



UKEMI



ushiro-ukemi



yoko-ukemi



mae-mawari-ukemi



NAGE-WAZA



hiza-guruma



ko-soto-gari



de-ashi-harai



o-goshi



uki-goshi



o-uchi-gari



KATAME-WAZA



tate-shiho-gatame



kami-shiho-gatame



kesa-gatame



kata-gatame

kesa-gatame + 2 úniky



mune-gatame



yoko-shiho-gatame



ushiro-kesa-gatame

ushiro-kesa-gatame + únik

KOLEČKO DRŽENÍ

kesa-gatame → kata-gatame → tate-shiho-gatame → mune-gatame → yoko-shiho-gatame → kami-shiho-gatame

