

Armklappen



ude-hishigi-juji-gatame



ude-garami



ude-hishigi



yoko-hiza-gatame



kami-ude-hishigi-juji-
gatame



yoko-ude-hishigi



kami-hiza-gatame



ude-hishigi-henkawaza



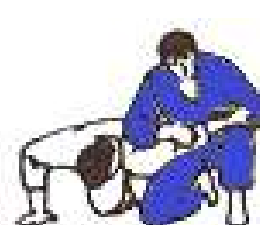
gyaku-juji



shime-garami



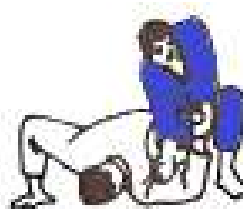
hiza-gatame



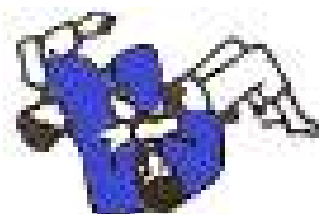
hara-gatame



ashi-gatame



ude-garami-henkawaza



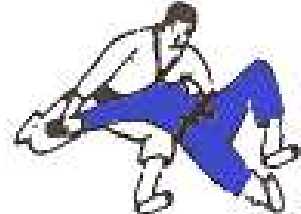
ochten-gatame



kesa-garami



Kuzure-kami-shiho-garami



gyaku-kesa-garami



mune-garami



mune-gyaku



gyaku-tekubi



hiji-makikomi



kuzure-hiji-makikomi



kannuki-gatame



ude-hishigi-hiza-gatame