

Judo

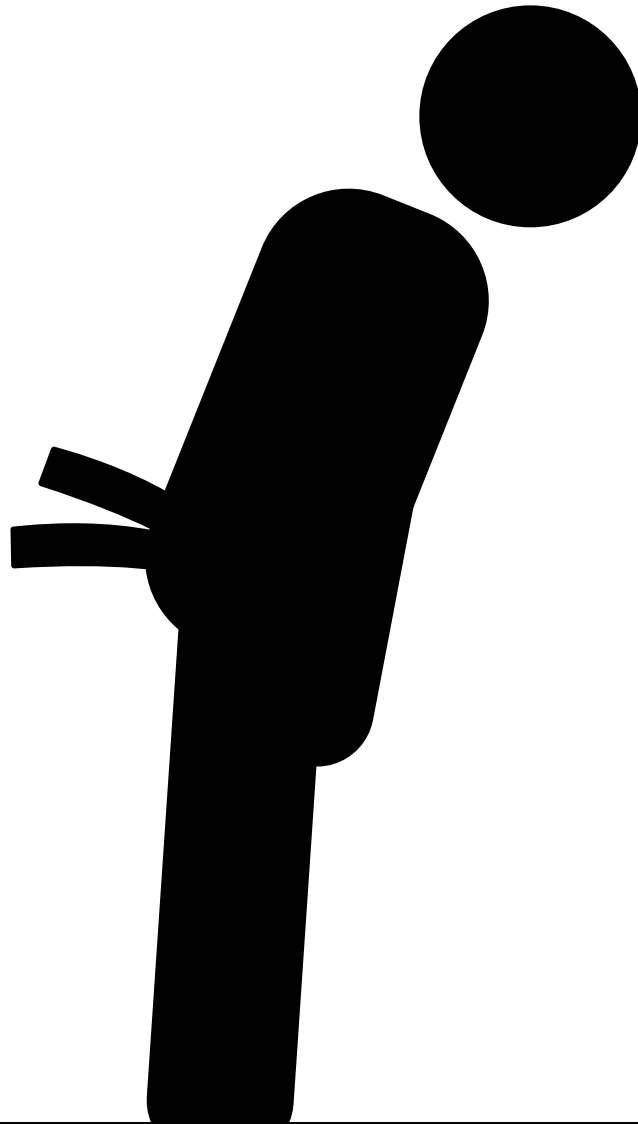
Check ind



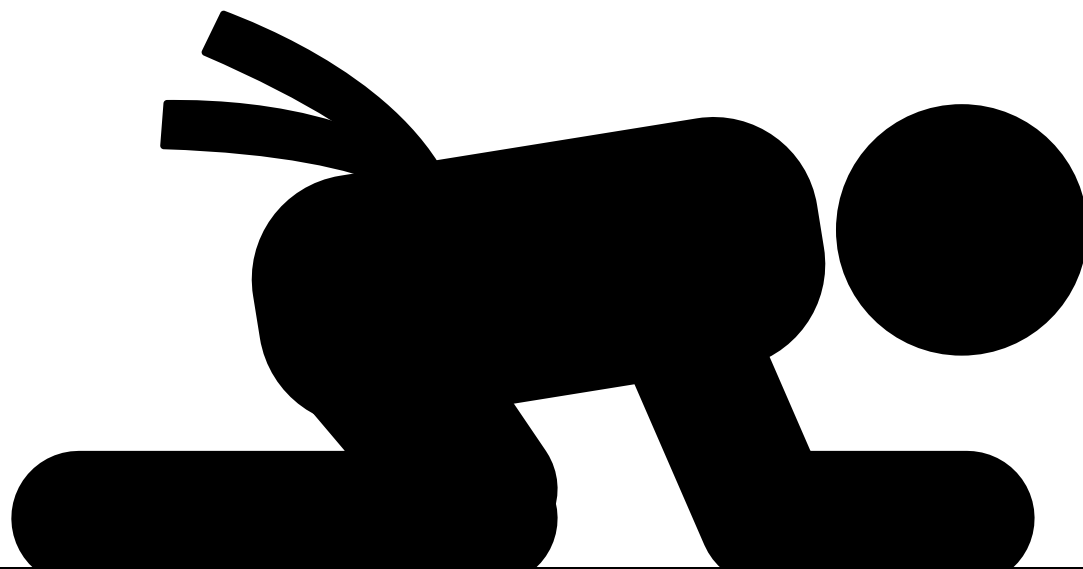
Opvarmning



Stående hilsen



Knælende hilsen



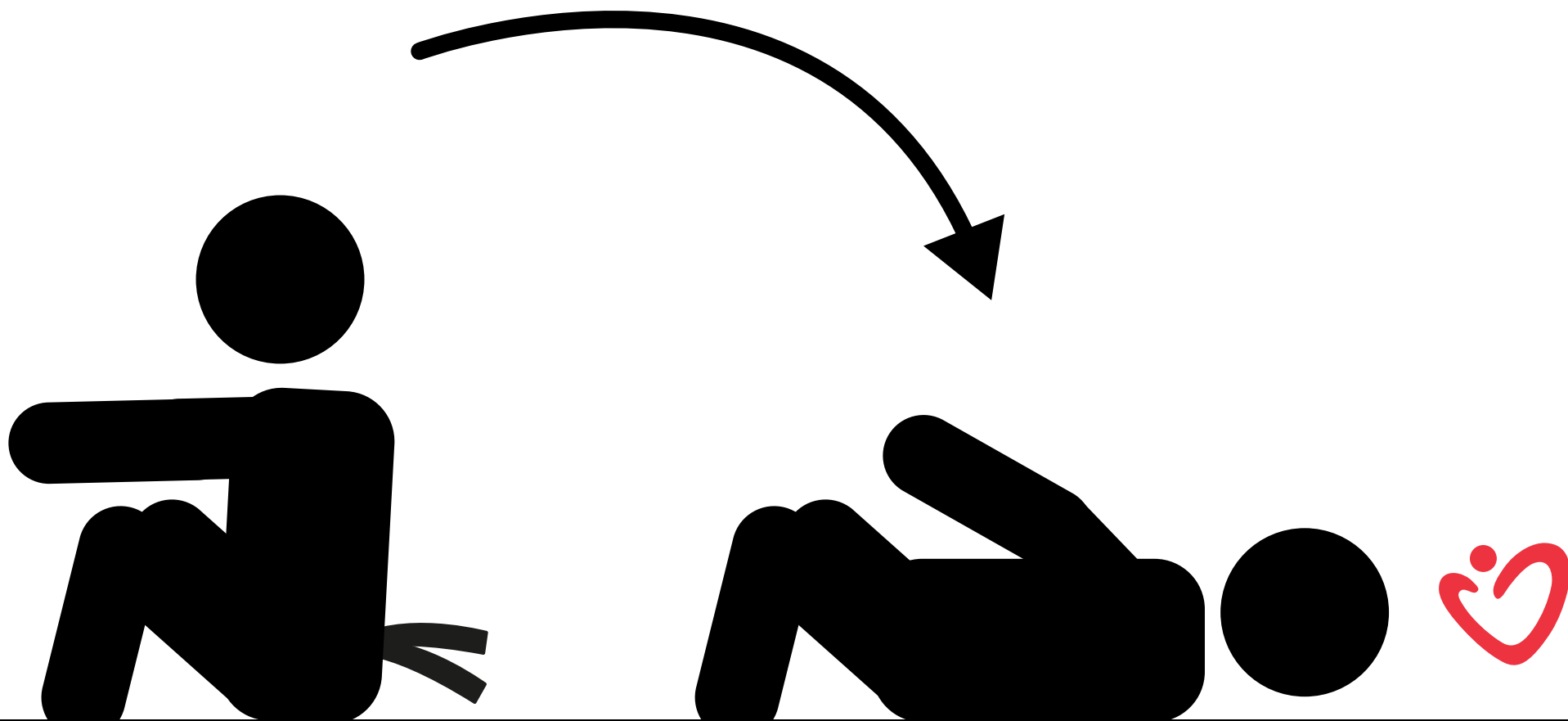
Rullefald



Sidefald



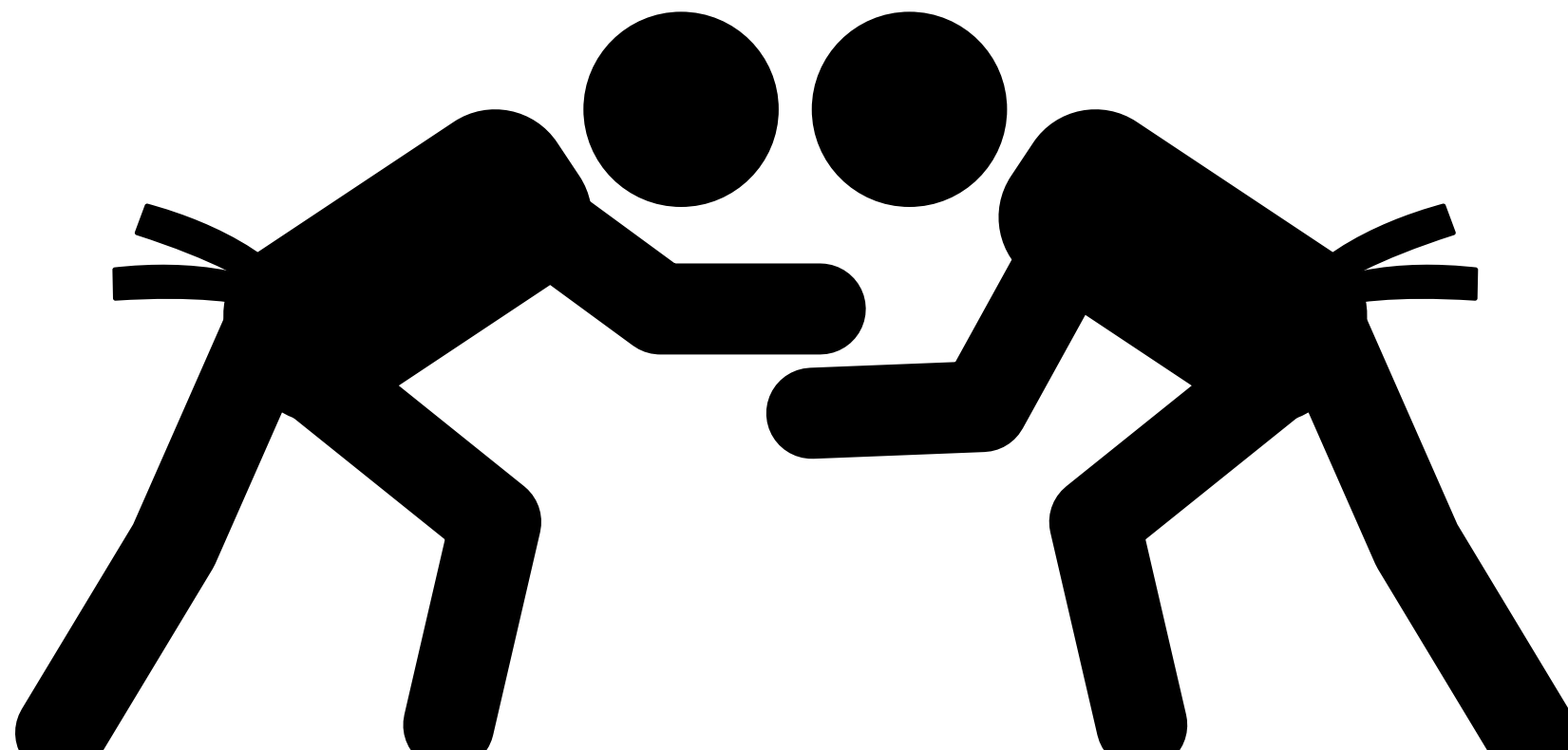
Rygfald



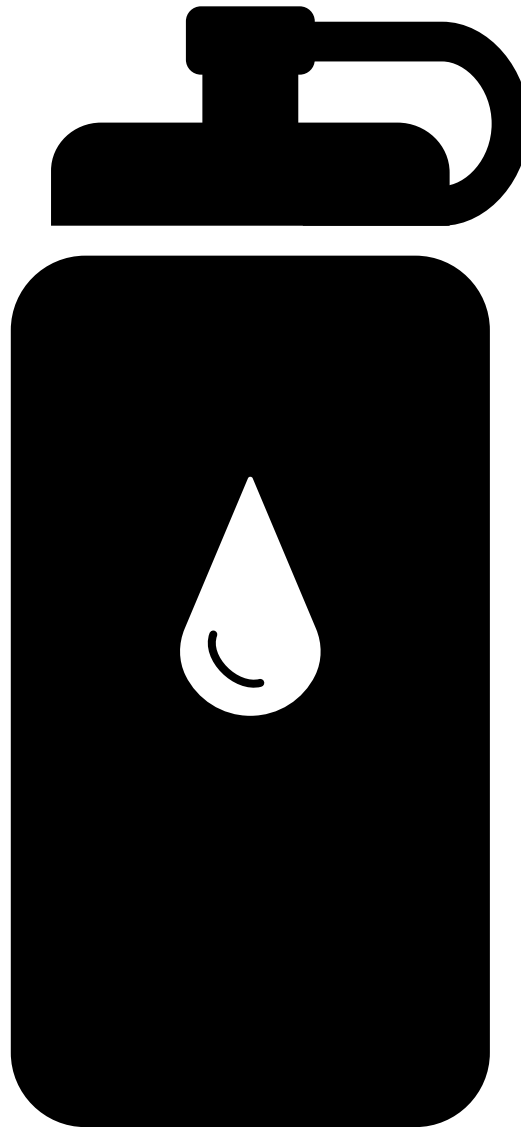
Kast



Holdegreb



Vand



Udstræk



Check ud



Evaluering

