

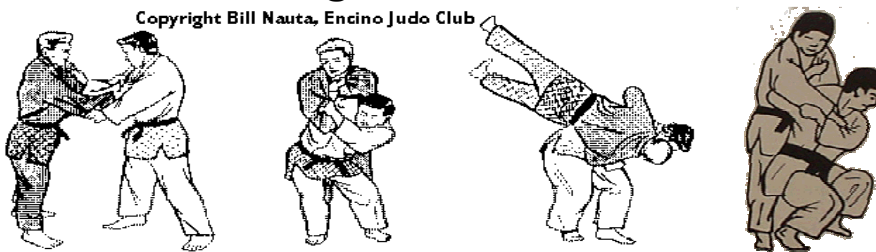
# GEEL ORANJE

## Ippon Seoi Nage



## Morote Seio Nage

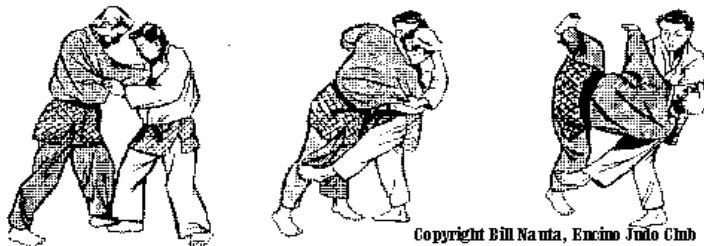
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## O goshi



## Hiza Guruma



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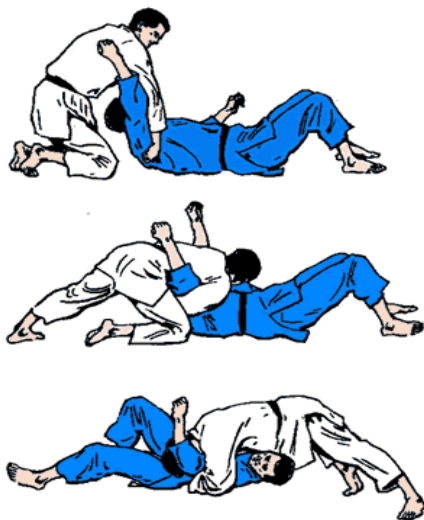
## Ko Uchi Gari



### Ushiro gesa gatame



### kuzure Kami shiho gatame



### Kata gatame



### Makura gesa gatame

