



Kime-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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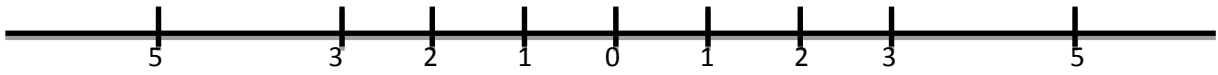
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Angrüßen

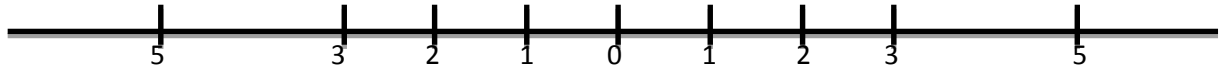


A series of horizontal dotted lines for writing notes.



1. Idori

1.1. Greifen beider Hände Rio-te-dori



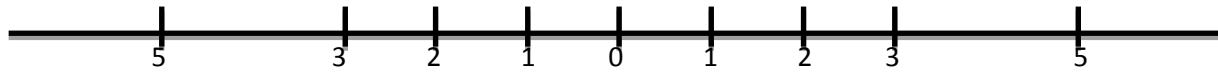
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1.2. Magenstoß Tsuki-kake



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1.3. Handballenstoß gegen die Stirn **Suri-age**

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.

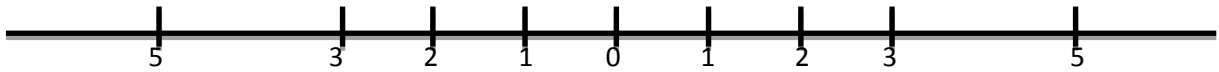


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1.4. Faustschlag gegen die Schläfe

Yoko-uchi



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1.5. Umklammerung von hinten Ushiro-dori

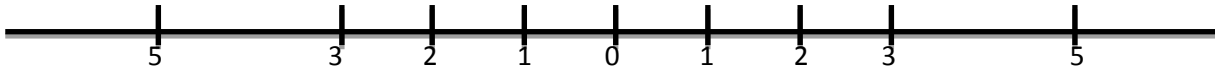
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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1.6. Messerstich in den Magen **Tsuki-komi**



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1.7. Dolchschnitt von oben gegen den Kopf **Kiri-komi**

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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1.8. Messerstich von der Seite **Yoko-tsuki**

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.

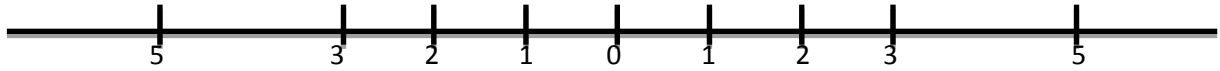


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2. Tachiai

2.1. Greifen beider Hände Rio-te-dori



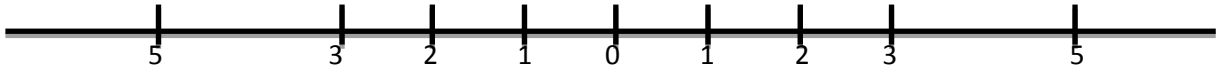
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2.2. Ärmelgriff Sode-tori



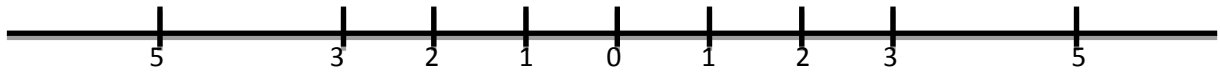
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2.3. Fauststoß gegen das Gesicht Tsukkake



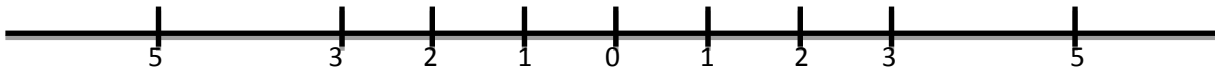
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2.4. Kinnhaken Tsuki-age



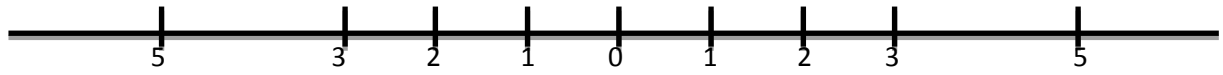
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2.5. Handballenstoß gegen die Stirn **Suri-age**



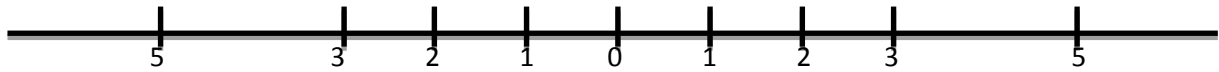
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2.6. Faustschlag auf den Kopf **Yoko-uchi**



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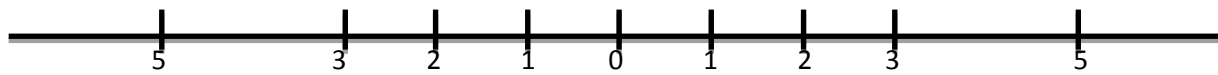


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2.7. Fußtritt

Ke-age



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2.8. Umklammerung von hinten **Ushiro-dori**

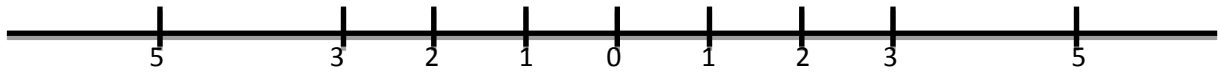
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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2.9. Messerstich in den Magen **Tsukikomi**



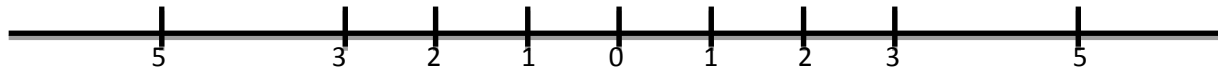
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2.10. Dolchschnitt von oben gegen den Kopf **Kiri-komi**



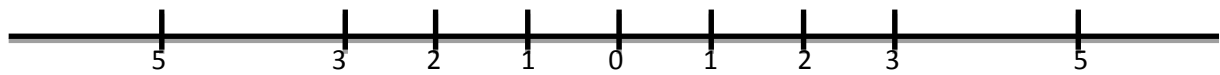
A series of horizontal dotted lines for taking notes, corresponding to the 10 positions marked on the diagram above.



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2.11. Schwert ziehen Nuki-kake



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



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2.12. Schwerthieb von oben

Kiri-oroshi

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



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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 notes.