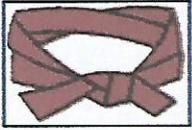


Cintura marrone I kyu



Nage waza

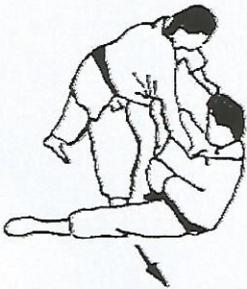
- Yoko otoshi
- Hane makikomi
- Utsuri goshi
- O guruma
- Soto makikomi
- Ushiro goshi

Katame waza

- Combinazioni e concatenamenti

Altro

- Nage no Kata: IV e V gruppo e metodo di insegnamento.
- Conoscenza del regolamento tecnico per le competizioni



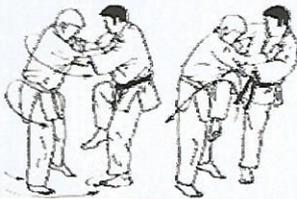
Yoko otoshi



Hane makikomi



Utsuri goshi



O guruma



Soto makikomi



Ushiro goshi