

## Manuals on judo. Format: A2 — (420 × 594) mm. Certification requirements.



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Posters Judo - KU.Set of 18 pieces. A2-420 × 594 mm White belt 6 Kyu 1 poster. Yellow belt 5 Kyu 3 poster. Orange belt 4 Kyu 3 poster. Green belt 3 Kyu 4 poster. Blue belt 2 Kyu 4 poster. Brown belt 1 Kyu 2 poster. 1 poster. Material: prohibited methods

Rating: Not Rated Yet

**Price**

3101,49 ???

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Description

## Posters Judo - KU.Set of 18 pieces. A2- 420 × 594 mm

**White belt 6 Kyu 1 poster.**

**Yellow belt 5 Kyu 3 poster.**

**Orange belt 4 Kyu 3 poster.**

**Green belt 3 Kyu 4 poster.**

**Blue belt 2 Kyu 4 poster.**

**Brown belt 1 Kyu 2 poster.**

1 poster. Material: prohibited methods

### Posters Judo - KU. Set of 18 pieces. A4. size A4 - 210 × 297 mm

**White belt 6 Kyu 1 poster.**

Rei. Obi. Shisei. Shintai. Tai-sabaki. Kumi-kata. Kuzushi. Ukemi.

**Yellow belt 5 Kyu 3 poster.**

**NAGE WAZA** De-ashi-barai, Hiza-guruma, Sasae-tsurikomi-ashi, Uki-goshi, O-soto-gari, O-goshi, O-uchi-gari, Seoi-nage, O-soto-otoshi, O-soto-gaeshi, O-uchi-gaeshi, Morote-seoi-nage.

**KATAME-WAZA** Hon-kesa-gatame, Kata-gatame, Yoko-shiho-gatame, Kami-shiho-gatame, Tate-shiho-gatame.

**Orange belt 4 Kyu 3 poster.**

**NAGE WAZA** Ko-soto-gari, Ko-uchi-gari, Koshi-guruma, Tsurikomi-goshi, Okuri-ashi-barai, Tai-otoshi, Harai-goshi, Tsubame-gaeshi, Ko-uchi-gaeshi, Harai-goshi-gaeshi, Uchi-mata-gaeshi, Sode-tsurikomi-goshi, Kouchi-gake, Uchi-mata-sukashi.

**KATAME-WAZA** Kuzure-kesa-gatame, Makura-kesa-gatame, Ushiro-kesa-gatame, Kuzure-yoko-shiho-gatame, Kuzure-kami-shiho-gatame, Kuzure-tato-shiho-gatame.

**Green belt 3 Kyu 4 poster.**

**NAGE WAZA** Ko-soto-gake, Tsuru-goshi, Yoko-otoshi, Ashi-guruma, Hane-goshi, Harai-tsurikomi-ashi, Tomoe-nage, Kata-guruma, Yama-arashi, Hane-goshi-gaeshi, Morote-gari, Kouchiki-daoshi, Kibusi-gaeshi, Seoi-otoshi, Seoi-otoshi.

**KATAME-WAZA** Kata-juji-jime, Gyaku-juji-jime, Okuri-eri-jime, Kata-ha-jime, Hadaka-jime, Ude-garami, Ude-hishigi-jime-gatame, Ryote-jime, Sode-

guruma-jime,Kesa-ude-hishigi-gatame,Kesa-ude-garami.

**Blue belt 2 Kyu 4 poster.**

**NAGE WAZA** Sumi-gaeshi,Tani-otoshi,Hane-makikomi,Sukui-nage,Utsuri-goshi,O-guruma,Soto-makikomi,Uki-otoshi,Te-guruma,Obi-otoshi,Daki-wakare,Uchi-makikomi,O-soto-makikomi,Harai-makikomi,Uchi-mata-makikomi,Hikkomi-gaeshi,Tawara-gaeshi.

**KATAME-WAZA** Ude-hishigi-waki-gatame, Ude-hishigi-hara-gatame,Ude-hishigi-hiza-gatami, Ude-hishigi-ashi-gatame,Tsukkomi-jime,Katate-jime,sankaku-jime,Ude-hishigi-sankaku-gatame,Ushiro-waki-gatame,Ude-hishigi-juji-gatame(kumikata).



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**1 kyu brown belt 2 poster.**

**NAGE WAZA** O-soto-guruma,Uki-waza,Yoko-wakare,Yoko-guruma,Ushiro-goshi,Ura-nage,Sumi-otoshi,Yoko-gake.

**KATAME-WAZA** Ude-hishigi-te-gatame, Ude-hishigi-ude-gatame, Tomoe-jime.

**1 poster. Material: prohibited methods**

Daki-age,kani-basami,Kawazu-gake,Ashi-garami,Ashi-hishigi,Do-jime.



**Reviews**

There are yet no reviews for this product.