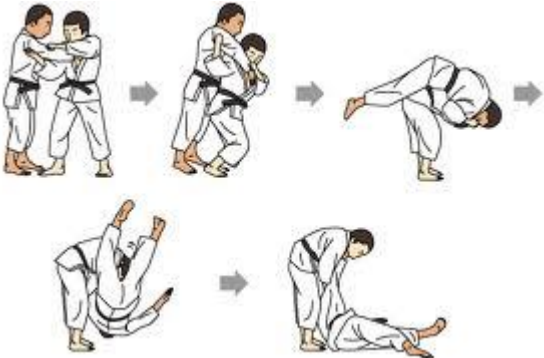


# Pas biało-żółty (5,5kyu)

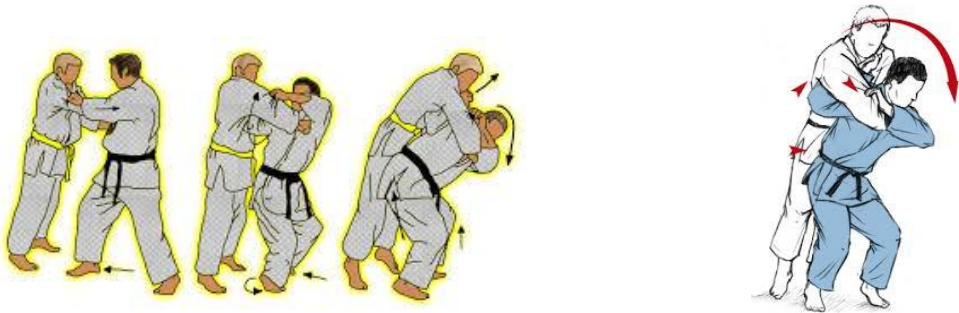
## Ippon seoi nage



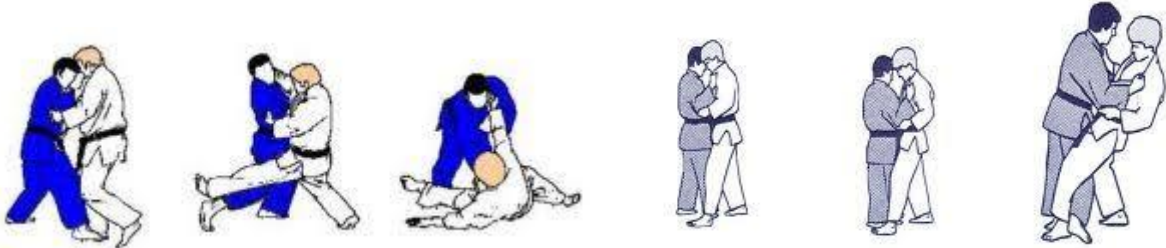
Ippon-Seoi-Nage



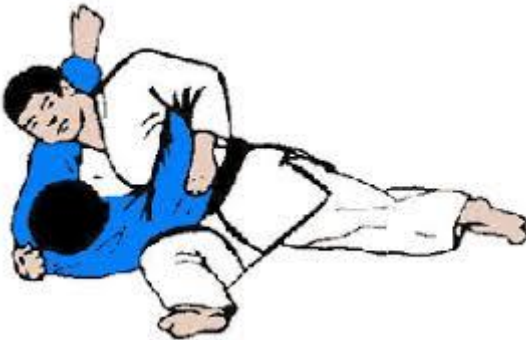
**Morote sei nage**



**Ouchi gari**



**Kuzure kesa gatame**



**Kami shiho gatame**



Mune gatame

