

Headlock 1: Armpit neck extension

Waki Kubi Gatame

Headlock 2: Reverse armpit neck entanglement

Gyaku Waki Kubi Garami

Headlock 3: Reverse neck extension

Ushiro Kubi Gatame

Headlock 4: Cross neck entanglement

Juji Kubi Garami

Headlock 5: Broken cross neck entanglement

Kuzure Juji Kubi Garami

Headlock 6: Double-handed neck crush

Morote Kubi Hishigi

Sleeve lifting pulling hip

Sode Tsuru Komi Goshi

Minor lifting pulling hip

Ko Tsuru Komi Goshi

Side wheel

Komo Guruma

Single knee shoulder
throw

Kata Hiza Seoi Nage

Two hands shoulder
throw

Morote Seoi Nage

Floating drop

Uki Otoshi

Inner thigh

Uchi Mata

Advancing foot sweep

De Ashi Barai

Strangle 1: Half cross
strangle

Kata Juji Jime

Strangle 2: Normal cross
strangle

Nami Juji Jime

Strangle 3: Two hand
strangle

Ryote Jime

Strangle 4: Sliding collar
strangle

Okuri Eri Jime

Strangle 5: Rear cross
strangle

Ushiro Name Juji Jime

Strangle 6: Naked
strangle

Hadaka Jime