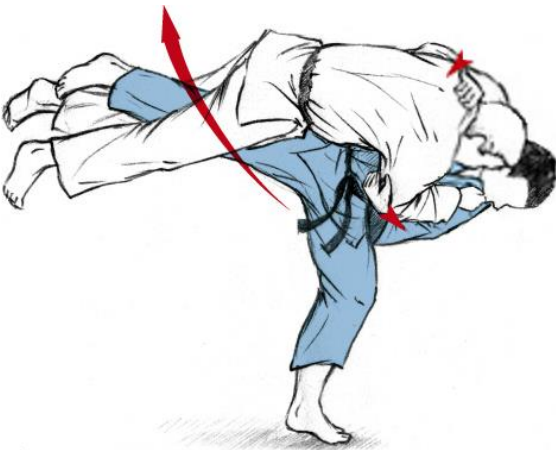


# Pas pomarańczowy (4 kyu)

## Uchi-mata



## Ippon seoi nage (z kolan)

\*może być wykonywany z jednego lub dwóch kolan



## Morote seoi nage (z kolan)

\*może być wykonywany z jednego lub dwóch kolan



## Sode-tsurikomi-goshi



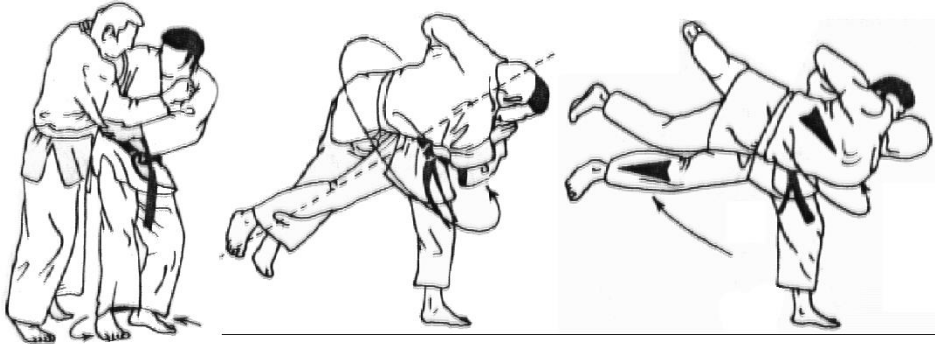
I wariant (uchwyt za dwa rękawy)



II wariant (uchwyt za rękaw i kołnierz)



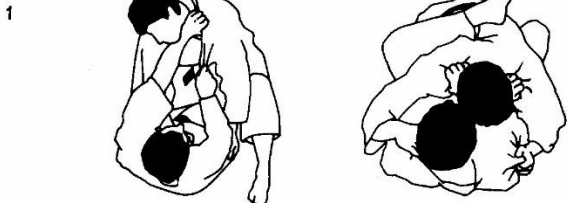
# Harai goshi



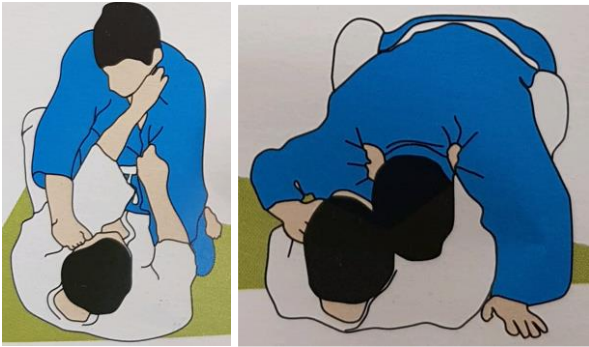
# Nami-juji-jime



Varieties



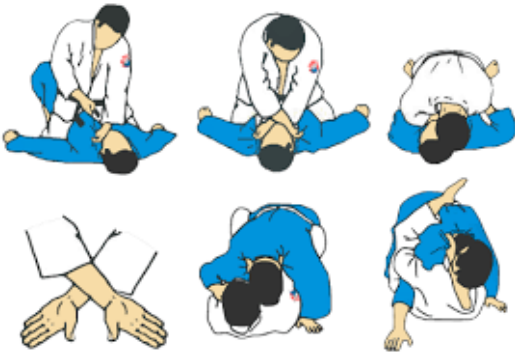
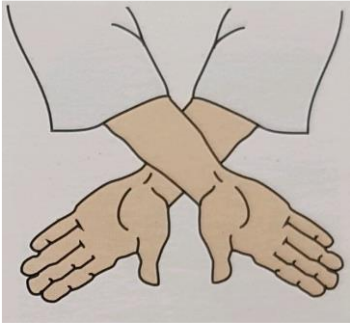
z pleców:



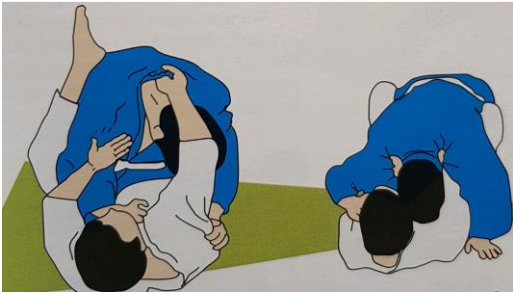
z góry:



# Gyaku-juji-jime



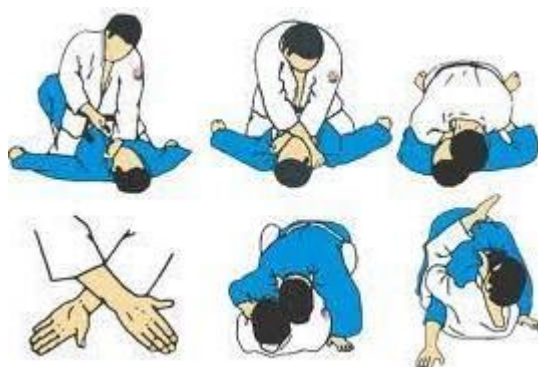
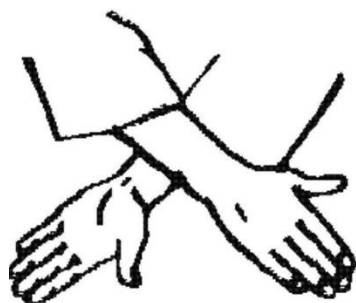
z pleców:



z góry:



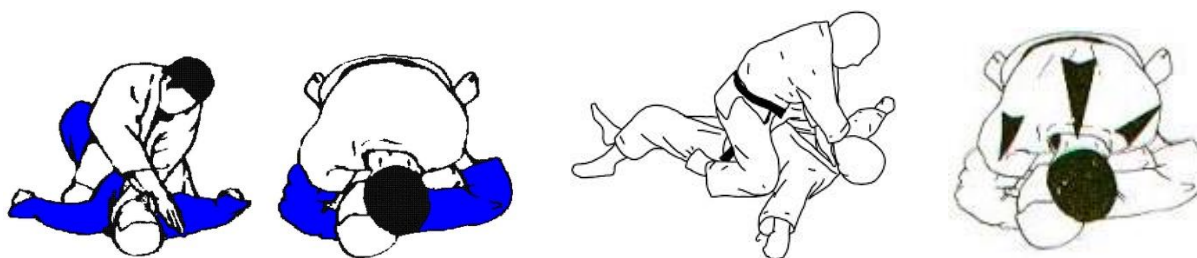
# Kata-juji-jime



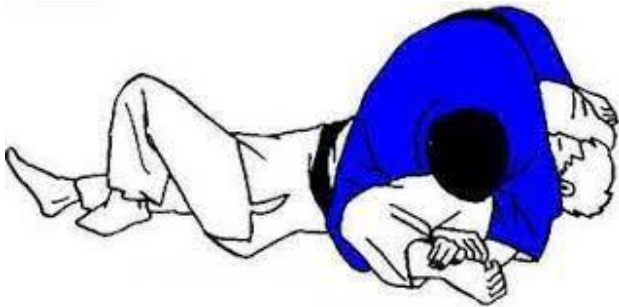
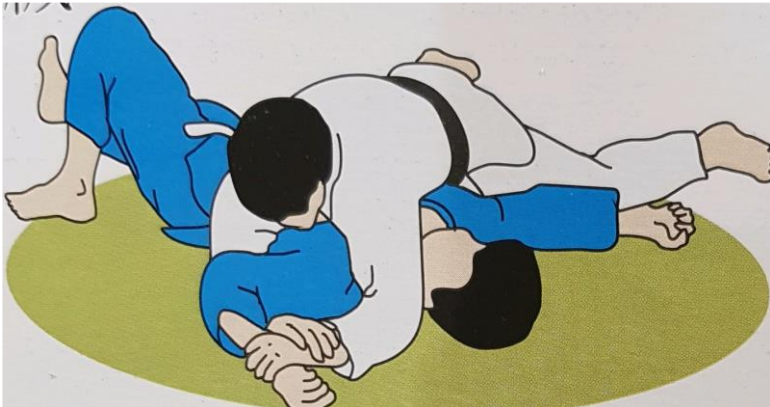
z pleców:



z góry:

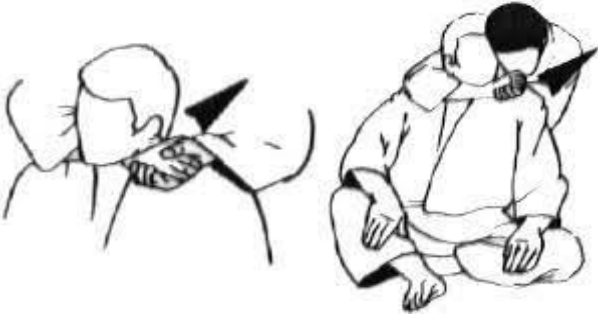


# Ude-garami





# Hadaka-jime



# Ude-hishigi-juji-gatame

