

### TACHI WAZA

**Katate dori**



Ikkyo



Irimi Nage



Tenshi nage



Shihoo nage

**Ai Hanmi katate dori**



Nikyo



Sankyo

**Shomen uchi**



Irimi nage



Kote gaeshi

**Ryote dori**



Tenchi nage

**Ushiro Ryote dori**



Kokyu nage

### SUWARI WAZA

**Ryote dori**



Kokyu hoo