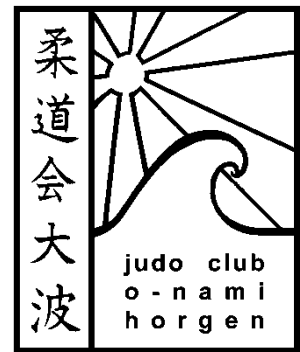


Judo Club O-NAMI Horgen

www.o-nami.ch



Prüfungsprogramm Orange

Nage-Waza (Wurftechniken):

- De-ashi-barai
- Okuri-ashi-barai
- Tsuru-komi-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):

- Kata-gatame
- Kuzure-kesa-gatame (3 Varianten)
- Kuzure-kami-shiho-gatame
- Hon-kesa-gatame
- Tate-shiho-gatame
- Yoko-shiho-gatame
- Kami-shiho-gatame