


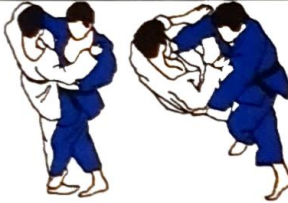

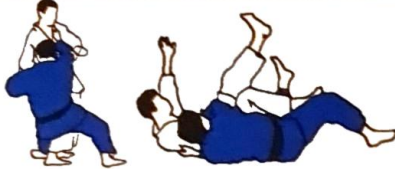












# Nage Waza: Leicht

Uki-Goshi		Ko-Uchi-Barai	
O-Goshi		Ko-Soto-Gake	
Tsuri-Goshi		Tani-Otoshi	
O-Soto-Goshi	O-Soto-Otoshi 	Kote-Gaeshi-Nage	
Koshi-Guruma		Shiho-Nage	
O-Soto-Gari		Obi-Goshi	
Ko-Soto-Gari	Ko-Soto-Gari 	Obi-Otoshi	
O-Uchi-Gari		Sode-Seoi-Nage	

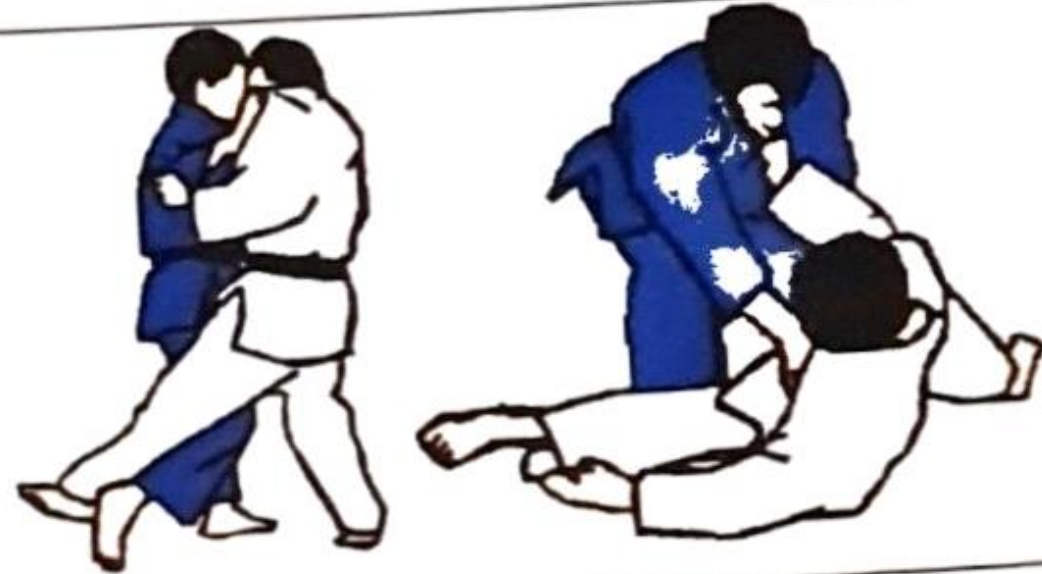
Ko-Uchi-  
Gari



Eri-Seoi-  
Nage



O-Uchi-  
Barai



Morote-  
Seoi-Nage

