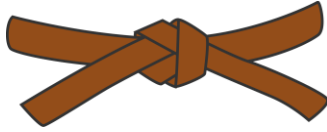


SHIRITI I KAFTE 1-KYU



TACHI- WAZA

- SODE-TSURIKOMI-GOSHI
- UKI-OTOSHI
- USHIRO-GOSHI
- URA-NAGE
- SUMI-GAESHI
- YOKO-GAKE
- KO-UCHI-GAKE-MAKIKOMI
- YOKO-TOMOE-NAGE
- UKI-WAZA

NE –WAZA

SHIME-WAZA:

- HADAKA-JIME
- KATA-HA-JIME
- SAN-GAKU-JIME
- KATA-TE-ASHI-KOSHI-JIME

SHIME WAZA NE POZICIONE TE LUFTES:

- HADAKA-JIME (UKE ESHTË I SHTRIRE)
- KATA-HA-JIME (UKE NE KATER KEMBE)
- SANKAKU-OSAE-GATAME
- SANKAKU-JIME

MUNDESI TE ZGJEDH:

- TE DEMONSTROJE TE GJITHA TEKNIKAT E LARTPERMENDURA
- TE DEMONSTROJE TRE SETE NAGE-NO-KATA APO KOMPLET KATAME-NO-KATA