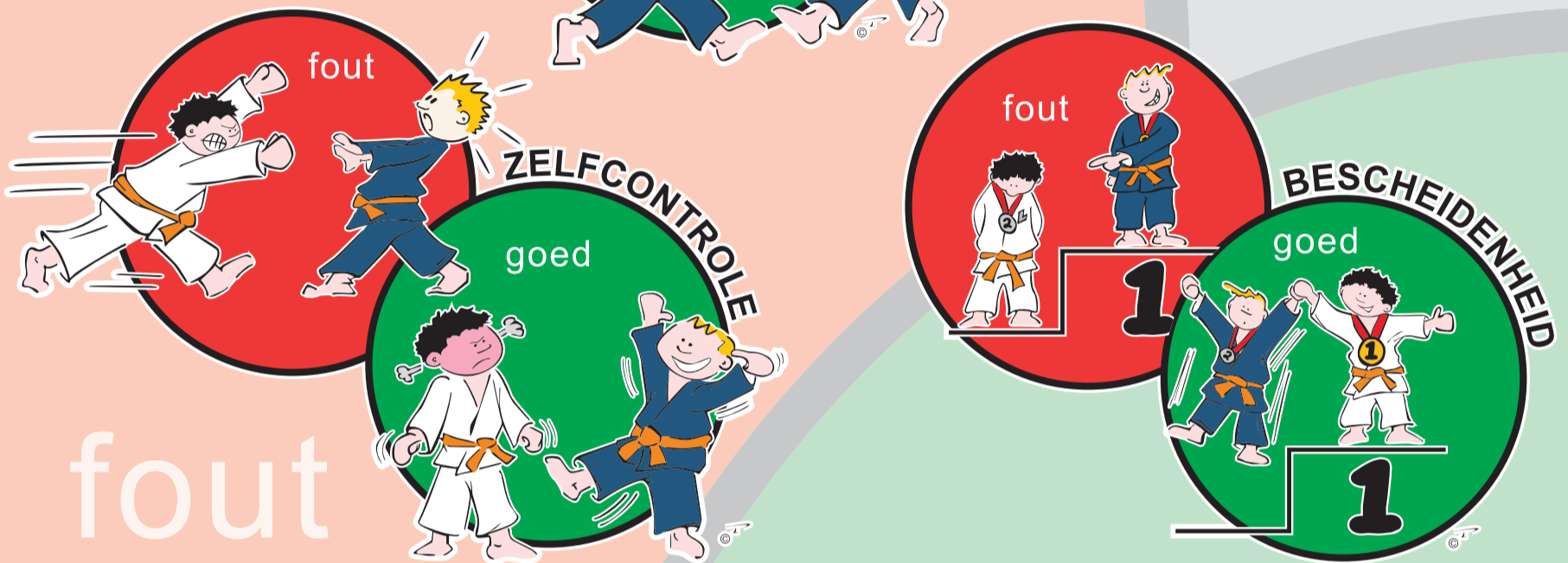
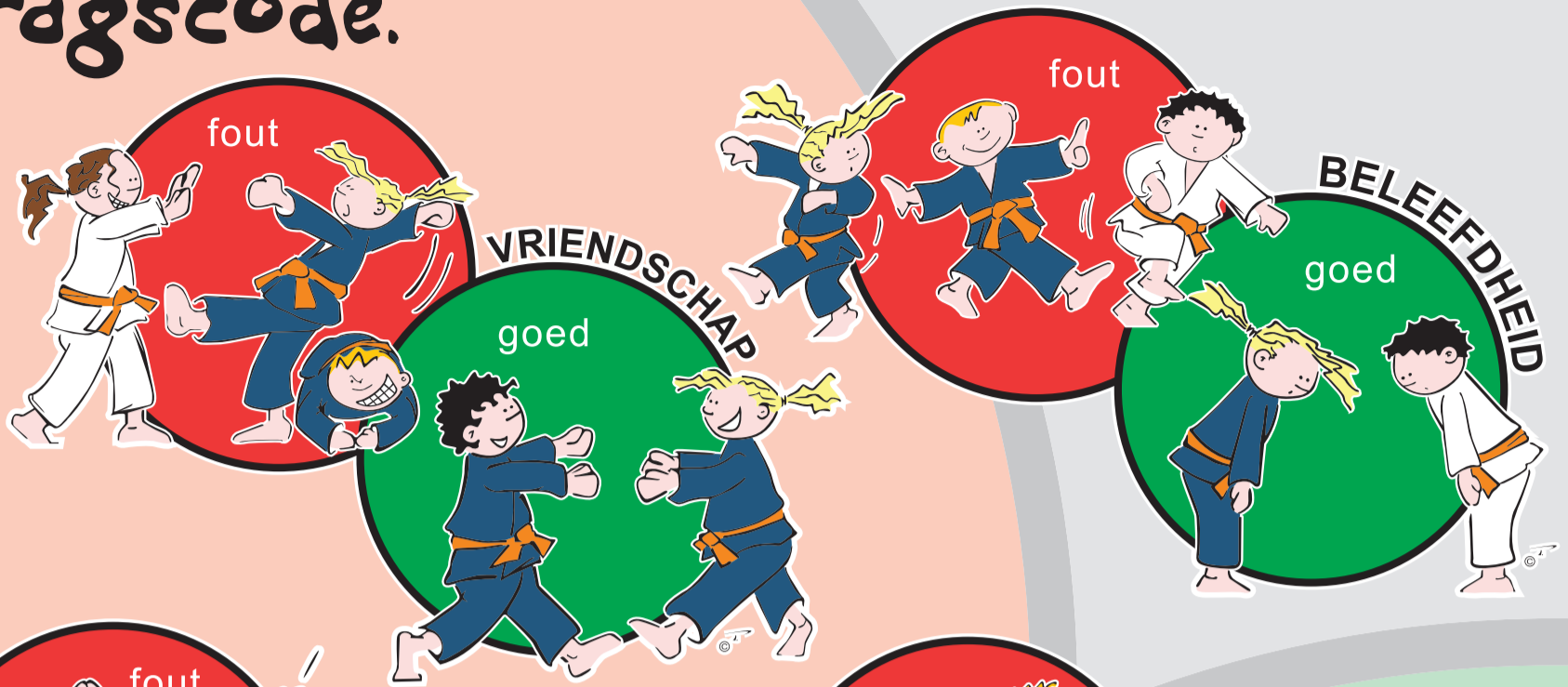
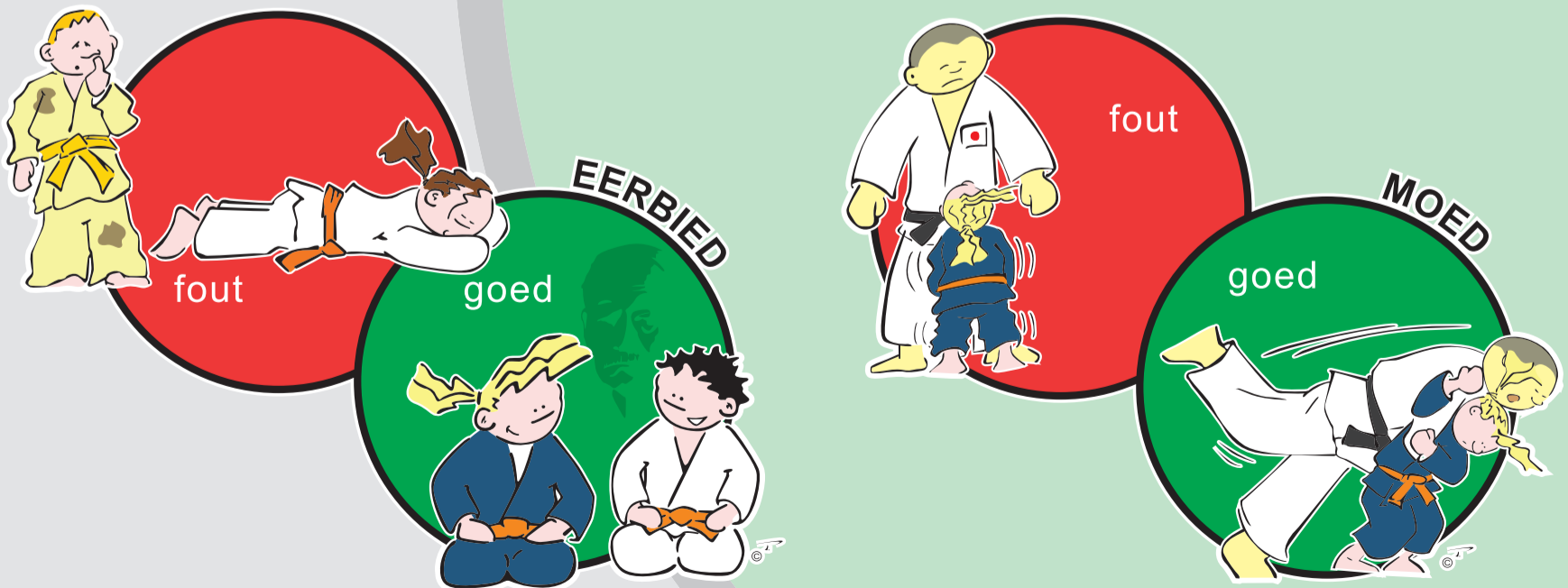
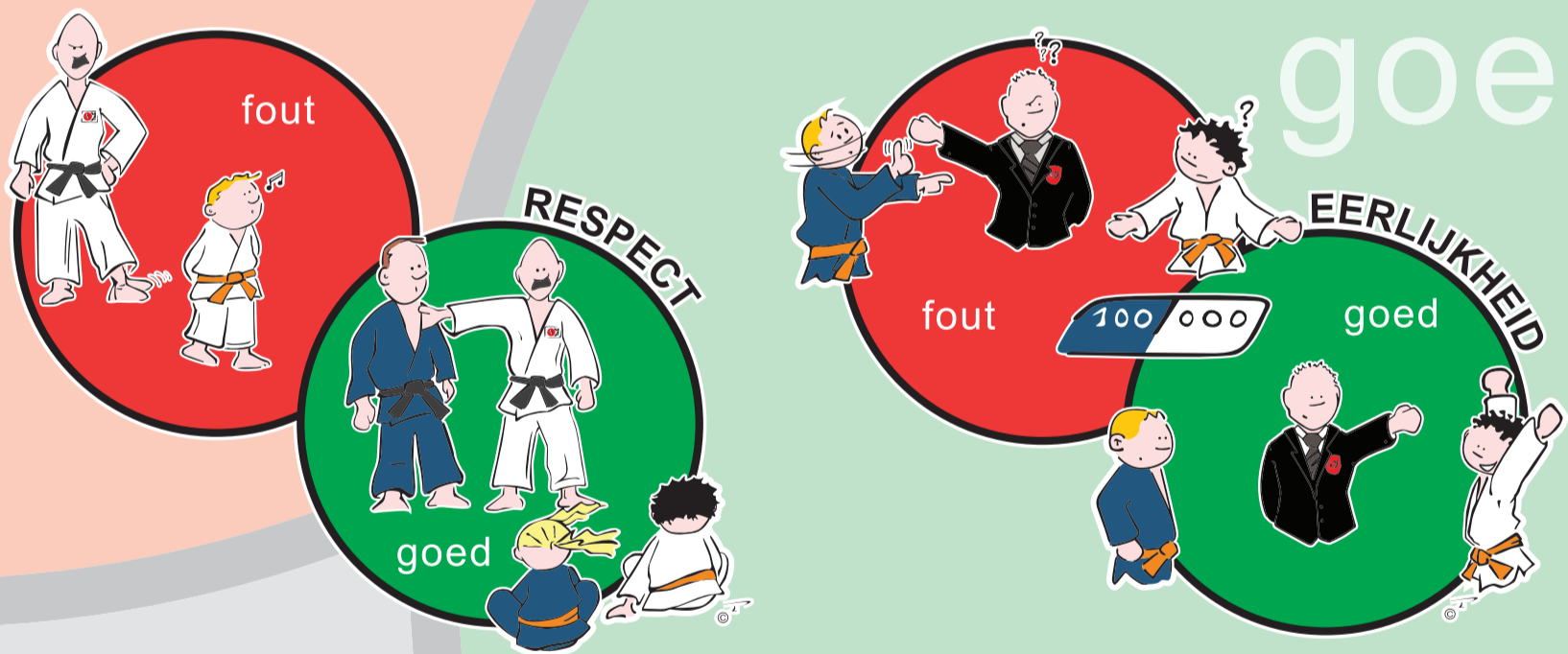


Gedragcode.



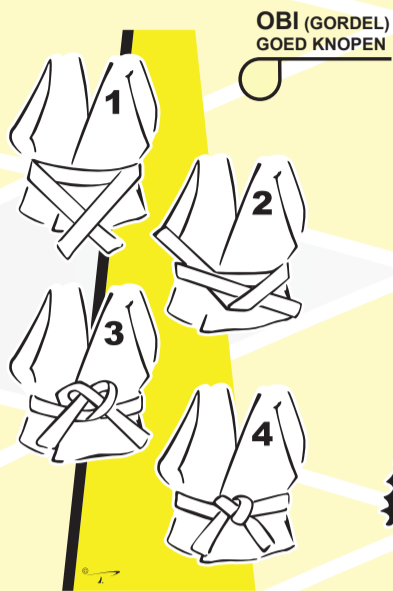
fout

goed



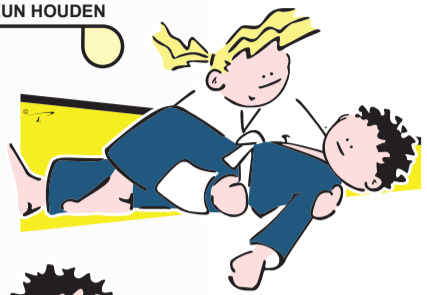


Op weg naar gele gordel



OBI (GORDEL)
GOED KNOPEN

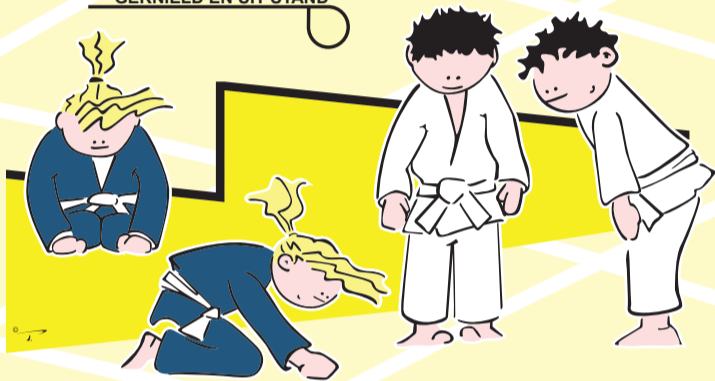
YOKO-SHIHO-GATAME
ZIJWAARTS IN VIERPUNTENSTEUN HOUDEN



YOKO-UKEMI
ZIJWAARTSE VAL RECHTS EN LINKS
VANUIT STAND



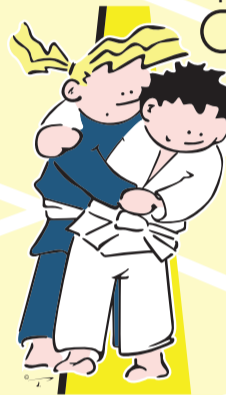
REI (GROETEN)
GEKNIELD EN UIT STAND



KUMIKATA
VASTGRIPPEN



KOSHI-GURUMA
HEUPWIEL



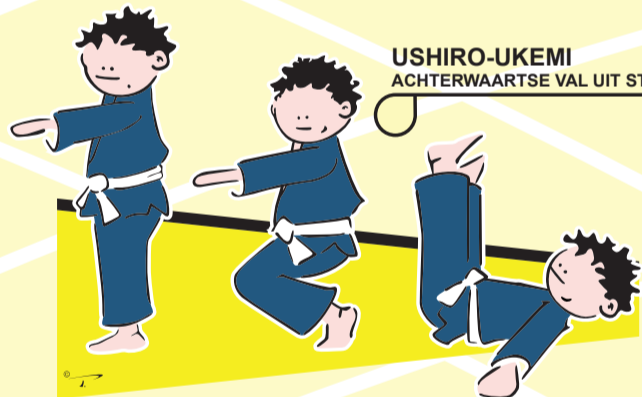
OUCHI-GARI
GROTE BINNENWAARTSE MAAI



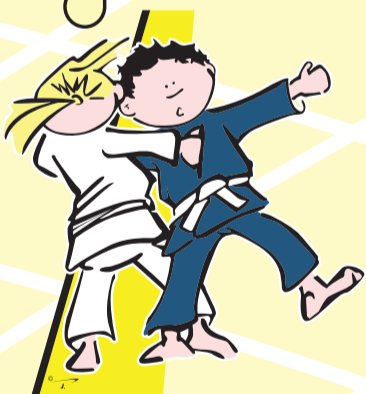
TATE-SHIHO-GATAME
SCHRIJLINGS IN VIERPUNTENSTEUN HOUDEN



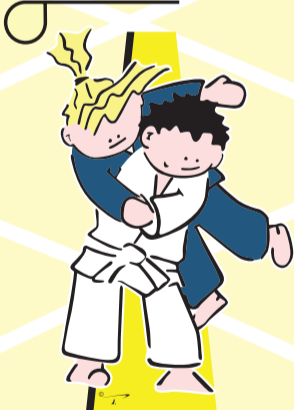
USHIRO-UKEMI
ACHTERWAARTSE VAL UIT STAND



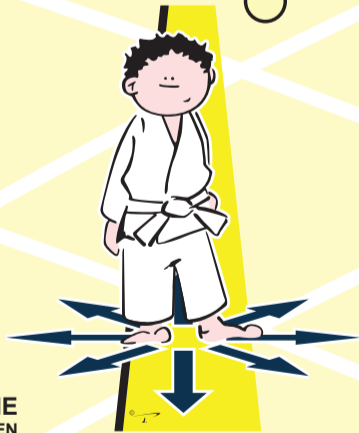
OSOTO-GARI
GROTE BUITENWAARTSE MAAI



UKI-GOSHI
VLOTTENDE HEUP



KUZUSHI
8 RICHTINGEN VOOR
EVENWICHTSVERBREKING



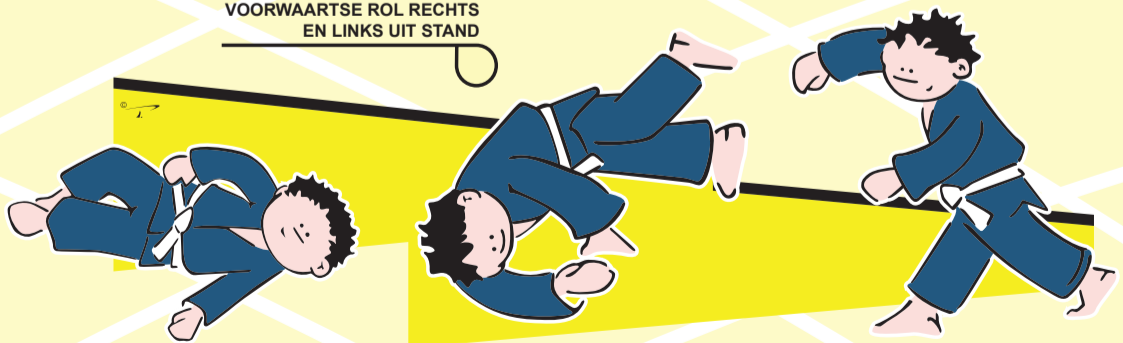
KAMI-SHIHO-GATAME
BOVEN IN VIERPUNTENSTEUN HOUDEN



KUZURE-KESA-GATAME
GEVARIEERD MET DE ZIJDE HOUDEN



ZEMPO-KAITEN
VOORWAARTSE ROL RECHTS
EN LINKS UIT STAND





Op weg naar
oranje gordel

HIZA-GURUMA
KNIEWIEL



YOKO-UKEMI
ZIJWAARTSE VAL RECHTS EN LINKS
IN VERPLAATSING



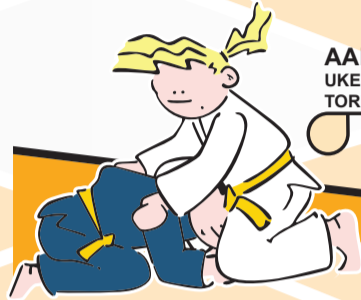
SEOI-NAGE
SCHOUDERWORP



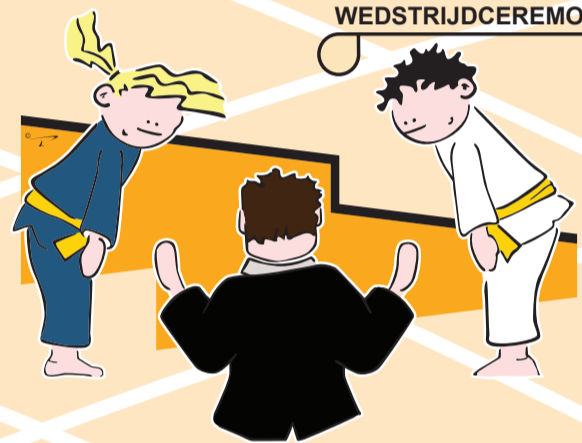
KESA-GATAME
MET DE ZIJDE HOUDEN



AANVAL
UKE IN 4 PUNTEN
TORI VOOR UKE (x2)



WEDSTRIJDCEREMONIE



O-GOSHI
GROTE HEUP



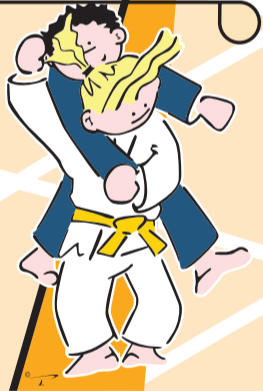
KUZURE-KAMI-SHIHO-GATAME
GEVARIEERD BOVEN IN VIERPUNTENSTEUN HOUDEN



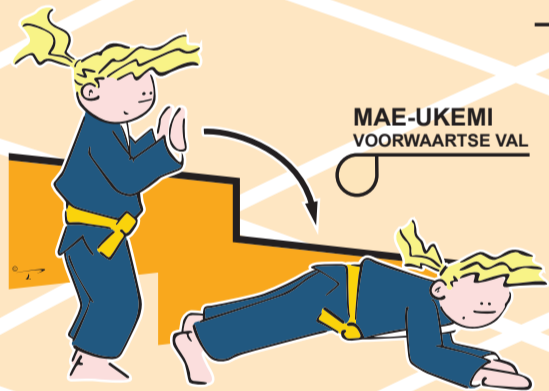
USHIRO-UKEMI
ACHTERWAARTSE VAL IN
VERPLAATSING



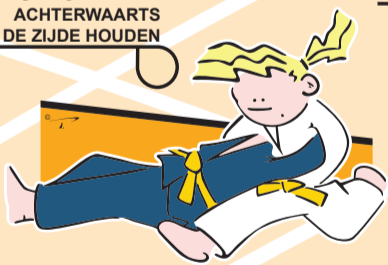
IPPON-SEOI-NAGE
SCHOUDERWORP OP EEN PUNT



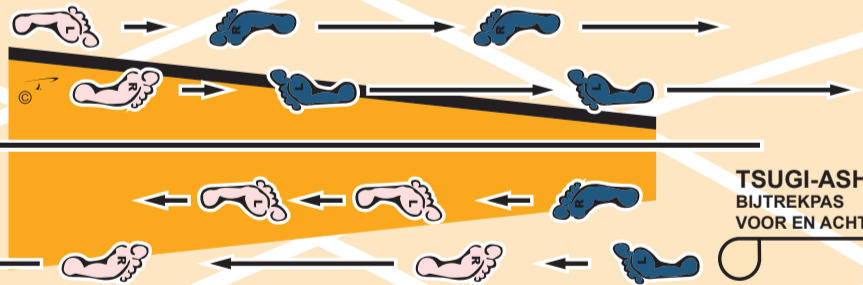
MAE-UKEMI
VOORWAARTSE VAL



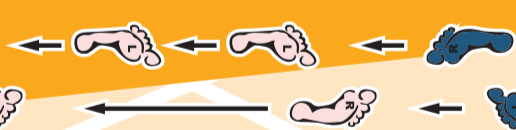
USHIRO-KESA-GATAME
ACHTERWAARTS
MET DE ZIJDE HOUDEN



AYUMI-ASHI
GEWOON GAAN
VOOR EN ACHTERWAARTS



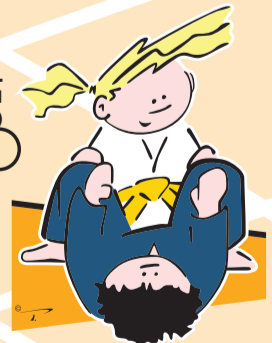
TSUGI-ASHI
BIJTREKPAS
VOOR EN ACHTERWAARTS



ZEMPO-KAITEN
VOORWAARTSE ROL RECHTS EN
LINKS IN VERPLAATSING



AANVAL
UKE OP DE RUG TORI TUSSEN
DE BENEN VAN UKE (x2)

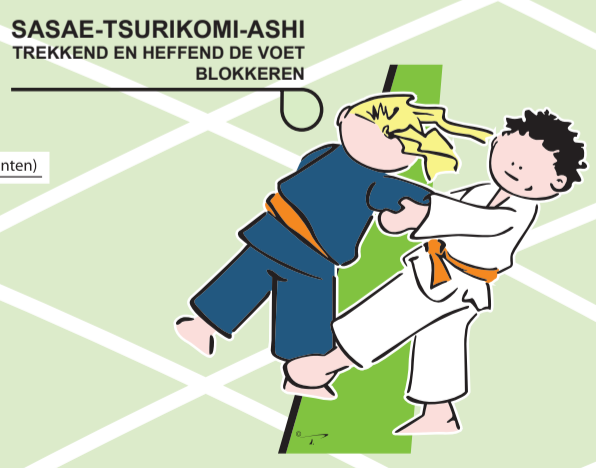
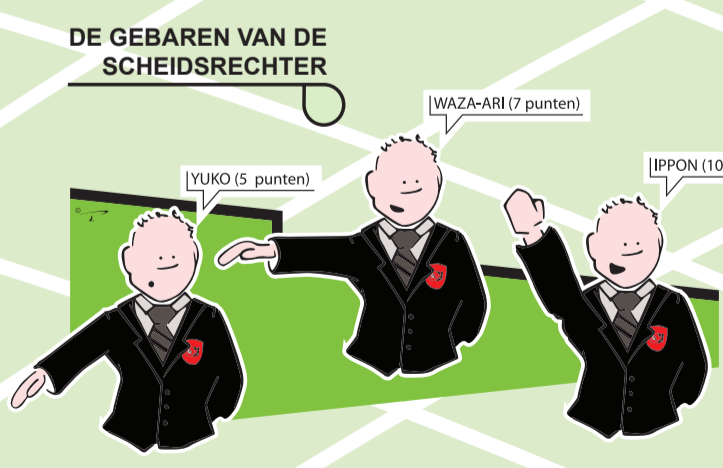
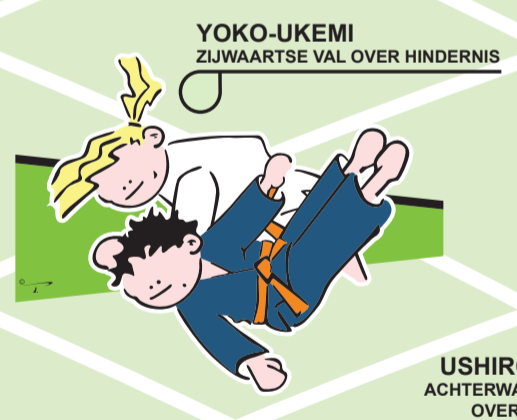
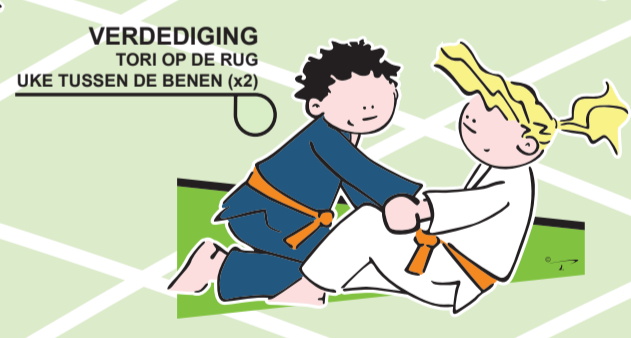
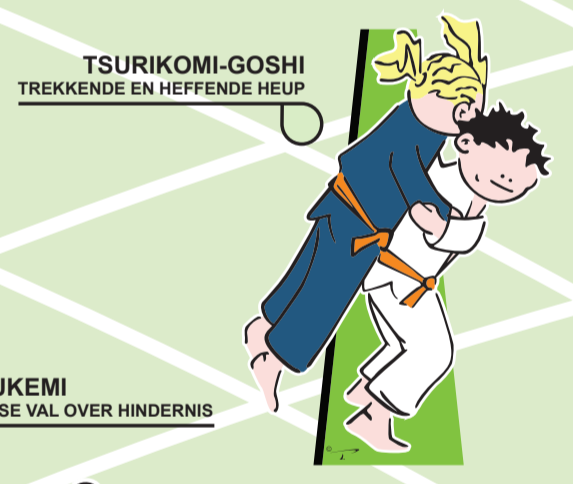
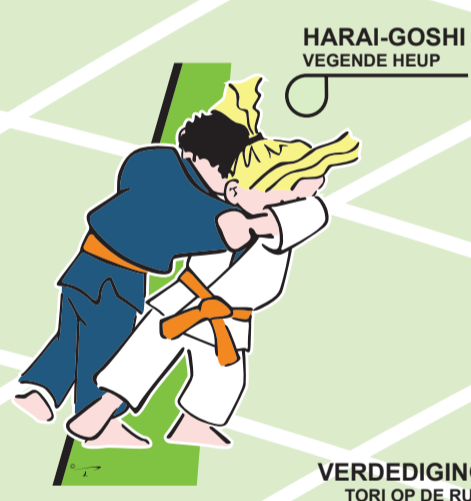
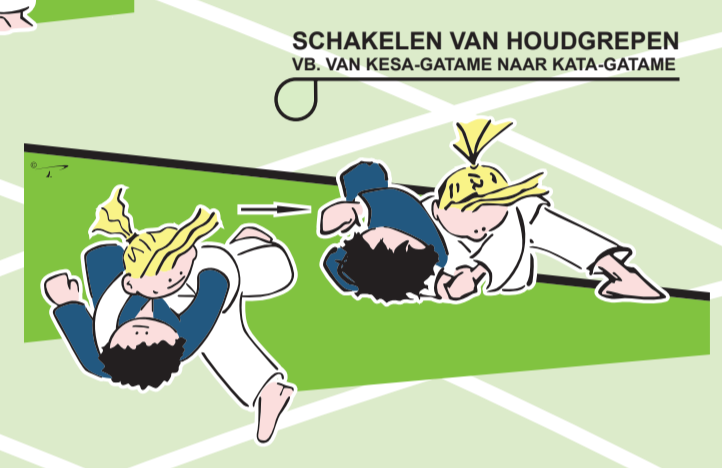
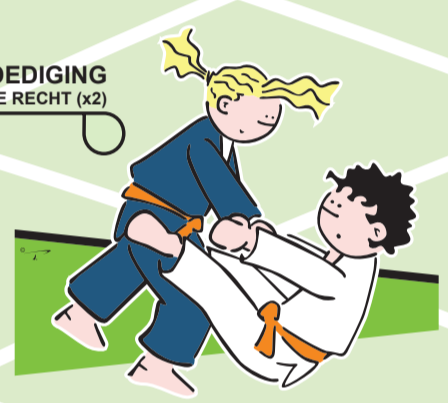
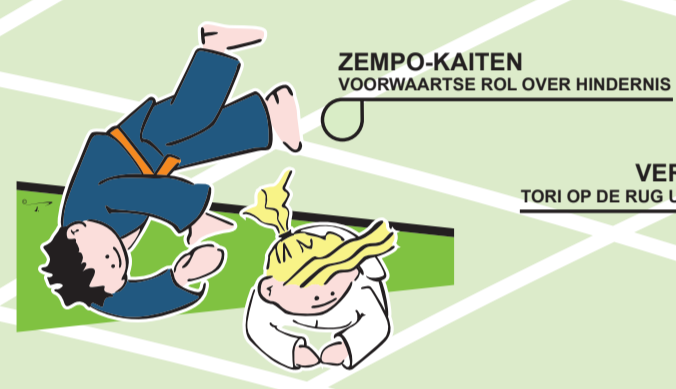
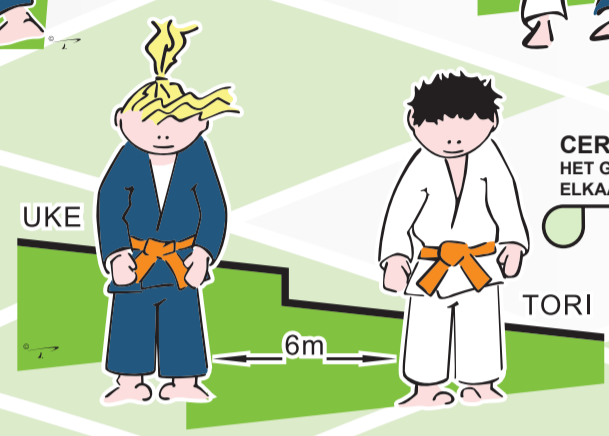
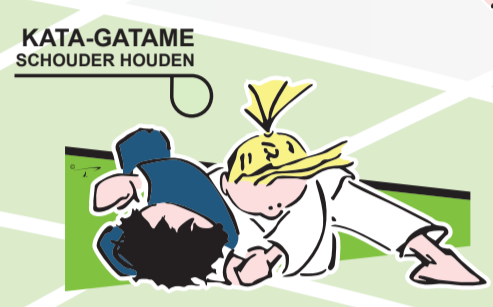
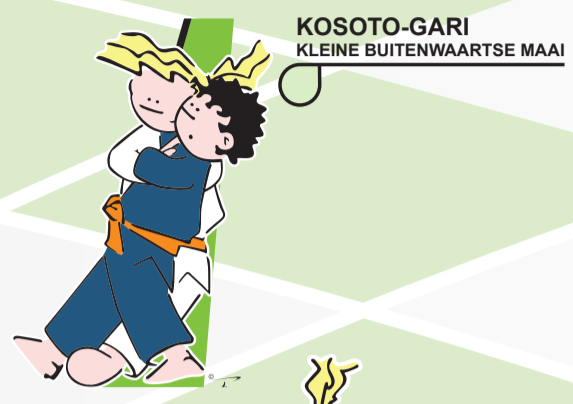


Vlaamse Judofederatie vzw



Kin & Ono

Op weg naar groene gordel

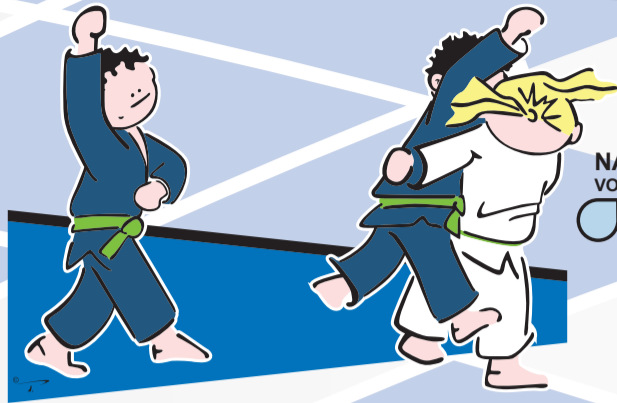


Vlaamse Judofederatie vzw



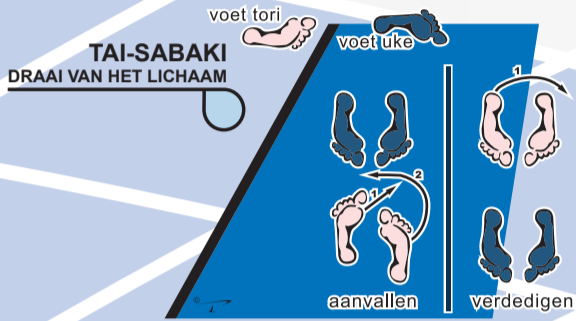
Kin & Ono

Op weg naar
blauwe gordel

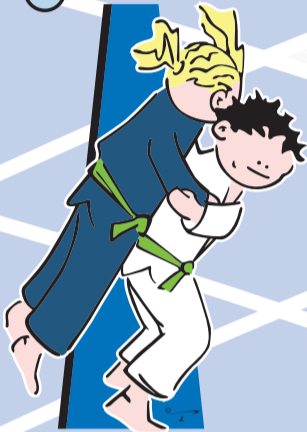


NAGE-NO-KATA
VORM VAN WERPEN UKI-GOSHI

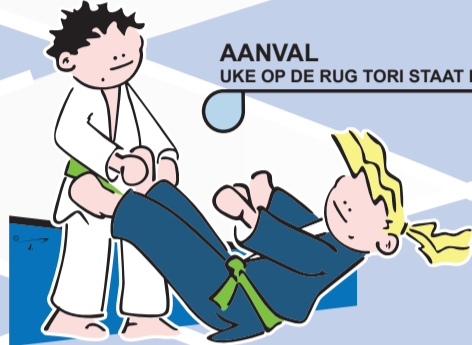
BEVRIJDING UIT HOUDGREPEN
PARTNER OVERDRAAIEN



NAGE-NO-KATA
VORM VAN WERPEN TSURIKOMI-GOSHI



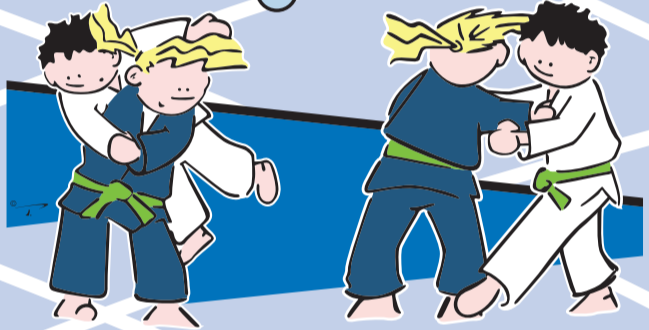
AANVAL
UKE OP DE RUG TORI STAAT RECHT (x3)



NAGE-NO-KATA
VORM VAN WERPEN HARAI-GOSHI



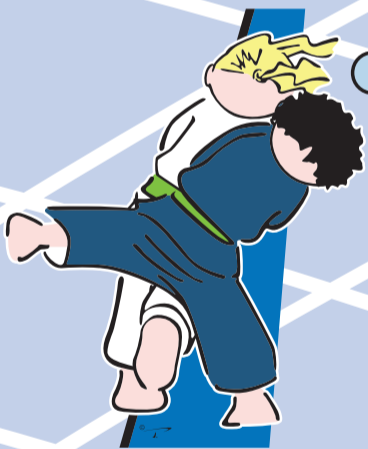
OVERNAMES
VB. VAN UKI-GOSHI NAAR KOSOTO-GARI



AANVAL
UKE OP VIERPUNTEN (x3)



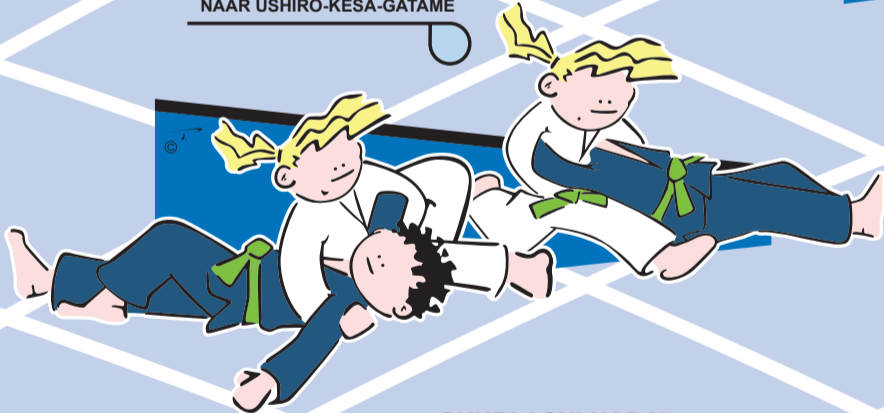
UCHI-MATA
BINNENWAARTSE DIJ



AANVAL
UKE OP DE RUG TORI
TUSSEN DE BENEN VAN UKE (x3)



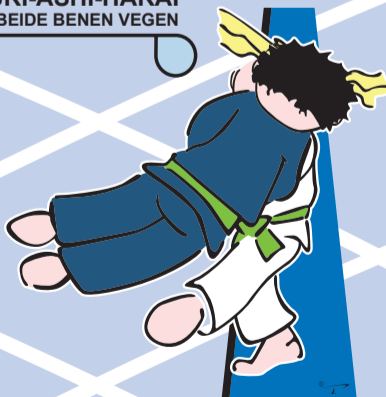
SCHAKELN VAN HOUDGREPEN
VB. VAN YOKO-SHIHO-GATAME
NAAR USHIRO-KESA-GATAME



KOUCHI-GARI
KLEINE BINNENWAARTSE MAAI



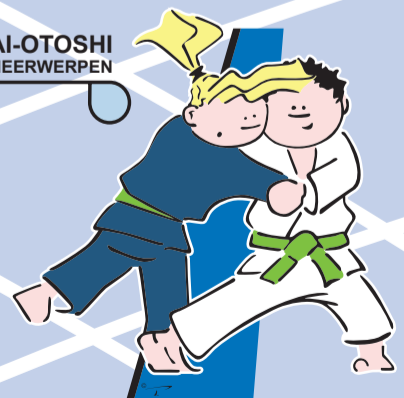
OKURI-ASHI-HARAI
BEIDE BENEN VEGEN



SCHAKELN VAN WERPEN
VB. VAN O-UCHI-GARI NAAR TAI-OTOSHI



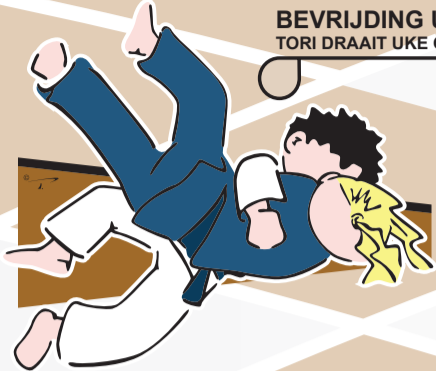
TAI-OTOSHI
LICHAAM NEERWERPEN



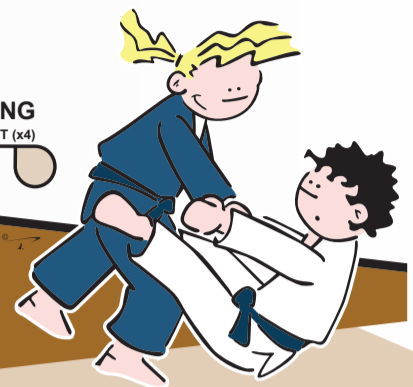
Vlaamse Judofederatie vzw

Kin & Ono

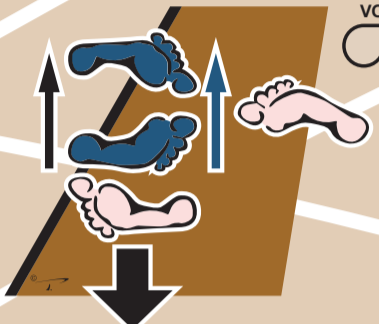
Op weg naar bruine gordel



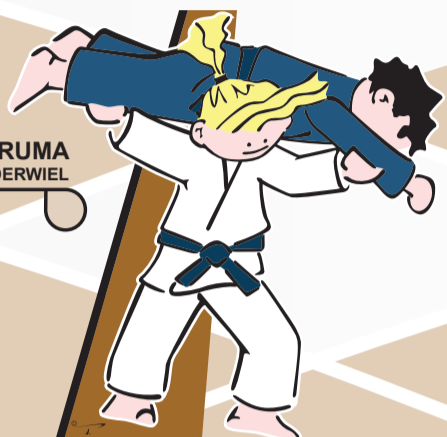
BEVRIJDING UIT HOUDGREEP
TORI DRAAIT UKE OVER



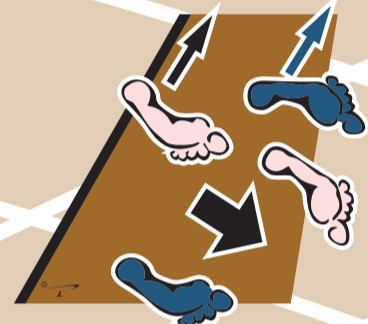
VERDEDIGING
TORI OP DE RUG UKE RECHT (x4)



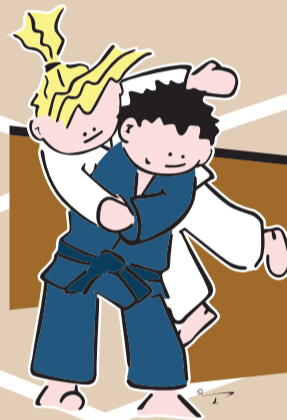
NAGE-NO-KATA
VORM VAN WERPEN OKURI-ASHI-HARAI



KATA-GURUMA
SCHOUDERWIEL



NAGE-NO-KATA
VORM VAN WERPEN UCHI-MATA

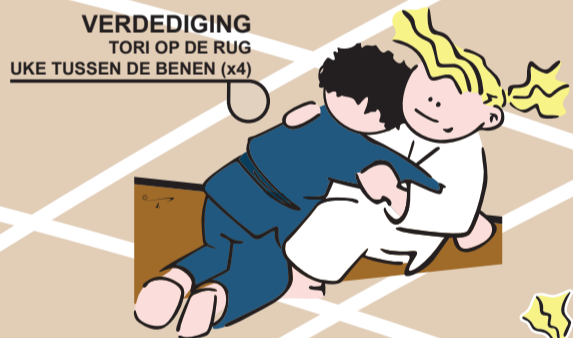


OVERNAMES
VB. VAN UKI-GOSHI NAAR UCHI-MATA

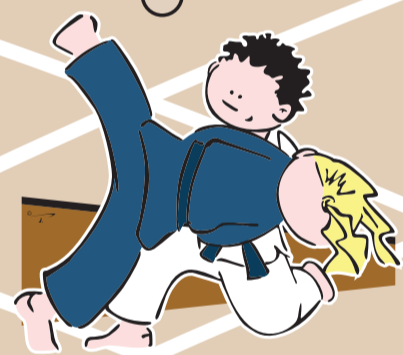


NAGE-NO-KATA
VORM VAN WERPEN SASAE-TSURIKOMI-ASHI

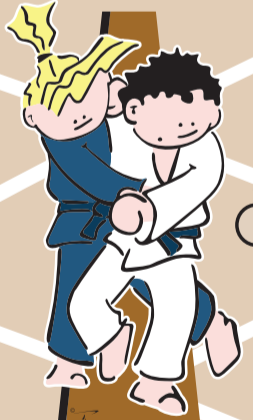
UKI-OTOSHI
VLOTTEND NEERWERPEN



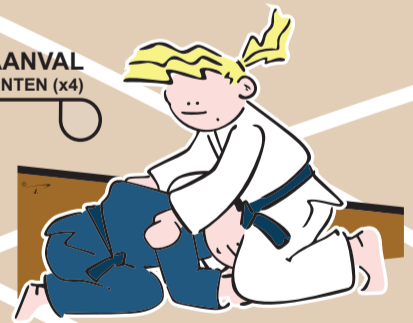
VERDEDIGING
TORI OP DE RUG UKE TUSSEN DE BENEN (x4)



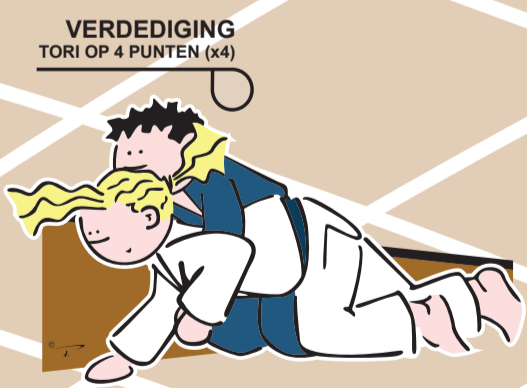
AANVAL
UKE OP RUG TORI RECHT (x4)



HANE-GOSHI
GEVLEUGELDE HEUP



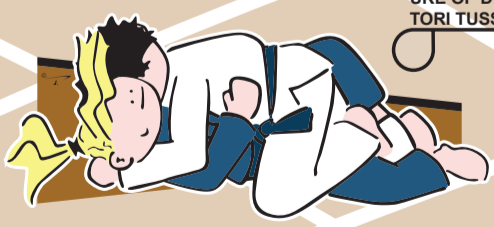
AANVAL
UKE OP VIERPUNTEN (x4)



VERDEDIGING
TORI OP 4 PUNTEN (x4)



DEASHI-HARAI
VOORSTE VOET VEGEN



AANVAL
UKE OP DE RUG TORI TUSSEN DE BENEN (x4)