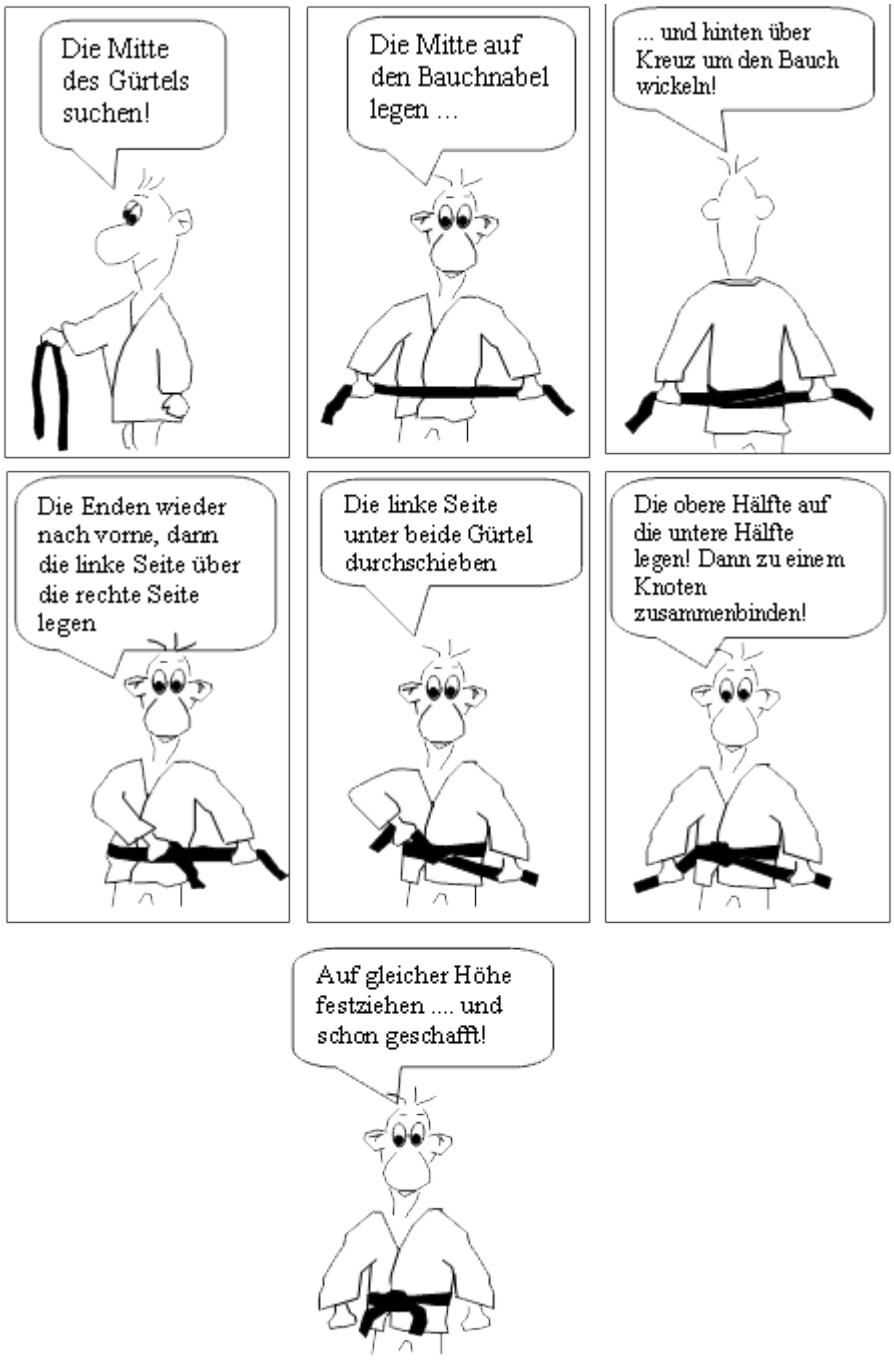Wie der Gürtel im Judo gebunden wird