

GOKYU (5. KYU)
(minimum 30 dana treniranja)

Hanmi

Tai Sabaki

Ukemi (Mae / Ushiro / Yoko)

Katate Dori Tai No Henko (Kihon i Ki-no-nagare)

Morote Dori Kokyu Ho (Kihon)

Shomen Uchi Dai Ikkyo (Omote i Ura)

Katate Dori Shiho Nage (Omote i Ura)

Shomen Uchi Irimi Nage

Suwari Waza Ryote Dori Kokyu Ho (Chudan)

Ken Suburi Nanahon

Roku No Jo

AIKIDO
klub
IZVOR