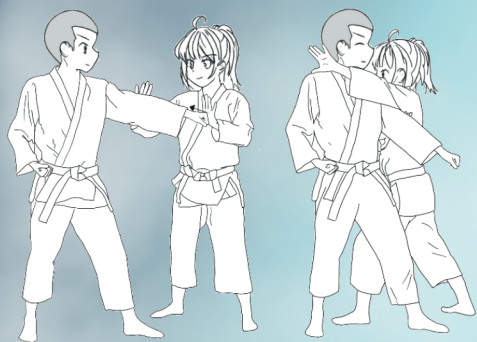




Chudantsuki - Tenchinage



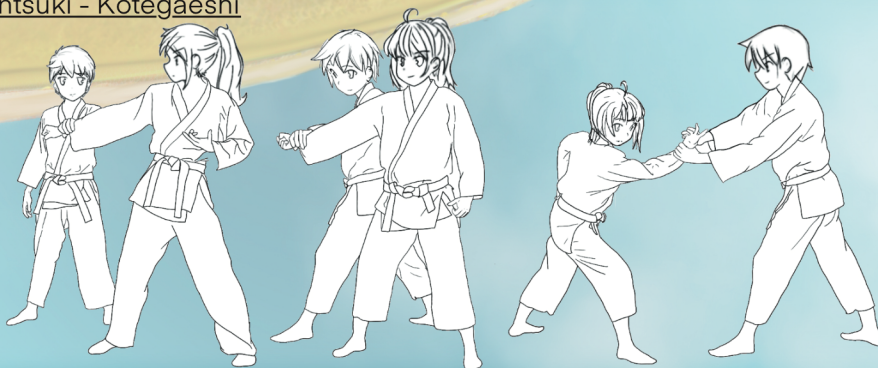
Kokyu Ho 3



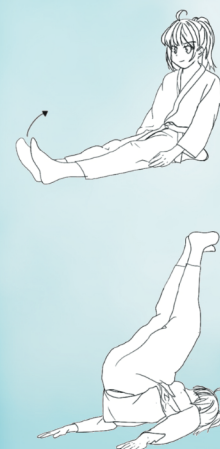
Chudantsuki - Gokyo / Gokyo nage



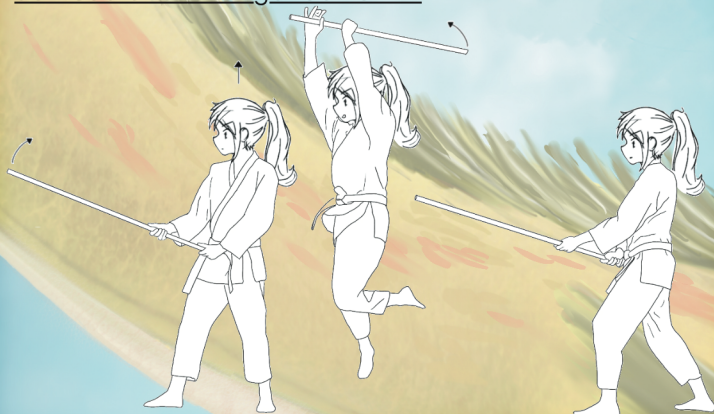
Chudantsuki - Kotegaeshi



Ushiro ukemi 3



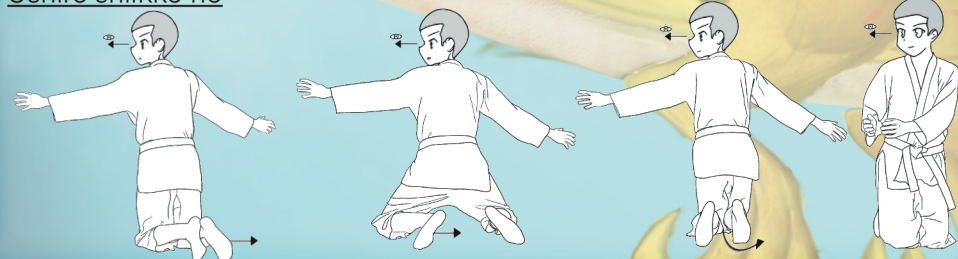
Jo - Sauter et changer de hanmi



Pousser tori - Ushiro ukemi - Chudanstuki



Ushiro shilkko ho



Jo - Ushiro shilkko ho



Yoko ukemi de seiza



Mae ukemi

