

Prüfungsprogramm 5 Kyu (orange)



Harai-Goshi



Morote-Seoi-Nage



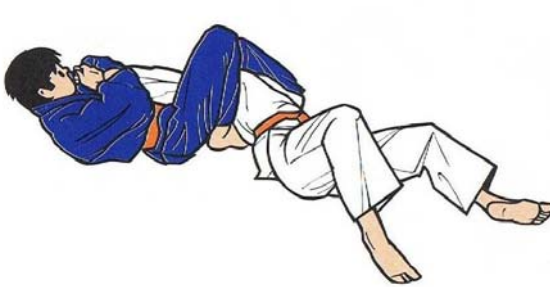
O-Soto-Gari



Sasae-Tsuri-Komi-Ashi



Okuri-Ashi-Barai



Juji-Gatame



Ude-Garami