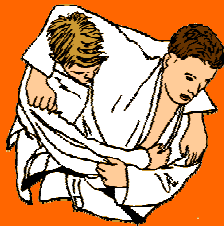


YON KYU (4th Grade) ORANGE BELT

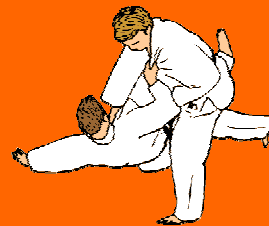
NAGE WAZA (THROWING TECHNIQUES)



Koshi Guruma
(Hip Wheel)



O Soto Gari
(Major Outer Reaping)



O Soto Gaeshi
(Major Outer Counter)



Ippon Seoi Nage
(One arm Back-carry Throw)



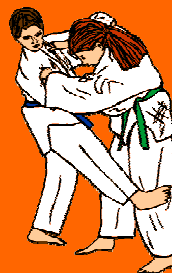
Seoi Otoshi
(Back Carry Drop)



Ko Uchi Gari
(Minor Inner Reaping)



Ko Soto Gake
(Minor Outer Hook)



Hiza Guruma
(Knee Wheel)



Sumi Gaeshi
(Corner Counter)

OSAE WAZA (HOLDING TECHNIQUES)



Tate Shiho Gatame
(Lengthwise Four Quarter Holding)



Kuzure Yoko Shiho Gatame
(Modified Side Four Quarter Holding)



Kuzure Kami Shiho Gatame
(Modified Upper Four Quarter Holding)

