



Ju-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



Ju-no-Kata Notizen



Inhalt

Allgemeines	3
Angrüßen	4
1. Ikkyo	5
1.1 Stoß mit der Hand Tsuki-dashi	5
1.2 Drücken gegen die Schulter Kata-oshi.....	6
1.3. Ergreifen beider Hände Ryo-te-dori	7
1.4. Schultern drehen Kata-mawashi	8
1.5. Drücken gegen das Kinn Ago-oshi	9
2. Nikyo.....	10
2.1. Schädel mit einer Waffe spalten Kiri-oroshi.....	10
2.2. Beide Schultern niederdrücken Ryo-kata-oshi.....	11
2.3. Schräger Schlag gegen die Schläfe Naname-uchi.....	12
2.4. Ergreifen einer Hand Kata-te-dori.....	13
2.5. Hochheben einer Hand zum Schlag Kata-te-age.....	14
3. Sankyo	15
3.1. Ergreifen eines Gürtels Obi-tori	15
3.2. Drücken gegen die Brust Mune-oshi	16
3.3. Kinnhaken Tsuki-age.....	17
3.4. Schlag von oben auf den Kopf Uchi-oroshi	18
3.5. Stoß gegen die Augen Ryogan-tsuki.....	19
Abgrüßen	20



Ju-no-Kata Notizen



Allgemeines

A series of horizontal dotted lines for writing notes.



Ju-no-Kata Notizen



Angrüßen



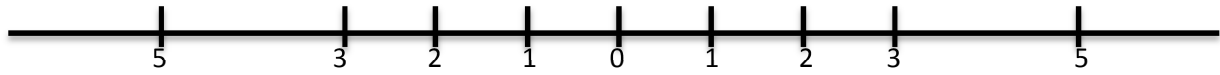
A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



1.2 Drücken gegen die Schulter **Kata-oshi**



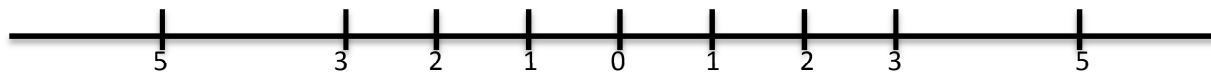
A series of horizontal dotted lines for taking notes, corresponding to the steps marked on the diagram above.



Ju-no-Kata Notizen



1.3. Ergreifen beider Hände **Ryo-te-dori**



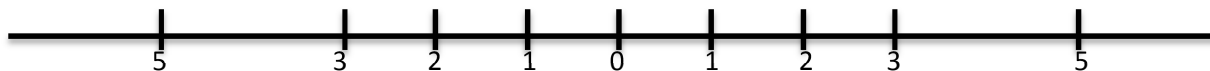
A series of horizontal dotted lines for writing notes.



Ju-no-Kata Notizen



1.4. Schultern drehen **Kata-mawashi**



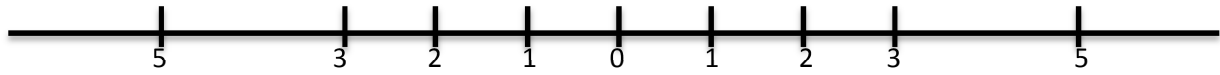
A series of horizontal dotted lines for writing notes.



Ju-no-Kata Notizen



1.5. Drücken gegen das Kinn Ago-oshi



A series of horizontal dotted lines for taking notes.

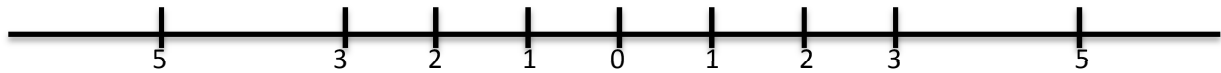


Ju-no-Kata Notizen



2. Nikyo

2.1. Schädel mit einer Waffe spalten **Kiri-oroshi**



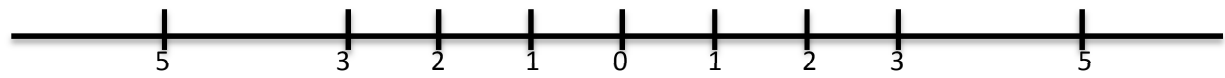
A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



2.2. Beide Schultern niederdrücken **Ryo-kata-oshi**



A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



2.3. Schräger Schlag gegen die Schläfe Naname-uchi



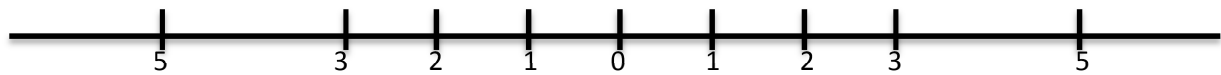
A series of horizontal dotted lines for writing notes.



Ju-no-Kata Notizen



2.4. Ergreifen einer Hand **Kata-te-dori**



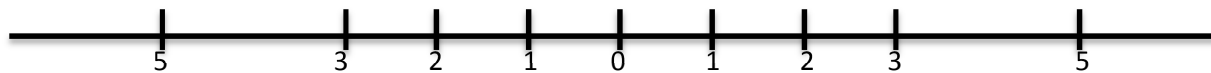
A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



2.5. Hochheben einer Hand zum Schlag **Kata-te-age**



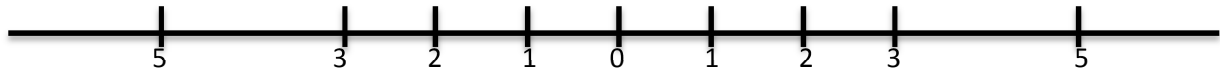
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



Ju-no-Kata Notizen



3.2. Drücken gegen die Brust **Mune-oshi**



A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



3.3. Kinnhaken Tsuki-age



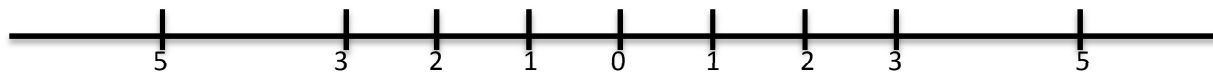
A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



3.4. Schlag von oben auf den Kopf **Uchi-oroshi**



A series of horizontal dotted lines for taking notes.



Ju-no-Kata Notizen



3.5. Stoß gegen die Augen **Ryogan-tsuki**



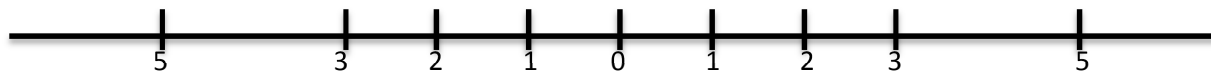
A series of horizontal dotted lines for writing notes.



Ju-no-Kata Notizen



Abgrüßen



A series of horizontal dotted lines for taking notes.