



# Nage-no-Kata Notizen

**Württembergischer Judoverband e.V.**

**in Kooperation mit:**

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

verfasst von Jacques Cosson, Kata-Referent



# Nage-no-Kata Notizen



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## Allgemeines

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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.

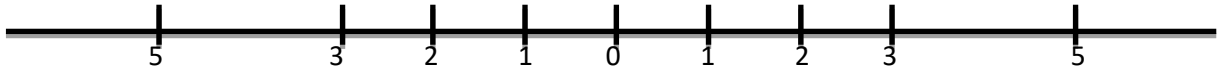


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## 1. Te-waza

### 1.1 Uki-otoshi





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## 1.2. Seoi-nage

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. Kata-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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## 2. Goshi-waza

### 2.1. Uki-goshi

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.

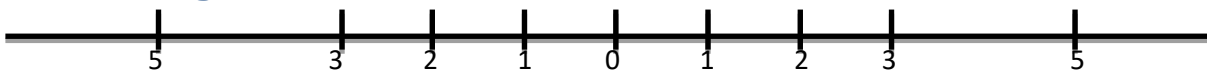




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## 2.2. Harai-goshi



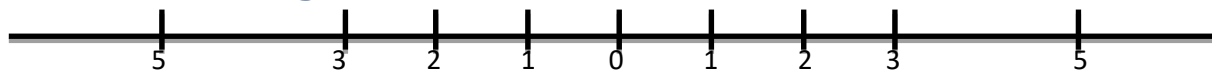
A series of horizontal dotted lines for taking notes.



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## 2.3. Tsuru-komi-goshi



A series of horizontal dotted lines for taking notes.

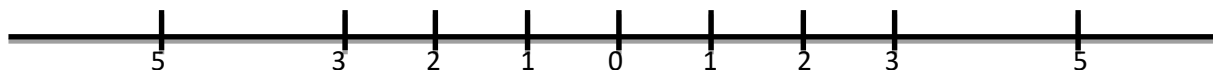


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## 3. Ashi-waza

### 3.1. Okuri-ashi-barai



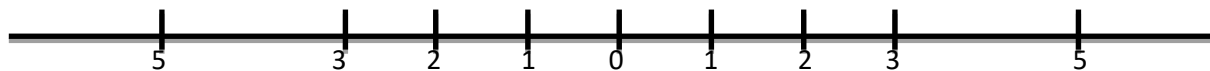
A series of horizontal dotted lines for taking notes.



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## 3.2. Sasae-tsuri-komi-ashi



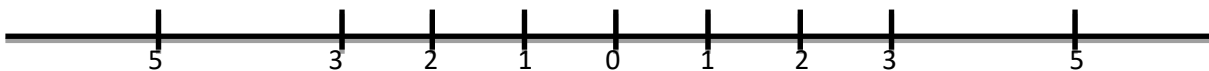
A series of horizontal dotted lines for taking notes.



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## 3.3. Ashi-uchi-mata



A series of horizontal dotted lines for taking notes.

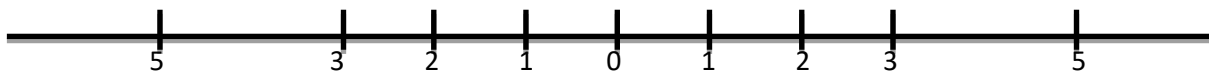


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## 4. Ma-sutemi-waza

### 4.1. Tome-nage



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



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## 4.2. Ura-nage

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.



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## 4.3. Sumi-gaeshi

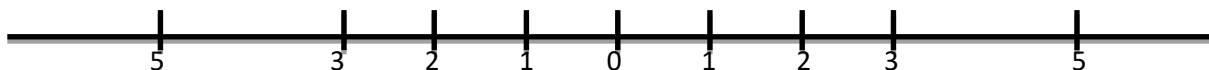
A horizontal line with vertical tick marks at positions labeled 5, 3, 2, 1, 0, 1, 2, 3, and 5 from left to right. Below the line are 20 horizontal dotted lines for writing notes.





## 5. Yoko-sutemi-waza

### 5.1. Yoko-gake

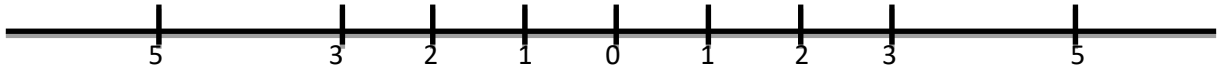




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## 5.2. Yoko-guruma



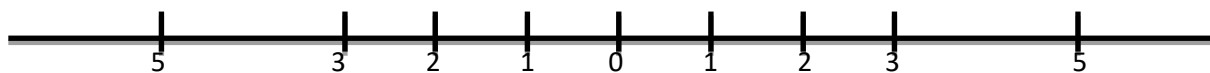
A series of horizontal dotted lines for taking notes.



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## 5.3. Uki-waza



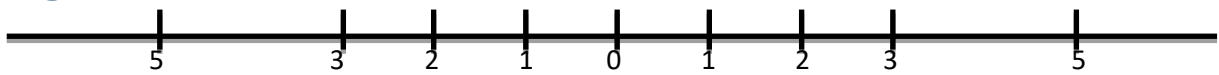
A series of horizontal dotted lines for taking notes.



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## Abgrüßen



A series of horizontal dotted lines for taking notes.