

1. NAGE WAZA – rzuty

Harai Tsurikomi Ashi



A.

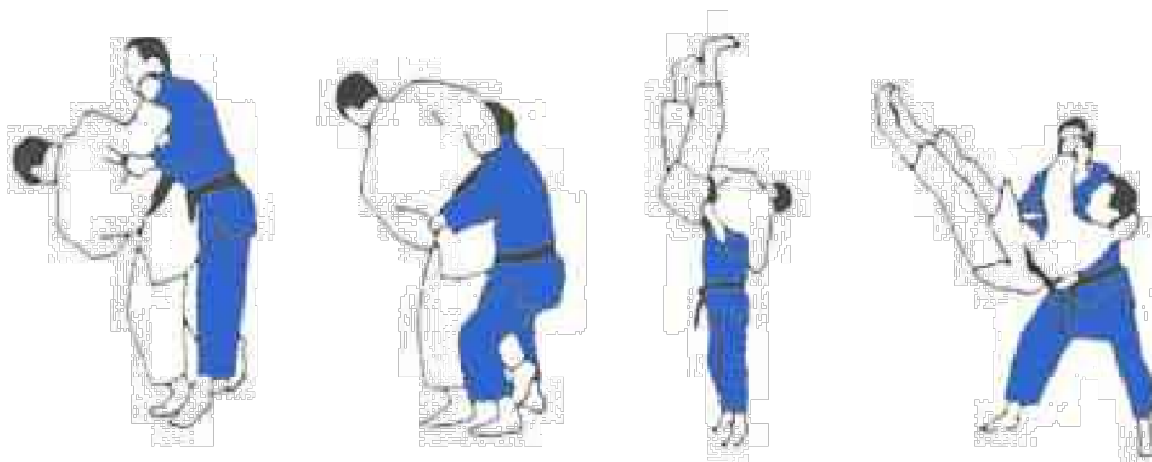
B.

Uki Otoshi



C.

Ushiro Goshi



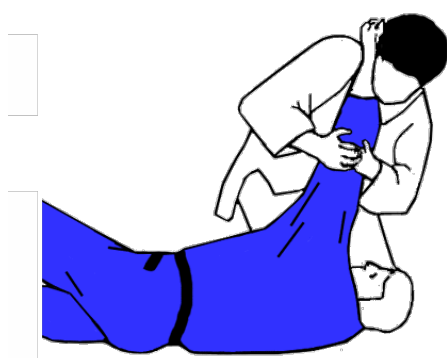
Tani Otoshi



D.

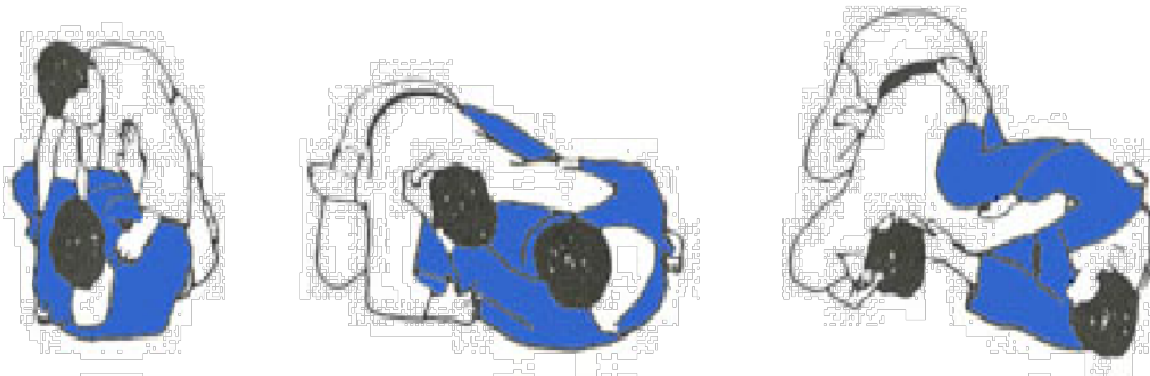
2. KATAME WAZA – duszenia i dźwignie

Ude Hishigi Ude Gatame



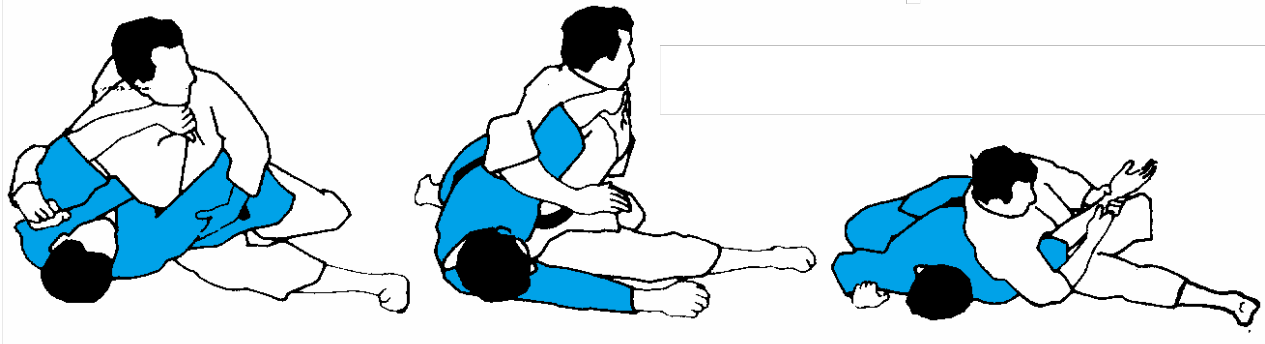
A.

Ude Hishigi Hiza Gatame



B.

Ude Hishigi Waki Gatame



C.

Kata Ha Jime



D.



E.

tsukkomi-jime



F.

SANKAKU JIME

+ wymogi z poprzedniego pasa