

Rear kick

Ushiro Geri

Roundhouse kick

Mae Washi Geri

Wristlock 4: Wrist trap

Kote Dori

Wristlock 5: Wrist twist

Kote Hineri

Wristlock 6: Wrist drop

Kote Otoshi

Immobilisation 1: Side
knee armlock

Yoko Hiza Gatame

Immobilisation 2: Side
wrist trap

Yoko Kote Dori

Immobilisation 3: Side
arm entanglement

Yoko Ude Garami

Immobilisation 4: Rear
hand twist

Ura Kote Gaeshi

Immobilisation 5: Rear
knee armlock

Ura Hiza Gatame

Immobilisation 6: Leg
triangle entanglement

Ashi Sangaku Garami

Sweeping hip

Harai Goshi

Lifting pulling hip

Tsuri Komi Goshi

Entering body throw

Irimi Nage

Body drop

Tai Otoshi

Floating hip

Uki Goshi

Vallery drop

Tani Otoshi

Reverse side four-
quarters hold

Ushiro Yoko Shiho
Gatame

Upper four-quarters hold

Kami Shiho Gatame

Lower four-quarters hold

Tate Shiho Gatame

Reverse scarf hold

Ushiro Yoko Shiho
Gatame

Chest hold

Mune Gatame