

Naam

Gordel

GEEL

Leerstof GEEL - ORANJE



Houdgrepen

Worpen



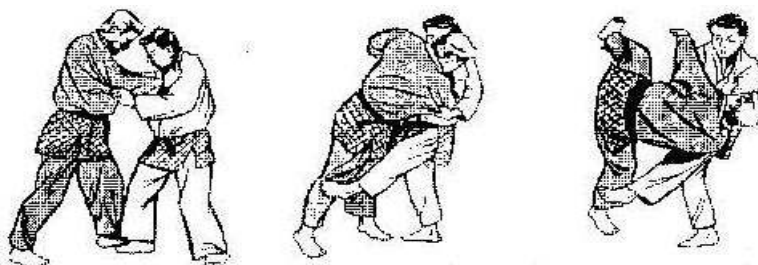
1. Makura Kesa Gatame



1. O Goshi



2. Kata Gatame



2. Hiza Guruma



3. Kuzure Kami Shiho Gatame



3. Ippon Seoi Nage



4. Ushiro Gatame



4. Morete Seoi Nage

Valbreken

1. Zempo Kaitem
2. Yoko Ukemi
3. Ushiro Ukemi
4. Mae Ukemi



4. Ko Uchi Gari