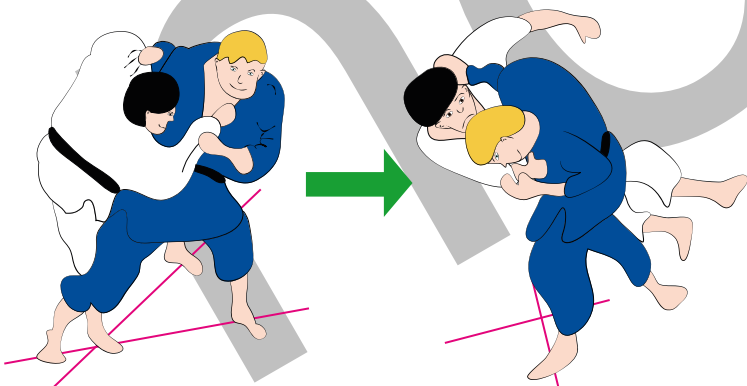
12. Ko uchi gari - Ko tsuri goshi



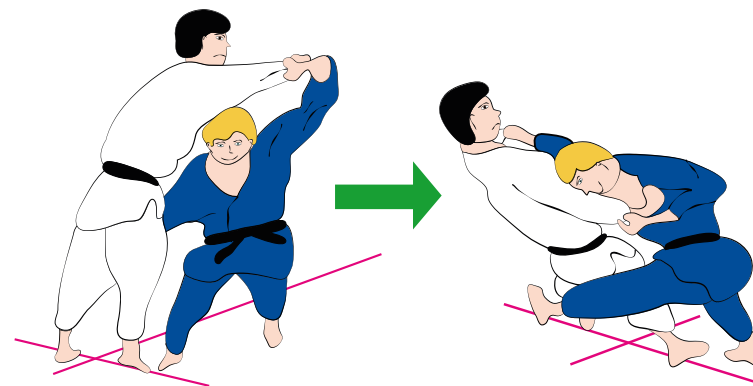
13. Ko soto gake - Sukui nage



14. Tai otoshi - O soto gari

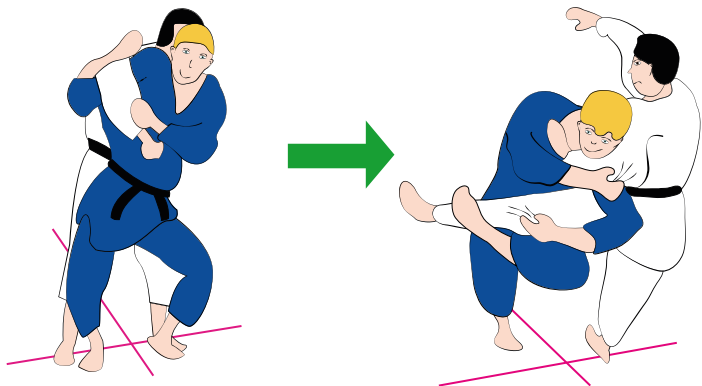


15. Kata guruma - Tani otoshi

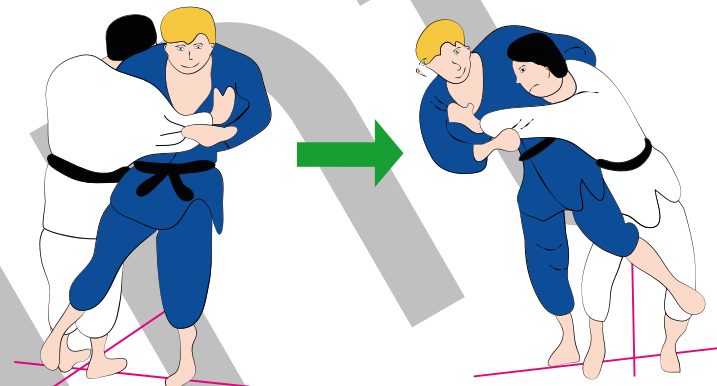


Renraku waza (Kombinationstechniken)

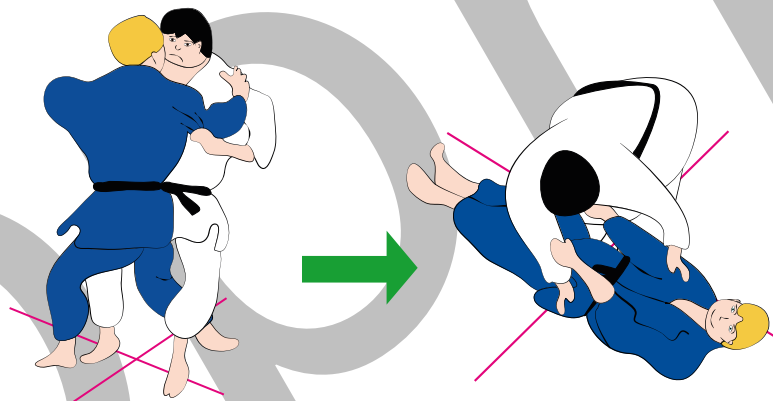
16. Kata sei - Hidari ko uchi maki komi



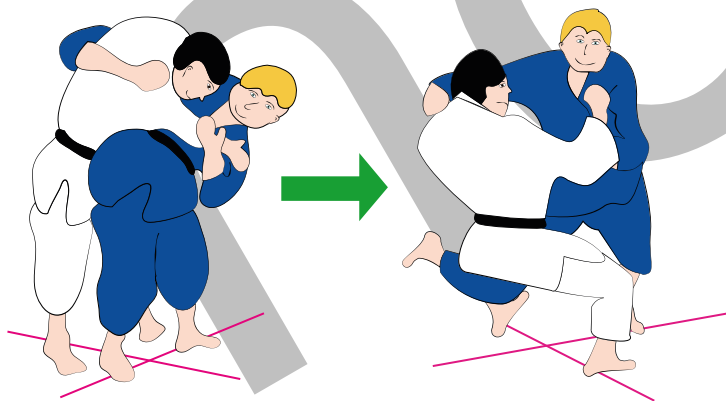
17. O soto guruma - Hidari o guruma



18. O uchi gari - Yoko wakare



19. O goshi - O uchi gari



20. Kata ashi dori - Tani otoshi

