

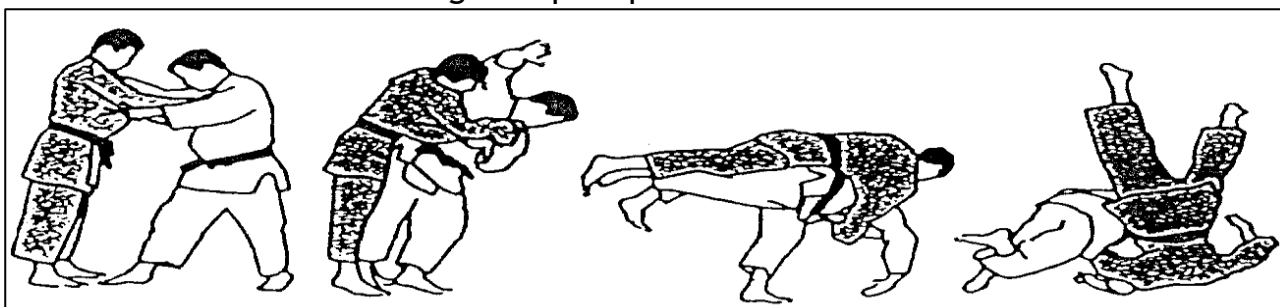
Van 2de Kyu naar 1ste Kyu

Van Blauw naar Bruin



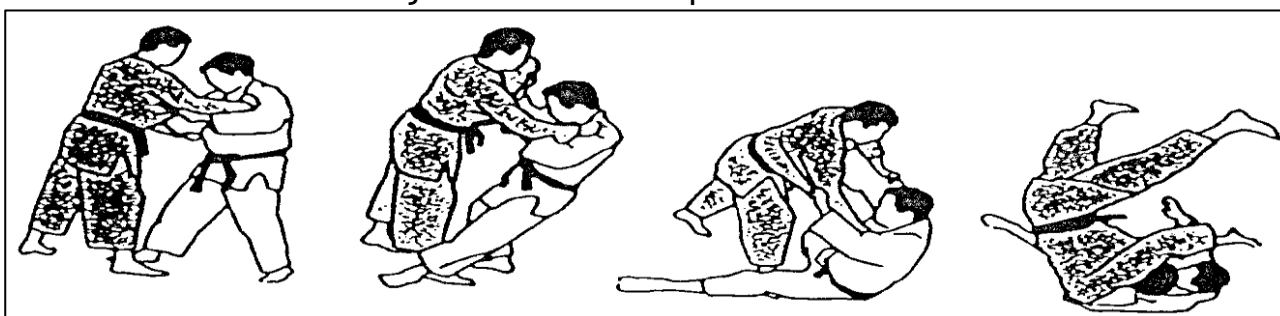
Hane maki komi

Vleugelheupworp met voorwaartse rol



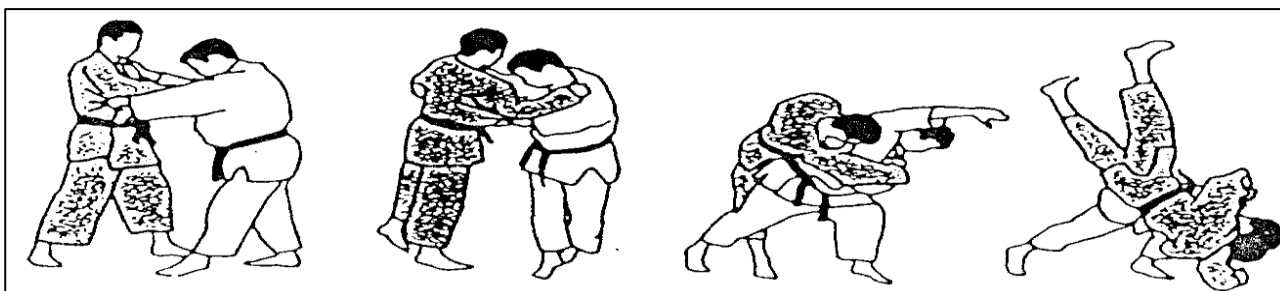
Yoko Otoshi

Zijwaartse offerworp



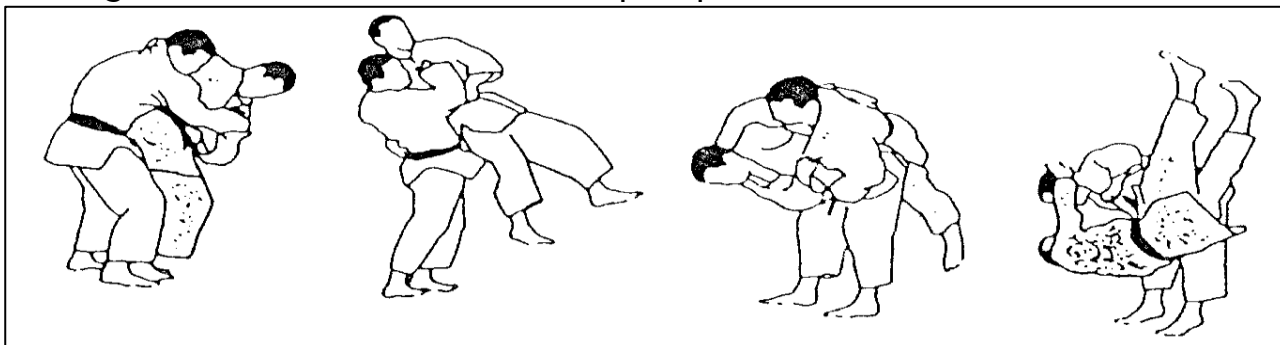
Soto maki komi

Buitenwaartse rol



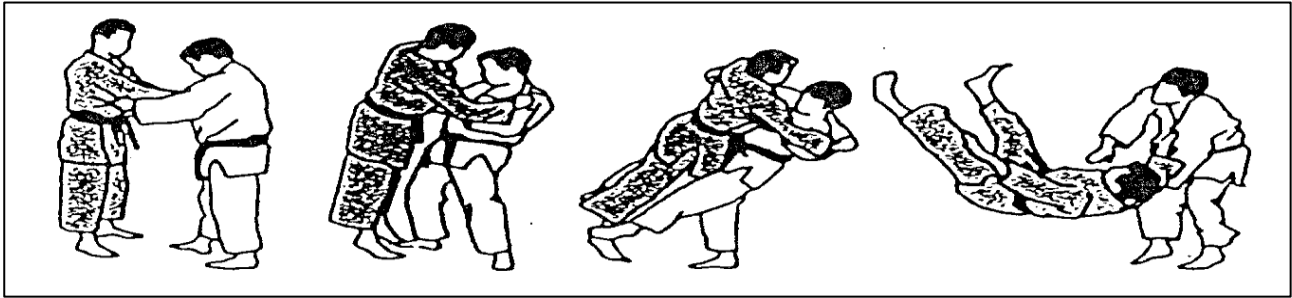
Utsuri goshi

Wisselende heupworp

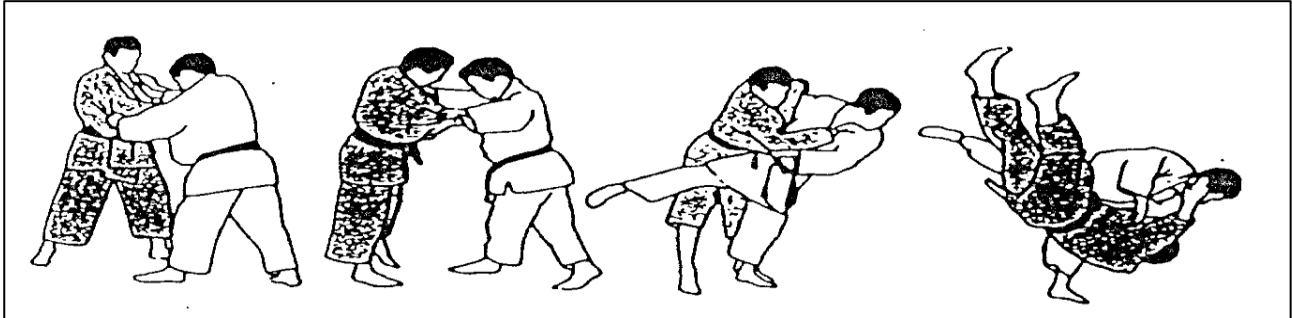




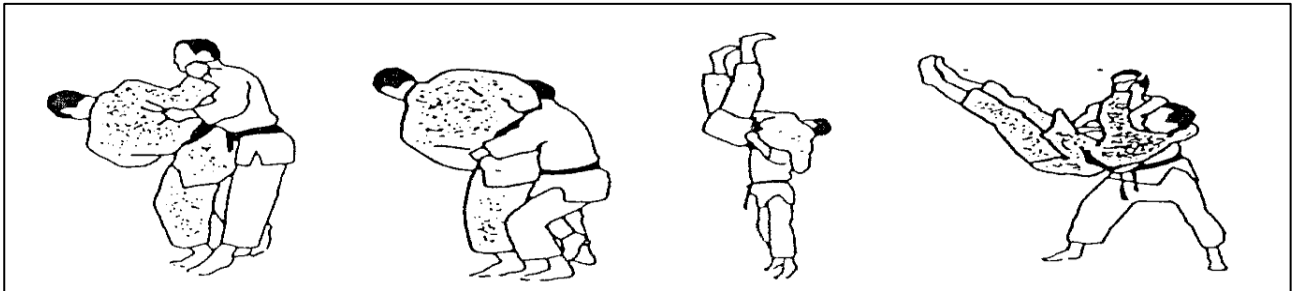
Harai tsuru komi ashi De achteruitgaande voet vegen



O guruma Groot rad



Ushiro goshi Achterwaartse heupovername



Te guruma Rad met de handen



Ne waza:

5 omkanteltechnieken (Eigen keuze)

Alle houdgrepen + 2 kuzurie (variatie) + migi - hidari



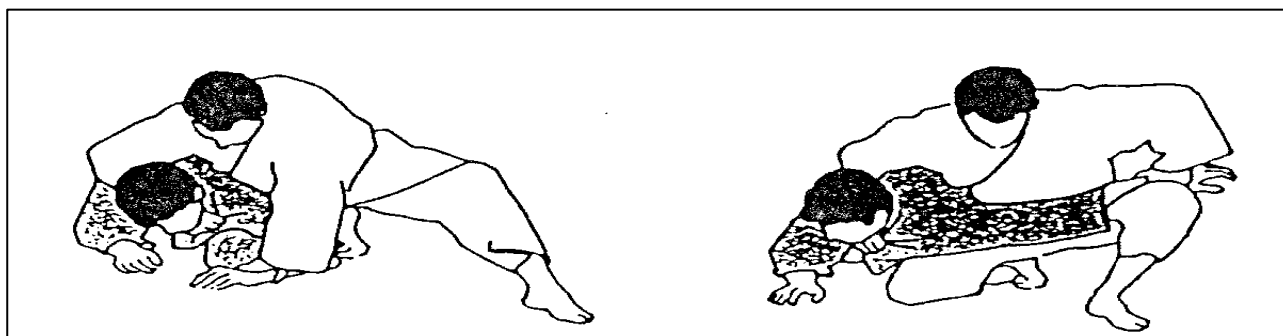
Kansetsu Waza: Armklemmen

Armklemmen + 1 kuzure

- Ude garami
- Ude gatame
- Juji gatame
- Hiza gatame

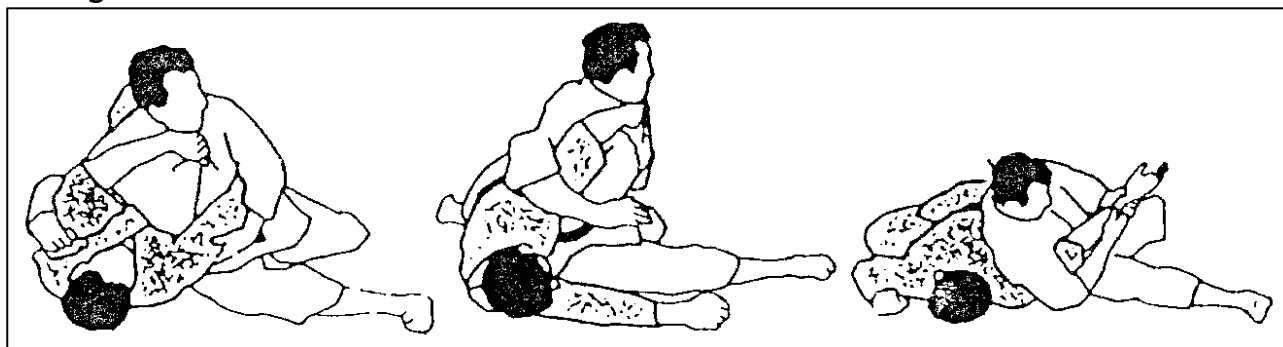
Hara Gatame

Overstrekken van de arm d.m.v. de buik



Waki gatame

Overstrekken van de arm d.m.v. het oksel



Shime Waza: Wurgingen

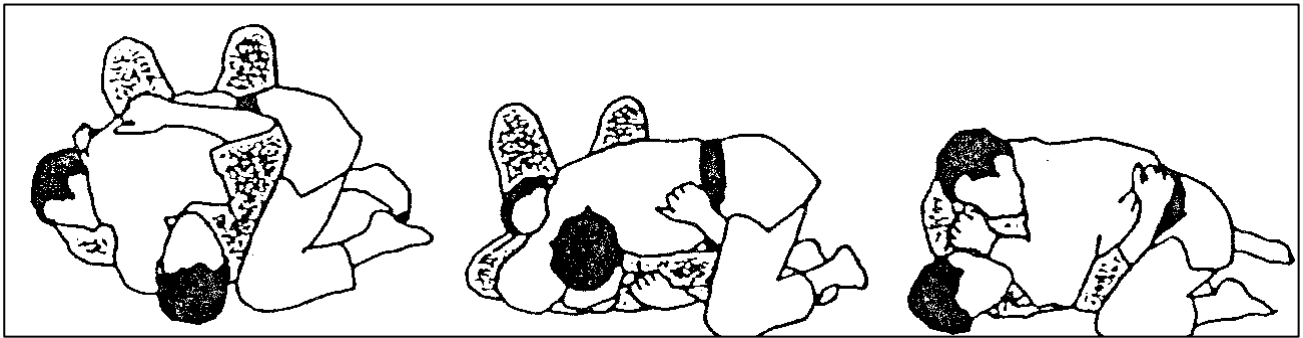
Wurgingen + 1 kuzure

- Hadaka jime
- Kataha jime
- Okuri jime
- Nami juji jime
- Gyaku juji jime
- Kata juji jime



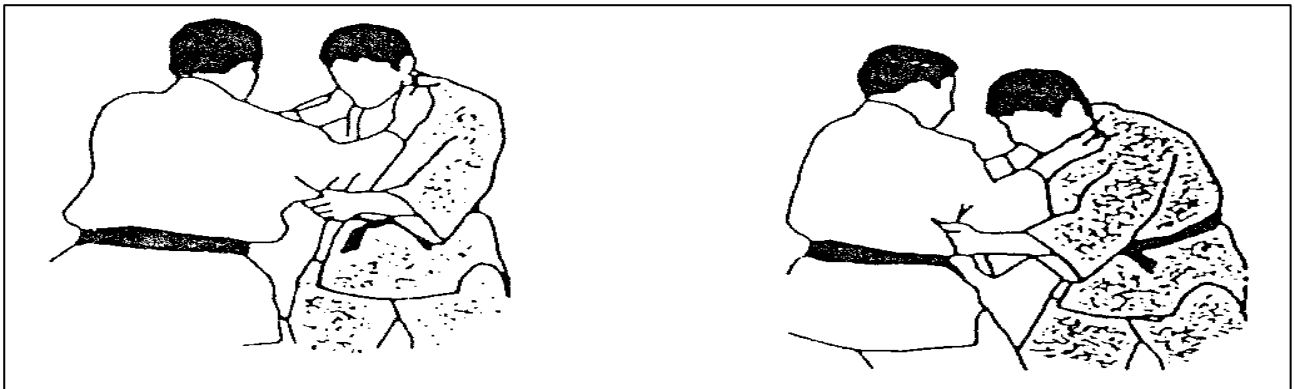
Katate jime

Wurgen met 1 hand



Morote jime

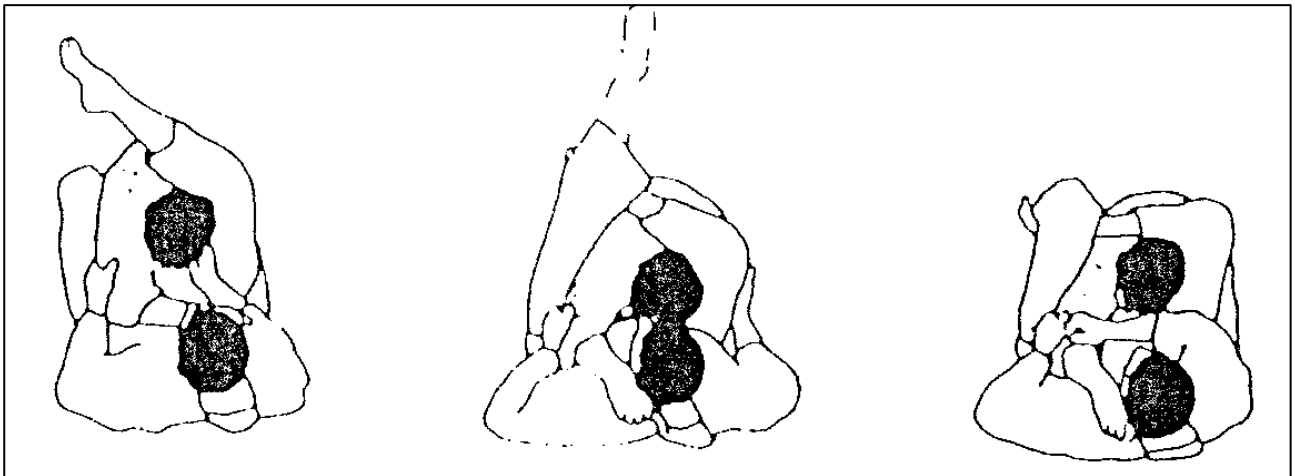
Wurgen met beide handen niet gekruist



Ashi gatame jime

Wurgen met beencontrole

Sankaku jime



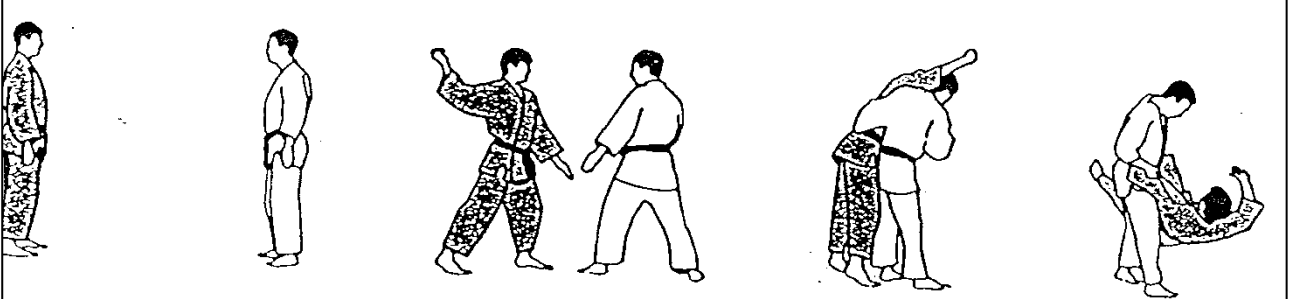
Nage no Kata



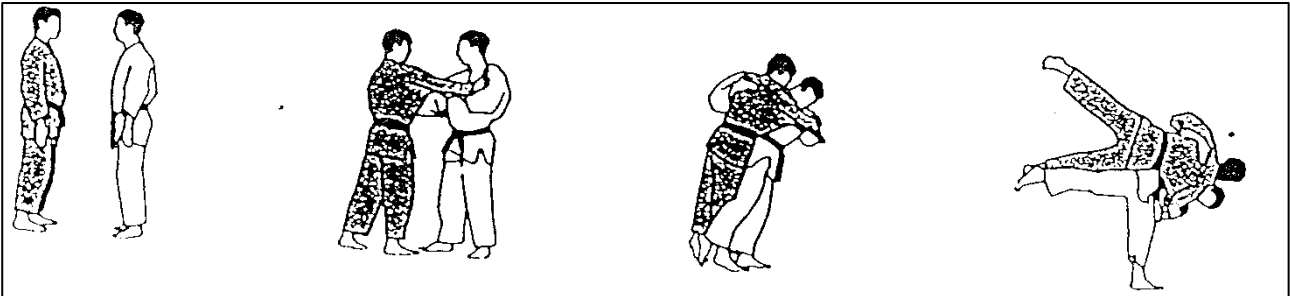
Te waza

+ Koshi Waza

Uki goshi



Harai goshi



Tsuri komi goshi

