



Nage-Waza-Ura-no-Kata

Notizen

Württembergischer Judo-Verband e.V.

in Kooperation mit:

Württembergisches Dan-Kollegium e.V.

verfasst von Jacques Cosson, Kata-Referent



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Allgemeines

A series of horizontal dotted lines for taking notes.



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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.



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1. Te-waza

1.1 Uki-otoshi - Tai-otoshi

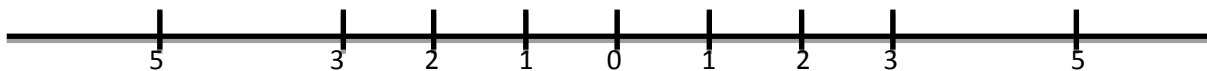
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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1.2. Seoi-nage - Yoko-guruma



A series of horizontal dotted lines for taking notes.



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1.3. Kata-guruma - Sumi-gaeshi

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.



1.4. Tai-otoshi - Ko-tsuri-goshi

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.



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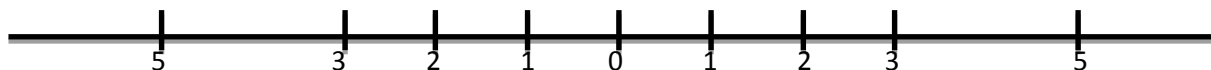
1.5. Obi-otoshi - O-guruma

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



2. Ashi-waza

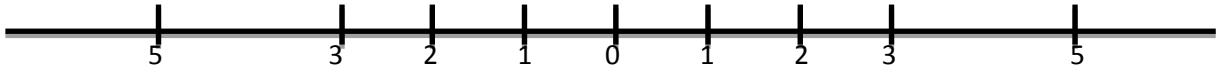
2.1. Okuri-ashi-barai - Tsubame-gaeshi



A series of horizontal dotted lines for taking notes.



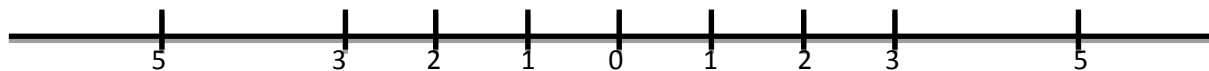
2.2. Ko-uchi-gari - Hiza-guruma



A series of horizontal dotted lines for writing notes.



2.3. O-uchi-gari - O-uchi-gari-gaeshi



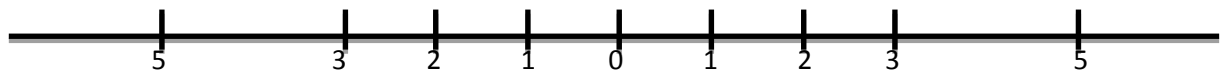
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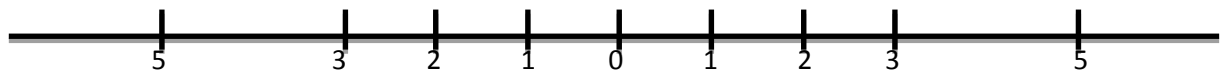
2.4. Sasae-tsurikomi-ashi - Sumi-otoshi



A series of horizontal dotted lines for taking notes.



2.5. Uchi-mata - Tai-otoshi



A series of horizontal dotted lines for taking notes.

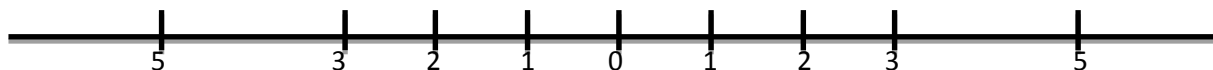


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3. Koshi-waza

3.1. Hane-goshi - Kari-gaeshi



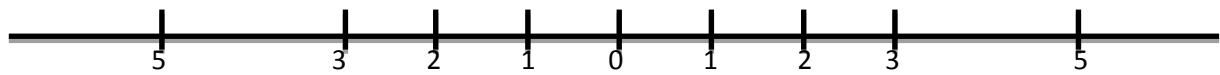
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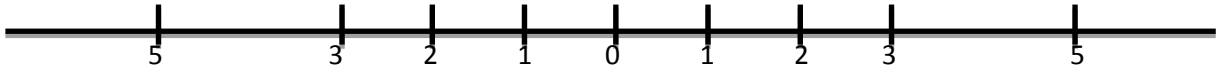
3.2. Harai-goshi - Ushiro-goshi



A series of horizontal dotted lines for taking notes.



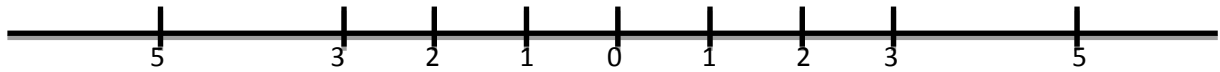
3.3. Han-goshi - Utsuri-goshi



A series of horizontal dotted lines for taking notes.



3.4. Uki-goshi - Yoko-wakare



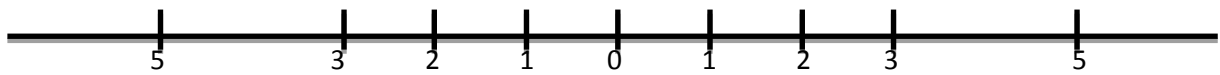
A series of horizontal dotted lines for taking notes.



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3.5. O-goshi - Ippon-seoi-nage



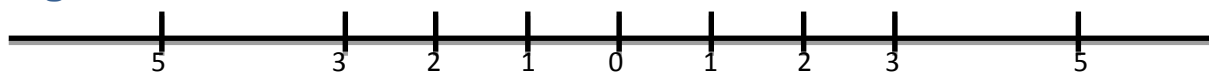
A series of horizontal dotted lines for taking notes.



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Abgrüßen



A series of horizontal dotted lines for taking notes.