

Wymagania techniczne na stopień 5 kyu (żółty pas):

Nage waza (YOKU SOKU GEIKO, czyli „rzuty z ruchu” na obydwie strony):

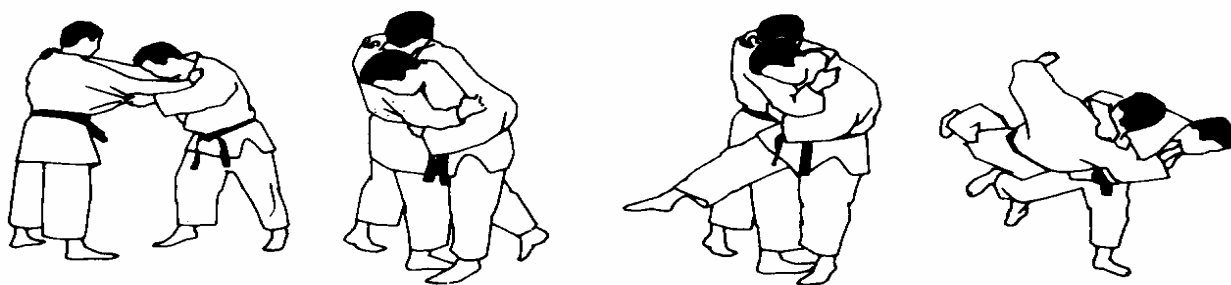
1. O – SOTO - GARI
2. KO – SOTO - GARI
3. O – UCHI - GARI
4. KO – UCHI - GARI
5. DE – ASHI – HARAI
6. O - GOSHI

Katame waza (wraz z wyjściami i przejściami):

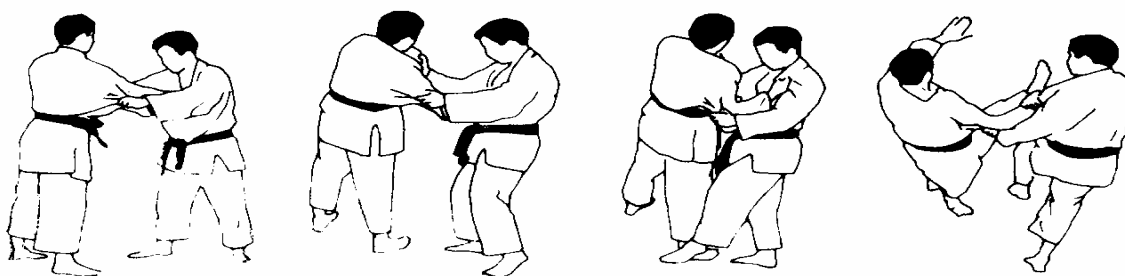
1. HON – KESA – GATAME
2. YOKO – SHIHO – GATAME
3. KAMI – SHIHO – GATAME
4. TATE – SHIHO - GATAME

Nage waza:

O-SOTO-GARI



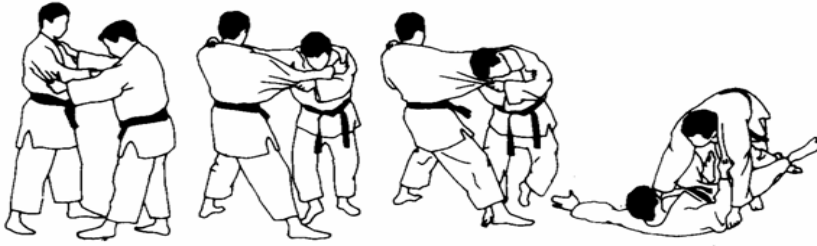
KO-SOTO-GARI



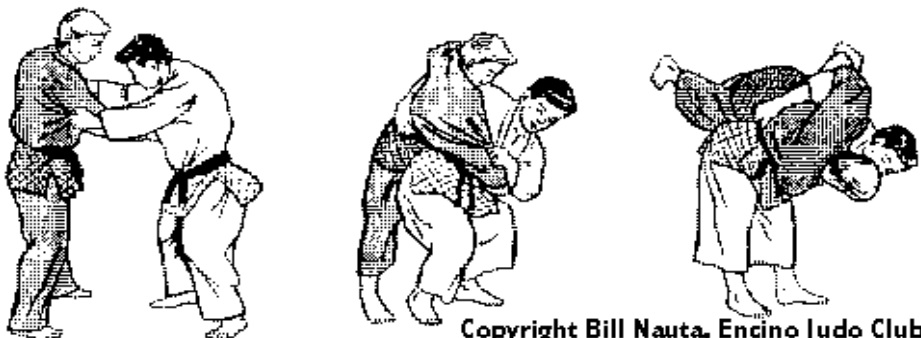
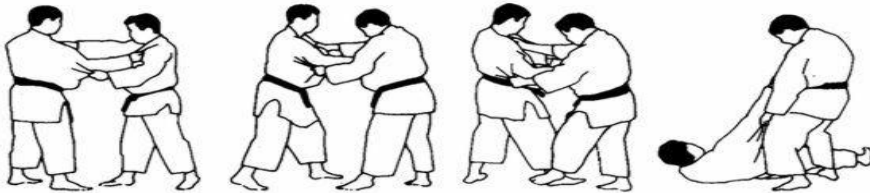
O-UCHI-GARI



KO-UCHI-GARI



De Ashi Harai



O goshi

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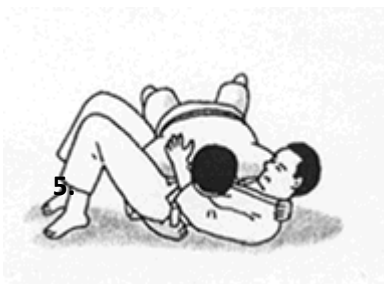
Katame waza:



HON KESA GATAME



TATE-SHIHO-GATAME



YOKO-SHIHO-GATAME



KAMI-SHIHO-GATAME