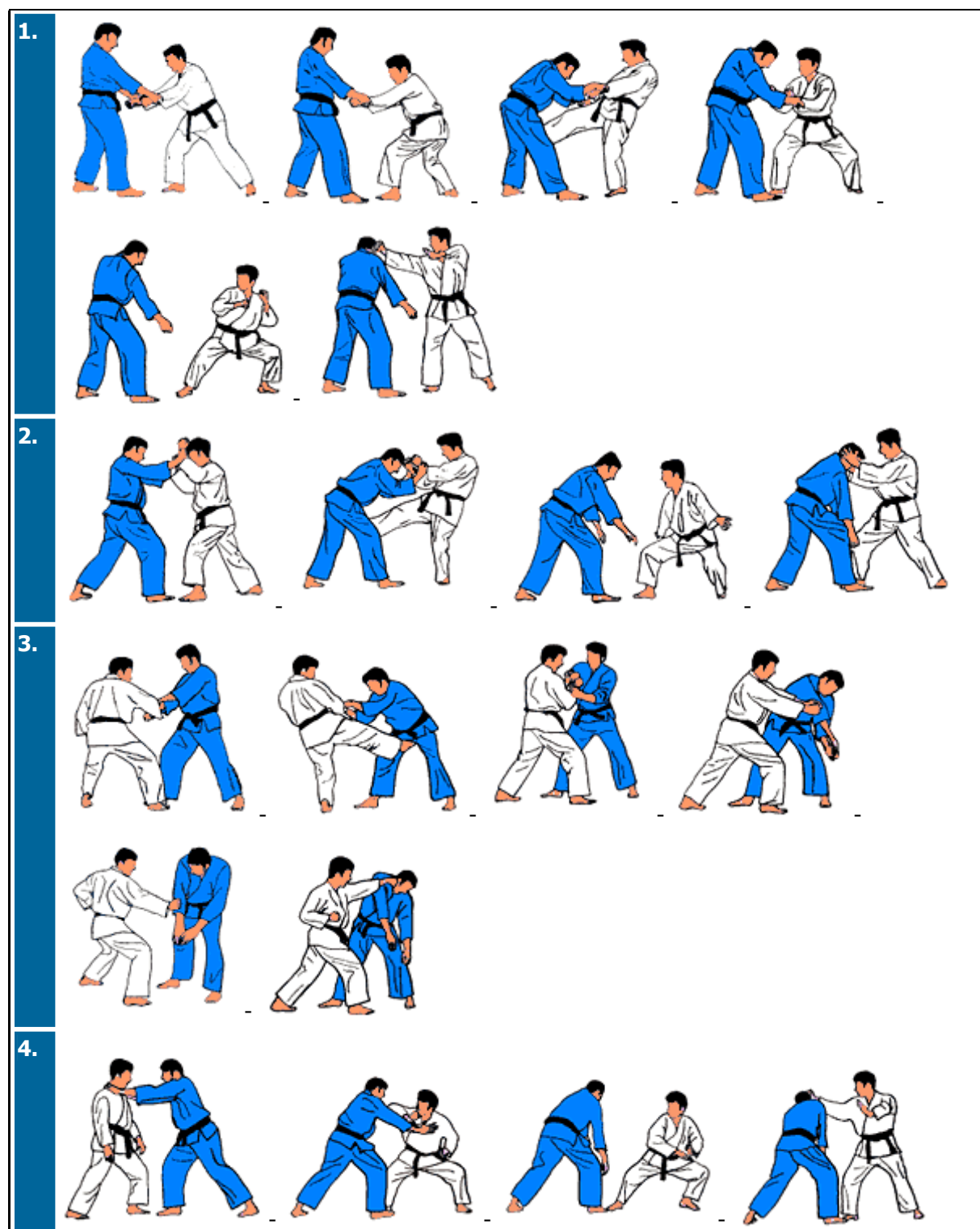


Techniken Jiu Jitsu

Hadaka Waza serie (Abwehren gegen fassen wollen, Würgen, umklammernde Angreifer)



5.



6.



7.



8.



9.



10.



11.





12.



13.



14.



15.



16.



17.



18.



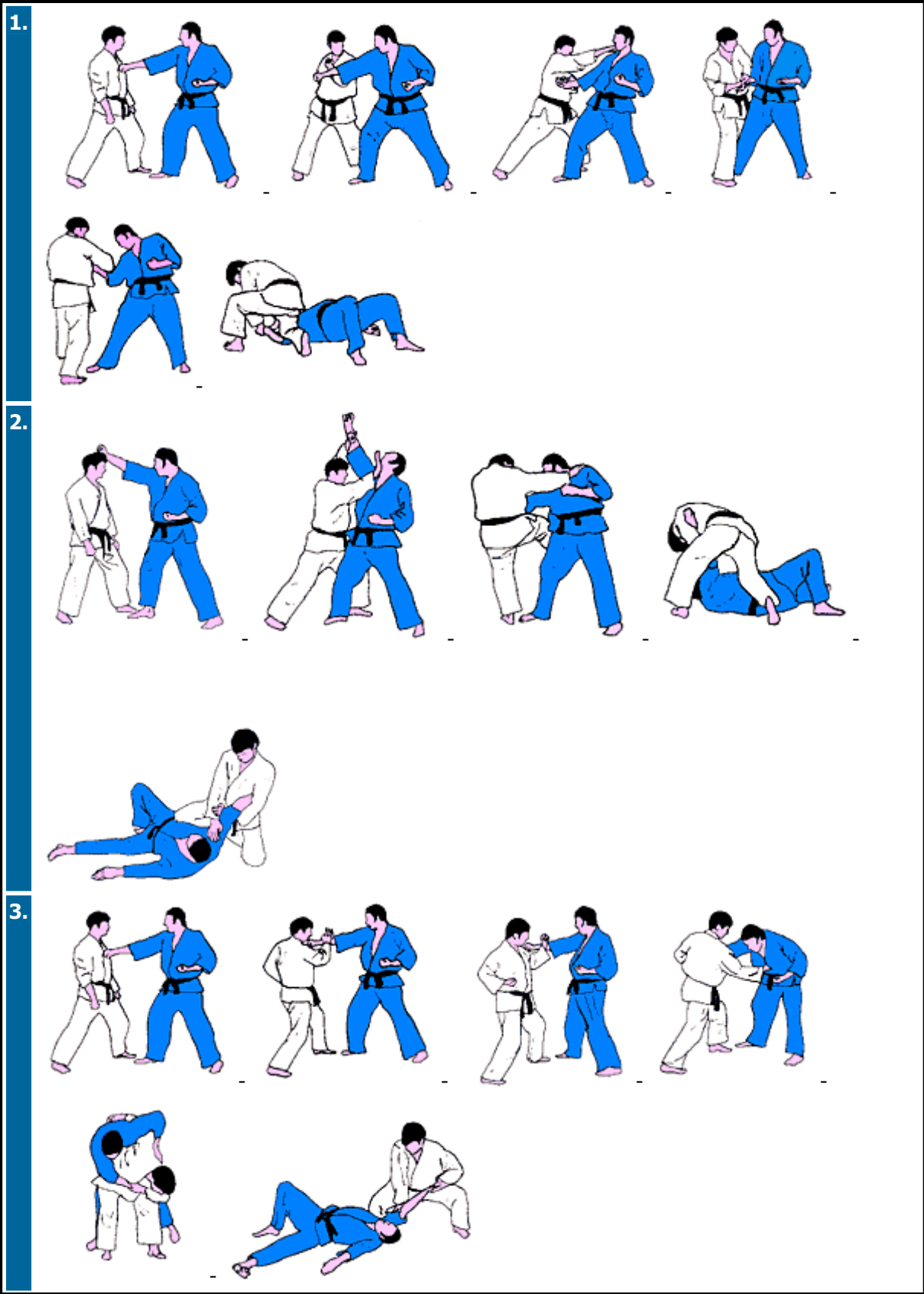
19.



20.



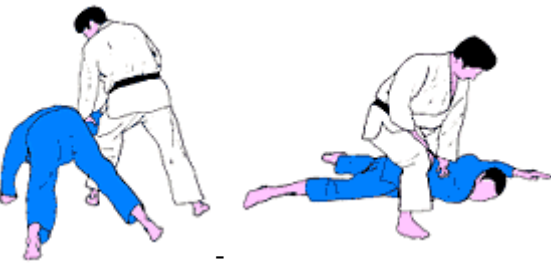
Uke Waza serie (Abwehr von Faust- und Fußritten)



4.



5.



6.

