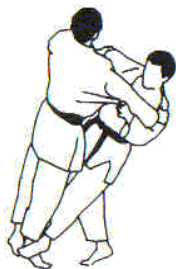


## Worpen, grepen en kata blauwe gordel

### WORPEN



Tai otoshi



Okuri ashi harai



Uchi mata



Ko uchi gari

### KLEMMEN (+14)



Ude gatame



Hiza gatame

(basis op de knieën)



Waki gatame

(basis op de knieën)

### WURGINGEN (+14)



Hadaka jime



Okuri eri jime



Kataha jime

### NAGE NO KATA: KOSHI WAZA

Uki goshi



Harai goshi



Tsuri komi goshi

