









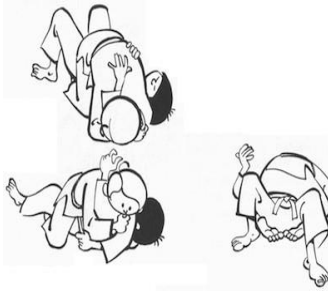



O Goshi	Tsuri komi goshi	Koshi guruma	Hiza guruma
			

O utchi gari	Ko utchi gari	O soto gari	De ashi barai
			

Kuzure kesa gatame	Kuzure yoko shiho	Kuzure tate shiho	Hon kesa gatame
			

Yoko shiho gatame	Tate shiho gatame
