



Seiryoku Zen'yo

Kokumin Taiiku 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



Inhalt

Allgemeines	4
Angrüßen	5
I) Tandoku renshū:.....	6
1. Go-hō-ate	6
1.1 Hidari-mae-naname-ate	6
1.2 Migi-ate	7
1.3 Ushiro-ate.....	8
1.4 Mae-ate	9
1.5 Ue-ate.....	10
2. Ō-go-hō-ate	11
2.1 Ō-hidari-mae-naname-ate.....	11
2.2 Ō-migi-ate.....	12
2.3 Ō-ushiro-ate	13
2.4 Ō-mae-ate.....	14
2.5 Ō-ue-ate.....	15
3. Go-hō-geri	16
3.1 Mae-geri	16
3.2 Ushiro-geri.....	17
3.3 Hidari-mae-naname-geri	18
3.4 Migi-mae-naname-geri.....	19
3.5 Taka-geri.....	20
4. -.....	21
4.1 Kagami-migaki	21
4.2 Sayū-uchi	22
4.3 Zengo-tsuki	23
4.4 Ryōte-ue-tsuki	24
4.5 Ō-ryōte-ue-tsuki	25
4.6 Sayū-kōgo-shita-tsuki	26
4.7 Ryōte-shita-tsuki.....	27
4.8 Naname-ue-uchi.....	28
4.9 Naname-shita-uchi	29
4.10 Ō-naname-ue-uchi.....	30
4.11 Ushiro-sumi-tsuki	31
4.12 Ushiro-uchi	32



Seiryoku Zen'yo Kokumin Taiiku Notizen



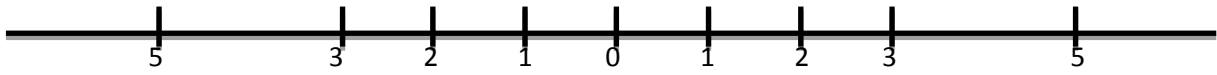
4.13	Ushiro-tsuki / Mae-shita-tsuki.....	33
II) Sōtai renshū.....		34
a) Kime-shiki		34
5.	Idori	34
5.1	Ryōte-dori.....	34
5.2	Furi-hanashi	35
5.3	Gyakute-dori.....	36
5.4	Tsuki-kake / Tsukkake.....	37
5.5	Kiri-kake / Kiri-gake	38
6.	Tachiai.....	39
6.1	Tsuki-age.....	39
6.2	Yoko-uchi	40
6.3	Ushiro-dori.....	41
6.4	Naname-tsuki	42
6.5	Kiri-oroshi	43
b) Jū-shiki.....		44
7.	Dai-ikkyō	44
7.1	Tsuki-dashi.....	45
7.2	Kata-oshi.....	46
7.3	Kata-mawashi	47
7.4	Kiri-oroshi	48
7.5	Katate-dori.....	49
8.	Dai-nikyō.....	50
8.1	Katate-age	51
8.2	Obi-tori	52
8.3	Mune-oshi	53
8.4	Tsuki-age.....	54
8.5	Ryōgan-tsuki	55
Abgrüßen		56



Seiryoku Zen'yo Kokumin Taiiku Notizen



Angrüßen



A series of horizontal dotted lines for writing notes.



I) Tandoku renshū:

1. Go-hō-ate

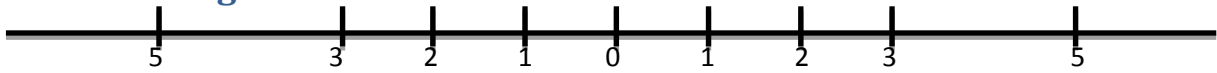
1.1 Hidari-mae-naname-ate

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.



6. Tachiai

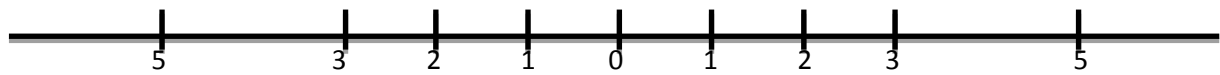
6.1 Tsuki-age



A series of horizontal dotted lines for writing notes.



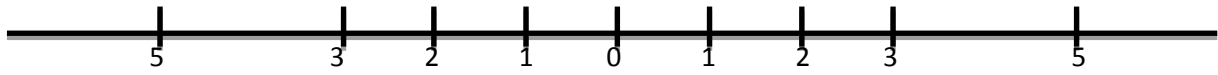
6.2 Yoko-uchi



A series of horizontal dotted lines for writing notes.



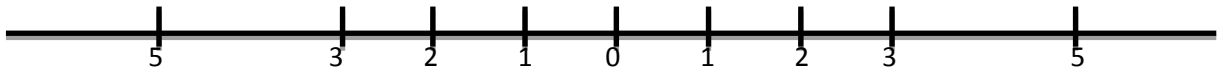
6.4 Naname-tsuki



A series of horizontal dotted lines for writing notes, corresponding to the positions on the number line above.



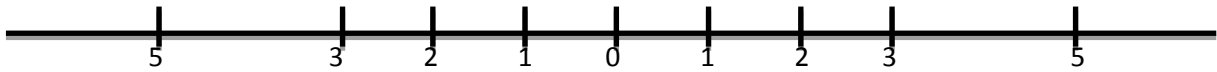
6.5 Kiri-oroshi



A series of horizontal dotted lines for writing notes.



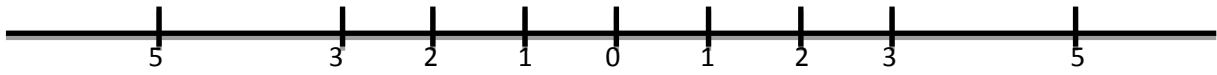
7.1 Tsuki-dashi



A series of horizontal dotted lines for writing notes.



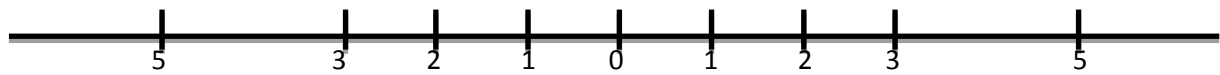
7.2 Kata-oshi



A series of horizontal dotted lines for writing notes.



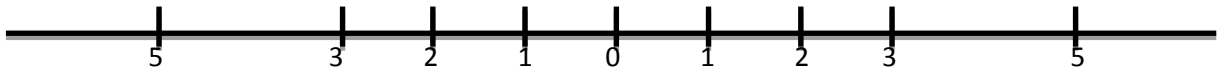
7.3 Kata-mawashi



A series of horizontal dotted lines for writing notes.



7.4 Kiri-oroshi



A series of horizontal dotted lines for writing notes.

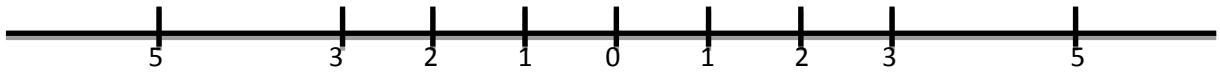


7.5 Katate-dori

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.



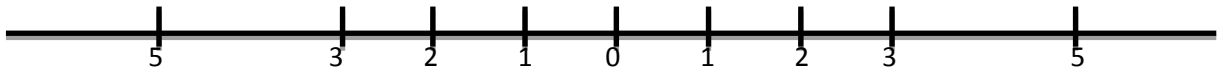
8. Dai-nikyō



A series of horizontal dotted lines for writing notes.



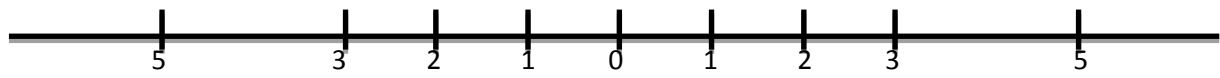
8.1 Katate-age



A series of horizontal dotted lines for writing notes.



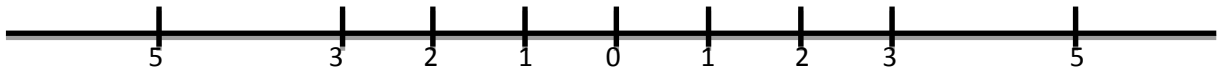
8.2 Obi-tori



A series of horizontal dotted lines for writing notes, starting below the number line and extending to the bottom of the page.



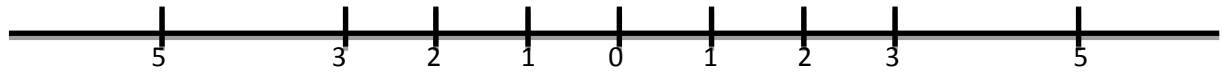
8.3 Mune-oshi



A series of horizontal dotted lines for writing notes.



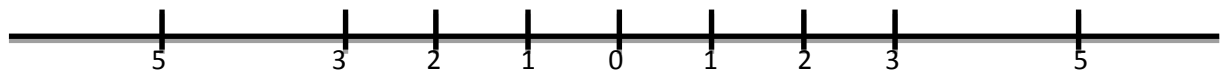
8.4 Tsuki-age



A series of horizontal dotted lines for writing notes.



8.5 Ryōgan-tsuki



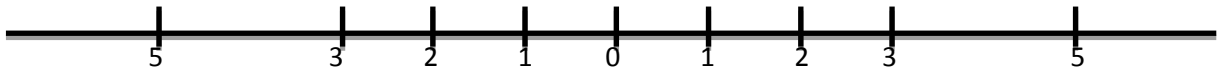
A series of horizontal dotted lines for writing notes, starting below the number line and extending to the bottom of the page.



Seiryoku Zen'yo Kokumin Taiiku Notizen



Abgrüßen



A series of horizontal dotted lines for writing notes.