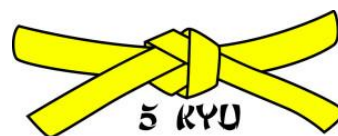


5 KYU – pas żółty

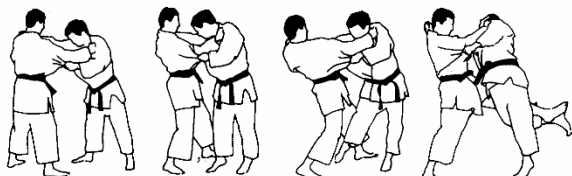


Wszystkie elementy teoretyczne oraz praktyczne z 6kyu oraz:

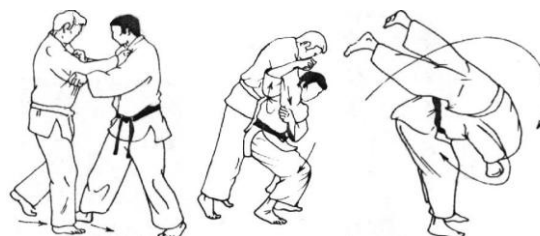
NAGE WAZA	NE WAZA
<u>1. O UCHI GARI</u> <u>2. IPPON SEOI NAGE</u> <u>3. O SOTO GARI</u> 4. DE ASHI HARAI 5. TANI OTOSHI 6. KO UCHI GARI	<u>1. KUZURE KESA GATAME</u> <u>2. KUZURE KAMI SHIHO GATAME</u> <u>3. KUZURE YOKO SHIHO GATAME</u> 4. MUNE GATAME 5. KATA GATAME 6. HADAKA JIME

1. OUCHI GARI

O-UCHI-GARI



2. IPPON SEOI NAGE



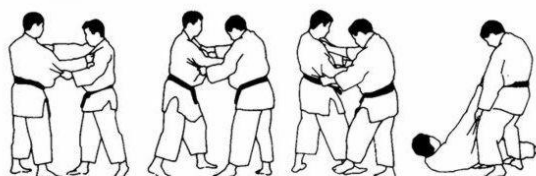
3. KOUCHI GARI

Ko-Uchi-Gari



4. DE ASHI HARAI

De Ashi Harai



5. TANI OTOSHI

Tani-Otoshi

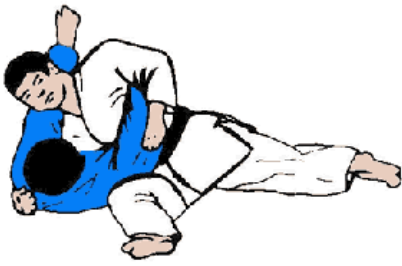


6. OSO TO GARI

O-SOTO-GARI



1. KUZURE KESA GATAME



2. KUZURE KAMI SHIHO GATAME



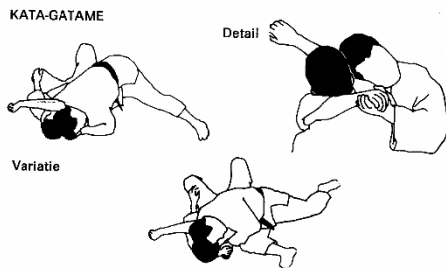
3. KUZURE YOKO SHIHO GATAME



4. MUNE GATAME



5. KATA GATAME



6. HADAKA JIME

