

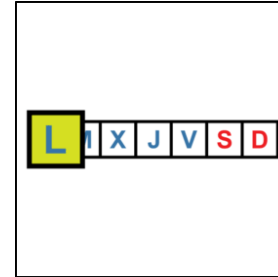
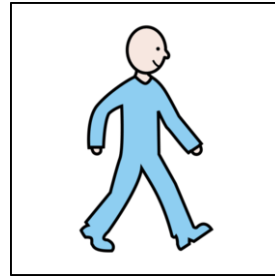
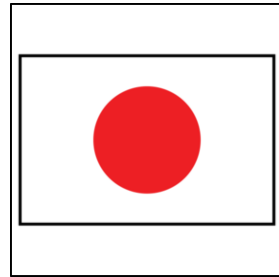
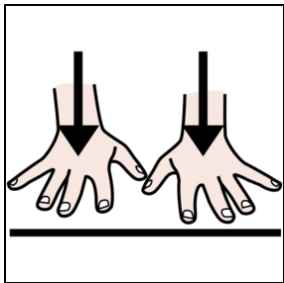
VOY A

EMPEZAR UN DEPORTE

NUEVO QUE SE LLAMA

JUDO

柔道

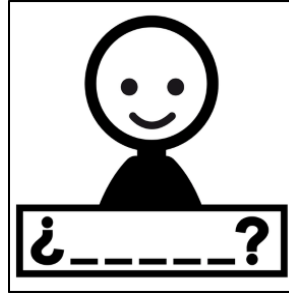
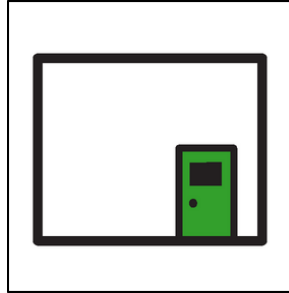
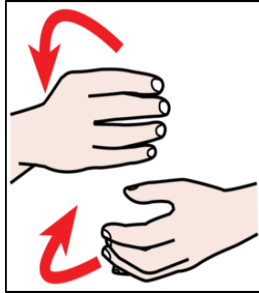
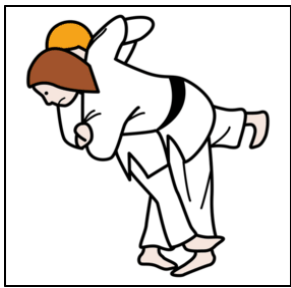


ES

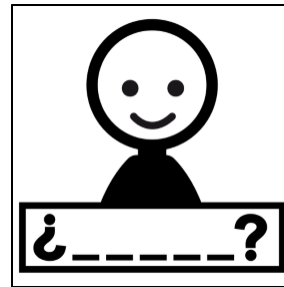
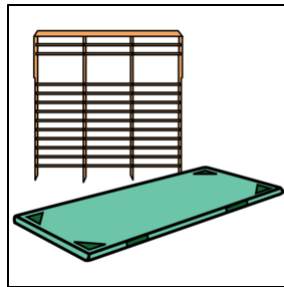
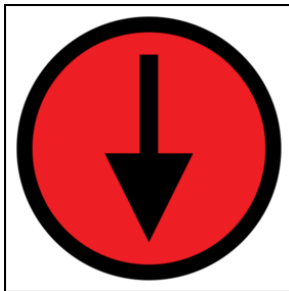
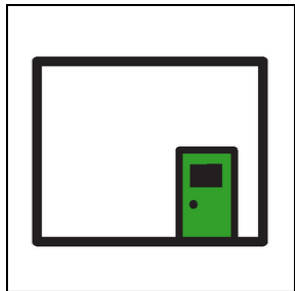
UN DEPORTE JAPONÉS.

IRÉ

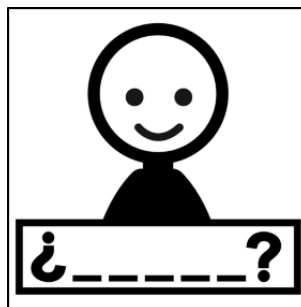
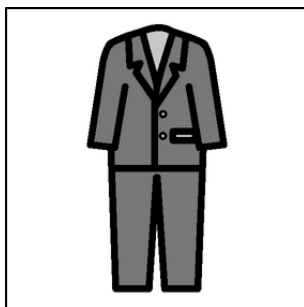
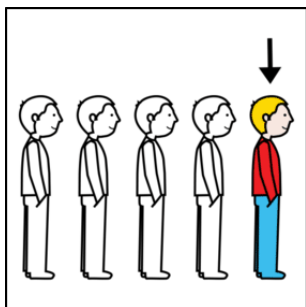
LOS LUNES A LARRAINA



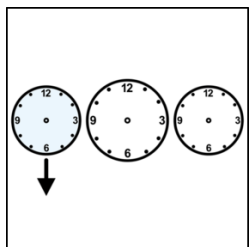
EL JUDO **柔道** SE PRACTICA EN UNA SALA QUE SE LLAMA DOJO



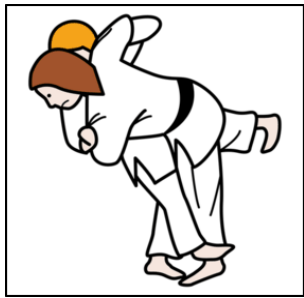
EN LA SALA HAY COLCHONETAS QUE SE LLAMAN TATAMI



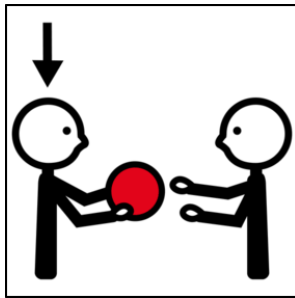
PRIMERO NOS PONEMOS UN TRAJE QUE SE LLAMA JUDO GI



ANTES DE ENTRAR NOS QUITAMOS LOS ZAPATOS. EL TATAMI NO SE PUEDE PISAR



柔道

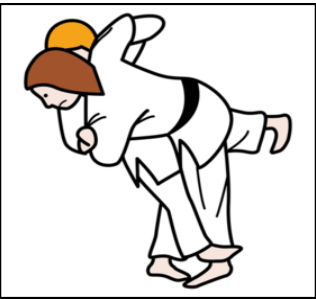


EL JUDO

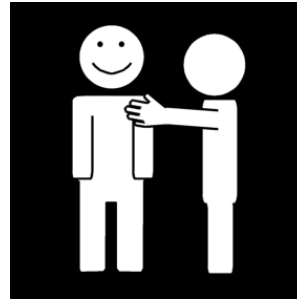
ME DA

CONFIANZA Y

SEGURIDAD

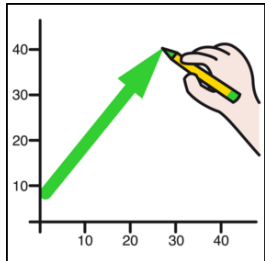


柔道

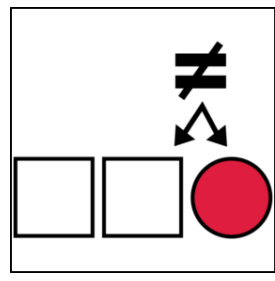
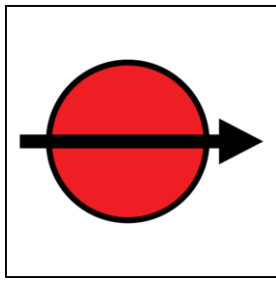
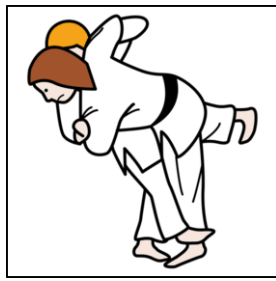
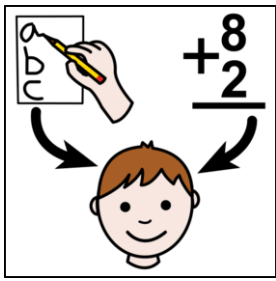
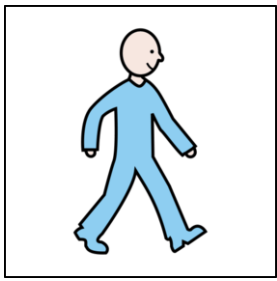


EL JUDO

ES UN DEPORTE DE CONTACTO FÍSICO.



MEJORARÉ LAS RELACIONES SOCIALES, NO TENDRÉ MIEDO AL CONTACTO FÍSICO.



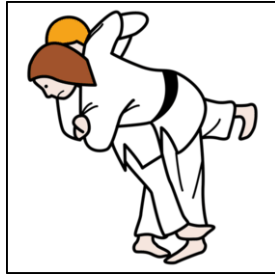
VOY A

APRENDER

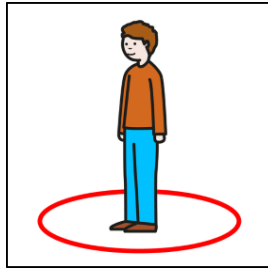
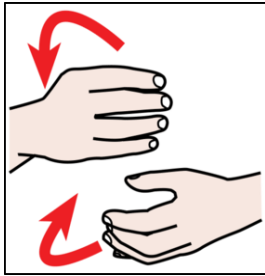
JUDO

柔道

A TRAVÉS DE DIFERENTES JUEGOS

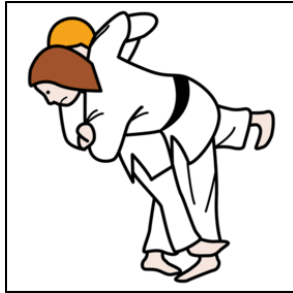
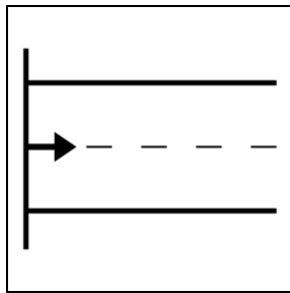
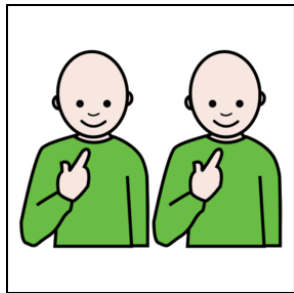


柔道



EL JUDO SE PRACTICA

DE PIE Y EN EL SUELO



柔道



NOSOTROS COMENZAREMOS POR EL JUDO EN EL SUELO (NE WAZA)