



Kodokan Goshin-Jutsu

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 horizontal dotted lines for writing notes, spanning the width of the page.



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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.

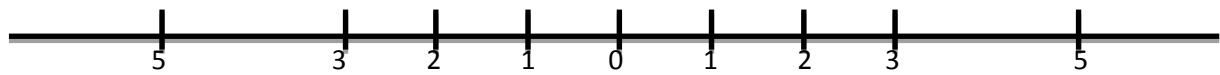


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1.1. Greifen mit beiden Händen

ryote dori



A series of horizontal dotted lines for writing notes.



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1.2. Ergreifen des linken Revers

hidari eri 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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1.3. Ergreifen des rechten Revers **migi eri 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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1.4. Ergreifen eines Armes *kata ude 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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1.5. Griff von hinten in den Kragen **ushiro eri dori**

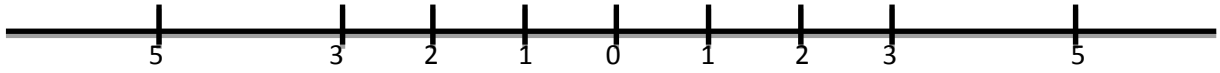
A horizontal line with tick marks and numbers (5, 3, 2, 1, 0, 1, 2, 3, 5) is positioned at the top of the page. Below this line are 20 horizontal dotted lines, providing a grid for handwritten notes.



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1.6. Würgen von hinten **ushiro jime**



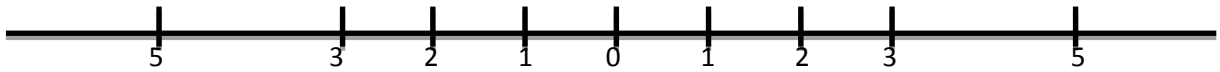
A series of horizontal dotted lines for writing notes.



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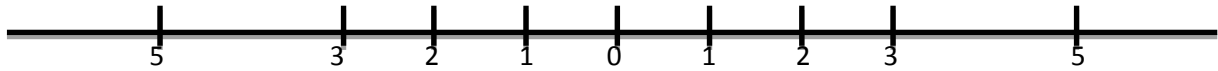
1.7. Umklammern von hinten **kakae dori**



A series of horizontal dotted lines for taking notes.



2.1. Seitlicher Fausthieb **namame uchi**



A series of horizontal dotted lines for taking notes.

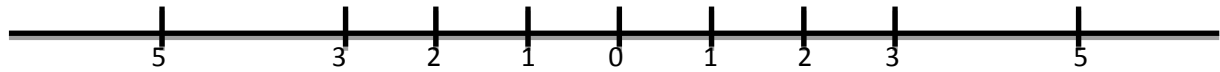


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2.2. Faustschlag gegen das Kinn

ago tsuki



A series of horizontal dotted lines for writing notes, extending across the width of the page below the number line.

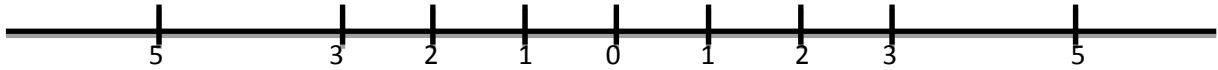


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2.3. Faustschlag in das Gesicht

gammen tsuki



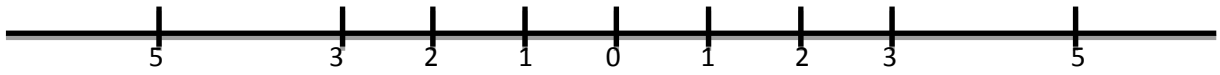
A series of horizontal dotted lines for taking notes.



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2.4. Tritt von vorn (in den Unterleib) mae geri



Handwriting practice area consisting of a solid top line and a dotted bottom line, with 20 horizontal rows for notes.

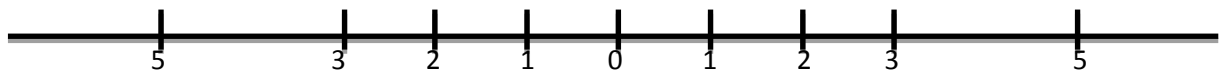


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2.5. Seitlicher Fußtritt

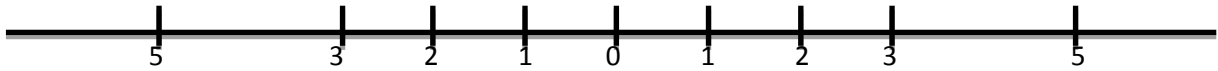
yoko geri



A series of horizontal dotted lines for taking notes.



3.1. Abwehr eines Messerstiches **tsukkake**



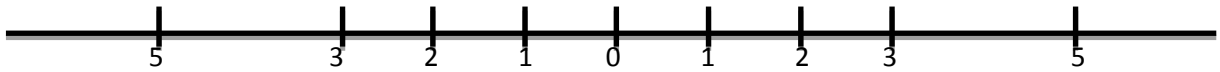
A series of horizontal dotted lines for taking notes.



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3.4. Gerader Messerstich (in den Bauch) **choku tsuki**



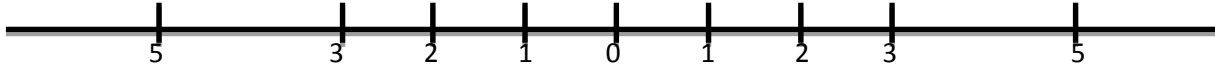
A series of horizontal dotted lines for taking notes.



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4.1. Schlag mit erhobenen Stock **furi age**



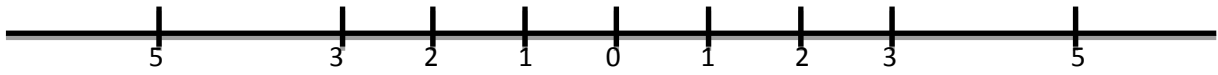
A series of horizontal dotted lines for taking notes.



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4.2. Schlag mit erhobenen Stock von der S. **furi oroshi**



A series of horizontal dotted lines for taking notes.

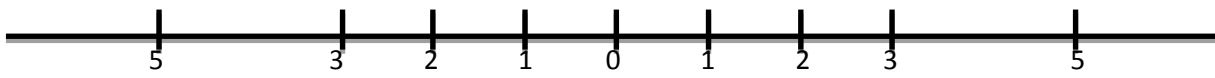


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4.3. Stoß mit dem Stock in den Magen

morote tsuki



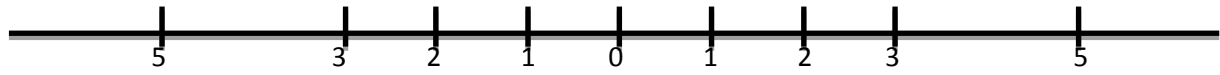
A series of horizontal dotted lines for taking notes.



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5.2. Bedrohung aus der Hüfte **koshi gamae**



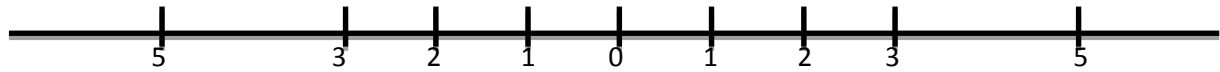
Dotted lines for writing notes.



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5.3. Bedrohung von hinten **haimen zuke**



A series of horizontal dotted lines for writing notes, extending across the width of the page below the number line.



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Abgrüßen

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.