

NOPALERA Seminar in Acudo ryu

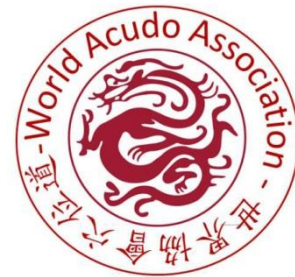


- 31 Throwing techniques used in Acudo ryu
- 6 strangulations
- Two finger strangulation

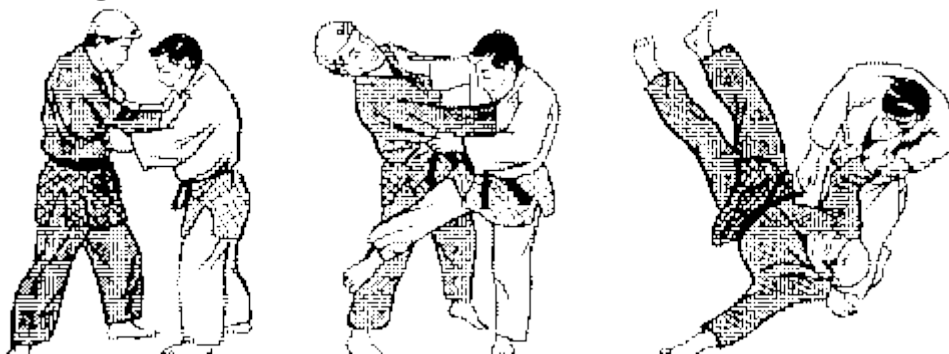
A Seminar given by Doshu Nils Volden 8. dan

31. Throwing techniques in Acudo ryu

Seminar given by Doshu Nils Volden 8. dan



Ashi guruma



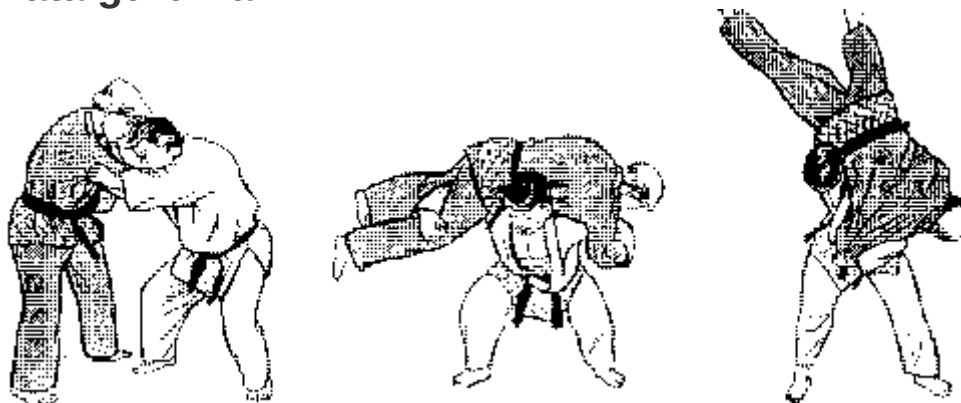
Harai Goshi



Ippon seoinage



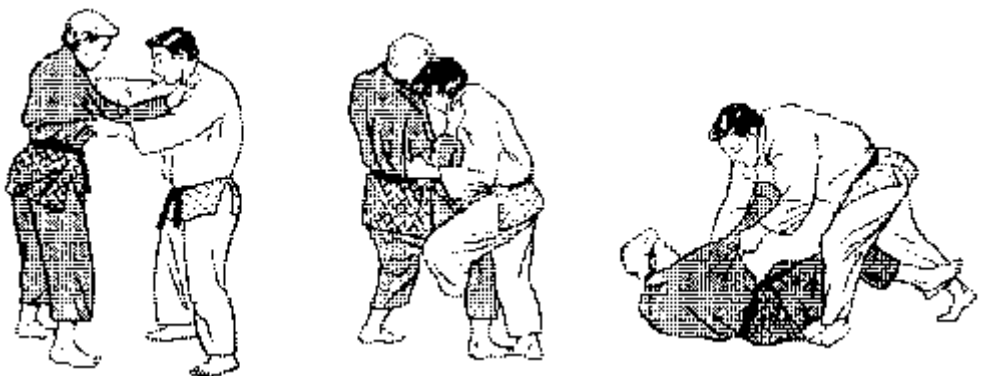
Kata guruma



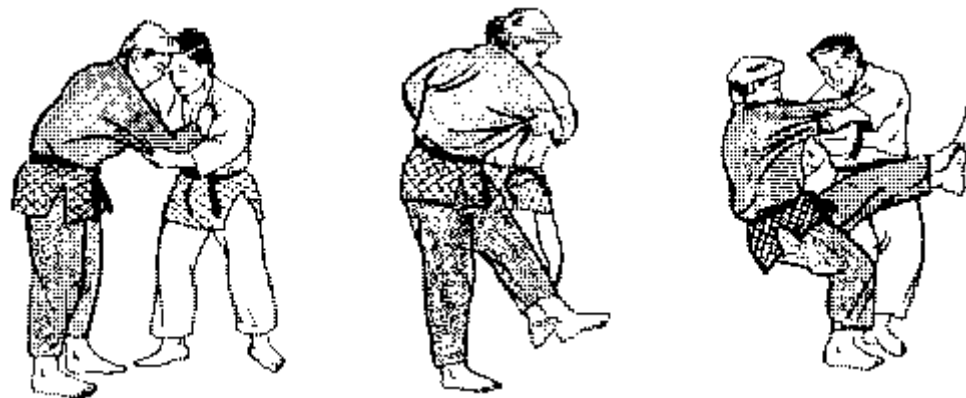
Kibisu Gaeshi



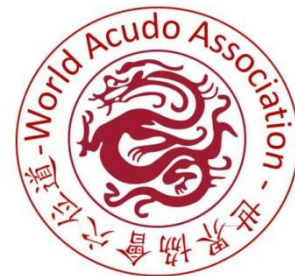
Kosoto Gake



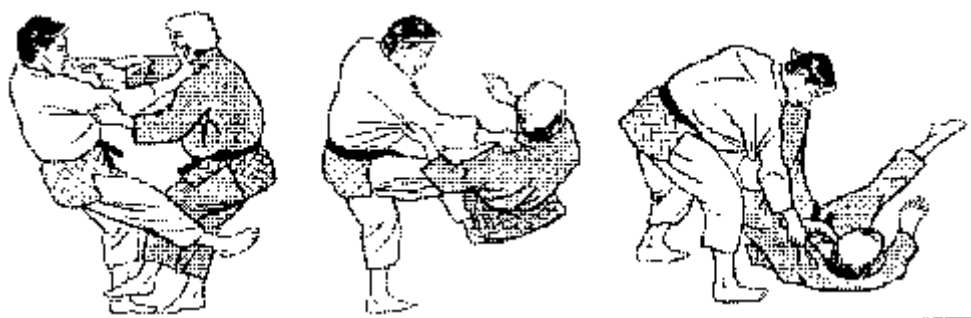
Kosoto Gama



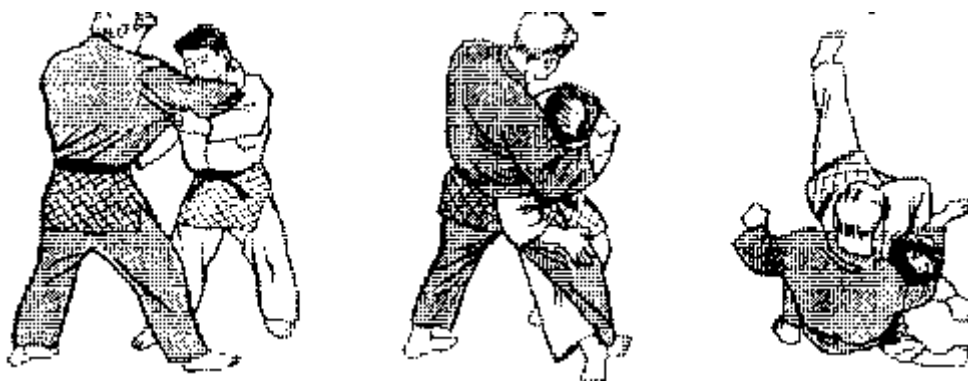
Kosoto Gari



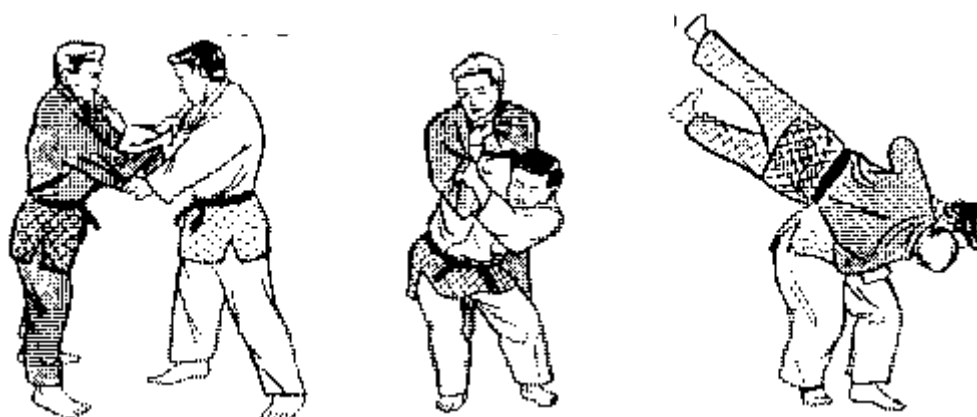
Nidan Kosoto Gari



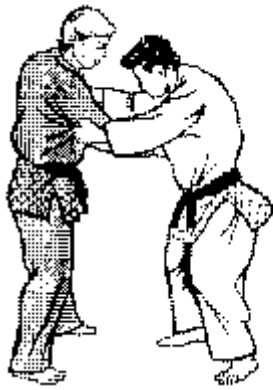
Kouchi Gake



Morote Seoinage



O Goshi



Osoto Gake



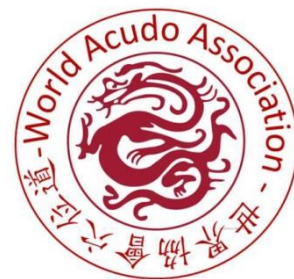
Osotogari



Osoto Guruma



Osoto Otoshi



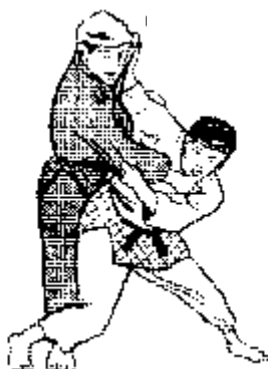
Seoinage



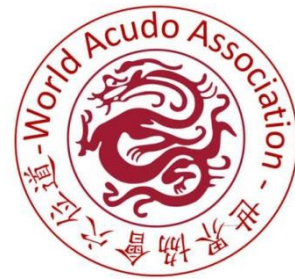
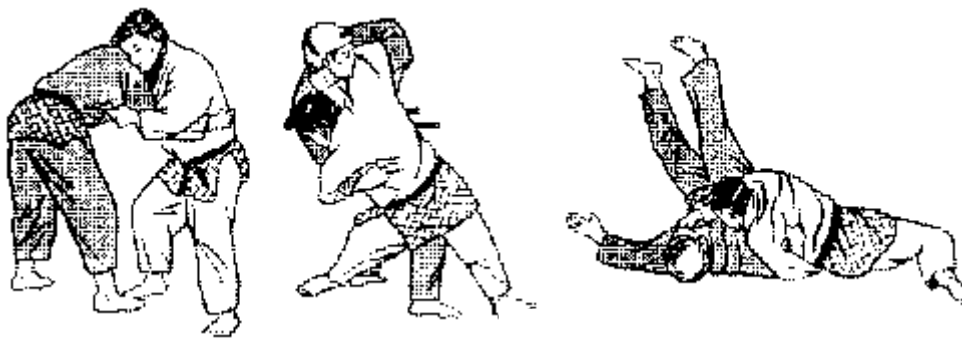
Sode Tsurikomi Goshi



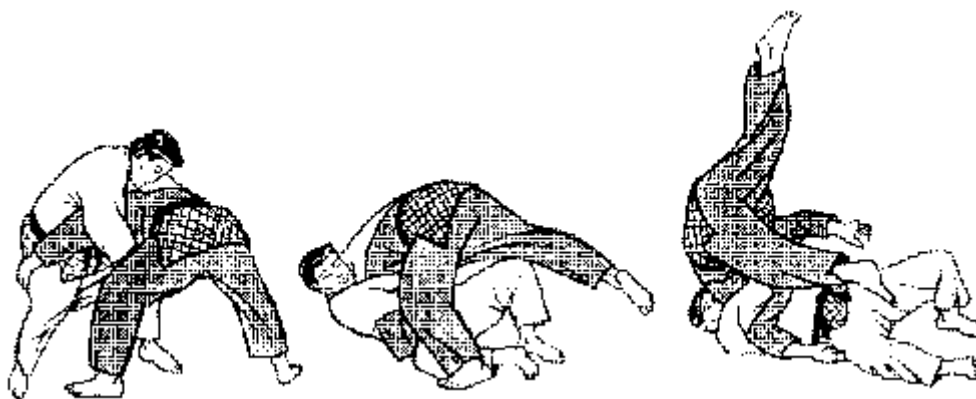
Tai Otoshi



Tani Otoshi



Tawara Gaeshi



Te Guruma



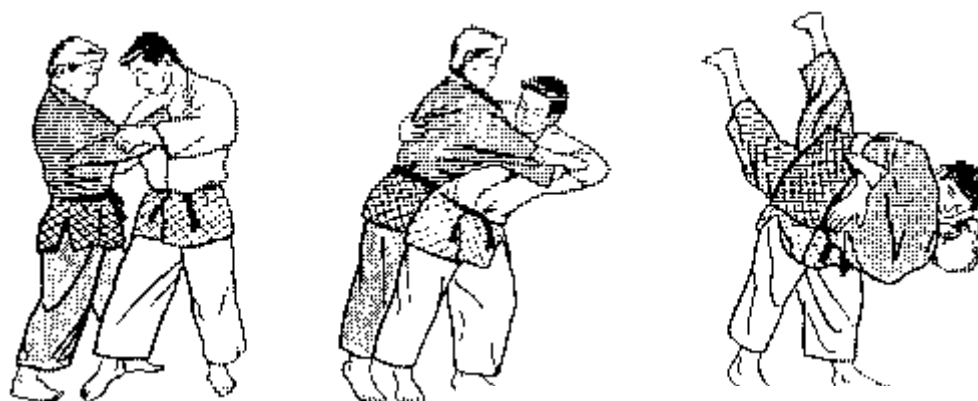
Tomoe Nage



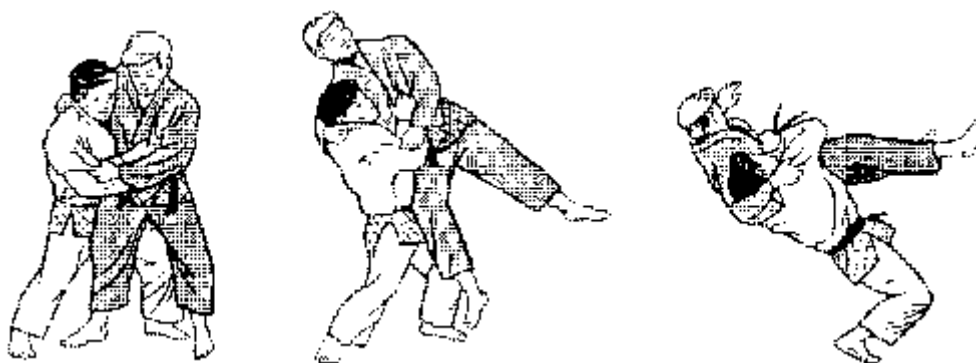
Uchimata



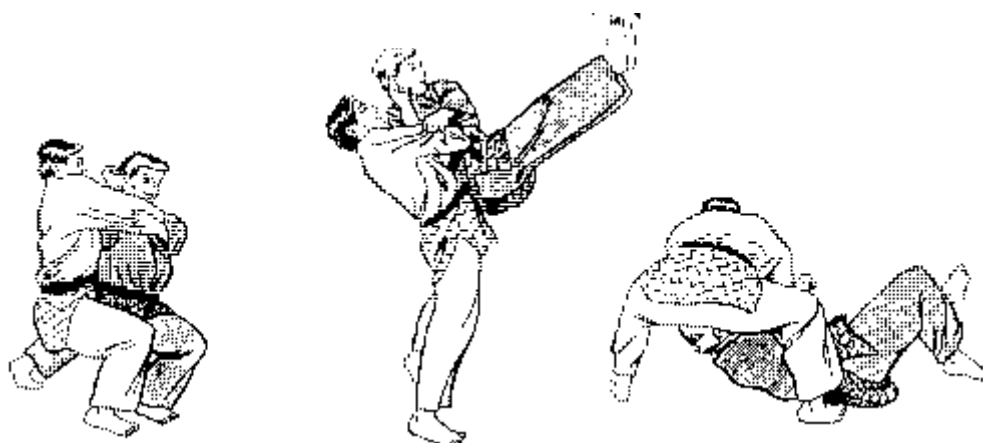
Uki Goshi



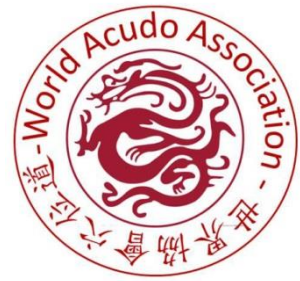
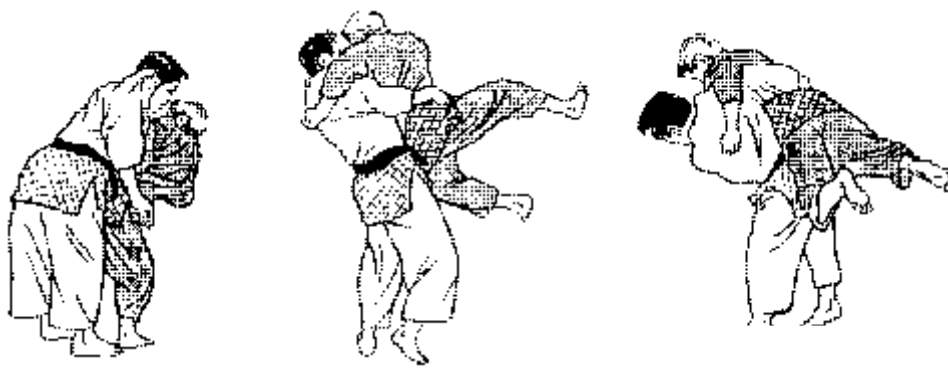
Uranage



Ushiro Goshi



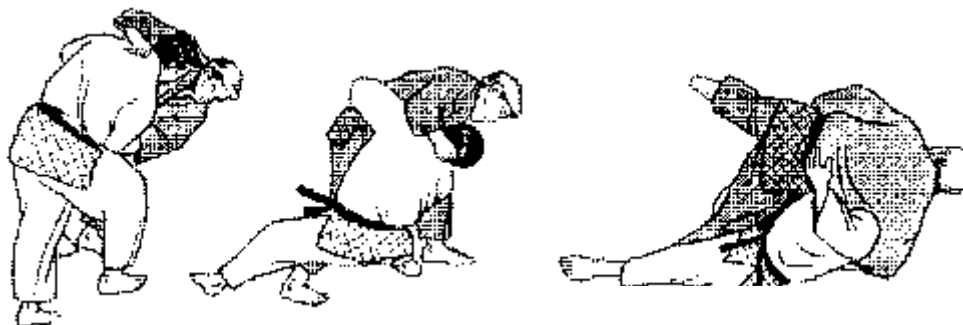
Utsuri Goshi



Yoko Gake



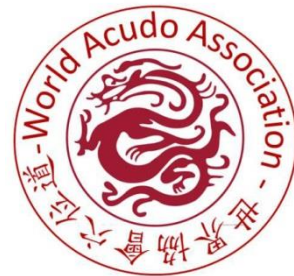
Yoko Guruma



Yoko Wakare



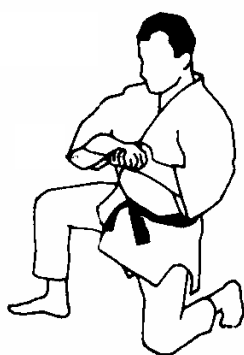
Six Strangulations used in Acudo ryu



Nami juji jime



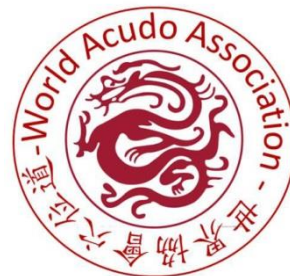
Hadaka jime



Kataha jime



Ryote jime

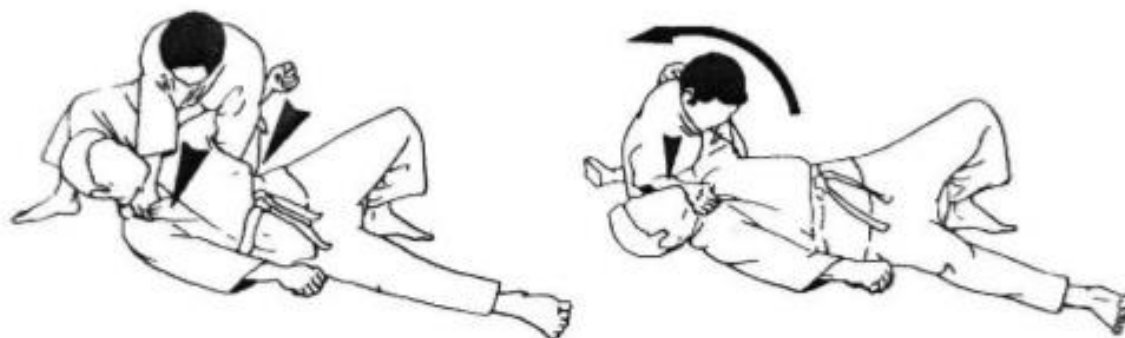


Tsukkomi jime / Kata te jime

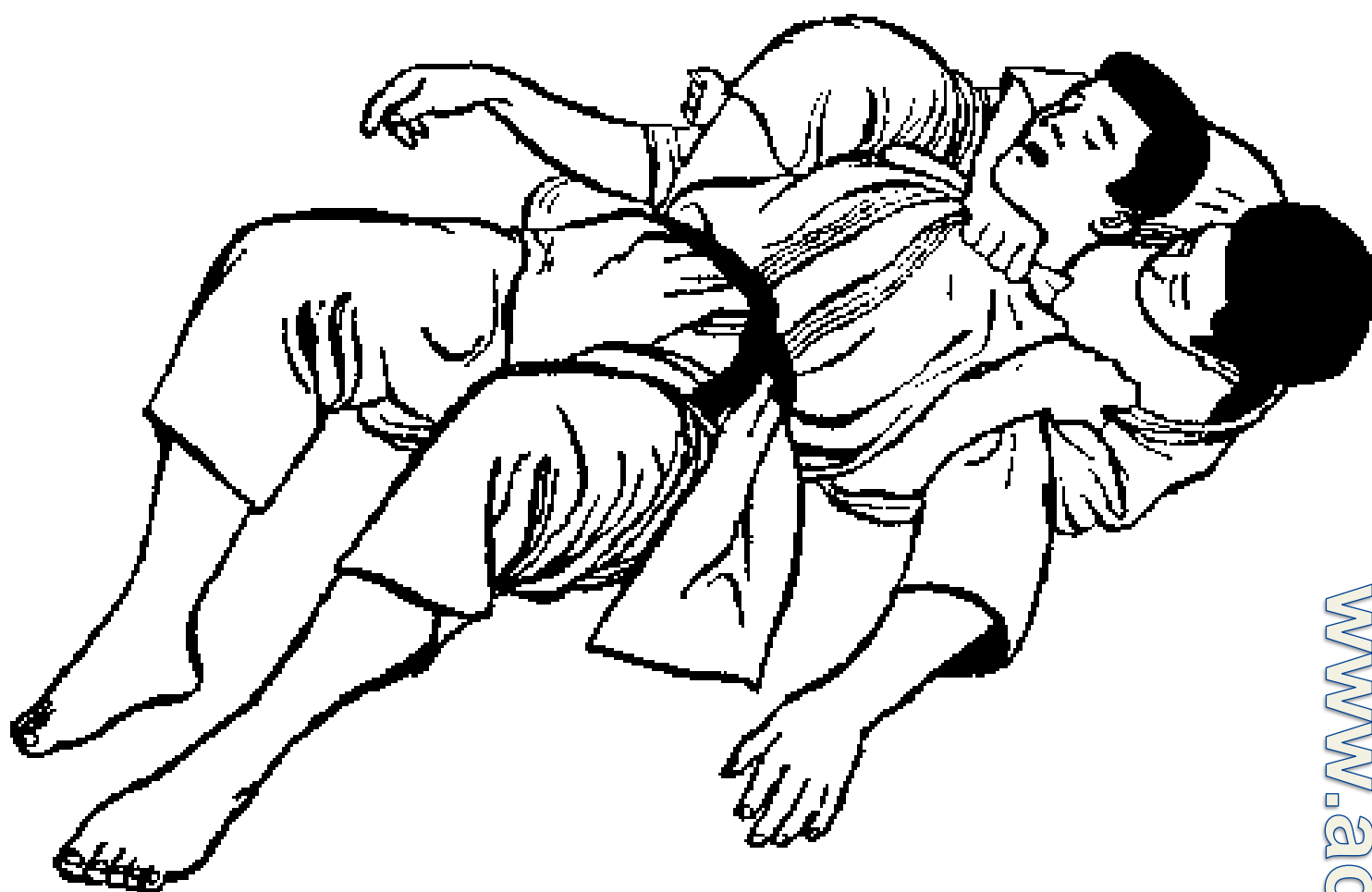
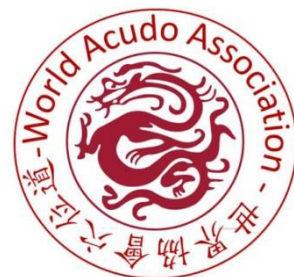
TSUKKOMI JIME



KATA TE JIME



Jigoku jime



www.acudo.org

Two fingers strangulation

- 10 seconds

