

# Wymagania na 4 kyu Pas pomarańczowy

## Nage WAZA

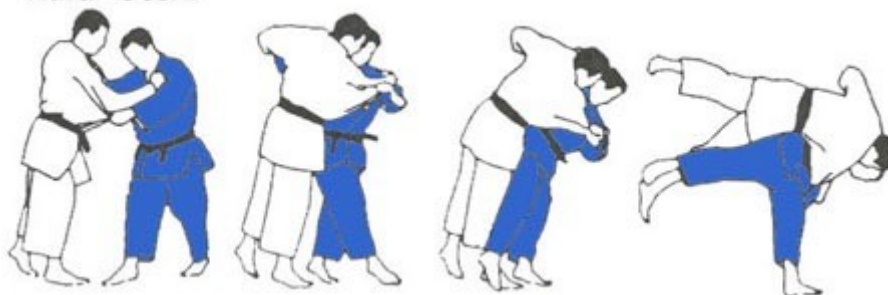
Tomoe-Nage



Ko-Soto-Gake



Harai-Goshi



Uchi-Mata



# Katama Waza

## Hadaka Jime



## Ude Garami

### Ude Garami



## Ude Hishigi Juji Gatame

### Ude Hishigi Juji Gatame



## Okuri Eri Jime

