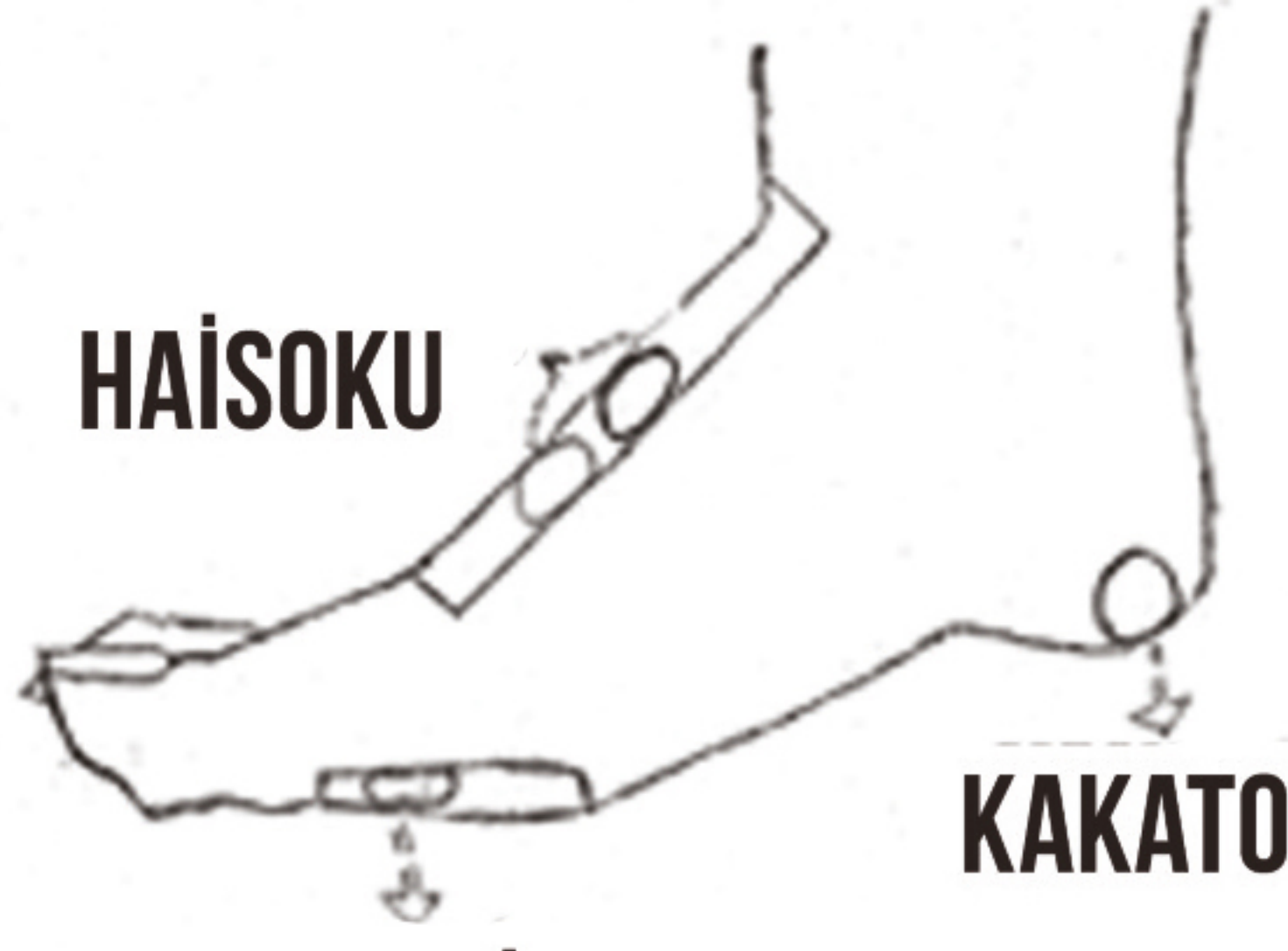


ASHI WAZA



SOKUTO



HAIKOKU

KOSHI

KAKATO



HIZA



MAE GERI KEAGE



TSUMASAKI



MAE GERI KEKOMI



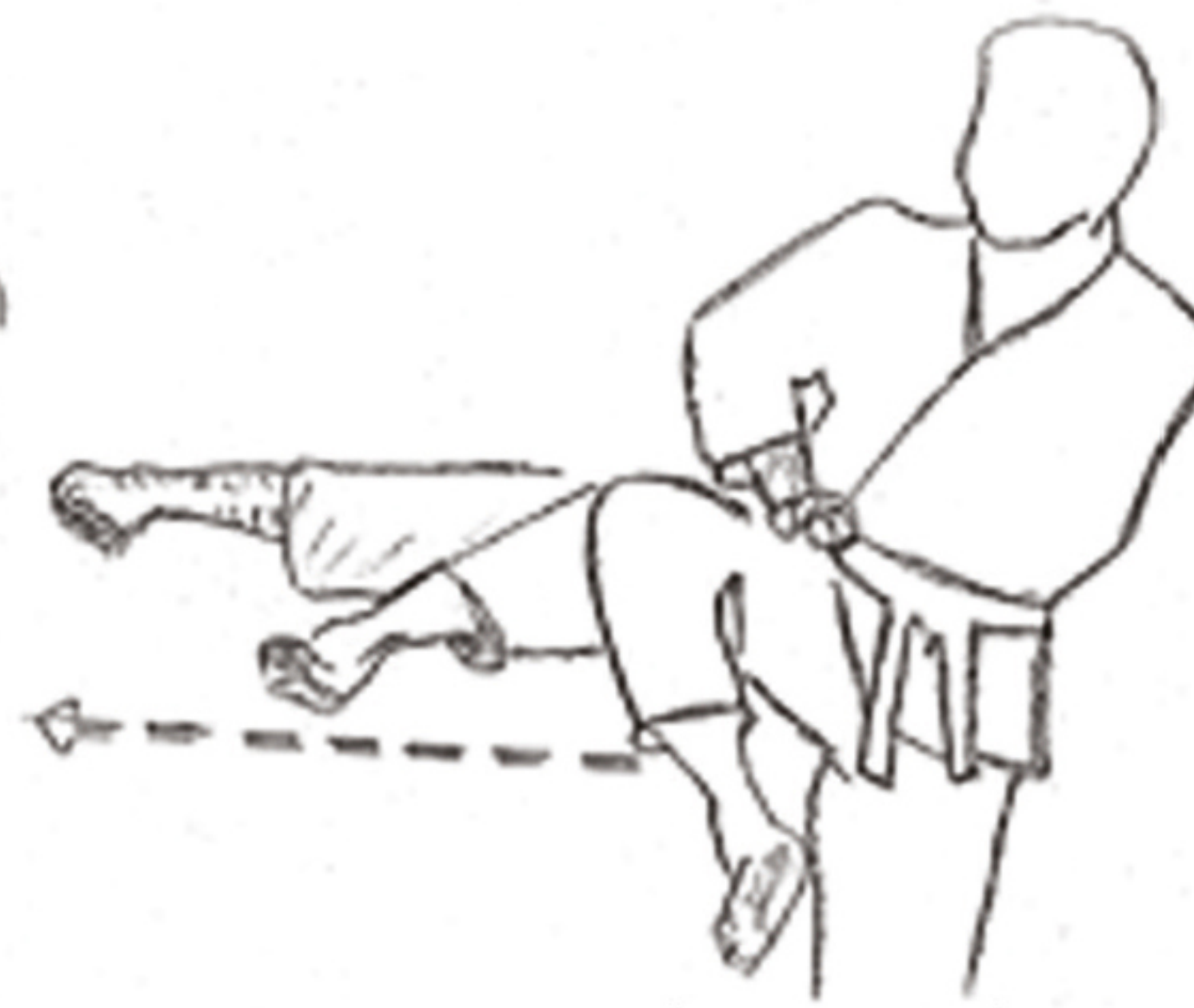
KAGATO GERI



MAE TOBI GERI



YOKO GERI KEAGE



YOKO GERI KEKOMI



KANSETSU GERI



YOKO TOBI GERI



SOTO MIKAZUKI GERI



UCHI MIKAZUKI GERI



URO MAWASHI GERI



MAWASHI GERI



USHIRO GERI

TEKNİKLER

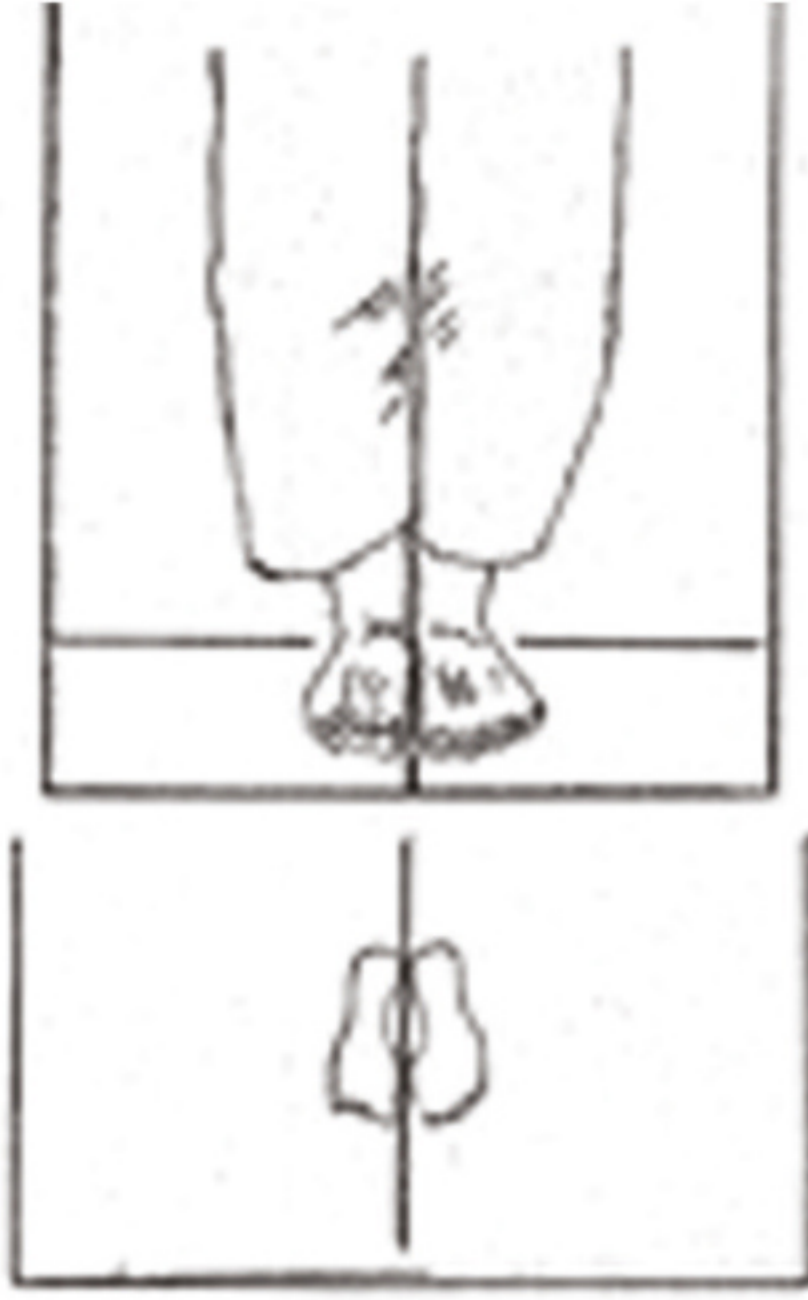
TE WAZA



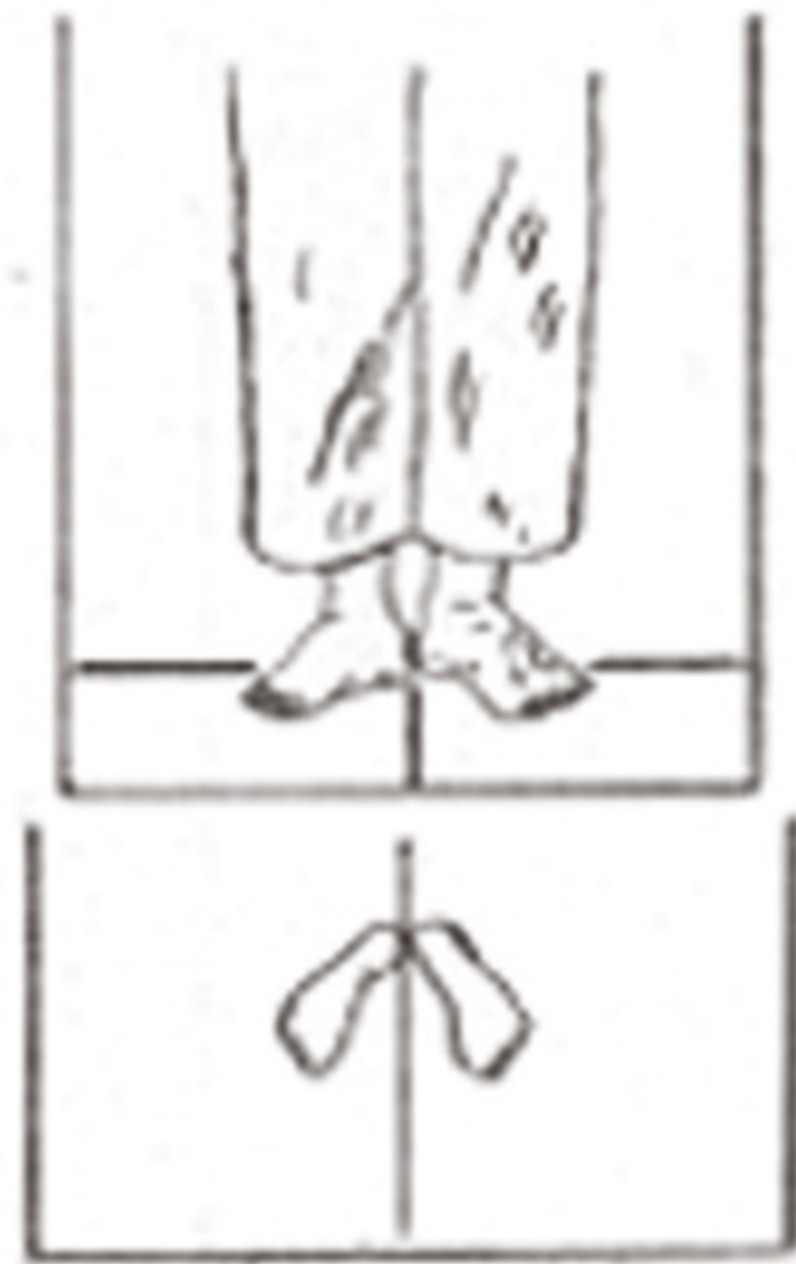
TEKNİKLER

SHIZEN TAI

HEISOKU DACHI



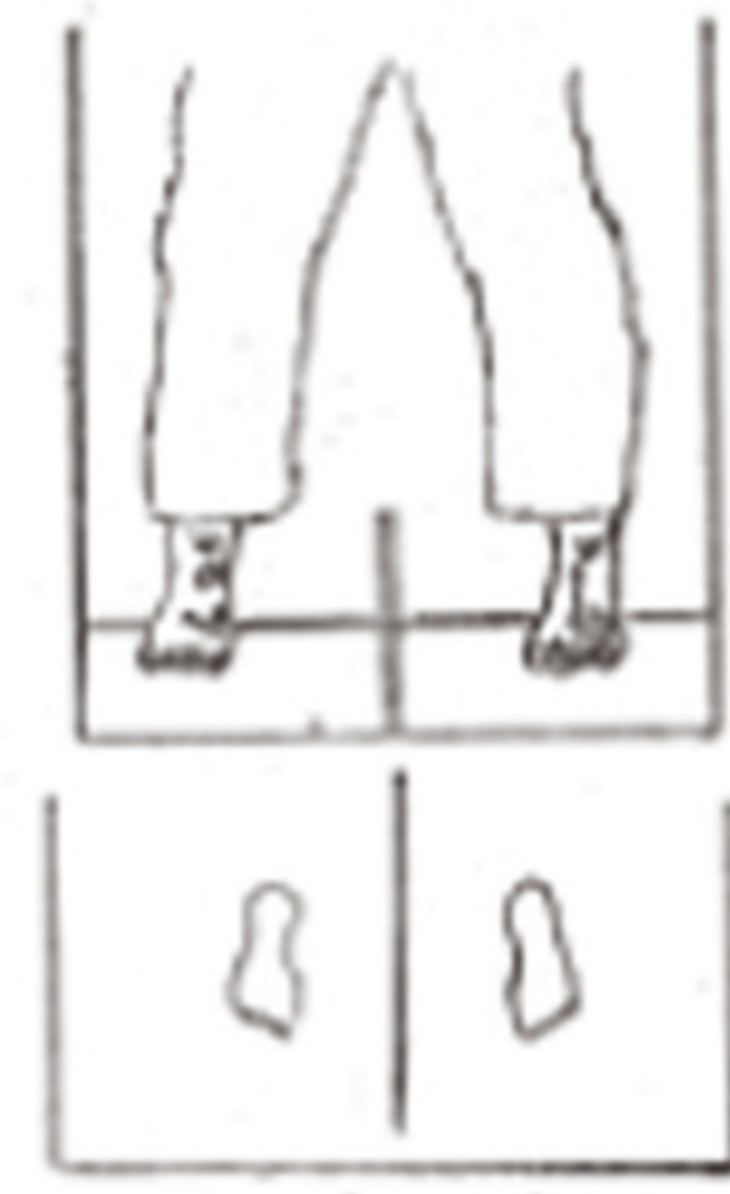
MUSUBI DACHI



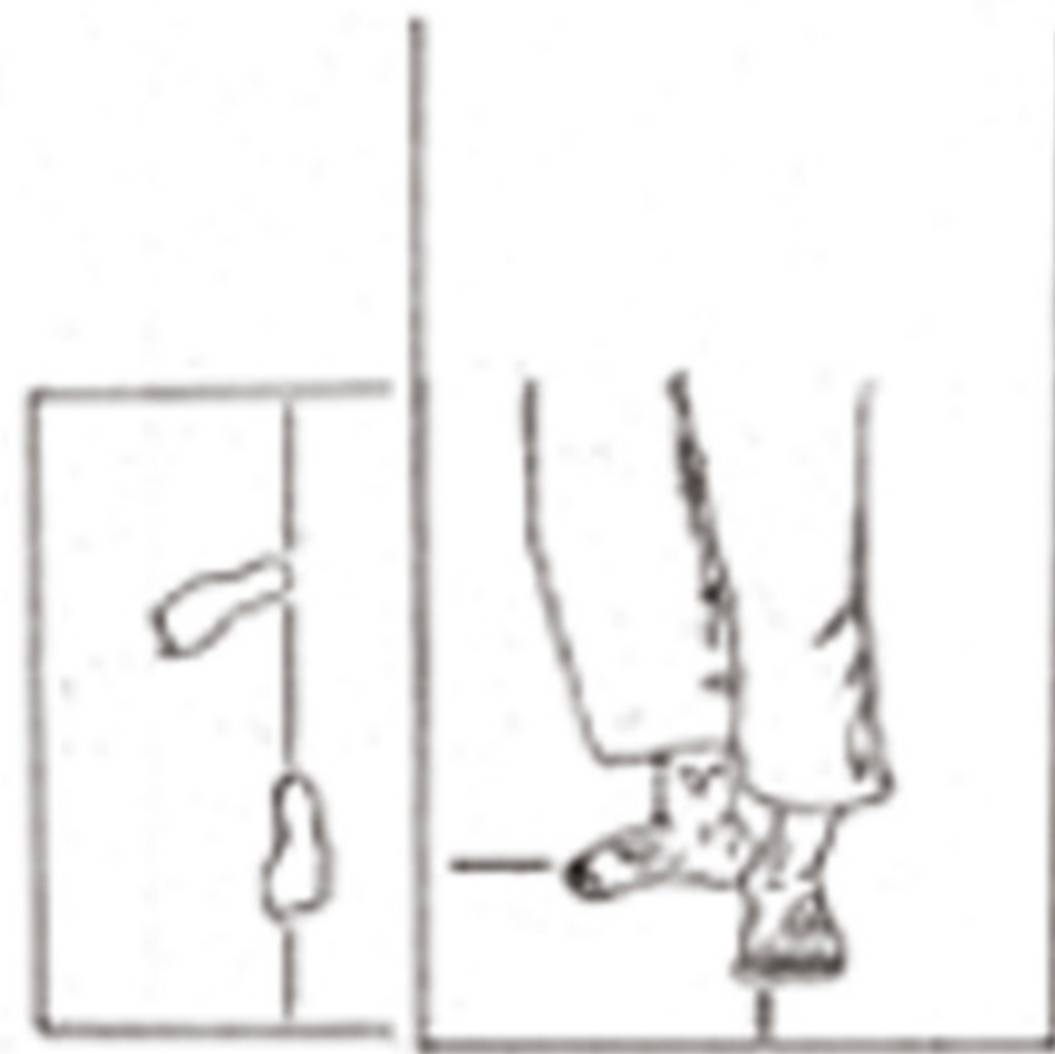
HACHIJI DACHI



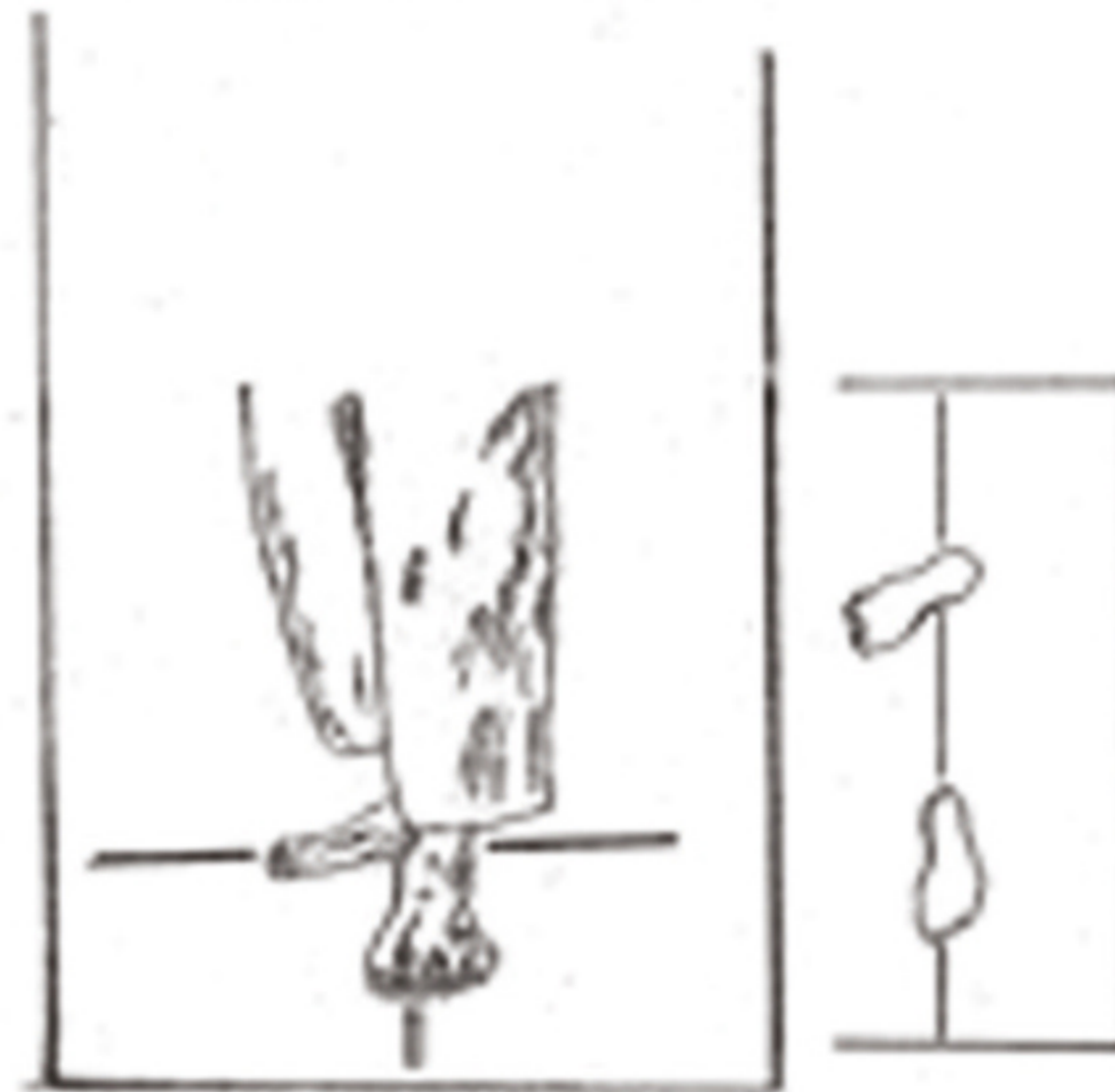
HEIKO DACHI



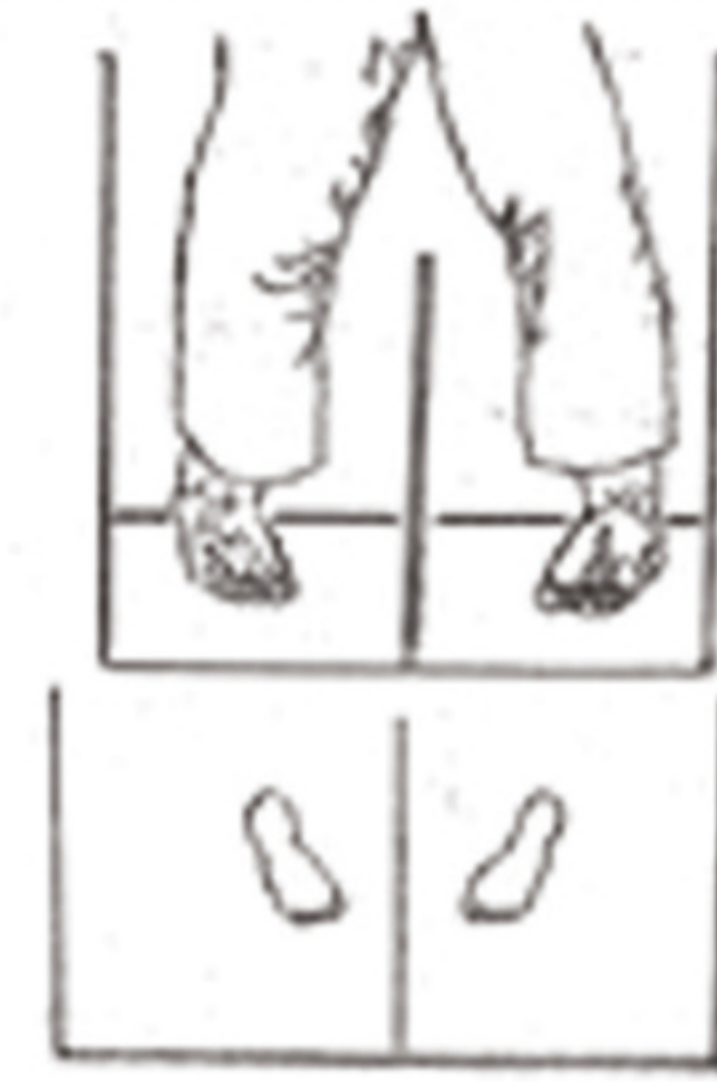
RENOJI DACHI



TEIJI DACHI



UCHI HACHIJI DACHI



NEKO ASHI DACHI



SANCHIN DACHI



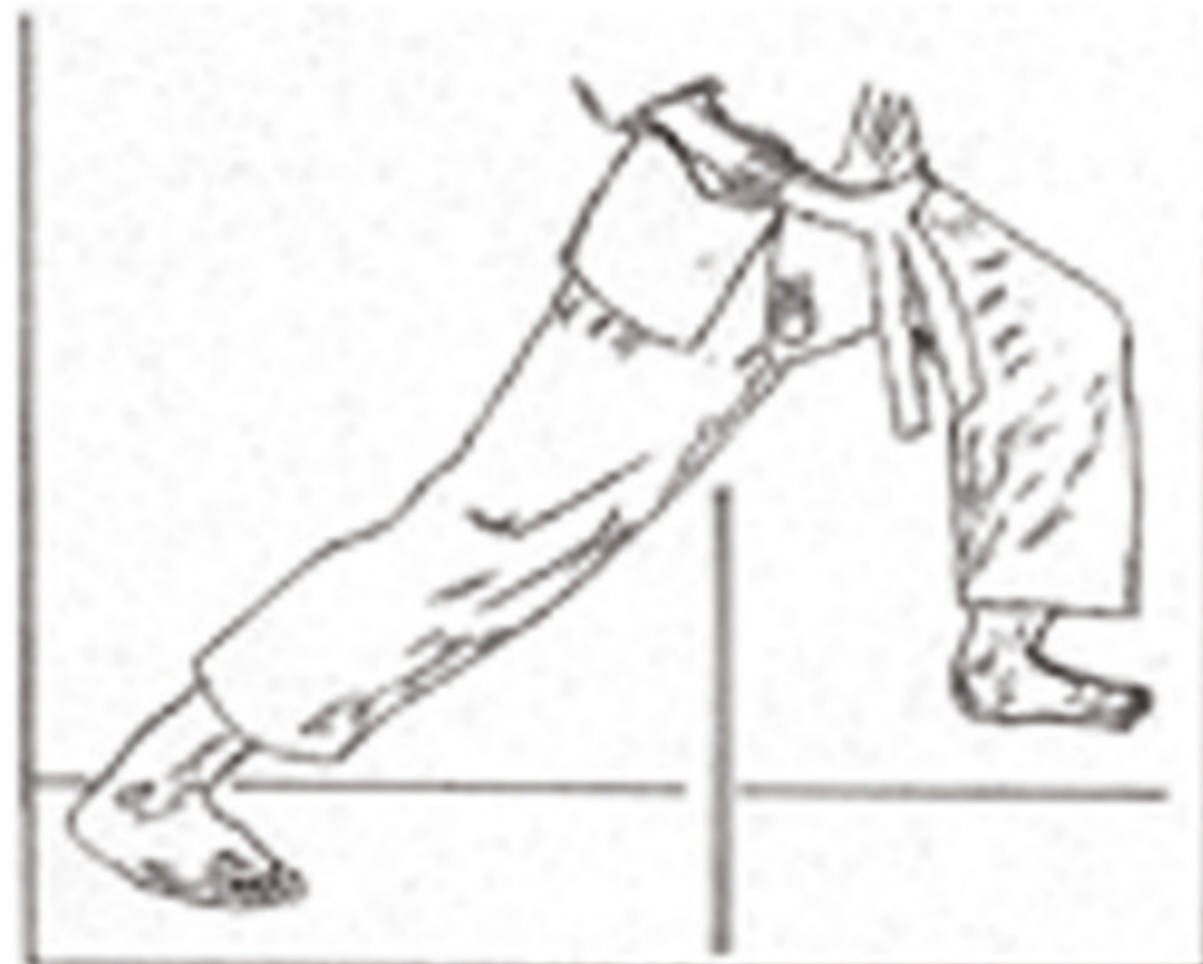
HANGETSU DACHI



KOSA DACHI



ZENKUTSU DACHI



KOKUTSU DACHI



FUDO DACHI



SAGI ASHI DACHI



SHIKO DACHI



KIBA DACHI

