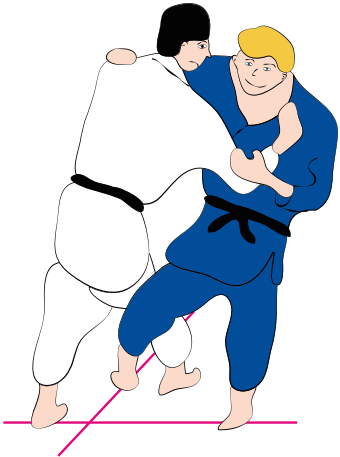
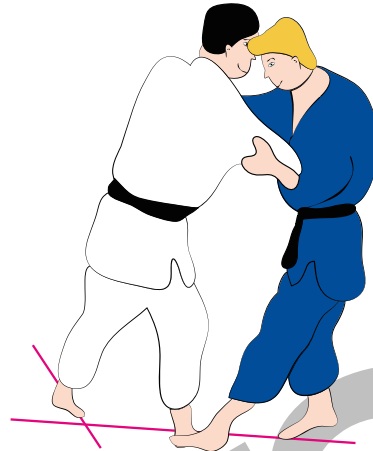


## Ashi waza (Fuß-/Beintechniken)

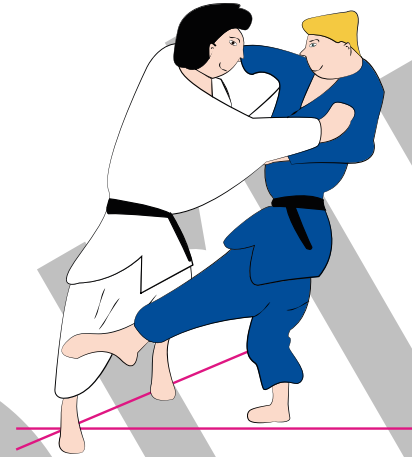
1. O soto gari  
(große Außensichel)



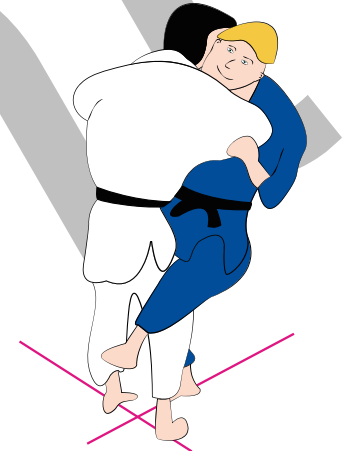
2. De ashi barai  
(Fußfeger)



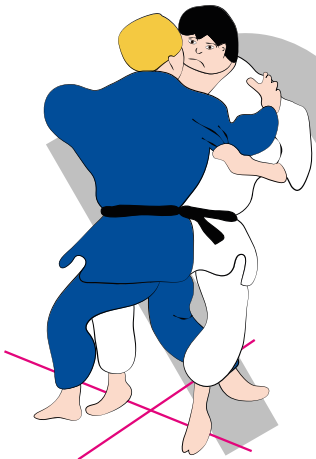
5. Hiza guruma  
(Knierad)



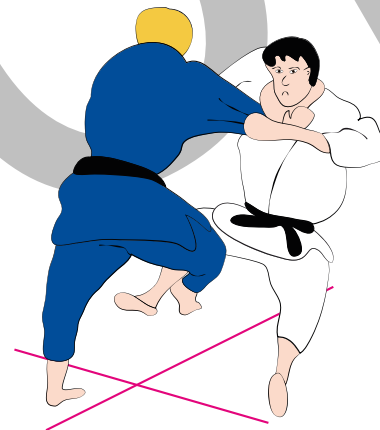
4. Ko soto gake  
(kleines äußeres Einhängen)



5. O uchi gari  
(große Innensichel)



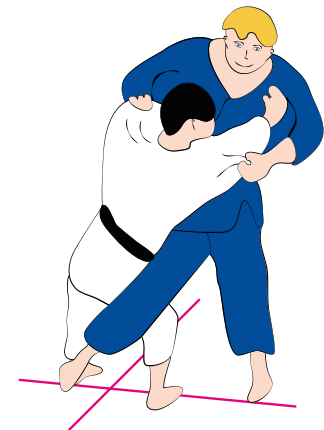
6. Ko uchi gari  
(kleine Innensichel)



7. Okuri ashi barai  
(gleitendes Fußfegen)

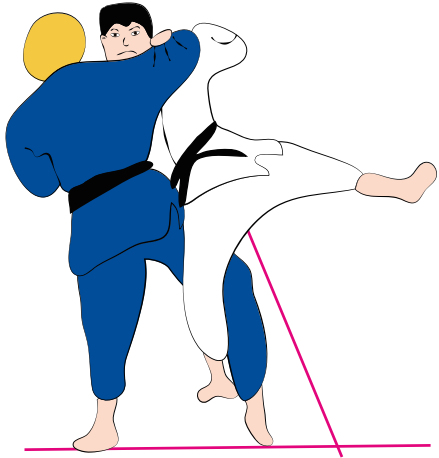


8. O soto guruma  
(großes äußeres Rad)

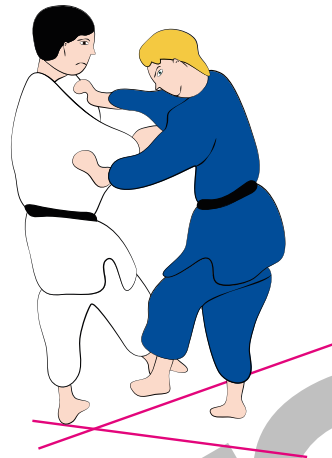


## Ashi waza (Fuß-/Beintechniken)

9. O soto otoshi  
(große äußerer Sturz)



10. Ko soto gari  
(kleine Außensichel)



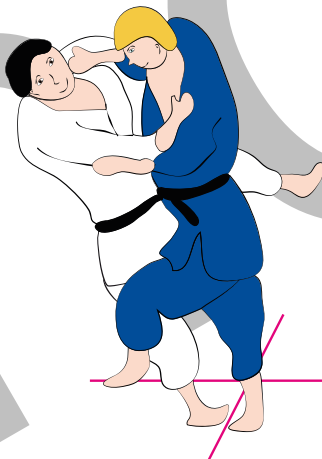
11. Sasae tsuri komi ashi  
(Fußblock mit Anheben)



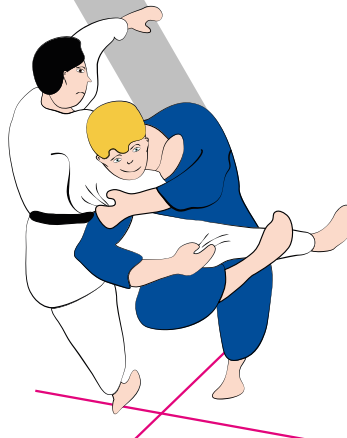
12. Harai tsuri komi ashi  
(Fuß fegen mit Anheben)



13. Soto gake  
(äußeres Einhängen)



14. Ko uchi maki komi  
(kleines inneres Einrollen)



15. Ashi guruma  
(Fuß-, Beinrad)

