

3,5 kyu

NAGE WAZA (rzuty) :	KATAME WAZA:
<ul style="list-style-type: none">• SODE TSURIKOMI GOSHI• TSURI KOMI GOSHI• ASHI GURUMA	<ul style="list-style-type: none">• Dźwignia USHIRO UDE GARAMI• Duszenie KATA JUJI JIME• Duszenie NAMI JUJI JIME• Duszenie GYAKU JUJI JIME

SODE TSURIKOMI GOSHI



TSURI KOMI GOSHI



Ashi-Guruma



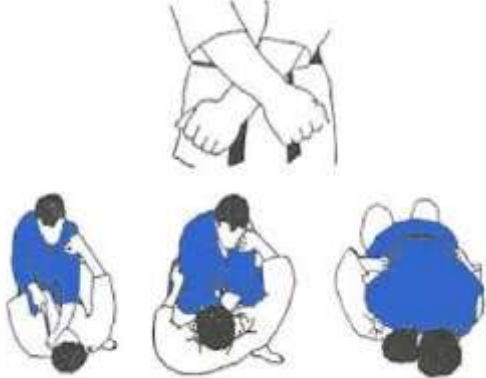
USHIRO UDE GARAMI



KATA JUJI JIME



Nami Juji Jime



Gyaku Juji Jime

