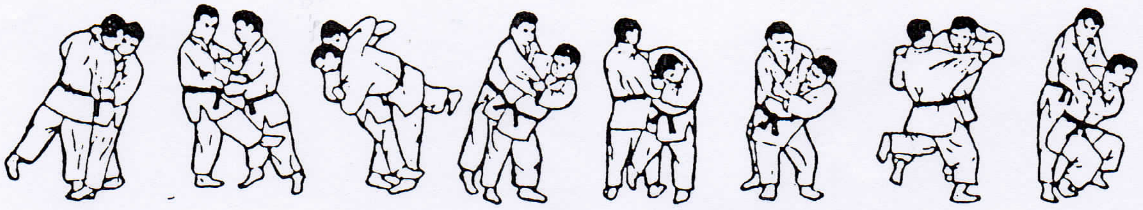
5.
KYU-GRAD

O-KYU

LBER GÜRTEL

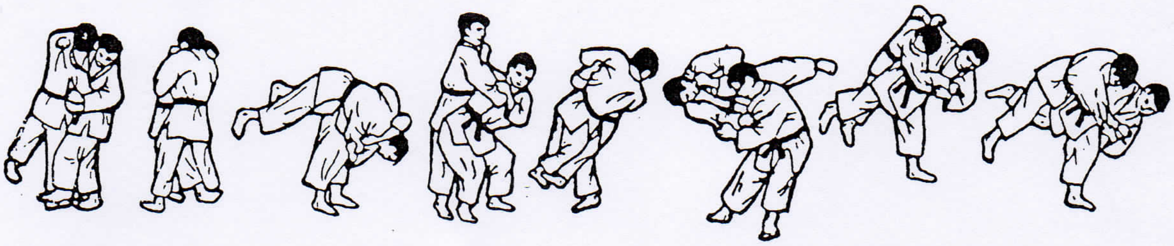


DE-ASHI-BARAI
HIZA-GURUMA
SASAE-TSURI-KOMI-ASHI
UKI-GOSHI
O-SOTO-GARI
O-GOSHI
O-UCHI-GARI
SEOI-NAGE

4.
KYU-GRAD

HI-KYU

NGEN. GÜRTEL

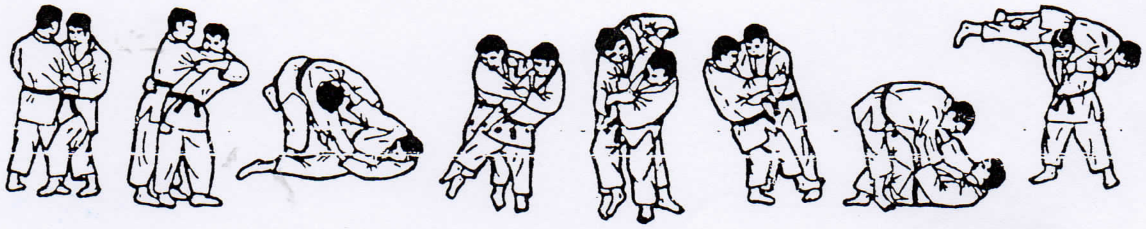


KO-SOTO-GARI
KO-UCHI-GARI
KOSHI-GURUMA
TSURI-KOMI-GOSHI
OKURI-ASHI-BARAI
TAI-OTOSHI
HARAI-GOSHI
UCHI-MATA

3.
KYU-RAD

AN-KYU

UNER GÜRTEL

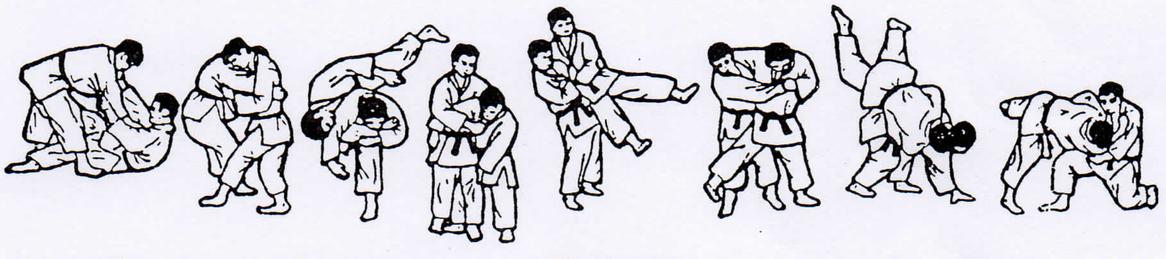


KO-SOTO-GAKE
TSURI-GOSHI
YOKO-OTOSHI
ASHI-GURUMA
HANE-GOSHI
HARAI-TSURI-KOMI-ASHI
TOMOE-NAGE
KATA-GURUMA

2.
KYU-RAD

I-KYU

UER GÜRTEL

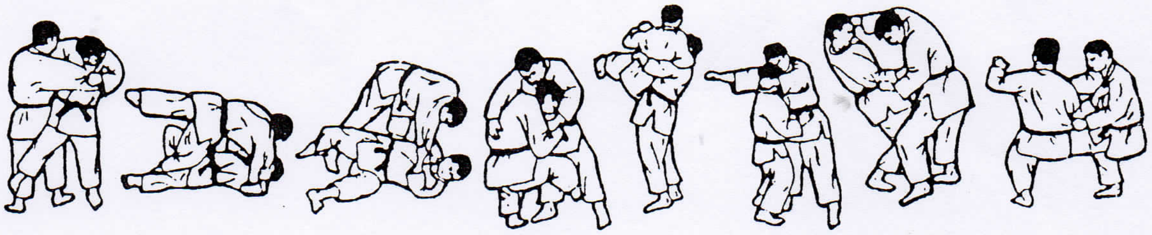


SUMI-GAESHI
TANI-OTOSHI
HANE-MAKI-KOMI
SUKUI-NAGE
UTSURI-GOSHI
O-GURUMA
SOTO-MAKI-KOMI
UKI-OTOSHI

1.
KYU-RAD

IK-KYU

UNER GÜRTEL



O-SOTO-GURUMA
UKI-WAZA
YOKO-WAKARE
YOKO-GURUMA
USHIRO-GOSHI
URA-NAGE
SUMI-OTOSHI
YOKO-GAKE