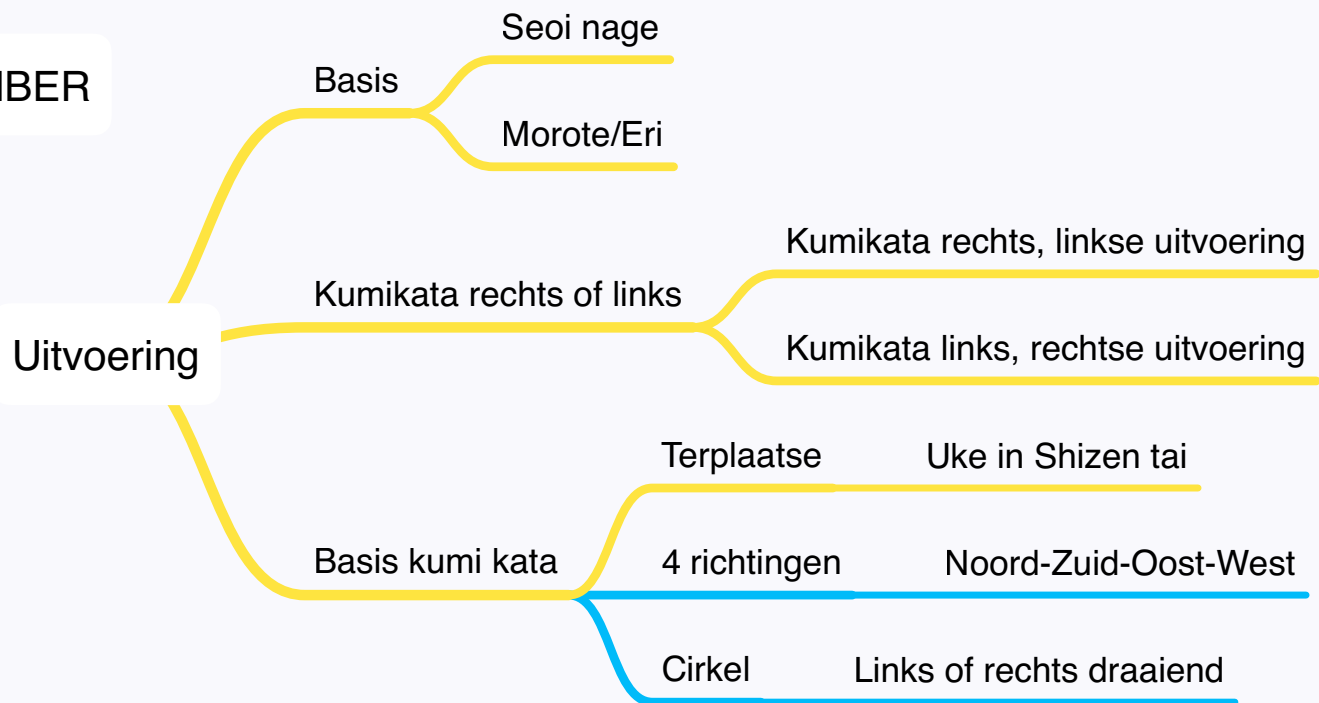
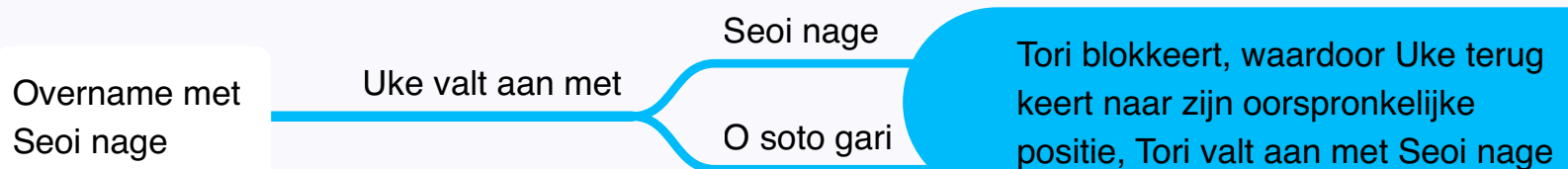
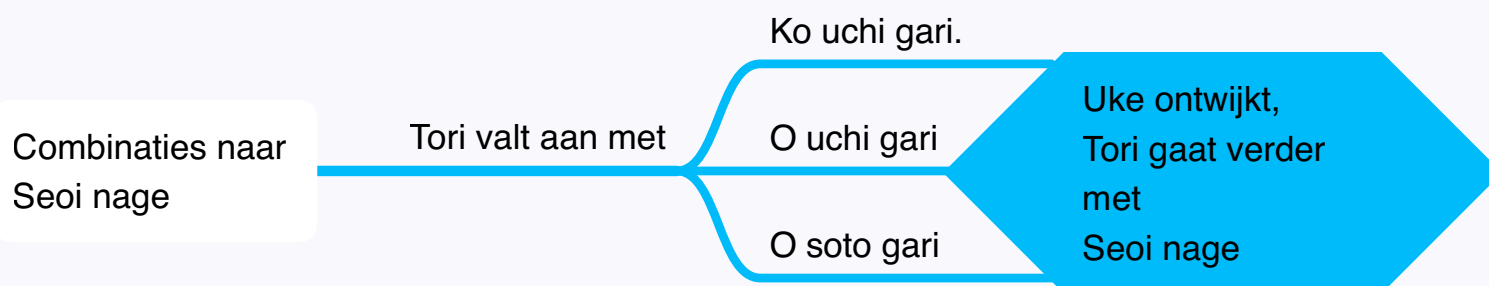




SEPTEMBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke





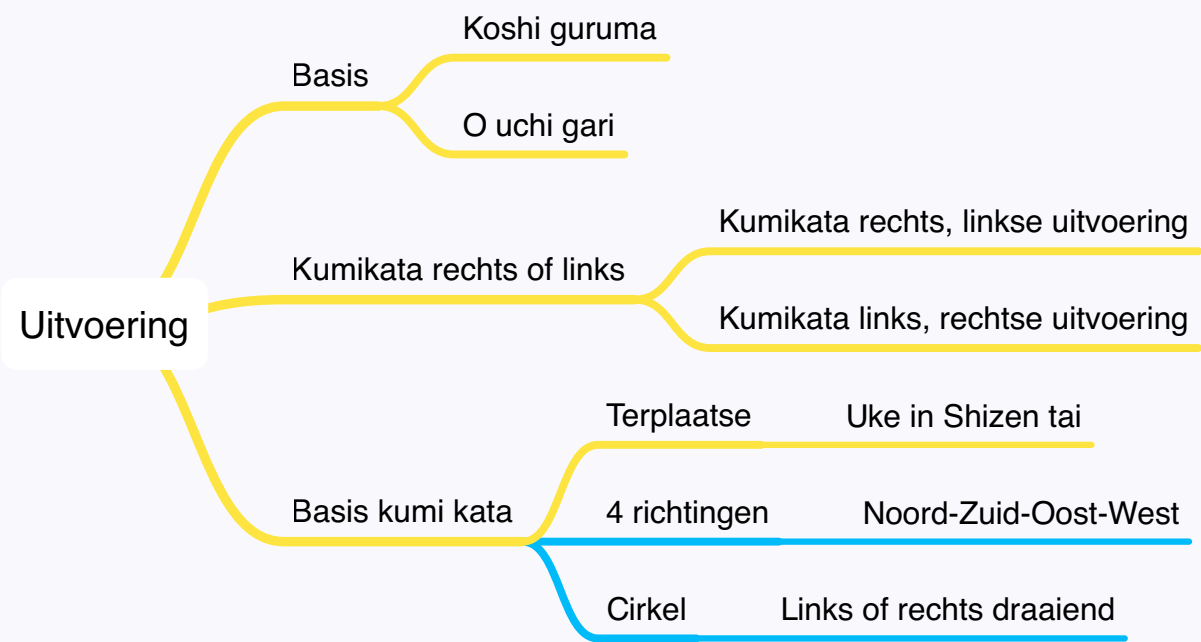
Techniek Niveau:

September:

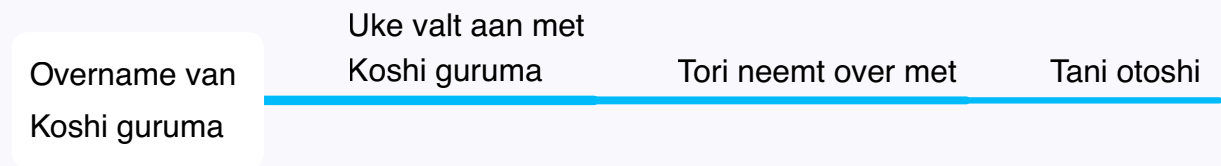
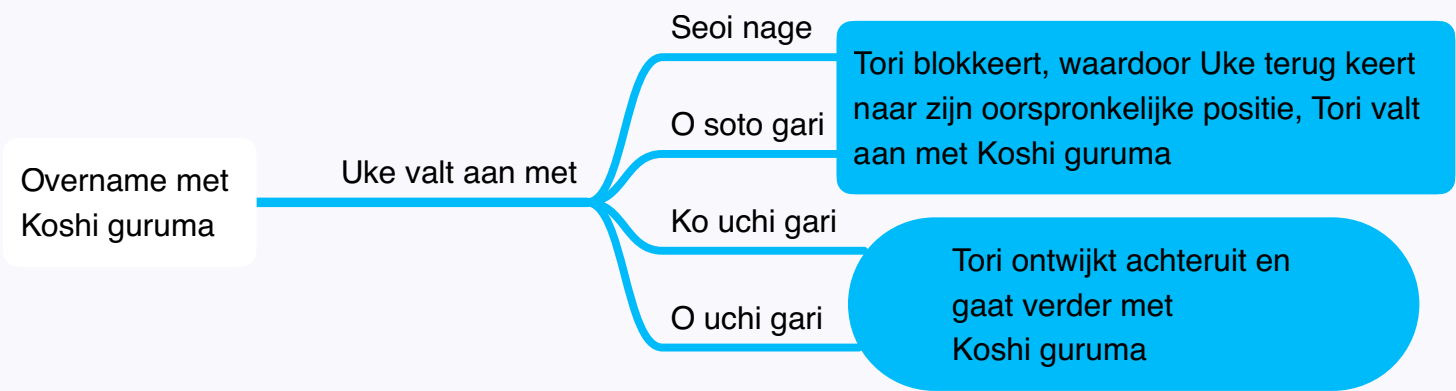
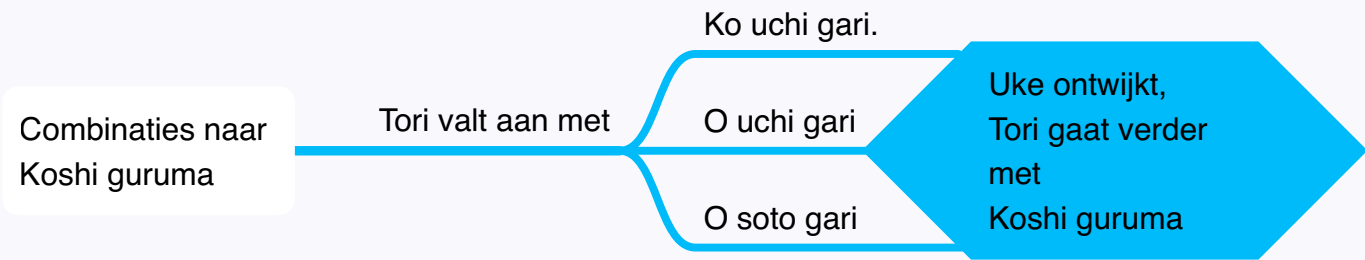
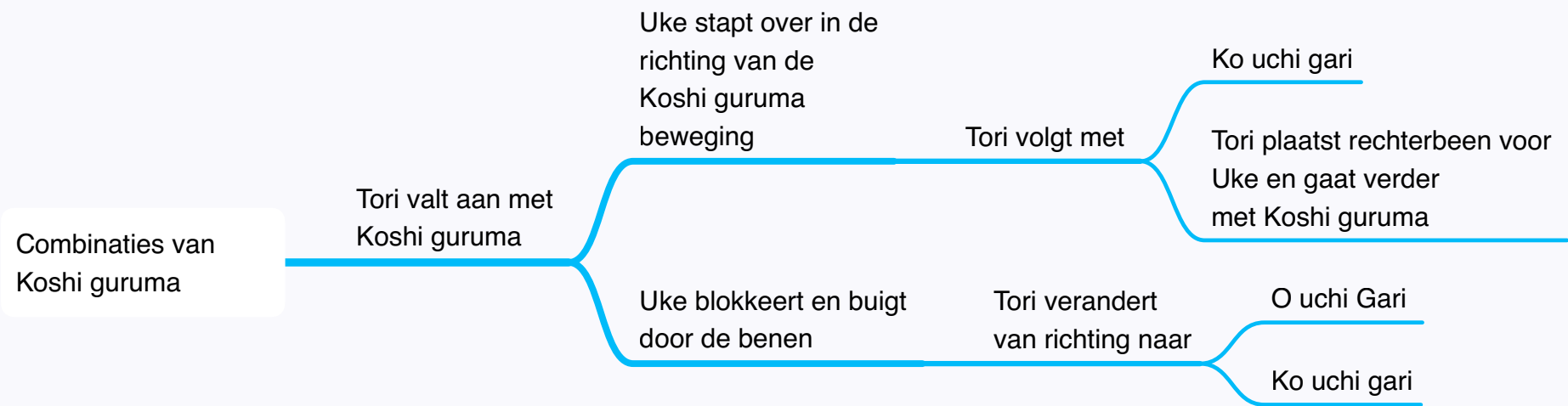
Seoi nage	
Morote seoi nage	
Eri seoi nage	
Yoko shiho gatame	
Kuzure yoko shiho gatame	
Okuri eri jime	
Juji gatame	



OKTOBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke





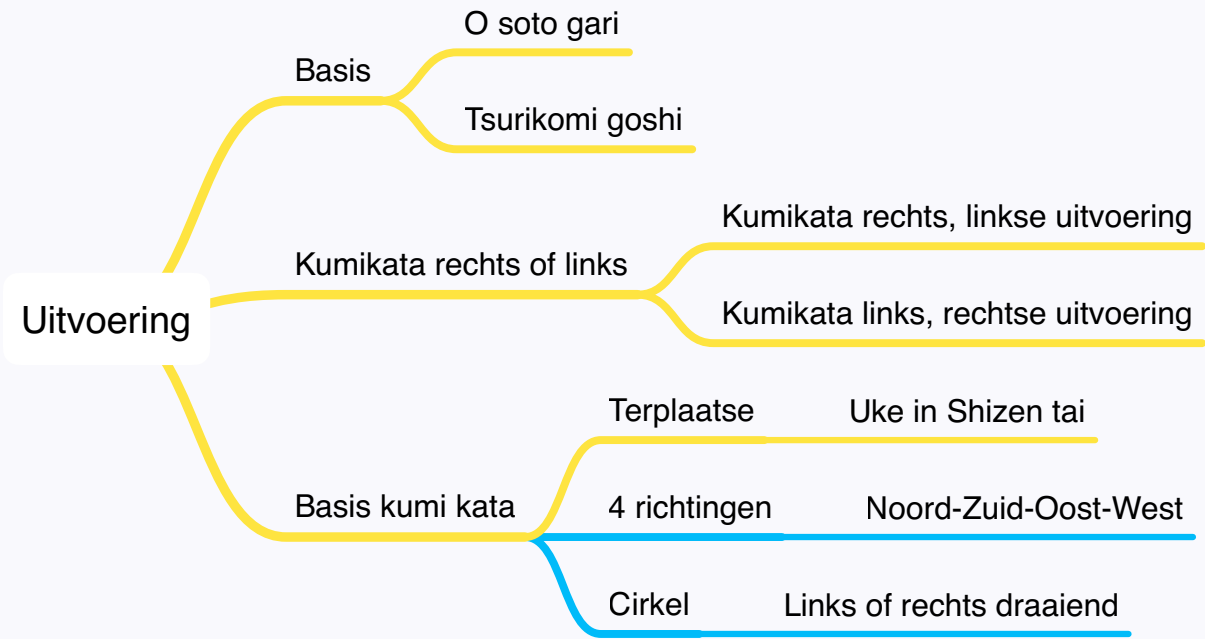
Techniek Niveau:

Oktober:

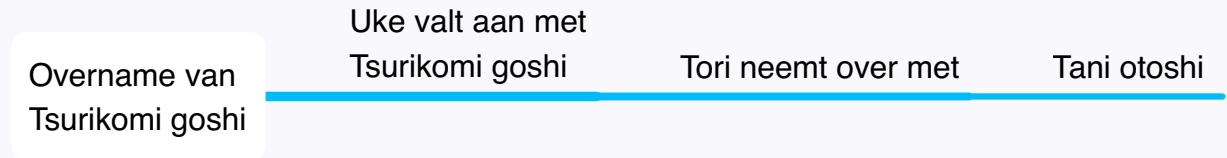
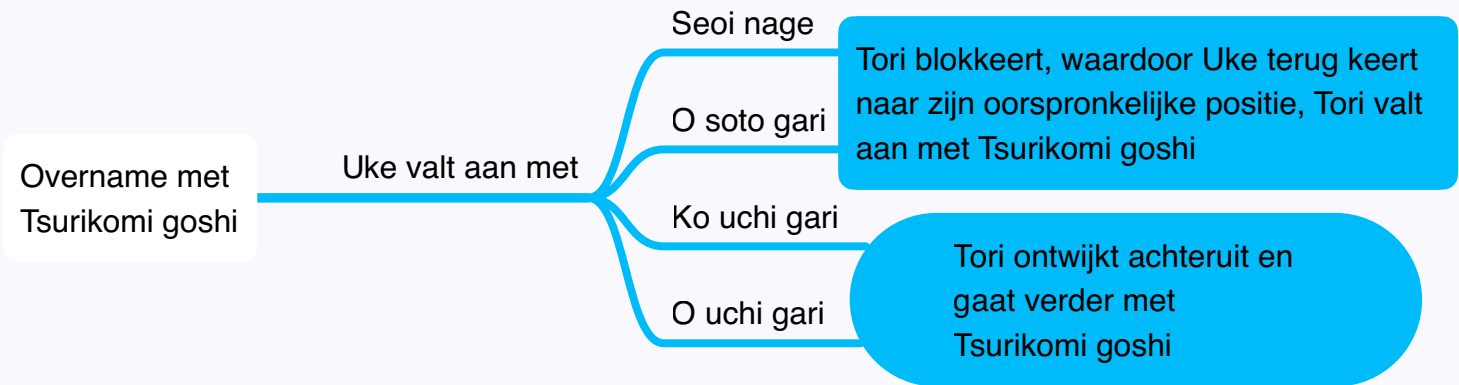
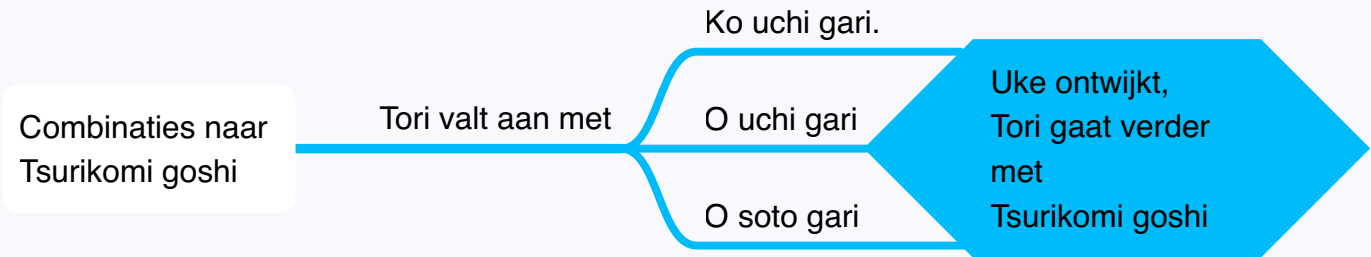
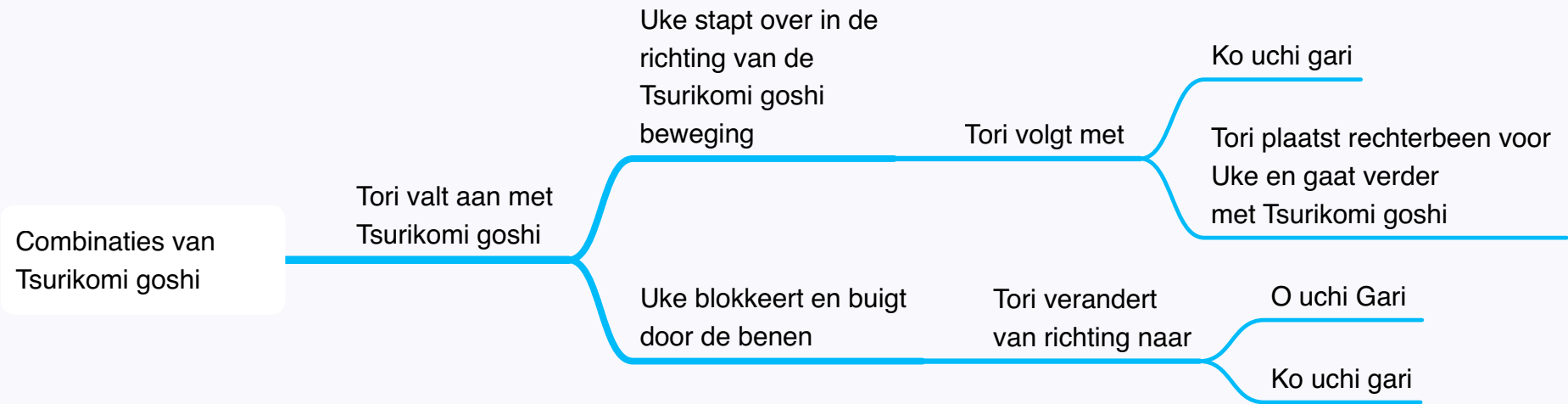
Koshi guruma		
O uchi gari		
Kami shiho gatame		
Uchiro kesa gatame		
Katate jime		
Waki gatame		

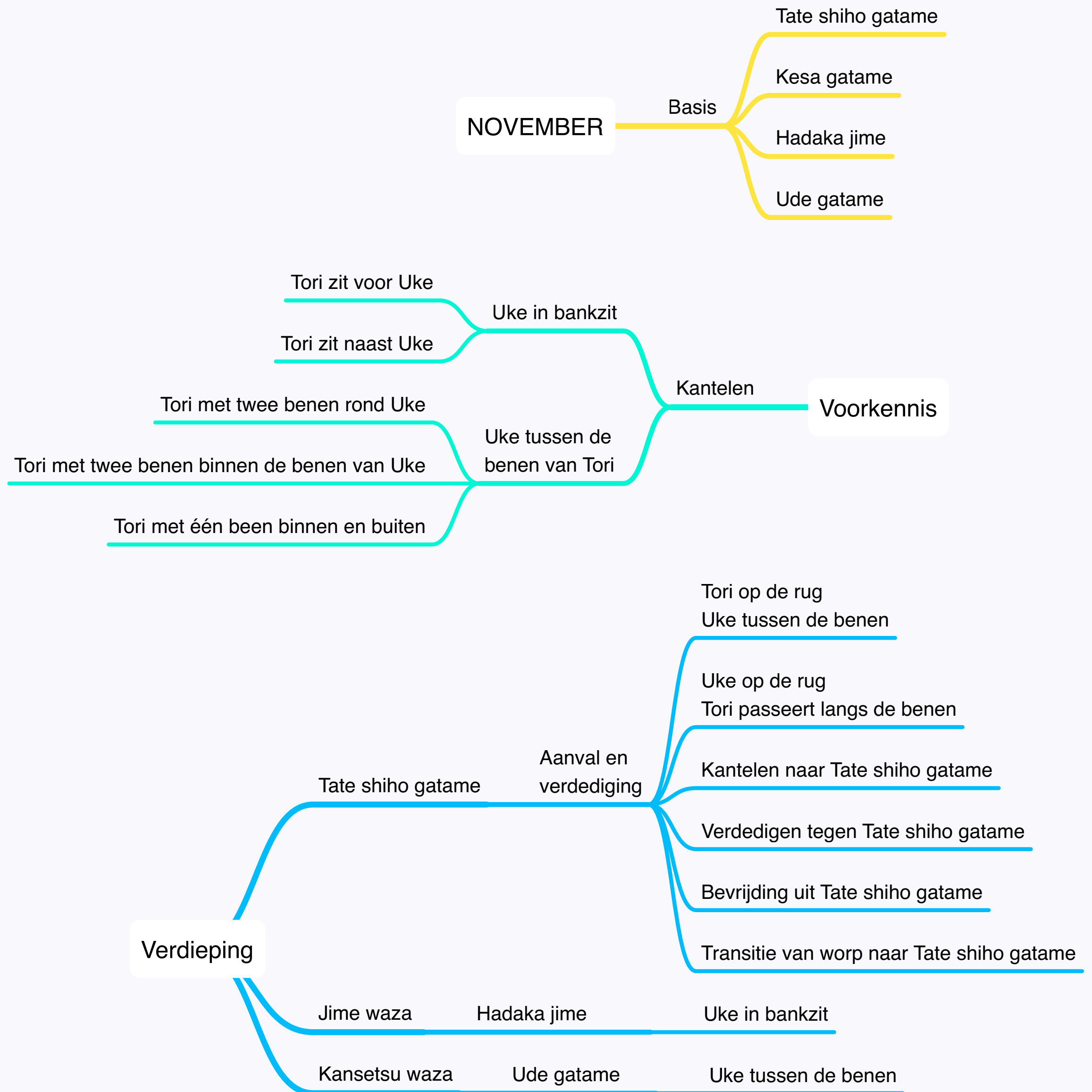


NOVEMBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke





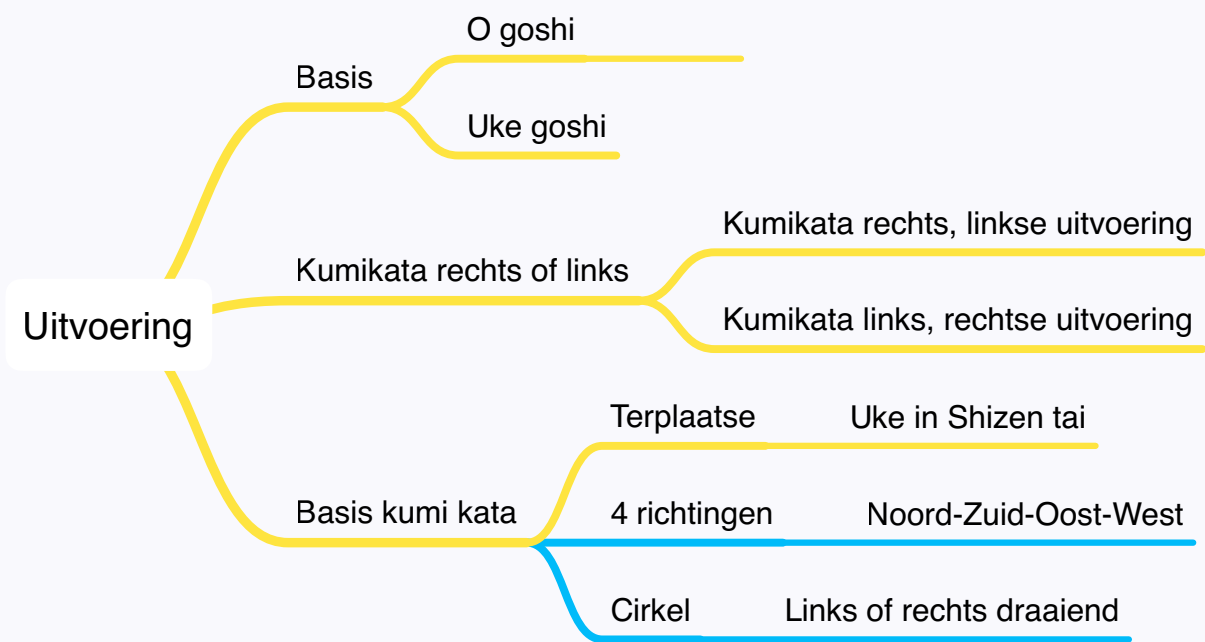
Techniek Niveau:

November:

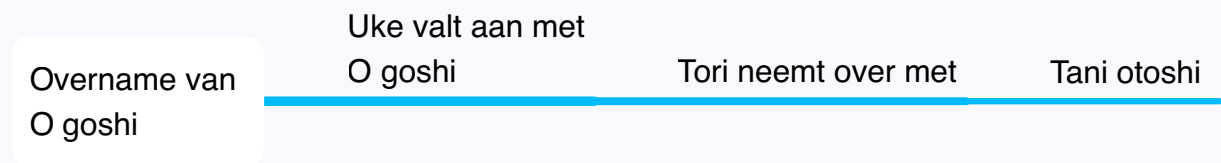
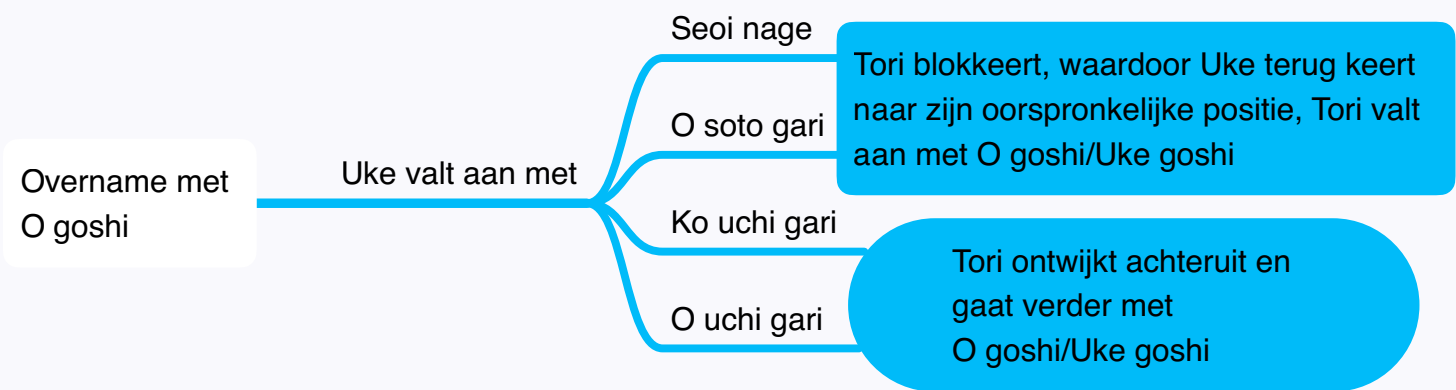
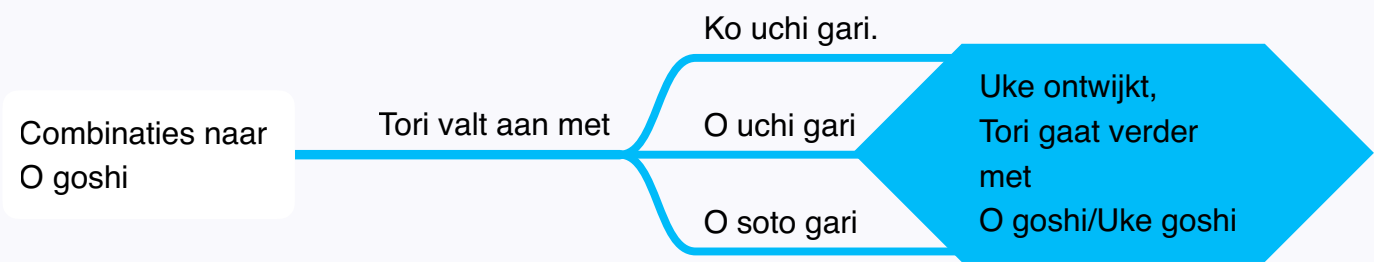
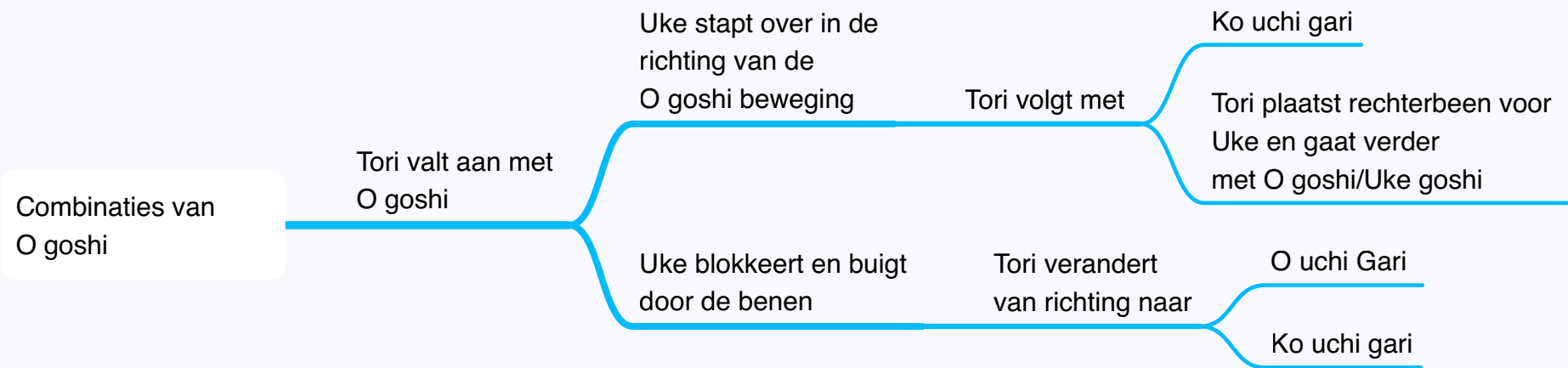
O soto gari		
Tsuri komi goshi		
Tate shiho gatame		
Kesa gatame		
Hadaka jime		
Ude gatame		

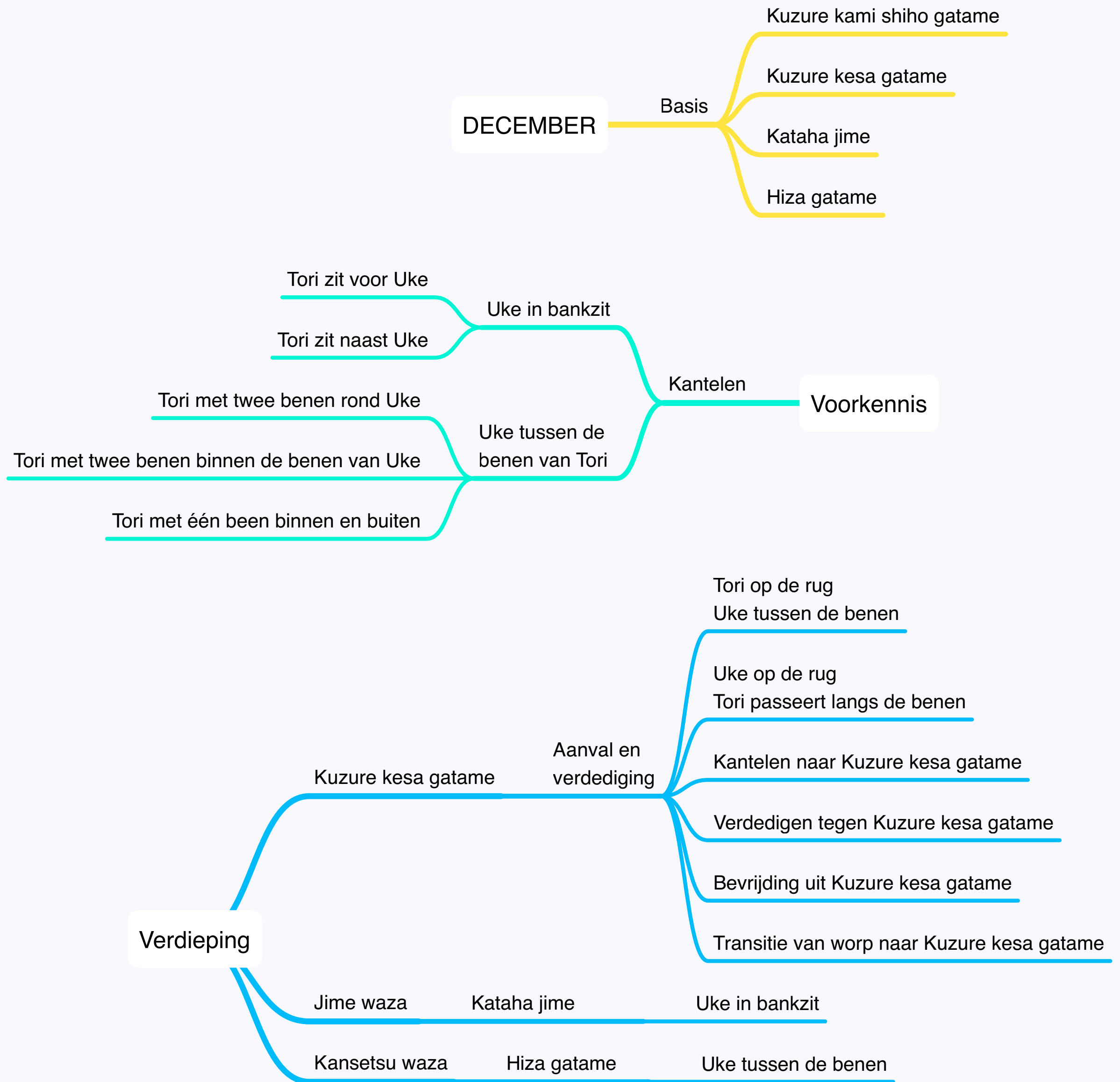


DECEMBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke





Techniek Niveau:

December:

O goshi		
Uke goshi		
Kuzure kami shiho gatame		
Kuzure kesa gatame		
Kataha jime		
Hiza gatame		