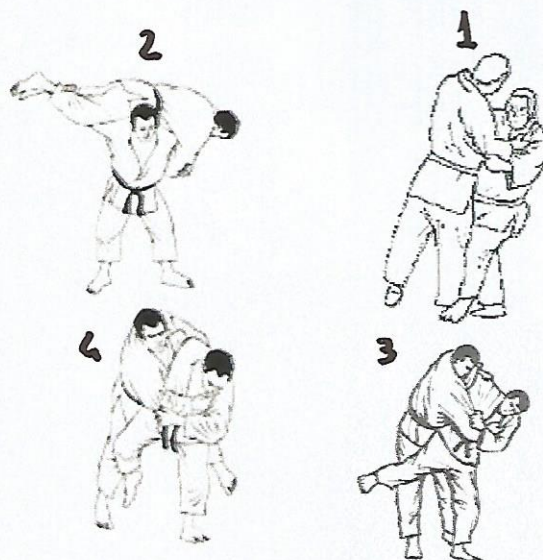


Cintura blu II kyu



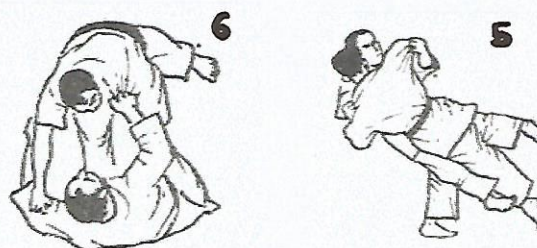
Nage waza

- Ko soto gake (1)
- Kata guruma (2)
- Ashi guruma (3)
- Hane goshi (4)
- Harai tsurikomi ashi (5)
- Tomoe nage (6)



Katame waza

- Okuri eri jime (7)
- Kata ha jime (8)
- Ude hishigi hiza gatame (9)



Altro

- Renraku/gaeshi nage waza (10)
- Nage no Kata: I, II e III gruppo (11)
- Strategia del combattimento: sen, sen no sen, go no sen



TAIOTOSHI + OUCHI-GARI

10



DEASHI-BARAI + OSOTO-GARI

10



OUCHI-GARI + OUCHI-GARI GAESHI

10 a

