

MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA



SEIKEN-AGO-UCHI



SEIKEN-SHITA-UCHI



**SEIKEN-MAWASHI-
GANMEN-UCHI**



MAWASHI-AGO-UCHI



SEIKEN-MAWASHI-HIZO-UCHI



**URA-SEIKEN-
MAWASHI-UCHI**

MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA



URAKEN-AGO-UCHI



URAKEN-SHITA-UCHI



HIJI-MAWASHI-UCHI



URA-HIJI-MAWASHI-UCHI



HIJI-USHIRO-UCHI



HIJI-OROSHI-UCHI

MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA



SHUTO- GANMEN-UCHI



SHUTO-HIZO-UCHI



SHUTO-KUBI-UCHI



SHUTO-OROSHI-UCHI



SHOTEI-JODAN-TSUKI



**SHOTEI-MAWASHI-
AGO-UCHI**

MODERN JU-JITSU POLSKA ATEMI-WAZA / UDERZENIA



SHOTEI-OROSHI-TSUKI



MAE-ATAMA-TSUKI



USHIRO-ATAMA-TSUKI



SEIKEN-OROSHI-TSUKI



TETSUI-OROSHI-UCHI

MODERN JU-JITSU POLSKA ATEMI-WAZA / KOPNIĘCIA



MAE-HIZA-GERI



MAWASHI-HIZA-GERI



KIN-GERI



MAWASHI-GERI



MAE-GERI

MODERN JU-JITSU POLSKA ATEMI-WAZA / KOPNIĘCIA



KAKATO-GERI



URA-MAWASHI-GERI



YOKO-GERI



USHIRO-GERI

**MODERN JU-JITSU POLSKA
ATEMI-WAZA / KOPNIĘCIA**



SOTO-MAWASHI-GERI



URA-USHIRO-MAWASHI-GERI