

# Nage-Waza-Ura-no-Kata

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entwickelt von Kyuzo Mifune (1883-1965; 10. Dan Judo)

## Te-waza

- |    |             |                      |               |
|----|-------------|----------------------|---------------|
| 1. | Uki-otoshi  | wird gekontert durch | Tai-otoshi    |
| 2. | Seoi-nage   |                      | Yoko-guruma   |
| 3. | Kata-guruma |                      | Sumi-gaeshi   |
| 4. | Tai-otoshi  |                      | Kotsuri-goshi |
| 5. | Obi-otoshi  |                      | O-guruma      |

## Ashi-waza

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|----|----------------------|--|--------------------|
| 1. | Okuri-ashi-harai     |  | Tsubame-gaeshi     |
| 2. | Ko-uchi-gari         |  | Hiza-guruma        |
| 3. | O-uchi-gari          |  | O-uchi-gari-gaeshi |
| 4. | Sasae-tsurikomi-ashi |  | Sumi-otoshi        |
| 5. | Uchi-mata            |  | Tai-otoshi         |

## Koshi-waza

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|----|-------------|--|-----------------|
| 1. | Hane-goshi  |  | Kari-gaeshi     |
| 2. | Harai-goshi |  | Ushiro-goshi    |
| 3. | Han-goshi   |  | Utsuri-goshi    |
| 4. | Uki-goshi   |  | Yoko-wakare     |
| 5. | O-goshi     |  | Ippon-seoi-nage |