



# Koshiki-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



# Koshiki-no-Kata Notizen



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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.



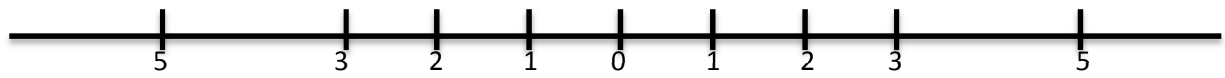


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## 1.3. UKE versucht TORI mit Harai-goshi zu werfen

## Yume-no-uchi



A series of horizontal dotted lines for taking notes.



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## 1.4. UKE greift nach dem Messer von TORI

## Ryoku-hi



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



# Koshiki-no-Kata Notizen



## 1.5. TORI zieht UKEs Arm nach unten

## Mizu-guruma



A series of horizontal dotted lines for taking notes.



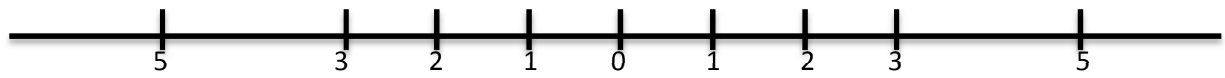


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## 1.6. Uke greift in die imaginäre Rüstung

## Mizu-nagare



A series of horizontal dotted lines for taking notes.

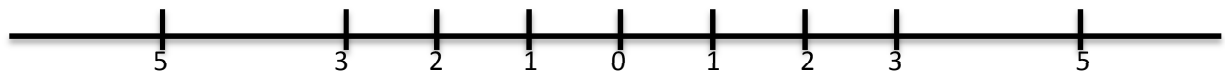


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## 1.7. UKE will TORIs Schwert fassen

## Hiki-otoshi



A series of horizontal dotted lines for taking notes.





# Koshiki-no-Kata Notizen



## 1.9. TORI greift mit Te-gatana Richtung Bauch an

## Uchi-kudaki



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



## 1.10. UKE will TORI in den Schwitzkasten nehmen

## Tani-otoshi



A series of horizontal dotted lines for taking notes.

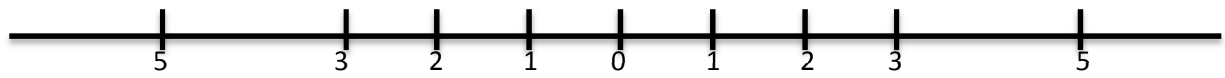


# Koshiki-no-Kata Notizen



## 1.11. UKE dreht TORI

## Kuruma-daoshi



A series of horizontal dotted lines for taking notes.



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## 1.12. UKE versucht mit links das Messer zu greifen

## Shikoro-dori



A series of horizontal dotted lines for taking notes.



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## 1.13. UKE zieht TORI am Gürtel

## Shikoro-gaeshi



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



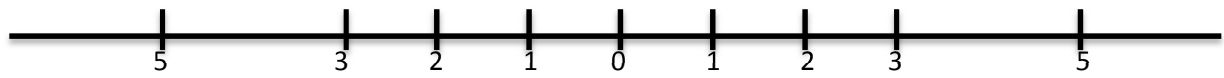


# Koshiki-no-Kata Notizen



## 1.14. TORI will UKE am Revers ziehen

## Yu-dachi



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



## 1.15. Wie Yu-dachi aber UKE will Koshi-waza werfen Taki-otoshi



A series of horizontal dotted lines for taking notes.





# Koshiki-no-Kata Notizen



## 2.2. UKE greift mit beide Hände von oben

## Kuruma-gaeshi



A series of horizontal dotted lines for taking notes.



### 2.3. UKE will TORI mit der rechten Hand in TORIs Gesicht stechen

#### Mizu-iri

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.

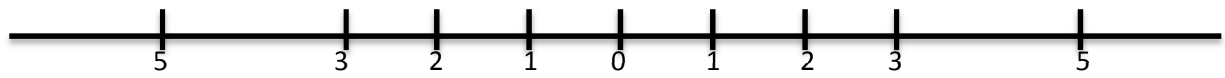


# Koshiki-no-Kata Notizen



2.4. TORI greift an

Ryu-setsu



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



## 2.5. UKE will TORI in den Bauch stechen

## Saka-otoshi

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

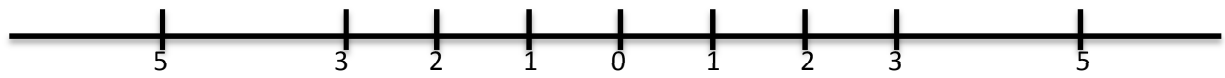


# Koshiki-no-Kata Notizen



## 2.6. UKE greift TORI von hinten an

## Yuki-ore



A series of horizontal dotted lines for taking notes.



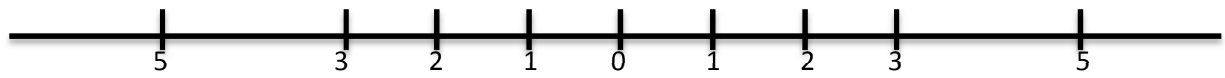


# Koshiki-no-Kata Notizen



**2.7. TORI greift an**

**Iwa-nami**



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



## Abgrüßen



A series of horizontal dotted lines for taking notes.