

Exameneisen blauwe band, bruine slip



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



tsuri-komi-goshi



tai-otoshi



harai-goshi



uchi-mata



tomoe-nage



sumi-gaeshi

houdgrepen



kesa-gatame



yoko-shio-gatame



tate-shio-gatame



kami-shio-gatame

kuzure-kesa-gatame

kuzure-yoko-shio-gatame

kuzure-tate-shio-gatame

kuzure-kami-shio-gatame

Omstrengelingen +12



Kata-juji-jime



nami-juji-jime



gyaku-juji-jime



hadaka-jime



okuri-eri-jime



kata-ha-jime

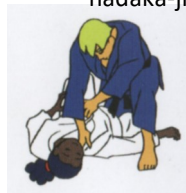
Armklemmen +12



kata-te-jime



morote-jime



tsu-komi-jime



ude-garami



juji-gatame



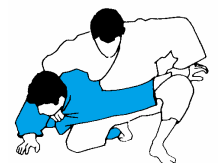
ude-gatame



hiza-gatame



waki-gatame



hara-gatame