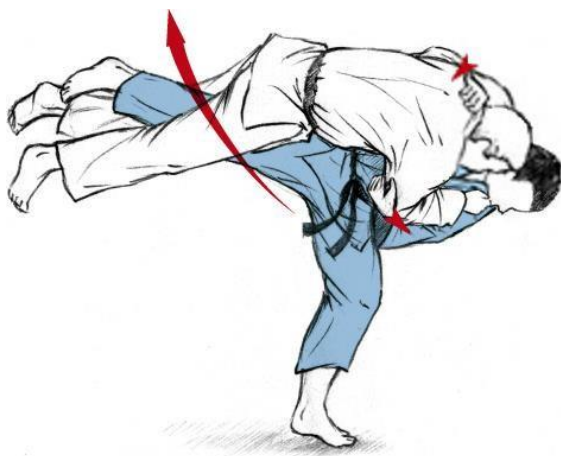


Pas pomarańczowy (4 kyu)

Uchi-mata

<https://www.youtube.com/watch?v=fFkBgALzIFA&t=2s>

<https://www.youtube.com/watch?v=iUpSu5J-bgw>



Ippon seoi nage (z kolan)

*może być wykonywany z jednego lub dwóch kolan

<https://www.youtube.com/watch?v=7S58gQWDJyA&t=256s>



Morote seoi nage (z kolan)

*może być wykonywany z jednego lub dwóch kolan

<https://www.youtube.com/watch?v=vu1TMVnNq34>



Sode-tsurikomi-goshi



I wariant (uchwyt za dwa rękawy)

<https://www.youtube.com/watch?v=QsmAxpMYLOI&t=4s>

II wariant (uchwyt za rękaw i kołnierz)



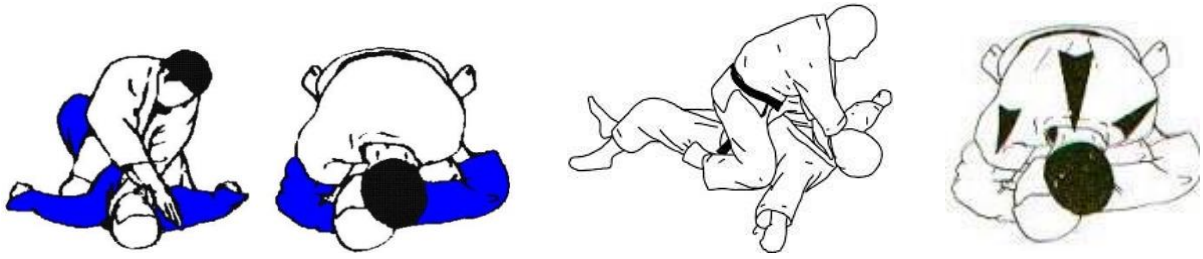
<https://www.youtube.com/watch?v=KyLgGFs-tEk>

Harai goshi

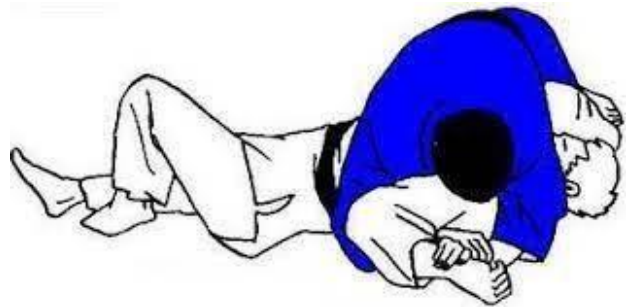
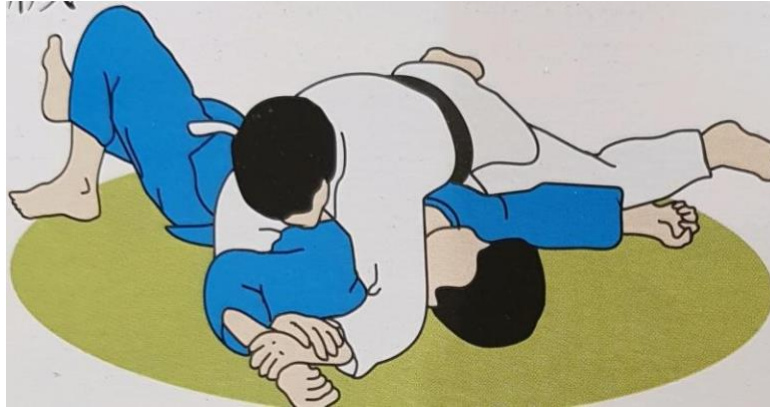
<https://www.youtube.com/watch?v=qH5eLAakf-Y&t=3s>

<https://www.youtube.com/watch?v=qTo8HIAAkOo&t=1s>



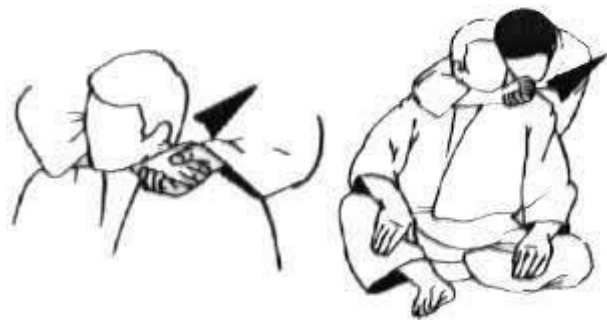


Ude-garami





Hadaka-jime



Ude-hishigi-juji-gatame

