



Themen-Modul

Ne-waza



HERZLICH
WILLKOMMEN

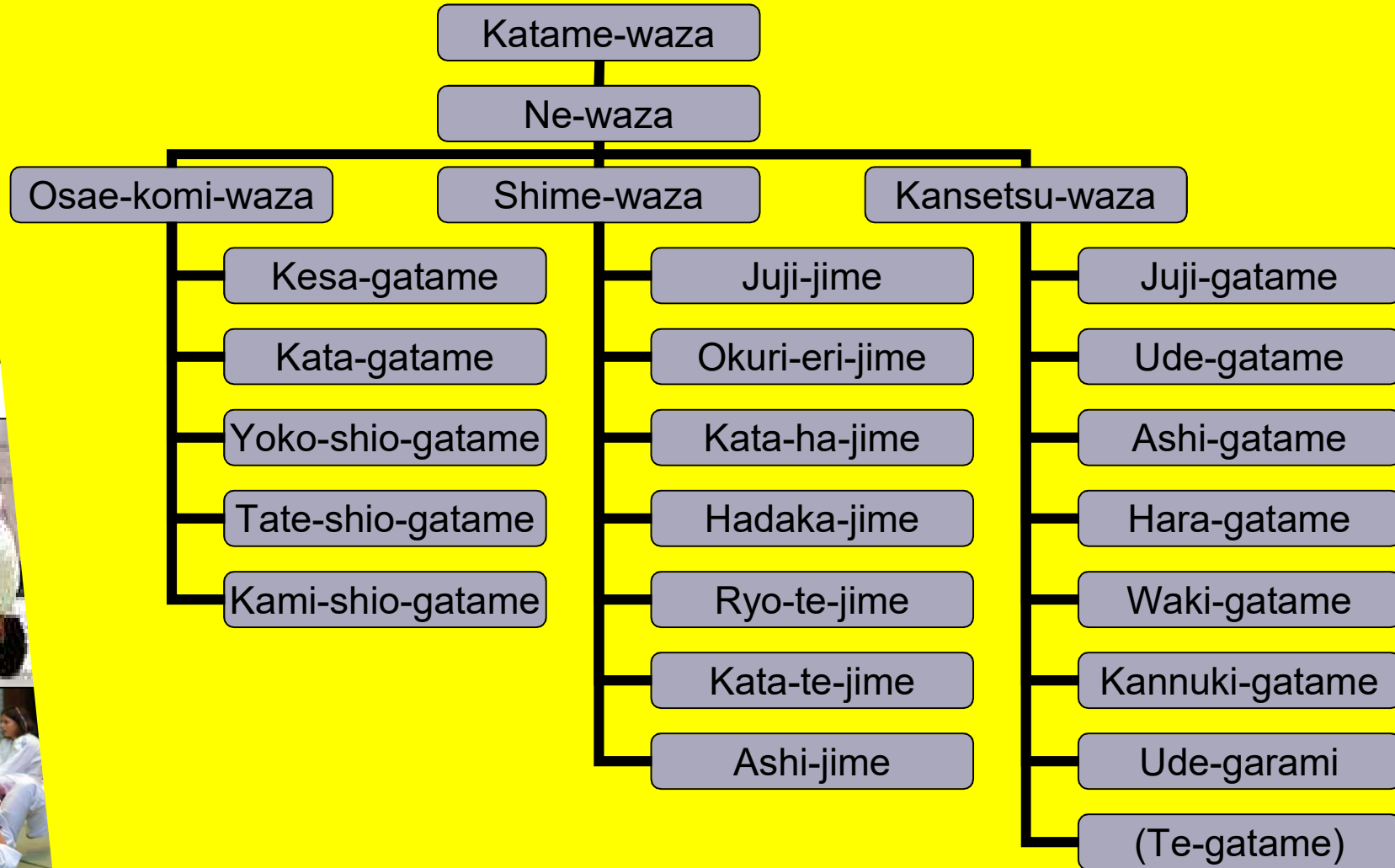
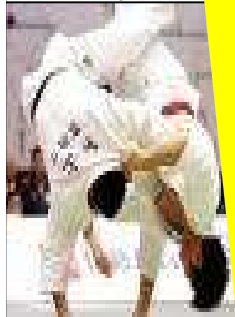


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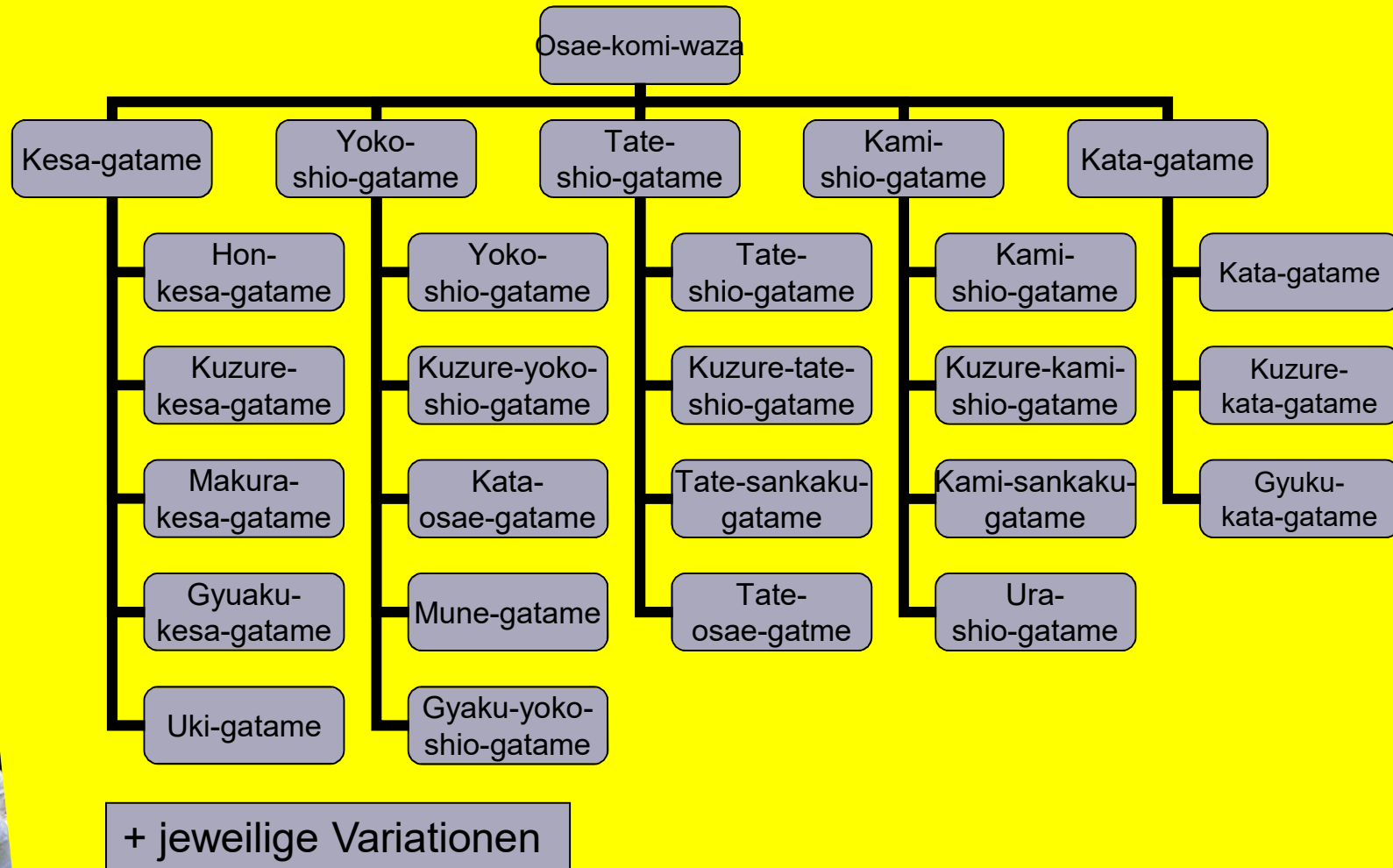
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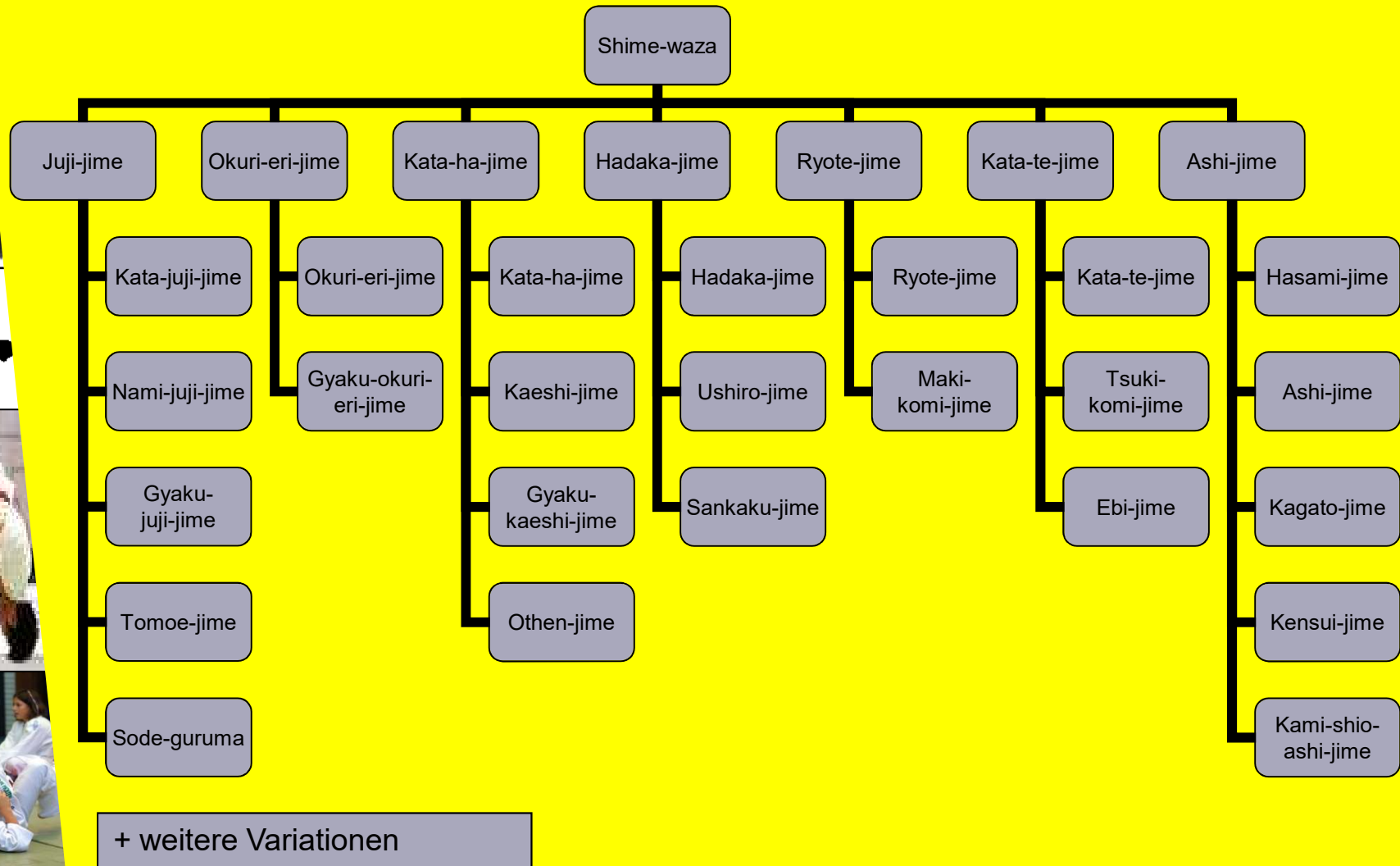
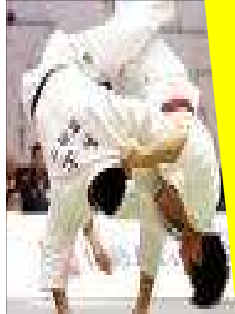
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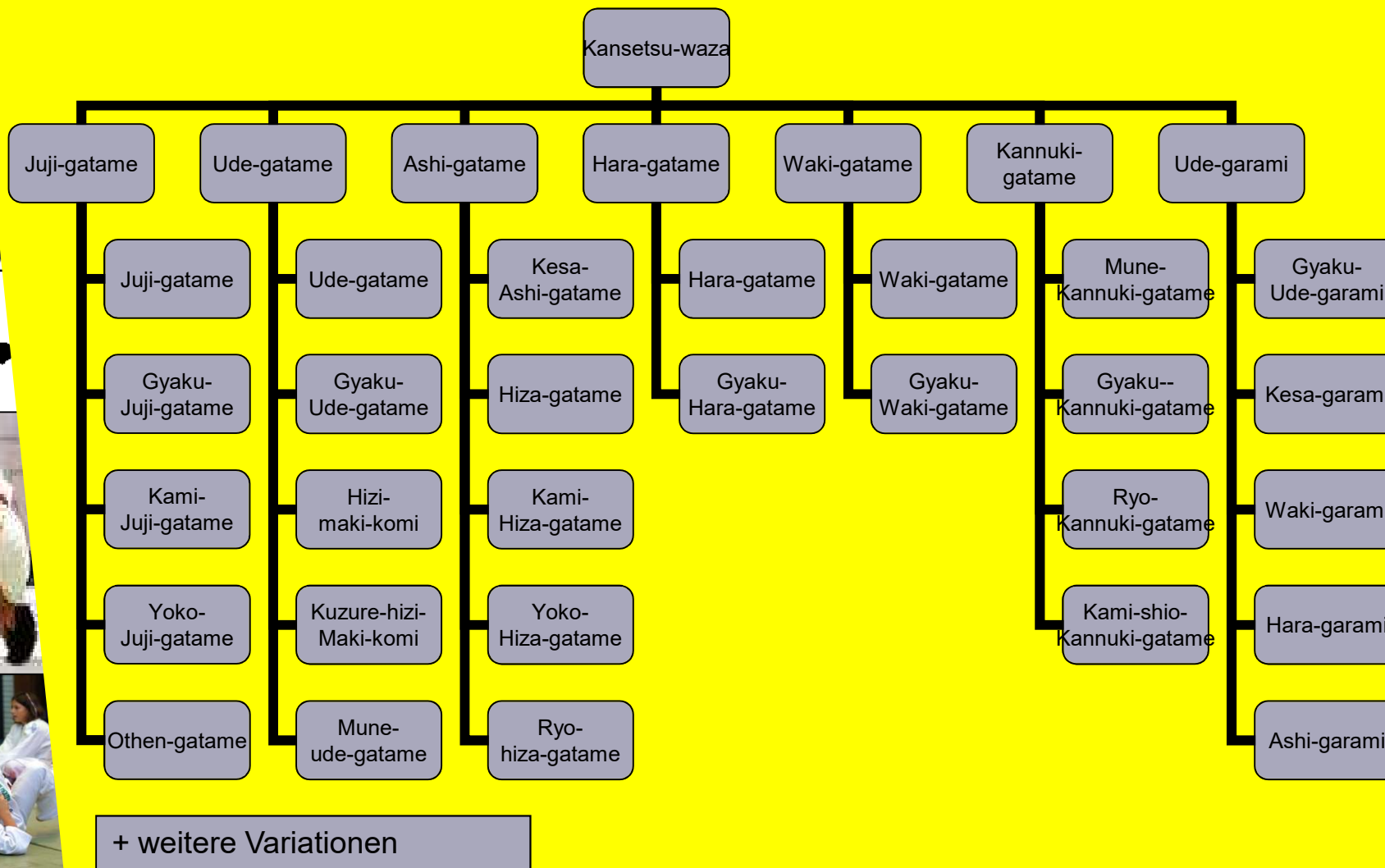
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Systematisierung des Bodenkampfes:

- Standard-Situationen
- Verkettungen
- Situative Verteidigungshandlungen



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Standard-Situationen:

- Bankposition - hoch / mittel / tief
- Bauchposition
- Rückenlage - vor den Beinen
- Rückenlage - zwischen den Beinen
- Rückenlage - Beinklammer
- in Ober- oder Unterlage

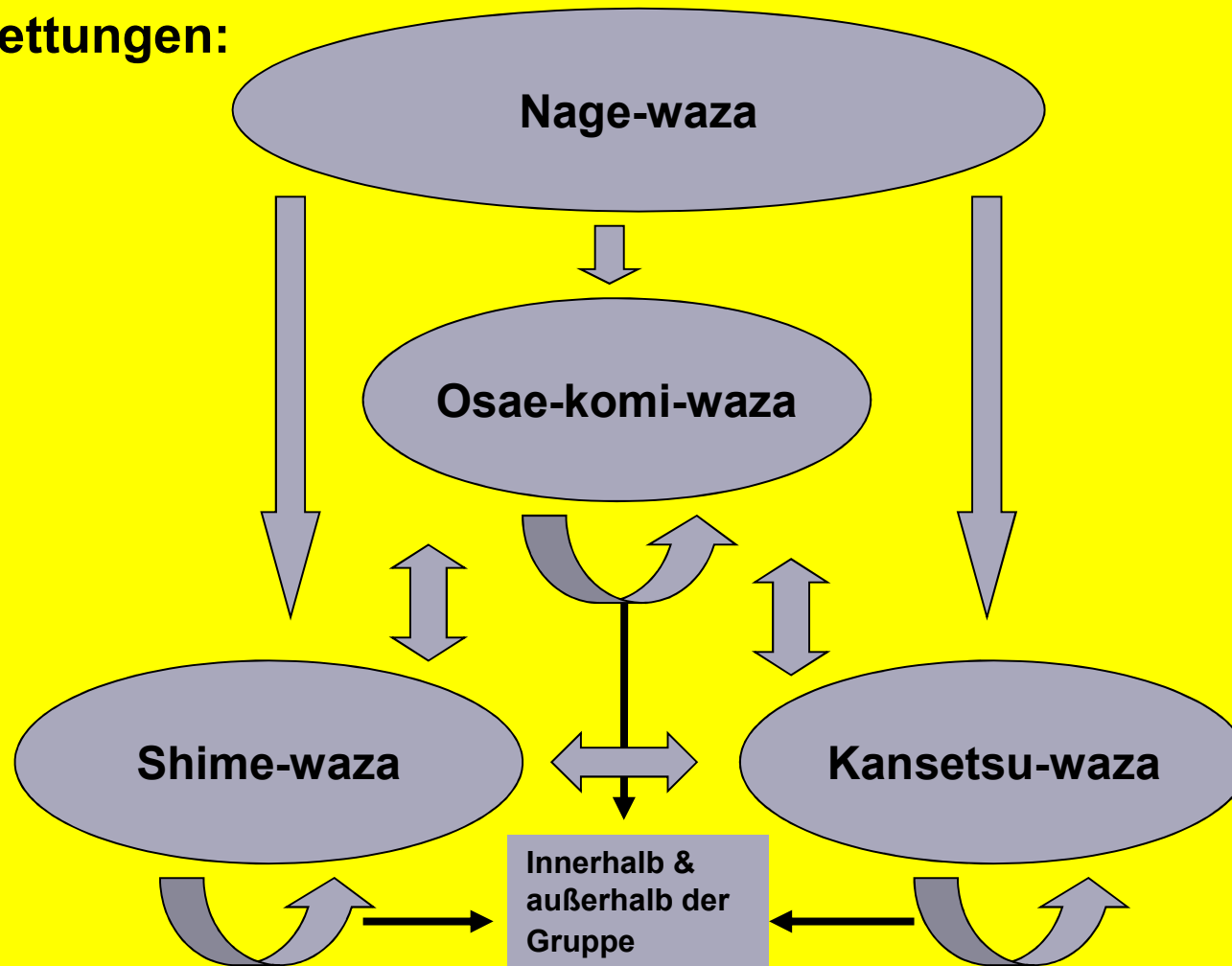


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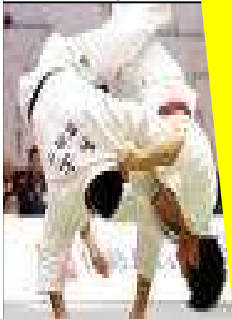
Verkettungen:





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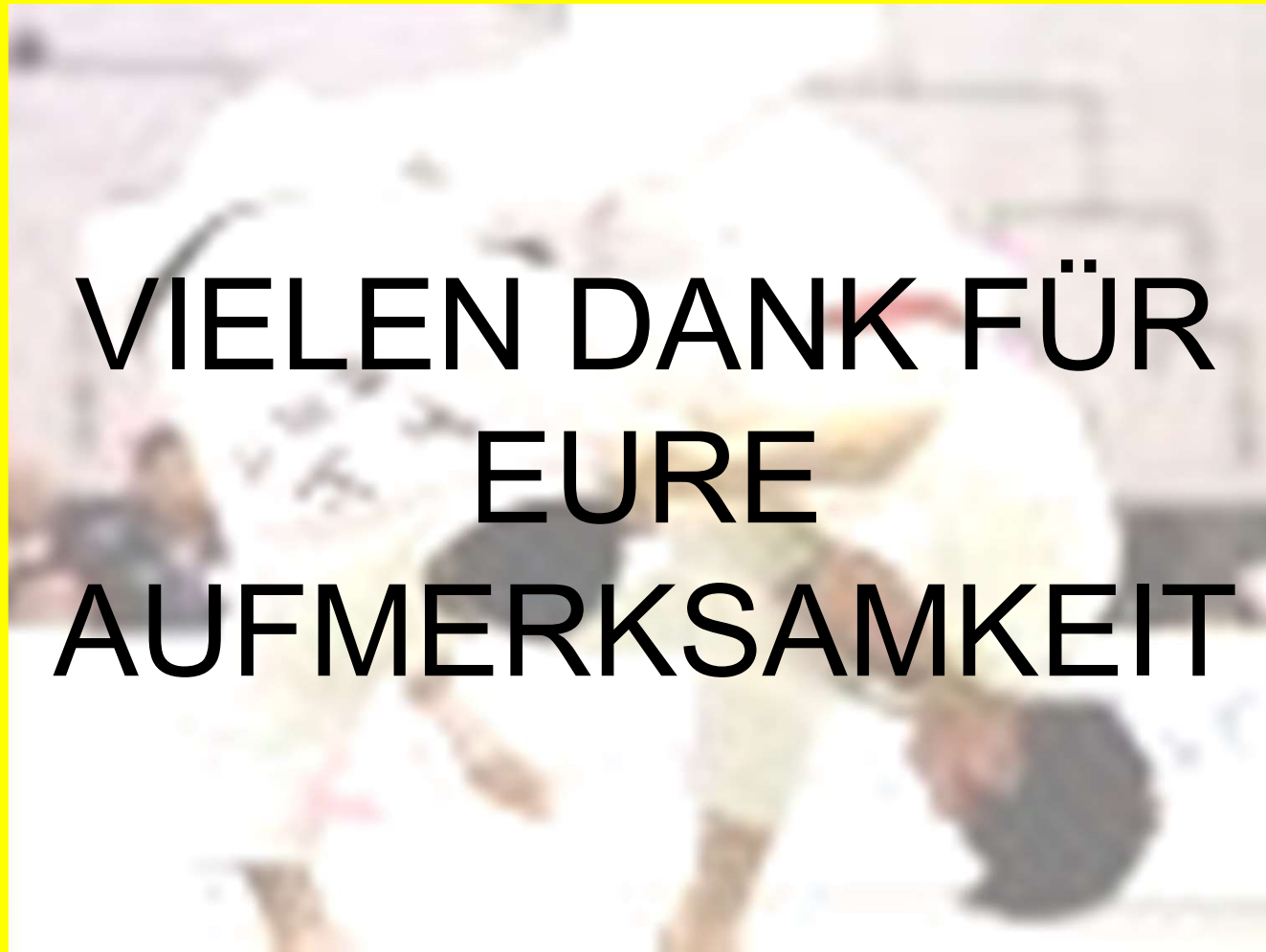
Situative Verteidigungshandlungen:

- Befreiung - Osae-komi-waza
- Befreiung / Halten - Shime-waza
- Befreiung / Halten - Kansetsu-waza
- Ausweichen / Blocken / Übersteigen - Nage-waza



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VIELEN DANK FÜR
EURE
AUFMERKSAMKEIT



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