

Hanbo Waza

01_Nukite Dori

02_Uchi Komi Dori Nage

03_Uchi Komi Shihon Nage

04_Hara Gatame Nage

05_Hara Jime Otoshi

06_Kubi Jime Gatame

07_Yoko Otoshi

08_Yoko Men Shihon Nage

09_Yoko Gaeshi Otoshi

10_Ude Maki Dori

11_Hara Dori Gakun

12_Yoko Kubi Jime Dori

