

MODERN JU-JITSU POLSKA SHIME-WAZA / DUSZENIA



HADAKA-JIME



KUZURE-HADAKA-JIME



GYAKU-HADAKA-JIME



KATA-JUJI-JIME



USHIRO-DO-JIME

MODERN JU-JITSU POLSKA SHIME-WAZA / DUSZENIA



ASHI-O-KOMU-JIME



SANKAKU-JIME



KUZURE-SANKAKU-JIME