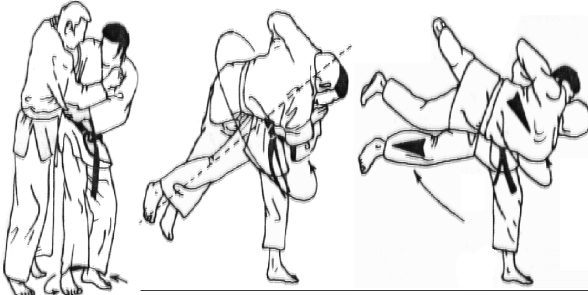
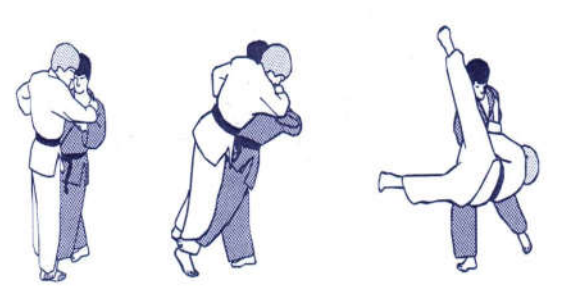
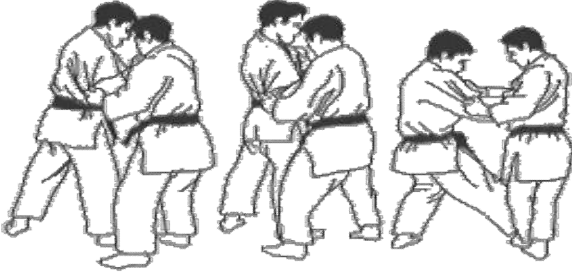
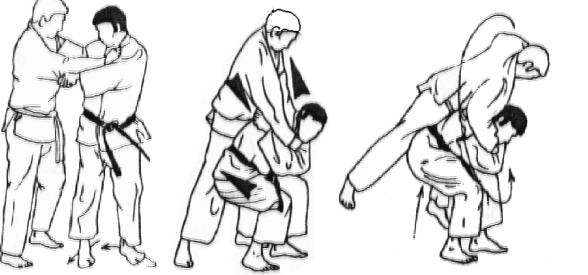
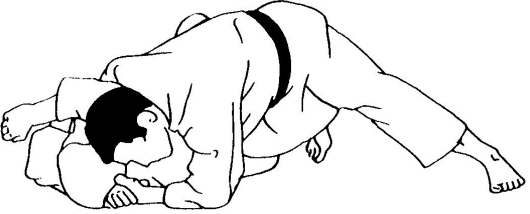


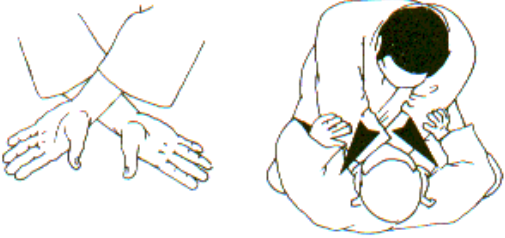
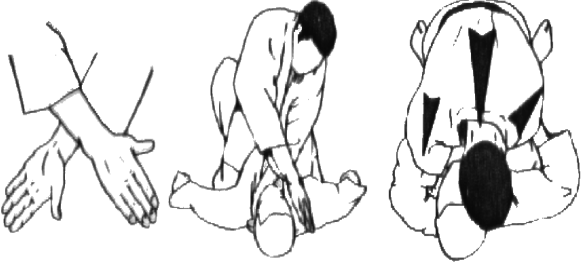
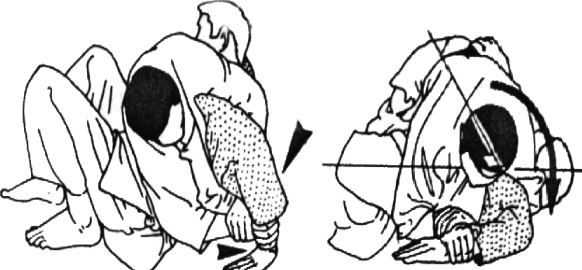


**Van oranje naar groen, minimum 10 jaar worden in lopend kalenderjaar.**

5 maanden oefenen aan minimum 2 trainingen per week.

<p>Harai-goshi</p>	<p>Sasae-tsurikomi-ashi</p>
	
<p>Kosoto-gari</p>	<p>Tsurikomi-goshi</p>
	
<p>Schakelen van worp naar houdgreep (2) Schakelen van worp naar worp (2)</p>	<p>Kata-gatame</p> 
<p>Makura-kesa-gatame</p>	<p>Schakelen tussen houdgrepen (2) Uke op buik, tori voor uke (2) Tori op rug, uke tussen de benen. (2)</p>
	

Vanaf U15 en ouder

<p>Nage-no-kata</p> <p>Openen en sluiten van de kata</p>	<p>Nami-juji-jime</p> 
<p>Gyaku-juji-jime</p> 	<p>Kata-juji-jime</p> 
<p>Ude-garami</p> 	<p>Juji-gatame</p> 