

1 kyu

NAGE WAZA (rzuty) :

- | | |
|---|---|
| <ul style="list-style-type: none">• MOROTE GARI• HANE MAKIKOMI• SUKUI NAGE• O GURUMA• SOTO MAKIKOMI | <ul style="list-style-type: none">• O SOTO GURUMA• UKI WAZA• YOKO WAKARE• URA NAGE• SUMI OTOSHI• YOKO GAKE |
|---|---|

MOROTE GARI



Hane-Maki-Komi



Sukui-Nage



O-Guruma



Soto-Maki-Komi



O-Soto-Guruma



Uki-Waza



Yoko-Wakare



Ura-Nage



Sumi-Ostoshi



Yoko-Gake

