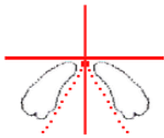
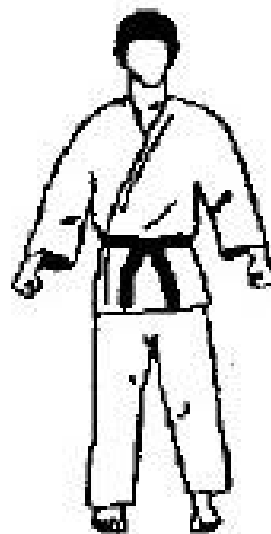


Grundlegende Kampfhaltungen im Sudo

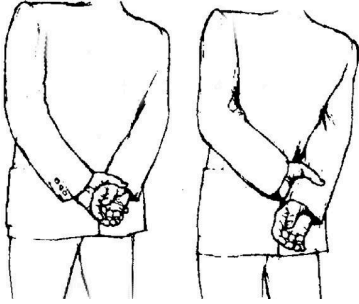
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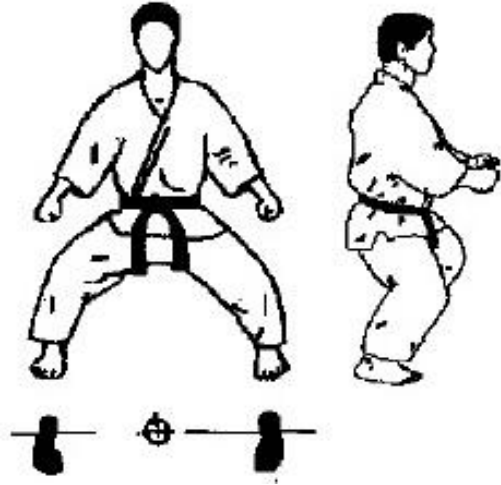
HAZIR



RAHAT



ATLI

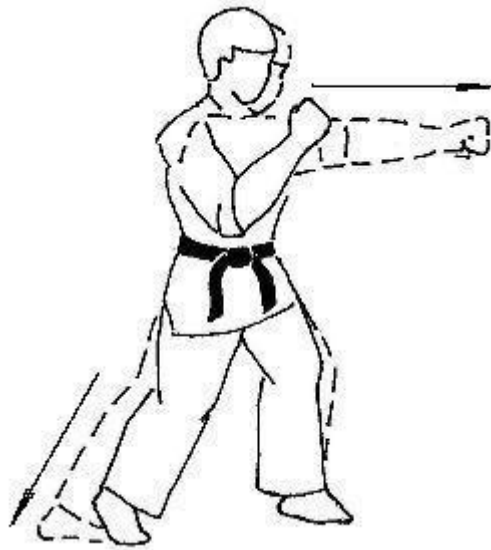
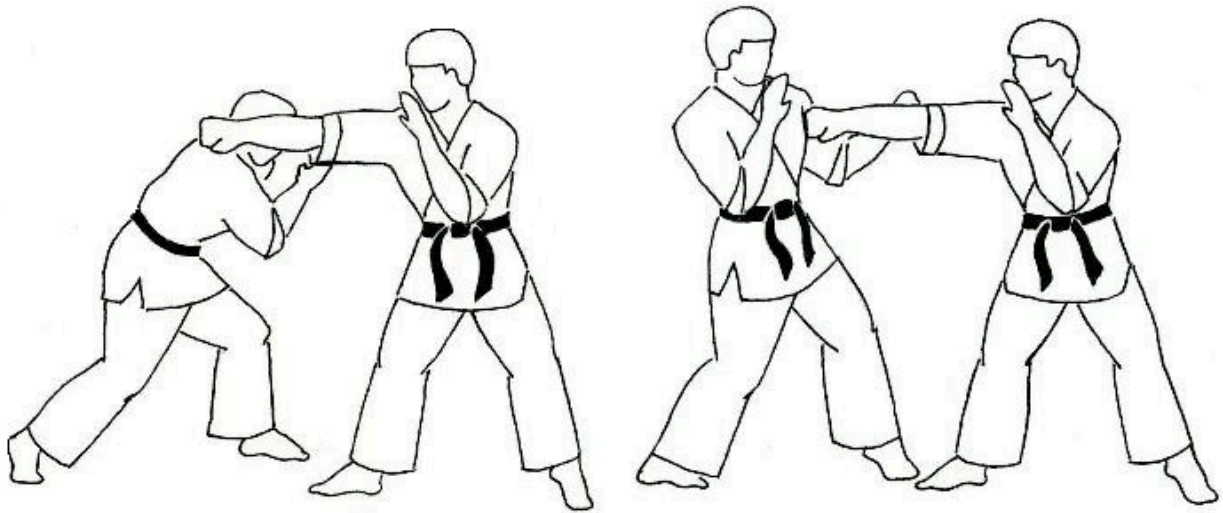


HAZIR OL

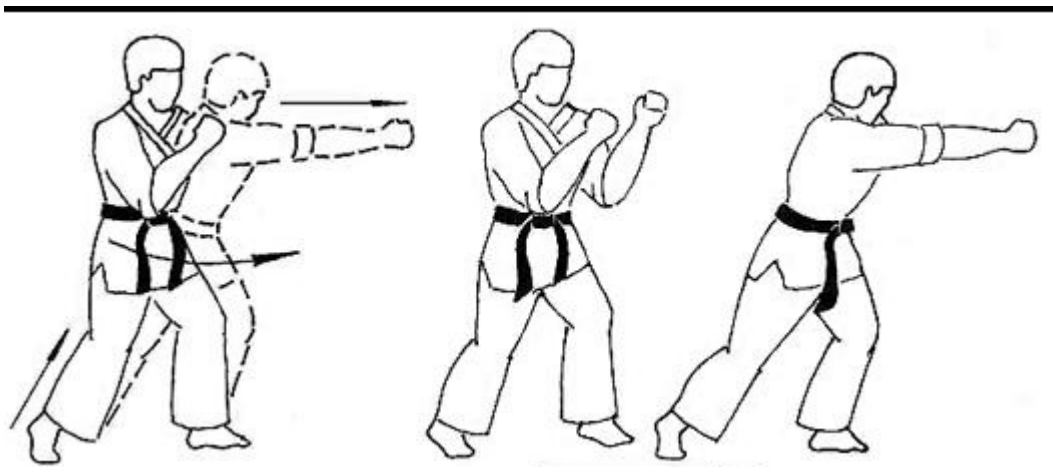


Grundlegende Schlägen im Sudo

OKH



DUZ



YAN



ALT



DIRSEK



GILINJ



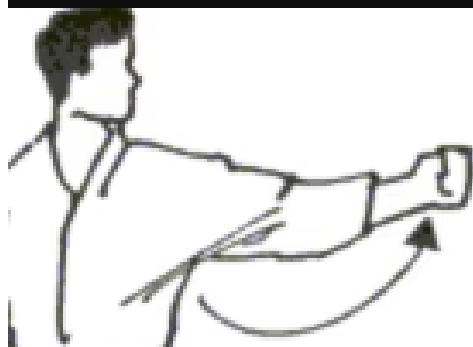
NIZE



SART

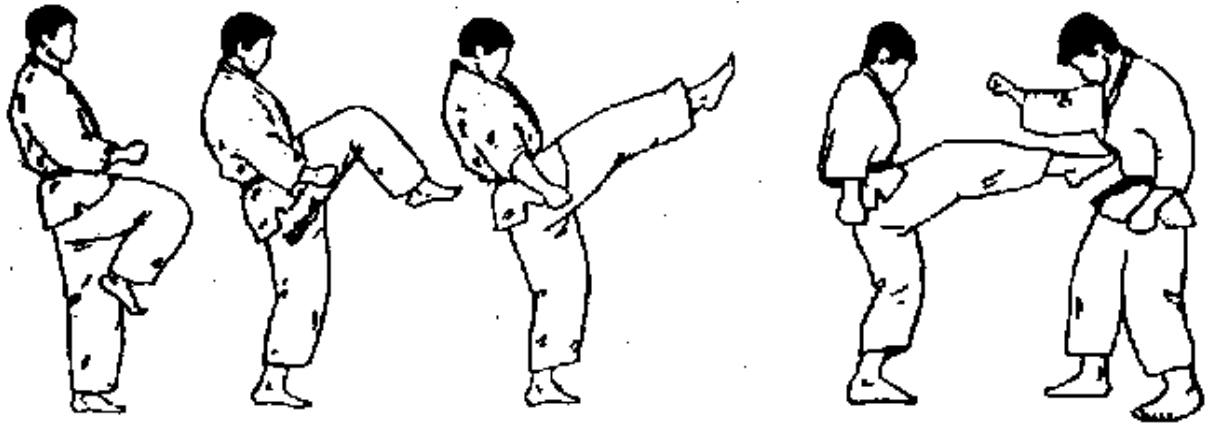


YUMRUK

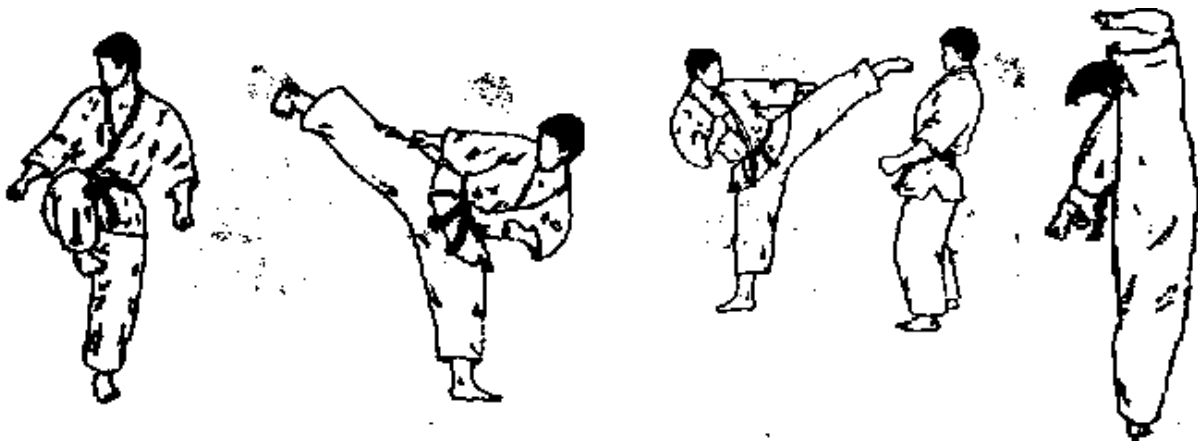


Grundlegende Tretten im Sudo

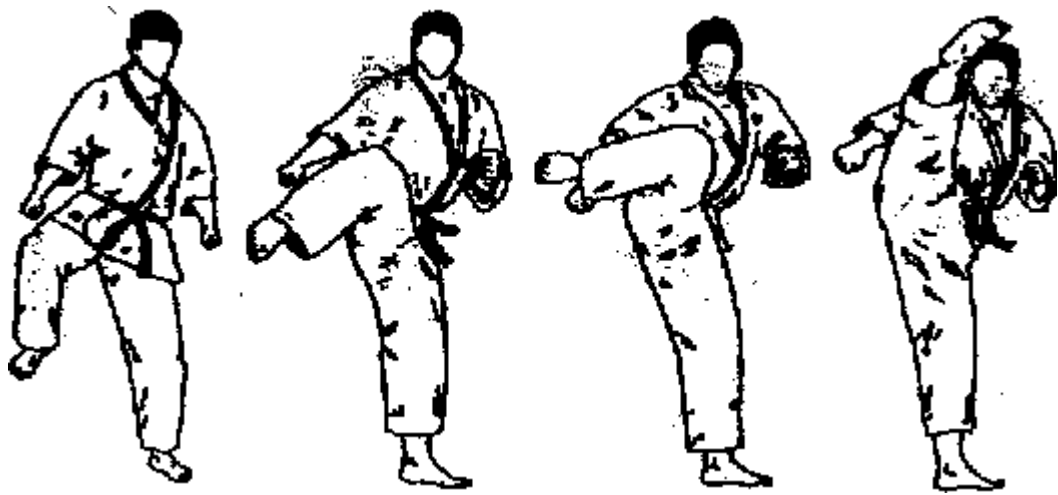
DUZ-AYAG



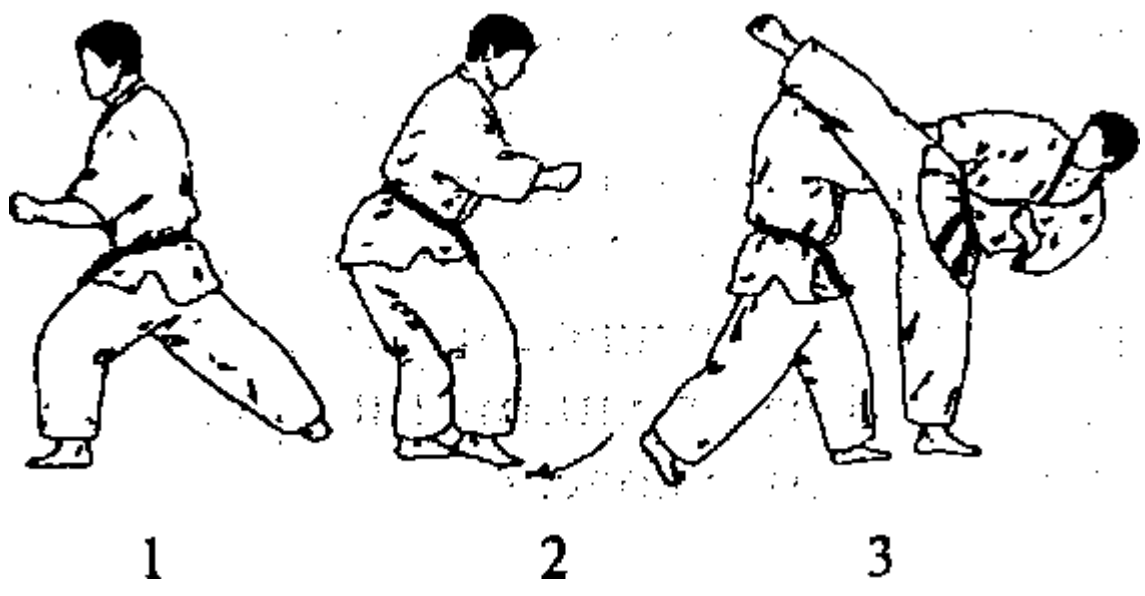
GABIRGA

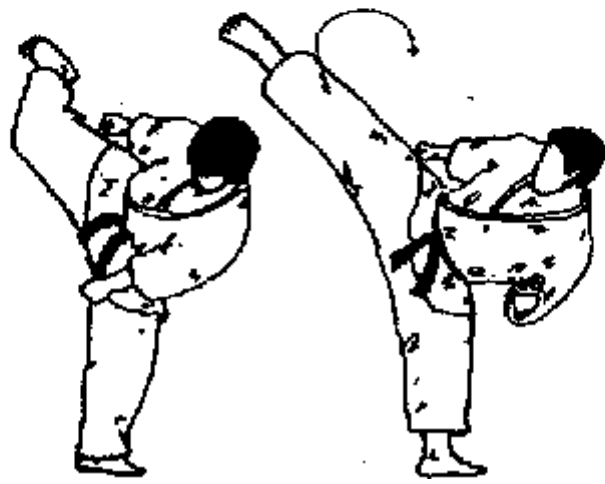


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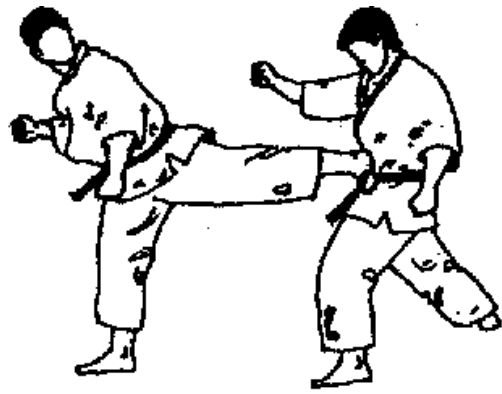


PANJA





AYAG-GERI



AKS



1



2



3



4

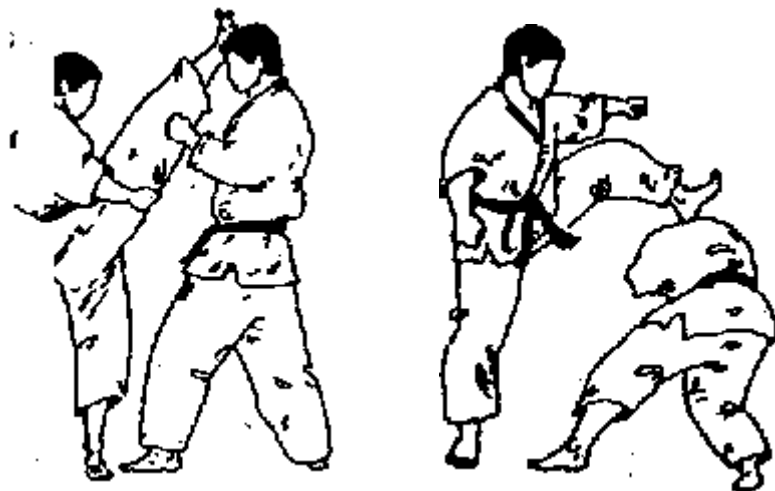
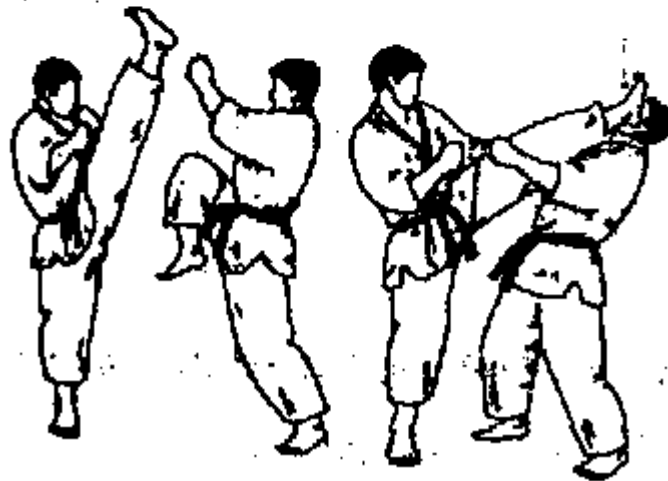


5



6

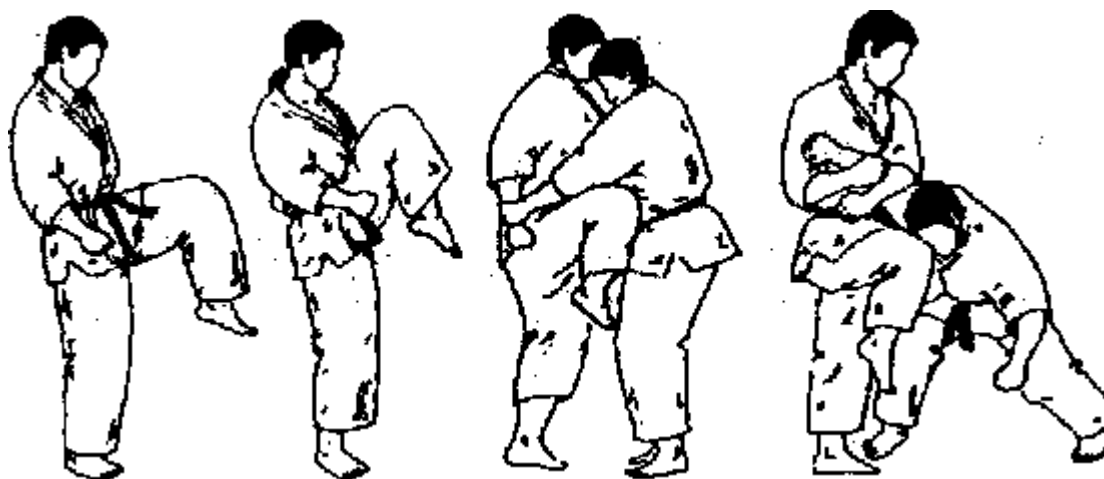
BALTA



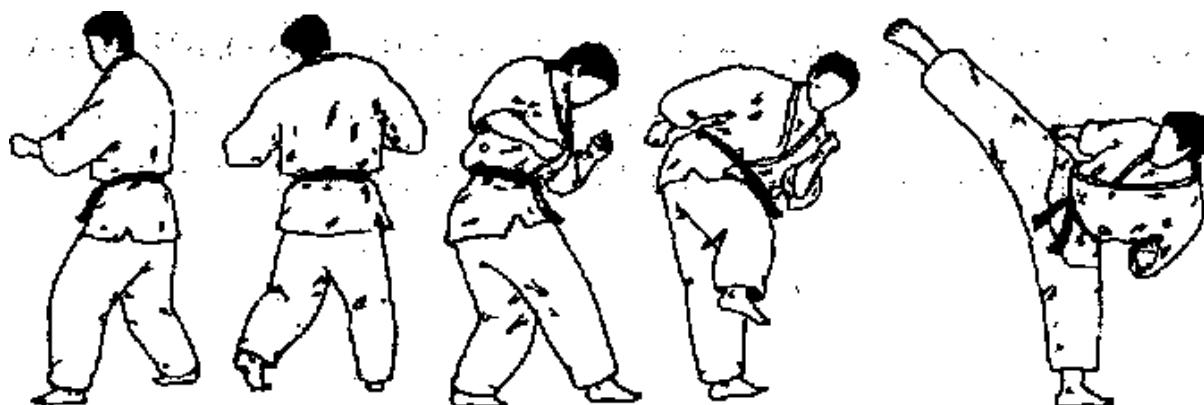
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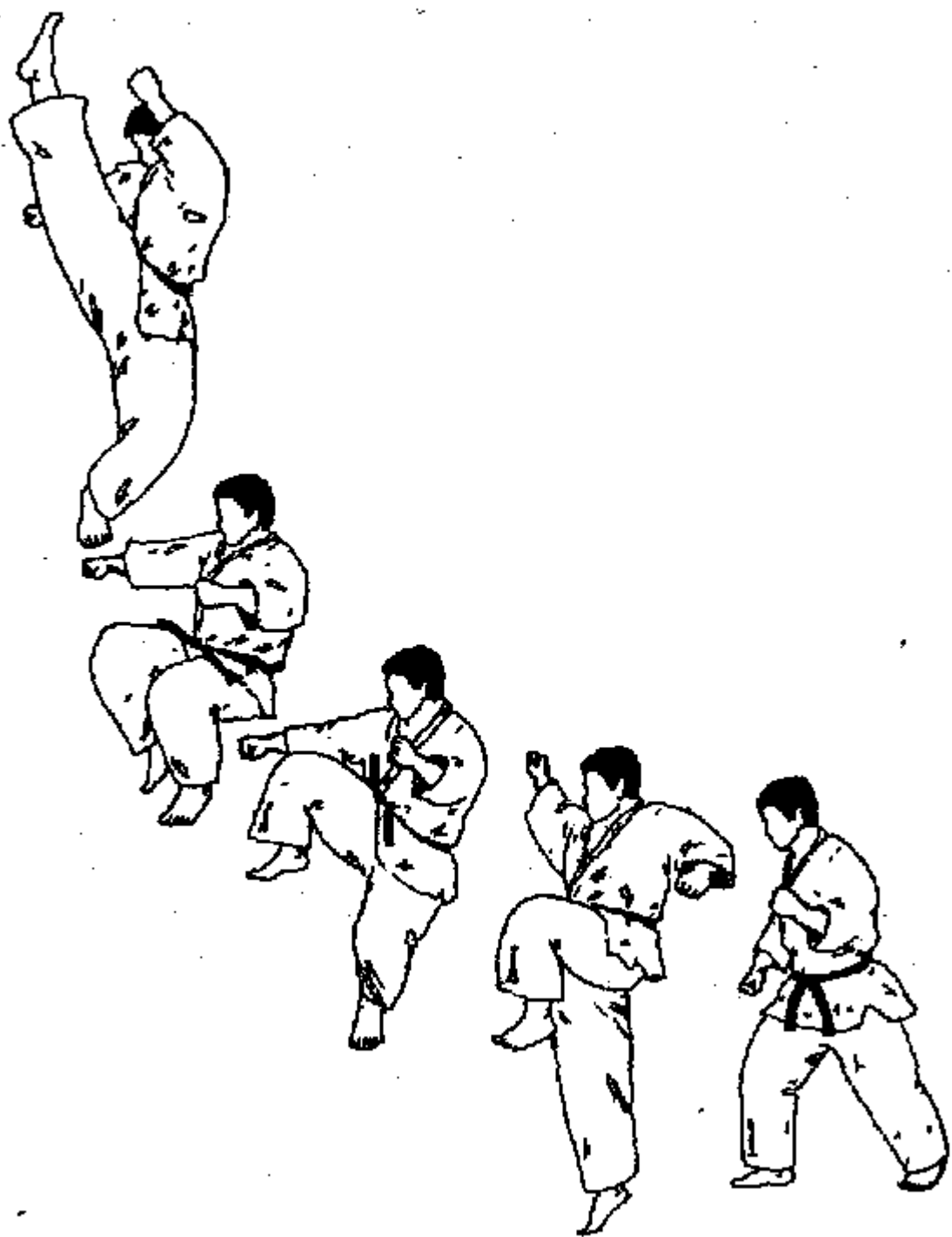
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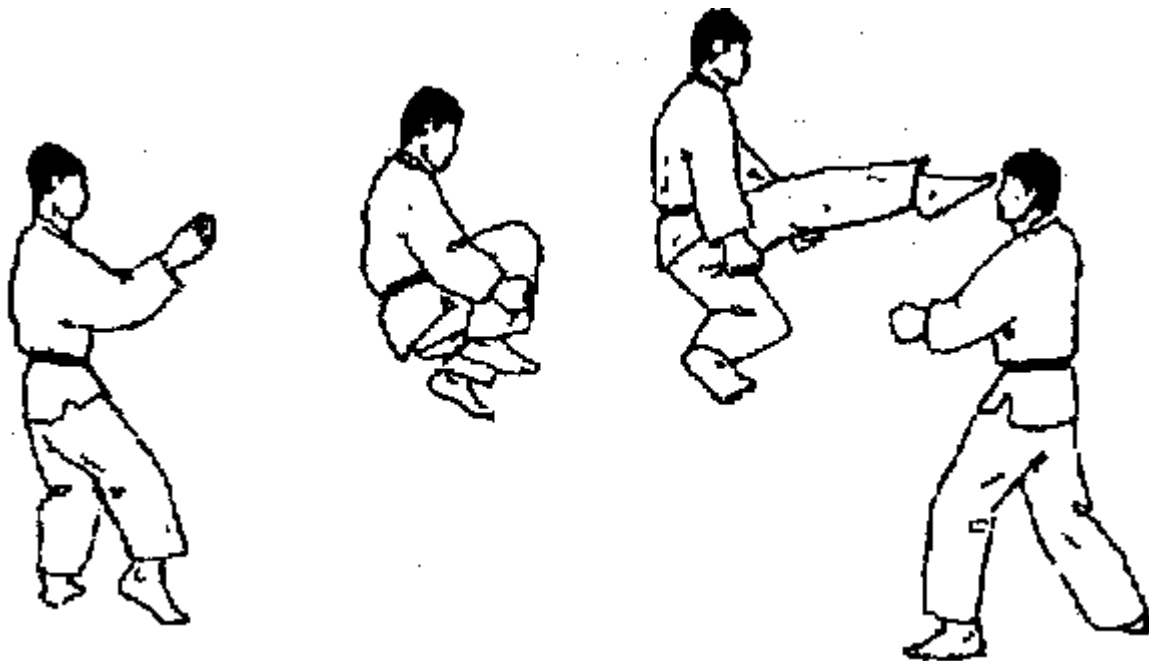


PANJA-360°

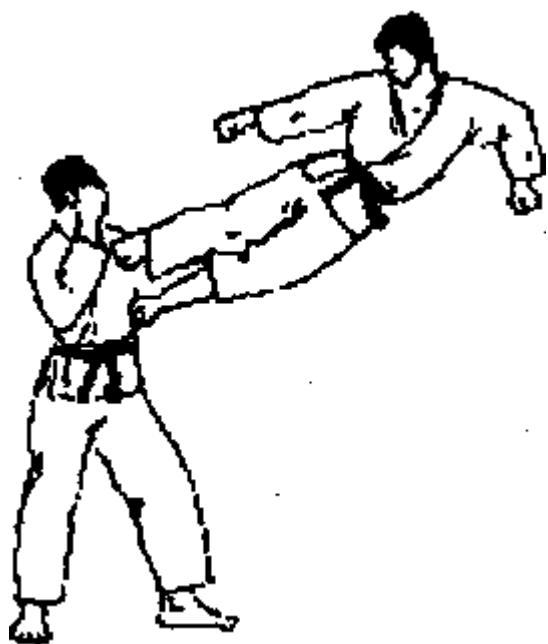
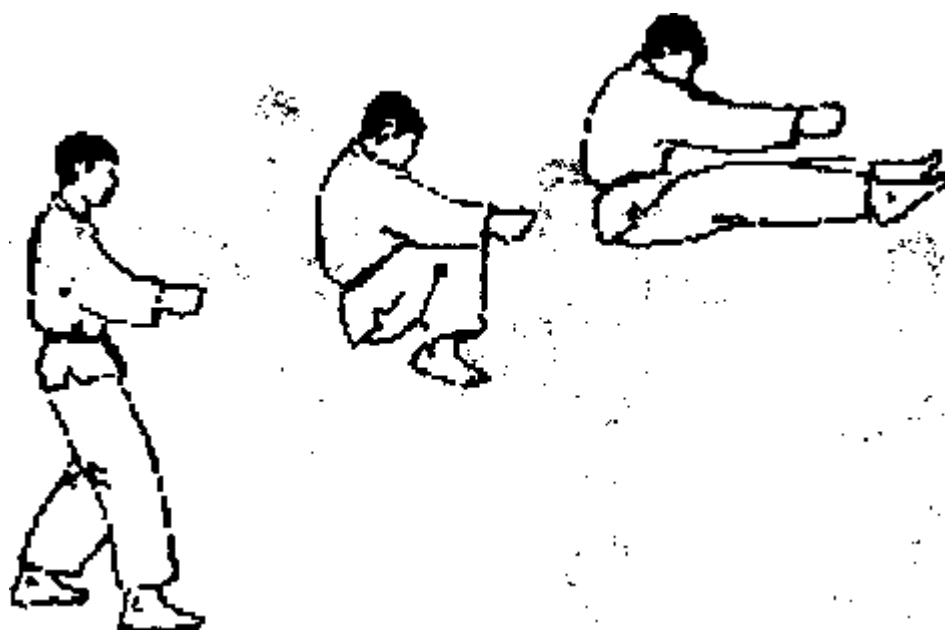


DUZ-AYAG-HAVADA

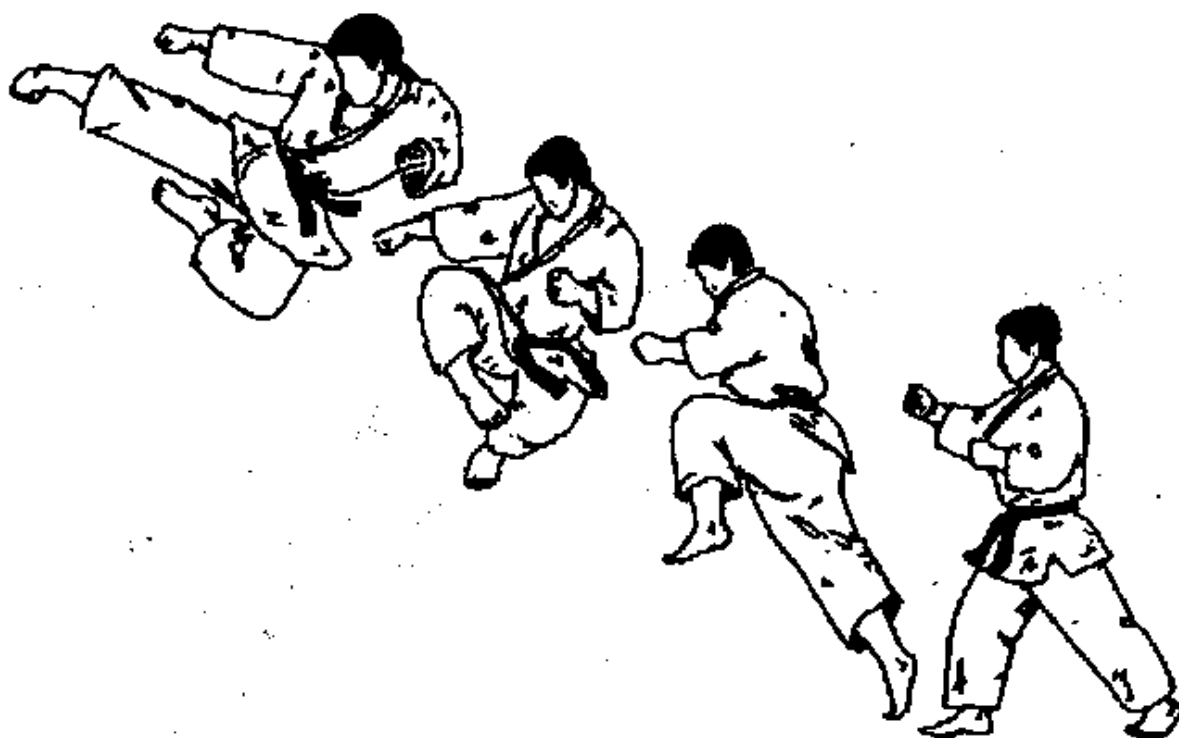




GOSHA-AYAG



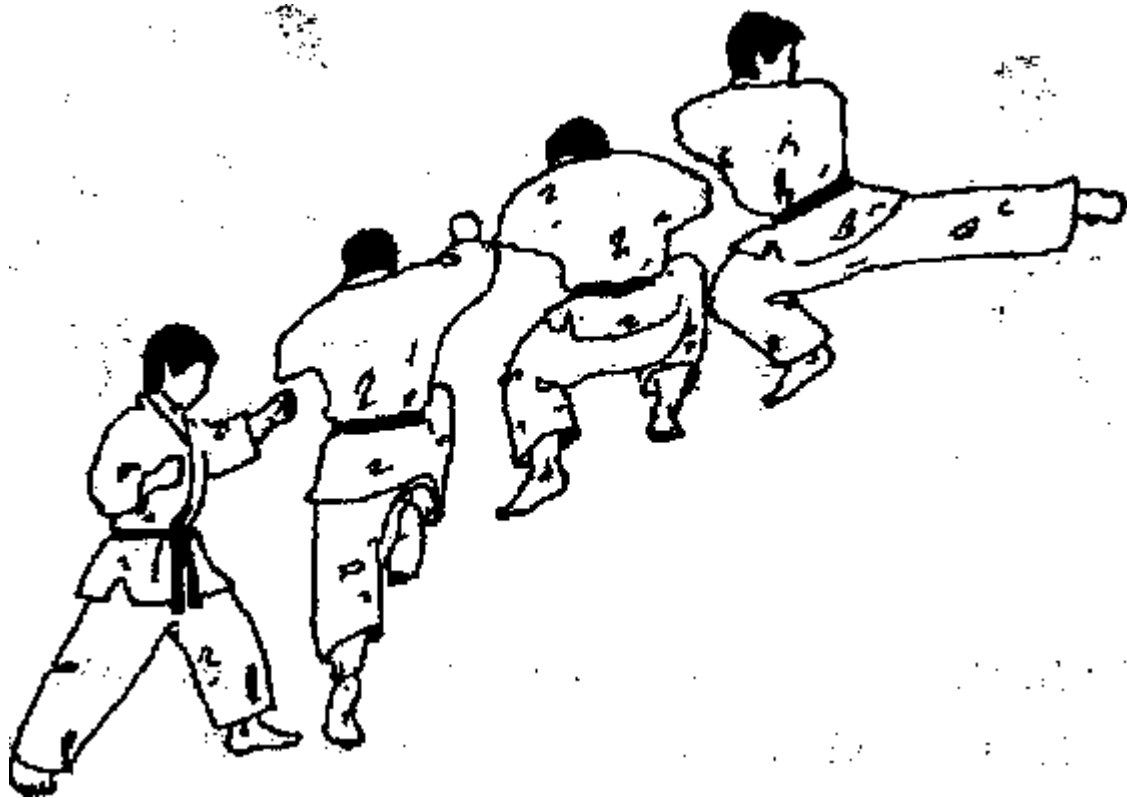
GABIRGA-HAVADA



YAN-AYAG-HAVADA

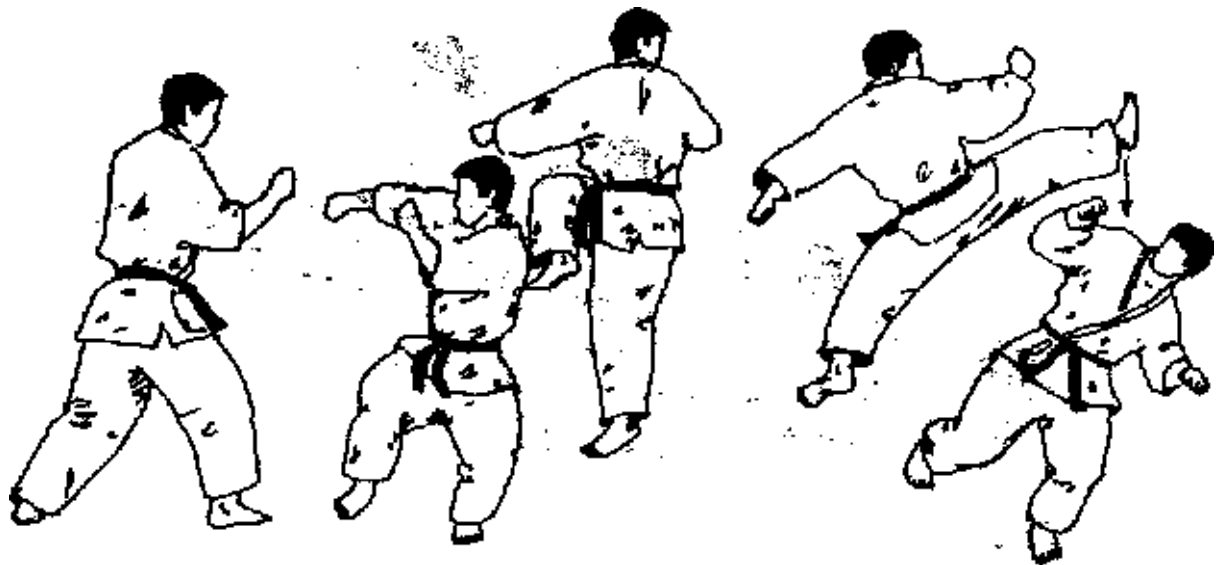


AYAG-GERI-HAVADA

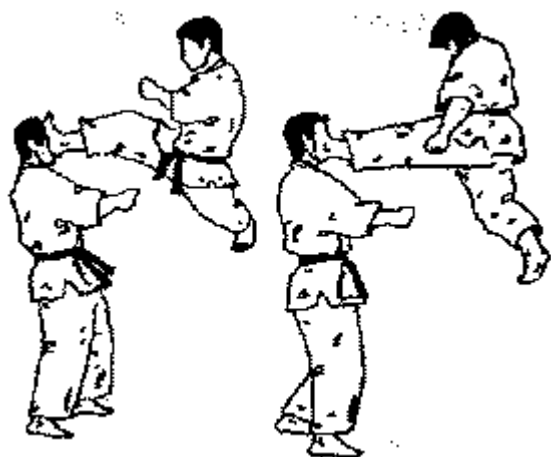


[OBJ]

AKS-HAVADA



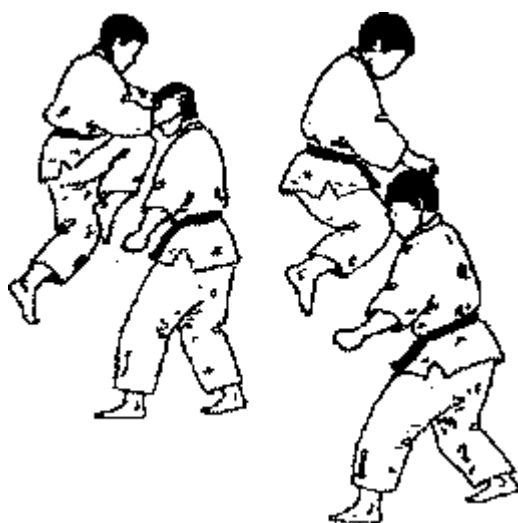
DAIRE-HAVADA



PANJA-HAVADA



DIZ-HAVADA



Grundlegende Schützen im Sudo

BASH-MUDAFIE



SINE-MUDAFIE

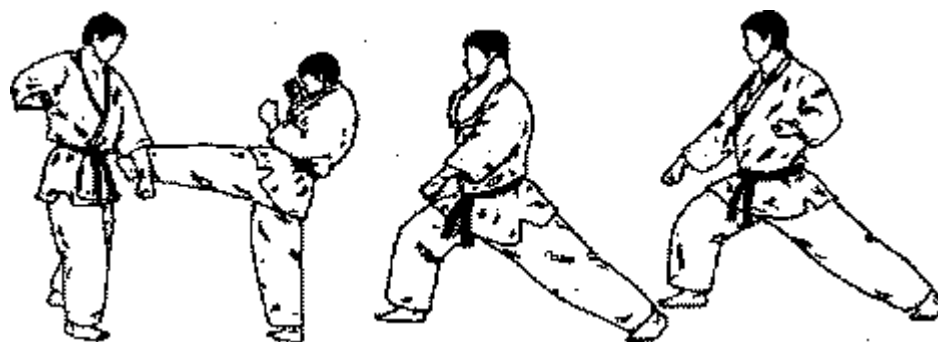


KHANJAR



a б в г

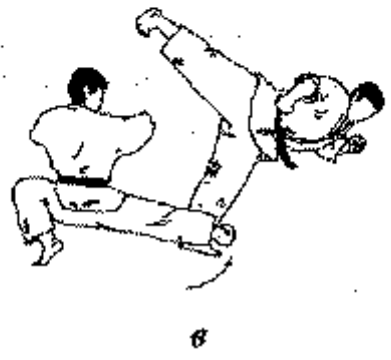
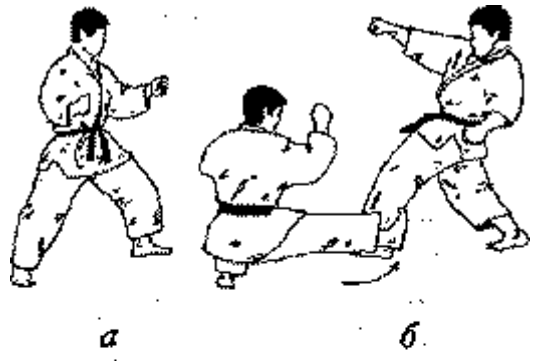
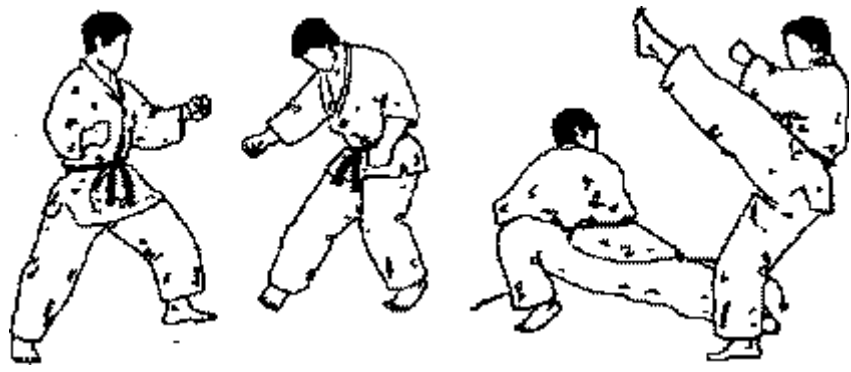
ALT-MUDAFIE



Grundlegende Wurftechniken im Sudo

BADALAG





GARMAG

