

Pas zielony (3 kyu)

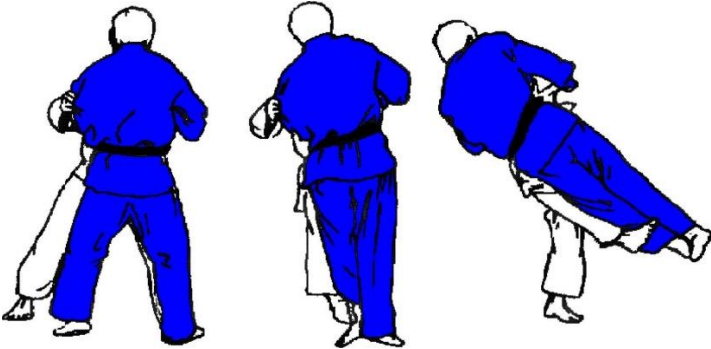
Hiza-guruma



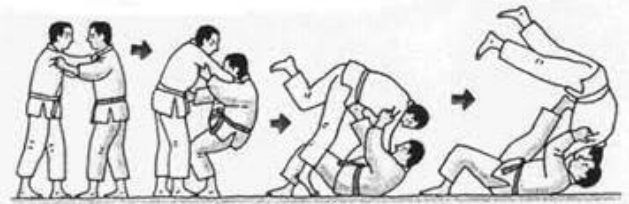
Kosoto-gari



Okuri-ashi-harai (Okuri-ashi-barai)



Tomoe-nage



Tomoe-Nage



Ura-nage



Ryo-te-jime

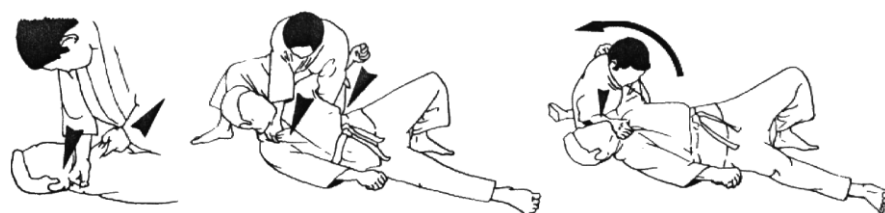


Kata-te-jime (różne wersje)

1.



2.



Kataha-jime



Sankaku-jime

