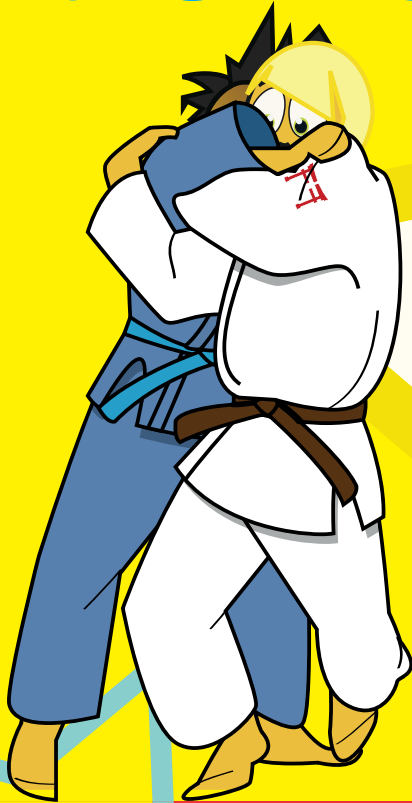


# IPPON SEOI-NAGE



# 1

## WELL DONE!

This certificate is awarded to

.....

for achieving level one in  
ippon seoi-nage.



JUDO BOOKS



# JUDO THROWS

**GREAT WORK!**  
You have shown  
proficiency in this  
technique.