

Sutemi waza (Opfertechniken)

1. Tomoe nage
(Kreisswurf)



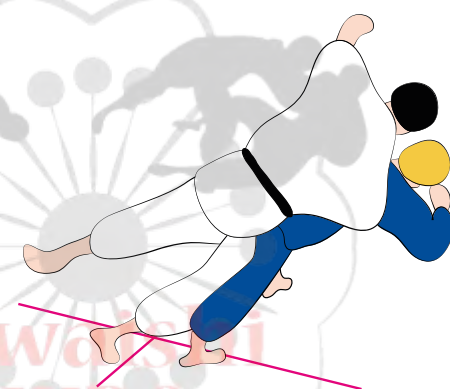
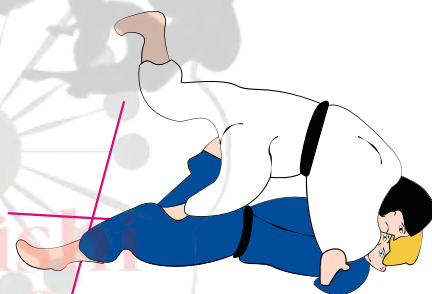
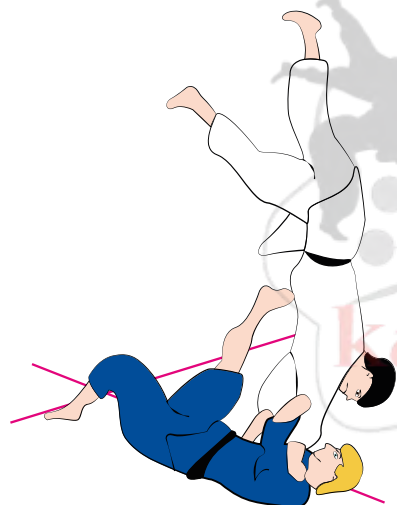
2. Yoko tomoe nage
(seitlicher Kreisswurf)



5. Maki tomoe
(eingerollter Kreis)



4. Maki komi
(gedrehtes Einrollen)



5. Yoko gake
(seitliches einhängen)



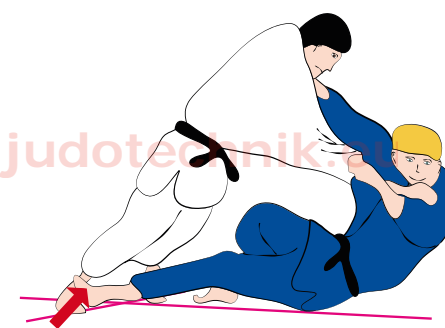
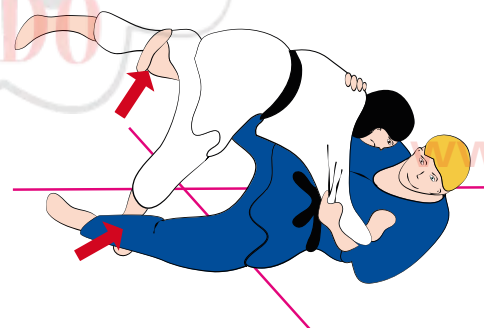
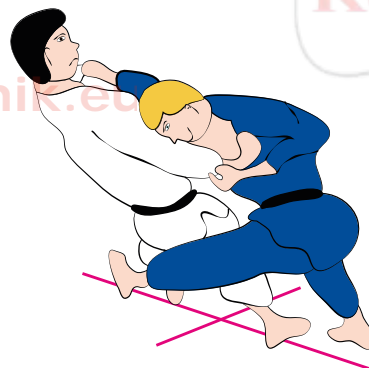
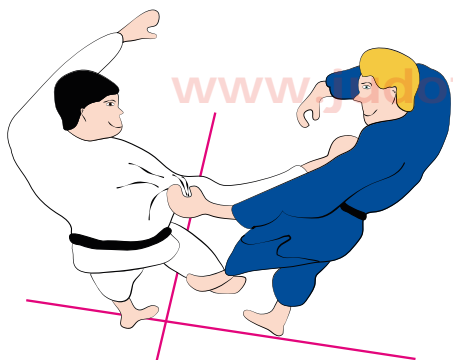
6. Tani otoshi
(Tal-Sturz)



7. Sumi gaeshi
(Ecken Konter)

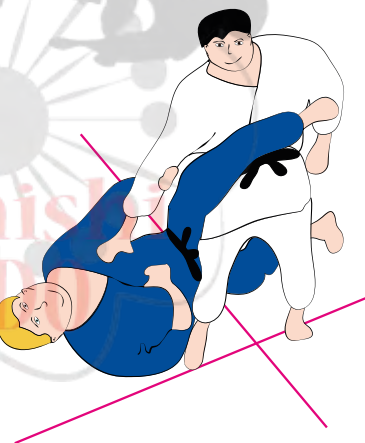


8. Uki waza
(flatternde Technik)

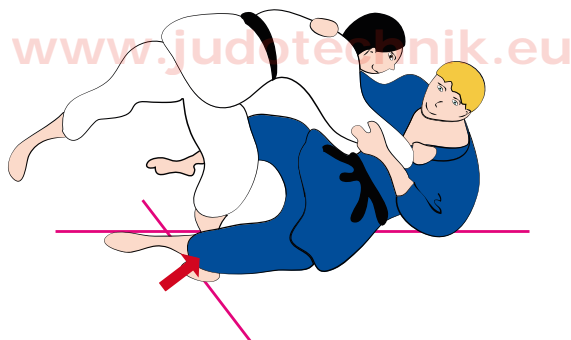


Sutemi waza (Opfertechniken)

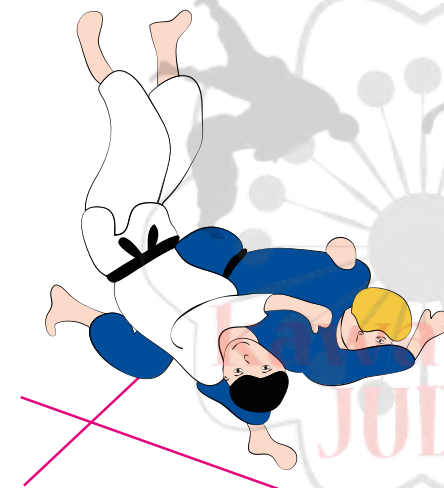
9. Kani basami
(Krebsschere)



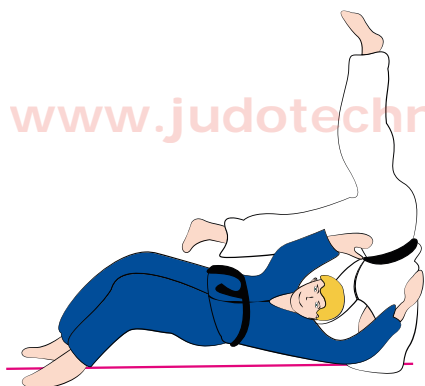
10. Yoko otoshi
(seitlicher Sturz)



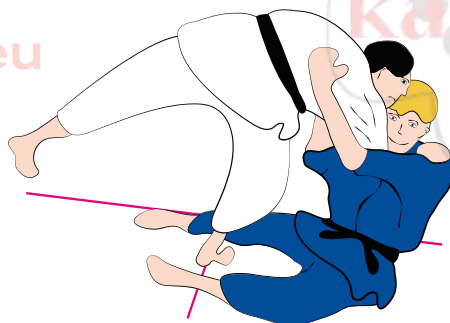
11. Hane maki komi
(gesprungenes Einrollen)



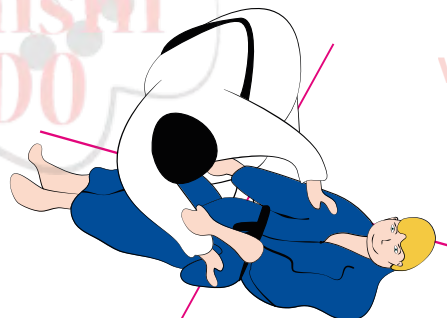
12. Ura nage
(rückwärtiger Wurf)



13. Yoko guruma
(seitliches Rad)



14. Yoko wakare
(seitliches Reißen)



15. Tawara gaeshi
(Strohsack-Konter)

