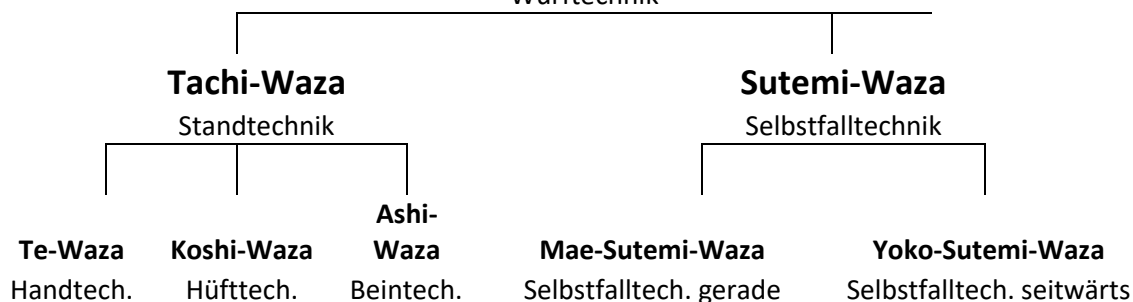


JUDO

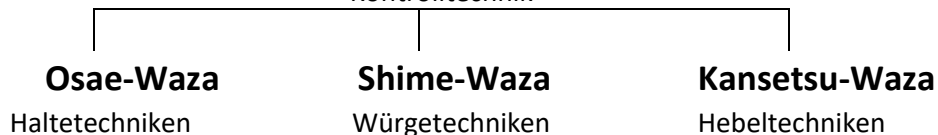
Nage-Waza

Wurftechnik



Katame-Waza

Kontrolltechnik



Selbstverteidigung

Atemi-Waza

Schlagtechniken

