

1.KYU SMEĐI POJAS

BACANJA

O GURUMA

O-Guruma



ASHI GURUMA

Ashi-Guruma



URA NAGE

Ura-Nage



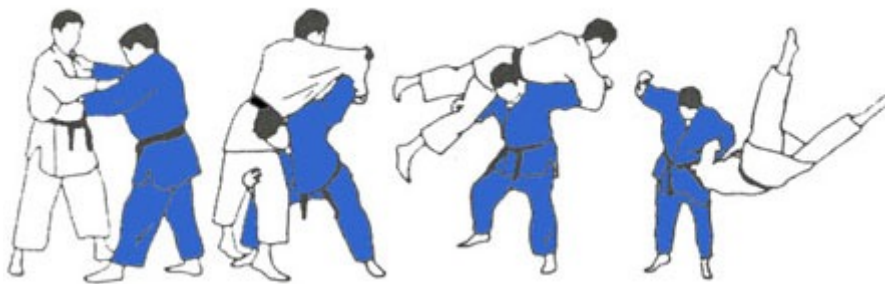
YOKO GURUMA

Yoko-Guruma

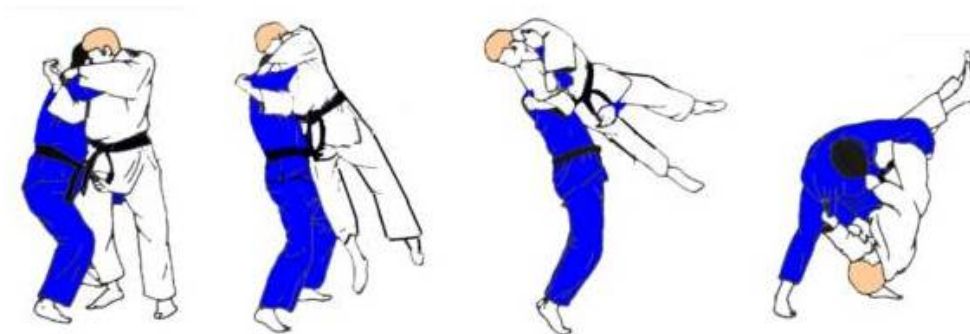


KATA GURUMA

Kata-Guruma



TE GURUMA



SOTO MAKI KOMI

Soto-Maki-Komi



UKI OTOSHI

Uki-Otoshi

