

B	I	N	G	O
Uchi Mata	Ashi Waza	Kata Garuma	Sensei	Newaza
Juji Gatame	Te Garuma	Osoto Gari	Hajime	Sankaku Jime
Tachiwaza	Uchikomis	FREE	Harai Goshi	Kumikata
Matte	Shiai	Morote Seoi Nage	Kosoto Gari	O Goshi
Koshi Garuma	Ippon Seoi Nage	Randori	Yoko Wakare	Kata

B	I	N	G	O
Uchikomis	Hajime	Sensei	Juji Gatame	Osoto Gari
Kata Garuma	Yoko Wakare	Newaza	Ippon Seoi Nage	Sankaku Jime
Matte	Harai Goshi	FREE	Kumikata	Ashi Waza
Kosoto Gari	Randori	Uchi Mata	Kata	Shiai
Morote Seoi Nage	O Goshi	Tachiwaza	Te Garuma	Koshi Garuma

B	I	N	G	O
Ippon Seoi Nage	Randori	Hajime	O Goshi	Harai Goshi
Uchi Mata	Matte	Morote Seoi Nage	Te Garuma	Newaza
Tachiwaza	Kata	FREE	Shiai	Kosoto Gari
Uchikomis	Sankaku Jime	Sensei	Yoko Wakare	Kata Garuma
Kumikata	Ashi Waza	Osoto Gari	Juji Gatame	Koshi Garuma