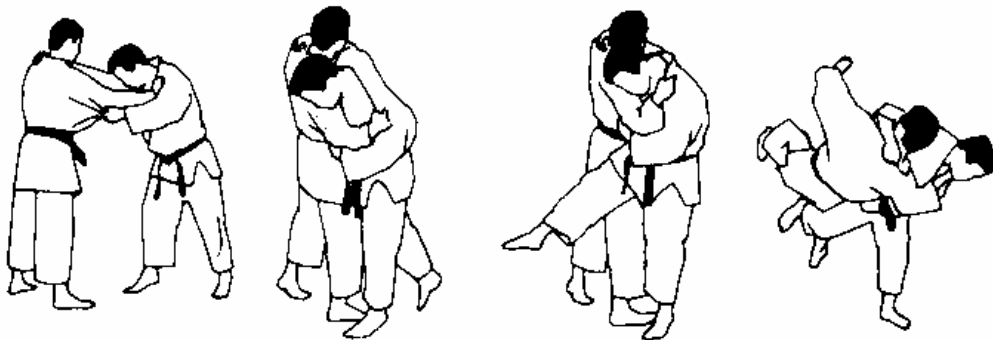
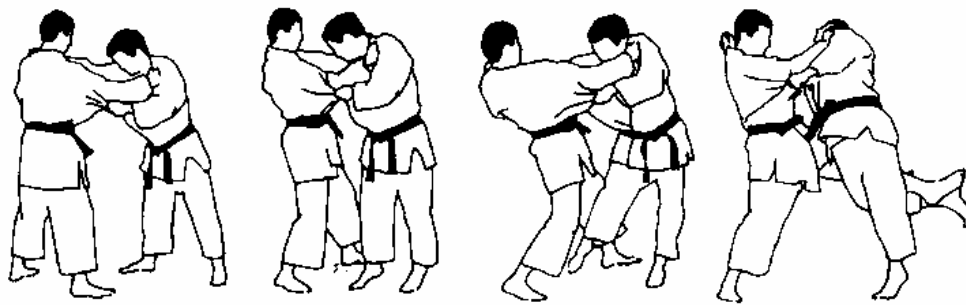


JUDO PIE

O-SOTO-GARI



O-UCHI-GARI



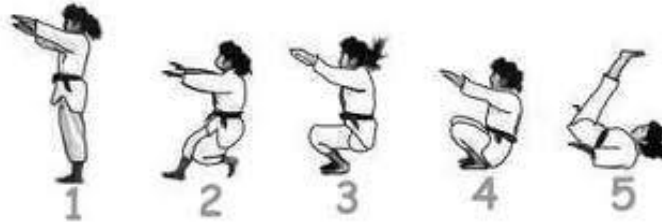
O-GOSHI



JUDO

UKEMIS (CAIDAS)

1) USHIRO UKEMI



2) MAE-UKEMI



3) YOKO-UKEMI



INMOVILIZACIONES



HON-KESA-GATAME



YOKO-SHIO-GATAME