

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



UDE-HISHIGI-JUJI-GATAME



KAMI-UDE-HISHIGI-JUJI-GATAME



KUZURE-JUJI-GATAME



GYAKU-JUJI-GATAME

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



TATE-HISHIGI



GYAKU-TATE-HISHIGI



KUZURE-TATE-HISHIGI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



MOROTE-UDE-HISHIGI



ASHI-KUJUKI



UDE-HISHIGI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



GYAKU-HIZA-GARAMI



KUZURE-HIZA-GARAMI



HIZA-GARAMI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



WAKI-GATAME



KUZURE-WAKI-GATAME



KUZURE-ASHI-HISIGI



ASHI-HISHIGI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



GYAKU-USHIRO-UDE-GARAMI



USHIRO-UDE-GARAMI



KUZURE-USHIRO-UDE-GARAMI



MOROTE-USHIRO-UDE-GARAMI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



GYAKU-UDE-OSAE



UDE-OSAE



KUZURE-UDE-OSAE

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



KOTE-GARAMI



URA-KOTE-GARAMI



KUZURE-KOTE-GARAMI



GYAKU-KOTE-GARAMI



HIGI-KOTE-GARAMI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



KOTE-KUDAKI



KUZURE-KOTE-KUDAKI



KUZURE-KOTE-GAESHI



KOTE-GAESHI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



MAE-UDE-GARAMI



GYAKU-MAE-UDE-GARAMI



KUZURE-MAE-UDE-GARAMI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



GYAKU-KANNUKI-GATAME



KANNUKI-GATAME



KUZURE-KANNUKI-GATAME

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



GYAKU-ASHI-UDE-GARAMI

SABONE-NO-REB



ASHI-UDE-GARAMI

MODERN JU-JITSU POLSKA KANSETSU-WAZA / DŹWIGNIE



HIGI-GARAMI



HIZA-JUJI-GARAMI