

5 kyu

NAGE WAZA (rzuty) :

- KO UCHI GARI
- UKI GOSHI
- TAI OTOSHI
- SASAE TSURIKOMI ASHI

KATAME WAZA :

- Trzymanie KUZURE KESA GATAME
- Trzymanie KUZURE KAMI SIHO GATAME
- Trzymanie KUZURE YOKO SIHO GATAME

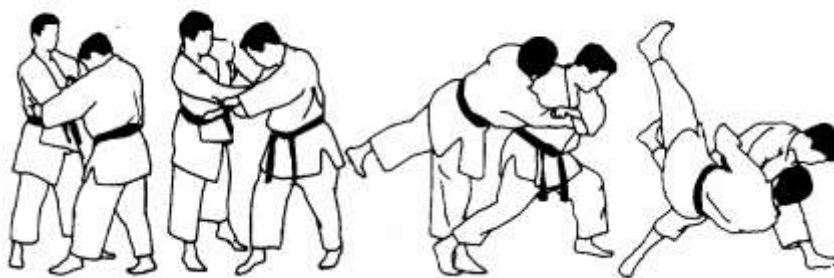
KO-UCHI-GARI



UKI-GOSHI



TAI-OTOSHI



Sasae-Tsuri-Komi-Ashi



KUZURE KESA GATAME



KUZURE KAMI SIHO GATAME



KUZURE YOKO SIHO GATAME

