

Gedankenstütze für 6. Kyu-Prüfung

Techniken

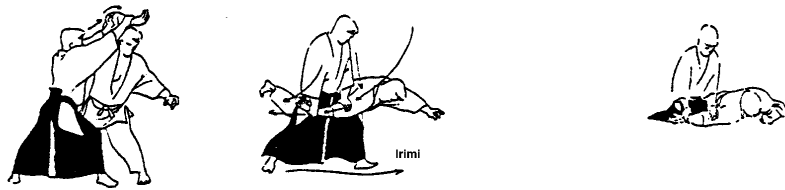
Iriminage



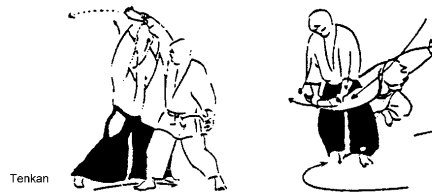
Kotegaeshi



Ikkyo Omote



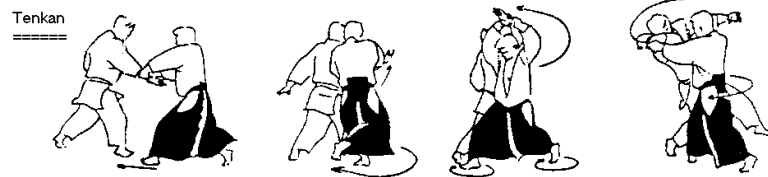
Ikkyo Ura



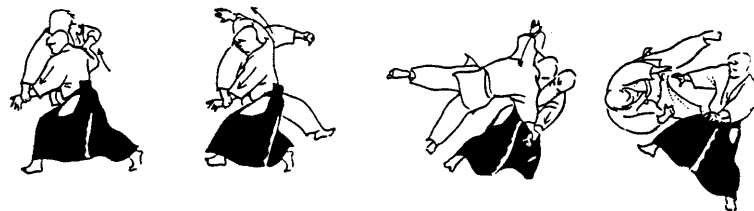
Shihonage Omote



Shihonage Ura



Tenchinage



Genkeikokyunage

