

# Pas biały – 6 kyu

## Trzymanie i rzuty

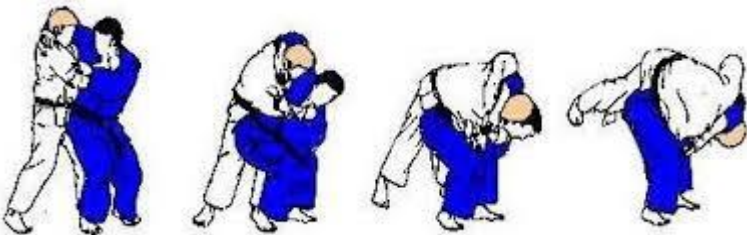
### Yoko Shiho Gatame



### Hon Kesa Gatame



Koshi Guruma



O-Goshi



## De Ashi Barai

