



Ju-no-Kata Notizen

Württembergischer Judo-Verband e.V.

in Kooperation mit:

Jiu-Jitsu traditionell e.V.

verfasst von Jacques Cosson, Kata-Referent



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Allgemeines

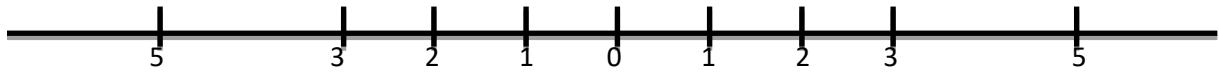
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Angrüßen



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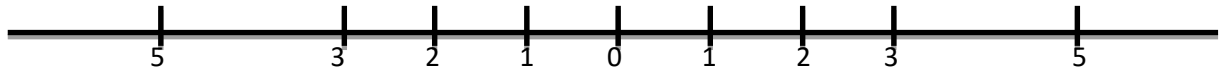


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1. Ikkyo

1.1 Stoß mit der Hand **Tsuki-dashi**



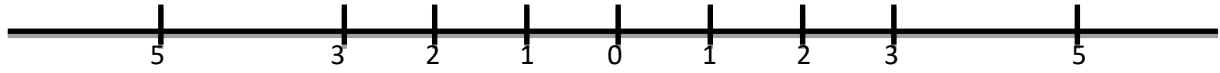
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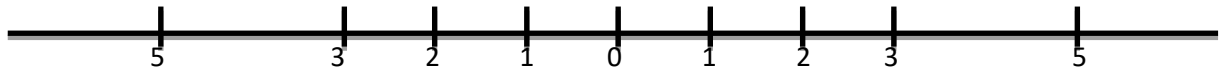
1.2 Drücken gegen die Schulter **Kata-oshi**



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



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1.4. Schultern drehen **Kata-mawashi**

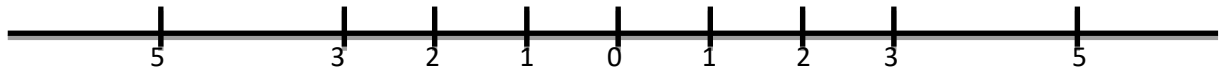
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below this line are 20 horizontal dotted lines for writing notes.



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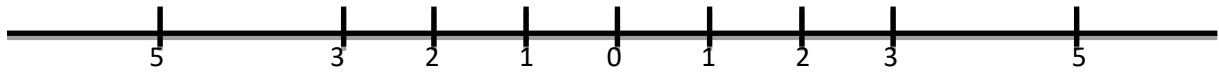
1.5. Drücken gegen das Kinn Ago-oshi



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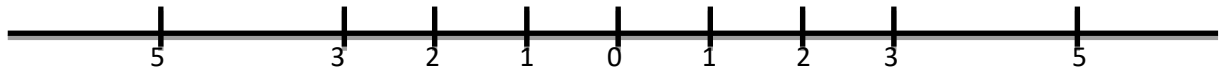
2.2. Beide Schultern niederdrücken **Ryo-kata-oshi**



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2.3. Schräger Schlag gegen die Schläfe **Naname-uchi**



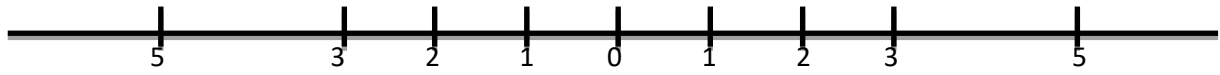
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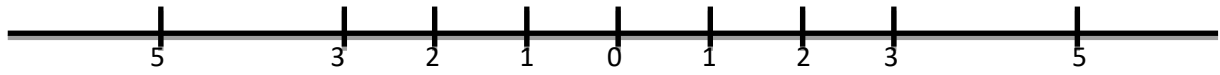
2.4. Ergreifen einer Hand **Kata-te-dori**



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



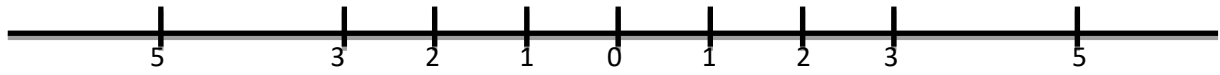
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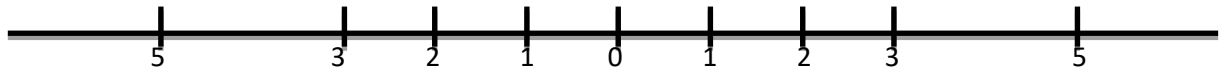
3.2. Drücken gegen die Brust **Mune-oshi**



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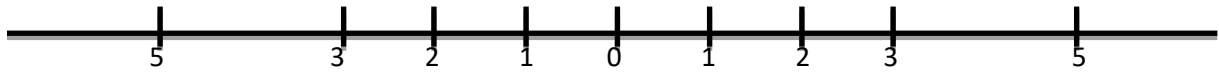
3.3. Kinnhaken Tsuki-age



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



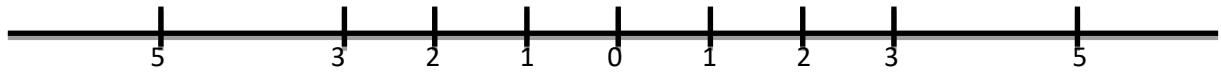
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3.5. Stoß gegen die Augen **Ryogan-tsuki**



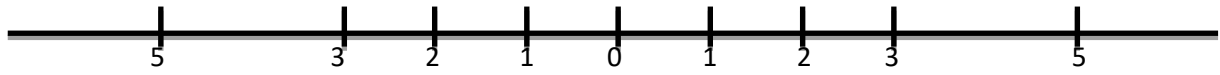
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Abgrüßen



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