Proiezioni

NAGE-WAZA

TACHI-WAZA — In piedi

TE-WAZA — Braccia

Tai-otoshi
Seoi-nage
Kata-guruma
Uki-otoshi
Sumi-otoshi
Sukui-nage
Obi-otoshi
Seoi-otoshi
Yama-arashi

KOSHI-WAZA — Anca

Uki-goshi
Harai-goshi
Tsurikomi-goshi
Hane-goshi
O-goshi
Ushiro-goshi
Utsuri-goshi
Tsuri-goshi
Koshi-guruma

ASHI-WAZA — Gamba

Hiza-guruma
Ouchi-gari
Osoto-gari
Sasae-tsurikomi-ashi
Harai-tsurikomi-ashi
Okuri-ashi-harai
Deashi-harai
Kouchi-gari
Kosoto-gari
Kosoto-gake
Ashi-guruma
Uchi-mata
O-guruma
Osoto-guruma
Osoto-otoshi

SUTEMI-WAZA — Sacrificio

MA-SUTEMI — Sulla schiena

Tomoe-nage
Ura-nage
Sumi-gaeshi
Hikkomi-gaeshi
Tawara-gaeshi

YOKO-SUTEMI — Su un fianco

Uki-waza
Yoko-gake
Yoko-guruma
Tani-otoshi
Yoko-wakare
Yoko-otoshi
Hane-makikomi
Soto-makikomi
Uchi-makikomi

Prese

KATAME-WAZA

OSAEKOMI — Controllo

Hon-kesa-gatame
Kuzure-kesa-gatame
Kata-gatame
Kami-shiho-gatame
Kuzure-kami-shiho-gatame
Yoko-shiho-gatame
Tate-shiho-gatame

SHIME — Strangolamento

Nami-juji-jime
Kata-juji-jime
Gyaku-juji-jime
Hadaka-jime
Okuri-eri-jime
Kata-ha-jime
Katate-jime
Ryote-jime
Sode-guruma-jime
Tsukkomi-jime
Sankaku-jime
Do-jime

KANSETZU — Leve articolari

Ude-garami
Ude-hishigi-juji-gatame
Ude-hishigi-ude-gatame
Ude-hishigi-hiza-gatame
Ude-hishigi-waki-gatame
Ude-hishigi-hara-gatame
Ude-hishigi-ashi-gatame
Ude-hishigi-te-gatame
Ude-hishigi-sankaku-gatame
Ashi-garami

Colpi

ATEMI-WAZA

Braccio — UDE-ATE

Yubisaki-ate

Ago-oshi
Ryogan-tsuki
Suri-age

Kobushi-ate

Tsuki-kake (Tsukkake)
Tsukiage (Kachi-kake)
Yoko-uchi

Tegatana-ate

Naname-uchi
Kirioroshi
Ushiro-dori

Hiji-ate

Ushiro-ate
Ushiro-dori

Piede — ASHI-ATE

Hiza-gashira-ate

Ryote-dori
Gyakute-dori

Sekito-ate

Keage
Mae-geri
Ryote-dori

Kakato-ate

Ushiro-geri
Yoko-geri
Ashi-fumi