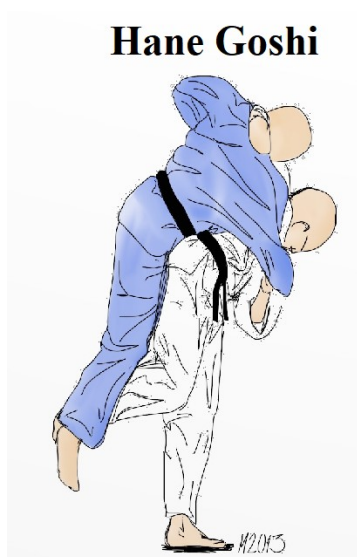


1. NAGE WAZA – rzuty

Hane Goshi



A.

Koshi Guruma



B.

Yoko Otoshi



C.

Utsuri Goshi



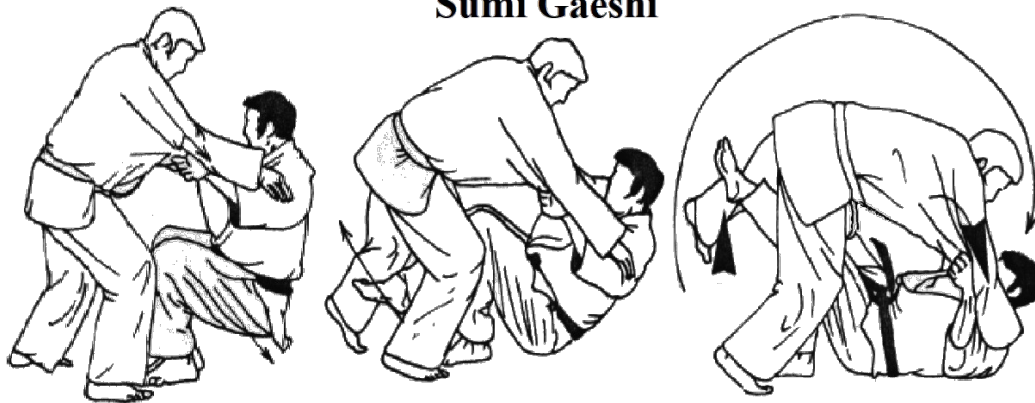
D.

Kata Guruma



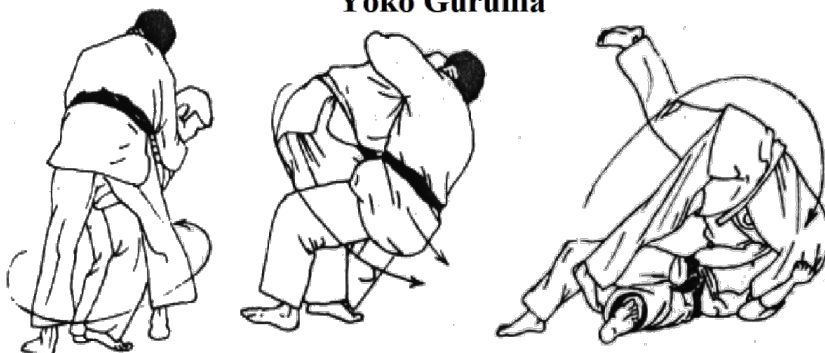
E.

Sumi Gaeshi



F.

Yoko Guruma



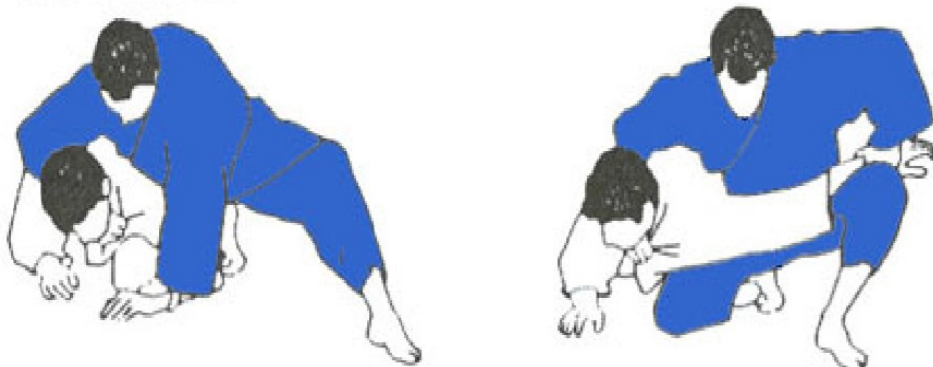
G.

2. KATAME WAZA – duszenia i dźwignie

Ude Hishigi Hara Gatame

A.

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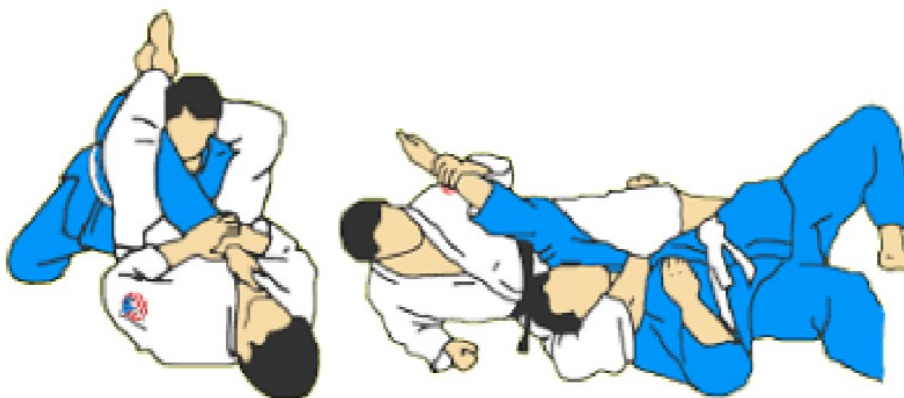
Ude Hishigi Ashi Gatame

B.



Ude Hishigi Sankaku Gatame

C.

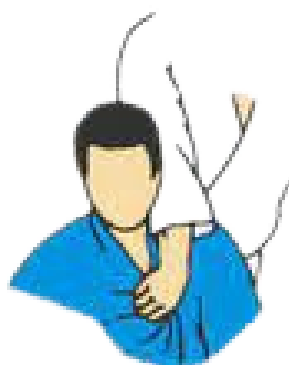


Ude Hishigi Te Gatame



D.

SODE GURUMA JIME



E.

KATA TE JIME



F.

+ wymogi z poprzedniego pasa