



Kodokan-Goshin-Jutsu

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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Allgemeines

A large area of the page is filled with horizontal dotted lines, providing a template 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.

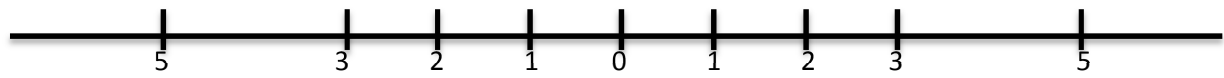


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1.1. Greifen mit beiden Händen

ryote dori



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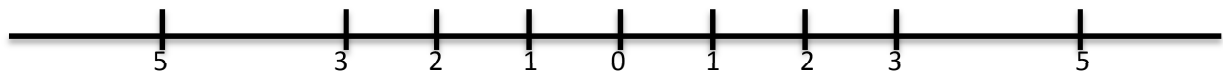


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1.2. Ergreifen des linken Revers

hidari eri dori



A series of horizontal dotted lines for taking notes.



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1.3. Ergreifen des rechten Revers **migi eri dori**



A series of horizontal dotted lines for writing notes.

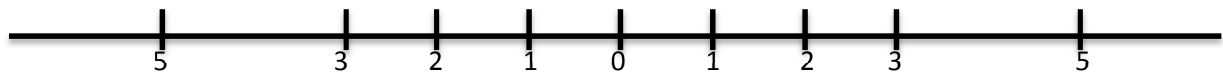


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1.4. Ergreifen eines Armes

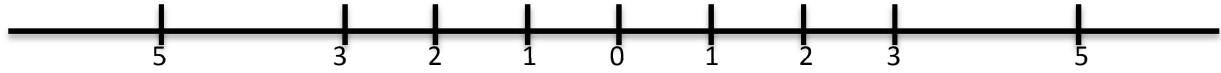
kata ude dori



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1.5. Griff von hinten in den Kragen **ushiro eri dori**



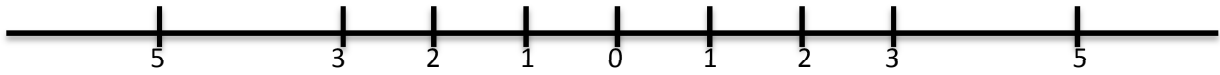
A series of horizontal dotted lines for writing notes, corresponding to the sequence of steps shown in the diagram above.



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1.6. Würgen von hinten **ushiro jime**



A series of horizontal dotted lines for taking notes.



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1.7. Umklammern von hinten **kakae dori**



A series of horizontal dotted lines for writing notes.



2.1. Seitlicher Fausthieb **namame uchi**





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2.2. Faustschlag gegen das Kinn

ago tsuki



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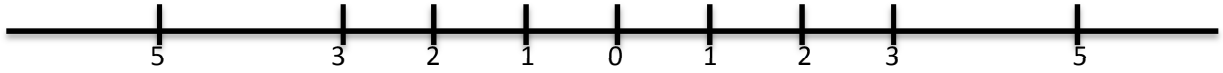


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2.3. Faustschlag in das Gesicht

gammen tsuki



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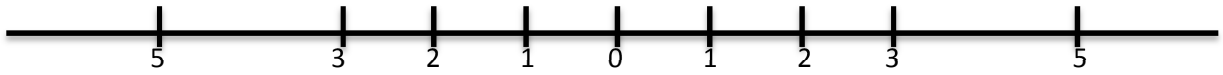


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2.4. Tritt von vorn (in den Unterleib)

mae geri



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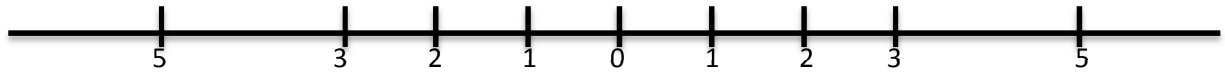


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2.5. Seitlicher Fußtritt

yoko geri



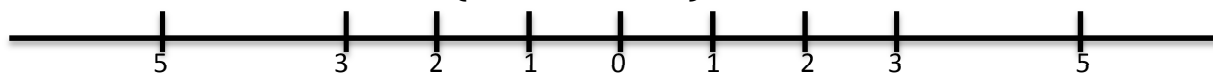
Below the diagram, there are 20 horizontal dotted lines for taking notes.



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3.4. Gerader Messerstich (in den Bauch) **choku tsuki**



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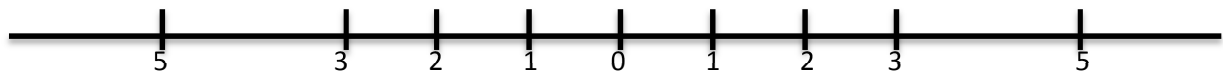


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3.5. Seitlicher Messerstich

naname tsuki



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4.1. Schlag mit erhobenen Stock **furi age**





4.2. Schlag mit erhobenen Stock von der S. **furi oroshi**



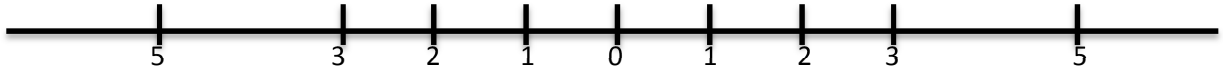
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4.3. Stoß mit dem Stock in den Magen morote tsuki



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5.1. Bedrohung von vorne

shome zuke



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5.2. Bedrohung aus der Hüfte **koshi gamae**



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5.3. Bedrohung von hinten **haimen zuke**



A series of 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.