

KATAME-WAZA DES KODOKAN (29)

- Osaekomi-waza (7 Techniken)
- Shime-waza (12 Techniken)
- Kansetsu-waza (10 Techniken)

Katame-waza Kodokan-Demonstration

OSAEKOMI-WAZA

1. Kesa-gatame
2. Kuzure-kesa-gatame, Makura-kesa-gatame, Ushiro-kesa-gatame etc.
3. Kata-gatame
4. Kami-shiho-gatame
5. Kuzure-kamishiho-gatame (i. d. R. einen Arm fixieren)
6. Yoko-shiho-gatame
7. Tate-shiho-gatame

SHIME-WAZA

1. Nami-juji-jime
2. Gyaku-juji-jime
3. Kata-juji-jime
4. Hadaka-jime
5. Okuri-eri-jime
6. Kata-ha-jime
7. Ryote-jime
8. Katate-jime
9. Sodeguruma-jime
10. Tsukkomi-jime
11. Sankaku-jime
12. Do-jime

KANSETSU-WAZA

1. Ude-garami
2. Udehishigi-juji-gatame
3. Udehishige-udegatame
4. Udehishigi-hizagatame
5. Udehishigi-wakigatame
6. Udehishigi-haragatame
7. Udehishigi-ashi-gatame
8. Udehishigi-te-gatame
9. Udehishigi-sankaku-gatame
10. Ashi-garami