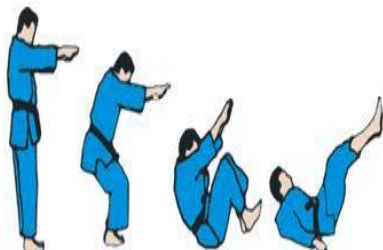


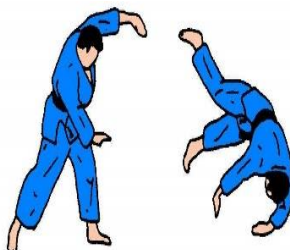
EXAMENLEERSTOF voor 5de KYU

1) VALTECHNIEKEN

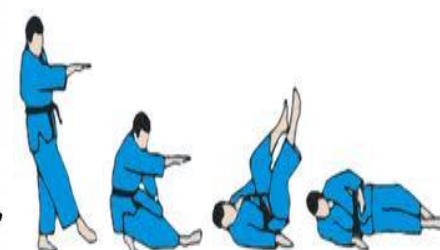
Uchiro-Ukemi



Zempo-Kaiten



Yoko-Ukemi



2) WERPTECHNIEKEN "NAGE-WAZA"

O-Soto-Gari



De-Ashi-Barai



Sasae-Tsuri-Komi-Ashi



Hiza-Guruma



Uki-Goshi



3) CONTROLE TECHNIEKEN "KATAME-WAZA"

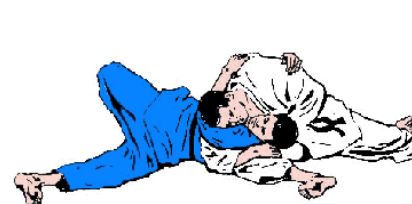
Hon-Geza-Gatame



Kuzuru-Geza-Gatame



Makura-Geza-Gatame



Uchiro-Geza-Gatame



Kata-Gatame

