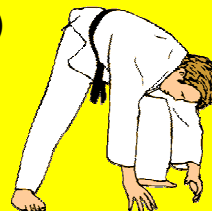


GO KYU (5th Grade) YELLOW BELT

UKEMI WAZA (FALLING TECHNIQUES)



Yoko Ukemi (Side Breakfall)

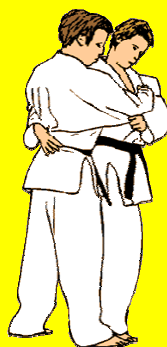


Zenpo Ukemi (Forward Rolling Breakfall)

NAGE WAZA (THROWING TECHNIQUES)



O Goshi
(Major Hip)



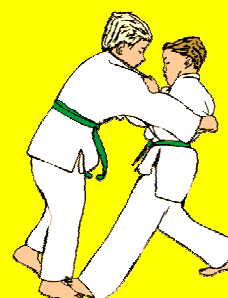
Tsuru Goshi
(Lifting Hip)



Morote Seoi Nage
(Both hands Back- Carry Throw)



O Uchi Gari
(Major Inner Reaping)

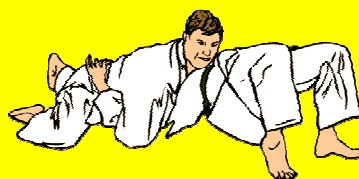


Sasae Tsuru Komi Ashi
(Propping Lifting Drawing Ankle)

OSAE WAZA (HOLDING TECHNIQUES)



Yoko Shiho Gatame
(Side Four Quarter Holding)



Kami Shiho Gatame
(Upper Four Quarter Holding)



Kata Gatame
(Shoulder Holding)

