
Osoto Gari Judo Masterclass Techniques Yamashita

classificação das técnicas de kodokan judô - gokyo (5o. grupo) 1. osoto guruma 2. uki waza 3. yoko wakare 4. yoko guruma 5. ushiro goshi 6. ura nage 7. sumi otoshi 8. yoko gake antes de 1982 o gokyo da kodokan era composto de 40 técnicas de arremesso **obukan judo dojo teacher's manual** - 1 introduction as an instructor for the beginners judo class, your ability to instruct and inspire your students is the greatest factor in whether they eventually become lifelong judoka or walk away after their beginning judo experience.

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