

RZUTY (NAGE WAZA): 2 KYU – PAS NIEBIESKI



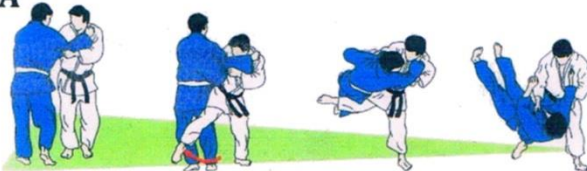
1. UTSURI GOSHI



2. SOTO MAKIKOMI



3. O SOTO GURUMA



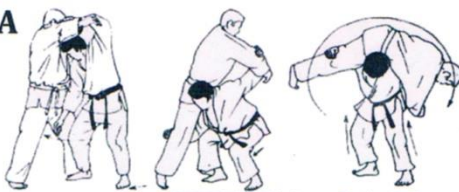
4. UKI WAZA



5. SUMI OTOSHI



6. KATA GURUMA



7. SUKUI NAGE (NA MIĘKKI MATERAC) Sukui-Nage



8. UKI OTOSHI



9. YOKO WAKARE



10. YOKO GURUMA



2 KYU – PAS NIEBIESKI

TECHNIKI W PARTERZE (KATAME WAZA):

1. UDE HISHIGI HARA GATAME



2. UDE HISHIGI ASHI GATAME



3. UDE HISHIGI SANKAKU GATAME



4. UDE HISHIGI TE GATAME



5. SODE GURUMA JIME



6. RYO TE JIME (MOROTE JIME)



7. KATA TE JIME



8. KATA HA JIME



9. KAMI SANKAKU GATAME



10. TATE SANKAKU GATAME



11. YOKO SANKAKU GATAME

