

Van 6de Kyu naar 5de Kyu
van wit naar geel



O Soto Gari

Grote buitenwaartse maai

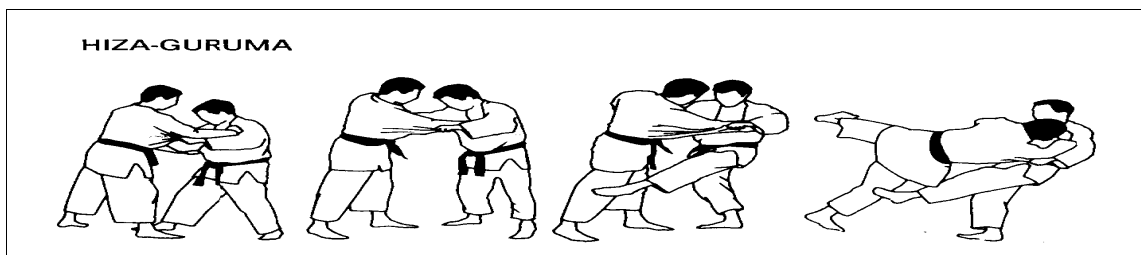


Kubi Nage



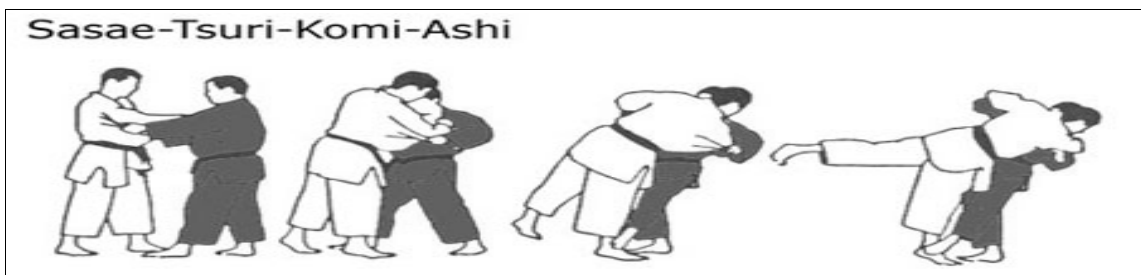
Hiza Guruma

Knierad



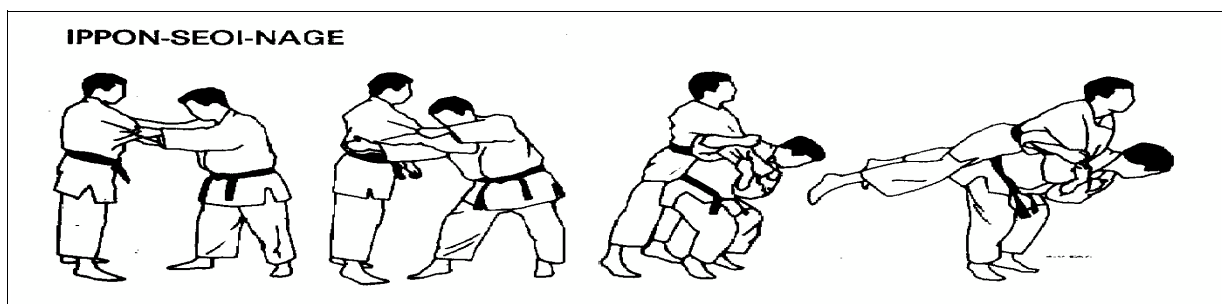
Sasae - tsuri - komi - ashi

Blokkeren tegen de voet

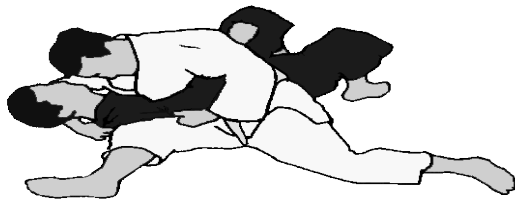


Ippon Seoi Nage

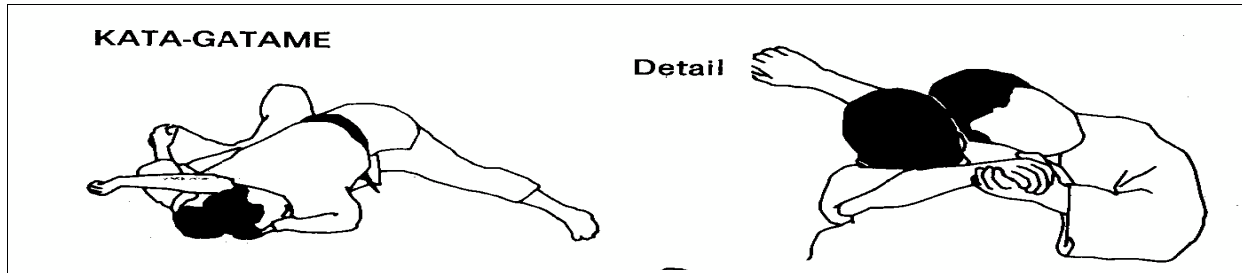
Over 1 punt werpen



Hon Gesa Gatame



Kata Gatame



Yoko Shiho Gatame

