

01 IPPON VS WAZA-ARI		
1	I vs W	IPPON
2	I vs W	IPPON
3	I vs W	IPPON
4	I vs W	IPPON
5	I vs W	IPPON
6	I vs W	IPPON
7	I vs W	IPPON
8	I vs W	IPPON
9	I vs W	WAZA-ARI
10	I vs W	WAZA-ARI
11	I vs W	WAZA-ARI
12	I vs W	WAZA-ARI
13	I vs W	WAZA-ARI
14	I vs W	WAZA-ARI
15	I vs W	WAZA-ARI
16	I vs W	IPPON
17	I vs W	IPPON
18	I vs W	WAZA-ARI
19	I vs W	IPPON

02 WAZA-ARI VS NS		
20	W VS NS	WAZA-ARI
21	W VS NS	WAZA-ARI
22	W VS NS	WAZA-ARI
23	W VS NS	WAZA-ARI
24	W VS NS	WAZA-ARI
25	W VS NS	NO SCORE
26	W VS NS	NO SCORE
27	W VS NS	NO SCORE
28	W VS NS	NO SCORE
29	W VS NS	NO SCORE
30	W VS NS	WAZA-ARI
31	W VS NS	WAZA-ARI
32	W VS NS	WAZA-ARI
33	W VS NS	NS NO CONTROL UNTIL THE END

03 LANDING ELBOW		
34	LANDING 2 ELBOW = W	WAZA-ARI
35	LANDING 2 ELBOW = W	WAZA-ARI
36	LANDING 2 ELBOW = W	WAZA-ARI
37	LANDING 2 ELBOW = W	WAZA-ARI
38	LANDING 2 ELBOW = W	WAZA-ARI
39	LANDING 2 ELBOW = NS	NO SCORE
40	LANDING 2 ELBOW = NS	NO SCORE
41	LANDING 2 ELBOW = NS	NO SCORE
42	LANDING 2 ELBOW = NS	NO SCORE
43	LANDING 2 ELBOW = NS	NO SCORE
44	LANDING 2 ELBOW	NO SCORE
45	LANDING 2 ELBOW	NO SCORE
46	LANDING 2 ELBOW	NO SCORE
47	LANDING 2 ELBOW	NO SCORE
48	LANDING 2 ELBOW	WAZA-ARI

04 SCORE FOR WHO		
49	SCORE WHO	SCORE WHITE OR NS
50	SCORE WHO	SCORE WHITE OR NS
51	SCORE WHO	BLUE
52	SCORE WHO	NO SCORE
53	SCORE WHO	NO SCORE
54	SCORE WHO	NO SCORE
55	SCORE WHO	NO SCORE
56	SCORE WHO	NO SCORE
57	SCORE WHO	NO SCORE

05 SCORE VS NE WAZA		
58	SC NE WAZA = SC	SCORE
59	SC NE WAZA = SC	SCORE
60	SC NE WAZA = SC	SCORE
61	SC NE WAZA = SC	SCORE
62	SC NE WAZA = NE WAZA	NO SCORE
63	SC NE WAZA = NE WAZA	forbidden
64	SC NE WAZA = NE WAZA	NO SCORE
65	SC NE WAZA = NE WAZA	NO SCORE
66	SC NE WAZA = NE WAZA	NO SCORE
67	SC NE WAZA = NE WAZA	ns ++++
68	SC NE WAZA	SCORE
69	SC NE WAZA	NO SCORE
70	SC NE WAZA	SCORE & SH BLUE
71	SC NE WAZA	NO SCORE
72	SC NE WAZA	NO SCORE TO LONG
73	SC NE WAZA	SH BLUE

06 BEAR HUG		
74	BEAR HUG	SHIDO
75	BEAR HUG	SHIDO
76	BEAR HUG	SHIDO
77	BEAR HUG	SHIDO
78	BEAR HUG	SHIDO
79	NO BEAR HUG	NO BEAR HUG
80	NO BEAR HUG	NO BEAR HUG
81	NO BEAR HUG	NO BEAR HUG
82	NO BEAR HUG	NO BEAR HUG
83	SEMINAR	NO BEAR HUG
84	SEMINAR	BEAR HUG
85	SEMINAR	NO
86	SEMINAR	NO AFTER GOSHI GURUMA
87	SEMINAR	BEAR HUG
88	SEMINAR	BEAR HUG
89	SEMINAR	BEAR HUG

講習会で使用する動画

07 BRIDGE		
90	BRIDGE	IPPON
91	BRIDGE	IPPON
92	BRIDGE	IPPON
93	BRIDGE	IPPON
94	BRIDGE	IPPON
95	HEAD DEFENSE	HANSOKU-MAKE
96	HEAD DEFENSE	HANSOKU-MAKE
97	HEAD DEFENSE	HANSOKU-MAKE
98	HEAD DEFENSE	HANSOKU-MAKE
99	HEAD DEFENSE	HANSOKU-MAKE
100	NO HEAD DEFENSE	NO HANSOKU-MAKE
101	NO HEAD DEFENSE	NO HANSOKU-MAKE
102	NO HEAD DEFENSE	NO HANSOKU-MAKE
103	NO HEAD DEFENSE	NO HANSOKU-MAKE
104	SEMINAR	NO HANSOKU-MAKE
105	SEMINAR	NO HANSOKU-MAKE
106	SEMINAR	HANSOKU-MAKE
107	SEMINAR	HANSOKU-MAKE
108	SEMINAR	HANSOKU-MAKE

08 WAKI GATAME, ILEGAL JOINT LOCK		
109	WAKI GATAME	HANSOKU-MAKE
110	WAKI GATAME	HANSOKU-MAKE
111	WAKI GATAME	HANSOKU-MAKE
112	WAKI GATAME	HANSOKU-MAKE
113	WAKI GATAME	HANSOKU-MAKE
114	WAKI GATAME NO	NO
115	WAKI GATAME NO	NO HANSOKU-MAKE BUT IS FORBIDDEN
116	WAKI GATAME NO	NO
117	SEMINAR	NO HANSOKU-MAKE
118	SEMINAR	HANSOKU-MAKE
119	SEMINAR	NO HANSOKU-MAKE
120	SEMINAR	HANSOKU-MAKE
121	SEMINAR	HANSOKU-MAKE

09 INSIDE OR OUTSIDE		
122	INSIDE OR OUTSIDE	IN
123	INSIDE OR OUTSIDE	OUT
124	INSIDE OR OUTSIDE	IN
125	INSIDE OR OUTSIDE	IN

10 SHIME WAZA STRETCHING LEG		
126	SHIME WAZA STRETCH LEG	IMMEDIATELY MATE
127	SHIME WAZA STRETCH LEG	IMMEDIATELY MATE
128	SHIME WAZA STRETCH LEG	IMMEDIATELY MATE
129	SHIME WAZA STRETCH LEG	IPPON
130	SHIME WAZA STRETCH LEG	IMMEDIATELY MATE
131	SHIME WAZA STRETCH LEG	IMMEDIATELY MATE

11 FALSE ATTACK		
132	FALSE ATTACK	FALSE ATTACK
133	FALSE ATTACK	FALSE ATTACK
134	FALSE ATTACK	FALSE ATTACK
135	FALSE ATTACK	FALSE ATTACK
136	FALSE ATTACK	FALSE ATTACK
137	FALSE ATTACK	NO FALSE ATTACK
138	FALSE ATTACK	FALSE ATTACK
139	FALSE ATTACK	NO FALSE ATTACK
140	FALSE ATTACK	FALSE ATTACK
141	FALSE ATTACK	FALSE ATTACK
142	FALSE ATTACK	NO FALSE ATTACK

12 pushing dwon		
143	pushing dwon	SHIDO BLUE
144	pushing dwon	SHIDO WHITE
145	pushing dwon	SHIDO BLUE
146	pushing dwon	SHIDO WHITE
147	pushing dwon	SHIDO BLUE
148	pushing dwon	SHIDO BLUE

13 PUSHING VS STEPPING		
149	PUSHING STEP OUT	SHIDO BLUE
150	PUSHING STEP OUT	SHIDO BLUE
151	PUSHING STEP OUT	SHIDO WHITE
152	PUSHING STEP OUT	SHIDO WHITE
153	PUSHING STEP OUT	SHIDO BLUE
154	PUSHING STEP OUT	SHIDO BLUE
155	PUSHING STEP OUT	SHIDO BLUE
156	PUSHING STEP OUT	SHIDO BLUE
157	PUSHING STEP OUT	NO SHIDO

14 KUMIKATA		
158	KUMI KATA	SHIDO WHITE
159	KUMI KATA	SHIDO WHITE
160	KUMI KATA	SHIDO WHITE
161	KUMI KATA	SHIDO BLUE
162	KUMI KATA	SHIDO WHITE & BLUE
163	KUMI KATA	SHIDO BLUE
164	KUMI KATA	SHIDO BLUE
165	KUMI KATA	SHIDO BLUE