

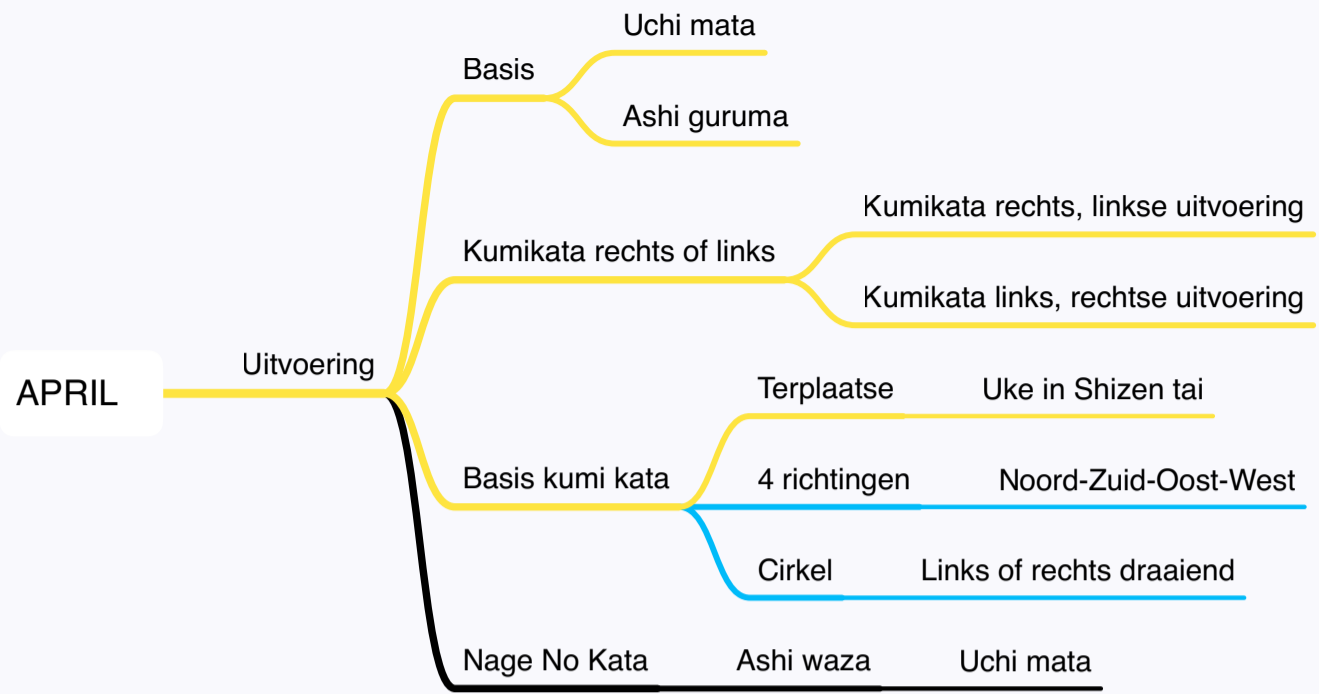
APRIL

Basis

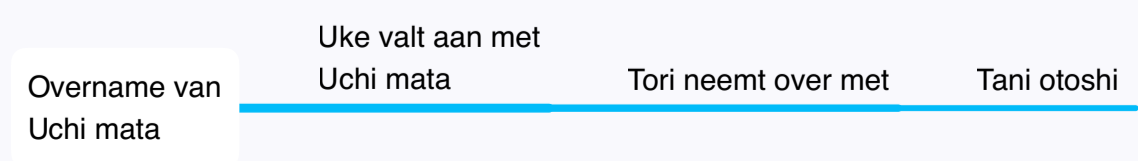
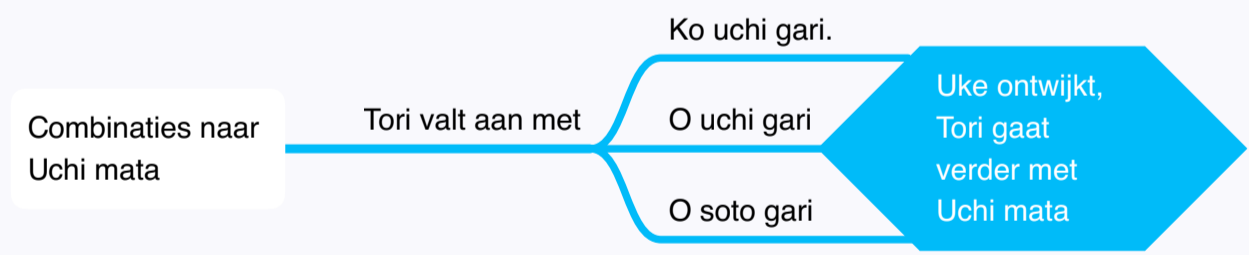
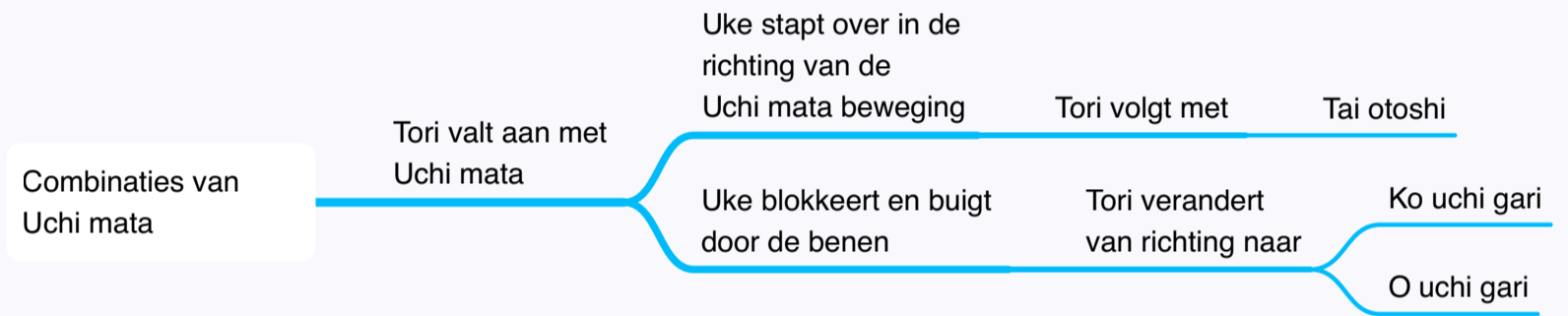
- Nage waza
 - Uchi mata
 - Ashi guruma
- Katame waza
 - Kesa gatame
 - Kuzure kesa gatame
- Jime waza
 - Ryote jime
- Kansetsu waza
 - Ashi gatame

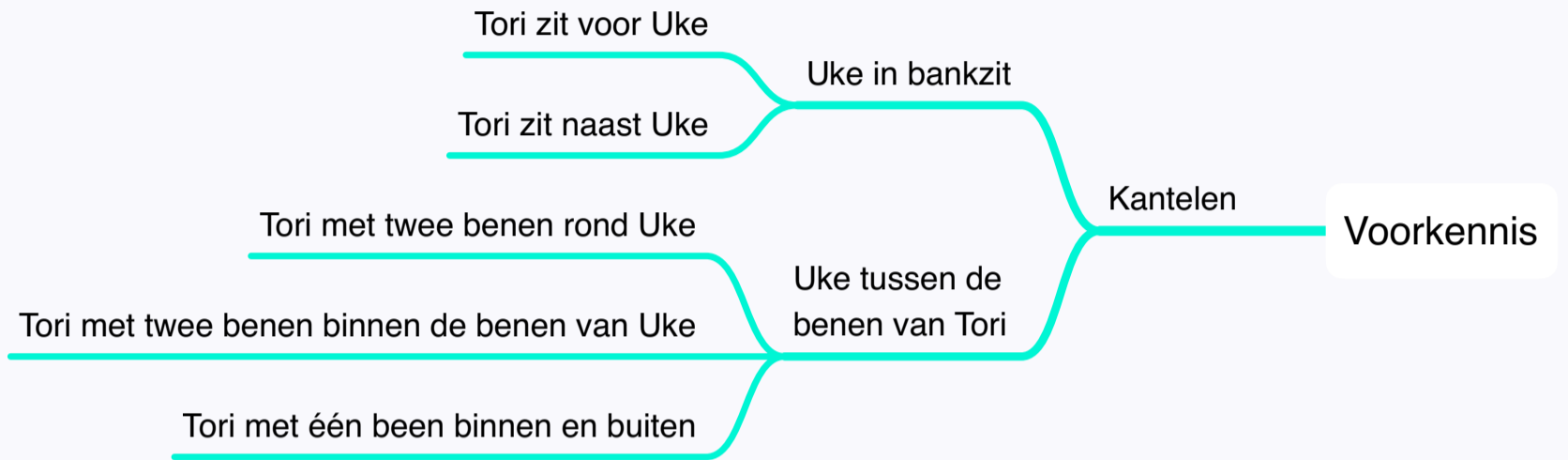
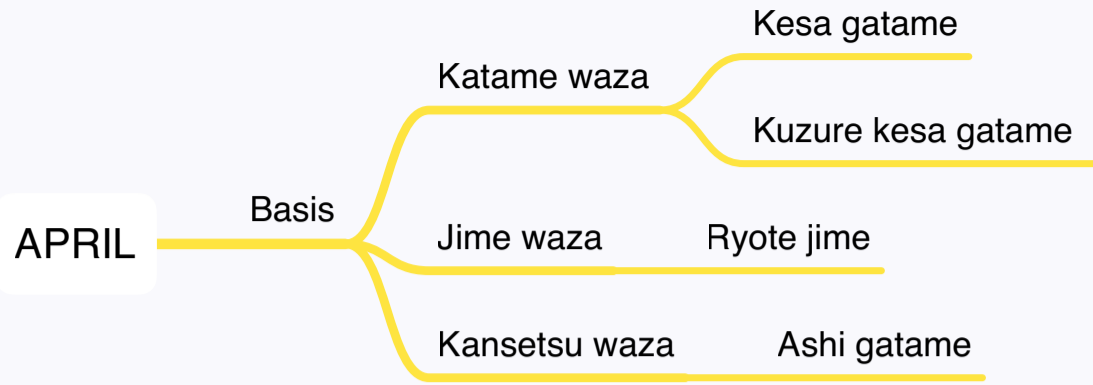
Verdieping

- Combinatie/overname
 - Ko uchi gari
 - O uchi gari
 - O soto gari
 - Tai otoshi
 - Tani otoshi
 - Seio nage
- Katame waza
 - Bevrijden uit Kesa gatame
 - Kantelen naar Kesa gatame
 - Aanval/verdediging met/van Kesa gatame
 - Transitie naar Kesa gatame
- Jime waza
 - Ryote jime
- Kansetsu waza
 - Ashi gatame









Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.

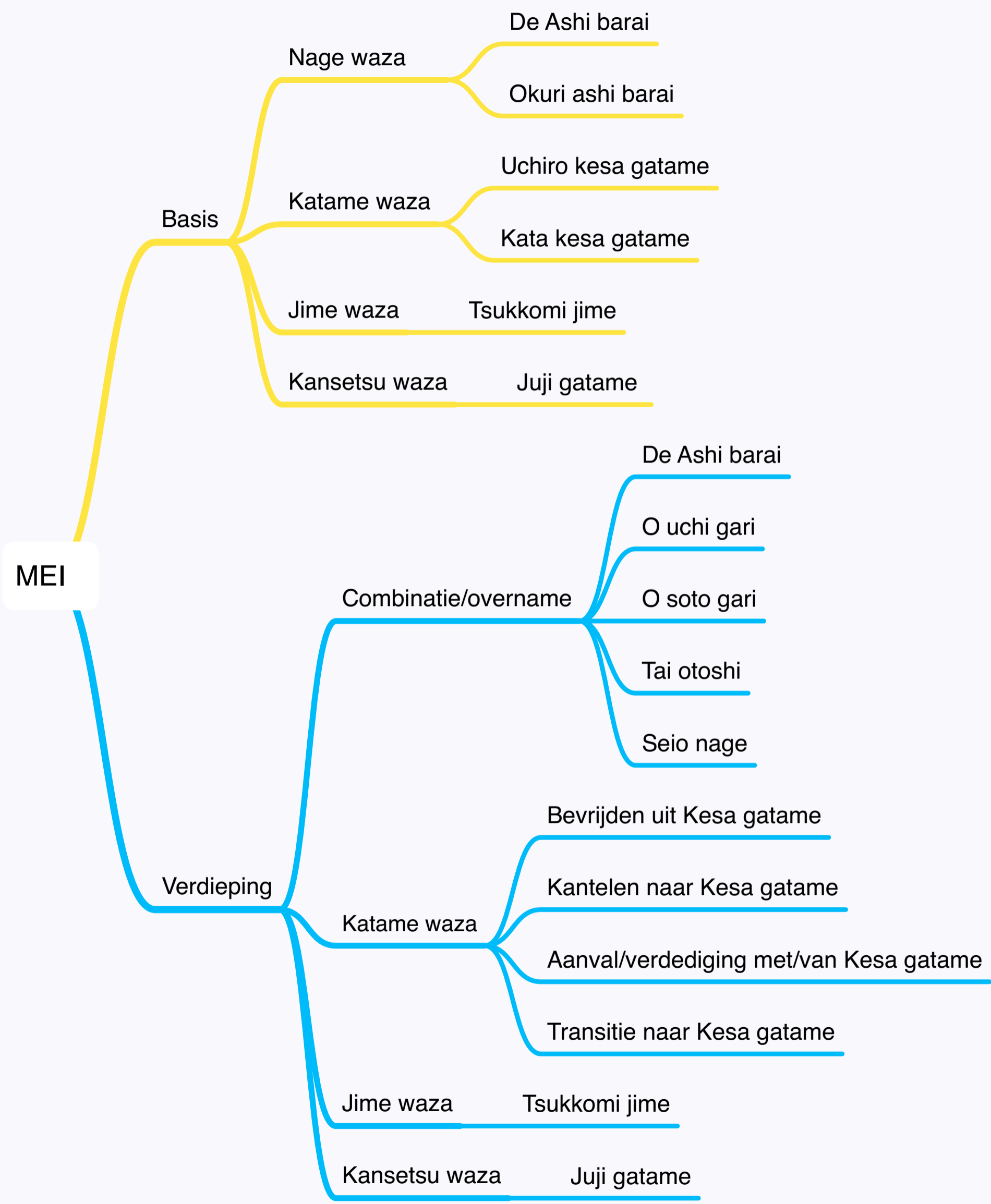


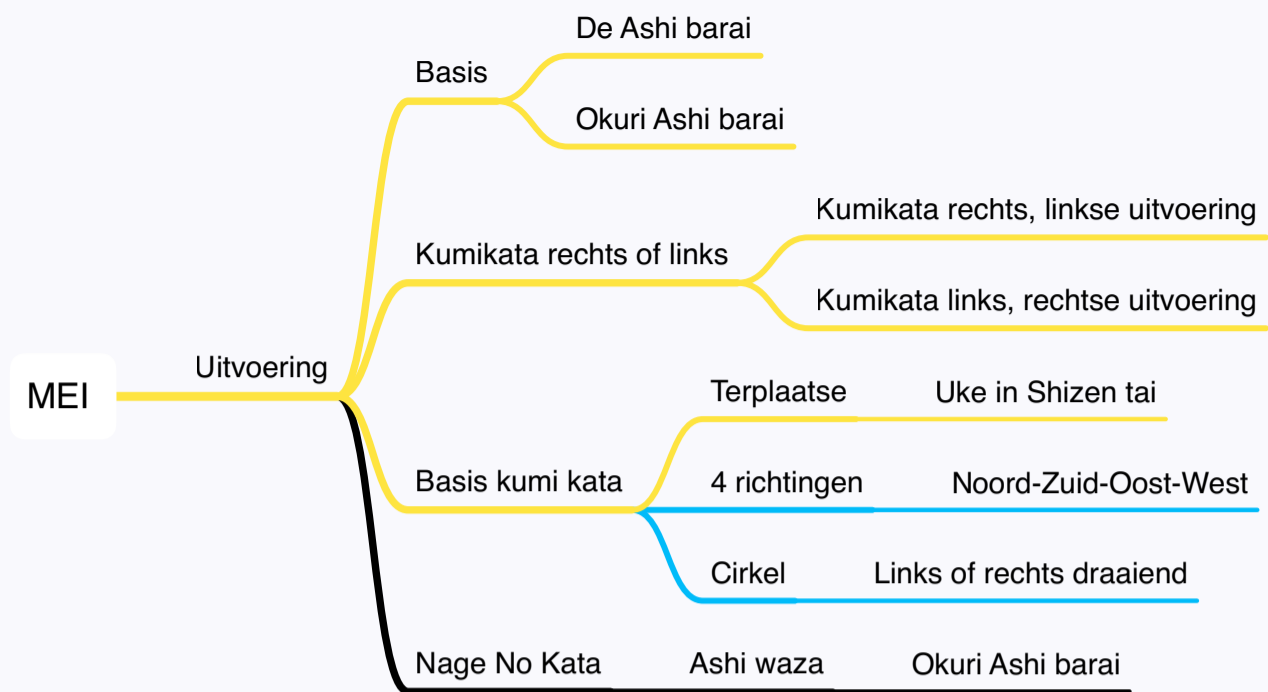


Techniek Niveau:

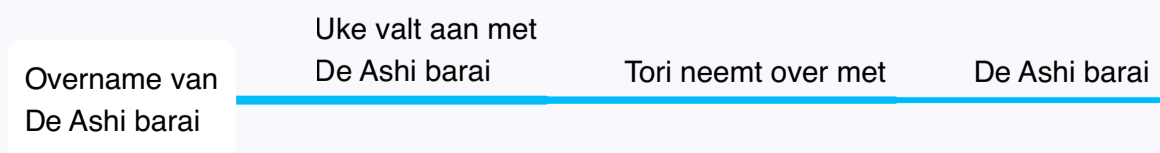
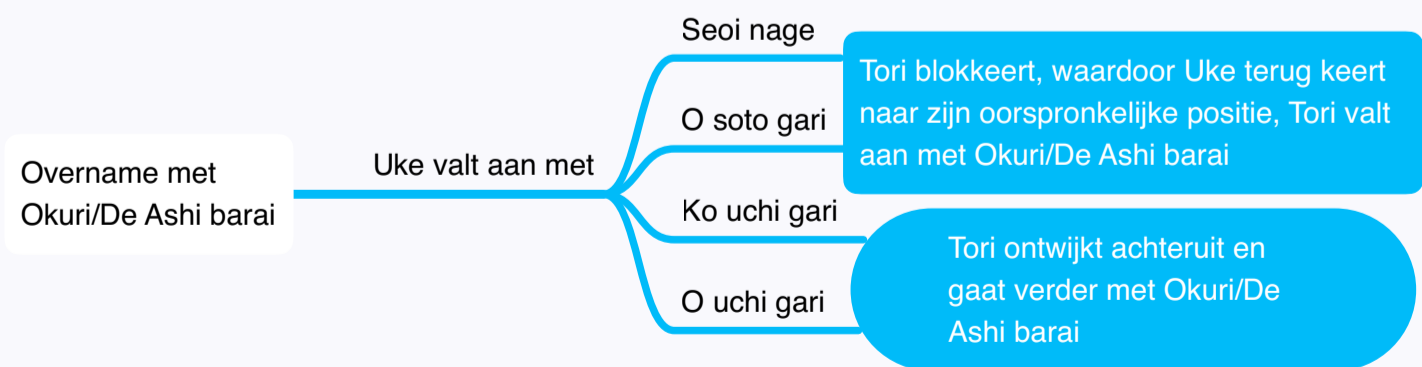
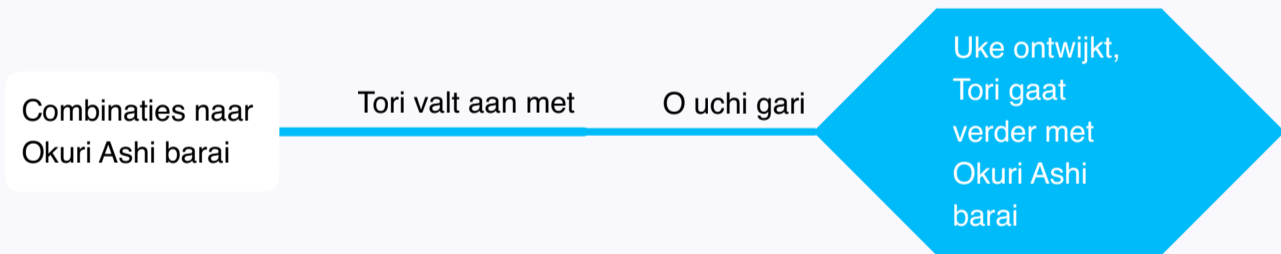
April:

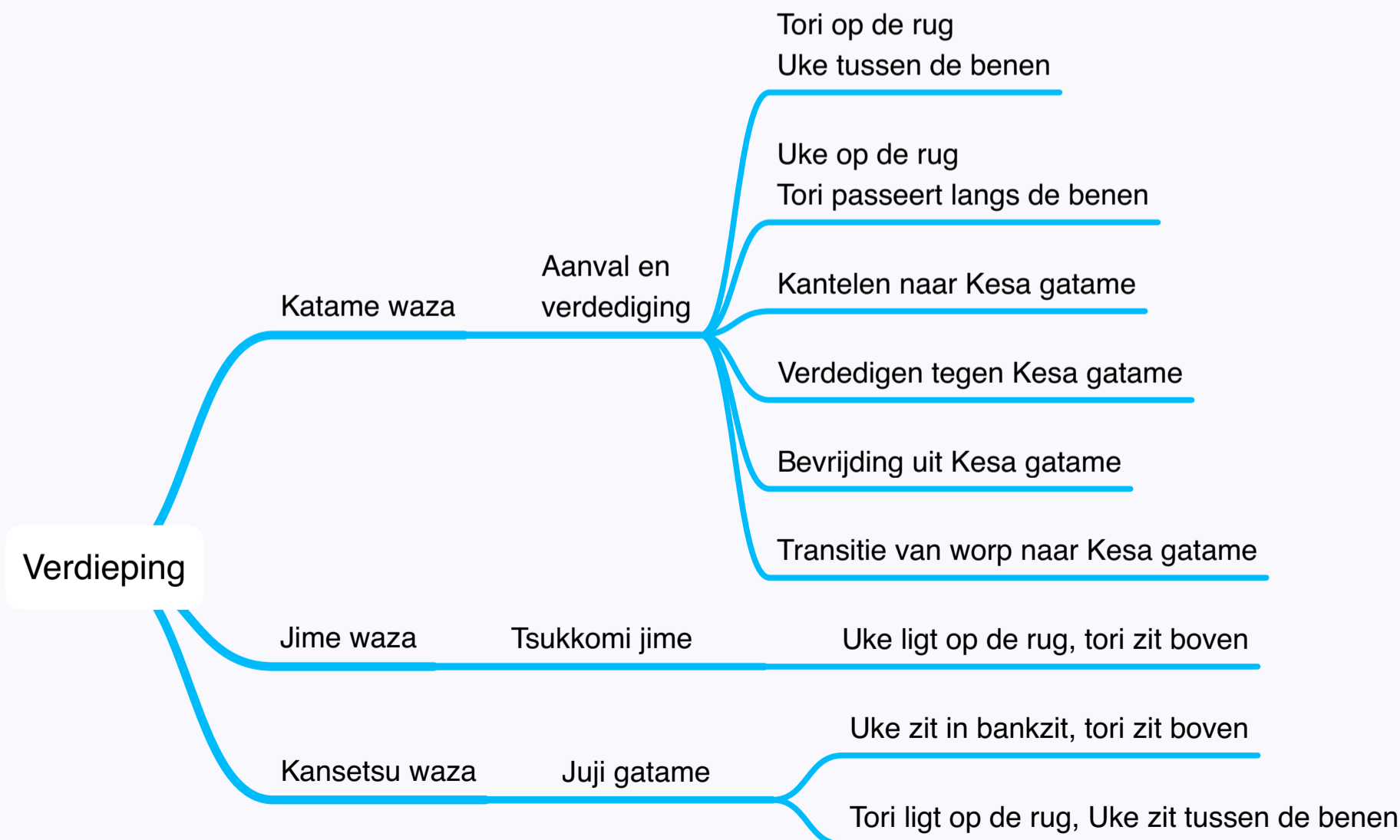
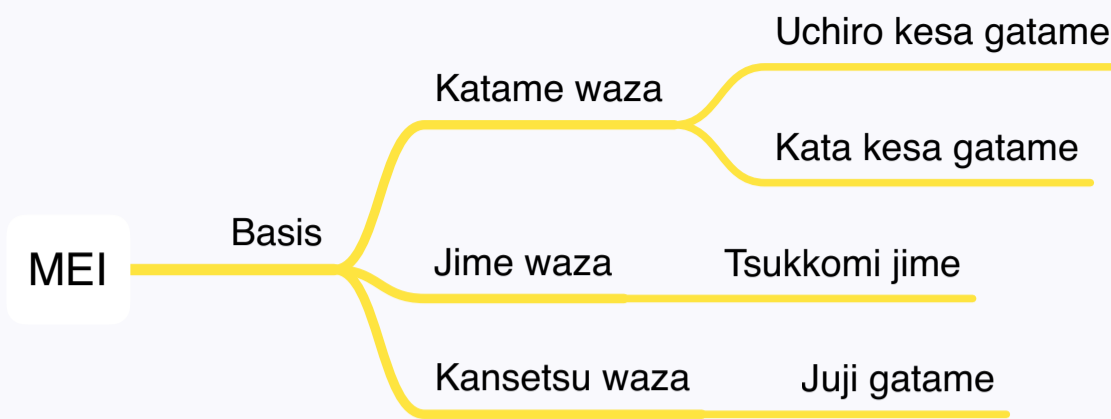
Uchi mata		
Ashi guruma		
Kesa gatame		
Kuzure kesa gatame		
Ryote jime		
Ashi gatame		





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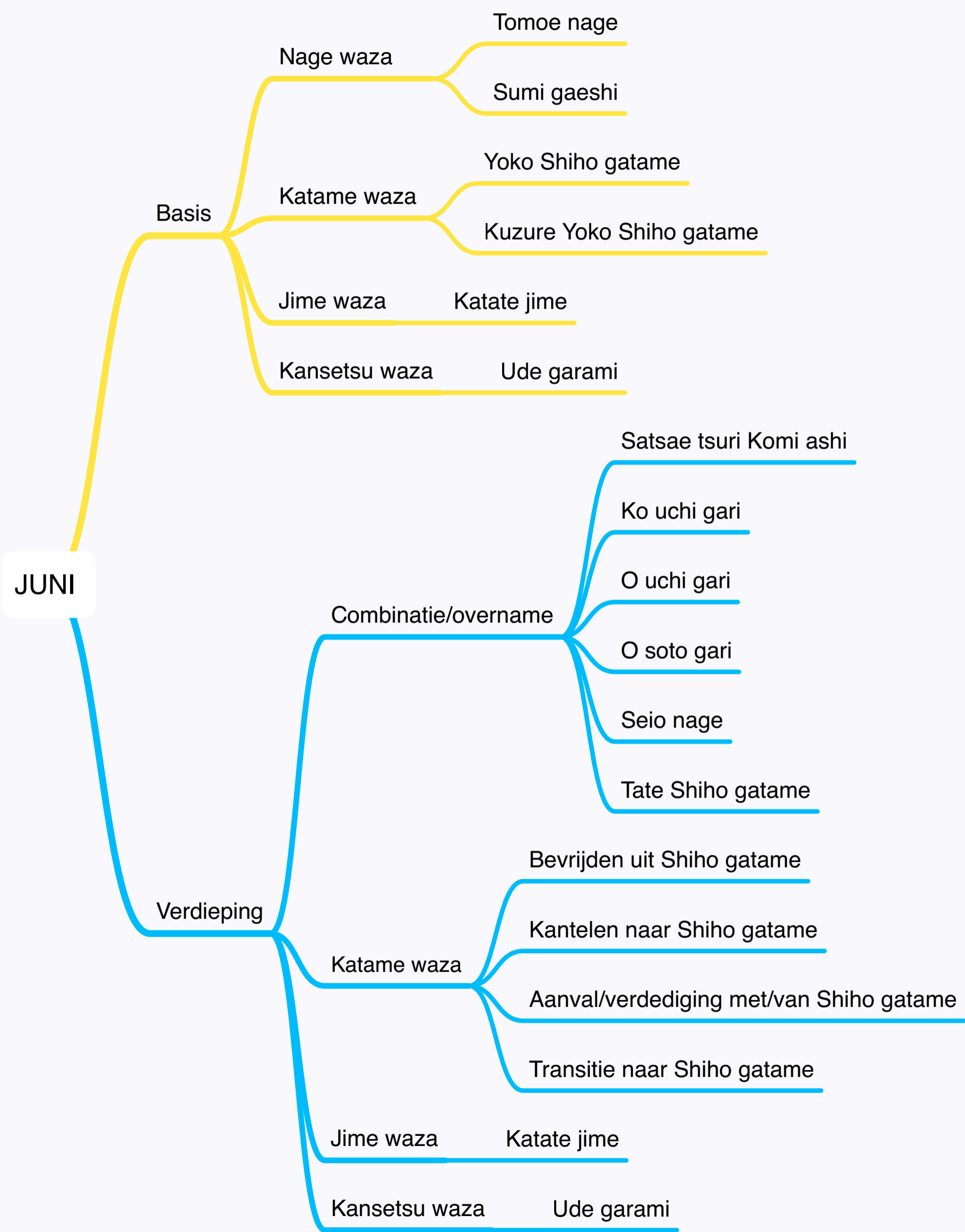




Techniek Niveau:

Mei:

De ashi barai		
Okuri ashi barai		
Uchiro kesa gatame		
Kata kesa gatame		
Tsukkomi jime		
Juji gatame		



JUNI

Basis

Nage waza

Tomoe nage

Sumi gaeshi

Katame waza

Yoko Shiho gatame

Kuzure Yoko Shiho gatame

Jime waza

Katate jime

Kansetsu waza

Ude garami

Verdieping

Combinatie/overname

Satsae tsuri Komi ashi

Ko uchi gari

O uchi gari

O soto gari

Seio nage

Tate Shiho gatame

Katame waza

Bevrijden uit Shiho gatame

Kantelen naar Shiho gatame

Aanval/verdediging met/van Shiho gatame

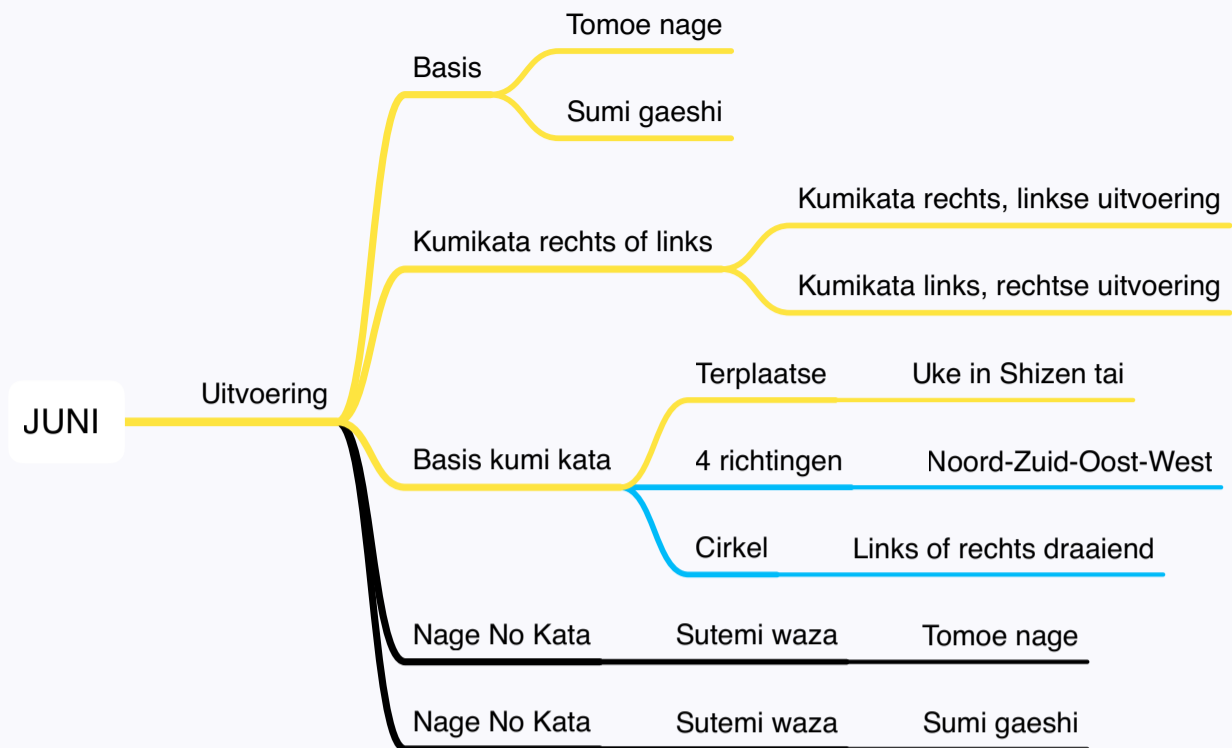
Transitie naar Shiho gatame

Jime waza

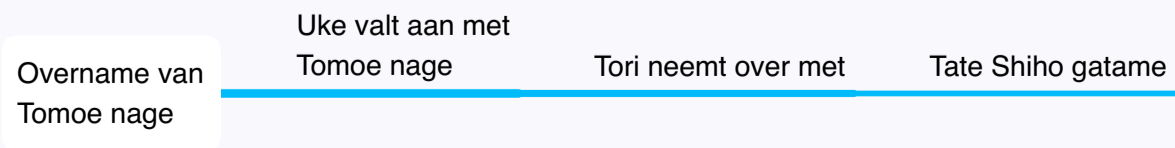
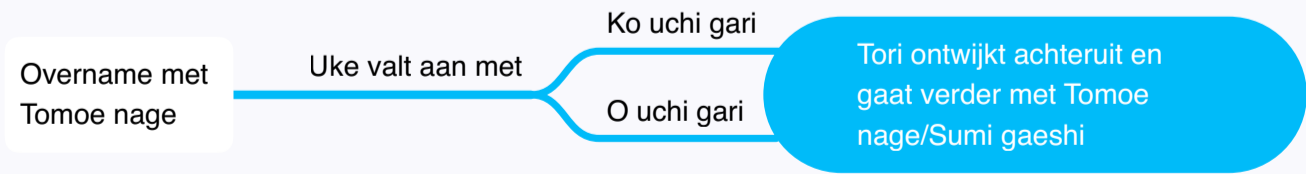
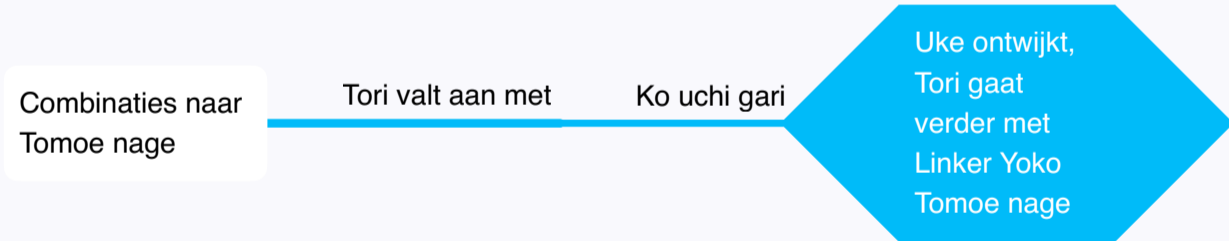
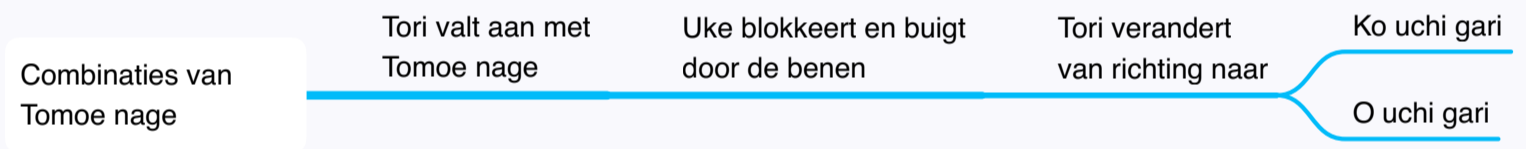
Katate jime

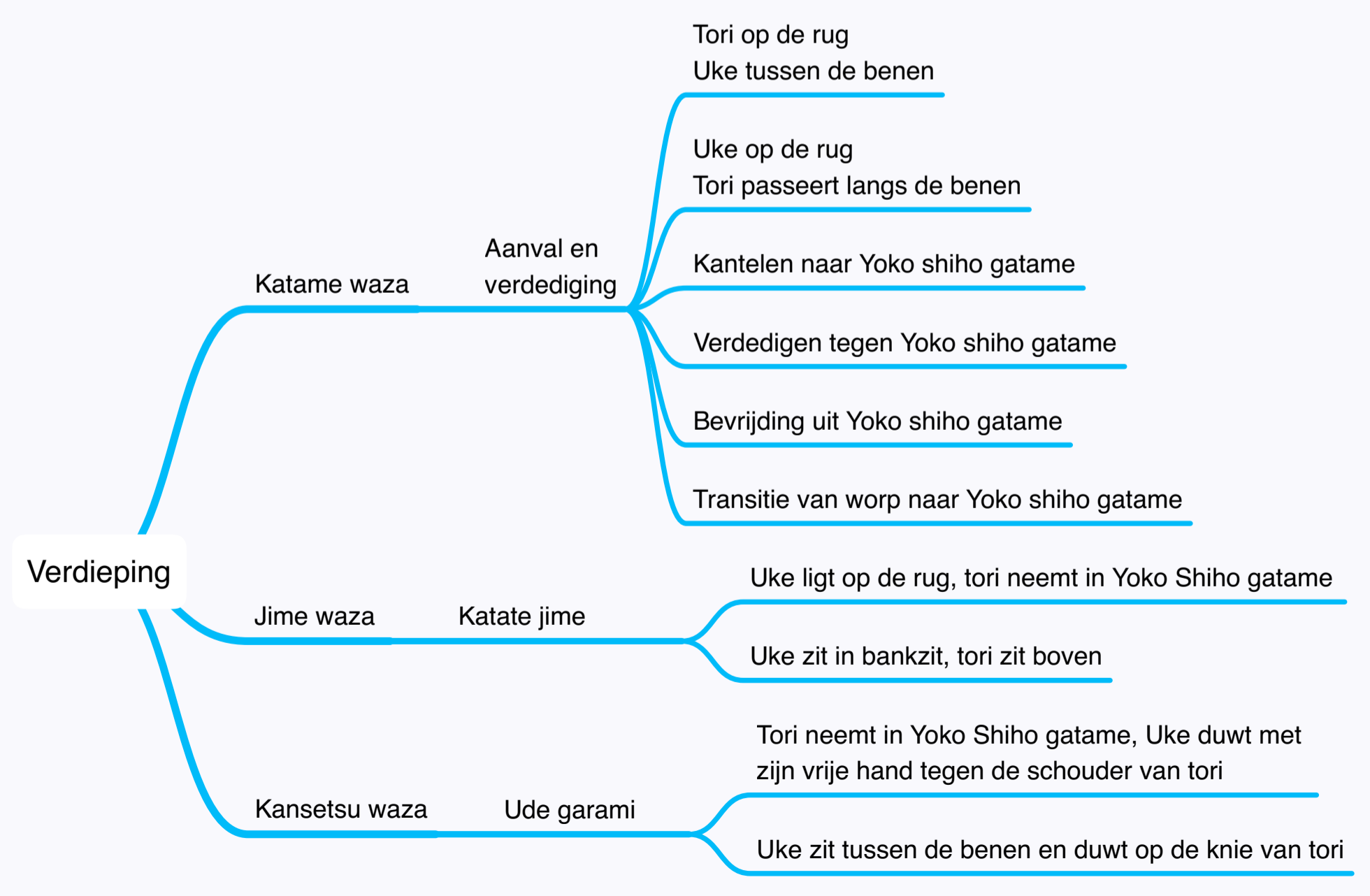
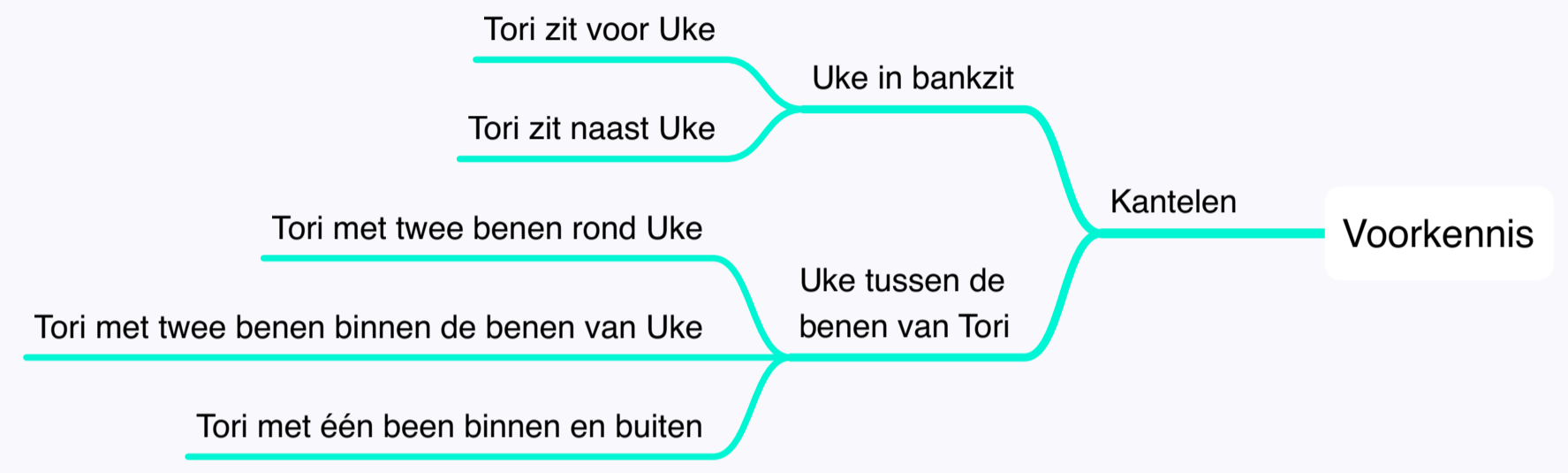
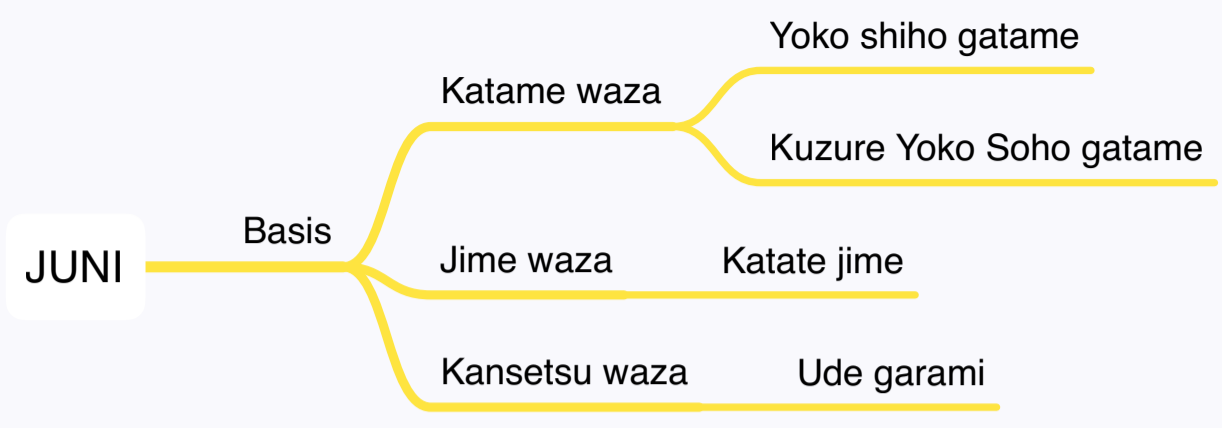
Kansetsu waza

Ude garami




Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.





Techniek Niveau:

Juni:

Tomoe nage		
Sumi gaeshi		
Yoko shiho gatame		
Kuzure yoko shiho gatame		
Katate jime		
Ude garami	