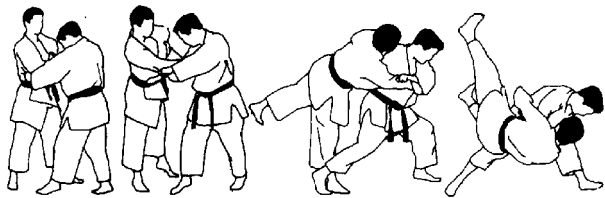
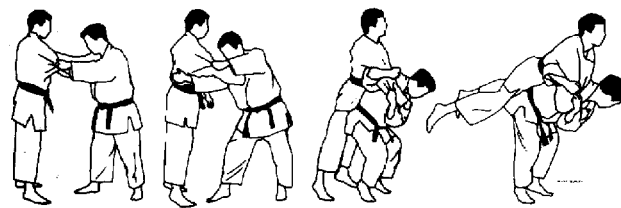


Te waza (metieni, kuru izpilde galvenā nozīme ir rokām)

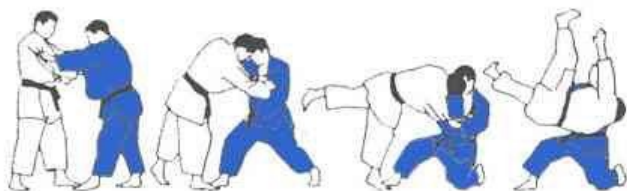
TAI-OTOSHI



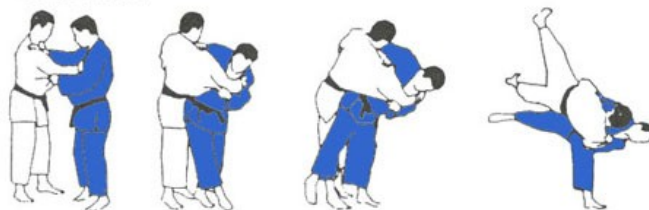
IPPON-SEOI-NAGE



Uki-Otoshi

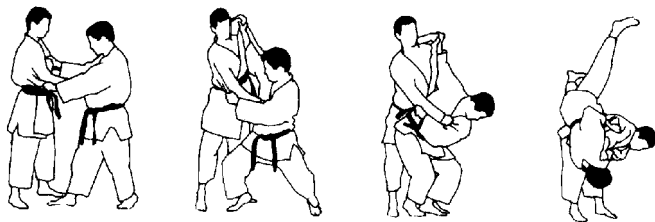


Yama-Arashi

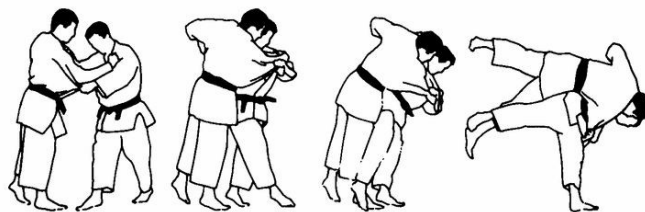


Koshi waza (metieni, kuru izpilde galvenā nozīme ir gurniem)

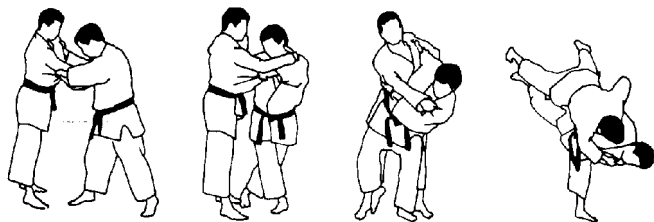
TSURI-KOMI-GOSHI



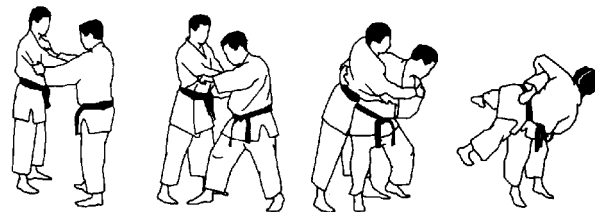
HARAI-GOSHI



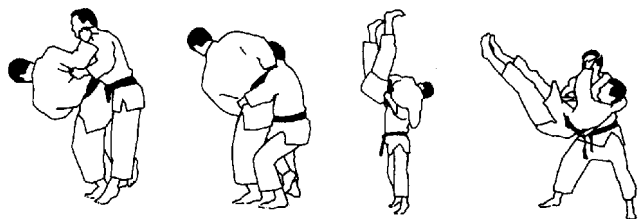
HANE-GOSHI



UKI-GOSHI



USHIRO-GOSHI



O-Goshi



Ashi waza (metieni, kuru izpilde galvenā nozīme ir kājām)

O-Soto-Guruma



O-Guruma



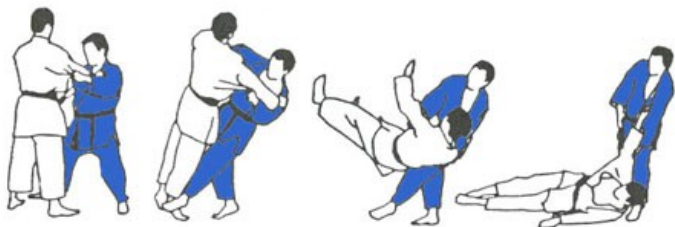
Uchi-Mata



Ko-Soto-Gake



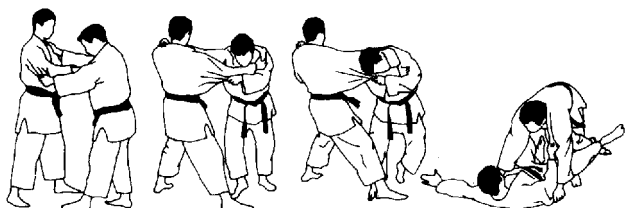
Okuri-Ashi-Barai



Sasae-Tsuri-Komi-Ashi



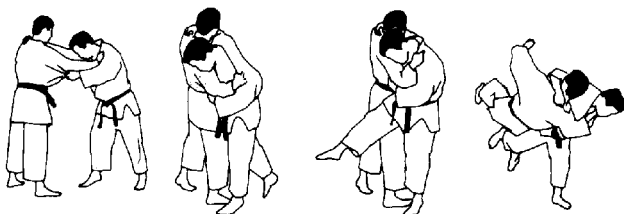
KO-UCHI-GARI



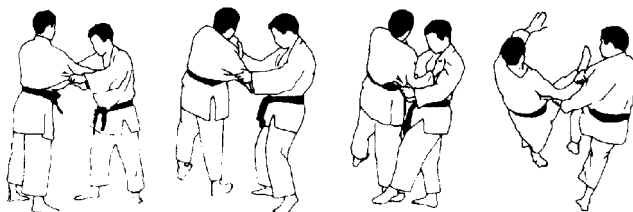
O-UCHI-GARI



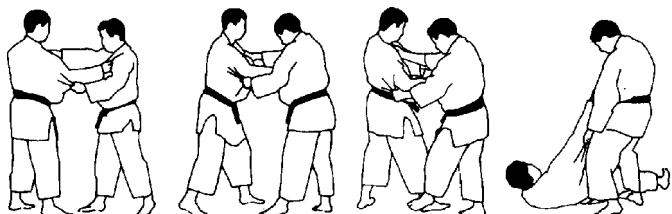
O-SOTO-GARI



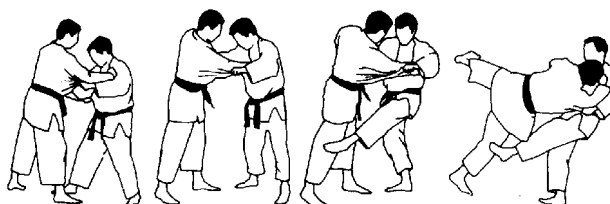
KO-SOTO-GARI



DE-ASHI-BARAI



HIZA-GURUMA

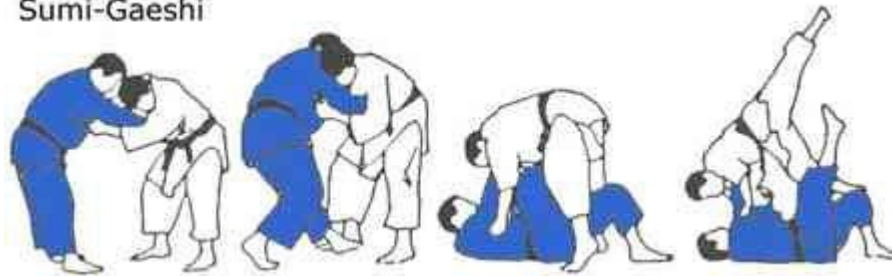


Sutemi waza (metienu tehnika ar kritienu)

Tomoe-Nage



Sumi-Gaeshi



Ura-Nage



Yoko-Gake



Tani-Otoshi

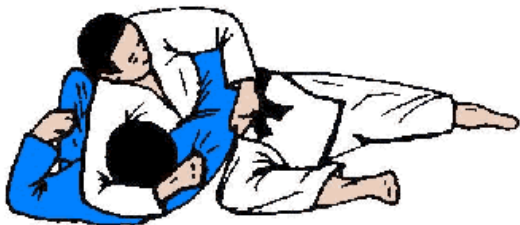


Uki-Waza



Osaekomi waza (noturēšanas tehnika)

Kesa-gatame



Joko-shisho-gatame



Kami-shisho-gatame



Tate-shisho-gatame



Shime waza (žņaugšanas tehnika)

Hadaka-jime



Juji-jime



Kataha-jime



Sankaku-jime



Kansetsu waza (sāpju paņēmienu tehnika)

Ude-garami



Ude-hishigi-jugi-gatame



Kesa-garami



Waki-gatami

