

## SKÚŠOBNÝ PORIADOK 3.kyu

**ATEMI WAZA** – technika úderov a kopov  
tensho tsuki – haito uchi – empi uchi – ushiro geri

**KANSETSU WAZA**- páky  
nykio – hara gatame – ude hishigi – gjaku juji

**NAGE WAZA** – technika hodov  
ushiro goshi – harai goshi – kaiten nage – hiza maki komi – sumi gaeshi –  
ko uchi gari – kakato gaeshi

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