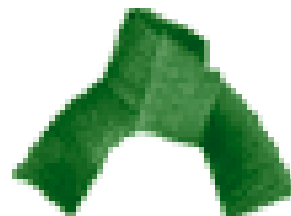


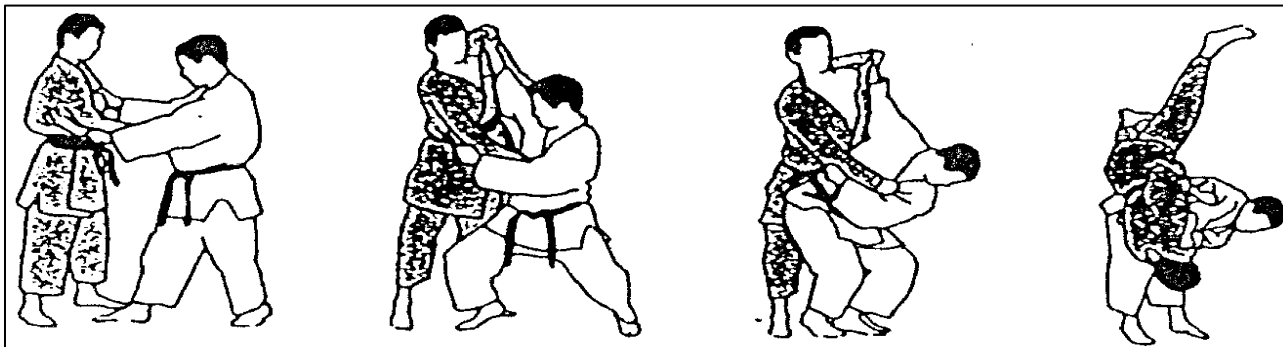
Van 4de Kyu naar 3de Kyu

Van oranje naar Groen



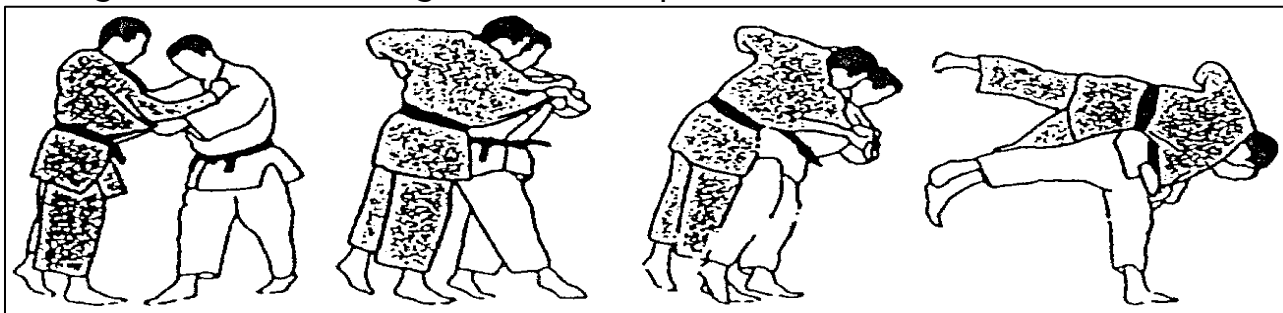
Tsuri komi goshi

Opheffen tegen de heup



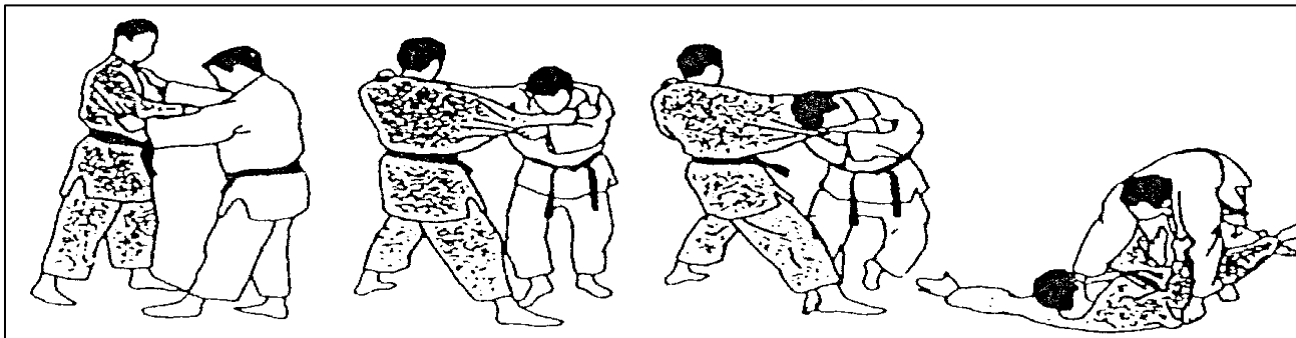
Harai goshi

Vegen met de heup



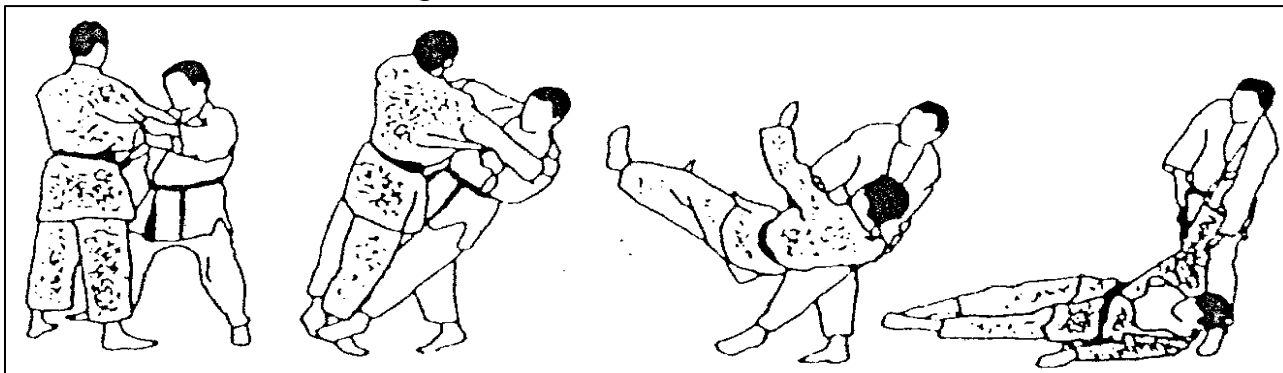
Ko uchi gari

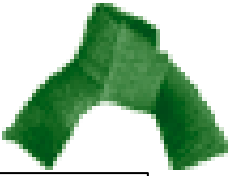
Kleine binnenwaartse maaiworp



Okuri ashi harai

Vegen van beide voeten





O soto guruma

Groot buitenwaarts rad



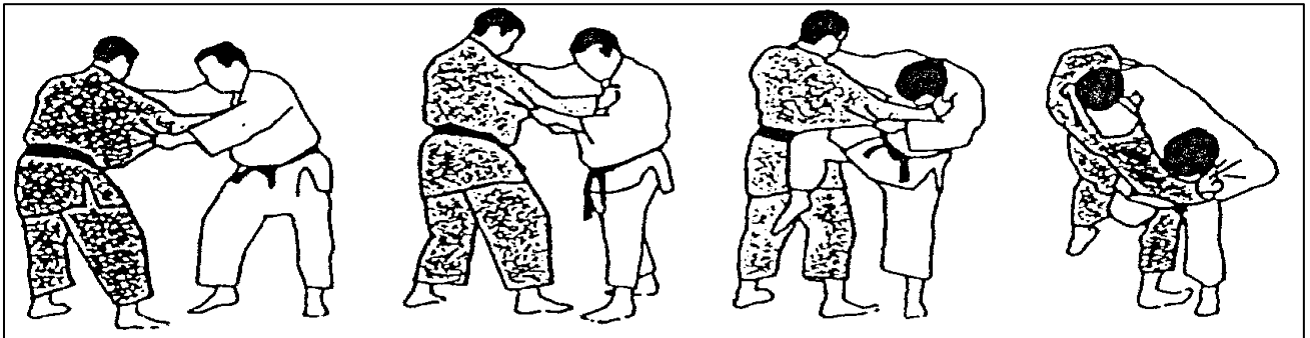
Koshi guruma

Heuprad



O soto otoshi

Grote buitenwaartse omkanteling



Ne Waza:

2 omkanteltechnieken (naar keuze)

Houdgrepen + Kuzuri (Variatie)

1. Hongesa gatame
2. Kata gatame
3. Kami shiho gatame
4. Tate shiho gatame