

aikiwerk



ANGRIFFSART																	
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14			
katate-tori (ai-hanmi)	katate-tori (gyaku-hanmi)	ryote-tori	katate-ryote /morote-tori	mune-tori	yoko-kubi-shime	ushiro-ryokata-tori	ushiro-kakae-tori	ushiro-ryote-tori	ushiro-eri-tori	ushiro-katate-tori-kubi-shime	ushiro-kubi-shime	yokomen-uchi	shomen-uchi	chudan-tsuki	jodan-tsuki	kata-tori	kata-tori-men-uchi

TACHI-WAZA – Standtechniken	1 shiho-nage	5		3		1			3	1	1		4	2		1		2
	2 kaiten-nage (uchi)		4											2				
	3 irimi-nage	5	4	2	2				3				3	5	2			2
	4 aiki-otoshi						2											
	5 kaiten-nage (soto)		3											2				
	6 koshi-nage	2																
	7 kote-gaeshi	4	4	2	3				3	1			3	4	1			2
	8 koshi-nage-hiji-garami																	
	9 koshi-nage-kote-hineri																	
	10 juji-garami				1					2								
	11 tenchi-nage		5	6														
	12 sumi-otoshi		2															
	13 kokyū-ho (kokyu-nage)		3															
	ude-kime-nage	4	4		3				3				4					
	sokumen-irimi/kokyu-nage		4				2											
	hiji-kime-osae															2		
	KATAME-WAZA Hebeltechniken	I ikkyo (ude-osae)	6	5	3			2	3	1			3	5		1	4	3
II nikyo (kote-mawashi)		4	4		3		2	3				3	3	1	1	4	2	
III sankyo (kote-hineri)		4	2				2	4				3	3	1	1	2	2	
IV yonkyo (tekubi-osae)												3	3					
V gokyō (ude-nobashi)												2	1					

NAGE-WAZA – Wurftechniken

KATAME-WAZA
Hebeltechniken

