

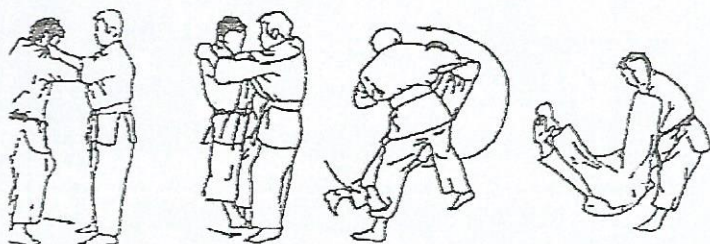
OKURI ASHI BARAI (SPAZZATA AI PIEDI RIUNENDOLI)



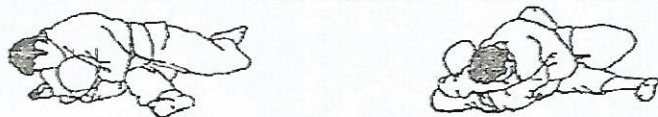
KO SOTO GARI (PICCOLA FALCIATA ESTERNA)



SASAE TSURI KOMI ASHI (BLOCCARE PESCANDO IL PIEI)



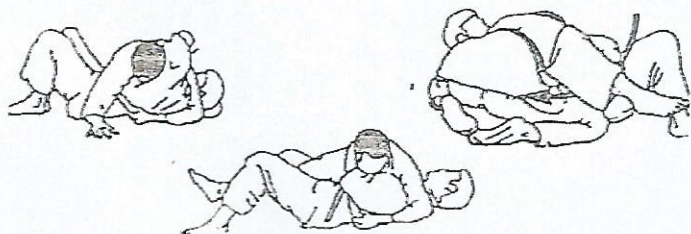
HIZA GURUMA (RUOTA DI GINOCCHIO)



kuzure gesa gatame



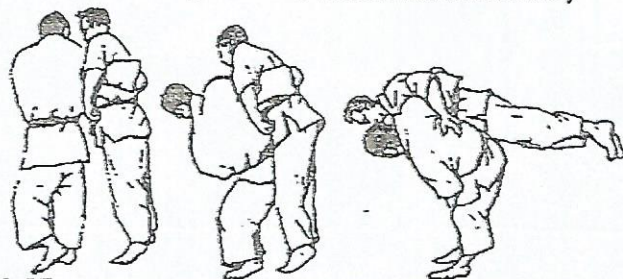
kuzure yoko shiho gatame



OROTE SEOI NAGE (LANCIO DI SPALLA A DUE MANI)



TSURI GOSHI (COLPO D'ANCA SOLLEVANDO)



KOSHI GURUMA (RUOTA D'ANCA)

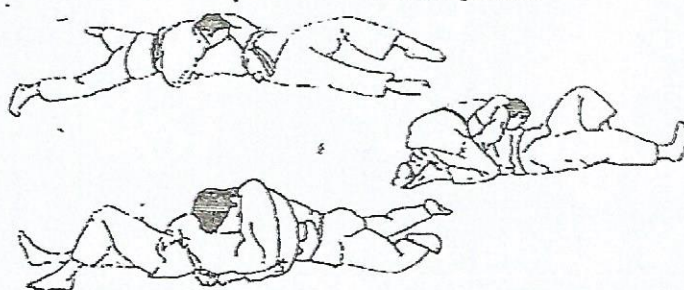


SPAZZARE CON L'ANCA (HARAI GOSHI)

(harai = spazzare; goshi = anca)



kuzure kami shiho gatame



kuzure tate shiho gatame

