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OKU TE

- 1. Deashi Hayanada**
- 2. Ogoshi Hayanada**
- 3. Seoi Hayanada**
- 4. Norimi**
- 5. Sumigaeshi**
- 6. Mizukuguri**
- 7. Mae Yama Kage**
- 8. Komi Iri**
- 9. Kote Gaeshi**
- 10. Saka Nuki**
- 11. Gyakute Nage**
- 12. Hon Tomoe**
- 13. Katate Tomoe**
- 14. Shigarami**
- 15. Gyaku Te Garami**
- 16. Kote Garami**
- 17. Ko Guruma**
- 18. Tora Nage**
- 19. Tora Katsugi**
- 20. Arashi Otoshi**
- 21. Hiki Otoshi**
- 22. Kine Katsugi**
- 23. Kin Katsugi**
- 24. Kaza Guruma**
- 25. Jigoku Otoshi**



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