



Nage-Waza-Ura-no-Kata

entwickelt von Kyuzo Mifune (1883-1965; 10. Dan Judo)

Te-waza

- | | | | |
|----|-------------|----------------------|---------------|
| 1. | Uki-otoshi | wird gekontert durch | Tai-otoshi |
| 2. | Seoi-nage | | Yoko-guruma |
| 3. | Kata-guruma | | Sumi-gaeshi |
| 4. | Tai-otoshi | | Kotsuri-goshi |
| 5. | Obi-otoshi | | O-guruma |

Ashi-waza

- | | | |
|----|----------------------|--------------------|
| 1. | Okuri-ashi-harai | Tsubame-gaeshi |
| 2. | Ko-uchi-gari | Hiza-guruma |
| 3. | O-uchi-gari | O-uchi-gari-gaeshi |
| 4. | Sasae-tsurikomi-ashi | Sumi-otoshi |
| 5. | Uchi-mata | Tai-otoshi |

Koshi-waza

- | | | |
|----|-------------|-----------------|
| 1. | Hane-goshi | Kari-gaeshi |
| 2. | Harai-goshi | Ushiro-goshi |
| 3. | Han-goshi | Utsuri-goshi |
| 4. | Uki-goshi | Yoko-wakare |
| 5. | O-goshi | Ippon-seoi-nage |



Württembergisches
Dan-Kollegium e.V.