

## 2 kyu

### NAGE WAZA( rzuty ):

- HANE GOSHI
- KOSHI GURUMA
- YOKO OTOSHI
- UTSURI GOSHI
- KATA GURUMA
- SUMI GAESHI
- YOKO GURUMA

### KATAME WAZA:

- Dźwignia UDE HISHIGI HARA GATAME
- Dźwignia UDE HISHIGI ASHI GATAME
- Dźwignia UDE HISHIGI SANKAKU GATAME
- Dźwignia UDE HISHIGI TE GATAME
- Dźwignia ASHI GARAMI
- Duszenie SODE GURUMA
- Duszenie RYO TE JIME
- Duszenie KATA TE JIME

Hane-Goshi



Koshi-Guruma



Yoko-Otoshi



Utsuri-Goshi



Kata-Guruma



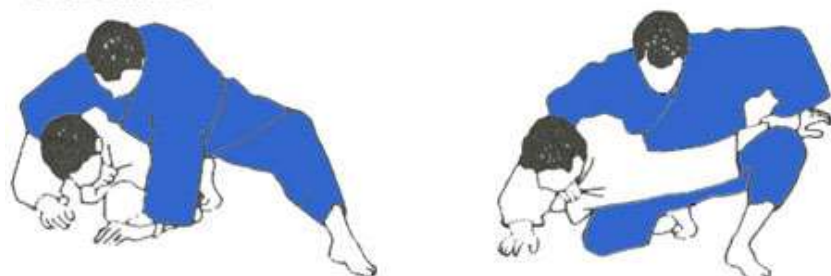
Sumi-Gaeshi



Yoko-Guruma



Hara-Gatame



**UDE HISHIGI ASHI GATAME**



**UDE HISHIGI SANKAKU GATAME**



**UDE HISHIGI TE GATAME**



**ASHI GARAMI**



**SODE GURUMA**



**RYO TE JIME**

