

1. Kyu - braun (Vorbereitungszeit 12 Monate, ab 14 Jahre)

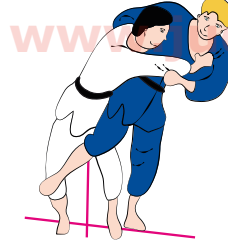
Ashi waza (Fuß-/Beintechniken)

13. Soto gake
(äußeres Einhängen)

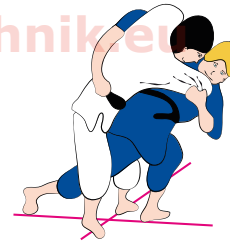


Koshi waza (Hüfttechniken)

13. O guruma
(großes Rad)

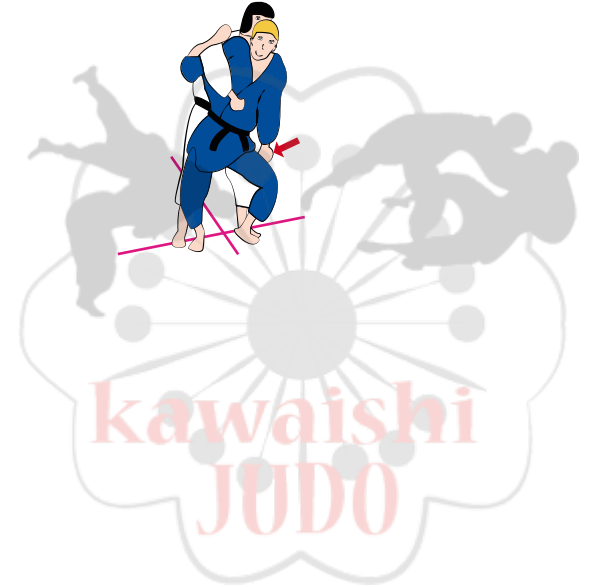


12. Ko tsuri goshi
(kleine gezogene Hüfte)



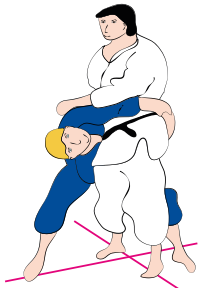
Kata waza (Schultertechniken)

6. Seoi age
(Rücken-Heber)



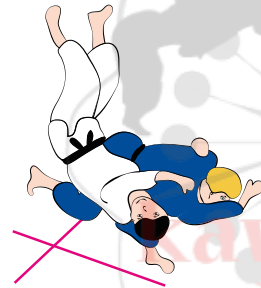
Te waza (Handtechniken)

7. Obi otoshi
(Gürtelsturz)



Sutemi waza (Opfertechiken)

11. Hane maki komi
(gesprungenes Einrollen)

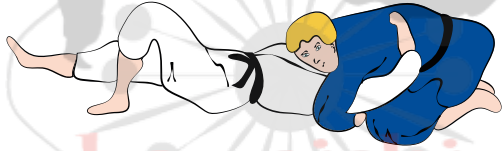


Alle Techniken in rechter
und linker Ausführung!

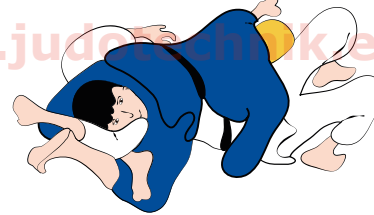
1. Kyu - braun (Vorbereitungszeit 12 Monate, ab 14 Jahre)

Osae komi waza (Haltetechiken)

13. Ura shiho gatame
(rückwärtige 4-Punkt Kontrolle)



14. Kami sankaku gatame
(hintere Dreiecks Kontrolle)



Jime waza (Würgetechniken 1. Gruppe)

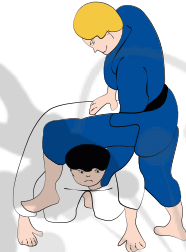
15. Tsukkomi jime
(Stosswürge)



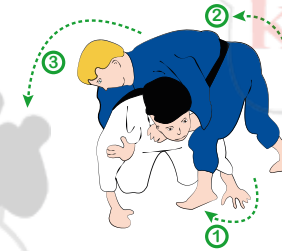
16. Ebi jime
(Krebswürge)



17. Hasami jime
(Scherenwürge)



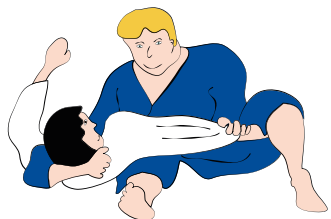
18. Othen jime
(gerollte Würge)



Kansetsu waza (Hebeltechniken) - ab 14 Jahre

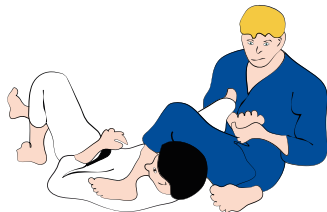
1. Kesa garami
(Schärpen-Kontrolle)

Kesa gatame



2. Kuzure kami shiho garami
(Variante eingerollte obere 4-Punkt Kontrolle)

Kuzure kami shiho gatame



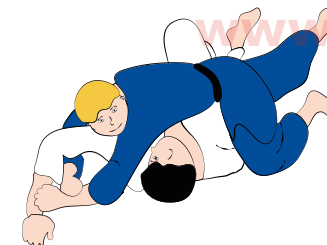
3. Gayaku kesa garami
(umgekehrte eingerollte Schärpe)

Gayaku kesa gatame



4. Mune garami
(eingerollte Brust Kontrolle)

Mune gatame



5. Gayaku mune
(umgekehrte Brust)

Mune gatame

