

Leglock 1: Single knee
crush

Kata Hiza Hishigi

Leglock 2: Double leg
crush

Ryo Ashi Hishigi

Leglock 3: Knee crush

Hiza Hishigi

Leglock 4: Double knee
twist

Ryo Hiza Gaeshi

Leglock 5: Single knee
twist

Kata Hiza Gaeshi

Side drop/prop/hook

Yoko Otoshi

Major lifting pulling hip

O Tsuru Komi Goshi

Arm wheel

Ude Guruma

Circle throw

Tomoe Nage

Accompanying foot sweep

Okuri Ashi Harai

Floating technique

Uki Waza

Side separation

Yoko Wakare

Four direction throw

Shiho Nage

Dropping twist

Tawara Gaeshi

Leg bar

Ashi Gatame

Single leg crush

Kata Ashi Hishigi

Foot/ankle twist

Ashi Gaeshi

Foot to knee twist

Ashi Hiza Gaeshi