JKA Sweden Kumite Notebook

Category: Men/Women
Senior/Junior/Cadet/Child

Class: .....

Date: .....

Shiai-jo: .....

Kansa: .....

Number:	SHIRO			AKA			Number:
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		
	WAZA-ARI	WAZA-ARI	IPPON	WAZA-ARI	WAZA-ARI	IPPON	
	KEIKOKU	HANSOKU-CHUI	HANSOKU	KEIKOKU	HANSOKU-CHUI	HANSOKU	
	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	JOGAI-KEIKOKU	JOGAI-CHUI	JOGAI-HANSOKU	
	DOCTOR-STOP	CONTROL HANSOKU		DOCTOR-STOP	CONTROL HANSOKU		