



# Katame-no-Kata Notizen

**Württembergischer Judo-Verband e.V.**

**in Kooperation mit:**

**Württembergisches Dan-Kollegium e.V.**

verfasst von Jacques Cosson, Kata-Referent



# Katame-no-Kata Notizen



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## Allgemeines

A series of horizontal dotted lines for writing notes.



# Katame-no-Kata Notizen



## Angrüßen

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 notes.

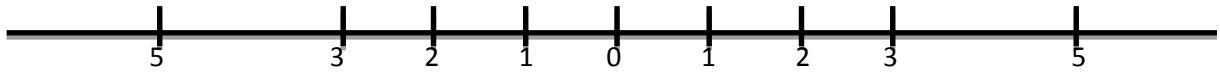


# Katame-no-Kata Notizen



## 1. Osaekomi-waza

### 1.1. Kesa-gatame



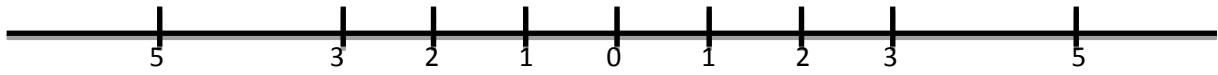
A series of horizontal dotted lines for taking notes.



# Katame-no-Kata Notizen



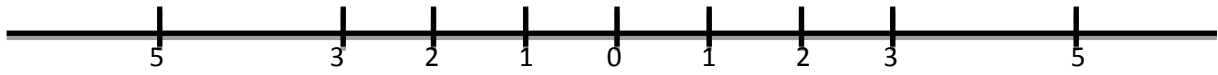
## 1.2. Kata-gatame



A series of horizontal dotted lines for taking notes.



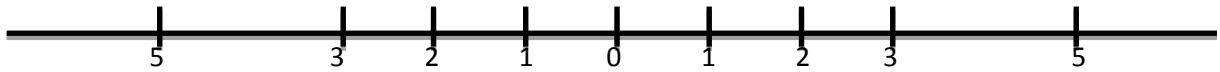
### 1.3. Kami-shiho-gatame



A series of horizontal dotted lines for taking notes.



### 1.4. Yoko-shiho-gatame

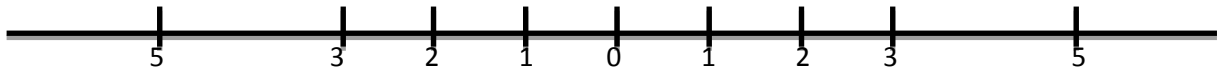


A series of horizontal dotted lines for taking notes.





### 1.5. Kuzure-kami-shiho

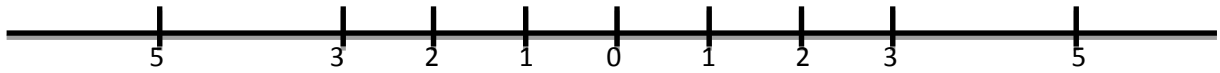


A series of horizontal dotted lines for taking notes.



## 2. Shime-waza

### 2.1. Kata-juji-jime



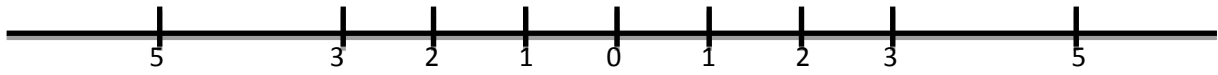
A series of horizontal dotted lines for taking notes.



# Katame-no-Kata Notizen



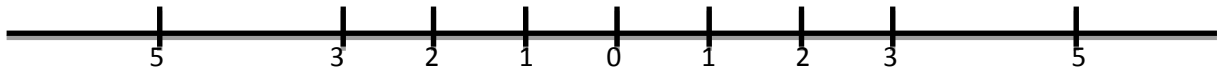
## 2.2. Hadaka-jime



A series of horizontal dotted lines for taking notes.



2.3. Okuri-eri-jime



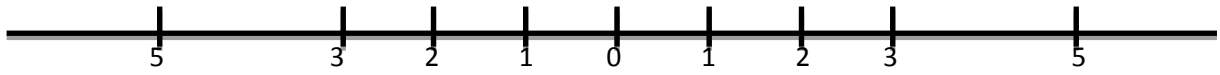
A series of horizontal dotted lines for writing notes.



# Katame-no-Kata Notizen



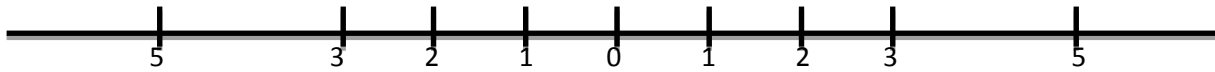
## 2.4. Kata-ha-jime



A series of horizontal dotted lines for taking notes.



### 2.5. Gyaku-juji-jime

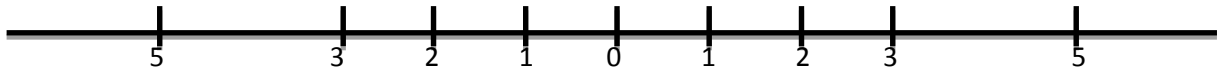


A series of horizontal dotted lines for writing notes.



### 3. Kansetsu-waza

#### 3.1. Ude-garami



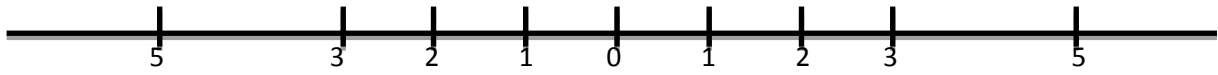
A series of horizontal dotted lines for writing notes.



# Katame-no-Kata Notizen



## 3.2. Juji-gatame



A series of horizontal dotted lines for taking notes.

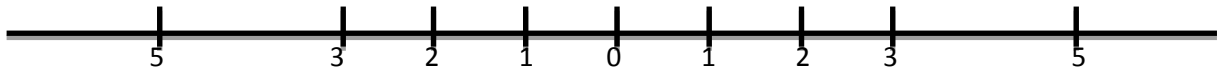




# Katame-no-Kata Notizen



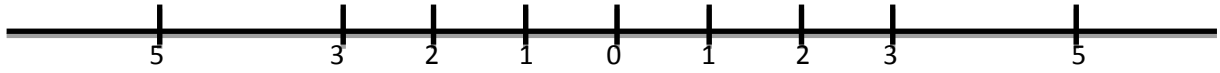
## 3.3. Ude-gatame



A series of horizontal dotted lines for taking notes.



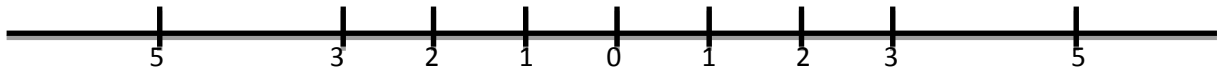
### 3.4. Hiza-gatame



A series of horizontal dotted lines for taking notes.



### 3.5. Ashi-garami



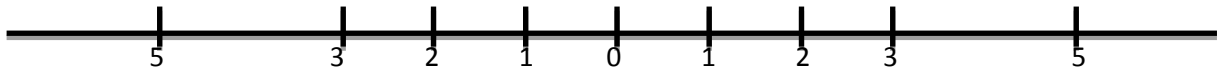
A series of horizontal dotted lines for taking notes.



# Katame-no-Kata Notizen



## Abgrüßen



A series of horizontal dotted lines for writing notes.