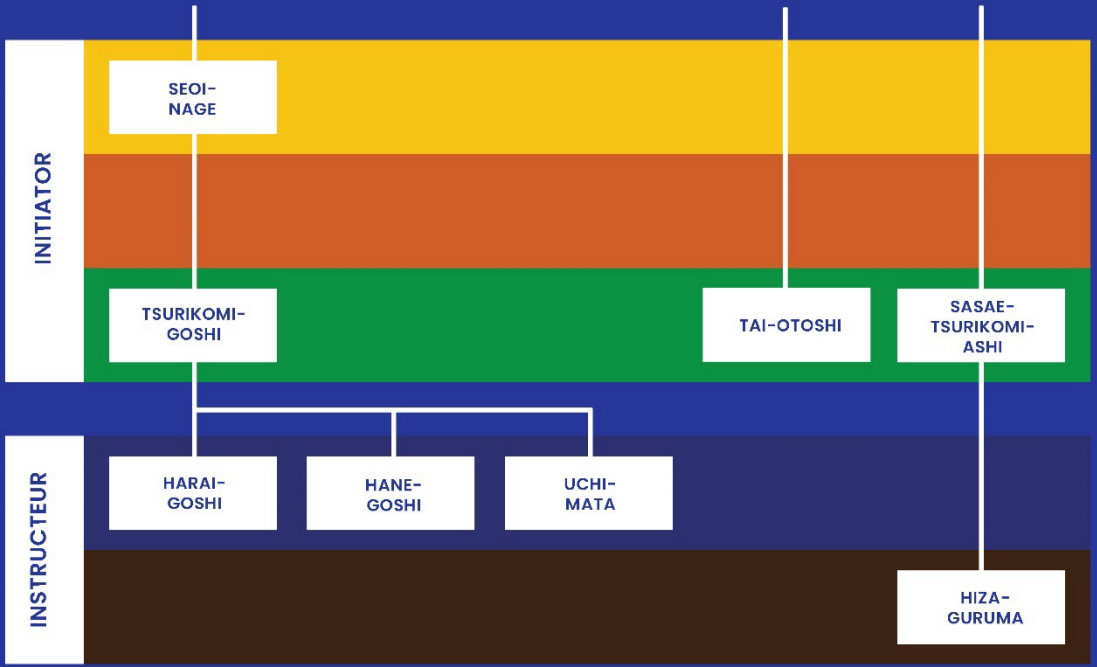
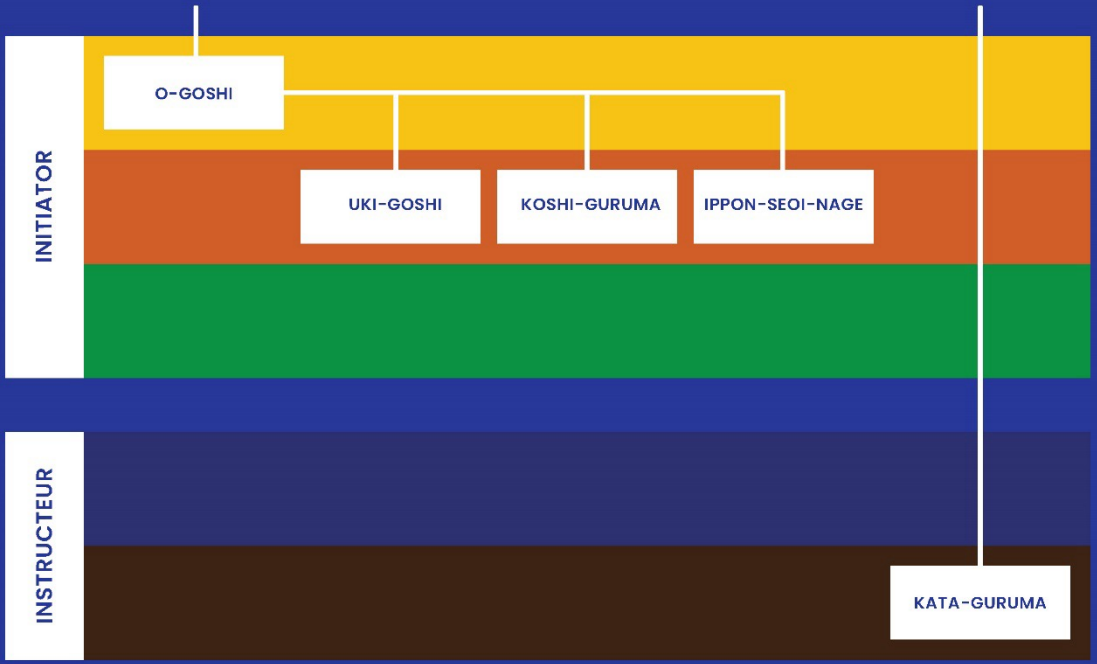
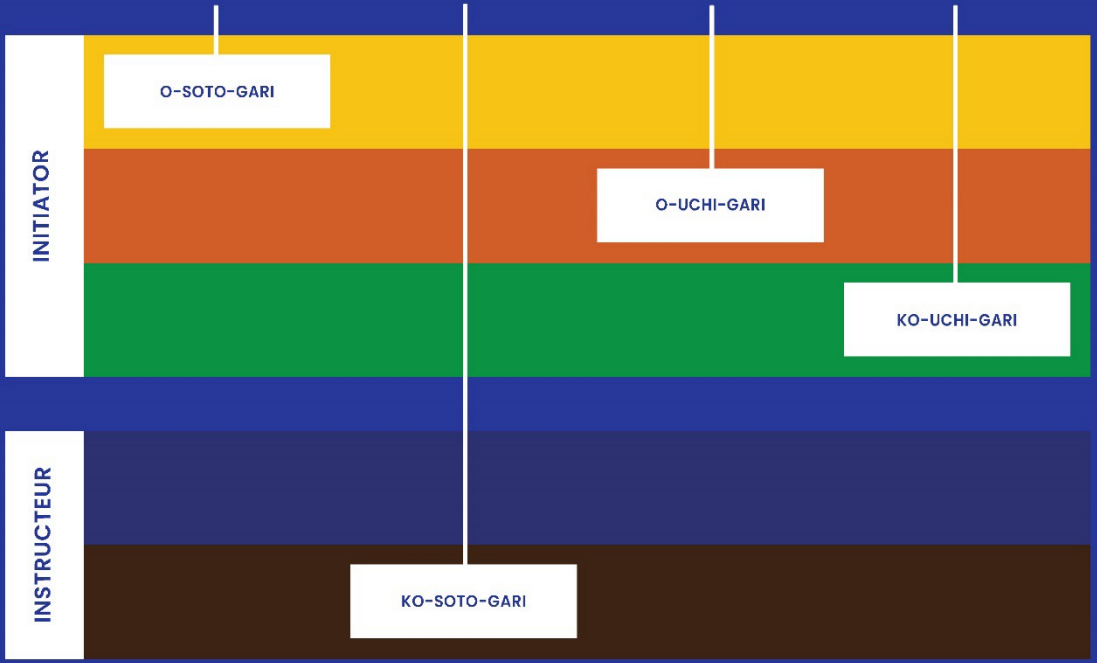
WORPEN CLUSTER 1: TWEEHANDIG MET VOORWAARTSE VALRICHTING



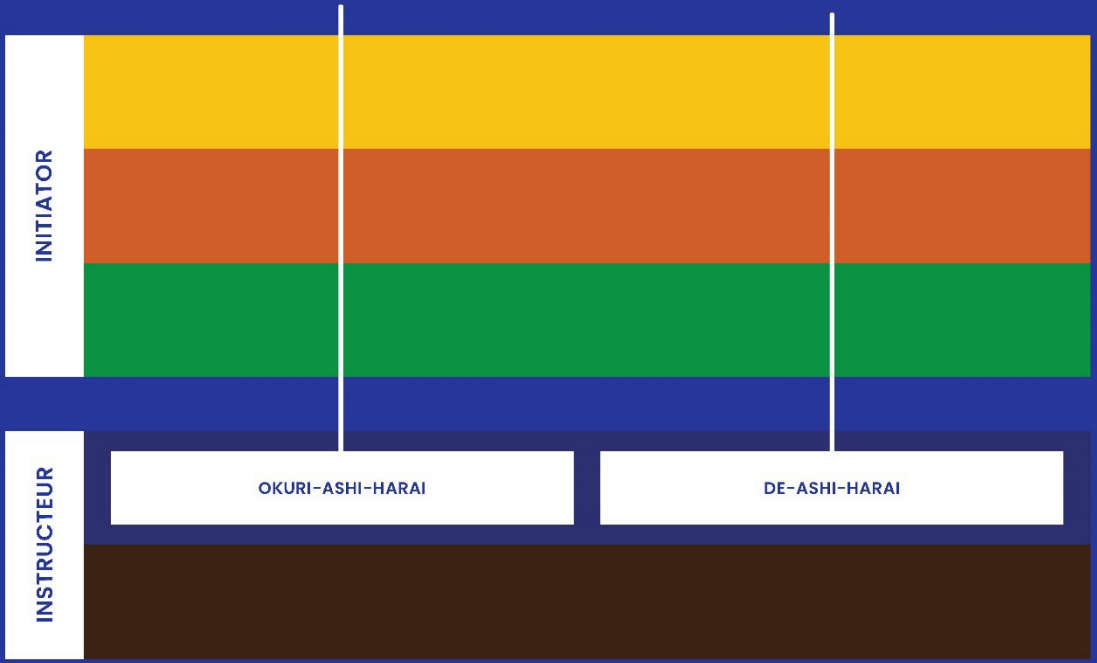
WORPEN CLUSTER 2: ÉÉNHANDIG MET VOORWAARTSE VALRICHTING



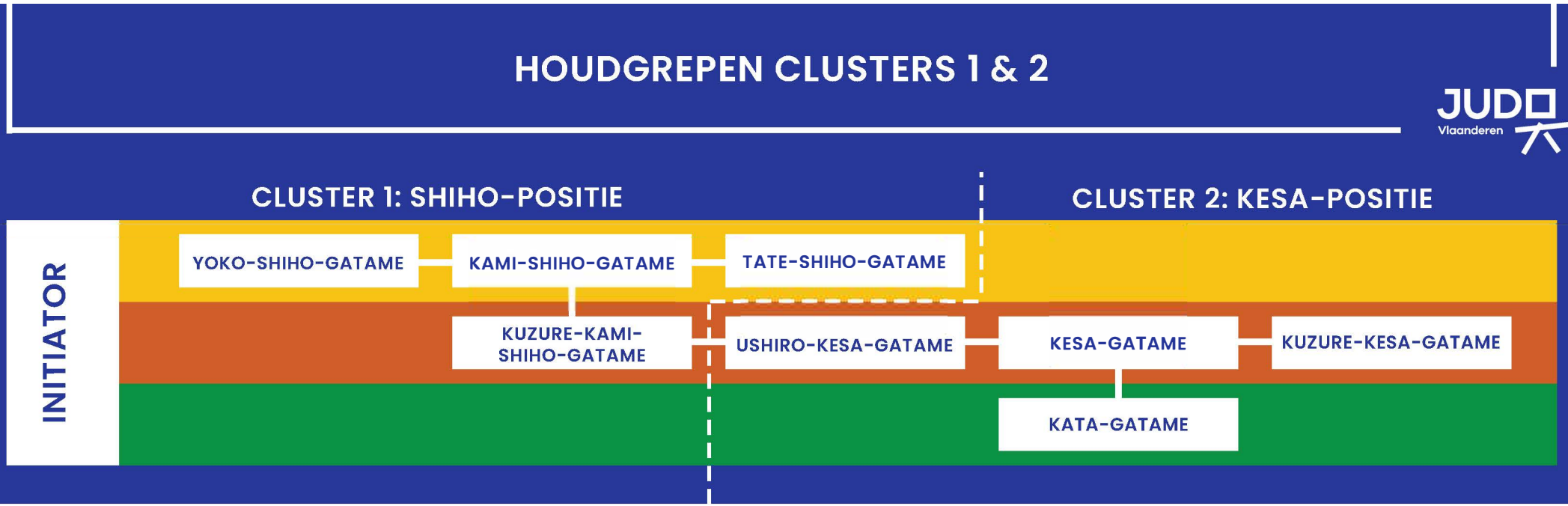
WORPEN CLUSTER 3: ACHTERWAARTSE VALRICHTING



WORPEN CLUSTER 4: VEEGBEWEGINGEN

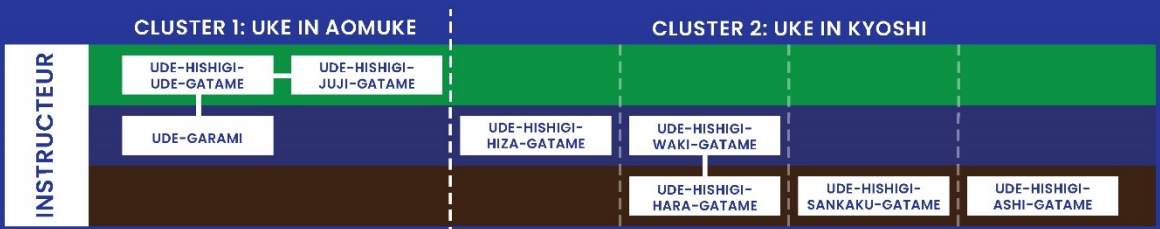


HOUDGREPEN CLUSTERS 1 & 2



KLEMMEN CLUSTERS 1 & 2

JUDO Vlaanderen



VERWURGINGEN CLUSTERS 1, 2 & 3

JUDO Vlaanderen

