

6.KYU ŽUTO-NARANČASTI POJAS

Ippon-Seoi-Nage



IPPON SEOI NAGE

Tai-Otoshi



TAI OTOSHI

Ko-Uchi-Gari



KO UCHI GARI

Ko-Soto-Gake



KO SOTO GAKE

De-Ashi-Barai



DE ASHI BARAI