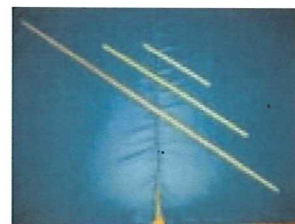




Bo Kihon



Kamae Waza



Chudan Kamae



Gedan Kamae



Jodan Kamae



Waki Kamae



Hasso Kamae



Chudan Kamae

Uke Waza



Chudan Kamae



Soto Uke



Uchi Uke



Sukai Uke



Voorbereiding Gedan



Gedan Uke



Voorbereiding Harai Uke



Harai Uke



Chudan Kamae

Seme Waza



Nuki Tsuki



Maede Tsuki



Gedan Tsuki



Jodan Uchi



Furiage Uchi



Yoko Uchi (rechts)



Ura uchi



Waki Kamae



Naore