

## SKÚŠOBNÝ PORIADOK 1.kyu

### **KANSETSU WAZA**- páky

sankyo – hangetsu uke – kuzure gjaku kote gaeshi –kagato gaeshi –  
ashi hishigi – kuzure ashi dori – ashi osae – do jime

### **NAGE WAZA** – technika hodov

tomoe nage – shiho nage – soto maki komi – tawara gaeshi –hasami gaeshi –  
yoko guruma –yoko wakare

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

