

# 1. KYU

## nage – waza



HANE – MAKI – KOMI



YOKO – WAKARE



O – GURUMA



O – SOTO – GURUMA



YOKO – GURUMA



URA – NAGE



SUKUI – NAGE



UTSURI – GOSHI



## katame – waza



HIZA – GATAME



SODE – GURUMA



KATA – HA – JIME



SANKAKU – JIME



obě ruce podhmatem



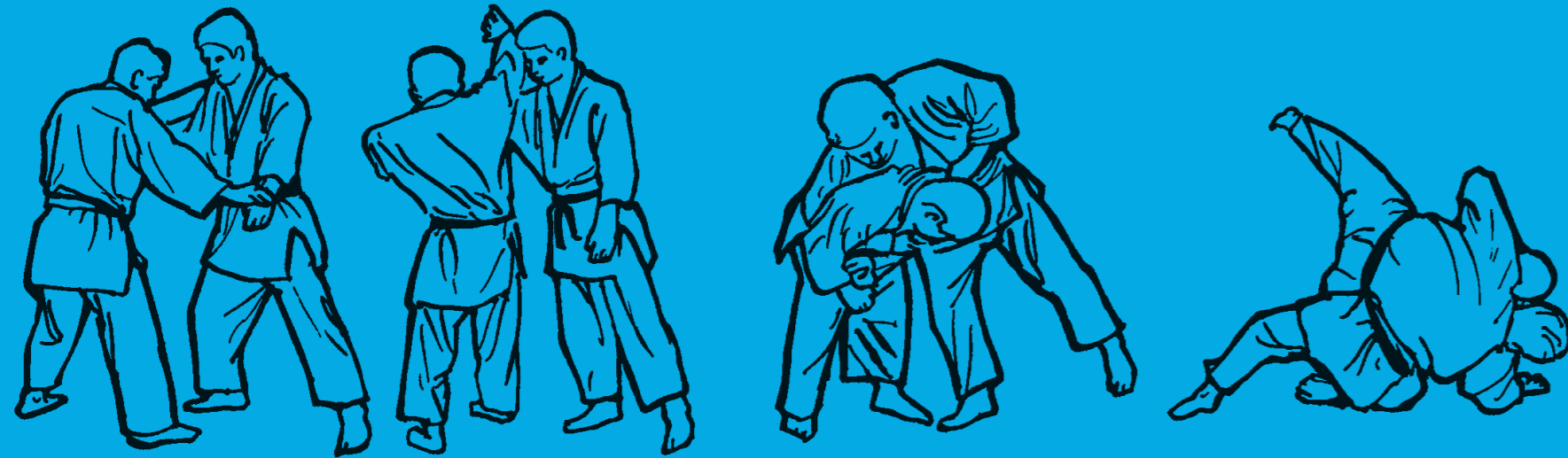
GYAKU – JUJI – JIME



NAMI – JUJI – JIME

# 2. KYU

## nage – waza



SOTO-MAKI-KOMI



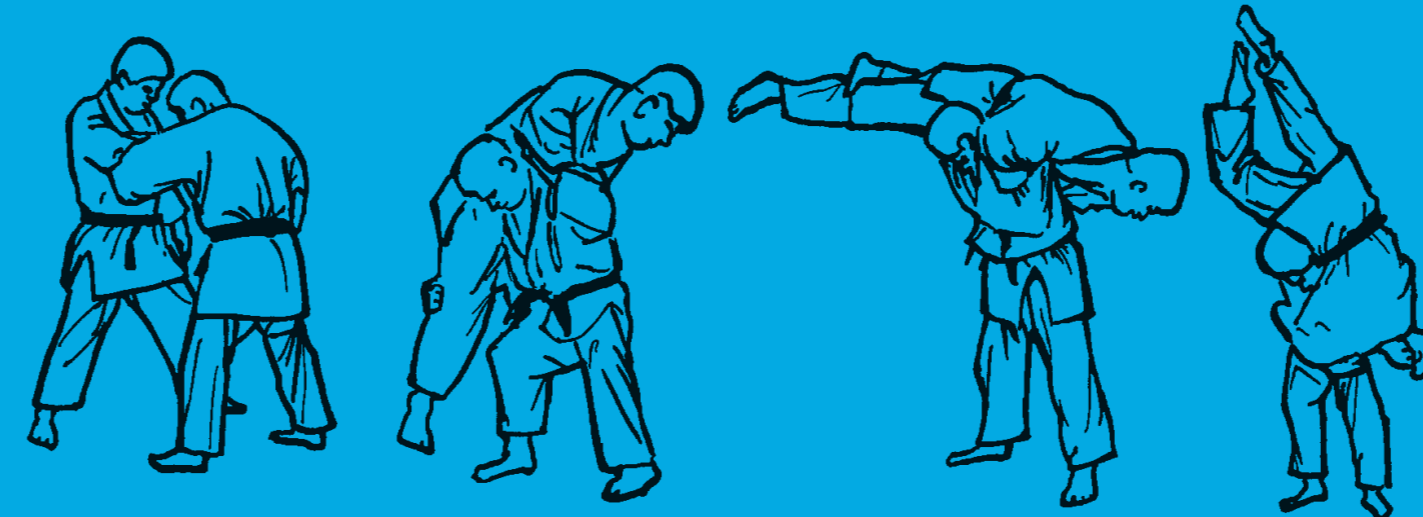
HANE-GOSHI



TOMOE-NAGE



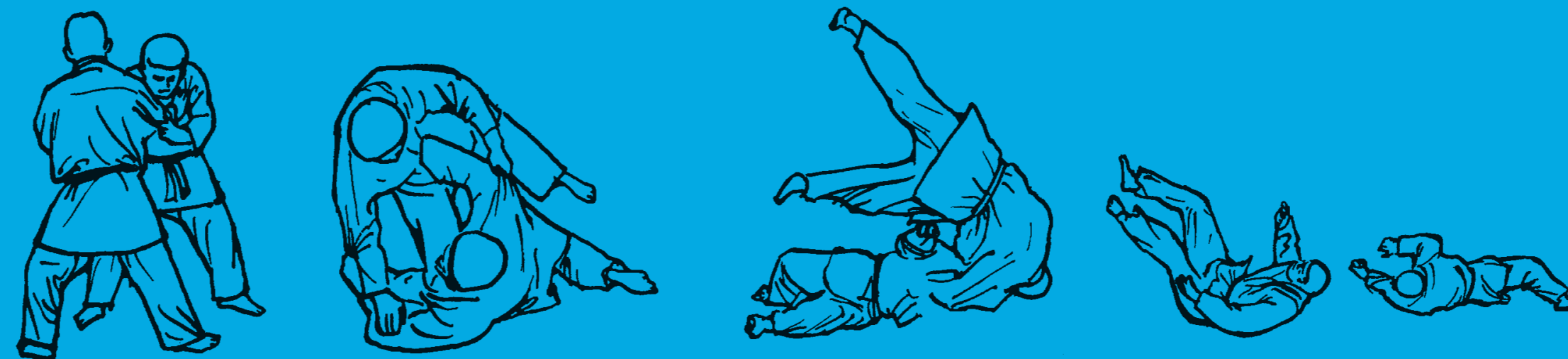
SUMI-GAESHI



KATA-GURUMA



TE-GURUMA



YOKO-OTOSHI



MOROTE-GARI

## katame – waza



HIZA-GATAME



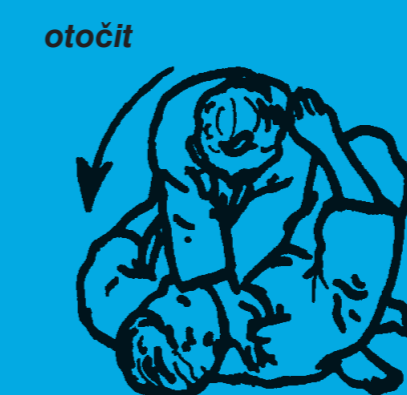
SODE-GURUMA



KATA-HA-JIME



SANKAKU-JIME



otočit

obě ruce podhmatem



GYAKU-JUJI-JIME



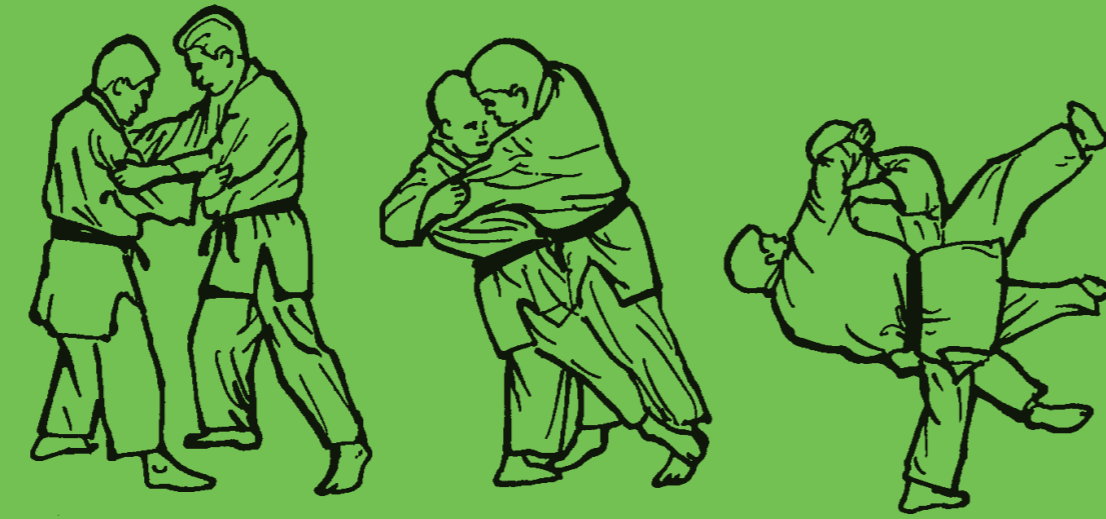
NAMI-JUJI-JIME

# 3. KYU

## nage – waza



ASHI-GURUMA



HARAI-TSURI-KOMI-ASHI



TSURI-KOMI-GOSHI



SODE-TSURI-KOMI-GOSHI



TANI-OTOSHI



KO-SOTO-GAKE



UCHI-MATA

## katame – waza



JUJI-GATAME



UDE-GATAME



UDE-GARAMI



HADAKA-JIME



OKURI-ERI-JIME



KATA-JUJI-JIME



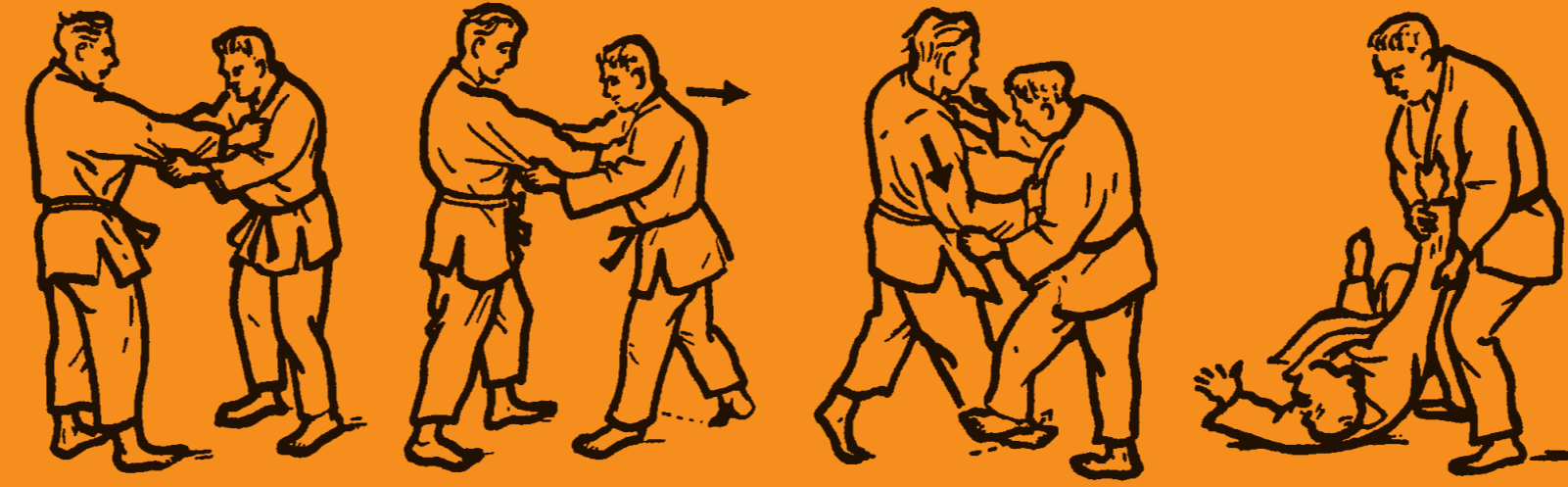
USHIRO-GOSHI

# 4. KYU

## nage – waza



OKURI-ASHI-HARAI



DE-ASHI-HARAI



SEOI-NAGE-ERI



SEOI-NAGE-IPPON



O-UCHI-GARI



KO-UCHI-GARI



GOSHI-GURUMA



HARAI-GOSHI

## katame – waza



KUZURE-KESA-GATAME



KUZURE-YOKO-SHIHO-GATAME



KUZURE-KAMI-SHIHO-GATAME



KUZURE-TATE-SHIHO-GATAME



UKI-GATAME



KATA-GATAME

# 5. KYU

## nage – waza



HIZA-GURUMA



SASAE-TSURI-KOMI-ASHI



TAI-OTOSHI



SEOI-NAGE-MOROTE



O-SOTO-GARI



KO-SOTO-GARI

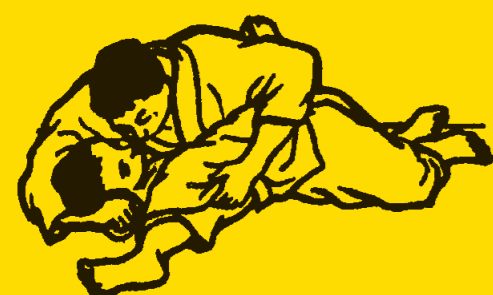


O-GOSHI



UKI-GOSHI

## katame – waza



KESA-GATAME



KAMI-SHIHO-GATAME



TATE-SHIHO-GATAME



USHIRO-KESA-GATAME



YOKO-SHIHO-GATAME



MUNE-GATAME