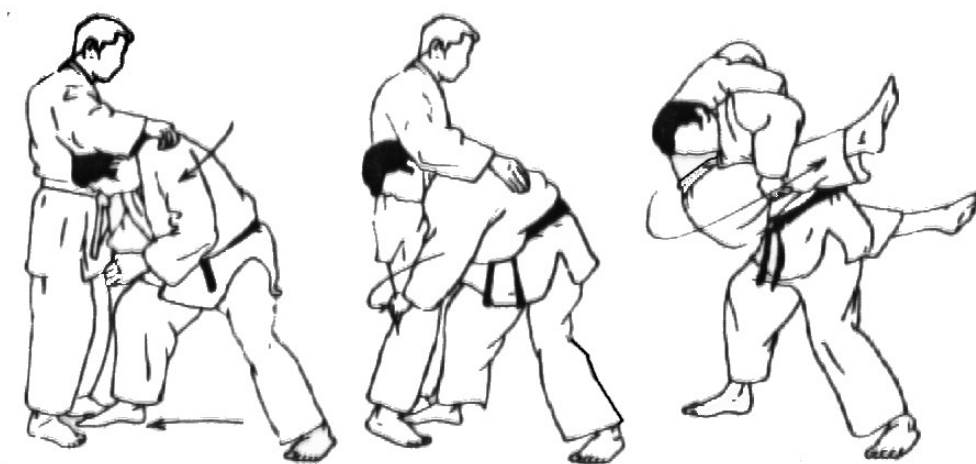


1. NAGE WAZA – rzuty

Morote Gari



A.

Hane Makikomi



B.

Sukui Nage



C.

O Guruma



D.

Soto Makikomi



E.

O Soto Guruma

F.



Uki Waza

G.



Yoko Wakare

F.



Ura Nage



G.

Sumi Otoshi



H.

Yoko Gake



I.

+ wymogi z poprzedniego pasa