



Itsutsu-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



Itsutsu-no-Kata Notizen



Inhalt

Allgemeines	3
Angrüßen	4
1. Ippon me Oshikaeshi (Ununterbrochener Druck)	5
2. Nihon me Eige (fallen durch Aufsaugen)	6
3. Sanbon me Tomo-wakare (Trennung).....	7
4. Yonhon me Roin (Zug des Meerswoege).....	8
5. Gohon me Settsuka-no-wakare (sofortige Trennung).....	9
Abgrüßen	10



Itsutsu-no-Kata Notizen



Allgemeines

A series of horizontal dotted lines for writing notes.



Itsutsu-no-Kata Notizen



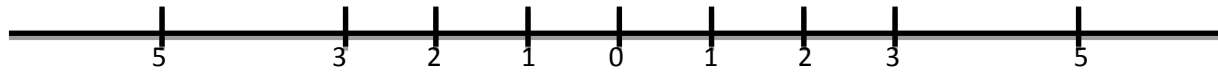
Angrüßen



Itsutsu-no-Kata Notizen



1. Ippon me Oshikaeshi (Ununterbrochener Druck)



A series of horizontal dotted lines for taking notes.



Itsutsu-no-Kata Notizen



2. Nihon me Eige (fallen durch Aufsaugen)

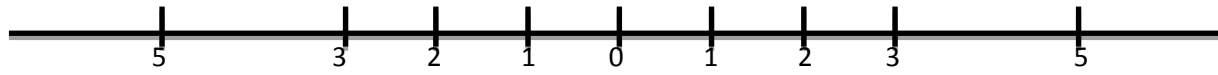
A musical staff with a treble clef and a key signature of one flat (B-flat). The staff contains a sequence of notes: a whole note G4 (labeled '5'), a quarter note E4 (labeled '3'), a quarter note D4 (labeled '2'), a quarter note C4 (labeled '1'), a whole note B3 (labeled '0'), a quarter note C4 (labeled '1'), a quarter note D4 (labeled '2'), a quarter note E4 (labeled '3'), and a whole note G4 (labeled '5'). Below the staff are 20 horizontal dotted lines for writing notes.



Itsutsu-no-Kata Notizen



3. Sanbon me Tomo-wakare (Trennung)



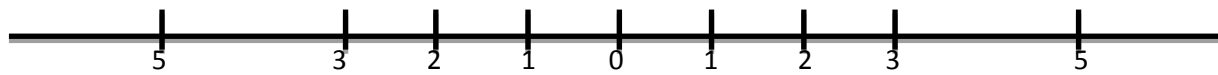
A series of horizontal dotted lines for writing notes.



Itsutsu-no-Kata Notizen



4. Yonhon me Roin (Zug des Meerswoege)



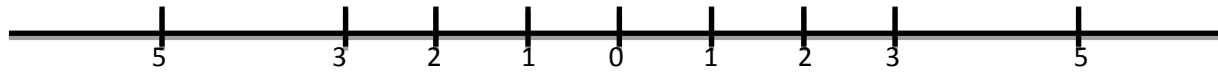
A series of horizontal dotted lines for taking notes.



Itsutsu-no-Kata Notizen



5. Gohon me Settsuka-no-wakare (sofortige Trennung)



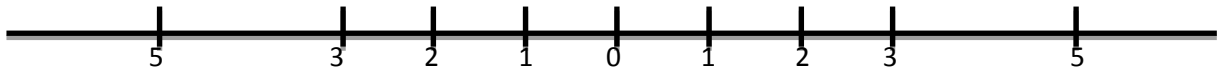
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



Itsutsu-no-Kata Notizen



Abgrüßen



A series of horizontal dotted lines for writing notes.