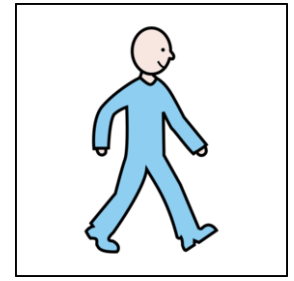
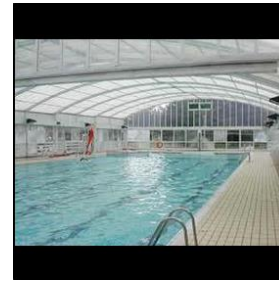
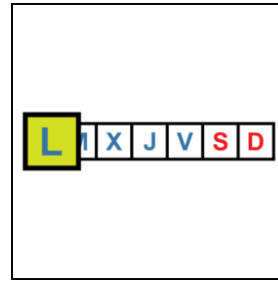
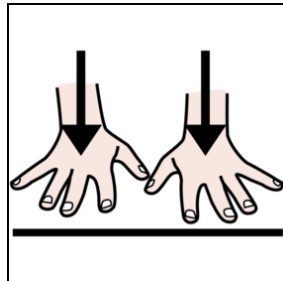
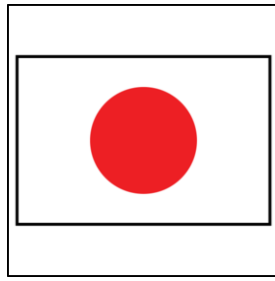


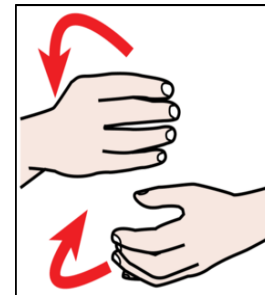
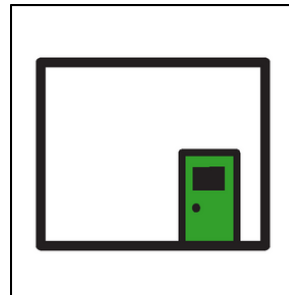
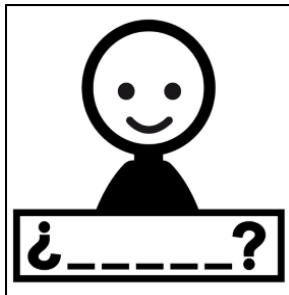
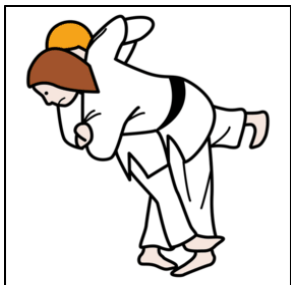
KIROL BERRI BAT EGITEN HASI BEHAR DUT. HONEN IZENA JUDO DA.

柔道

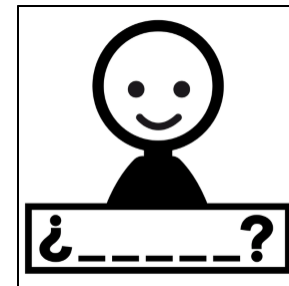
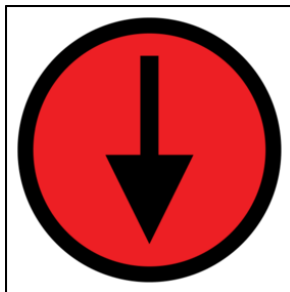
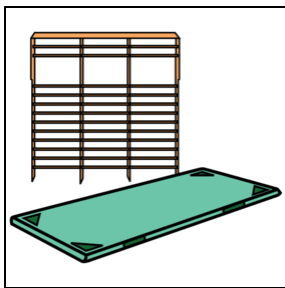
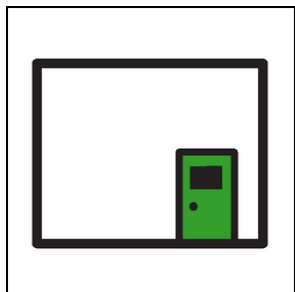


KIROL JAPONIARRA DA.

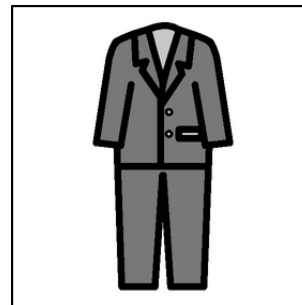
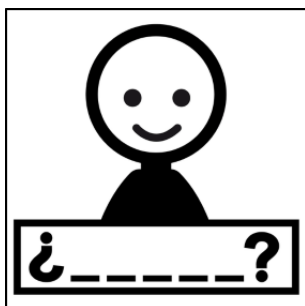
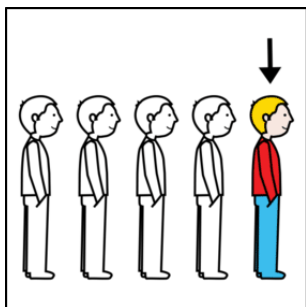
ASTELEHENETAN LARRAINARA JOANGO NAIZ.



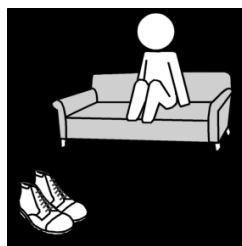
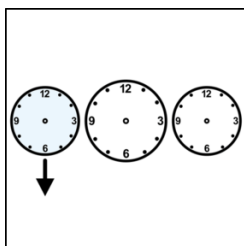
JUDOA 柔道 DOJO IZENEKO GELA BATEAN PRAKTIKATZEN DA



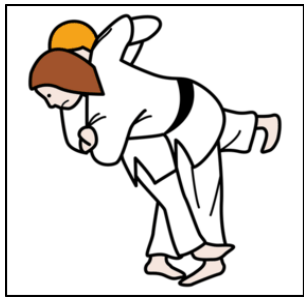
GELAN KOLTSONETAK DAUDE. TATAMI DEITZEN DIRENAK.



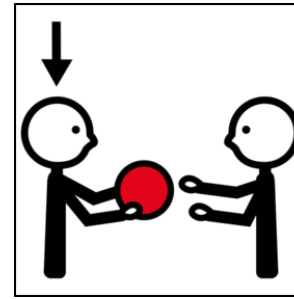
LEHENENGO, JUDOGI IZENEKO TRAJE BAT JARTZEN DUGU.



SARTU AURRETIK, ZAPATAK KENTZEN DITUGU. TATAMIA EZIN DA ZAPALDU.

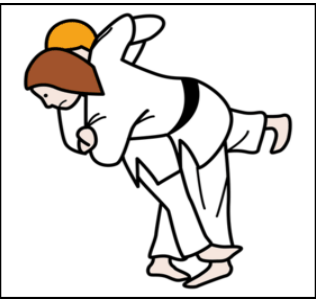


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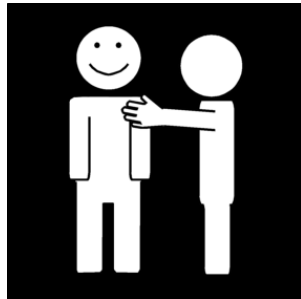


JUDOAK

KONFIANTZA ETA SEGURTASUNA EMATEN DIT.

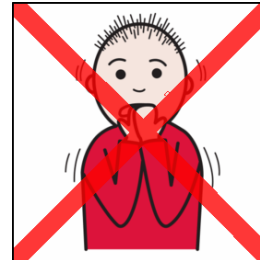
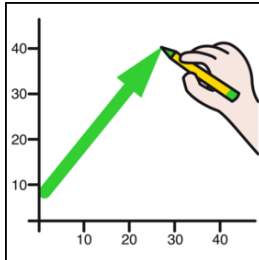


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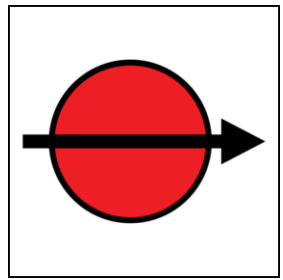
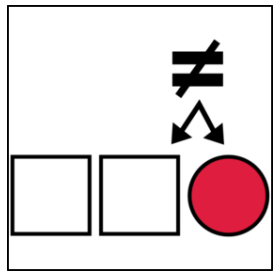
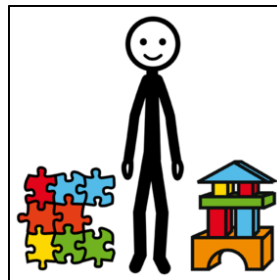
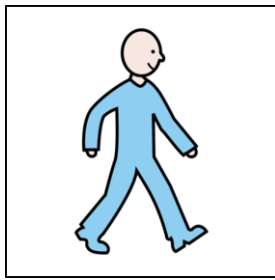
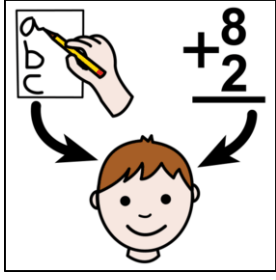
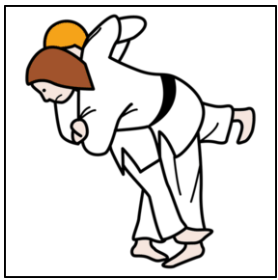


JUDOA

KONTAKTU FISIKOKO KIROLA DA.



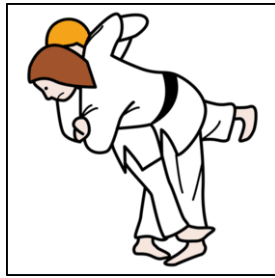
HARREMAN SOZIALAK HOBETUKO DITUT, KONTAKTU FISIKOA IZATEARI EZ DIOT BELDURRIK IZANGO.



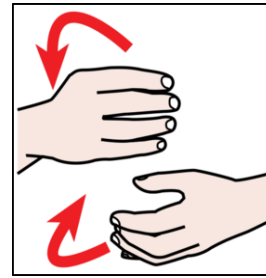
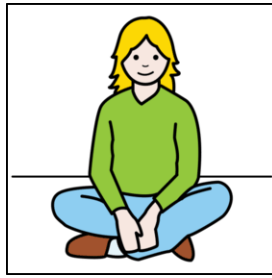
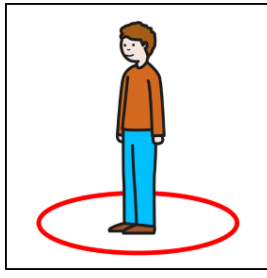
JUDO IKASIKO DUT

柔道

JOLAS DESBERDINEN BIDEZ.



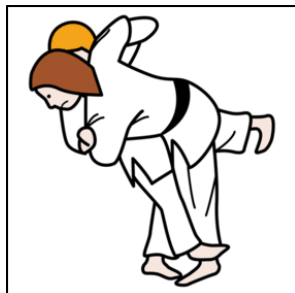
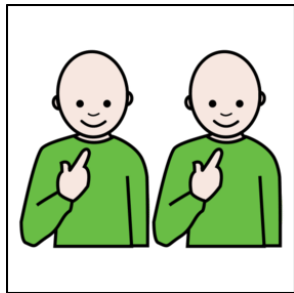
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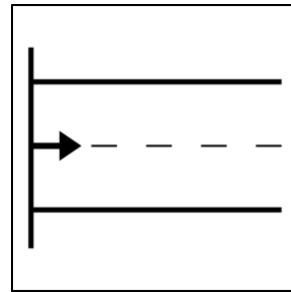
JUDOA

ZUTIK ETA LURREAN

PRAKTIKATZEN DA.



柔道



GU, JUDOA, LURREAN EGITEN HASIKO GARA.(NE WAZA)