



6/5. KYU BÍLO – ŽLUTÝ PÁS

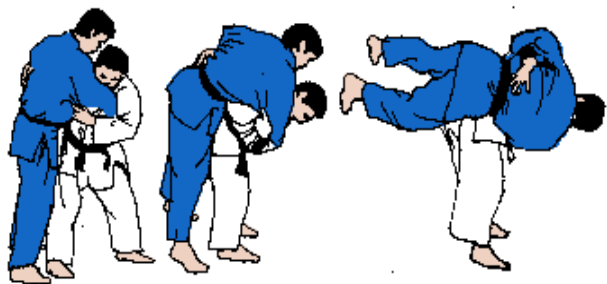


NAGE WAZA

KATAME WAZA

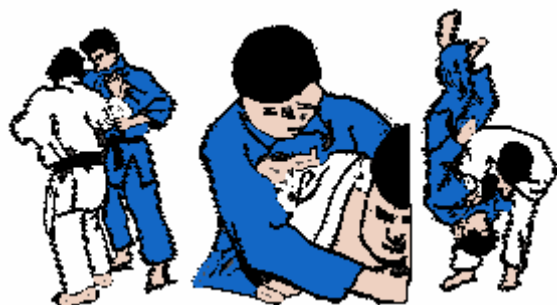
O GOŠI

KESA GATAME



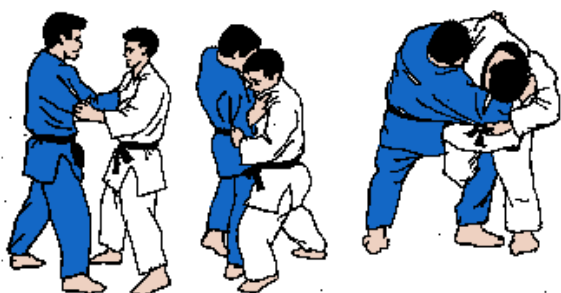
SEOI NAGE MOROTE

KUZURE KESA GATAME

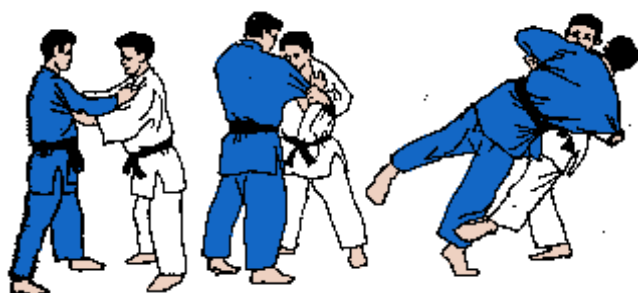


O SOTO GARI

JOKOŠIHO GATAME



SASAE CURI KOMI AŠI





5. KYU ŽLUTÝ PÁS



NAGE WAZA

UKI GOŠI

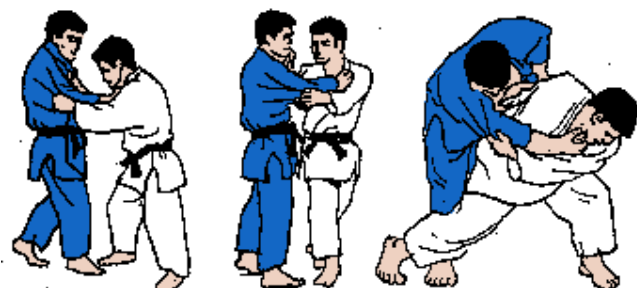


KATAME WAZA

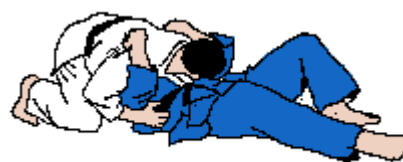
TATEŠIHO GATAME



TAI OTOŠI



KAMIŠIHO GATAME



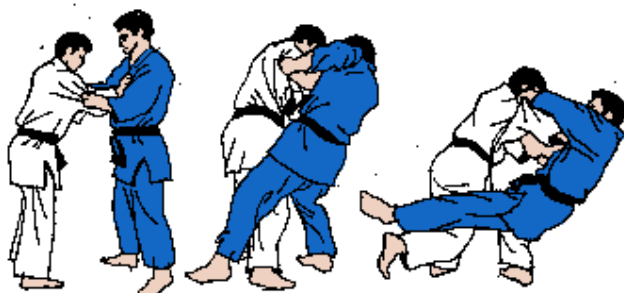
HIZA GURUMA



KATA GATAME



O UČI GARI





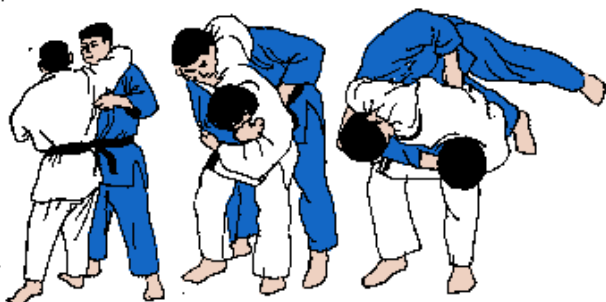
5/4. KYU

ŽLUTO - ORANŽOVÝ PÁS



NAGE WAZA

GOŠI GURUMA



KATAME WAZA

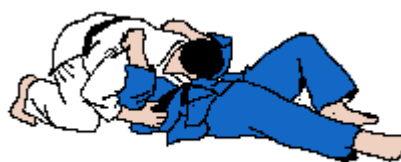
KUZURE JOKOŠIHO GATAME



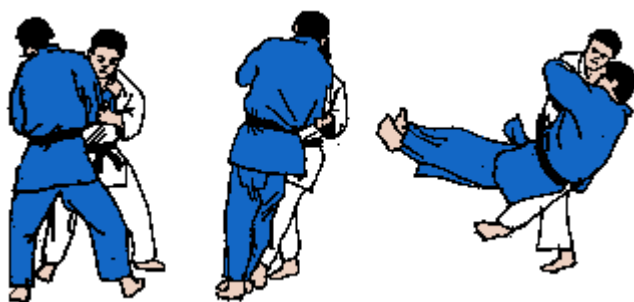
SEOI NAGE IPON



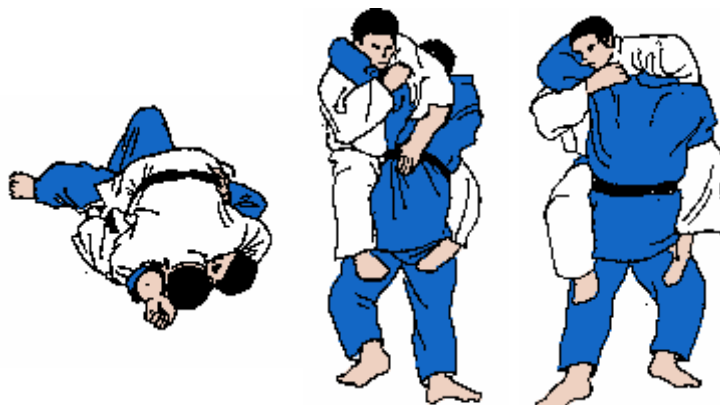
KUZURE KAMIŠIHO GATAME



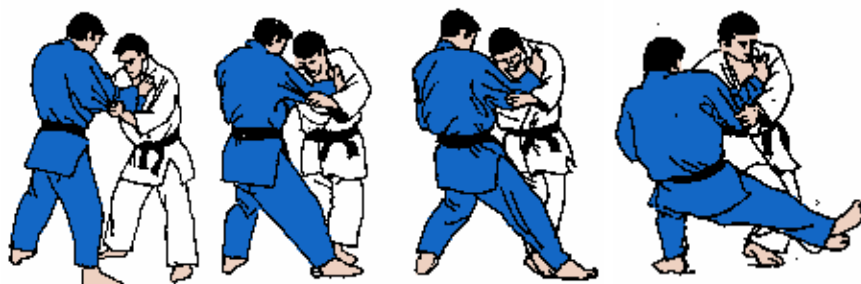
OKURI AŠI HARAI



KUZURE TATEŠIHO GATAME



KO UČI GARI



(pohled ze spodu)



4. KYU ORANŽOVÝ PÁS

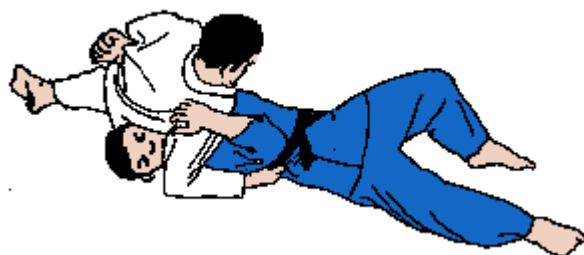
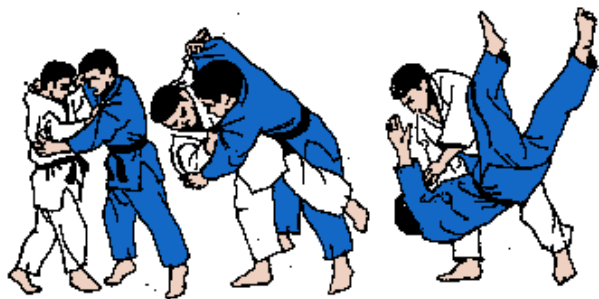


NAGE WAZA

KATAME WAZA

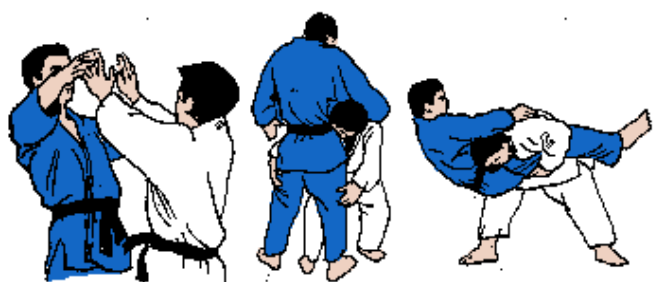
HARAI GOŠI

UŠIRO KESA GATAME



MOROTE GARI

SANKAKU GATAME



DE AŠI HARAI

UKI GATAME



KO SOTO GARI



UŠIRO JOKOŠIHO GATAME



4/3. KYU

ORANŽOVO - ZELENÝ PÁS



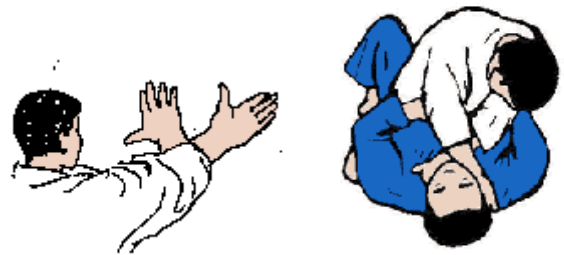
NAGE WAZA

CURI KOMI GOŠI

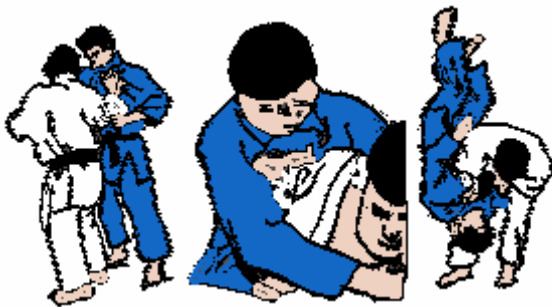


KATAME WAZA

KATA ŽUŽI ŽIME



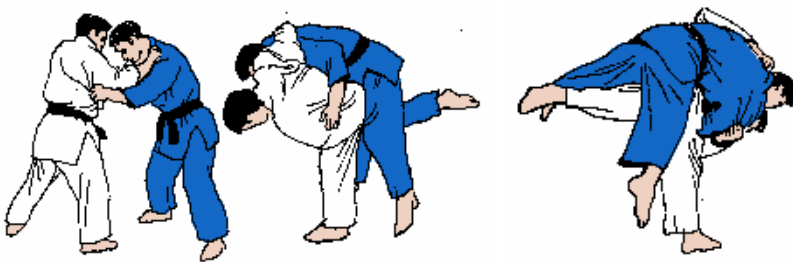
SEOI NAGE ERI



HADAKA ŽIME



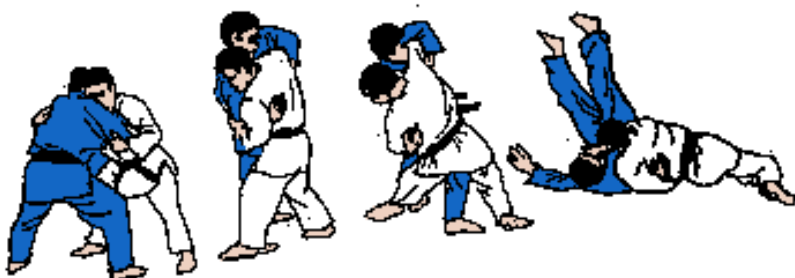
UČI MATA



UDE HIŠIGI ŽUŽI GATAME



TANI OTOŠI



UDE GARAMI

