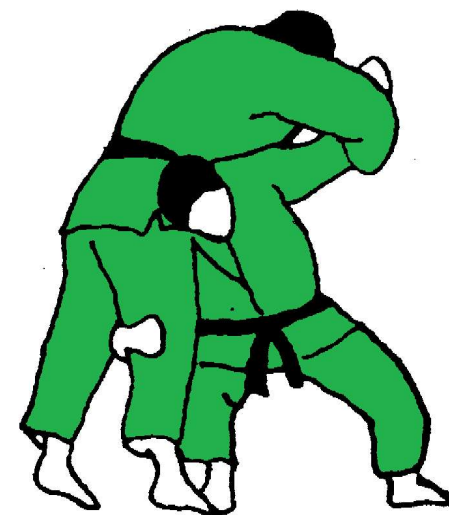
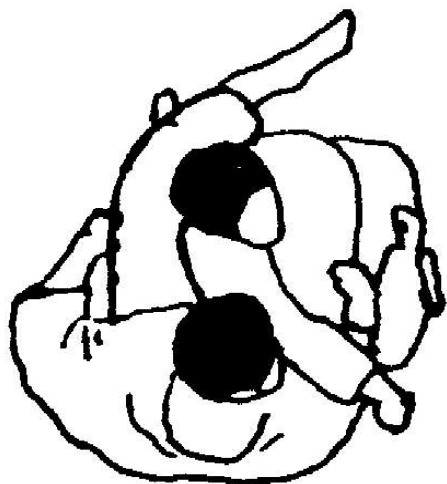


SANKAKU JIME



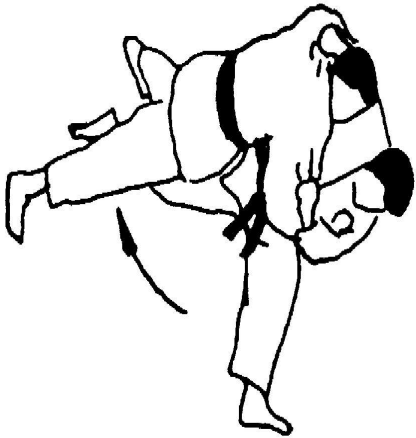
**EGZAMIN
NA
3 KYU**

3 KYU - zielony pas

SHIME WAZA - duszenia

NAGE WAZA – rzuty

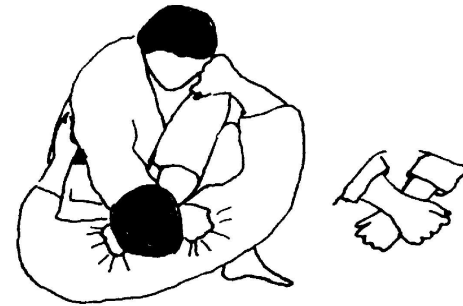
UCHI MATA



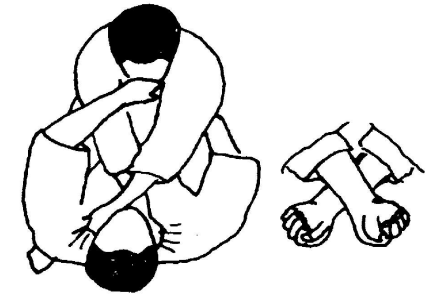
ASHI GURUMA



NAMI JUJI JIME



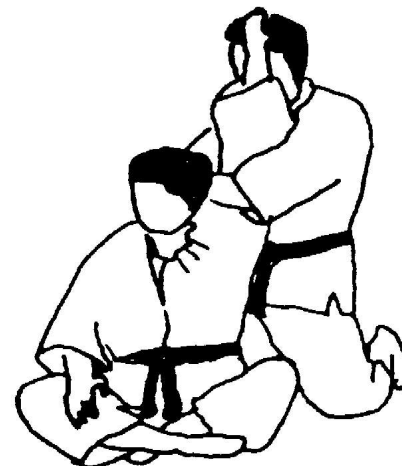
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TANI OTOSHI



KATA HA JIME



TSUKKOMI JIME



TOMOE NAGE

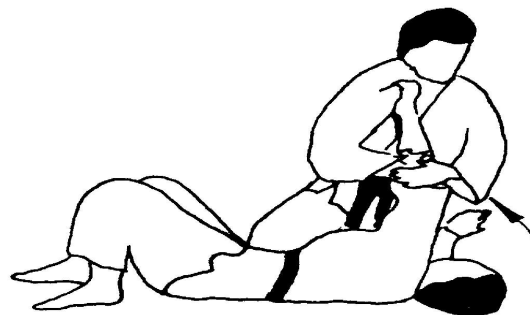


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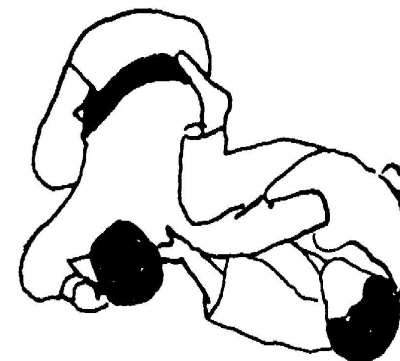


KONSETSU WAZA - dzwignie

UDE HISHIGI UDE GATAME



UDE HISHIGI HIZA GATAME



UKI OTOSHI



USHIRO GOSHI



UDE HISHIGI WAKI GATAME

