

# MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA

---



**SEIKEN-AGO-UCHI**



**SEIKEN-SHITA-UCHI**



**SEIKEN-MAWASHI-  
GANMEN-UCHI**



**MAWASHI-AGO-UCHI**



**SEIKEN-MAWASHI-HIZO-UCHI**



**URA-SEIKEN-  
MAWASHI-UCHI**