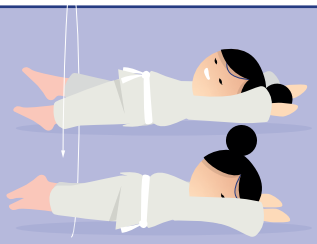
JUDOKA'S WORDEN EEN BEETJE ACROBAAT



SCHOMMELEN



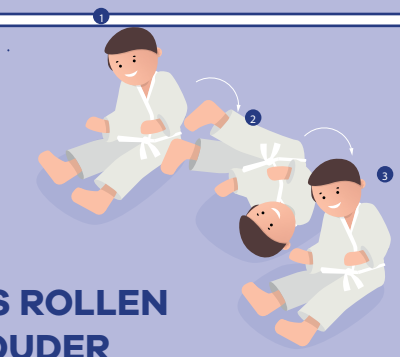
ZIJWAARTS ROLLEN



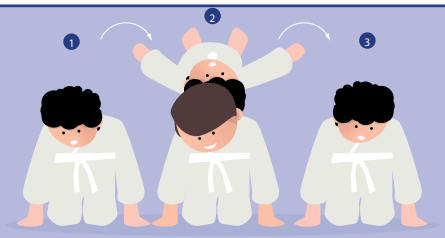
KOPROL



ZWEEFROL



ZIJWAARTS ROLLEN OVER SCHOUDER



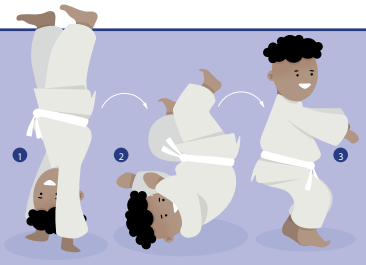
ZIJWAARTS ROLLEN OVER UKE

NOTITIES

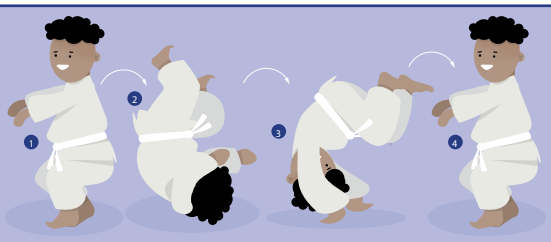
JUDOKA'S WORDEN EEN BEETJE ACROBAAT



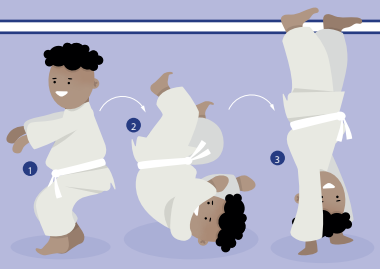
KOPSTAND EN HANDENSTAND



HANDENSTAND MET DOORROLLEN



ACHTERWAARTSE (SCHOUDER)ROL



OPDUWEN NAAR HANDENSTAND



HANDENSTAND MET WENDEN



SURFPLANK

NOTITIES