

Abb. 2: Demonstration des Schulterwurfes Seoi-nage



Abb.3: Demonstration des Morote-seoi-nage  
Hier geht Tori in die tiefe Hocke und winkelt den rechten Arm stark ab.



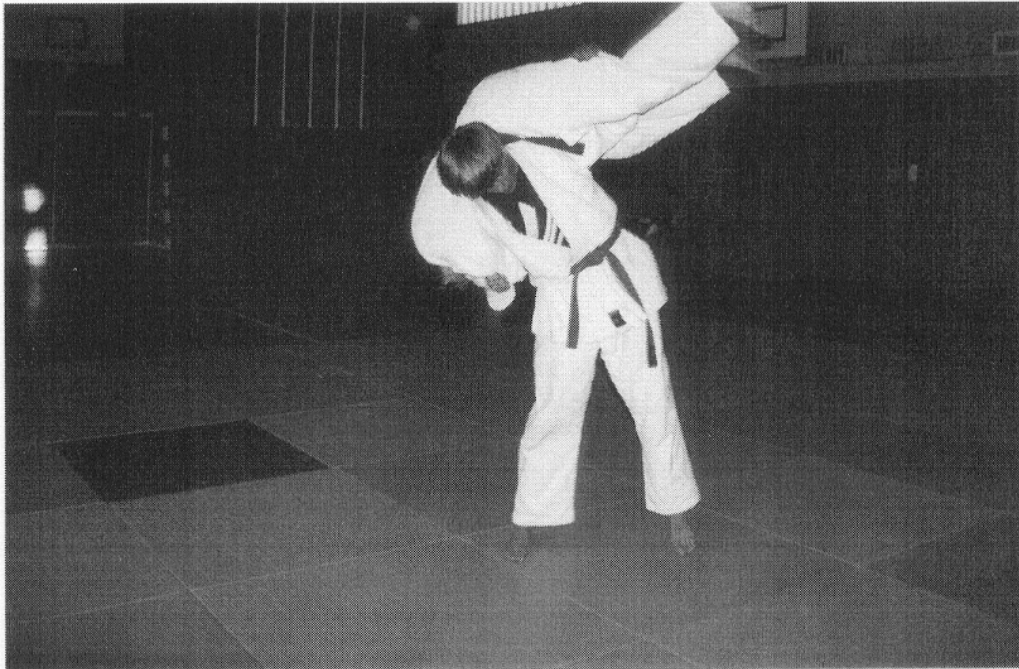


Abb.4: Demonstration des Schulterwurfes Kata-guruma

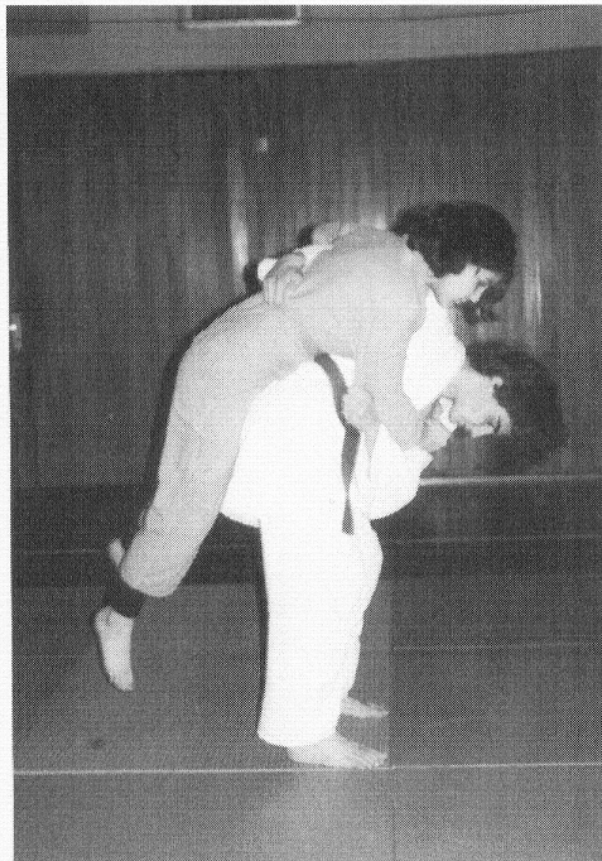


Abb.5: Demonstration des Hüftwurfes O-goshi



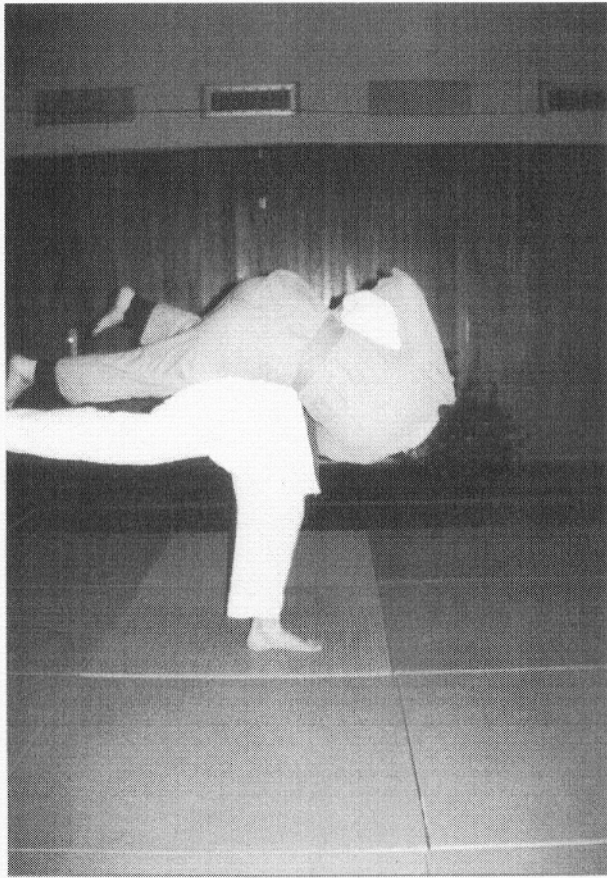


Abb. 6: Demonstration des Hüftwurfs Harai-goshi

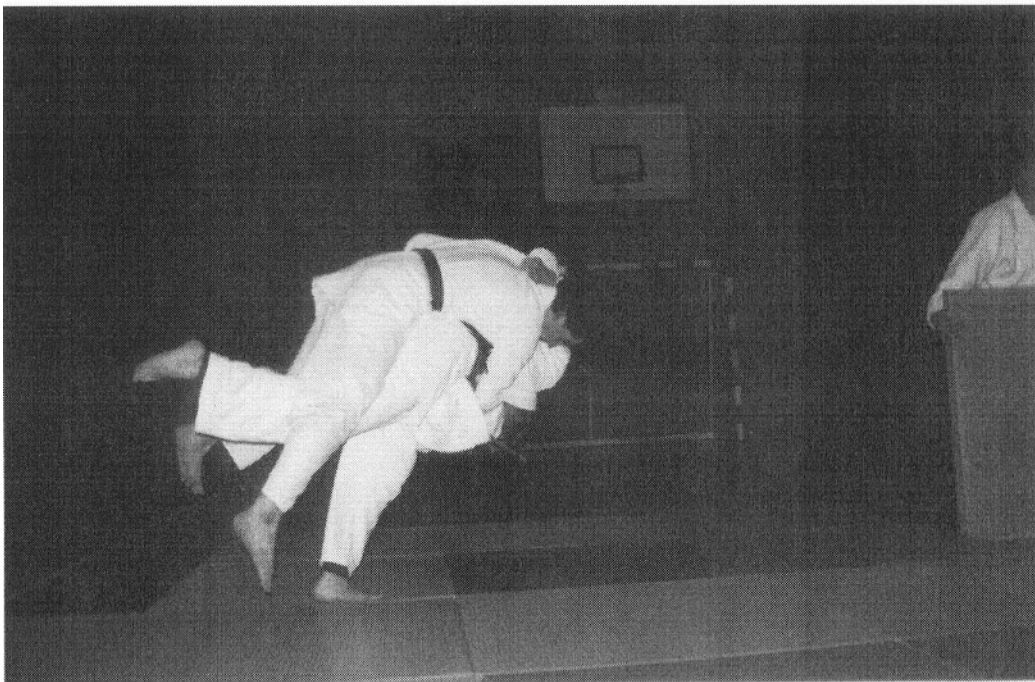


Abb. 7: Demonstration des Beinwurfes Uchi-mata



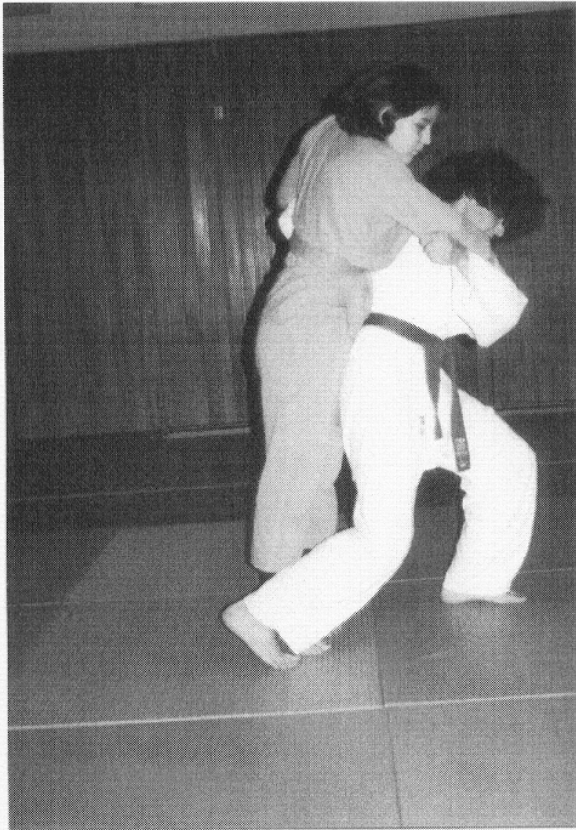


Abb.8: Demonstration des Fußwurfes Tai-otoshi

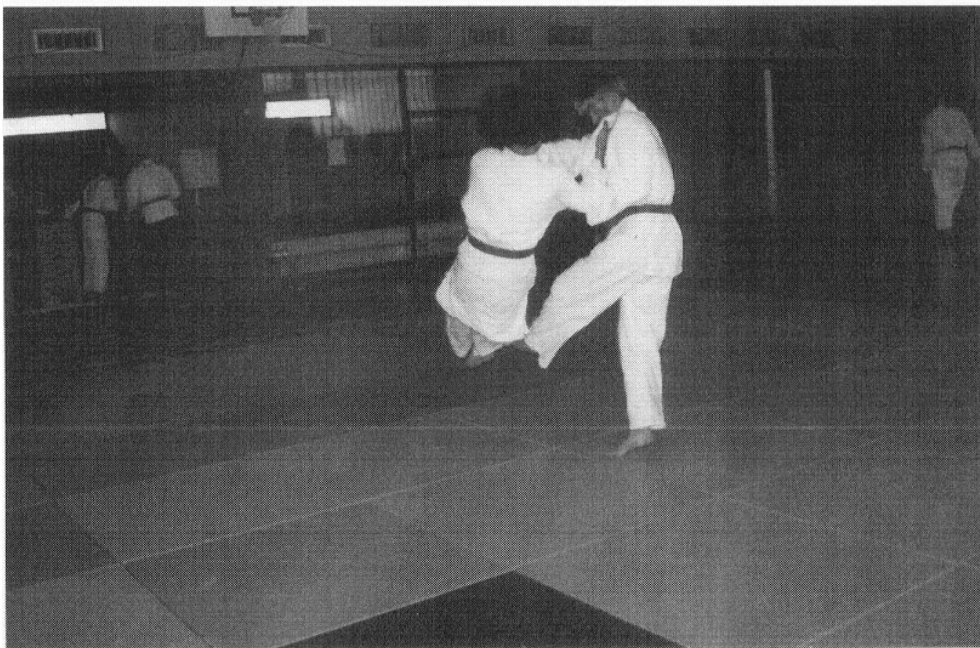


Abb. 9: Demonstration des Fußwurfes Okuri-ashi-barai



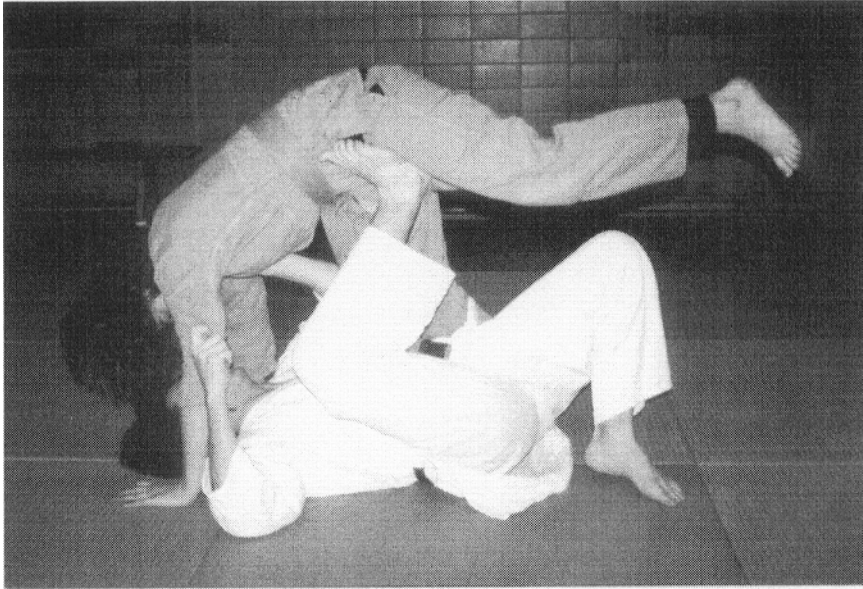


Abb.10: Demonstration des Selbstfallwurfes Tomoe-nage



Abb.11: Demonstration eines Haltegriffes (Kesa-gatame)



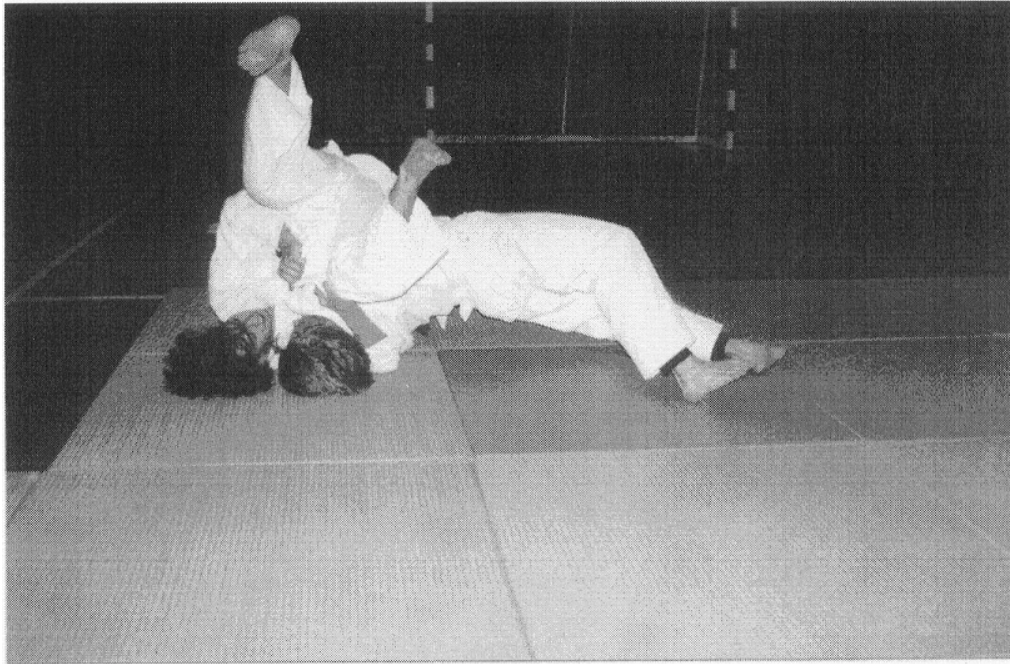


Abb.12: Demonstration einer Befreiung aus dem Haltegriff Kesa-gatame (durch Schulterbrücke)



Abb.13: Demonstration einer Würgetechnik (Juji-jime)



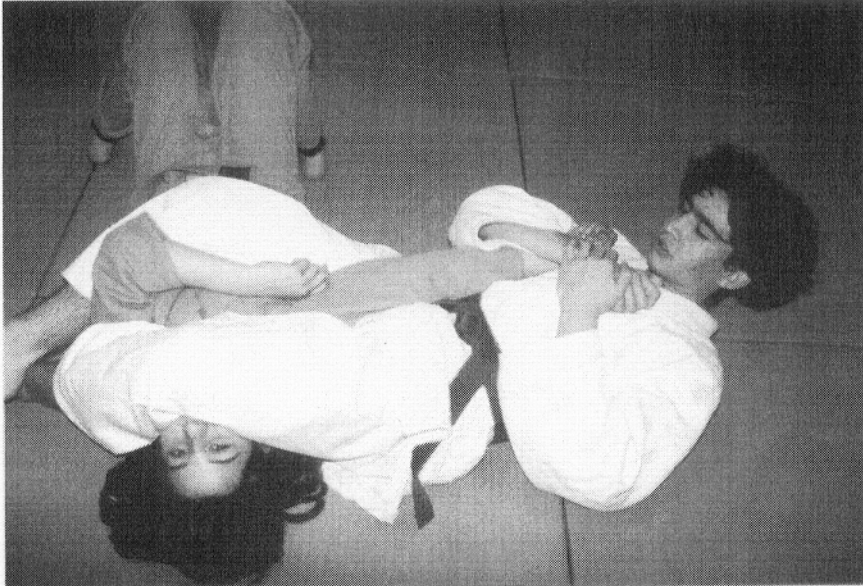


Abb.14: Demonstration des am häufigsten ausgeführten Streckhebels (Juji-gatame)



Abb.15: Demonstration eines Beugehebels (Ude-garami)