

UKEMI



ushiro-ukemi



yoko-ukemi



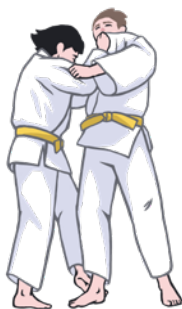
mae-mawari-ukemi



NAGE-WAZA



hiza-guruma



ko-soto-gari



de-ashi-harai



o-goshi



KATAME-WAZA



kesa-gatame



kata-gatame



tate-shiho-gatame



mune-gatame



yoko-shiho-gatame



kami-shiho-gatame

KOLEČKO DRŽENÍ

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

