

IK KYU (1st Grade) BROWN BELT

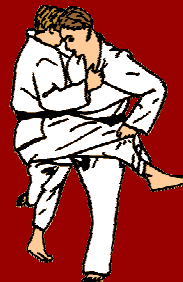
NAGE WAZA (THROWING TECHNIQUES)



Harai Makikomi
(Sweeping Winding)



Utsuri Goshi
(Changing Hip)



Kuchiki Taoshi
(One Hand Drop)



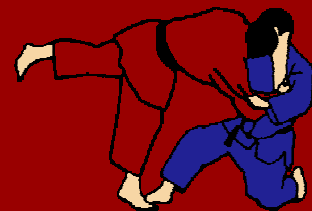
Uchi Makikomi
(Inner Winding)



Ura Nage
(Rear Throw)



Yama Arashi
(Mountain Storm)



Uki Otoshi
(Floating Drop)



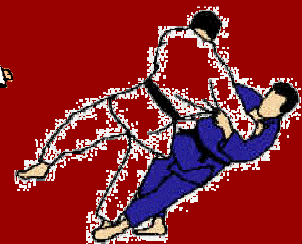
Harai Tsurikomi Ashi
(Sweeping Lifting Pulling Foot)



Te Guruma
(Hand Wheel)



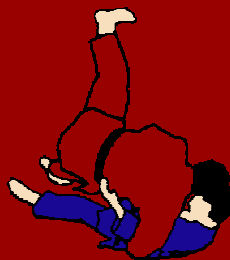
Kata Guruma
(Shoulder Wheel)



Yoko Gake
(Side Hook)



Tawara Gaeshi
(Rice Bale Counter)

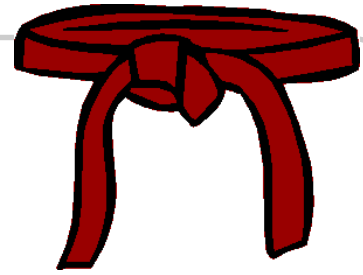


Yoko Guruma
(Side Wheel)



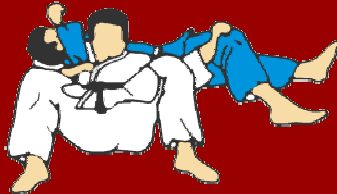
Yoko Otoshi
(Side Drop)





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OSAE WAZA (HOLDING TECHNIQUES)

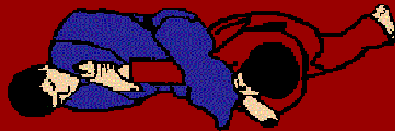


Ura Gatame
(Rear Holding)



Uki Gatame
(Floating Holding)

KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Hiza Gatame
(Knee Arm lock)



Hara Gatame
(Stomach Arm Lock)

SHIME WAZA (STRANGLING TECHNIQUES)



Sode Guruma Jime
(Sleeve Wheel Strangle)



Ryo Te Jime
(Double Hand Strangle)



Tsuki Komi Jime
(Thrusting Strangle)



Kata Te Jime
(Single Hand Strangle)