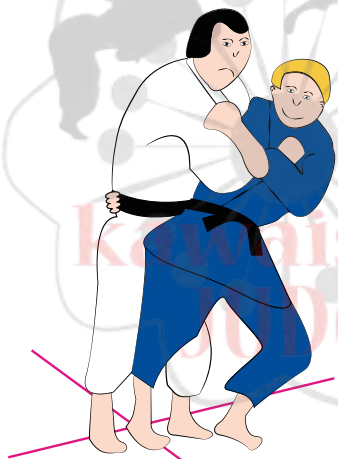
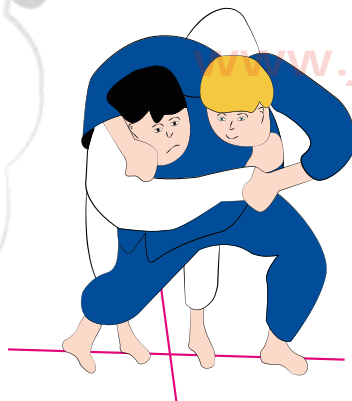


Koshi waza (Hüfttechniken)

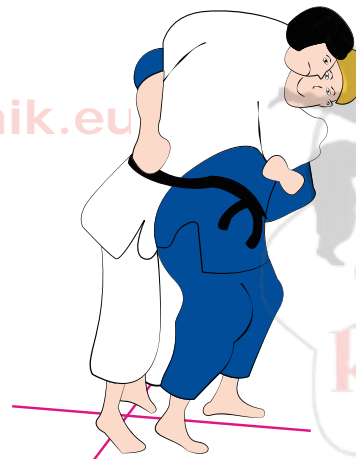
1. Uki goshi
(flatternde Hüfte)



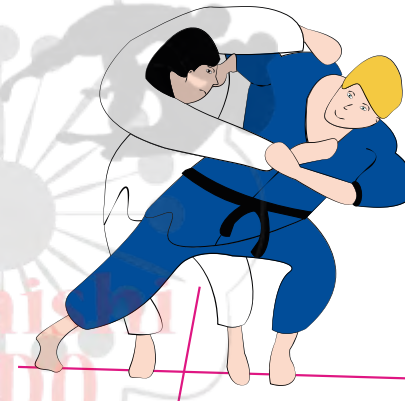
2. Kubi nage
(Genickwurf)



5. Tsuru goshi
(angehobene Hüfte)



4. Koshi guruma
(Hüfttrad)



5. Harai goshi
(gefegte Hüfte)



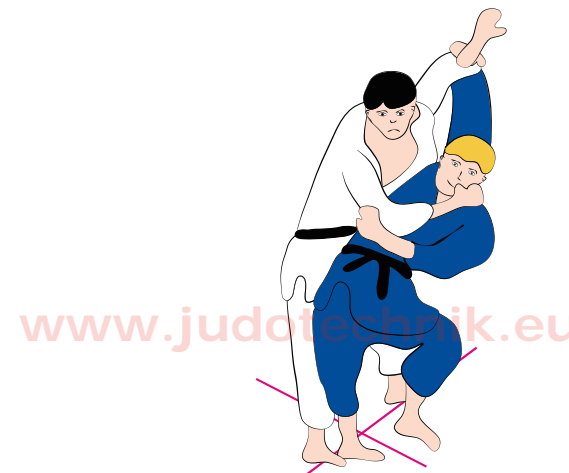
6. Hane goshi
(gesprungene Hüfte)



7. Ushiro goshi
(rückwärtige Hüfte)



8. Tsuru komi goshi
(angehobene Hüfte)

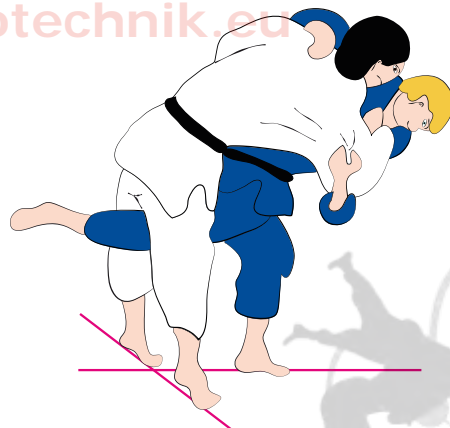


Koshi waza (Hüfttechniken)

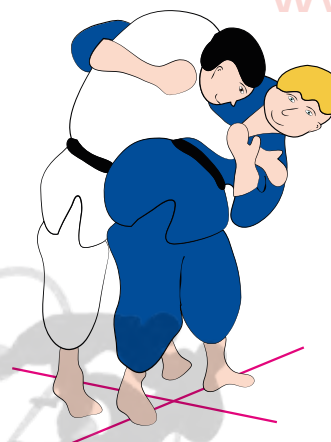
9. Utsuri goshi
(versetzte Hüfte)



10. Uchi mata
(innerer Schenkel)



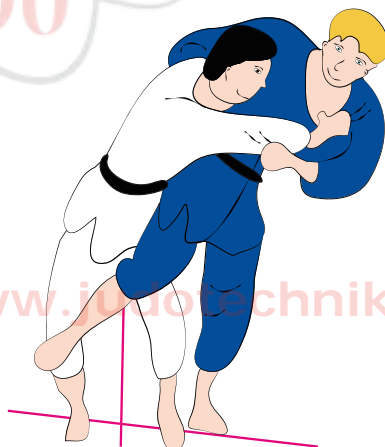
11. O goshi
(große Hüfte)



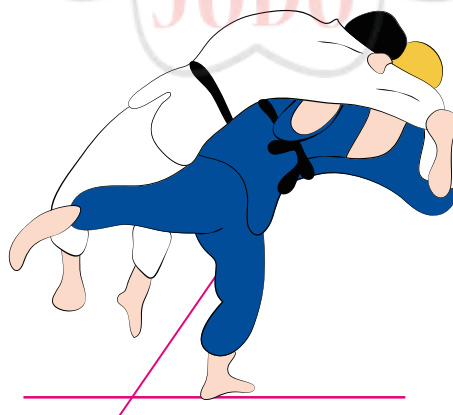
12. Ko tsuri goshi
(kleine gezogene Hüfte)



13. O guruma
(großes Rad)



14. Yama arashi
(den Berg stürmen)



15. Obi goshi
(Gürtel-Hüfte)



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