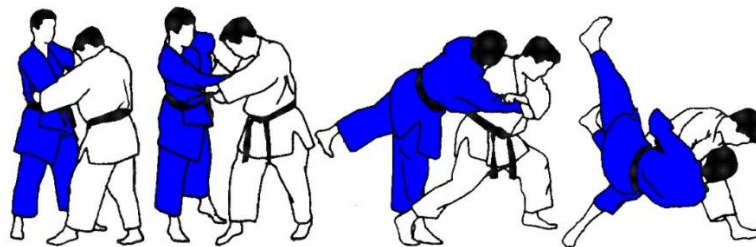
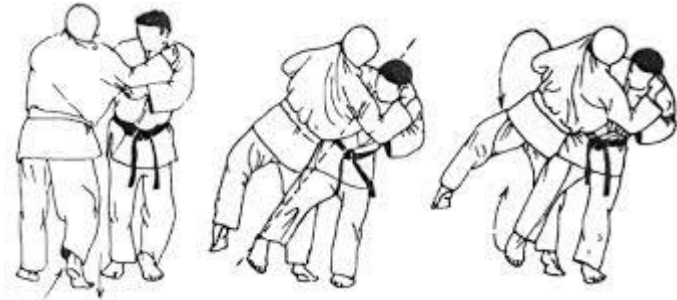


Pas żółty (5kyu)

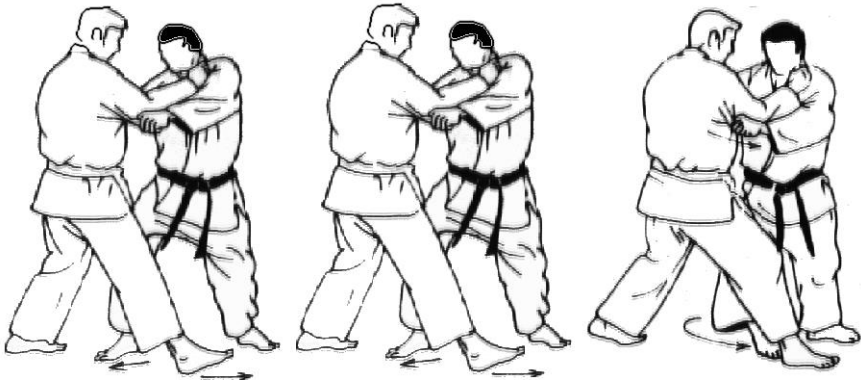
Tai otoshi



Osoto gari



Kouchi-gari

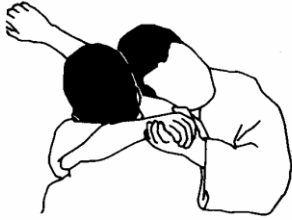


Kata gatame



KATA-GATAME

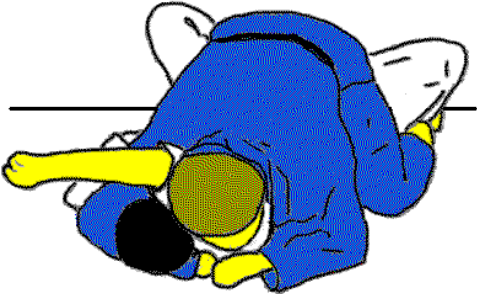
Detail



Variate



Tate shiho gatame



Kuzure mune gatame



Kuzure yoko shiho gatame

