



# Koshiki-no-Kata Notizen

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

**in Kooperation mit:**

**Jiu-Jitsu traditionell e.V.**

verfasst von Jacques Cosson, Kata-Referent



# Koshiki-no-Kata Notizen



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# Koshiki-no-Kata Notizen



## Allgemeines

Lined area for notes, consisting of approximately 25 horizontal dotted lines spanning the width of the page.



# Koshiki-no-Kata Notizen



## Angrüßen

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 taking notes.



# Koshiki-no-Kata Notizen



## 1. Omote

### 1.1. UKE versucht TORI mit Harai-goshi zu werfen Tai



A series of horizontal dotted lines provided for taking notes during the kata practice.



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## 1.2. UKE versucht TORI mit Harai-goshi zu werfen Yume-no-uchi

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

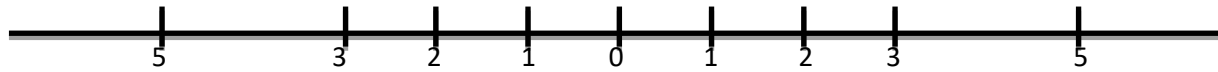


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## 1.3. UKE greift nach dem Messer von TORI

## Ryoku-hi



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



## 1.4. TORI zieht UKEs Arm nach unten

## Mizu-guruma

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.



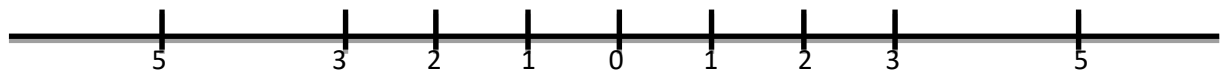


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## 1.5. Uke greift in die imaginäre Rüstung

## Mizu-nagare



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



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## 1.6. UKE will TORIs Schwert fassen

## Hiki-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 notes.



# Koshiki-no-Kata Notizen



## 1.7. TORI greift mit Te-gatana, in Richtung Kopf, an Ko-daore

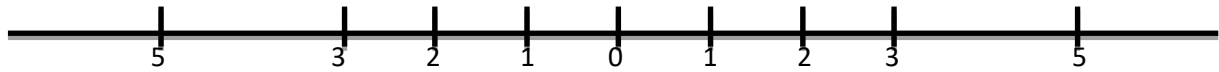
A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below this line are 20 horizontal dotted lines for notes.



# Koshiki-no-Kata Notizen



## 1.8. TORI greift mit Te-gatana Richtung Bauch an Uchi-kudaki



A series of horizontal dotted lines for taking notes.

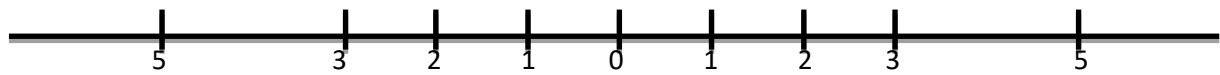


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## 1.9. UKE will TORI in den Schwitzkasten nehmen

## Tani-otoshi



A series of horizontal dotted lines for taking notes.



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## 1.10. UKE dreht TORI

## Kuruma-daoshi

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



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

## Shikoro-dori

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 notes.



# Koshiki-no-Kata Notizen



## 1.12. UKE zieht TORI am Gürtel

## Shikoro-gaeshi

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



## 1.13. TORI will UKE am Revers ziehen

## Yu-dachi

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 notes.



# Koshiki-no-Kata Notizen



## 1.14. Wie Yu-dachi aber UKE will Koshi-waza werfen Taki-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 taking notes.



# Koshiki-no-Kata Notizen



## 2. Ura

### 2.1. UKE versucht TORI mit Harai-goshi zu werfen Mi-kudaki

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 notes.



# Koshiki-no-Kata Notizen



## 2.2. UKE greift mit beide Hände von oben

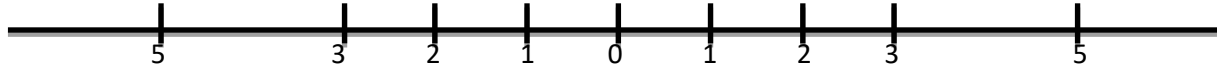
## Kuruma-gaeshi

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

**Mizu-iri**



A series of horizontal dotted lines for taking notes.



# Koshiki-no-Kata Notizen



2.4. TORI greift an

Ryu-setsu

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 notes.



# Koshiki-no-Kata Notizen



## 2.5. UKE will TORI in den Bauch stechen

## Saka-otoshi

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.

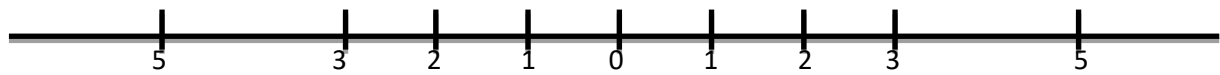


# Koshiki-no-Kata Notizen



## 2.6. 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

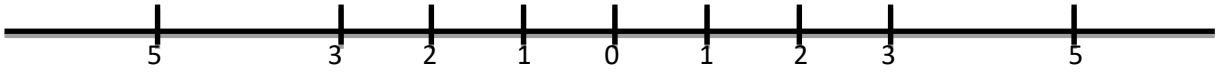
A horizontal timeline with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the timeline are 20 horizontal dotted lines for notes.



# Koshiki-no-Kata Notizen



## Abgrüßen



A series of horizontal dotted lines for taking notes.