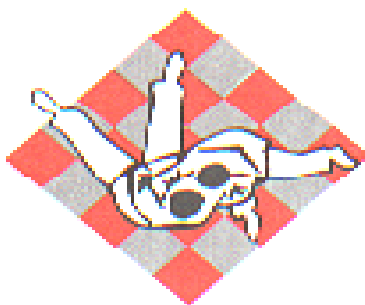


HRVATSKI JUDO SAVEZ



**PROGRAM ZA
POLAGANJE
DAN POJASEVA**

1 DAN – crni pojas



NAGE – NO – KATA

TE- WAZA :

1. Uki otoshi
2. Seoi nage
3. Kata guruma

KOSHI WAZA :

1. Uki goshi
2. Harai goshi
3. Tsuru komi goshi

ASHI WAZA :

1. Okuri ashi barai
2. Sasae tsuri komi ashi
3. Uchi mata

MASUTEMI WAZA :

1. Tomoe nage
2. Ura nage
3. Sumi gaeshi

YOKO SUTEMI WAZA :

1. Yoko gake
2. Yoko guruma
3. Uki waza