

Nordrhein Westfälisches Dan Kollegium



Kreis Unna – Hamm



Kombinationen + Kontertechniken

Bei den Kombinationen muß Angriff - Reaktion von Uke - und weiterführender Wurf deutlich zu unterscheiden sein. (Der Kombinationswurf darf nicht von Anfang an das eigentliche Ziel sein - wie z.B. bei einer Finte).

Kombinationen		Kontertechniken	
O uchi gari	Morote seoi nage	Seoi nage	Te guruma
O uchi gari	Tai otoshi	Seoi nage	Tani otoshi
O uchi gari	Ko uchi gari	Seoi nage	Yoko guruma
O uchi gari	O soto gari	Seoi nage	Ura nage
O uchi gari	Koshi guruma	Seoi nage	Kata ha jime
O uchi gari	Haraik goshi	Seoi nage	Sumi gaeshi
O uchi gari	Uchi mata	O goshi / Uki goshi	Hidari o goshi
O soto gari	Seoi otoshi	O goshi / Uki goshi	/Yoko guruma
O soto gari	Seoi nage	O goshi / Uki goshi	Ura nage
O soto gari	O uchi gari	O goshi / Uki goshi	Ushiro goshi
O soto gari	Harai goshi	O goshi / Uki goshi	Tani otoshi
O soto gari	Uchi mata	O goshi / Uki goshi	Hidari koshi guruma
O soto gari	Koshi guruma	O goshi / Uki goshi	Utsuri goshi
O soto gari	Tai otoshi	O goshi / Uki goshi	O goshi
O soto gari	Yoko tomoe nage	O goshi / Uki goshi	Te guruma
O soto gari	Hidari sasae tsuri komi ashi	O goshi / Uki goshi	Sumi gaeshi
O soto gari	Hidari O guruma	O soto gari	O soto gari
O soto gari	O soto guruma	O soto gari	O soto guruma
Ko uchi gari	Ippon seoi nage	O soto gari	O soto gaehsi (Knie anheben)
Ko uchi gari	De ashi barai	Tai otoshi	Te guruma
Ko uchi gari	Hane goshi	Tai otoshi	Tani otoshi
Ko uchi gari	Yoko tome nage	Tai otoshi	Yoko guruma
Ko uchi gari	O uchi gari	Tai otoshi	Ura nage
Ko uchi gari	Tai otoshi	Tai otoshi	Sukui nage
Ko uchi gari	Kata ashi dori	Tai otoshi	Ko soto gake
Ko uchi gari	Uchi mata	De ashi barai	De ashi barai
Ko uchi gari	De ashi barai	De ashi barai	Tsubame gaeshi
Ko uchi gari	Tomoe nage	De ashi barai	Tani otoshi
Uchi mata	Tani otoshi	De ashi barai	Ko soto gake
Uchi mata	Ko soto gari	De ashi barai	Tai otoshi
Uchi mata	O uchi gari	Ko uchi gari	Tomoe nage
Uchi mata	Tomoe nage	Ko uchi gari	Sasae tsuri komi ashi
Uchi mata	Tai otoshi	Ko uchi gari	Hiza guruma
O goshi	Tani otoshi	O uchi gari	Okuri ashi barai
O goshi	O uchi gari	O uchi gari	Tomoe nage
O goshi	Harai goshi	O uchi gari	O goshi
O goshi	O soto gari	Hiza guruma	Hiza guruma
Seoi nage	Tani otoshi	Hiza guruma	Kata ashi dori
Seoi nage - Morote	Ko uchi maki komi	Hiza guruma	Ude harai goshi
Seoi nage	Ko uchi gari	Uchi mata	Sukui nage
Seoi nage - Ippon	O soto gari	Uchi mata	Sumi otoshi
Seoi nage - Ippon	Seoi otoshi	Uchi mata	Tai otoshi
Seoi nage - Morote	Yoko tomoe nage	Harai goshi	Utsuri goshi
De ashi barai	Harai goshi	Kata guruma	Taware gaeshi
De ashi barai	Tai otoshi	Kara guruma	Uki waza
Hiza guruma	Hiza guruma	Sasae tsuri komi ashi	Sasae tsuri komi ashi
Hiza guruma	Harai goshi	Ko soto gake	Tai otoshi
Sasae tsuri komi ashi	Harai goshi	Koshi guruma	Uki goshi
Sasae tsuri komi ashi	Morote Seoi nage	Hane goshi	Sasae tsuri komi ashi
Sasae tsuri komi ashi - hidari	Sasae tsuri komi ashi	Harai goshi	Utsuri goshi
Okuri ashi barai	Tai otoshi		
Tsuri goshi	Harai goshi		
Uki otoshi	Ko uchi gari		
Hane goshi	Harai goshi		