



# **Katame-no-Kata Notizen**

**Württembergischer Judo-Verband e.V.**

verfasst von Jacques Cosson, Kata-Referent



## Katame-no-Kata Notizen

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# Katame-no-Kata Notizen

## Allgemeines

A series of 20 horizontal dotted lines provided for writing notes.



# Katame-no-Kata Notizen

## Angrüßen

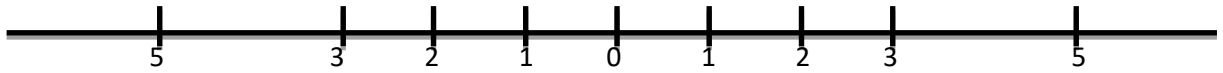
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



# Katame-no-Kata Notizen

## 1. Osaekomi-waza

### 1.1. Kesa-gatame

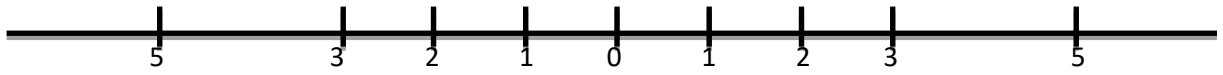


A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



# Katame-no-Kata Notizen

## 1.2. Kata-gatame



A series of horizontal dotted lines for taking notes, corresponding to the 10 positions of the kata-gatame kata.



## Katame-no-Kata Notizen

### 1.3. Kami-shiho-gatame

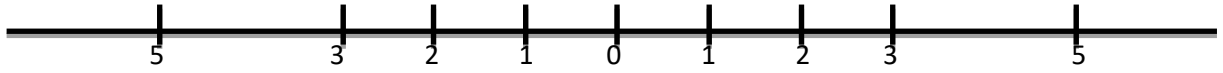
5 3 2 1 0 1 2 3 5

A series of horizontal dotted lines for taking notes.



## Katame-no-Kata Notizen

### 1.4. Yoko-shiho-gatame



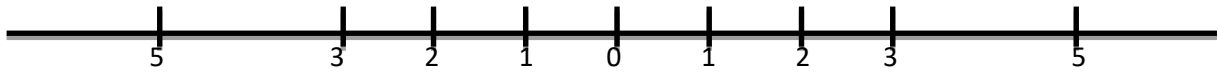
A series of horizontal dotted lines for taking notes, aligned with the tick marks on the line above.





## Katame-no-Kata Notizen

### 1.5. Kuzure-kami-shiho



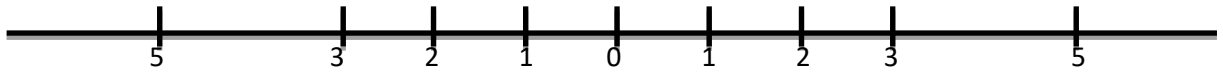
A series of horizontal dotted lines for writing notes, extending across the width of the page below the scale.



# Katame-no-Kata Notizen

## 2. Shime-waza

### 2.1. Kata-juji-jime

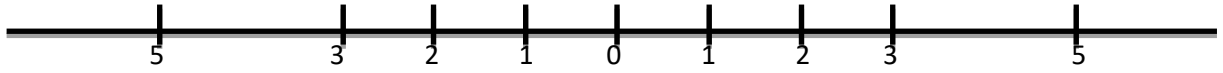


A series of horizontal dotted lines for taking notes, aligned with the timeline above.



# Katame-no-Kata Notizen

## 2.2. Hadaka-jime

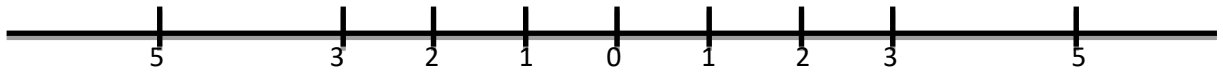


A series of horizontal dotted lines for taking notes, corresponding to the positions of the numbers on the number line above.



## Katame-no-Kata Notizen

### 2.3. Okuri-eri-jime

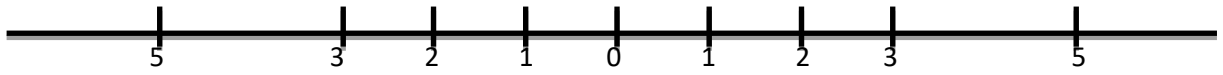


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# Katame-no-Kata Notizen

## 2.4. Kata-ha-jime

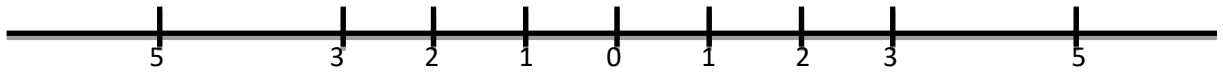


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## Katame-no-Kata Notizen

### 2.5. Gyaku-juji-jime



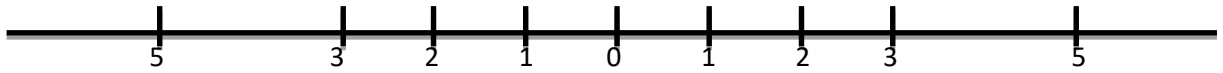
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# Katame-no-Kata Notizen

## 3. Kansetsu-waza

### 3.1. Ude-garami

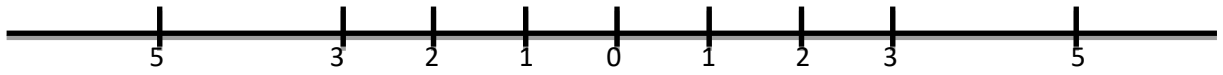


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# Katame-no-Kata Notizen

## 3.2. Juji-gatame



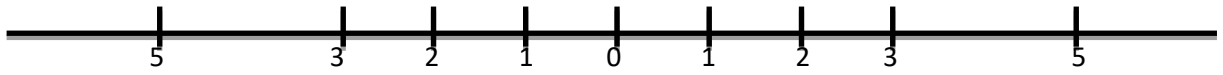
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# Katame-no-Kata Notizen

## 3.3. Ude-gatame

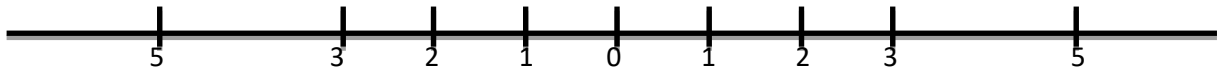


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# Katame-no-Kata Notizen

## 3.4. Hiza-gatame

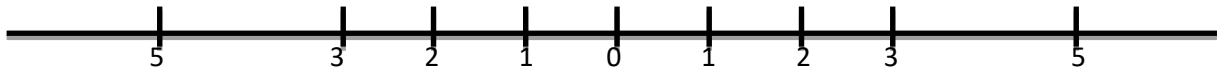


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## Katame-no-Kata Notizen

### 3.5. Ashi-garami

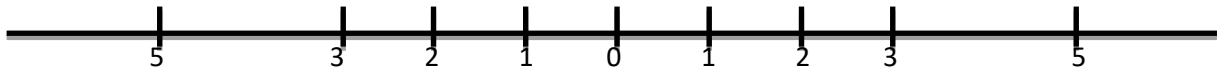


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# Katame-no-Kata Notizen

## Abgrüßen



A series of horizontal dotted lines for taking notes.