

SKÚŠOBNÝ PORIADOK 1.dan

ATEMI WAZA – technika úderov a kopov
tetsui uchi – ura mikazuki geri

KANSETSU WAZA- páky
yonkio – ude hishigi juji gatame – páka na väzy

NAGE WAZA – technika hodov
hane goshi – hane maki komi – sasai curi komi ashi – kata guruma – tani otoshi
ushiro goshi – te guruma – uchi mata

<http://www.ju-jitsu.sk>