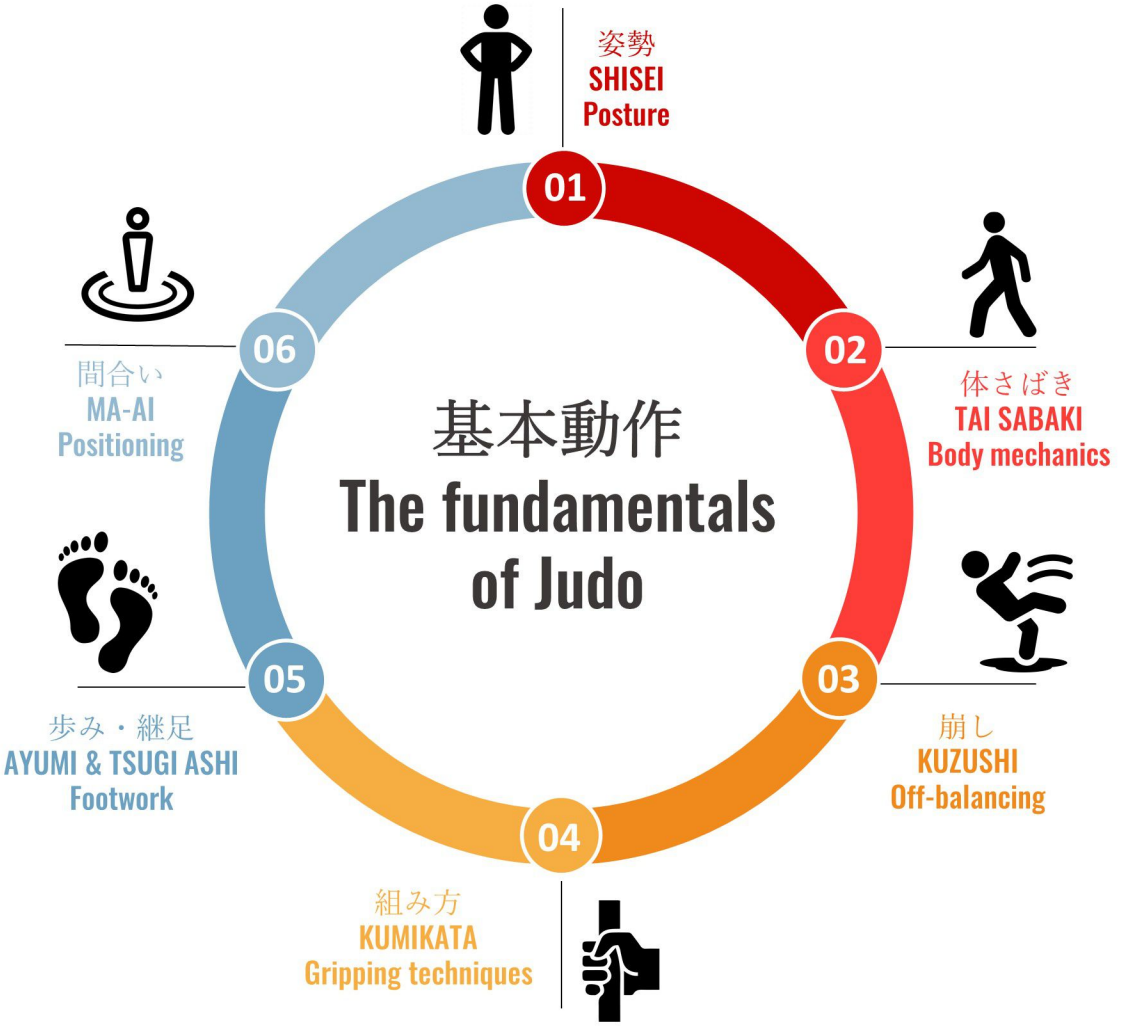
基本動作
The fundamentals of Judo
01
姿勢
SHISEI
Posture
02
体さばき
TAI SABAKI
Body mechanics
03
崩し
KUZUSHI
Off-balancing
04
組み方
KUMIKATA
Gripping techniques
05
歩み・継足
AYUMI & TSUGI ASHI
Footwork
06
間合い
MA-AI
Positioning