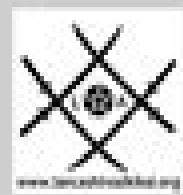


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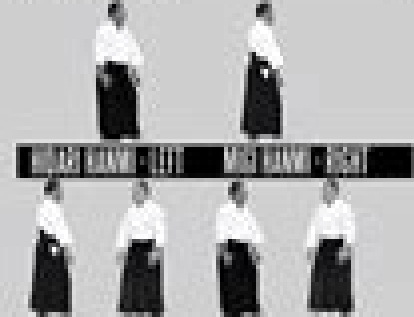


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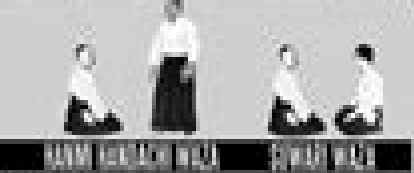
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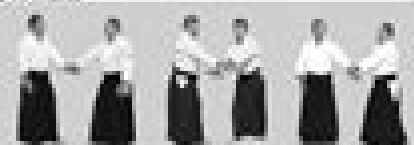
KAMAE - POSTURES



AI KAMA - SAME STANCE GYAKU KAMA - OPPOSITE STANCE



TACHI WAZA HANMI KAMICHI WAZA SHIMAI WAZA



KATATE-DORI AIHANMI / GYAKUHANMI KYOTE-DORI MOROTE-DORI



KATA-DORI MUNA-DORI USHIRO KYOTE-DORI / KUBISHIME



SHIMAIEN DORI TUCKEREN DORI SHIMAIEN TSUKI YUKAIEN TSUKI

OSAE WAZA - IMMOBILISATIONS



IKKYU - 1ST PRINCIPLE



NIKKYU - 2ND PRINCIPLE



SANKYU - 3RD PRINCIPLE



YONKYU - 4TH PRINCIPLE



GOKKYU - 5TH PRINCIPLE



ROKKYU - 6TH PRINCIPLE (KATA-HU-DOMI)

NAGE WAZA - PROJECTIONS



SHIMINAGE - FRONT DIRECTION THROW



KUDEGASHI - 180 TURNED WREST



KAMENAGE - SOLARY THROW



TENCHINAGE - HEAVEN TO EARTH THROW



IRIMinage - ENTERING THROW



UDE KENinage - ARM FOCUS THROW



UDE NAGE - CROSS ARM THROW



KATA KATAME - SHOULDER LOCKING



KOSHINAGE - HIP THROW



SIMO DASHI - CORNER BODY DROP



KIKYUNAGE - BREATH POWER THROW



ANKI DASHI - ANKI DROP

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