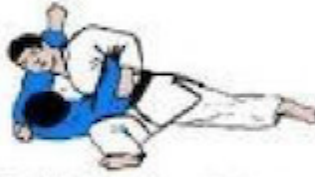


Judo Techniques



1. Hon Kesa Gatame 1



2. Kuzure Kesa Gatame



3. Kuzure Yoko Shiho



4. Makura Kesa Gatame



6. Kami Shio Gatame 5



5. Kuzure Kami Shio Gatame



10. Kato Gatame 2



7. Ushiro Kesa Gatame



8. Yoko Shiho Gatame 4



9. Tate Shiho Gatame 3