

PAS BRĄZOWY

I. Całość technik z wymogów na poprzednie pady.

II. Rzuty:

1. Ippon Seoinage

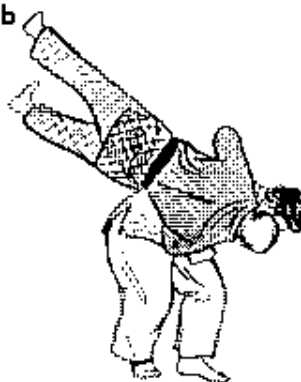


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2. Morote Seoinage

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3. O Goshi



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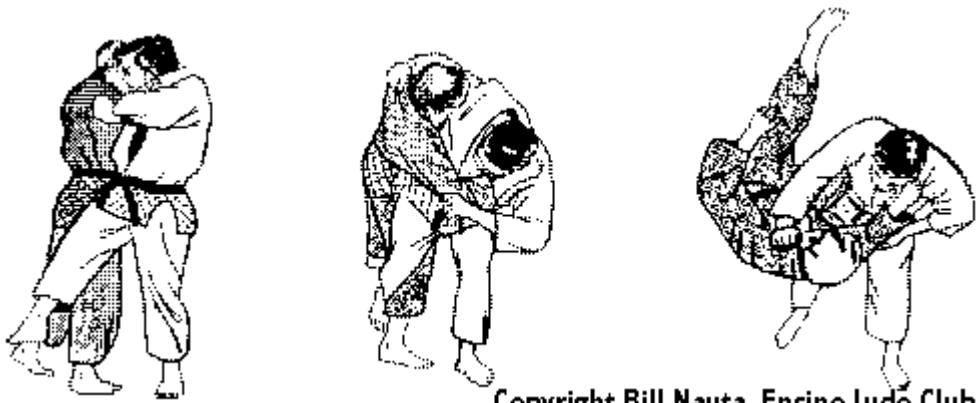
4. Harai Goshi

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5. Morote Gari

6. Osoto Gari



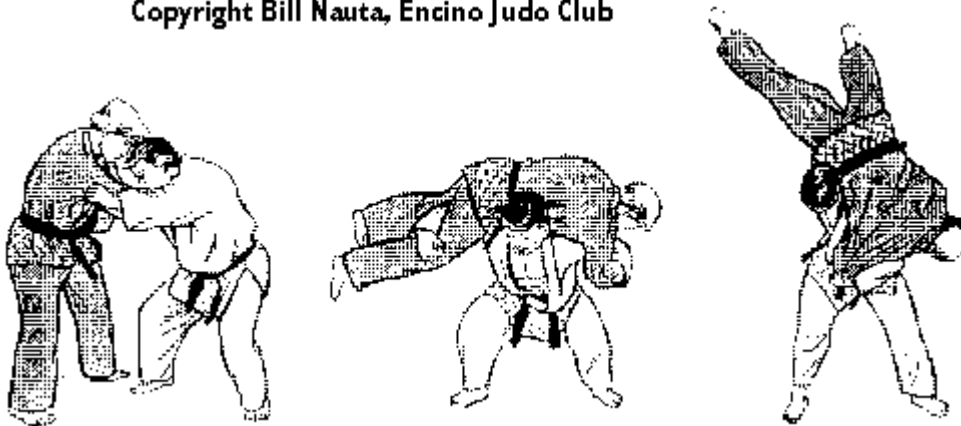
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7. Tomoe Nage

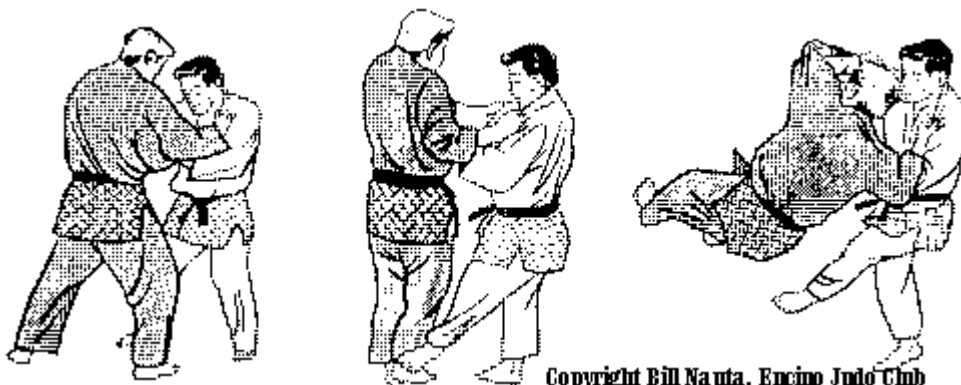


8. Kata Guruma

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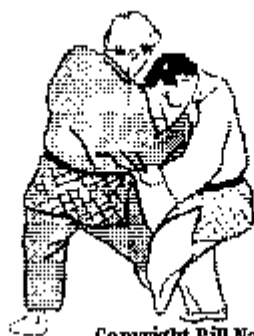


9. Okuri Ashi Harai



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10. Deashi Harai



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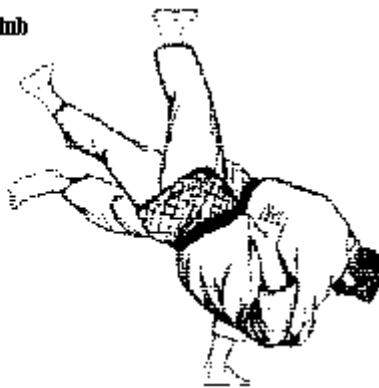
11. Hane Goshi



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12. Uchi Mata

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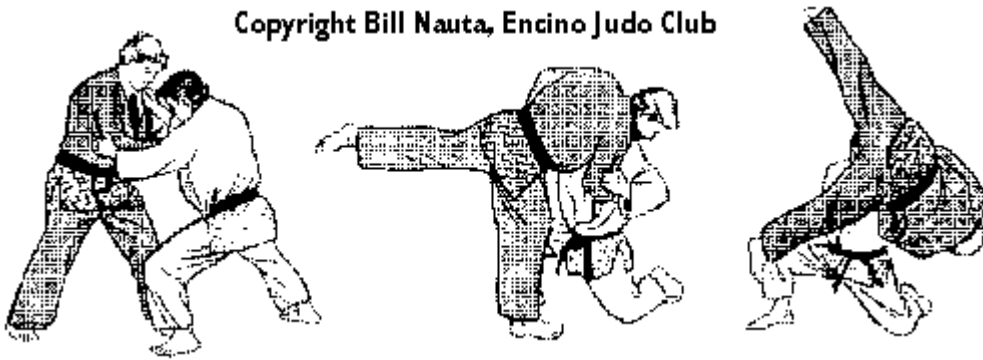
13. Ouchi Gari

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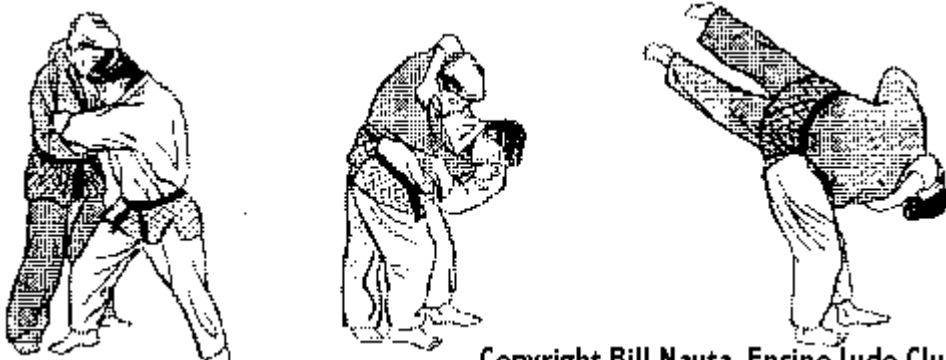


14. Uki Otoshi

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15. Koshi Guruma



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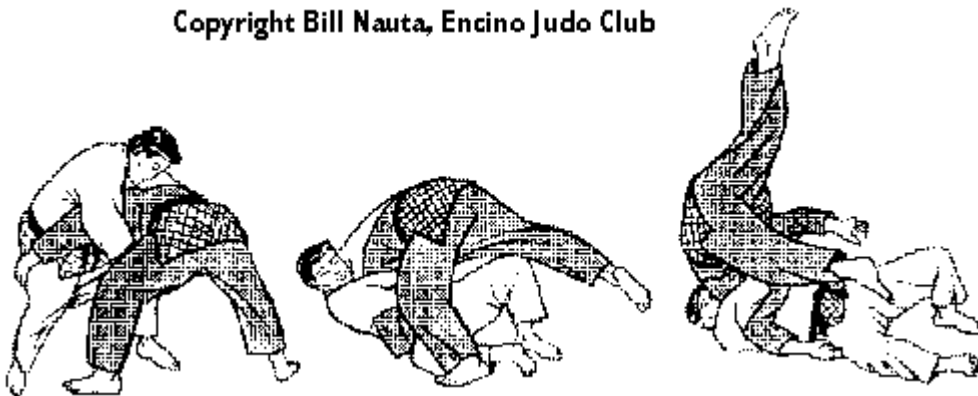
16. Yama Arashi



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17. Tawara Gaeshi

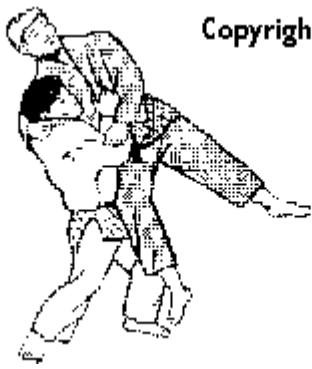
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18. Ura Nage



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19. Soto Makikomi



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20. Sode Tsurikomi Goshi



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21. Kosoto Gari



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