

## 2. Kyu - blau (Vorbereitungszeit 9 Monate)

### Ashi waza (Fuß-/Beintechniken)

11. Sasae tsuri komi ashi  
(Fußblock mit Anheben)

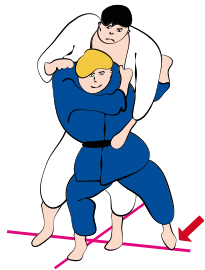


12. Harai tsuri komi ashi  
(Fuß fegen mit Anheben)



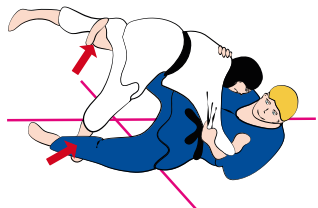
### Kata waza (Schultertechniken)

5. Hidari kata seoi  
(linke Schulter Rücken)

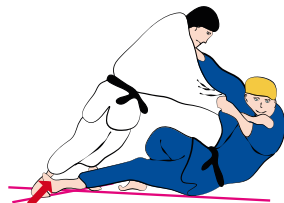


### Sutemi waza (Opfertechiken)

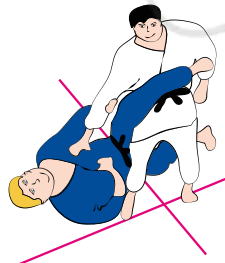
7. Sumi gaeshi  
(Ecken Konter)



8. Uki waza  
(flatternde Technik)

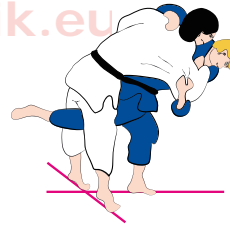


9. Kani basami  
(Krebsschere)



### Koshi waza (Hüfttechniken)

10. Uchi mata  
(innerer Schenkel)



11. O goshi  
(große Hüfte)



### Te waza (Handtechniken)

6. Sumi otoshi  
(Eckensturz)



Alle Techniken in rechter  
und linker Ausführung!

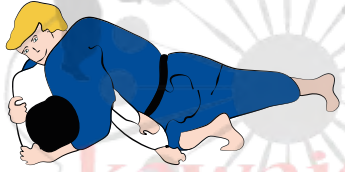
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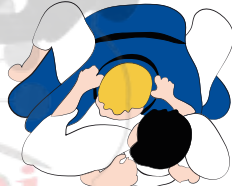
## 2. Kyu - blau (Vorbereitungszeit 9 Monate)

### Osae komi waza (Haltetechiken)

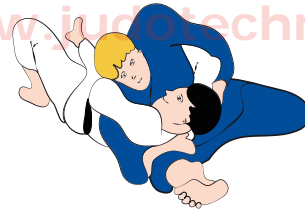
10. Kata osae gatame  
(Schulter Halte Kontrolle)



11. Ura gatame  
(rückwärtige Kontrolle)



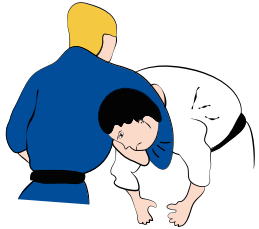
12. Kashira gatame  
(Kopf Kontrolle)



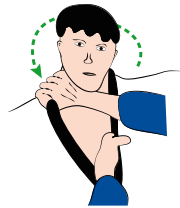
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### Jime waza (Würgetechniken 1. Gruppe) - ab 14 Jahre

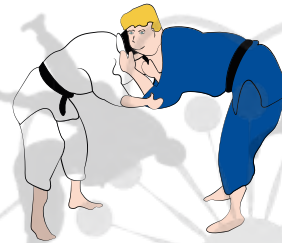
8. Ebi garami  
(Krebs Kontrolle)



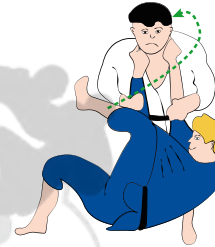
9. Tomoe jime  
(Kreiswürge)



10. Eri jime  
(Kragenwürge)

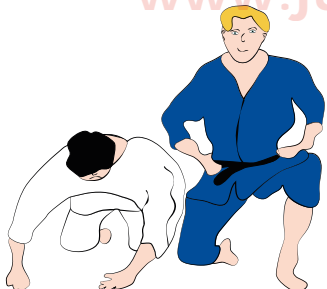


11. Kensui jime  
(hängende Würge)

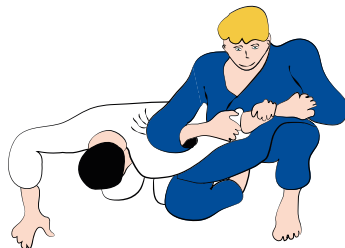


### Kansetsu waza (Hebeltechniken) - ab 14 Jahre

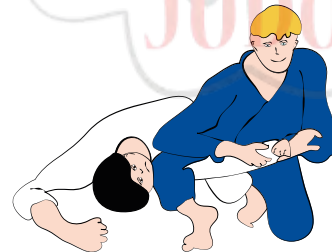
4. Position  
Grundstellung



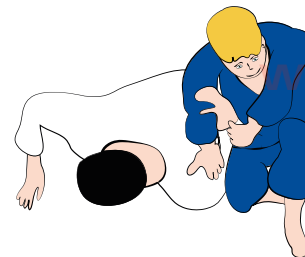
1. Hara gatame  
(Bauchkontrolle)



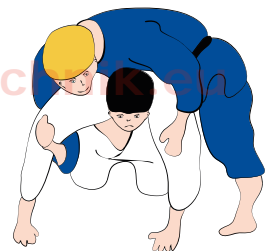
2. Ashi gatame  
(Beinkontrolle)



3. Ude garami henkawaza  
(Arm einrollen mit Wechseltechnik)



4. Oten gatame  
(gerollte Kontrolle)



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