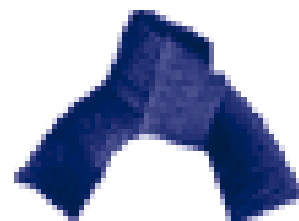


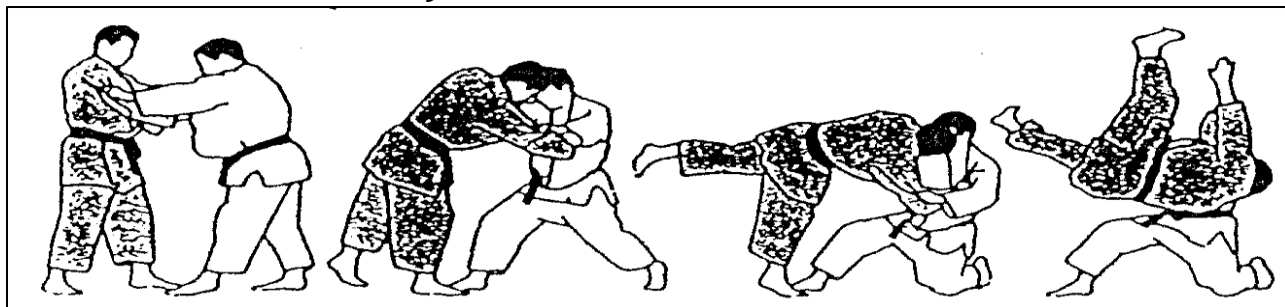
# Van 3de Kyu naar 2de Kyu

Van Groen naar Blauw



Uki otoshi

Drijvend kantelen



Kata guruma

Schouderrad



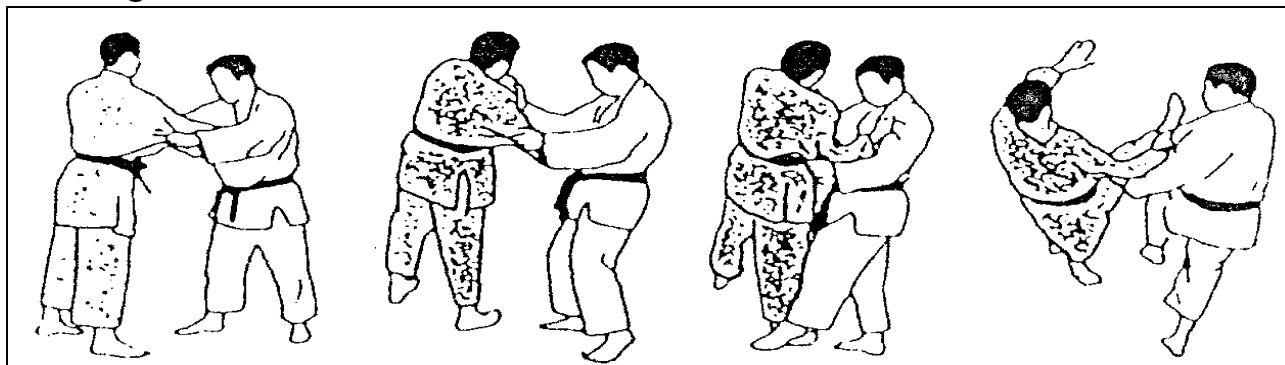
Uchi mata

Binnenwaartse dijworp



Ko soto gari

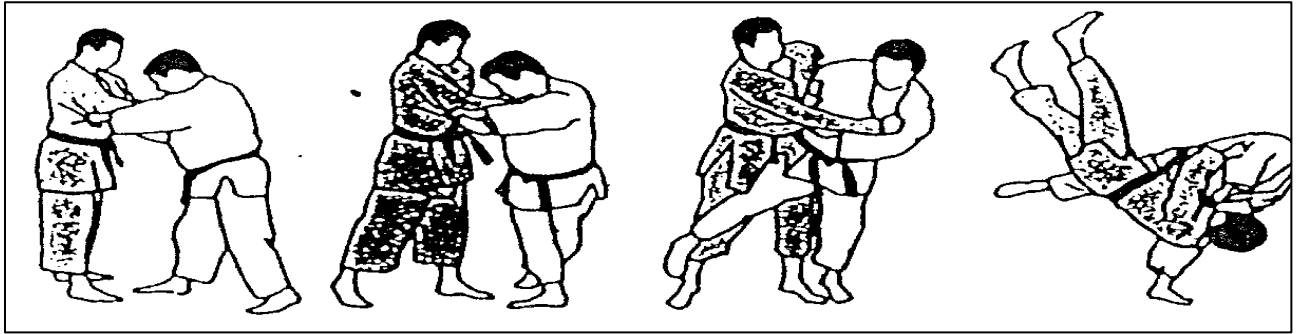
Kleine buitenwaartse maai





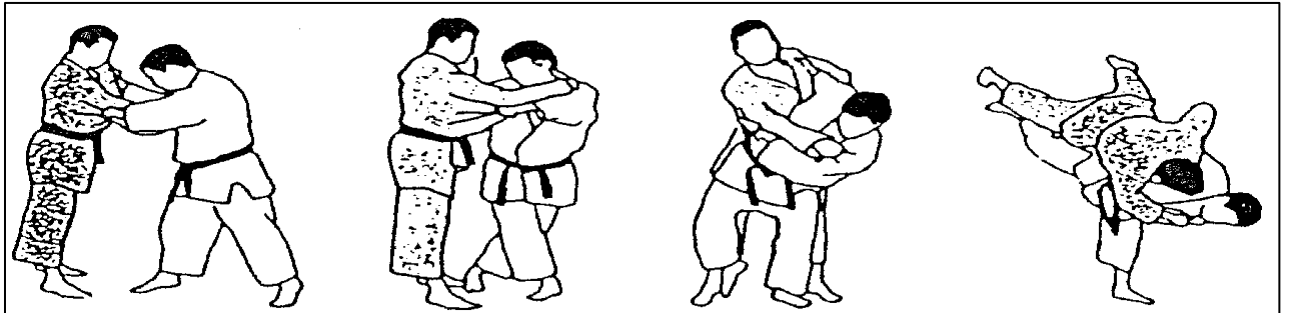
Ashi Guruma

Beenrad



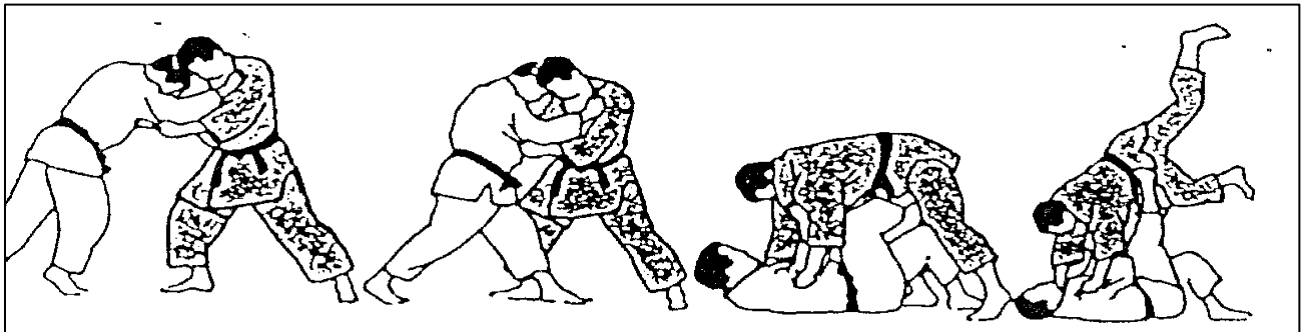
Hane goshi

Zwevende heupworp



Tomoe nage

Cirkelworp



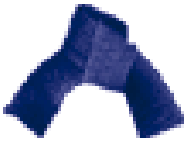
## Ne Waza:

2 omkanteltechnieken (naar keuze)

Houdgrepen + Kuzuri (Variatie) + migi / hidari

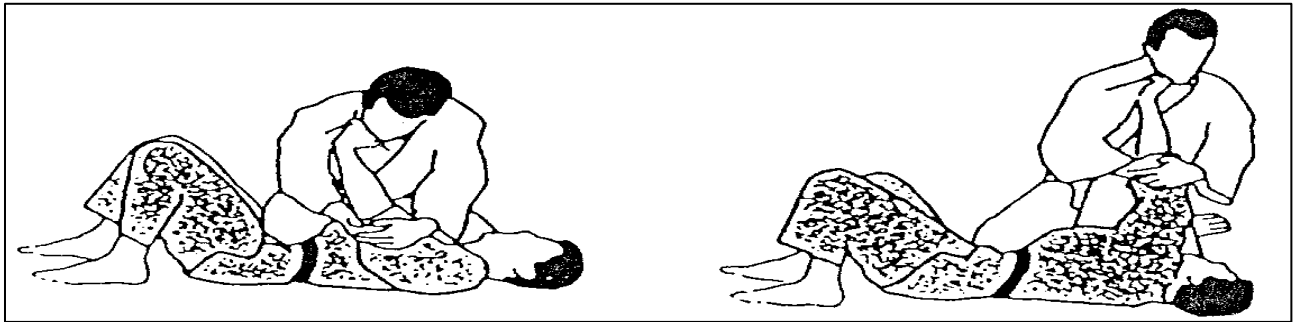
1. Makura gesa gatame
2. Ushiro gesa gatame
3. Yoko shiho gatame

# Kanetsu Waza: Armklemmen



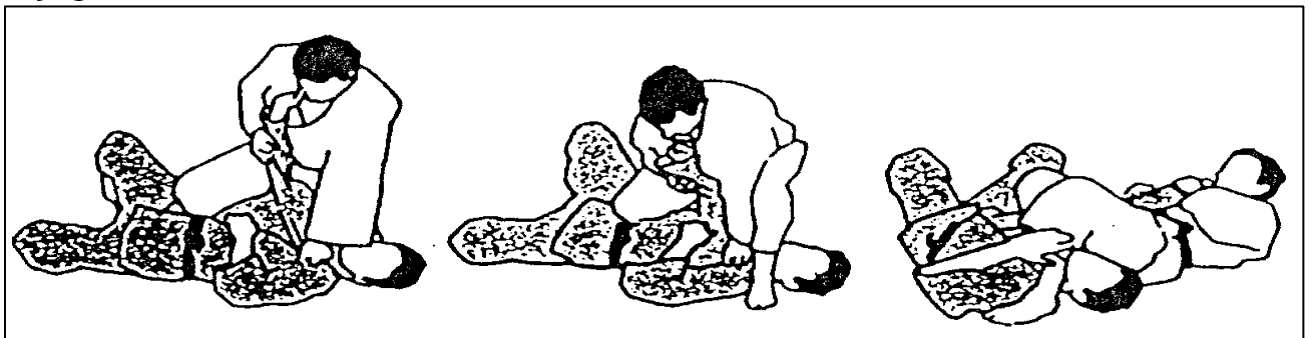
Ude gatame

overstrekken van de arm d.m.v. de handen



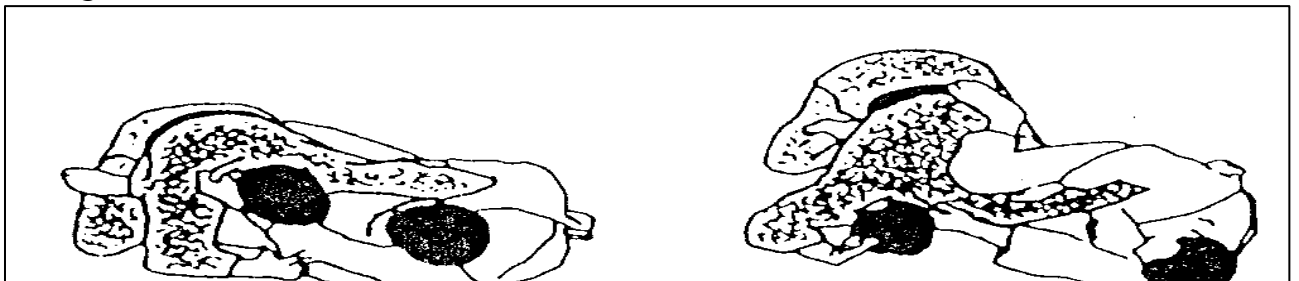
Juji gatame

Overstrekken van de arm d.m.v. het been



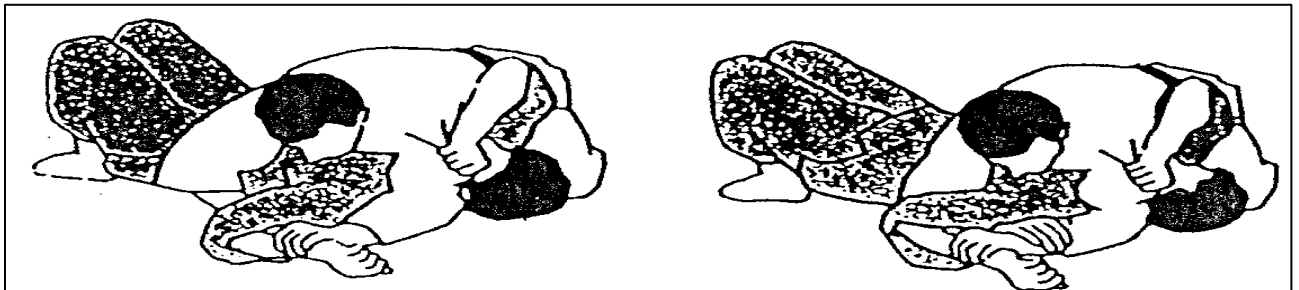
Hiza gatame

Overstrekken van de arm d.m.v. de knie

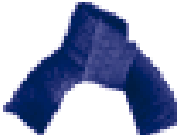


Ude Garami

Oprollen van de arm

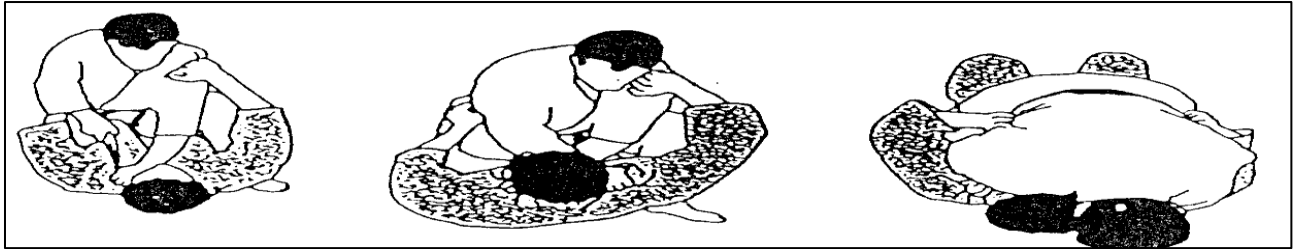


# Shime Waza: Wurgingen



Juji Jime

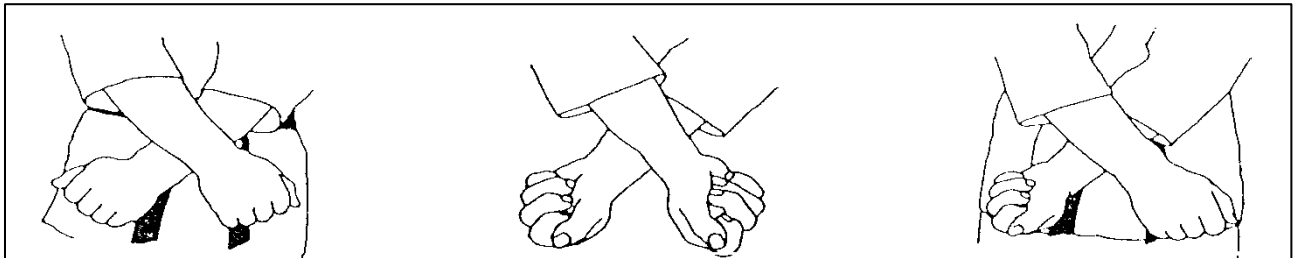
Gekruiste wurging



Nami juji jime  
Normaal gekruist  
gekrust

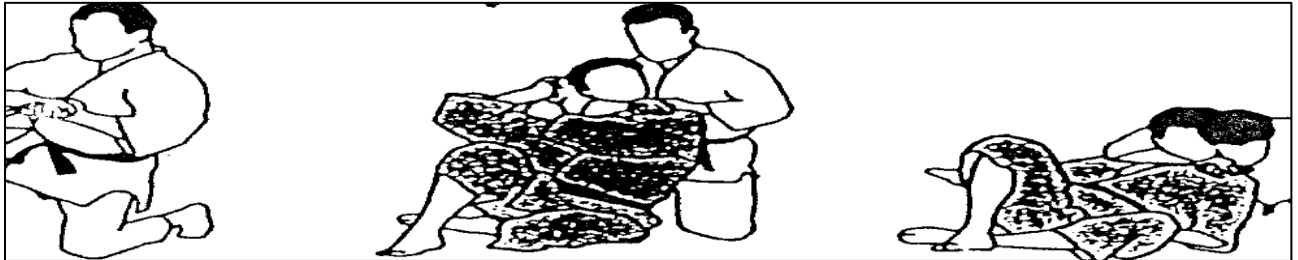
Gyaku juji jime  
omgekeerd gekruist

Kata juji jime  
teggengesteld



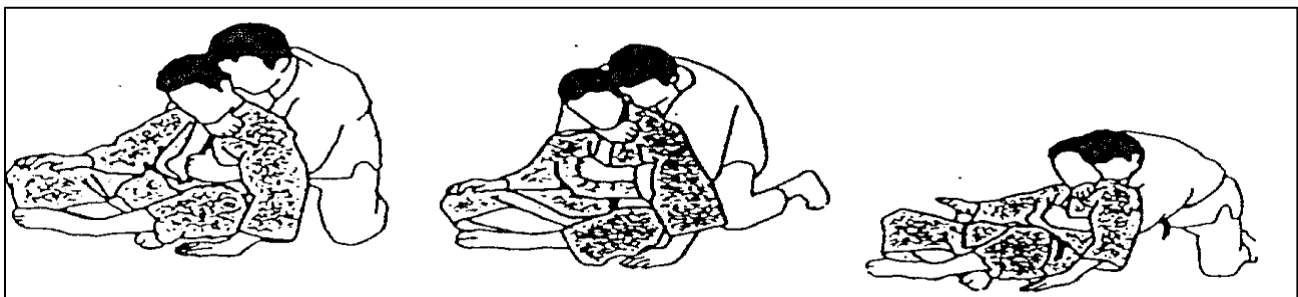
Hadaka jime

De naakte wurging



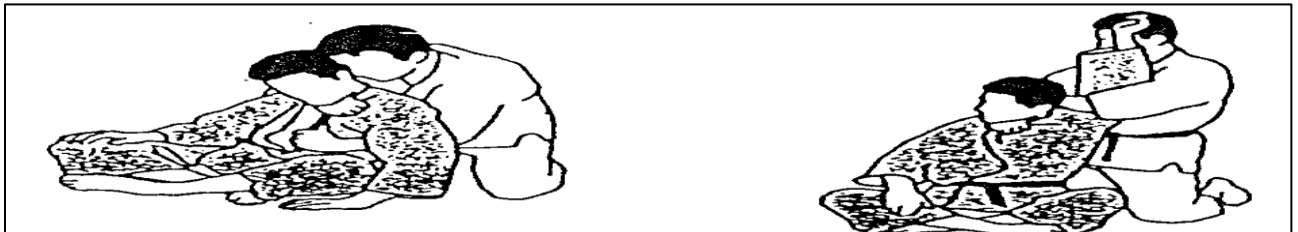
Okuri eri jime

Wurging langs achter met beide revers

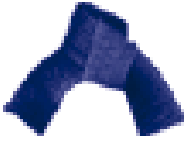


Kataha jime

Vleugellam wurging

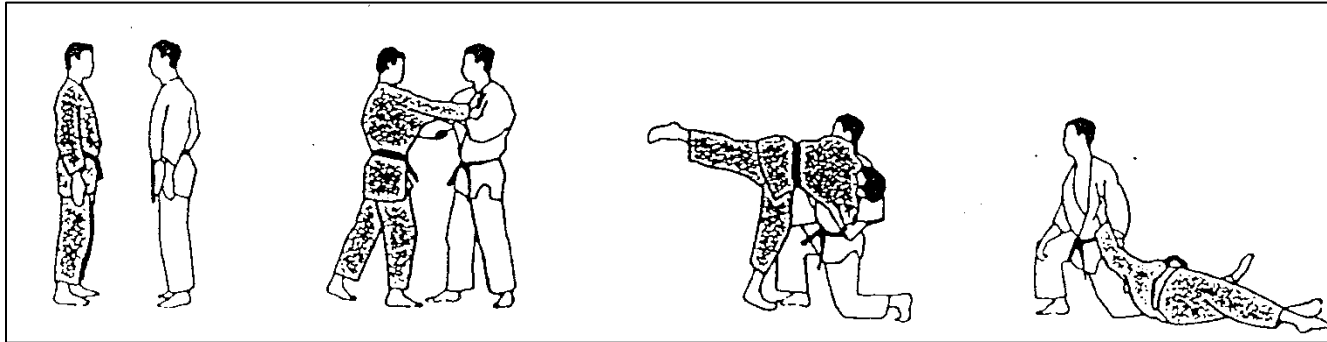


# Nage no Kata

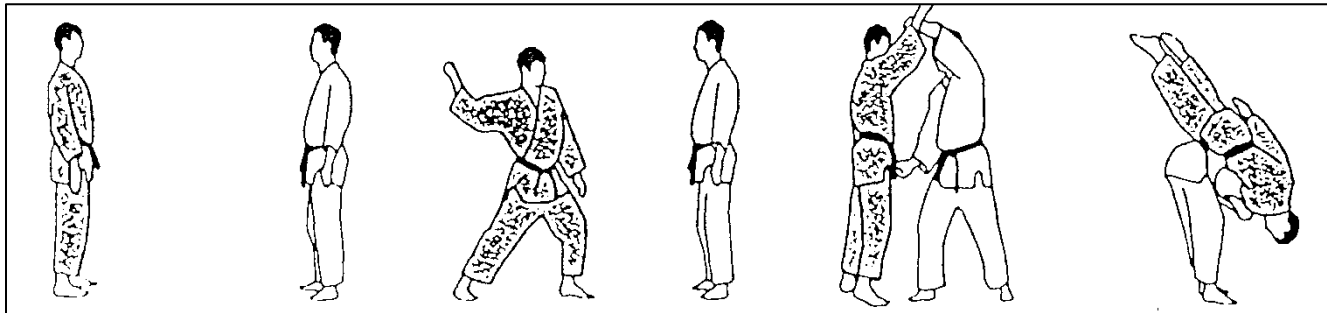


## Te Waza

### 1. Uki Otoshi



### 2. Ippon Seoi Nage



### 3. Kata guruma

