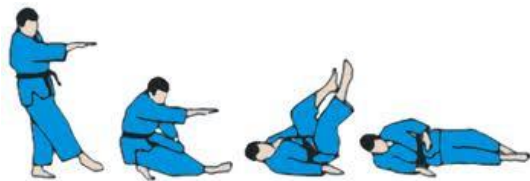
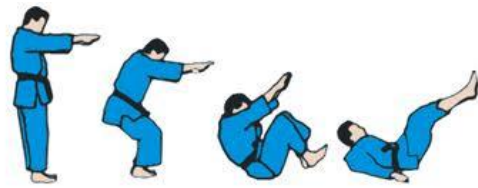


Technieken 5° Kyu - Gele band

Ukeme Waza – (Val breken)



NAGE-WAZA

Tachi-waza (staande technieken)

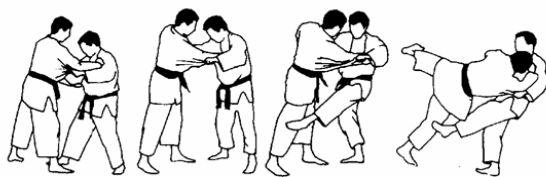
De-Ashi-Barai



Sasae-Tsuri-Komi-Ashi



HIZA-GURUMA



O-SOTO-GARI



Uki-Goshi



O-Goshi



O-Uchi-Gari



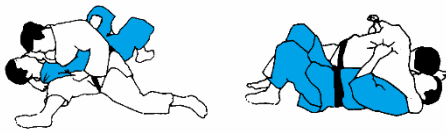
Ippon-Seoi-Nage



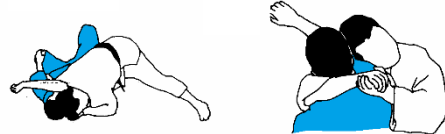
KATAME-WAZA

Osae-waza (houdgrepen)

kesa-gatame



Kata-gatame



Tate-shiho-gatame



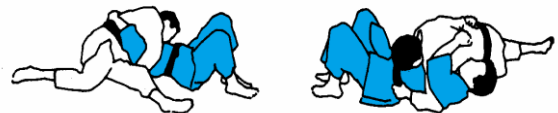
Yoko-shio-gatame



Kami-shiho-gatame



Ushiro-gesa-gatame



Shime-waza (verwurgingen) (+12)

Kata-juji-jime

Kata-Juji-Jime



Nami-juji-jime

Nami-Juji-Jime



Gyaku-juji-jime

Gyaki-Juji-Jime

