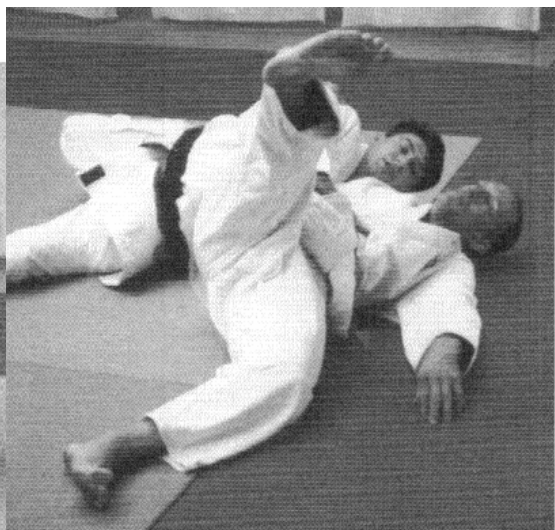
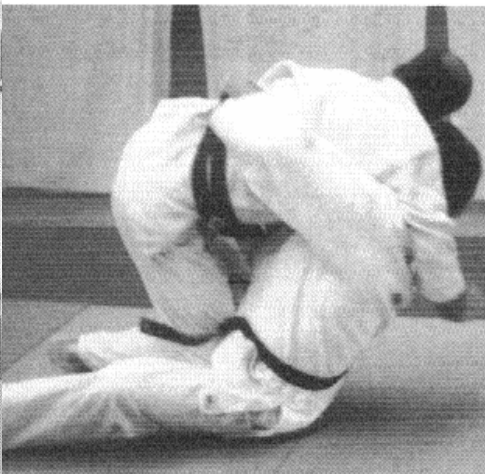
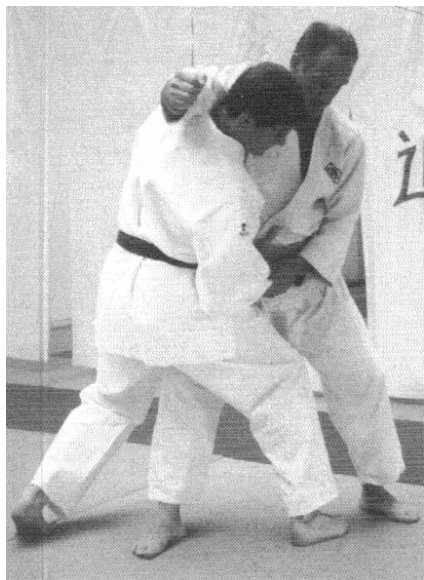
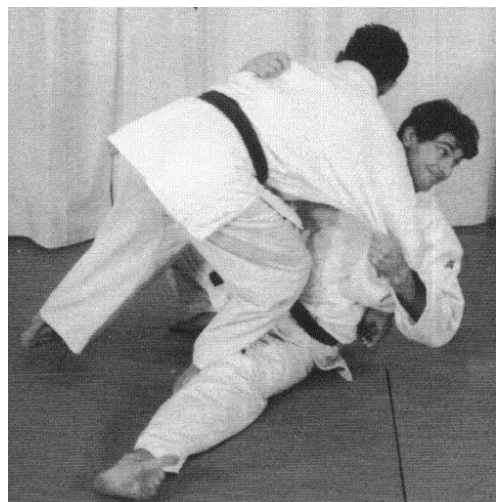


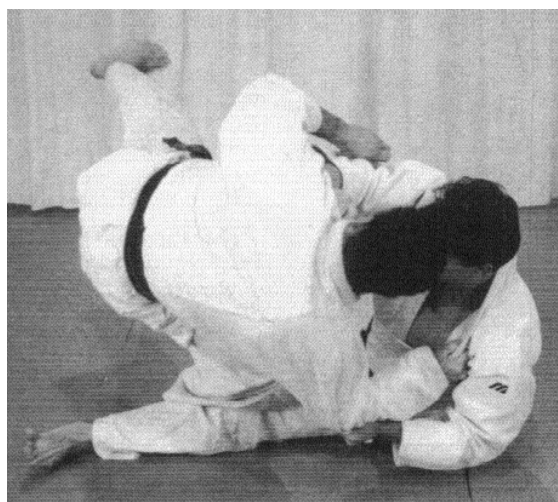
Yoko-guruma
Rzut po kole w bok



Uki-waza
Płynna technika



Yoko-otoshi
Obalenie w bok



SHIME-WAZA
TECHNIKA DUSZEŃ

Kata-eri-jime
Duszenie jednym kołnierzem

