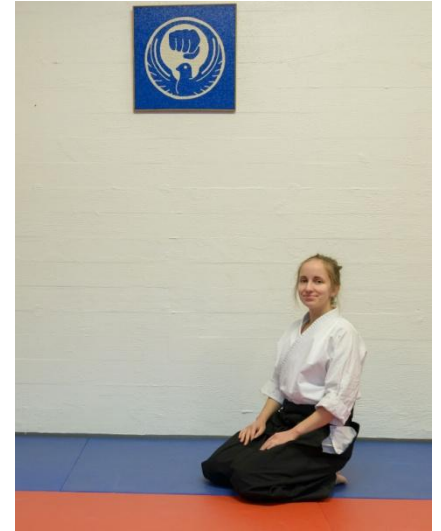


Seiza



Buk for Shomen



Buk for Uke



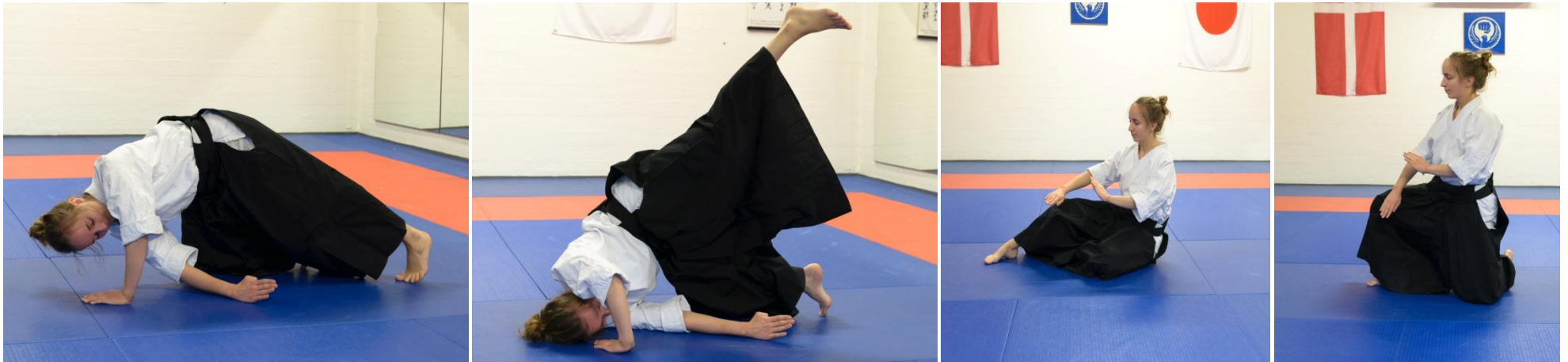
Mae Shikko



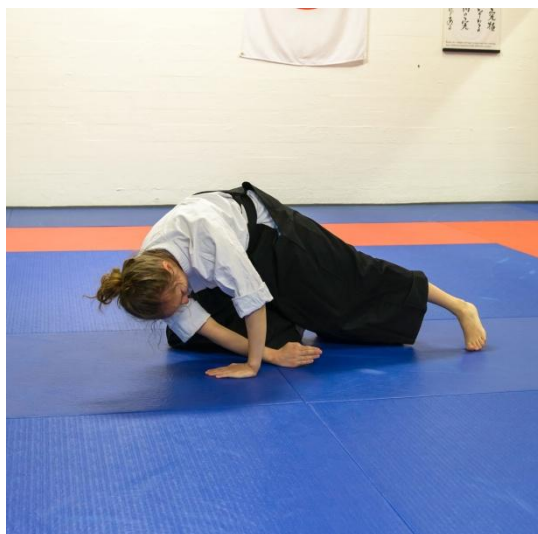
Ushiro Shikko



Mae Ukemi



Ushiro Ukemi



Opvarmnings Øvelser



Kotegaeshi



Sankyo



Nikyo

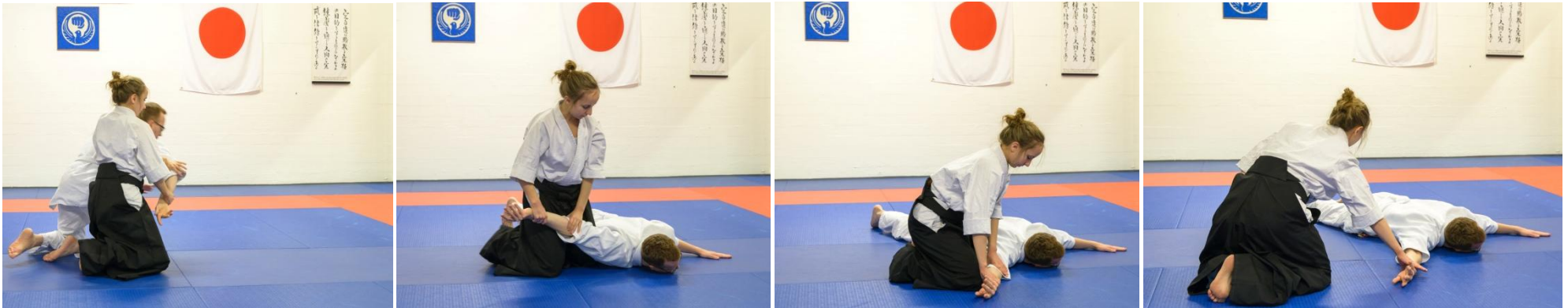


Kote Mawash

Suwari Waza KokyoHo



Suwari Waza Ikkyo Ura





Irimi Tenkan



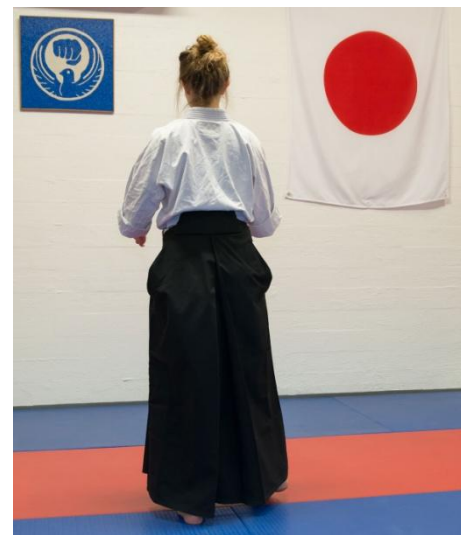


Irimi Tenkan med Uke





Tai No Tenkan





Kotegaeshi (ældre version)



