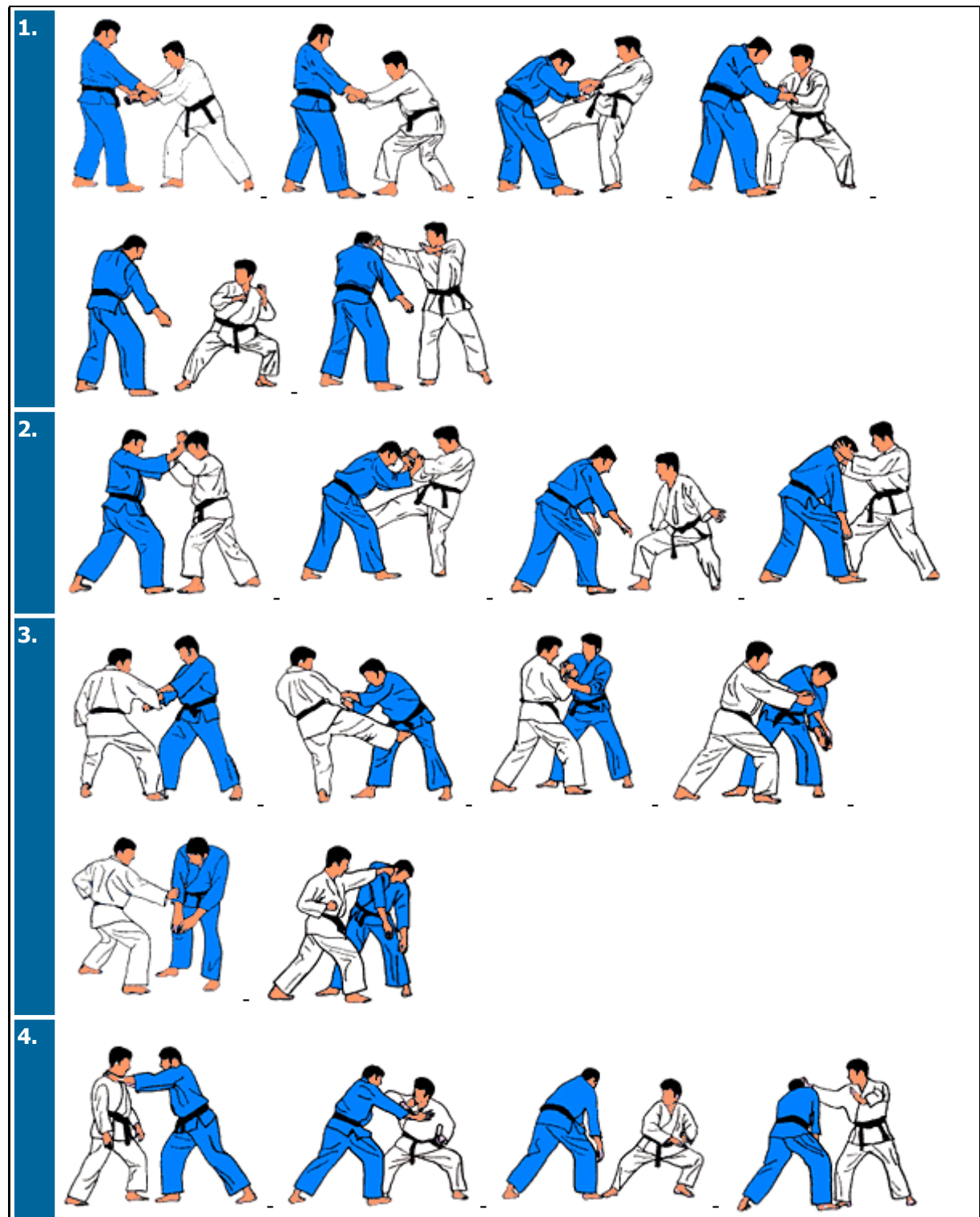


Techniken Jiu Jitsu

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



5.



6.



7.



8.



9.



10.



11.





12.



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14.



15.



16.



17.



18.



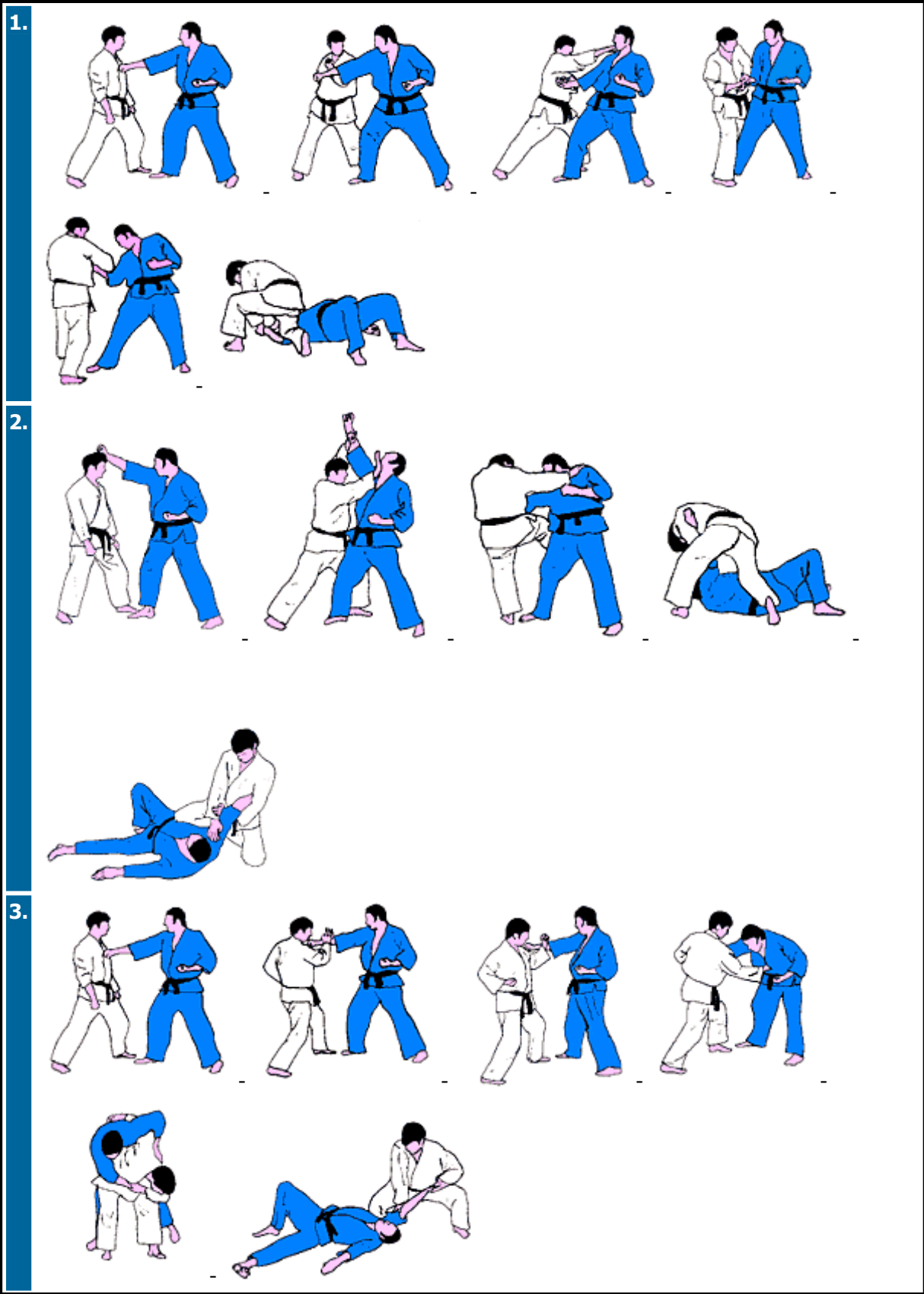
19.



20.



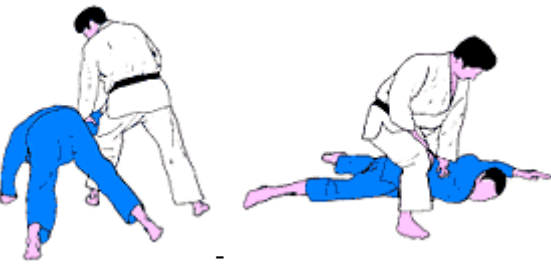
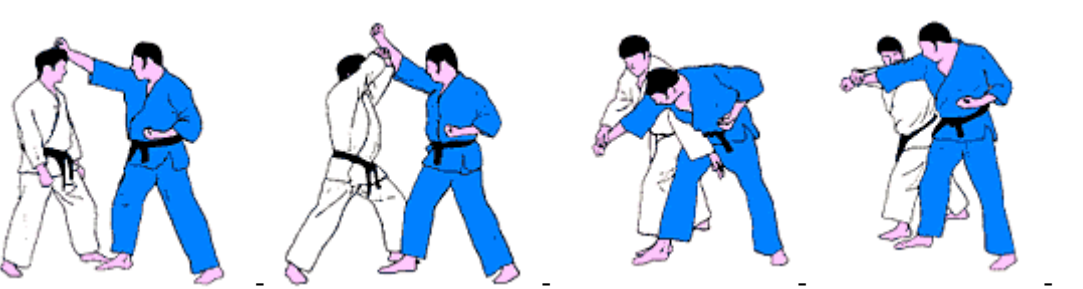
Uke Waza serie (Abwehr von Faust- und Fußritten)



4.



5.



6.

