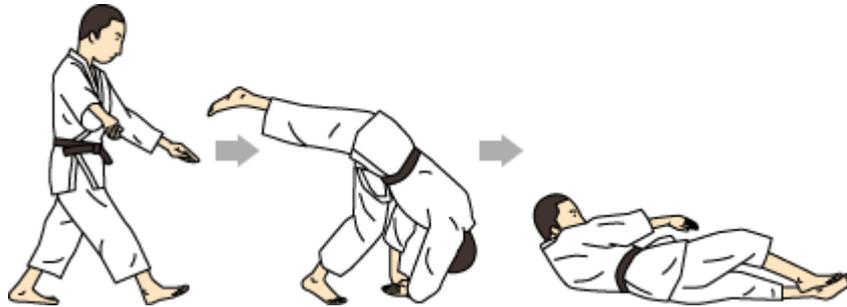


# UKEMI

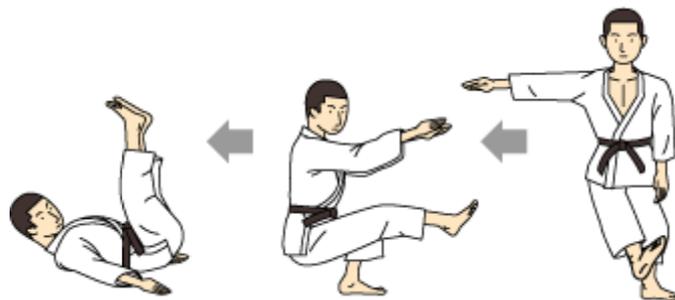
## **MAE MAWARI UKEMI (caduta in avanti rotolata)**



## **MAE UKEMI (caduta in avanti)**



## **YOKO UKEMI (caduta laterale)**



## **USHIRO UKEMI (caduta indietro)**

