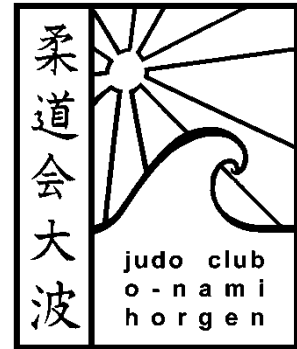


# Judo Club O-NAMI Horgen

[www.o-nami.ch](http://www.o-nami.ch)



## Prüfungsprogramm Grün

### Nage-Waza (Wurftechniken):

- Tomoe-nage
- Yoko-otoshi
- Tani-otoshi
- Seoi-otoshi
- Sasae-tsurikomi-ashi
- Morote-seoi-nage
- Uchi-mata
- Ko-uchi-maki-komi
- De-ashi-barai
- Okuri-ashi-barai
- Tsurikomi-goshi
- Harai-goshi
- Ko-soto-gari
- Ko-soto-gake
- O-goshi
- Ippon-seoi-nage
- O-uchi-gari
- Ko-uchi-gari
- Tai-otoshi
- O-soto-gari
- Hiza-guruma
- Uki-goshi

- **Katame-Waza (Kontrolltechniken):**
- Tate-shiho-gatame (3 Varianten)
- Yoko-shiho-gatame (3 Varianten)
- Kuzure-kami-shiho-gatame (3 Varianten)
- Kata-gatame
- Kuzure-kesa-gatame (3 Varianten)
- Hon-kesa-gatame

### **Kansetsu-Waza (Hebeltechniken):**

- Ude-hishigi-juji-gatame
- Ude-hishigi-waki-gatame

### **Shime-Waza (Würgetechniken):**

- Nami-juji-shime
- Gyaku-juji-shime
- Kata-juji-shime