



Nage-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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1.2. Seoi-nage

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. Kata-guruma

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.

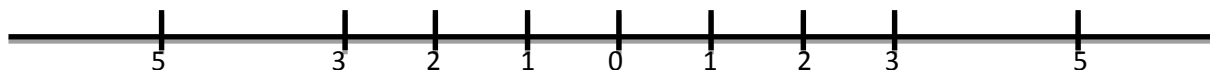


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2. Goshi-waza

2.1. Uki-goshi



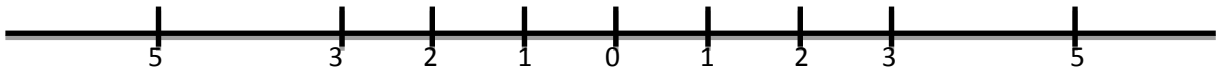
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



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2.2. Harai-goshi



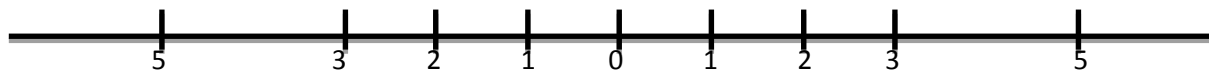
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2.3. Tsuru-komi-goshi



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



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3. Ashi-waza

3.1. Okuri-ashi-barai

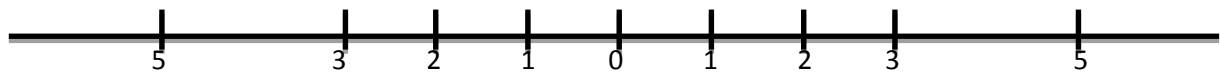
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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3.2. Sasae-tsuri-komi-ashi



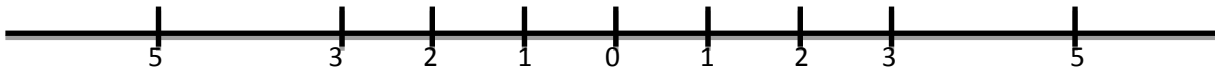
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3.3. Ashi-uchi-mata



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4.2. Ura-nage

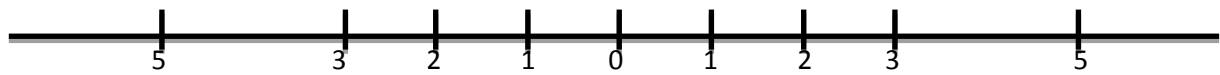
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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4.3. Sumi-gaeshi



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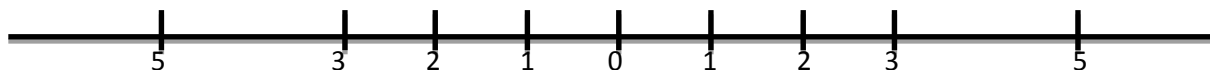


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5. Yoko-sutemi-waza

5.1. Yoko-gake



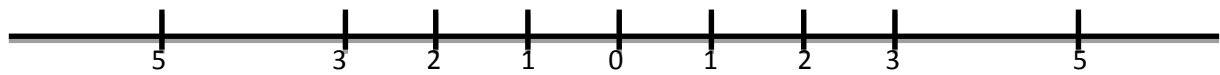
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5.2. Yoko-guruma



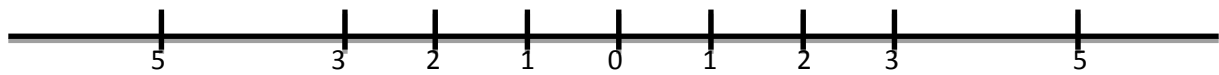
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5.3. Uki-waza



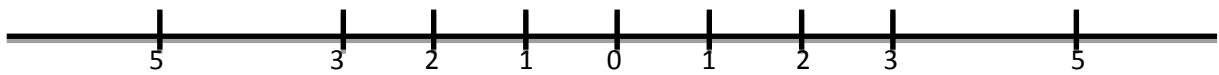
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Abgrüßen



A series of horizontal dotted lines for taking notes.