

Tekniker till Blått bälte – 2 Kyu

Kasttekniker (nage waza)



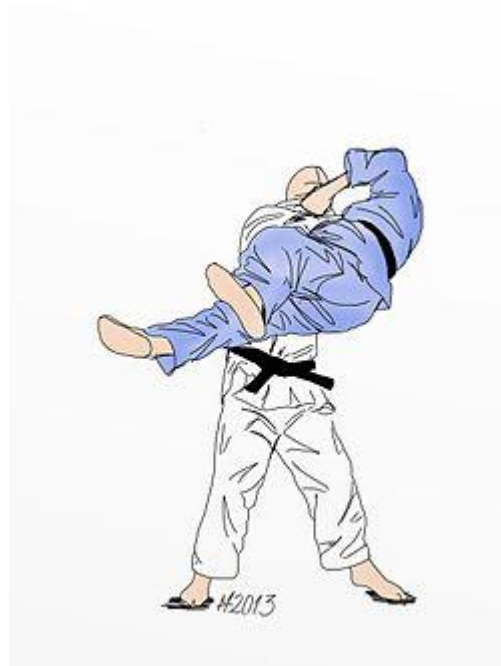
SODE TSURI KOMI GOSHI



UKI GOSHI – Liten höft



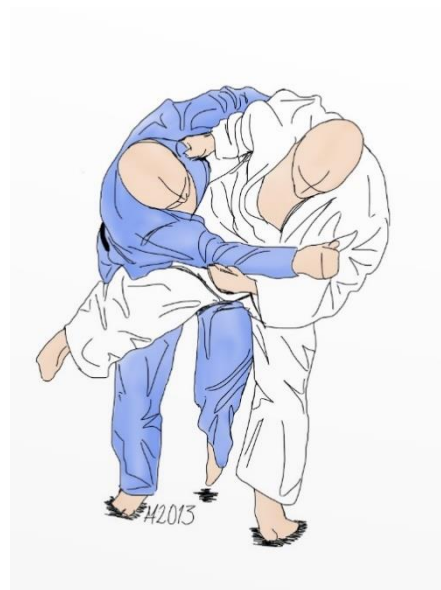
TANI OTOSHI - Motkast



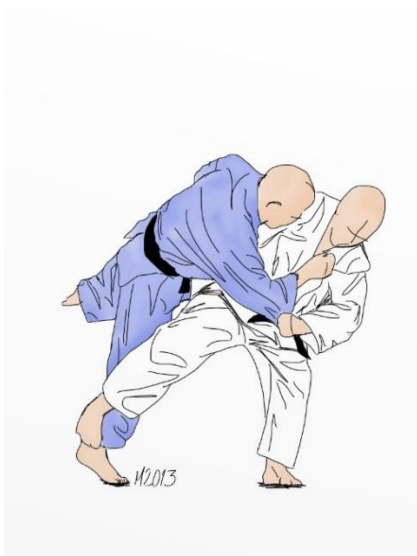
USHIRO GOSHI



UTSURI GOSHI



O GURUMA - Stort hjul.



ASHI GURUMA - Ben hjul



O SOTO GURUMA - stor utsida hjul



O SOTO OTOSHI - stor yttre fallande



UKI WAZA - flytande teknik

Armlås (kansetsu waza)



UDE GARAMI - Inklämt armlås



UDE HISHIGI WAKI GATAME – Lås via armhålan



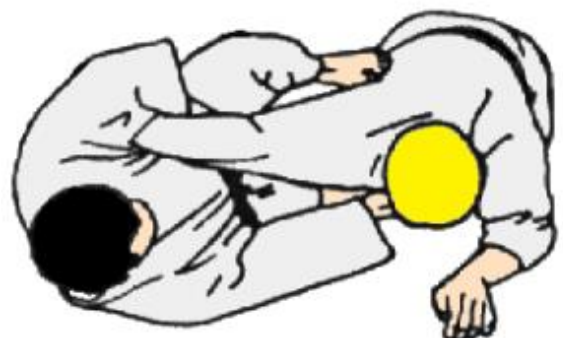
KANUKI GATAME



UDE HISHIGI JUJI GATAME



UDE HISHIGI UDE GATAME

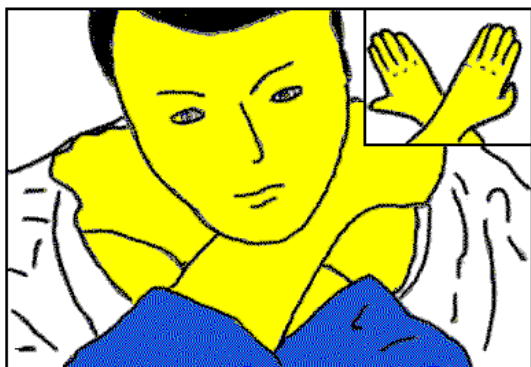


UDE HISHIGI HIZA GATAME –Knä lås

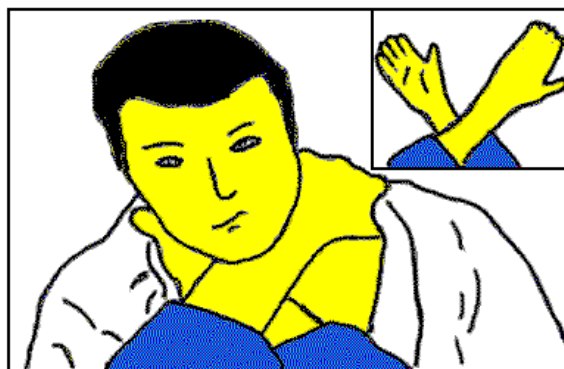


UDE HISHIGI HARA GATAME – Mag lås

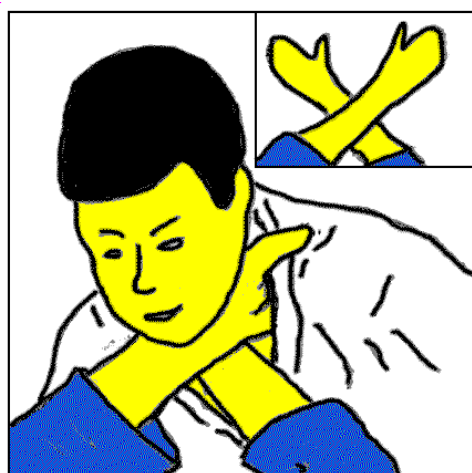
Halslås (shime waza)



NAMI JUJI JIME



KATA JUJI JIME



GYAKU JUJI JIME



SANKAKU JIME



HADAKA JIME



KATA HA JIME



TSUKKOMI JIME



SODE GURUMA

