



Kodokan Goshin-Jutsu 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

A series of horizontal dotted lines for writing 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

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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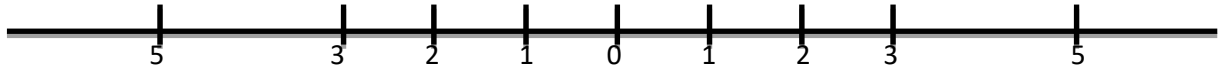
1.2. Ergreifen des linken Revers

hidari eri dori

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.



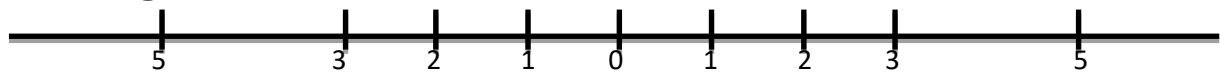
1.3. Ergreifen des rechten Revers **migi eri dori**



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1.4. Ergreifen eines Armes **kata ude dori**



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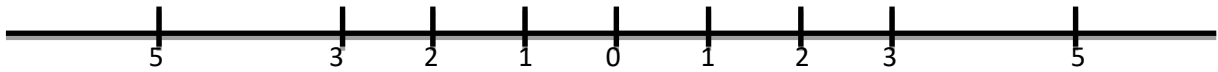
1.5. Griff von hinten in den Kragen **ushiro eri dori**

A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5.

Below the line is a series of 20 horizontal dotted lines for writing notes.



1.6. Würgen von hinten **ushiro jime**



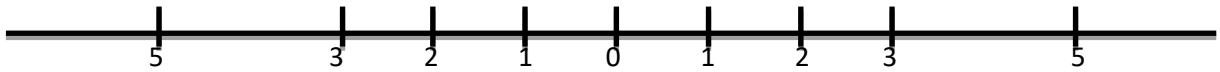
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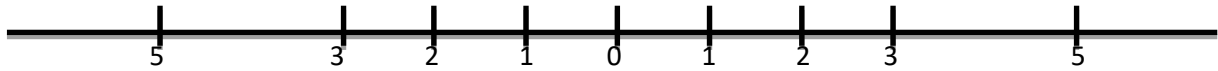
1.7. Umklammern von hinten **kakae dori**



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2.1. Seitlicher Fausthieb **namame uchi**





2.2. Faustschlag gegen das Kinn

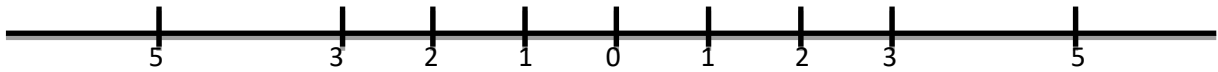
ago tsuki

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.



2.3. Faustschlag in das Gesicht

gammen tsuki

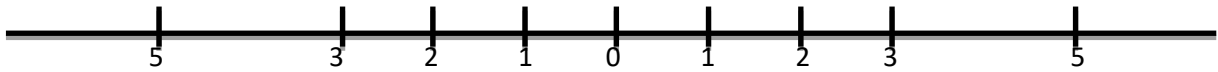


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2.4. Tritt von vorn (in den Unterleib)

mae geri



A series of horizontal dotted lines for taking notes.



2.5. Seitlicher Fußtritt

yoko geri

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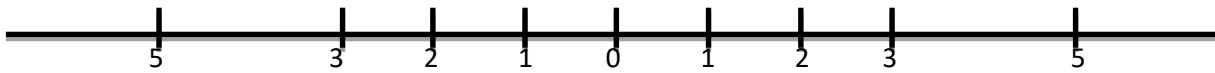
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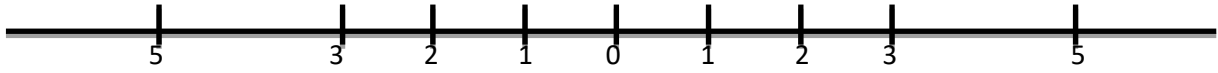
3.1. Abwehr eines Messerstiches tsukkake



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



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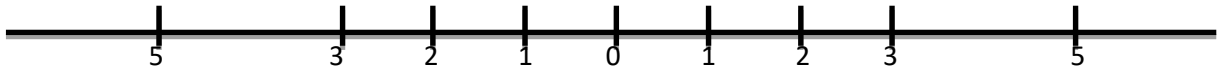
3.5. Seitlicher Messerstich

naname tsuki

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.



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



Dotted lines for writing notes.



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

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.



4.3. Stoß mit dem Stock in den Magen

morote tsuki

A horizontal line with vertical tick marks at positions labeled 5, 3, 2, 1, 0, 1, 2, 3, 5 from left to right. Below this line are 20 horizontal dotted lines for taking notes.



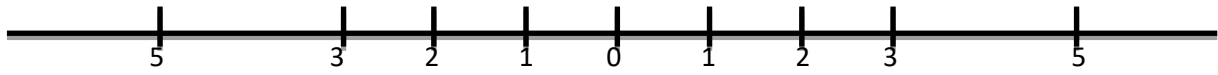
5.1. Bedrohung von vorne

shome zuke

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.



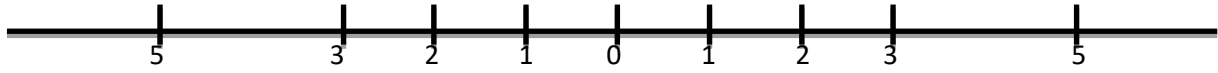
5.2. Bedrohung aus der Hüfte **koshi gamae**



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5.3. Bedrohung von hinten **haimen zuke**



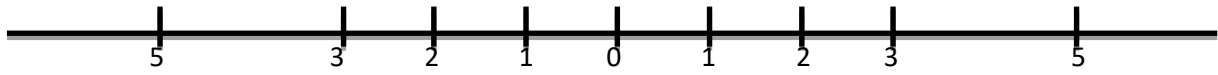
A series of horizontal dotted lines for writing notes, starting below the number line and extending across the page.



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Abgrüßen



A series of horizontal dotted lines for writing notes.