

MOROTE GARI



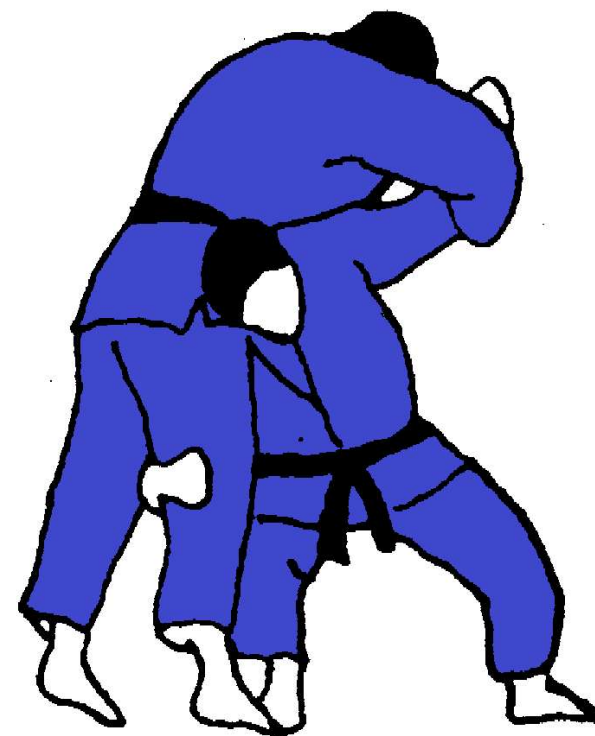
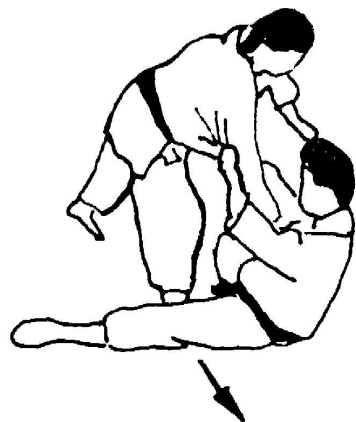
KO SOTO GAKE



KOSHI GURUMA



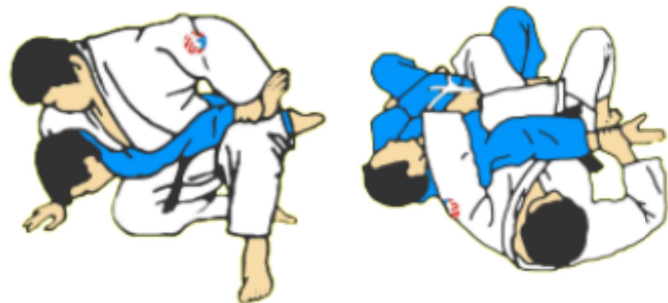
YOKO OTOSHI



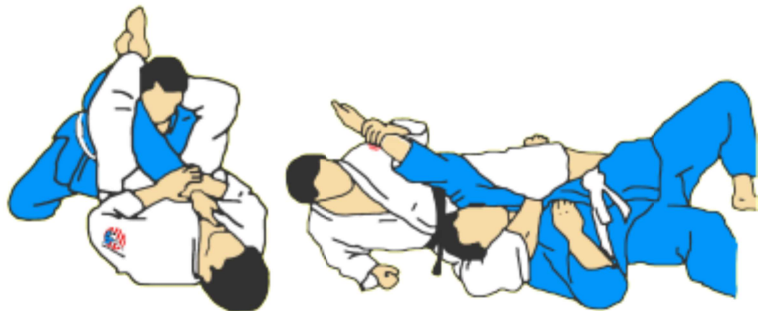
2 kyu
niebieski pas

KONSETSU WAZA - dźwignie

UDE HISHIGI HARA GATAME



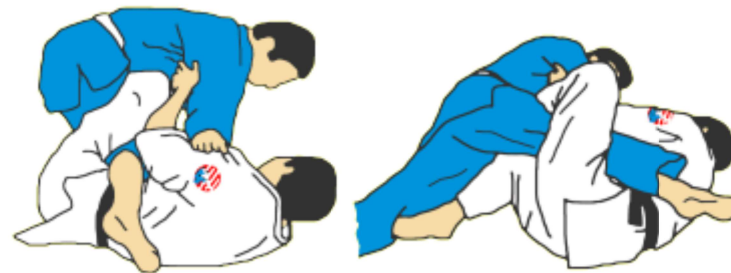
UDE HISHIGI SANKAKU GATAME



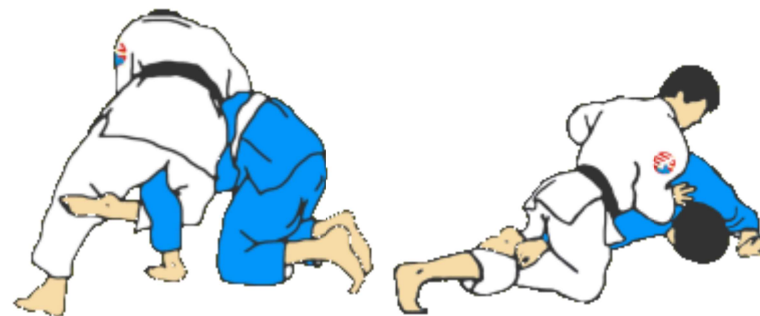
UDE HISHIGI TE GATAME



ASHI GARAMI /zabroniona/



UDE HISHIGI ASHI GATAME



SODE GURUMA JIME



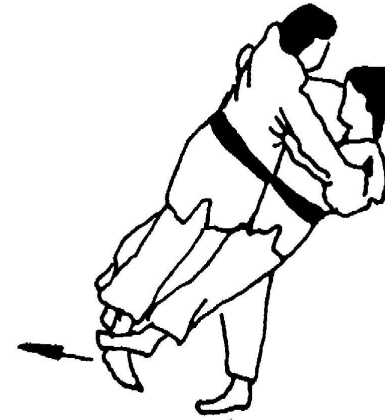
RYO TE JIME



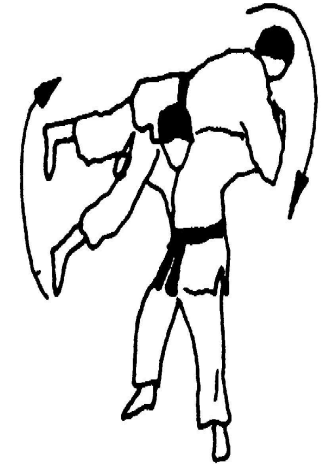
KATA TE JIME



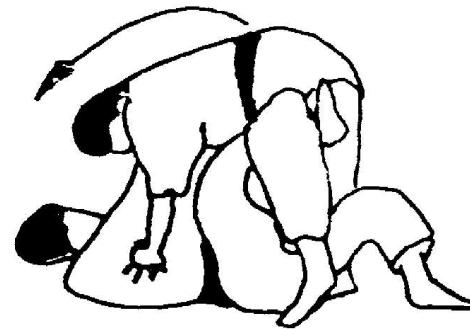
HARAI TSURIKOMI ASHI



KATA GURUMA



SUMI GAESHI



YOKO GURUMA

