



Koshiki-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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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. Omote

1.2. UKE versucht TORI mit Harai-goshi zu werfen Tai

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

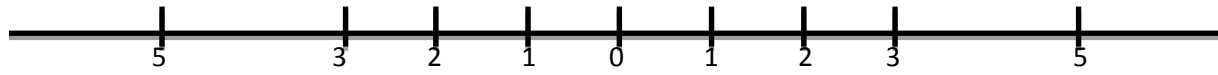


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1.3. UKE versucht TORI mit Harai-goshi zu werfen

Yume-no-uchi



A series of horizontal dotted lines for taking notes.

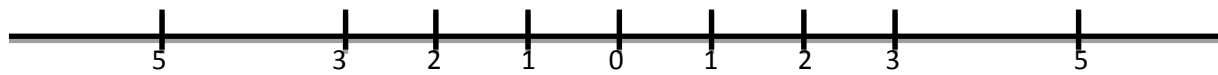


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1.4. UKE greift nach dem Messer von TORI

Ryoku-hi



A series of horizontal dotted lines for taking notes.

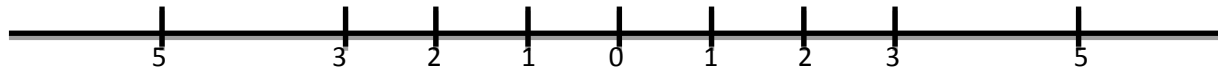


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1.5. TORI zieht UKEs Arm nach unten

Mizu-guruma



A series of horizontal dotted lines for taking notes.

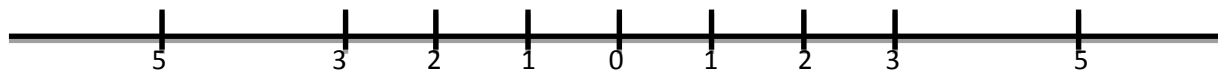


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1.6. Uke greift in die imaginäre Rüstung

Mizu-nagare



A series of horizontal dotted lines for taking notes.



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1.7. UKE will TORIs Schwert fassen

Hiki-otoshi

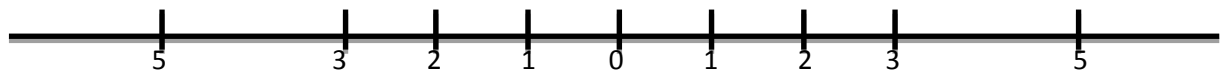
A horizontal timeline with tick marks labeled 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the timeline are 20 horizontal dotted lines for notes.



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1.8. TORI greift mit Te-gatana, in Richtung Kopf, an Ko-daore



A series of horizontal dotted lines for taking notes.

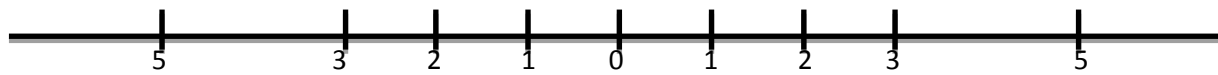


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1.9. TORI greift mit Te-gatana Richtung Bauch an

Uchi-kudaki



A series of horizontal dotted lines for taking notes.



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1.10. UKE will TORI in den Schwitzkasten nehmen

Tani-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.

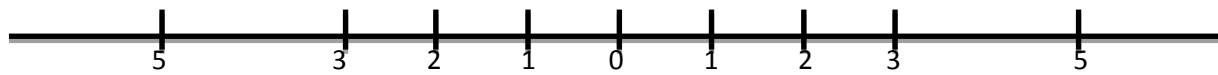


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1.11. UKE dreht TORI

Kuruma-daoshi



A series of horizontal dotted lines for taking notes.



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1.12. UKE versucht mit links das Messer zu greifen

Shikoro-dori

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.

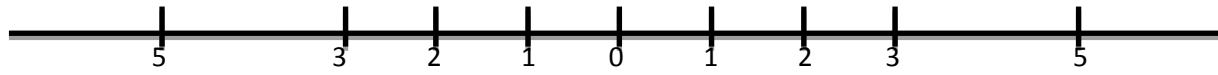


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1.13. UKE zieht TORI am Gürtel

Shikoro-gaeshi



A series of horizontal dotted lines for taking notes.



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1.14. TORI will UKE am Revers ziehen

Yu-dachi

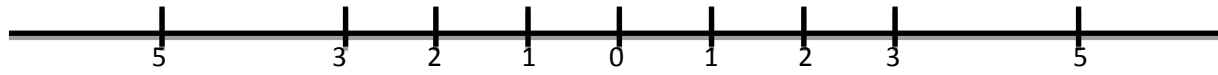
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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1.15. Wie Yu-dachi aber UKE will Koshi-waza werfen Taki-otoshi



A series of horizontal dotted lines for taking notes.

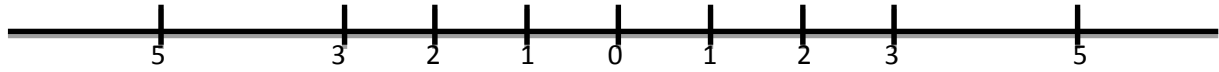


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2. Ura

2.1. UKE versucht TORI mit Harai-goshi zu werfen Mi-kudaki



A series of horizontal dotted lines for taking notes, corresponding to the timeline above.

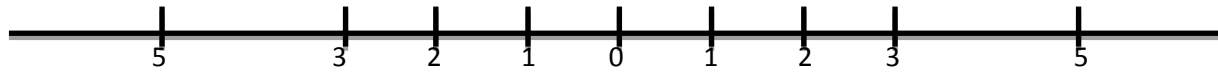


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2.2. UKE greift mit beide Hände von oben

Kuruma-gaeshi

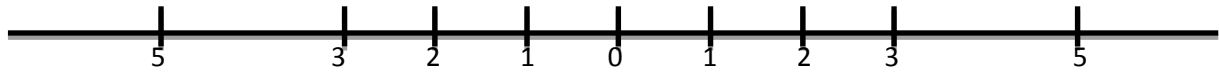


A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



2.3. UKE will TORI mit der rechten Hand in TORIs Gesicht stechen

Mizu-iri



A series of horizontal dotted lines for taking notes.



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2.4. TORI greift an

Ryu-setsu

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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2.5. UKE will TORI in den Bauch stechen

Saka-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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2.6. UKE greift TORI von hinten an

Yuki-ore

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

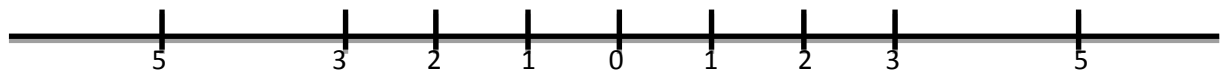


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2.7. TORI greift an

Iwa-nami



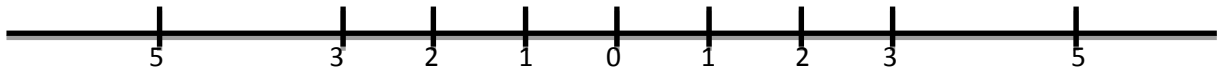
A series of horizontal dotted lines for taking notes.



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Abgrüßen



A series of horizontal dotted lines for taking notes.