



# Seiryoku Zen'yo

## Kokumin Taiiku Notizen

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

**in Kooperation mit:**

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

verfasst von Jacques Cosson, Kata-Referent



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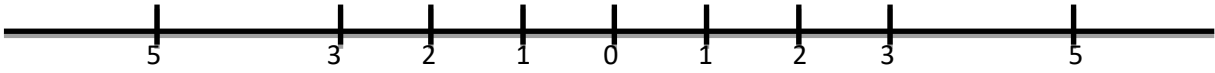


# Allgemeines

Dotted lines for writing.



Angrüßen

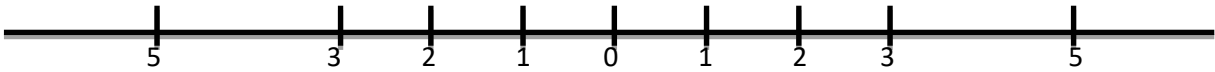


Dotted lines for writing practice.

I) Tandoku renshū:

1. Go-hō-ate

1.1 Hidari-mae-naname-ate



Dotted lines for writing practice.



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## 1.2 Migi-ate

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## 1.3 Ushiro-ate

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## 1.4 Mae-ate

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## 1.5 Ue-ate

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**2. Ō-go-hō-ate**

**2.1 Ō-hidari-mae-naname-ate**

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**2.2 Ō-migi-ate**

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## 2.3 Ō-ushiro-ate

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## 2.4 Ō-mae-ate

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## 2.5 Ō-ue-ate

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## 3. Go-hō-geri

### 3.1 Mae-geri

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### 3.2 Ushiro-geri

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### 3.3 Hidari-mae-naname-geri

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### 3.4 Migi-mae-naname-geri

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### 3.5 Taka-geri

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## 6. Zengo-tsuki

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## 7. Ryōte-ue-tsuki

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**8. Ō-ryōte-ue-tsuki, A & B**

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**9. Sayū-kōgo-shita-tsuki**

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## 10. Ryōte-shita-tsuki

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## 11. Naname-ue-uchi

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## 12. Naname-shita-uchi

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## 13. Ō-naname-ue-uchi, A & B

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## 14. Ushiro-sumi-tsuki

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## 15. Ushiro-uchi

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## II) Sōtai rensū

### a) Kime-shiki

#### 1. Idori

##### 1.1 Ryōte-dori

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##### 1.2 Furi-hanashi

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### 1.3 Gyakute-dori

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### 1.4 Tsuki-kake / Tsukkake

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## 1.5 Kiri-kake / Kiri-gake

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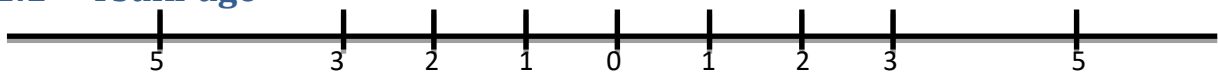
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## 2. Tachiai

### 2.1 Tsuki-age



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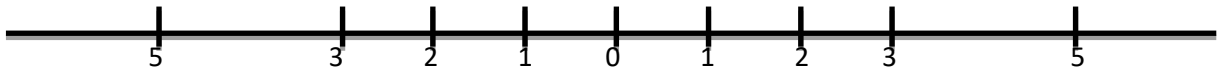
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## 2.2 Yoko-uchi



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## 2.3 Ushiro-dori



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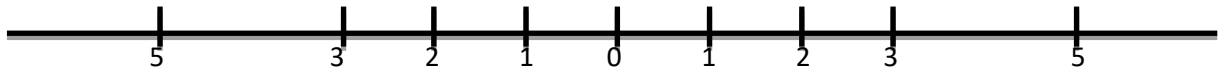
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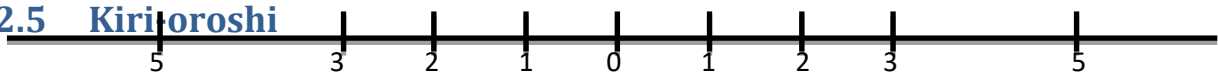


### 2.4 Naname-tsuki



Dotted lines for handwriting practice.

### 2.5 Kiri-oroshi



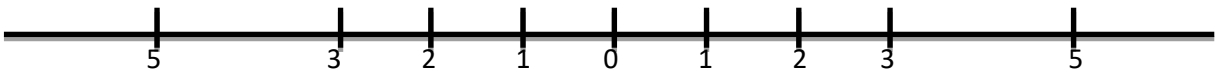
Dotted lines for handwriting practice.





**b) Jū-shiki**

**1. Dai-ikkyō**



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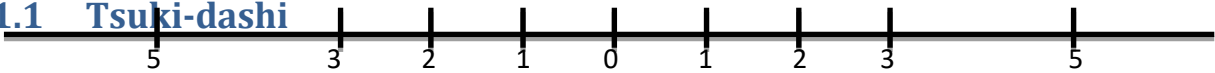
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**1.1 Tsuki-dashi**



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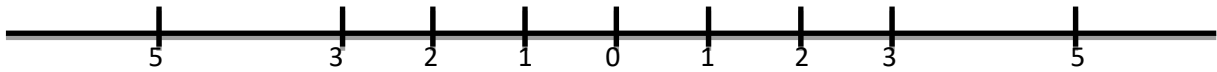
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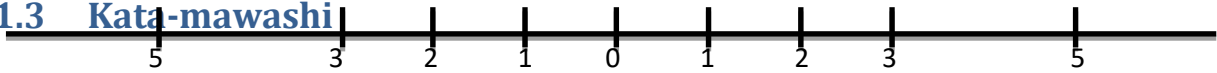


1.2 Kata-oshi



Dotted lines for handwriting practice.

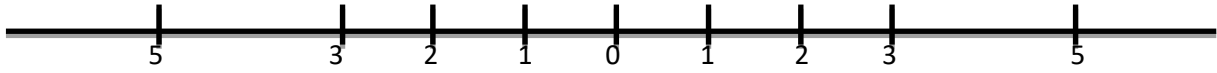
1.3 Kata-mawashi



Dotted lines for handwriting practice.

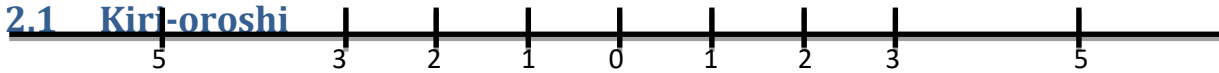


2. Dai-nikyō



A series of horizontal dotted lines for writing notes under the '2. Dai-nikyō' section.

2.1 Kiri-oroshi



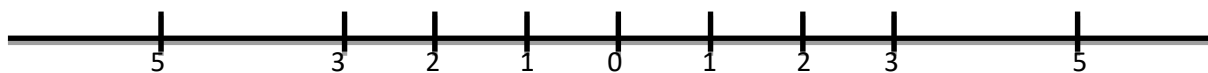
A series of horizontal dotted lines for writing notes under the '2.1 Kiri-oroshi' section.



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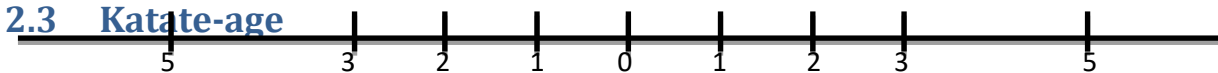


## 2.2 Katate-dori



Dotted lines for handwriting practice below the diagram.

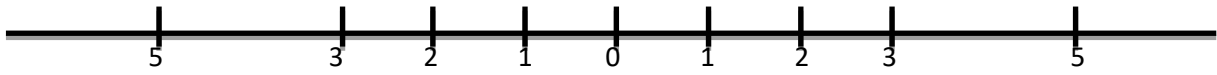
## 2.3 Katate-age



Dotted lines for handwriting practice below the diagram.



### 3. Dai-sankyō



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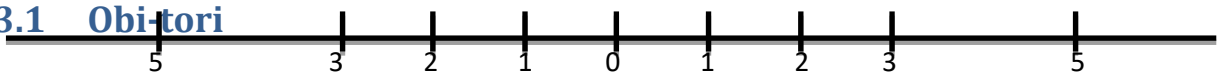
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### 3.1 Obi-tori



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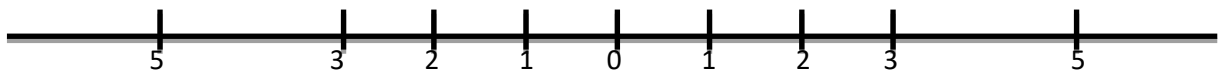
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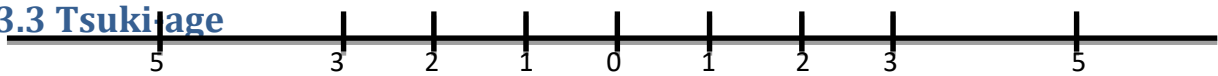


### 3.2 Mune-oshi



A series of horizontal dotted lines for writing notes.

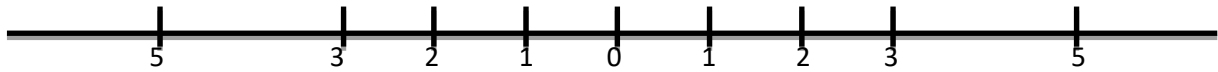
### 3.3 Tsukiage



A series of horizontal dotted lines for writing notes.



### 3.4 Ryōgan-tsuki



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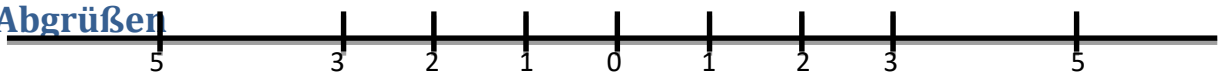
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### Abgrüßen



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