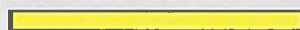
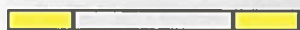


Beenworpen Ashi-Waza**Slip****Band****KYU****1e beenworp:**

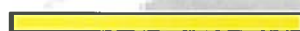
o-soto-gari



5e

2e beenworp:

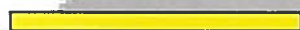
de-ashi-barai



5e

3e beenworp:

hiza-guruma



5e

4e beenworp:

ko-soto-gake



4e

5e beenworp:

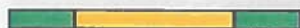
o-uchi-gari



4e

Beenworpen Ashi-Waza**Slip****Band****KYU****6e beenworp:**

ko-uchi-gari



3e

7e beenworp:

okuri-ashi-barai



3e

8e beenworp:

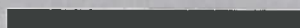
o-soto-guruma



2e

9e beenworp:

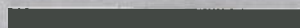
o-soto-otoshi



1e

10e beenworp:

ko-soto-gari



1e

11e beenworp:

sasae-tsuru-komi-ashi



1e

12e beenworp:

harai-tsuru-komi-ashi

1^e DAN**13e beenworp:**

soto-gake

1^e DAN**14e beenworp:**

ko-uchi-maki-komi

1^e DAN**15e beenworp:**

ashi-guruma

1^e DAN

Armworpen Te-Waza

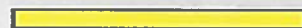
Slip

Band

KYU

1e armworp:

tai-otoshi



5e

2e armworp:

uki-otoshi



4e

3e armworp:

hiji-otoshi



3e

4e armworp:

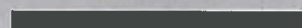
sukui-nage



2e

5e armworp:

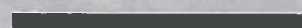
mochiage-otoshi



1e

6e armworp:

sumi-otoshi



1^e DAN

7e armworp:

obi-otoshi



1^e DAN

8e armworp :

kata-ashi-dori



1^e DAN

9e armworp:

ryo-ashi-dori



1^e DAN

Schouderworpen Kata-Waza

Slip

Band

KYU

1e schouderworp:

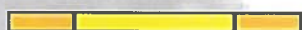
ippon-seoi-nage



5e

2e schouderworp:

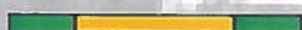
morote seoi-nage



4e

3e schouderworp:

kata-guruma



3e

4e schouderworp:

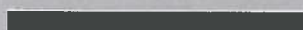
seoi-otoshi



2e

5e schouderworp :

hidari Seoi Nage



1e

6e schouderworp:

seoi-age



1^e DAN

Heupworpen Koshi-Waza

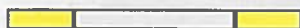
Slip

Band

KYU

1e heupworp:

uki-goshi



6e

2e heupworp:

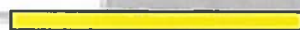
kubi-nage



6e

3e heupworp:

tsuri-goshi



5e

4e heupworp:

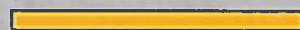
koshi-guruma



5e

5e heupworp:

harai-goshi



4e

Heupworpen Koshi-Waza

Slip

Band

KYU

6e heupworp :

hane-goshi



4e

7e heupworp:

ushiro-goshi



3e

8e heupworp :

tsuri-komi-goshi



3e

9e heupworp:

utsuri-goshi



2e

10e heupworp :

uchi-mata



2e

11e heupworp:

o-goshi

1e



12e heupworp:

ko-tsuri-goshi

1^e DAN



13e heupworp:

o-guruma

1^e DAN



14e heupworp:

yama-arashi

1^e DAN



15e heupworp:

obi-goshi

1^e DAN



1^e houdgreep: (leunstoel)

kesa gatame



6e

**2^e houdgreep:**

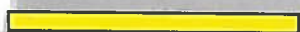
kata gatame



6e

**3^e houdgreep:** (donkere kamer)

kami shiho gatame



5e

**4^e houdgreep:**

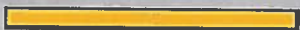
kuzure kami shiho gatame



5e

**5^e houdgreep:** (omgedraaide 1^e)

gyaku kesa gatame



4e



Osaewaza**Slip****Band****KYU**

6e houdgreep: (T-tje)
yoko shiho gatame



4e



7e houdgreep: (borsthoudgreep)
mune gatame



3e



8e houdgreep: (Rodeo)
tate shiho gatame



3e



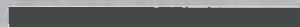
9e houdgreep:
kuzure kesa gatame



2e



10e houdgreep: (schoudertje drukken)
kata-osae-gatame



1e



Keer & kanteltechnieken	Passerftechnieken	Bevrijdingen	Overnames	Combinaties
	3	1	1	1
	4	1	1	2
	5	2	2	3
	6	2	2	4
	7	3	3	5
	8	3	3	6
	9	4	4	7
	10	4	4	8
	12	5	5	9
	15	5	5	10