

Ukemi-Waza (Falltechnik)

Ushirio-Ukemi (Rückwärts fallen)



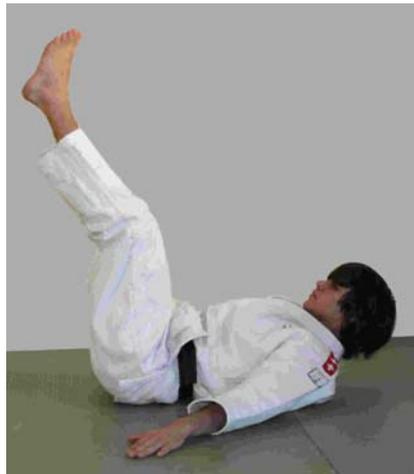
1



2



3



4

Yoko-Ukemi (Seitwärts Fallen)



1



2



3