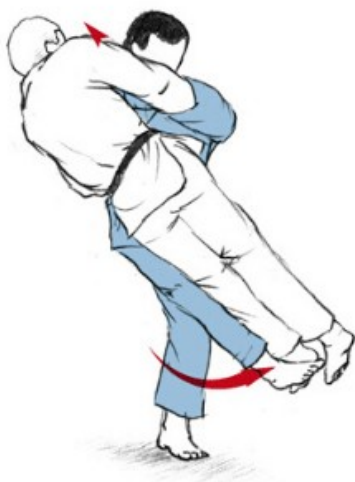


Wymagania na 4,5 kyu
Pas żółto pomarańczowy
Nage WAZA

Tsuri Goshi



Okuri Ashi Harai



Ippon Seoi Nage

Ippon-Seoi-Nage



Hiza Guruma



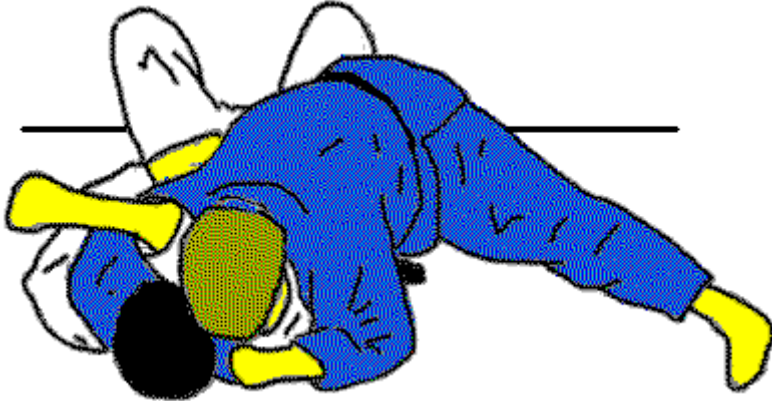
O Goshi

O-Goshi



Katame WAZA

Kata Gatame



Mune Gatame

