

# Exameneisen oranje band, groene slip



de-ashi-barai



hiza-guruma



uki-goshi



o-soto-gari



o-goshi



o-uchi-gari



ko-uchi-gari



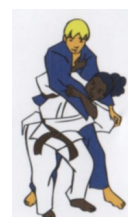
o-uchi-barai



ko-uchi-barai



ippon-seoi-nage



morote-seoi-nage



goshi-guruma



sasae-tsuri-komi-ashi

## houdgrepen



kesa-gatame

kuzure-kesa-gatame



yoko-shio-gatame

kuzure-yoko-shio-gatame



tate-shio-gatame

## Omstrengelingen +12



Kata-juji-jime



nami-juji-jime



gyaku-juji-jime



hadaka-jime



okuri-eri-jime

## Armklemmen +12



ude-garami



juji-gatame



ude-gatame



hiza-gatame



waki-gatame