

# Brunt, 1.kyu



## Nage Waza

- 1.Osoto guruma
- 2.Uki Waza
- 3.Yoko Wakare
- 4.Yoko Guruma
- 5.Ushiro Goshi
- 6.Ura Nage
- 7.Sumi Otoshi
- 8.Yoko Gake

## Osaekomi Waza

- 1.Uki-Gatame
- 2.Kuzure-Yoko-Shiho-Gatame
- 3.Tate-Sankaku-Gatame

## Shime Waza

- 1.Kagato-Jime
- 2.Hidari-Ashi-Jime
- 3.Kami-Shiho-Jime
- 4.Kami-Shiho-Ashi-Jime
- 5.Gyaku-Okuri-Eri-Jime
- 6.Gyaku-Kaeshi-Jime
- 7.Kaeshi-Jime

## Kansetsu Waza

- 1.Kannuki-Gatame
- 2.Hizi-Makikomi
- 3.Kuzure-Hizi-Makikomi
- 4.Ude-Hishigi-Hiza-Gatame
- 5.Mune-Garami
- 6.Gyaku-Kesa-Garami
- 7.Mune-Gyaku