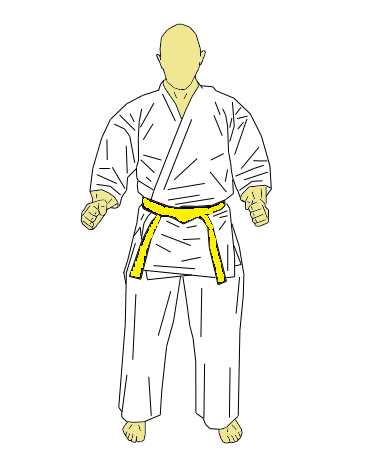
**5. KYU – žltý pás**

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**UKEMI WAZA – PÁDY (ukemi = pád, waza = čin, technika)**

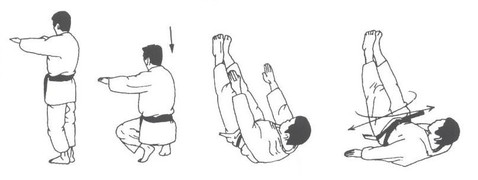
MAE UKEMI (mae = vpred, dopredu)



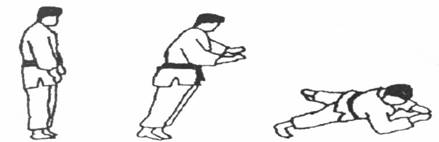
YOKO UKEMI – pád na bok (yoko – čítaj „joko“ = strana, bok)



USHIRO UKEMI – pád na chrbát (ushiro – čítaj „uširo“ = zozadu, vzad)



ZEMPO UKEMI – pád na tvár

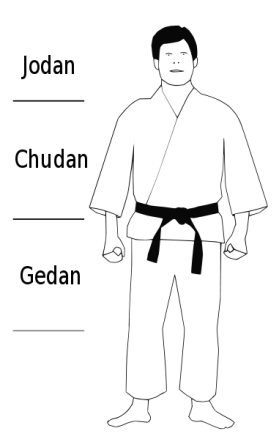


JITSU KOTÚĽ VZAD

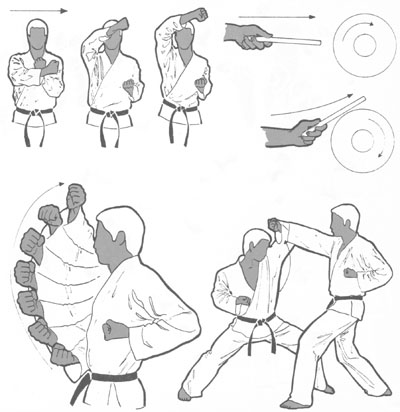


**UKE WAZA – TECHNIKY BLOKOV**

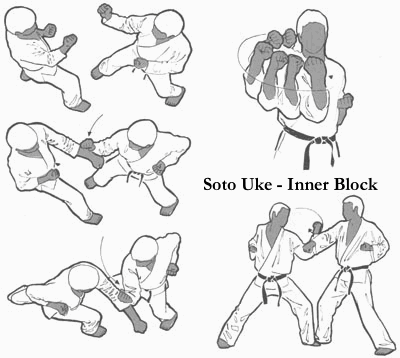
ÚTOČNÉ PÁSMA (ČASTI) NA TELE



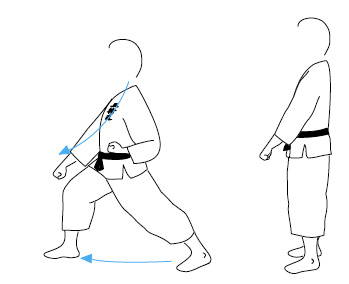
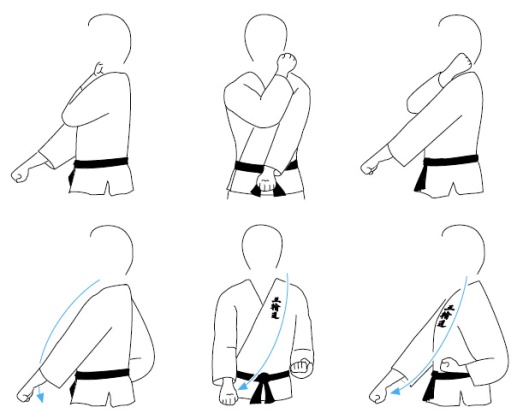
JODAN AGE UKE – blok horný



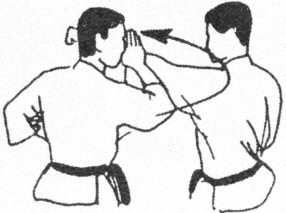
SOTO UKE



GEDAN BARAI



NAGASHI UKE – zmietací blok

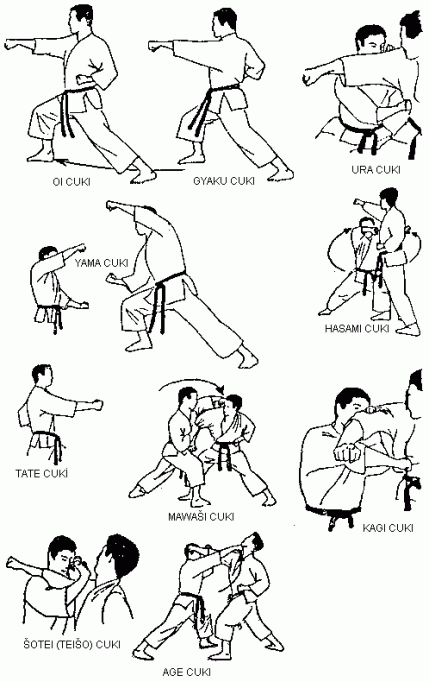


KAKIWAKE UKE – rozrážací blok

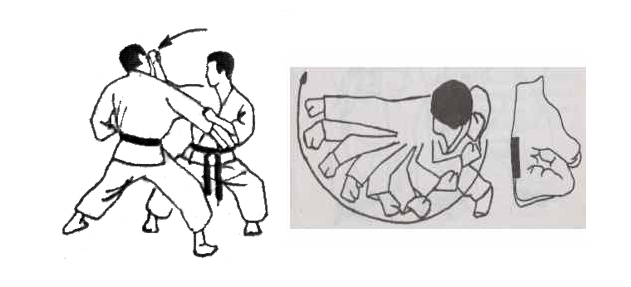


**ATEMI WAZA – technika úderov a kopov**

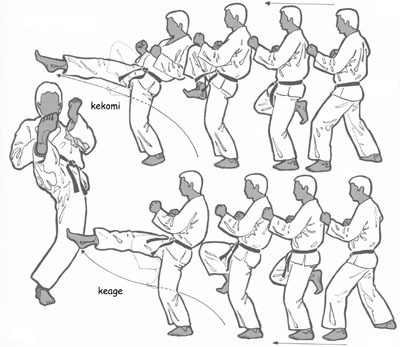
TSUKI – rôzne kombinácie a druhy úderov



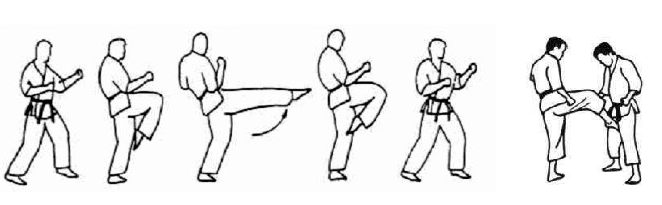
URAKEN UCHI (uči) **-** tzv. „úder bičom“



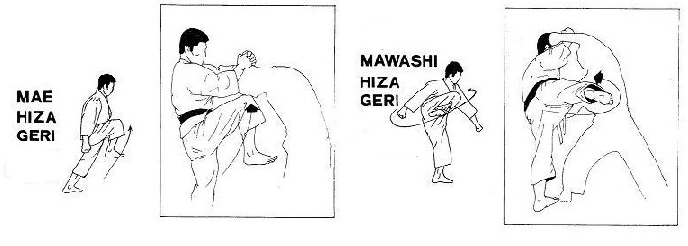
MAE GERI – priamy kop (geri = kop)



KIN GERI – kop na genitálie („kop na guličky“ ☺ )

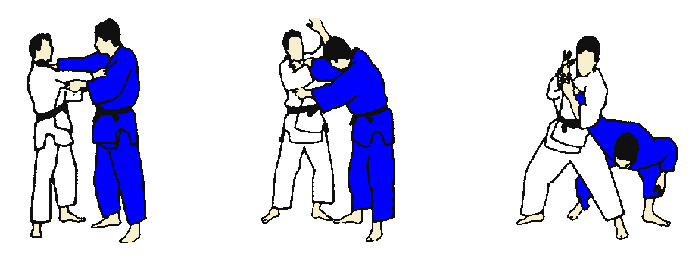


HIZA GERI – úder (kop) kolenom (hiza = koleno)

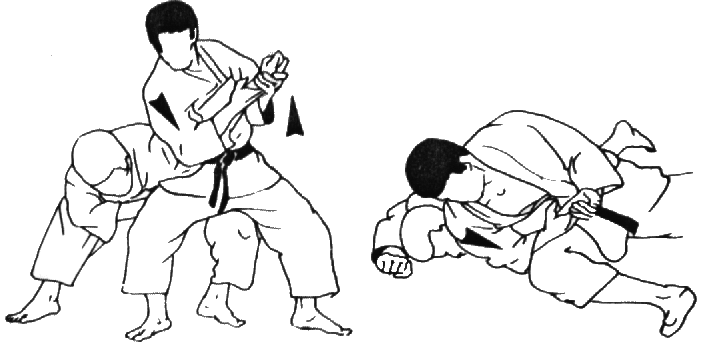
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**KANSETSU WAZA – technika páčenia**

WAKI GATAME – páka na rameno



(TAI WAKI GATAME)



UDE OSAE – páka na lakeť / predlaktie



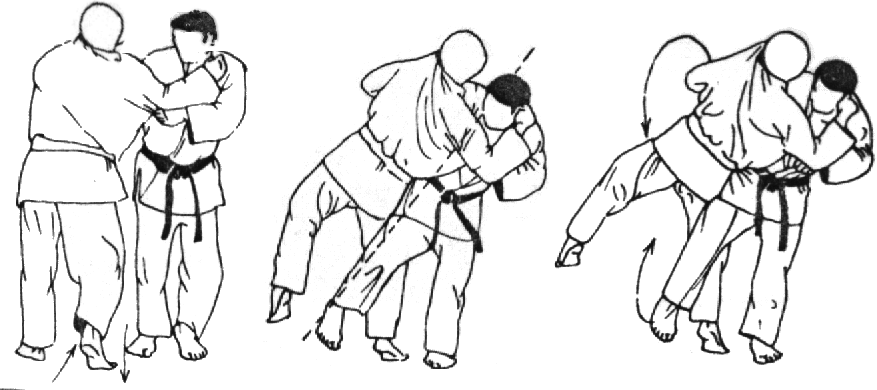
UDE GARAMI HENKA WAZA

1. spôsob



**NAGE WAZA – technika hodov**

OSOTO GARI – podtrhnutie



O GOSHI

