



Photos : Metzger Soft
 Tori : Me Hiroshi Katanishi
 Uke : Ken Katanishi
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Judo Gokyo



5th kyu Dai-ikkyo



De ashi barai



Hiza guruma



Sasae Tsurikomi ashi



Uki goshi



O soto gari



O goshi



O uchi gari



Seoi Nage

4th kyu Dai-nikyo



Ko soto gari



Ko uchi gari



Koshi guruma



Tsurikomi goshi



Okuri ashi barai



Tai otoshi



Harai goshi



Uchi mata

3rd kyu Dai-sankyo



Ko soto gake



Tsurigoshi



Yoko otoshi



Ashi guruma



Hane goshi



Harai tsurikomi ashi



Tomoe nage



Kata guruma

2nd kyu Dai-yonkyo



Sumi gaeshi



Tani otoshi



Hane maki komi



Sukui nage



Utsuri goshi



O guruma



Soto maki komi



Uki otoshi

1st kyu Dai-gokyo



O soto guruma



Uki waza



Yoko wakare



Yoko guruma



Ushiro goshi



Ura nage



Sumi otoshi



Yoko gake