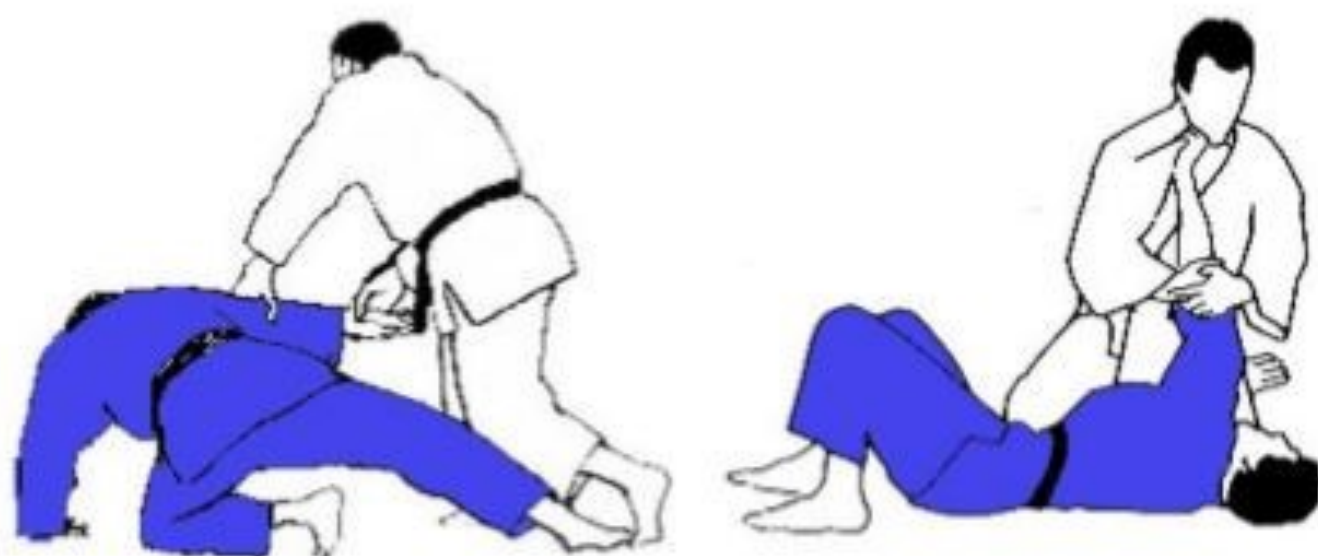


BASISTECHNIEKEN

KANSETSU WAZA



UDE OSAE

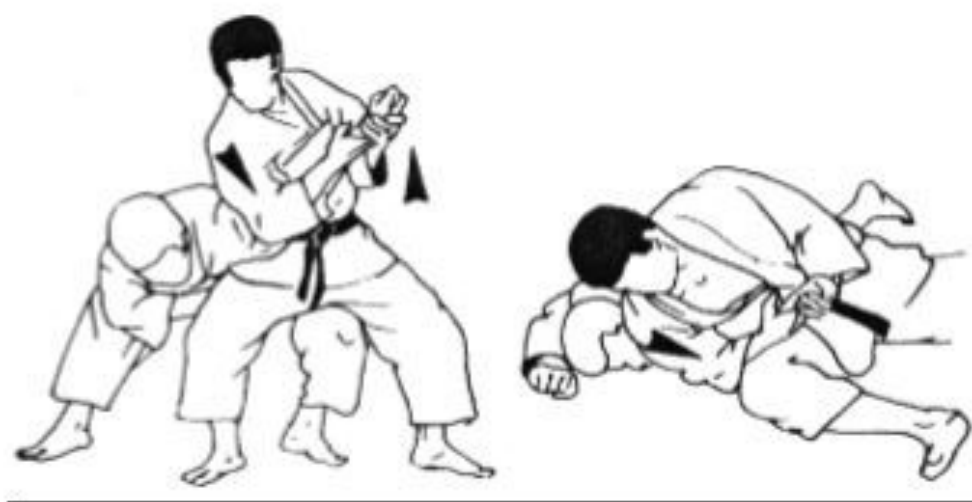
UDE GATAME

IKKYO

GESTREKTE ARMKLEM

BASISTECHNIEKEN

KANSETSU WAZA



WAKI GATAME / HIJI KIME OSAE

KLEM MET DE OKSEL / ELLEBOOG

BASISTECHNIEKEN

KANSETSU WAZA



KOTE GAESHI

**BUITENWAARTSE
POLSVERDRAAIING**

BASISTECHNIEKEN

NAGE WAZA



UKI GOSHI / O GOSHI

HEUPWORP

BASISTECHNIEKEN

NAGE WAZA



IRIMI NAGE

INSTAPNEERHALING

BASISTECHNIEKEN

NAGE WAZA



SUKUI NAGE / TE GURUMA

LEPELWORP / HANDRAD

BASISTECHNIEKEN

ATEMI WAZA

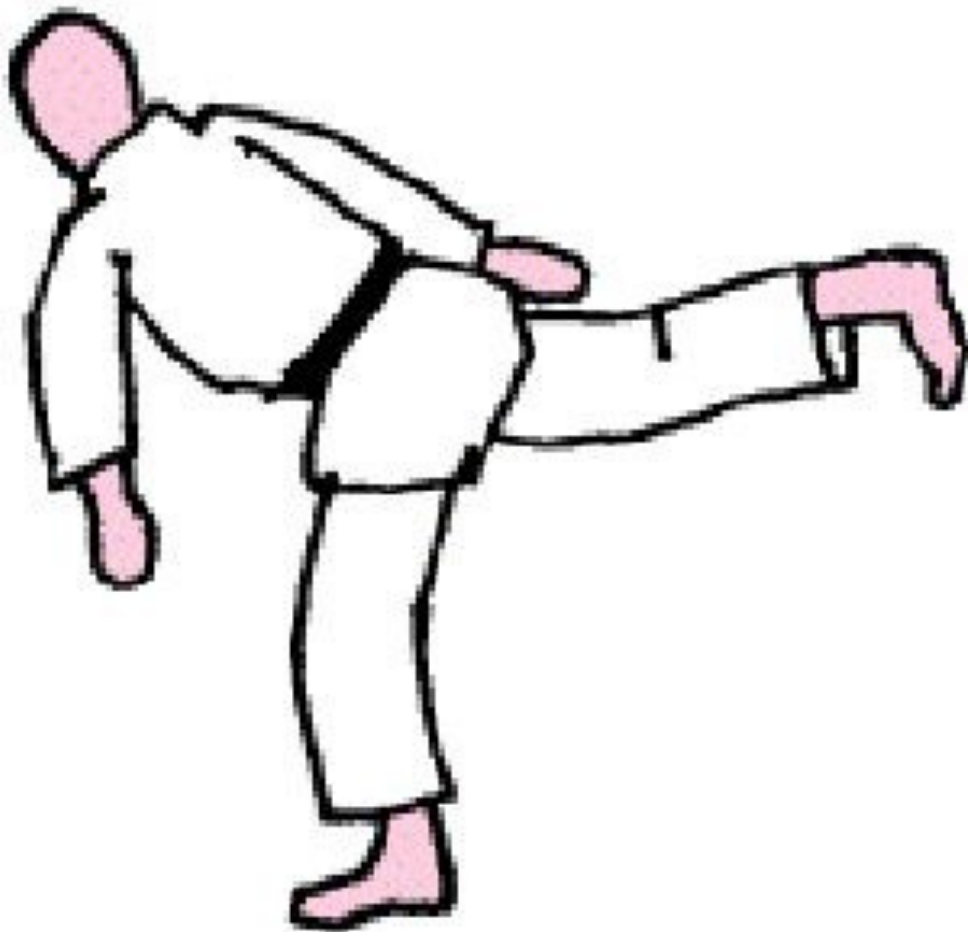


YOKO GERI

ZIJWAARTSE TRAP

BASISTECHNIEKEN

ATEMI WAZA

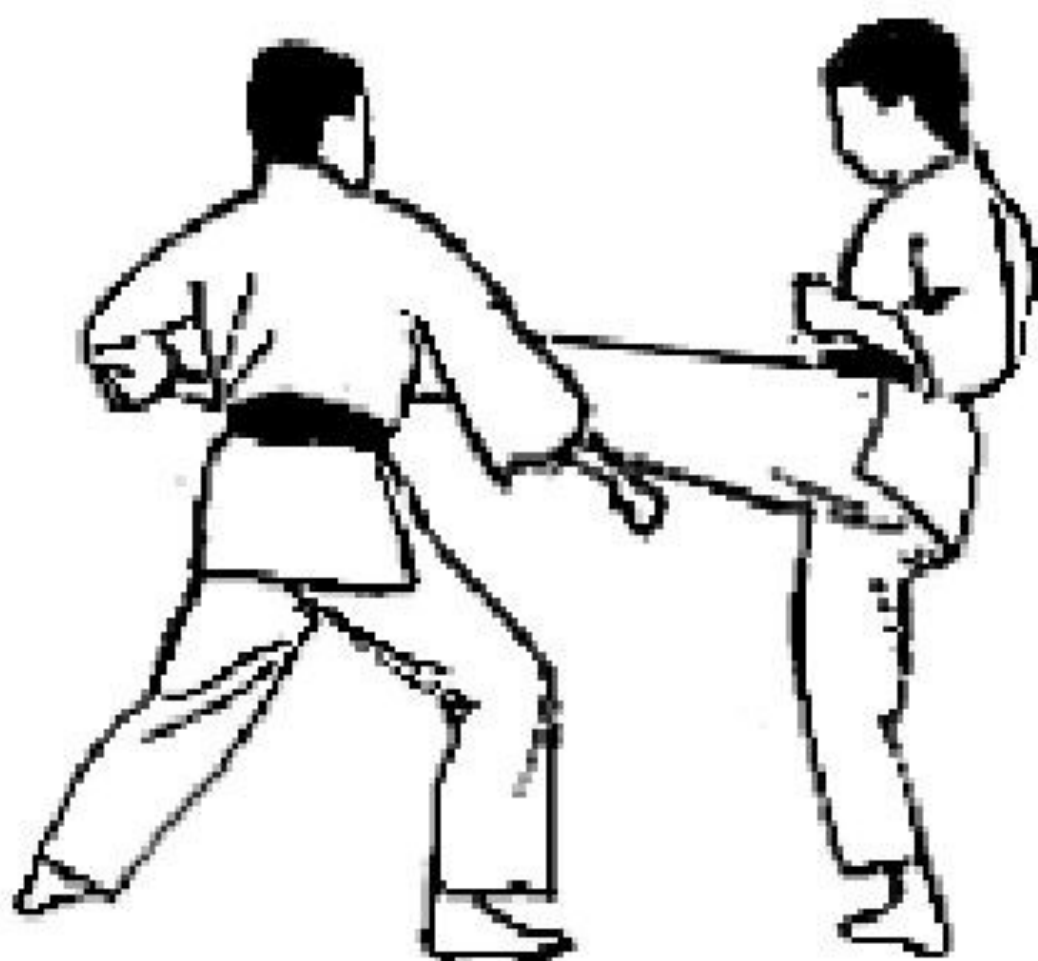


USHIRO GERI

ACHTERWAARTSE TRAP

BASISTECHNIEKEN

ATEMI WAZA



KAKE UKE /UCHI BARAI

LAGE BINNENWAARTSE AFWEER

BASISTECHNIEKEN

ATEMI WAZA



MAWASHI ZUKI

HOEKSLAG / SWING