



Ju-no-Kata Notizen

Württembergischer Judo-Verband e.V.

in Kooperation mit:

Jiu-Jitsu traditionell e.V.

und

Württembergisches Dan-Kollegium e.V.

verfasst von Jacques Cosson, Kata-Referent



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Allgemeines

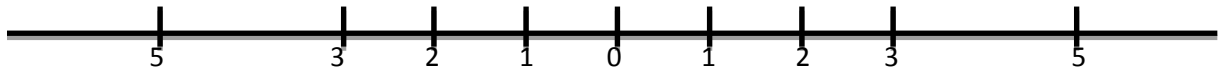
A series of 20 horizontal dotted lines for taking notes.



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Angrüßen



A series of horizontal dotted lines for taking notes.

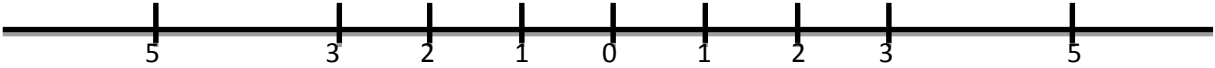


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1. Ikkyo

1.1 Stoß mit der Hand Tsuki-dashi



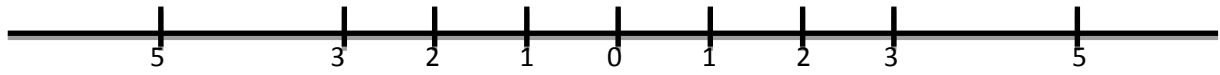
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1.2 Drücken gegen die Schulter **Kata-oshi**



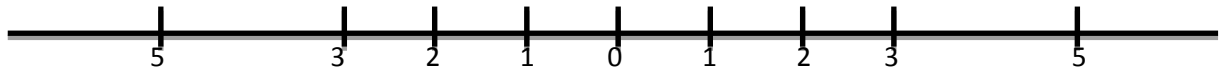
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1.3. Ergreifen beider Hände **Ryo-te-dori**



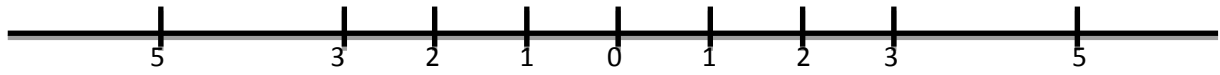
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1.4. Schultern drehen **Kata-mawashi**



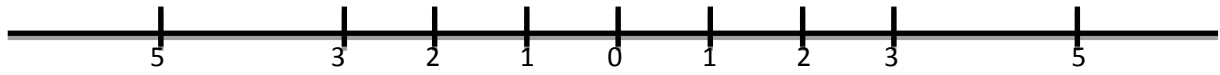
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1.5. Drücken gegen das Kinn Ago-oshi



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2. Nikyo

2.1. Schädel mit einer Waffe spalten **Kiri-oroshi**

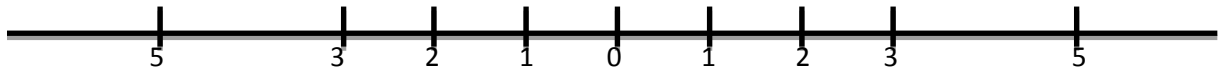
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing.



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2.2. Beide Schultern niederdrücken **Ryo-kata-oshi**



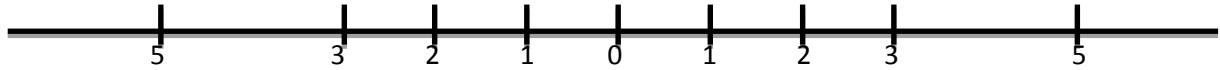
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2.3. Schräger Schlag gegen die Schläfe Naname-uchi



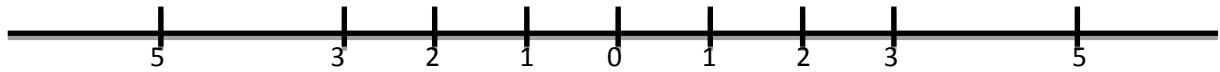
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2.4. Ergreifen einer Hand **Kata-te-dori**



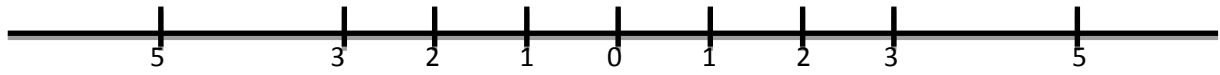
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2.5. Hochheben einer Hand zum Schlag **Kata-te-age**

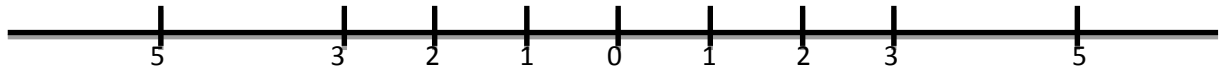


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3. Sankyo

3.1. Ergreifen eines Gürtels **Obi-tori**



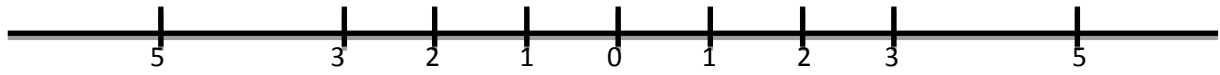
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3.2. Drücken gegen die Brust **Mune-oshi**



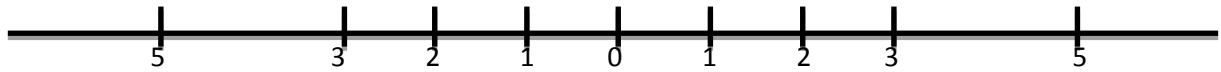
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3.3. Kinnhaken Tsuki-age



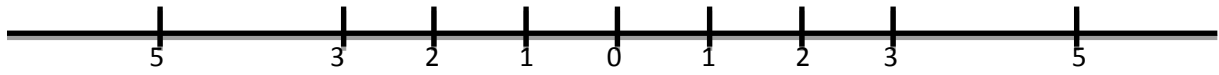
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3.4. Schlag von oben auf den Kopf **Uchi-oroshi**



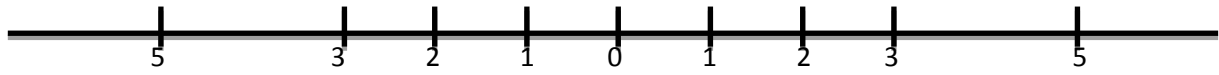
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3.5. Stoß gegen die Augen **Ryogan-tsuki**



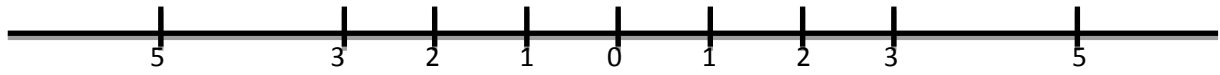
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Abgrüßen



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