



Nage-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



Nage-no-Kata Notizen



Inhalt

Allgemeines	3
Angrüßen	4
1. Te-waza.....	5
1.1 Uki-otoshi	5
1.2. Seoi-nage	6
1.3. Kata-guruma	7
2. Goshi-waza	8
2.1. Uki-goshi.....	8
2.2. Harai-goshi.....	9
2.3. Tsuru-komi-goshi	10
3. Ashi-waza.....	11
3.1. Okuri-ashi-barai	11
3.2. Sasae-tsuru-komi-ashi	12
3.3. Ashi-uchi-mata	13
4. Ma-sutemi-waza	14
4.1. Tome-nage.....	14
4.2. Ura-nage	15
4.3. Sumi-gaeshi	16
5. Yoko-sutemi-waza	17
5.1. Yoko-gake	17
5.2. Yoko-guruma	18
5.3. Uki-waza	19
Abgrüßen	20



Nage-no-Kata Notizen



Allgemeines

A series of horizontal dotted lines for writing notes.



Nage-no-Kata Notizen



Angrüßen



A series of horizontal dotted lines for writing notes.

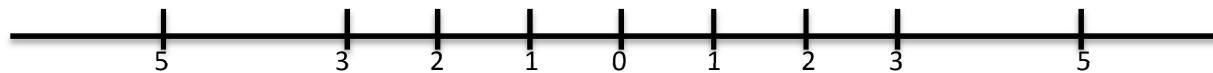


Nage-no-Kata Notizen



1. Te-waza

1.1 Uki-otoshi



A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



1.2. Seoi-nage

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.



Nage-no-Kata Notizen



1.3. Kata-guruma



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

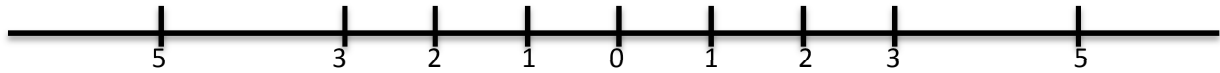


Nage-no-Kata Notizen



2. Goshi-waza

2.1. Uki-goshi



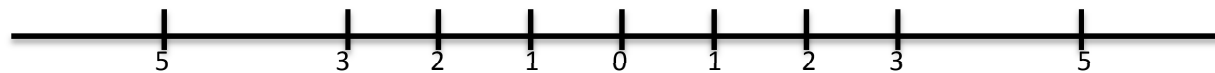
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



Nage-no-Kata Notizen



2.2. Harai-goshi



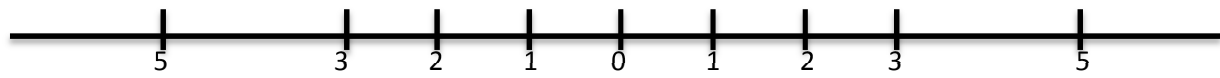
A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



2.3. Tsuru-komi-goshi



A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



3. Ashi-waza

3.1. Okuri-ashi-barai



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



Nage-no-Kata Notizen



3.2. Sasae-tsuri-komi-ashi



A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



3.3. Ashi-uchi-mata



A series of horizontal dotted lines for taking notes.

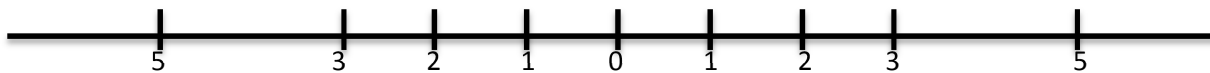


Nage-no-Kata Notizen



4. Ma-sutemi-waza

4.1. Tome-nage



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



Nage-no-Kata Notizen



4.2. Ura-nage



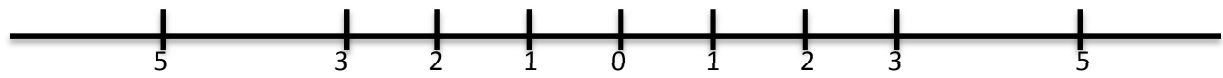
A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



4.3. Sumi-gaeshi



A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



5. Yoko-sutemi-waza

5.1. Yoko-gake



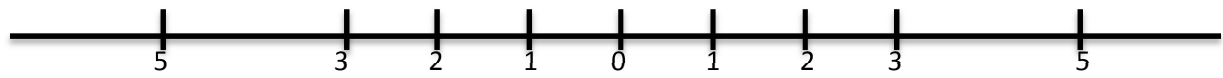
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



Nage-no-Kata Notizen



5.2. Yoko-guruma



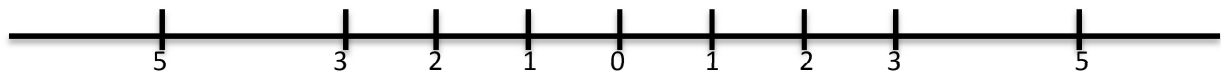
A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



5.3. Uki-waza



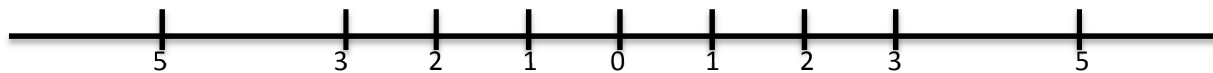
A series of horizontal dotted lines for taking notes.



Nage-no-Kata Notizen



Abgrüßen



A series of horizontal dotted lines for taking notes, aligned with the tick marks on the line above.