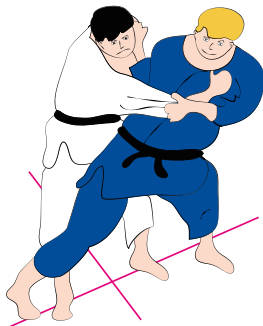
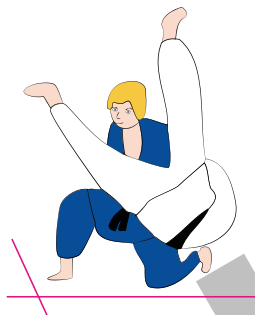


Te waza (Handtechniken)

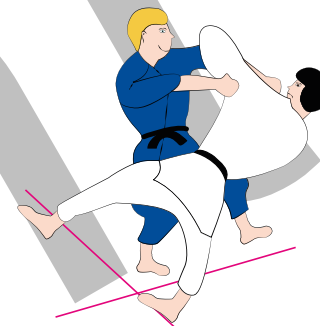
1. Tai otoshi
(Körpersturz)



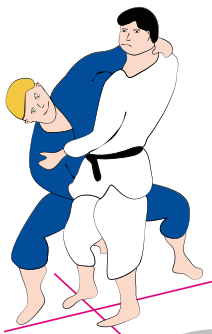
2. Uki otoshi
(flutternder Sturz)



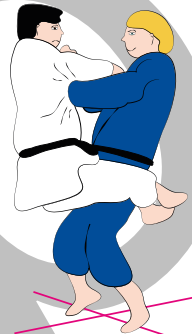
3. Hizi otoshi
(Ellbogensturz)



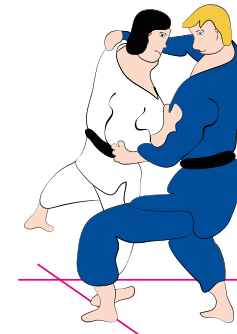
4. Sukui nage
(Löffelwurf)



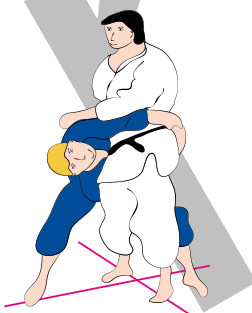
5. Mochi age otoshi
(Griff-gehobener Sturz)



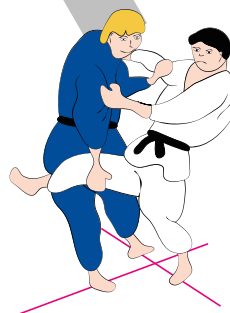
6. Sumi otoshi
(Eckensturz)



7. Obi otoshi
(Gürtelsturz)



8. Kata ashi dori
(ein Bein fassen)



9. Rio ashi dori
(zwei Beine fassen)

