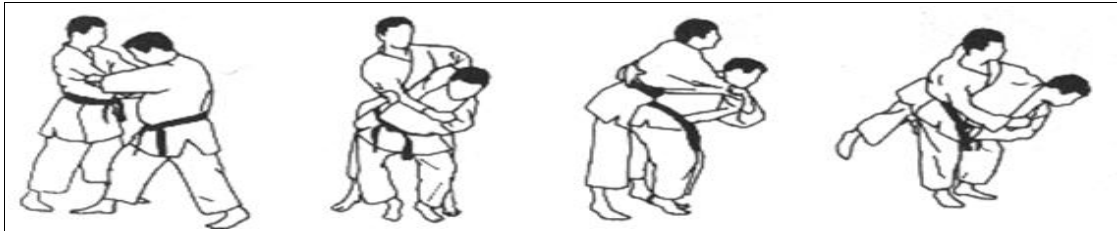


Van 5de Kyu naar 4de Kyu van geel naar Oranje



O Goshi

Grote heupworp



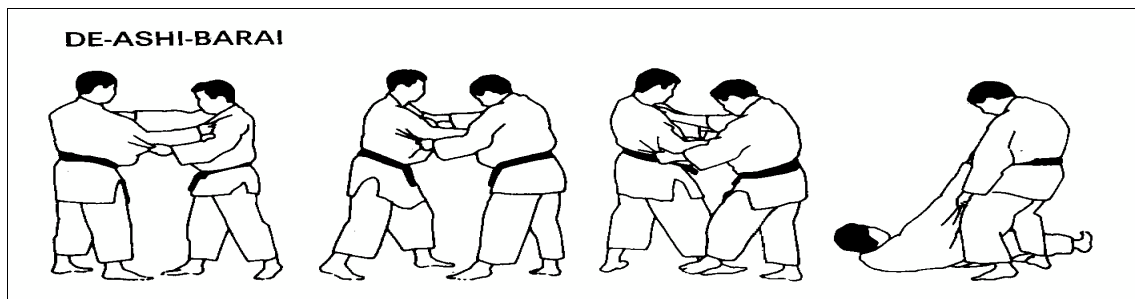
Uki Goshi

Vlottende heupworp



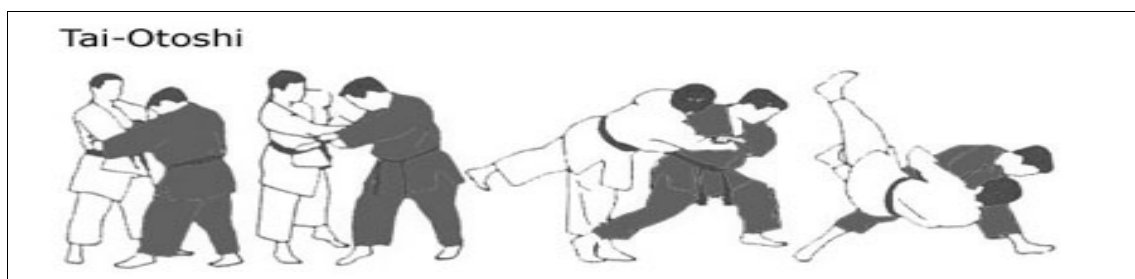
De Ashi Barai

De vooruit komende voet vagen



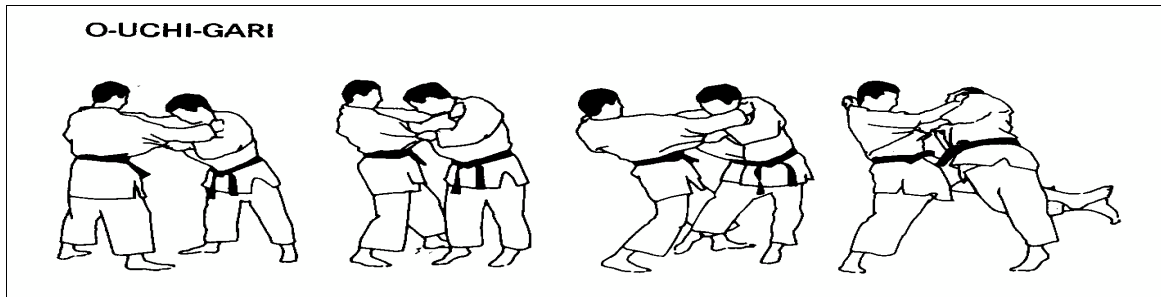
Tai Otoshi

Omkantelen van het lichaam



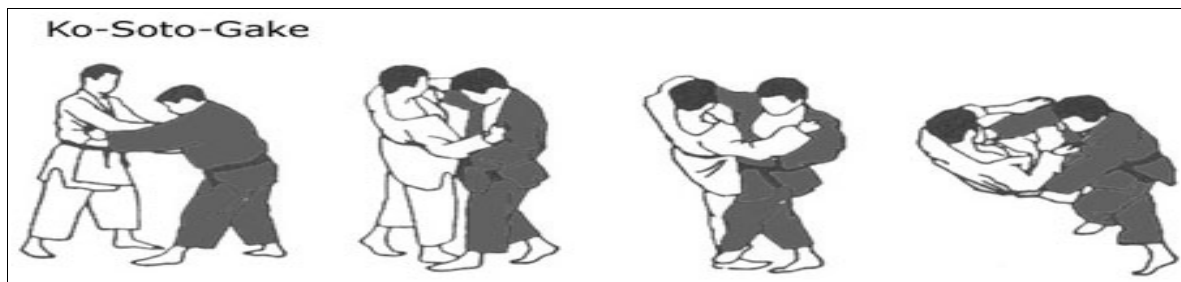
O Uchi Gari

Grote binnenwaartse maai



Ko Soto Gake

Kleine buitenwaartse haak



Morote Seoi Nage

Met 1 hand de rever nemen.

Eri Seoi Nage

Met 1 hand de andere rever nemen.

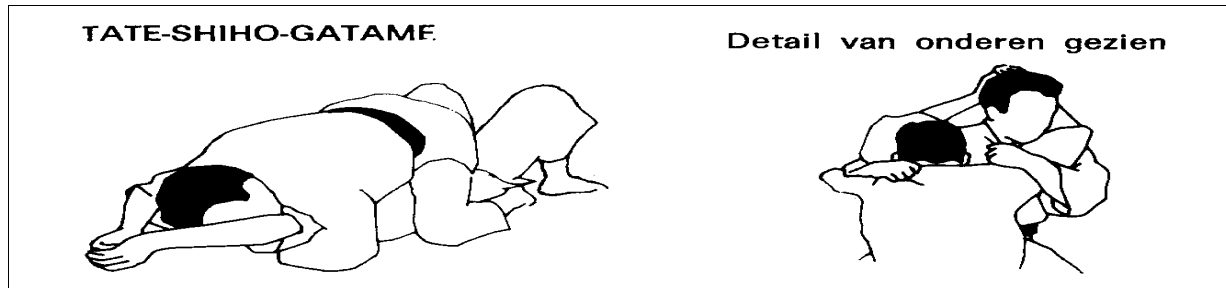
Morote Eri Seoi Nage

Beide handen aan de rever.



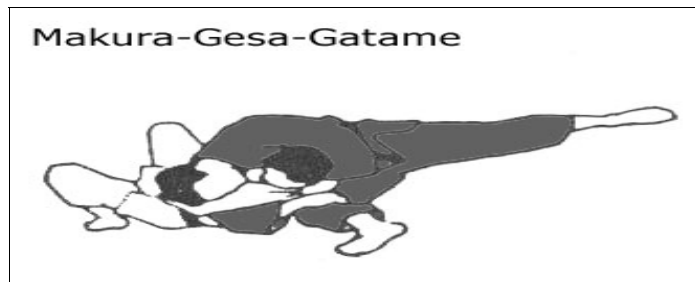
Tate Shiho Gatame

in 4 punten controleren bovenop de partner.



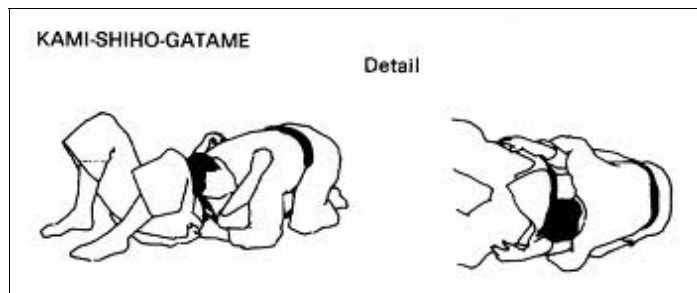
Makura Gesa Gatame

Hoofdkussen



Kami Shiho Gatame

4 punten controleren.



Ushiro Gesa Gatame

Omgekeerd controleren

