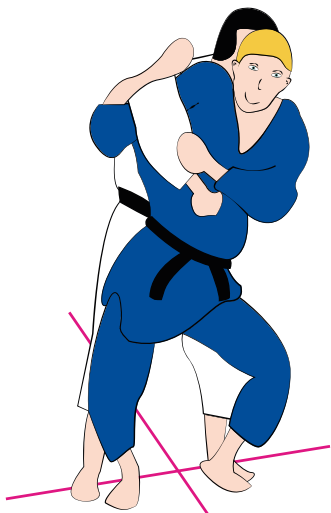
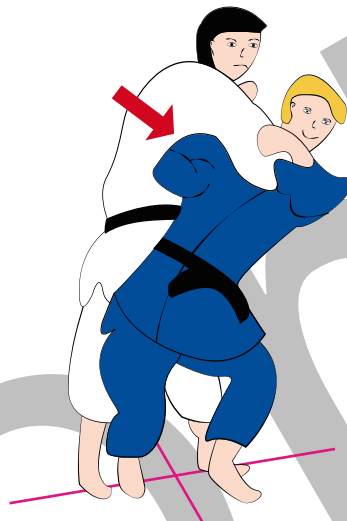


Kata waza (Schultertechniken)

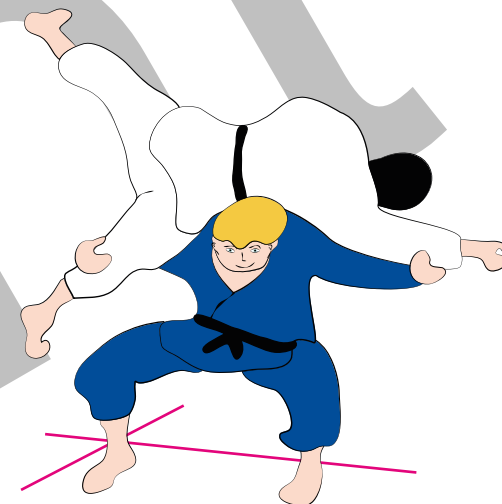
1. Kata seoi
(auf der Schulter tragen)



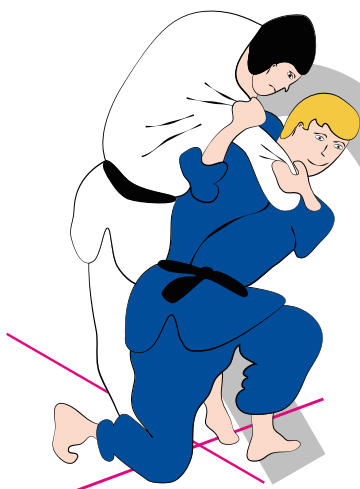
2. Seoi nage
(Schulterwurf)



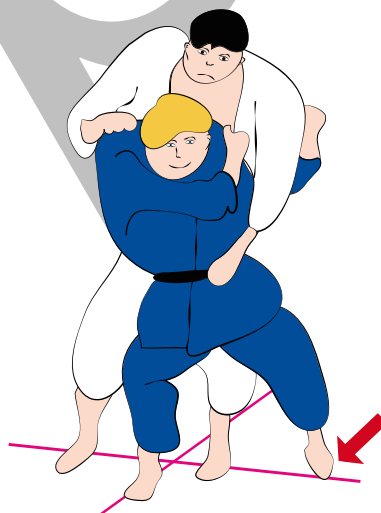
3. Kata guruma
(Schulterrad)



4. Seoi otoshi
(Rücken-Sturz)



5. Hidari kata seoi
(linke Schulter Rücken)



6. Seoi age
(Rücken-Heber)

