

Nage no kata



| | Nachname | Vorname | Verein | Land |
|------|----------|---------|--------|------|
| Tori | | | | |
| Uke | | | | |

| | | | Kleiner | Fehler | Mittlerer Fehler | Großer Fehler | Technik vergessen | Gesamt |
|----|---------------|------------------------|---------|--------|---------------------|------------------|----------------------|--------|
| | | Technik | - | 1 | 3 | 5 | vergessen | |
| 1 | | Angrüßen | | | | | | |
| 2 | a | Uki otoshi | | | | | | |
| 3 | Te-waza | Seoi nage | | | | | | |
| 4 | T(| Kata guruma | | | | | | |
| 5 | ıza | Uki goshi | | | | | | |
| 6 | Koshi-waza | Harai goshi | | | | | | |
| 7 | Kos | Tsuri komi goshi | | | | | | |
| 8 | za | Okuri ashi barai | | | | | | |
| 9 | Ashi-waza | Sasae tsuri komi ashi | | | | | | |
| 10 | As | Uchi mata | | | | | | |
| 11 | ni-w. | Tomoe nage | | | | | | |
| 12 | Ma-sutemi-w. | Ura nage | | | | | | |
| 13 | Ma-s | Sumi gaeshi | | | | | | |
| 14 | mi-w | Yoko gake | | | | | | |
| 15 | Yoko-sutemi-w | Yoko guruma | | | | | | |
| 16 | Yoko. | Uki waza | | | | | | |
| 17 | | Abgrüßen | | | | | | |
| | Sur | nme Fehler und Punkte: | | | | | | |
| P | ositi | on: | | | | Übe | rtrag ok? | |







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| | Technik | | - | 1 | 3 | 5 | vergessen | |
| 1 | | Angrüßen | | | | | | |
| 2 | | Kesa gatame | | | | | | |
| 3 | Waza | Kata gatame | | | | | | |
| 4 | Komi | Kami shiho gatame | | | | | | |
| 5 | Osae Komi Waza | Yoko shiho gatame | | | | | | |
| 6 | | Kuzure kami shiho gatame | | | | | | |
| 7 | | Kata juji jime | | | | | | |
| 8 | aza | Hadaka jime | | | | | | |
| 9 | Shime Waza | Okuri eri jime | | | | | | |
| 10 | Shir | Kata ha jime | | | | | | |
| 11 | | Gyaku juji jime | | | | | | |
| 12 | | Ude garami | | | | | | |
| 13 | Vaza | Udehishigi juji gatame | | | | | | |
| 14 | ansetsu Waza | Udehishigi ude gatame | | | | | | |
| 15 | Kanse | Udehishigi hiza gatame | | | | | | |
| 16 | | Ashi garami | | | | | | |
| 17 | | Abgrüßen | | | | | | |
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Ju no kata



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| | | Technik | | L | 3 | 5 | vergessen | |
| 1 | | Angrüßen | | | | | | |
| 2 | | Tsuki Dashi | | | | | | |
| 3 | | Kata oshi | | | | | | |
| 4 | Ikkyo | Ryo te dori | | | | | | |
| 5 | | Kata mawashi | | | | | | |
| 6 | | Ago oshi | | | | | | |
| 7 | | Kiri oroshi | | | | | | |
| 8 | | Ryo kata oshi | | | | | | |
| 9 | Nikyo | Naname uchi | | | | | | |
| 10 | | Kata te dori | | | | | | |
| 11 | | Kata te age | | | | | | |
| 12 | | Obi tori | | | | | | |
| 13 | 0 | Mune oshi | | | | | | |
| 14 | Sankyo | Tsuki age | | | | | | |
| 15 | S | Uchi oroshi | | | | | | |
| 16 | | Ryogan tsuki | | | | | | |
| 17 | | Abgrüßen | | | | | | |
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Kime no kata



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| | | | Technik | 1 | L | 3 | 5 | rengessen | |
| 1 | | | Angrüßen | | | | | | |
| 2 | | | Ryote dori | | | | | | |
| 3 | | ıffen | Tsukkake | | | | | | |
| 4 | | ohne Waffen | Suri age | | | | | | |
| 5 | Idori | ohn | Yoko uchi | | | | | | |
| 6 | <u>p</u> | | Ushiro dori | | | | | | |
| 7 | | er | Tsukkomi | | | | | | |
| 8 | Messer | less | Kiri komi | | | | | | |
| 9 | | 2 | Yoko tsuki | | | | | | |
| 10 | | | Ryote dori | | | | | | |
| 11 | | | Sode dori | | | | | | |
| 12 | | en | Tsukkake | | | | | | |
| 13 | | ohne Waffen | Tsuki age | | | | | | |
| 14 | | \ aur | Suri age | | | | | | |
| 15 | Tachiai | 0 | Yoko uchi | | | | | | |
| 16 | Тас | | Ke age | | | | | | |
| 17 | | | Ushiro dori | | | | | | |
| 18 | | sser | Tsukkomi | | | | | | |
| 19 | | Messer | Kiri komi | | | | | | |
| 20 | | vert | Nuki gake | | | | | | |
| 21 | | Schwer | Kiri oroshi | | | | | | |
| 22 | | | Abgrüßen | | | | | | |
| | Sur | nme | e Fehler und Punkte: | | | | | | |
| | Pos | itioı | า: | | | | Übe | rtrag ok? | |



Kodokan goshin jutsu



| Bewerter: | Datum: | Paar Nr: |
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| | | Technik | • | 1 | 3 | 5 | vergessen | |
| 1 | | Angrüßen | | | | | | |
| 2 | | Ryote dori | | | | | | |
| 3 | .gen | Hidari eri dori | | | | | | |
| 4 | Wür | Migi eri dori | | | | | | |
| 5 | pur | Kata ude dori | | | | | | |
| 6 | Halten und Würgen | Ushiro eri dori | | | | | | |
| 7 | Halt | Ushiro jime | | | | | | |
| 8 | | Kakae dori | | | | | | |
| 9 | Schlagen und trete | Naname uchi | | | | | | |
| 10 | nd t | Ago tsuki | | | | | | |
| 11 | n ua | Ganmen tsuki | | | | | | |
| 12 | ılage | Mae geri | | | | | | |
| 13 | Sch | Yoko geri | | | | | | |
| 14 | er | Tsukkake | | | | | | |
| 15 | Messer | Choku tsuki | | | | | | |
| 16 | 2 | Naname tsuki | | | | | | |
| 17 | k | Furi age | | | | | | |
| 18 | Stock | Furi oroshi | | | | | | |
| 19 | 0, | Morote tsuki | | | | | | |
| 20 | le | Shomen zuke | | | | | | |
| 21 | Pistole | Koshi gamae | | | | | | |
| 22 | Ь | Haimen zuke | | | | | | |
| 23 | | Abgrüßen | | | | | | |
| Su | Summe Fehler und Punkte: | | | | | | | |
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Kata Meisterschaft







Bewerter: Datum: Paar Nr:

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| | | Technik | 1 | 1 | 3 | 5 | vergessen | |
| 1 | | Angrüßen | | | | | | |
| 2 | | Tai | | | | | | |
| 3 | | Yume no uchi | | | | | | |
| 4 | | Ryoku hi | | | | | | |
| 5 | | Mizu guruma | | | | | | |
| 6 | | Mizu nagare | | | | | | |
| 7 | | Hiki otoshi | | | | | | |
| 8 | Omote | Ko daore | | | | | | |
| 9 | Om | Uchi kudaki | | | | | | |
| 10 | | Tani otoshi | | | | | | |
| 11 | | Kuruma daore | | | | | | |
| 12 | | Shikoro dori | | | | | | |
| 13 | | Shikoro gaeshi | | | | | | |
| 14 | | Yu dachi | | | | | | |
| 15 | | Taki otoshi | | | | | | |
| 16 | | Mi kudaki | | | | | | |
| 17 | | Kuruma gaeshi | | | | | | |
| 18 | | Mizu iri | | | | | | |
| 19 | Ura | Ryu setsu | | | | | | |
| 20 | | Saka otoshi | | | | | | |
| 21 | | Yuki ore | | | | | | |
| 22 | | lwa nami | | | | | | |
| 23 | | Abgrüßen | | | | | | |
| Su | ımn | ne Fehler und Punkte: | | | | | | |
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