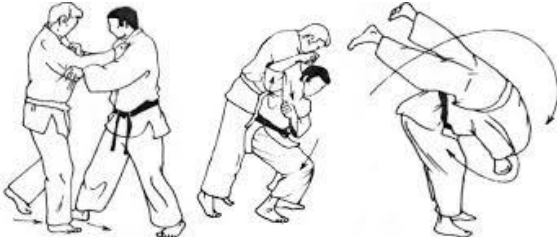
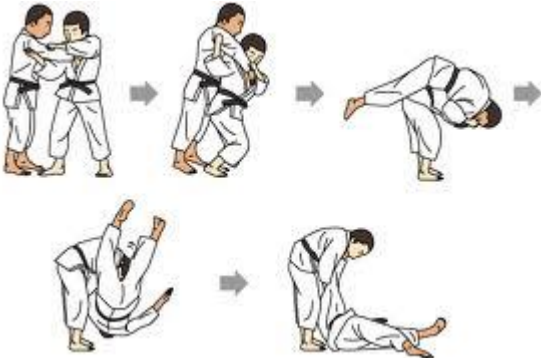


Pas biało-żółty (5,5kyu)

Ippon seoi nage



Ippon-Seoi-Nage



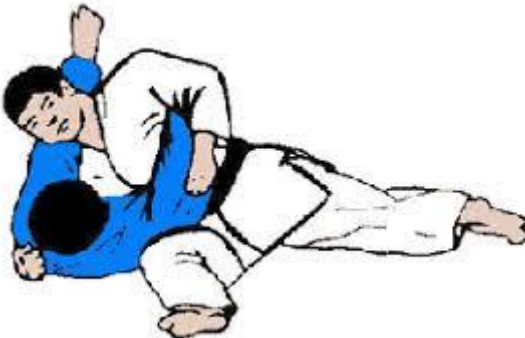
Morote sei nage



Ouchi gari



Kuzure kesa gatame



Kami shiho gatame



Mune gatame

