

BLOCKERINGAR



Gedan-barai



Age-uke



Soto-uke



Uchi-uke



Shuto-uke



Tekubi-kake-uke



Otoshi-uke



Juji-uke



Sokumen-awase



Te-nagashi-uke



Te-osae-uke



Fumikomi-ude-uke



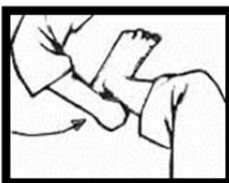
Fumikomi-shuto-uke



Katate-tsukumi



Kakiwake-uke



Gedan-kake-uke



Kake-shuto-uke



Morote-uke