

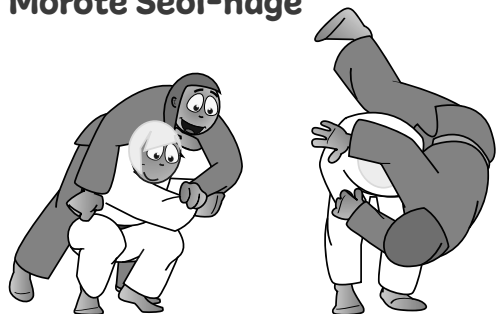
TE-WAZA



JUDO BOOKS
FOR KIDS WHO
LOVE JUDO

Te-waza are techniques where the hands play a central role.

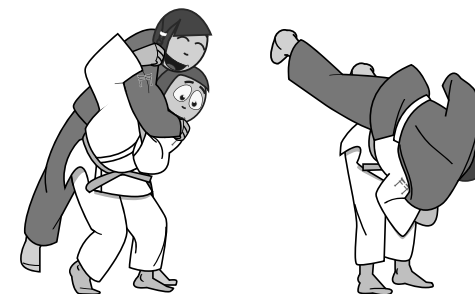
1. Morote Seoi-nage



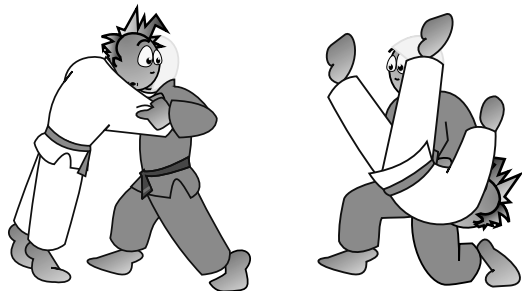
2. Tai-otoshi



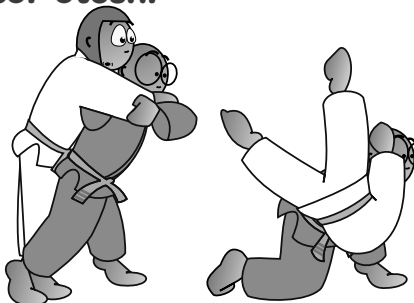
3. Ippon Seoi-nage



4. Uki-otoshi



5. Seoi-otoshi



6. Sumi-otoshi

