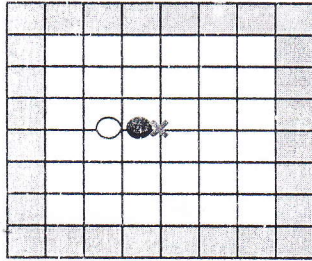


# Nage-No-Kata: Positionierung vor den Würfeln

(Alle Positionen für Ausführung "Rechts")

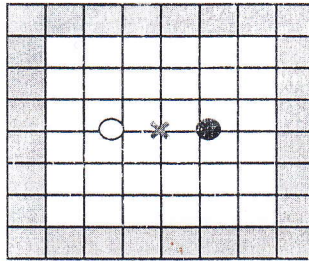
○ Uke ● Tori  
✕ Mattenmittelpunkt

Uki-Otoshi



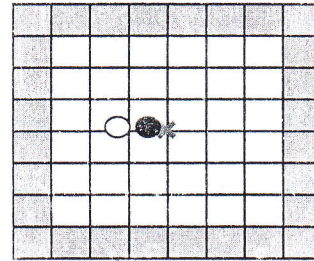
Joseki

Seoi-Nage



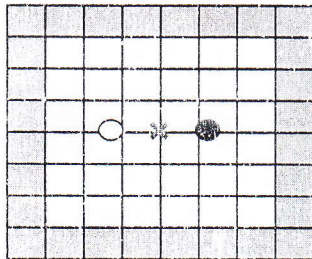
Joseki

Kata-Guruma



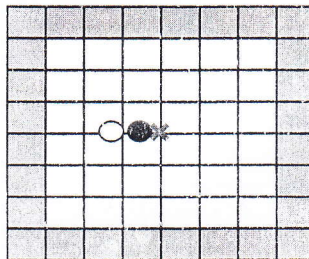
Joseki

Uki-Goshi



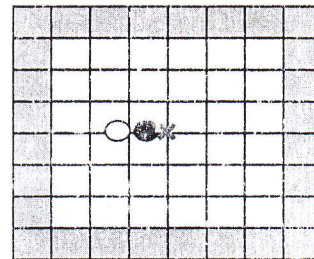
Joseki

Harai-Goshi



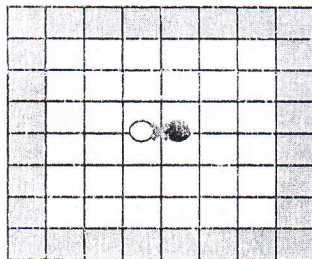
Joseki

Tsuri-Komi-Goshi



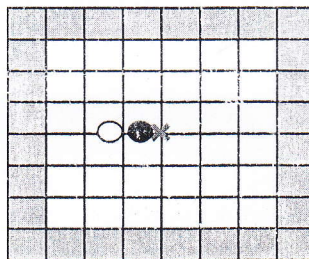
Joseki

Okuri-Ashi-Barai



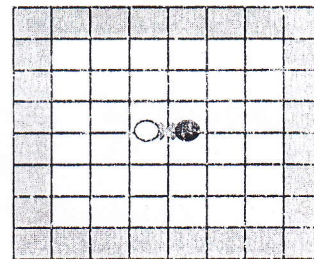
Joseki

Sasae-Tsuri-Komi-Ashi



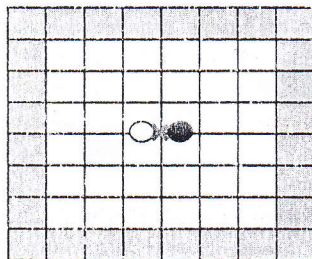
Joseki

Uchi-Mata



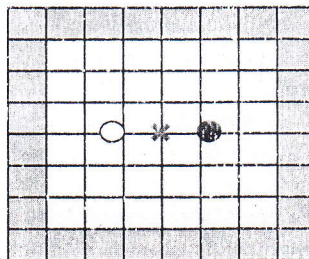
Joseki

Tomoe-Nage



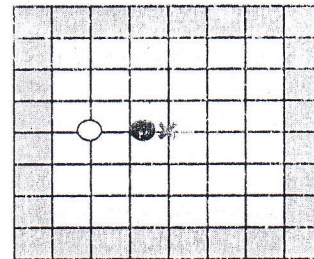
Joseki

Ura-Nage



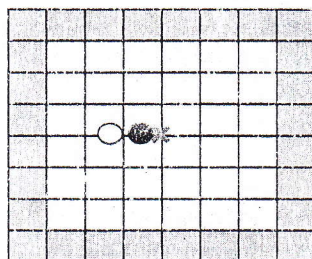
Joseki

Sumi-Gaeshi



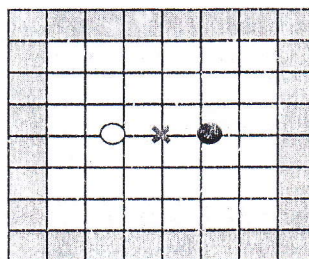
Joseki

Yoko-Gake



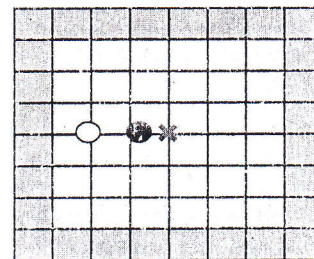
Joseki

Yoko-Guruma



Joseki

Uki-Waza



Joseki