

SKÚŠOBNÝ PORIADOK 3.kyu

ATEMI WAZA – technika úderov a kopov
atama ate – nukite uchi – mawashi geri – kakato geri

KANSETSU WAZA- páky
kuzure kote gaeshi – kuzure kote mawashi – kuzure ude hishigi – ashi kujuki –
ashi dori

NAGE WAZA – technika hodov
o uchi gari – morote gari – sukui nage – tsuri komi goshi – kuzure irimi nage –
irimi nage(aikido)

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