

Side kick

Yoko Geri

Front Kick

Mae Geri

Armlock 4: Lower level
arm entanglement

Gedan Ude Garami

Armlock 5: Elbow lock

Hiji Gatame

Armlock 6: Arm lock

Ude Gatame

Major hip

O Goshi

One-arm shoulder throw

Ippon Seoi Nage

Shoulder drop

Seoi Otoshi

Hip wheel

Koshi Guruma

Minor inner reap

Ko Uchi Gari

Balance breaking form

Kuzushi kata

Right natural posture

Migi Shizentai

Scarf hold

Keza Gatame

Shoulder hold

Kata Gatame

Side four-quarters hold

Yoko Shiho Gatame

Pinning techniques

Osaekomi Waza