



E-Bo-no-Kata Notizen

Jiu-Jitsu Traditionell e. V.

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E-bo-no-Kata Notizen



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Allgemeines

A series of horizontal dotted lines for taking notes.



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Angrüßen

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.

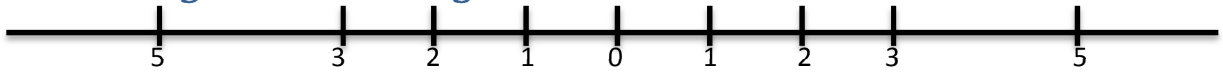


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1. Kontaktangriffe

1.1. Fassangriff eines Handgelenks mit beiden Händen



A series of horizontal dotted lines for taking notes.



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1.2. Angriff mit der rechten Hand am Revers



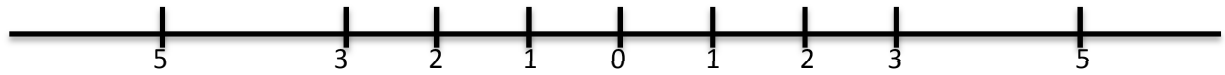
A series of horizontal dotted lines for taking notes.



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1.3. Würgerversuch von vorne



A series of horizontal dotted lines for taking notes.



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1.4. Würgerversuch von der Seite

A horizontal timeline with tick marks and labels: 5, 3, 2, 1, 0, 1, 2, 3, 5.

Below the timeline are 21 horizontal dotted lines for notes.



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1.5. Angriff von der Seite an der Schulter

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. Clinchangriffe



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



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2.1. Umklammerung unter den Armen

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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2.2. Versuch Umklammerung von vorne über den Armen

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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2.3. Schwitzkastenangriff von der Seite

5 3 2 1 0 1 2 3 5

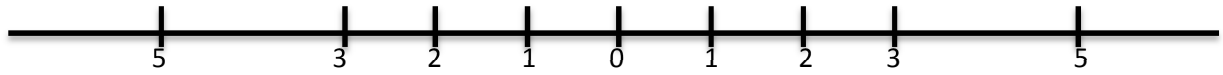
Dotted lines for note-taking.



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2.4. Schwitzkastenangriff von vorne



A series of horizontal dotted lines for taking notes, corresponding to the steps of the kata.



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2.5. Freier Würger von hinten (Ushiro-Jime)

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.



3. Distanzangriffe

3.1. Oi-Tsuki jodan



Series of horizontal dotted lines for taking notes.



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3.2. Gyaku-Tsuki chudan

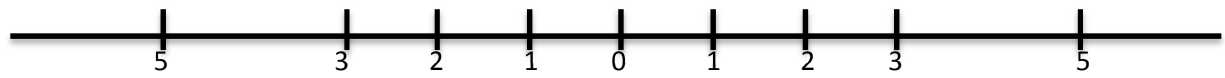
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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3.3. Gyaku-Shuto-Uchi



A series of horizontal dotted lines for taking notes.



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3.4. Mae-Geri Kekomi



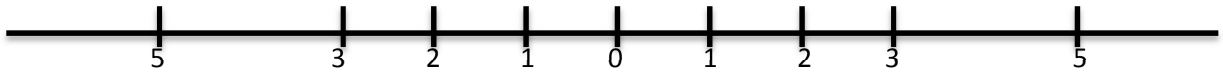
A series of horizontal dotted lines for taking notes.



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3.5. Mawashi-Geri gegen den Bauch



A series of horizontal dotted lines for taking notes.



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4. Bewaffnete Angriffe mit Tanto und Kaibo

4.1. Messerstich von oben



A series of horizontal dotted lines for taking notes, corresponding to the steps of the kata.



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4.2. Messerstich zum Bauch, linkes Bein vorne

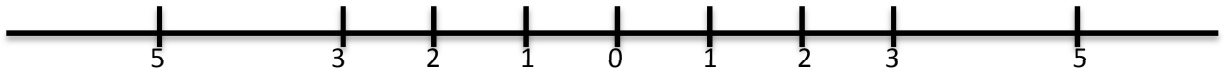
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for taking notes.



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4.3. Messerstich in die rechte Seite des Halses



A series of horizontal dotted lines for taking notes.



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4.4. Stockschlag auf den Kopf



A series of horizontal dotted lines for taking notes.



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4.5. Stockschlag von Außen auf den Kopf



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



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Abgrüßen



A series of horizontal dotted lines for taking notes.