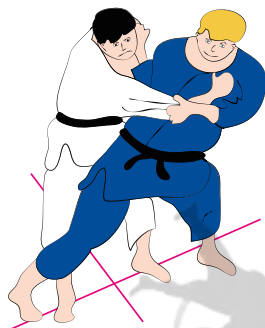
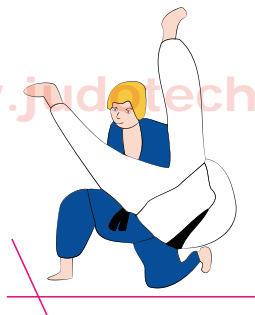


## Te waza (Handtechniken)

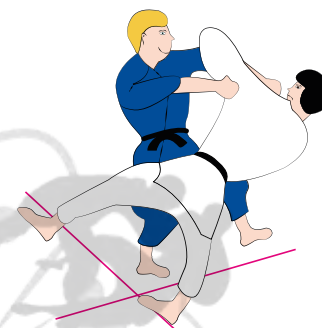
1. Tai otoshi  
(Körpersturz)



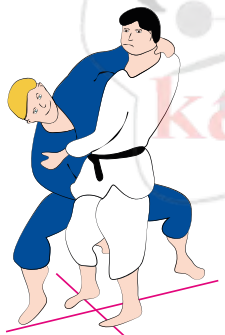
2. Uki otoshi  
(flatternder Sturz)



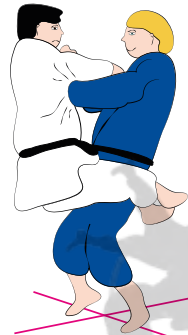
3. Hizi otoshi  
(Ellbogensturz)



4. Sukui nage  
(Löffelwurf)



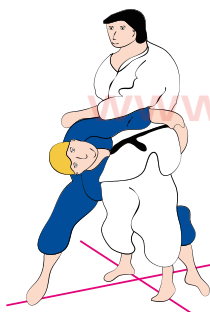
5. Mochi age otoshi  
(Griff-gehobener Sturz)



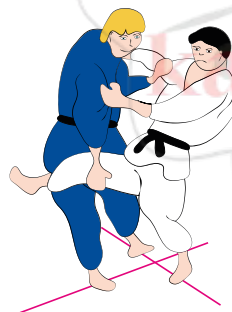
6. Sumi otoshi  
(Eckensturz)



7. Obi otoshi  
(Gürtelsturz)



8. Kata ashi dori  
(ein Bein fassen)



9. Rio ashi dori  
(zwei Beine fassen)

