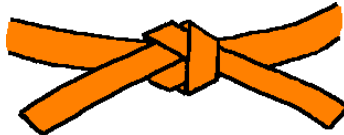




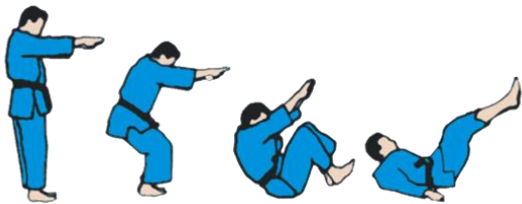
PROGRAMI I SHIRITAVE TE XHUDOS

SHIRITI I PORTOKALLTE

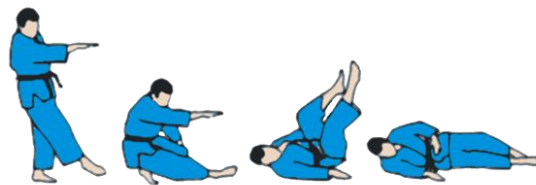
(4 KYU)



RROTULLIMET:



USHIRO UKEMI



YOKO-UKEMI



MAE-UKEMI

TE TJERA:

- KAPERDIMI PERPARA
- URA
- YLLI

TACHI-WAZA:



Tsurikomi-goshi



O-goshi



Seoi-otoshi



Morote-seoi-nage



O-soto-gari



Ko-uchi-gari



Ko-soto-gari



Ko-soto-gake

NE-WAZA:

OSAEKOMI-WAZA:



Yoko-shiho-gatame



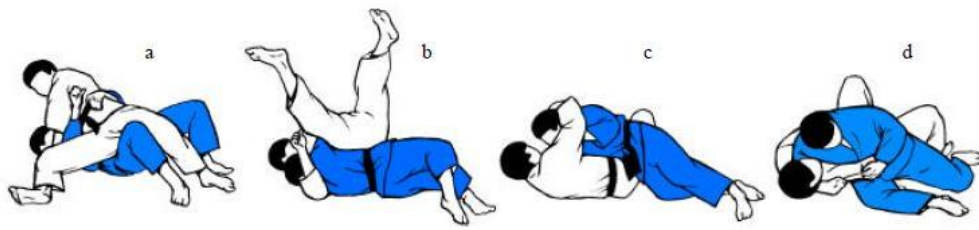
Kami-shiho-gatame



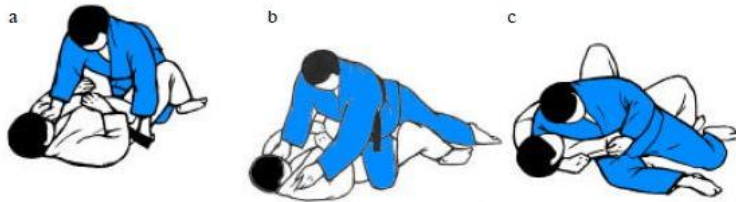
Tate-shiho-gatame.



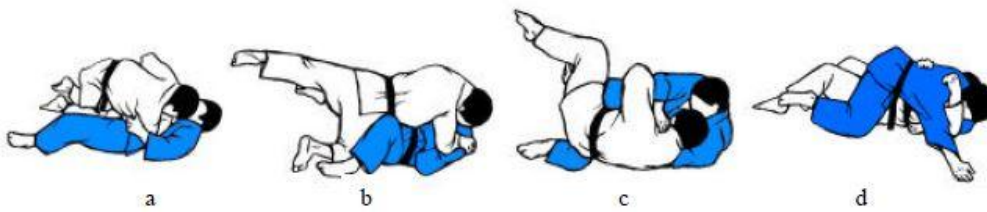
Kesa-gatame



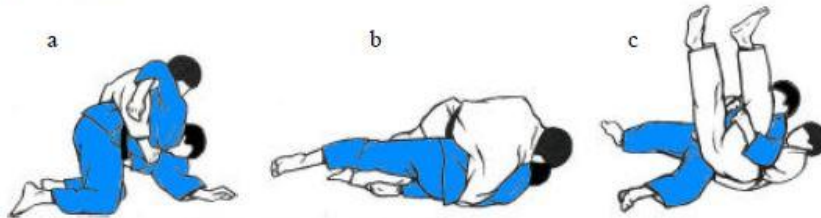
1.



2.



4.



5.

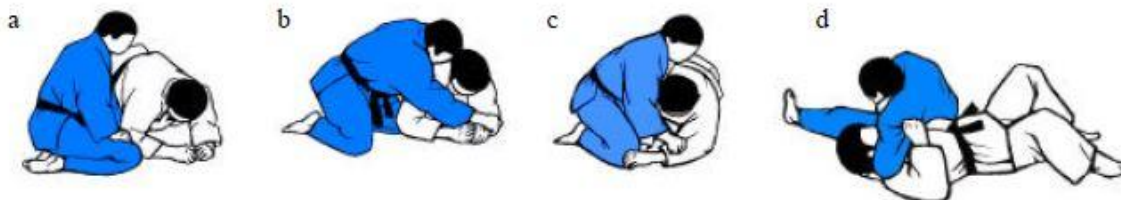


6.

- TE DEMONSTROJE DALJEN NGA KESA-GATAME PERMES URES (FIG.1)
- TE DEMONSTROJE KESA-GATAME KUR UKE QENDRON NE POZICION TE SHTRIRE NE SHPINDE (FIG.2)
- RROTULLIM NE TATE-SHIHO-GATAME (FIG.4)
- RROTULLIM ANASH PERMES DORES SE UKES (FIG.5)
- RROTULLIM NE OSAEKOMI-WAZA KUR UKE SULMON TORIN PERPARA (FIG.6)

OSAEKOMI-WAZA PERMES POZICIONEVE TE LUFTES:

Kesa-gatame



Yoko-shiho-gatame



Mune-gatame



KOMBINIME TE TEKNIKAVE:

- KO-UCHI-GARI ME O-UCHI-GARI
- O-SOTO-GARI ME O-UCHI-GARI
- O-UCHI-GARI ME MOROTO-SEI-NAGE

QKA DUHET TE DIJE?

- LIDHJEN E BREZIT
- POENAT NE XHUDO
- KUPTIMIN E "MATTE ", "HAJIME", "OSEAEKOMI", "TOKETA", "SHIDO".
- SA ZGJAT MBAJTJA NE XHUDO DHE SI POENTOHET NE BAZE TE SEKONDAVE.
- QKA ESHTË SHIDO? TE DEMONSTROJE DISA SHEMBUJ