

**Naam**

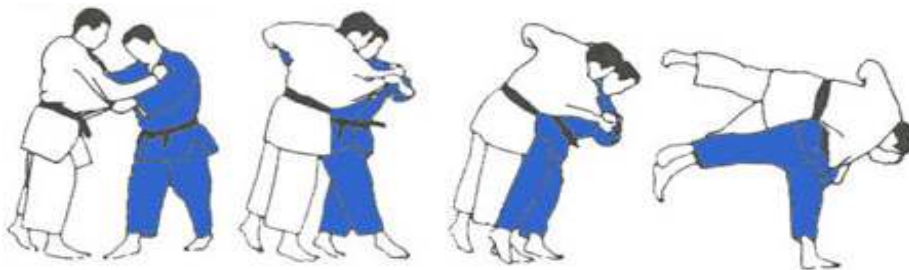
**Gordel**

**GROEN**



**Leerstof ORANJE - GROEN**

**Worpen**



**1. Harai Goshi**



**2. Tsurikomi Goshi**



**3. Sasae Tsurikomi Ashi**



**4. Ko Soto Gari**

**Valbreken**

- 1. Zempo Kaitem (Voorwaards)**
- 2. Yoko Ukemi (zijwaards)**
- 3. Ushiro Ukemi (achterwaards)**
- 4. Mae Ukemi (plankval)**