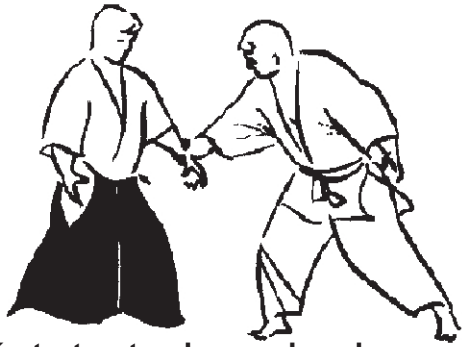
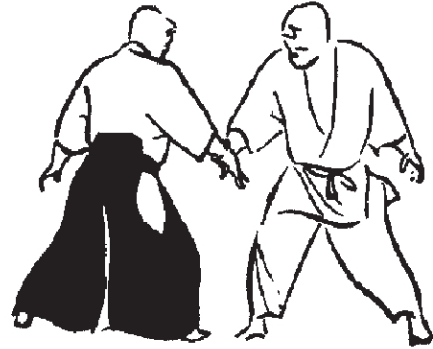


Prüfungsprogramm zum 6. Kyu (gelber Gürtel)

Angriffsformen



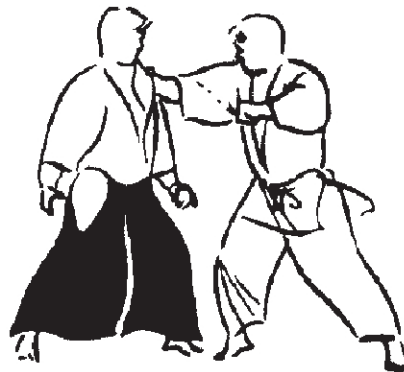
Katate-tori-gyaku-hanmi



Katate-tori-ai-hanmi



Ryote-tori



Mune-tori



Katate-ryote-tori

Haltetechniken

(Katame-waza)



Ude-osae

Wurftechniken

(Nage-waza)



Shiho-nage