

# MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA

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**SHUTO- GANMEN-UCHI**



**SHUTO-HIZO-UCHI**



**SHUTO-KUBI-UCHI**



**SHUTO-OROSHI-UCHI**



**SHOTEI-JODAN-TSUKI**



**SHOTEI-MAWASHI-  
AGO-UCHI**