

Exameneisen groene band



de-ashi-barai



hiza-guruma



uki-goshi



o-soto-gari



o-goshi



o-uchi-gari



ko-uchi-gari



o-uchi-barai



ko-uchi-barai



ippon-seoi-nage



morote-seoi-nage



goshi-guruma



sasae-tsuri-komi-ashi



tsuri-goshi



okuri-ashi-barai

houdgrepen



kesa-gatame
kuzure-kesa-gatame



yoko-shio-gatame
kuzure-yoko-shio-gatame



tate-shio-gatame



kami-shio-gatame

Omstrengelingen +12



Kata-juji-jime



nami-juji-jime



gyaku-juji-jime



hadaka-jime



okuri-eri-jime



kata-ha-jime

Armklemmen +12



ude-garami



juji-gatame



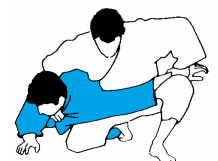
ude-gatame



hiza-gatame



waki-gatame



hara-gatame