



## Gult belte, 5. kyu / mon

### Illustrasjoner Nage-Waza (Kast)

#### 1. Deashi Barai



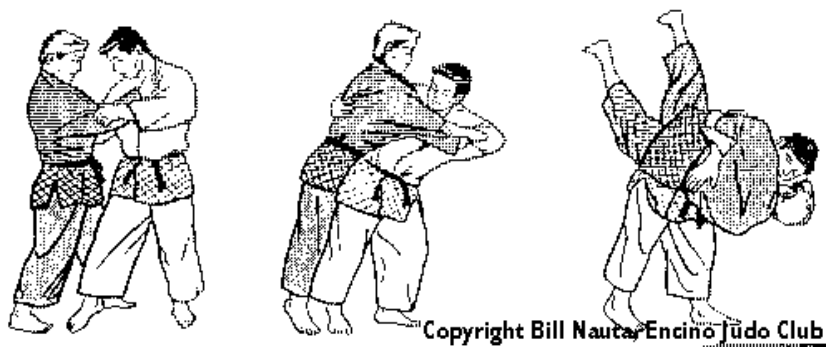
#### 2. Hiza Guruma



#### 3. Sasae Tsurikomi Ashi



#### 4. Uki Goshi

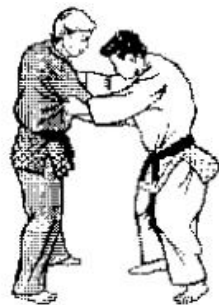


5. Osoto Gari



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6. O Goshi



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7. Uchi Gari

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8. Ippon Seoinage

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## 9. Morote Seoinage

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