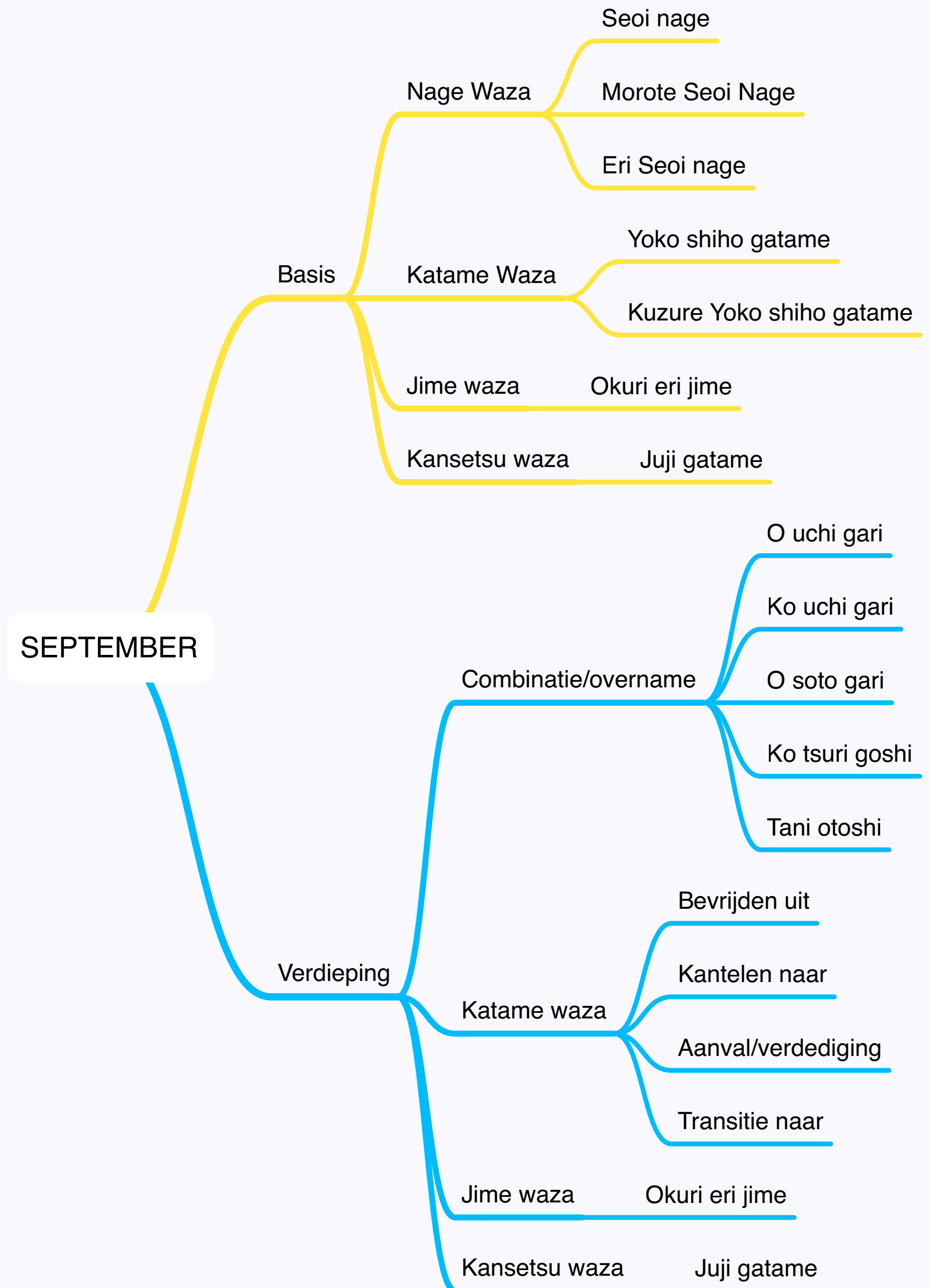
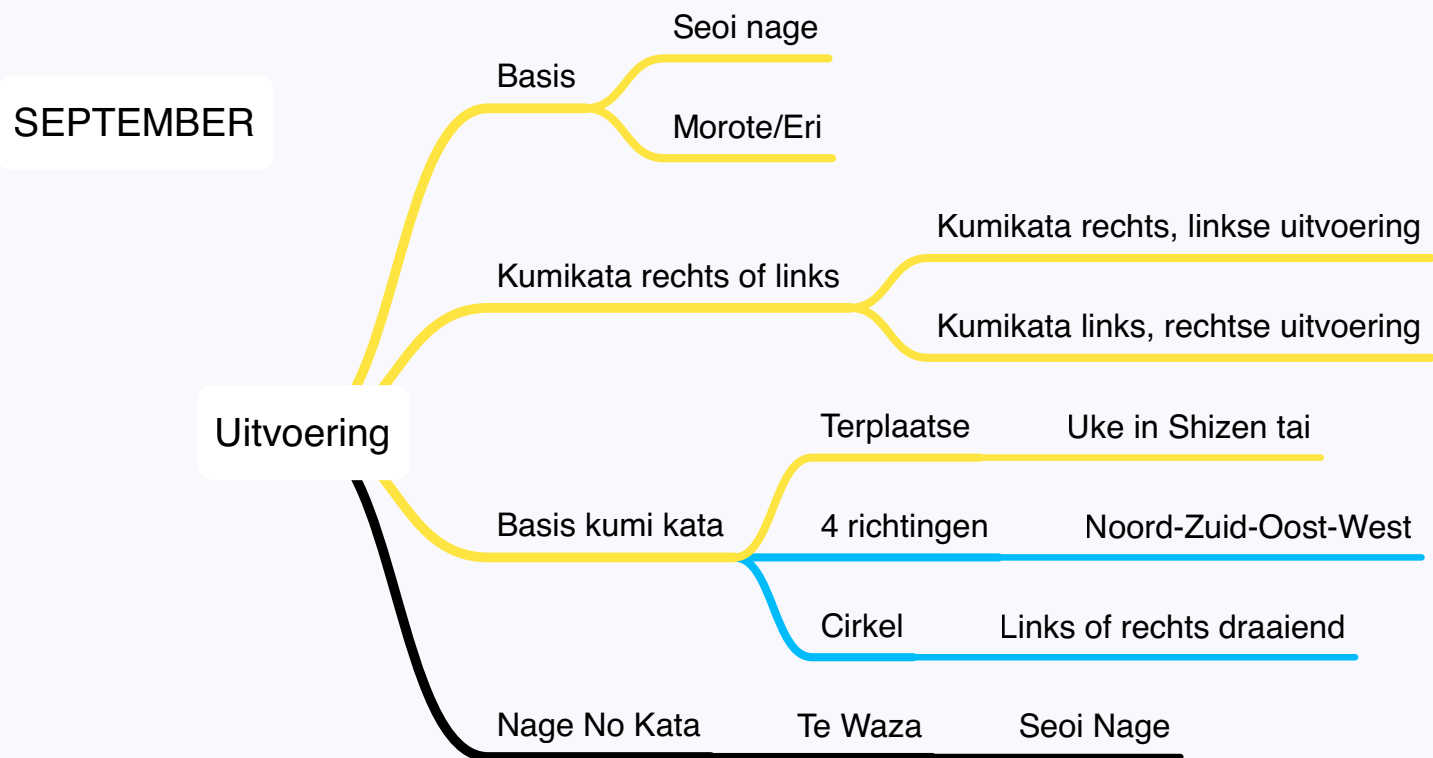


Jongeren & Volwassenen

+12

Groep 3





Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.





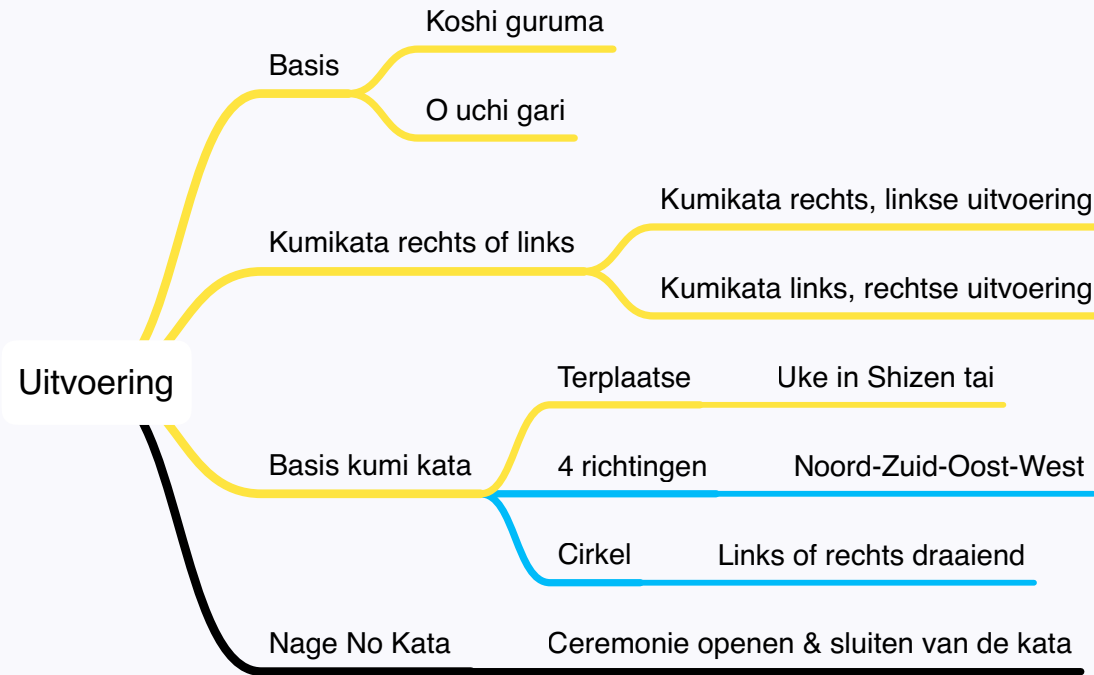
Techniek Niveau:

September:

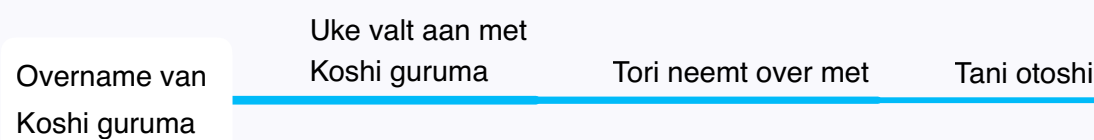
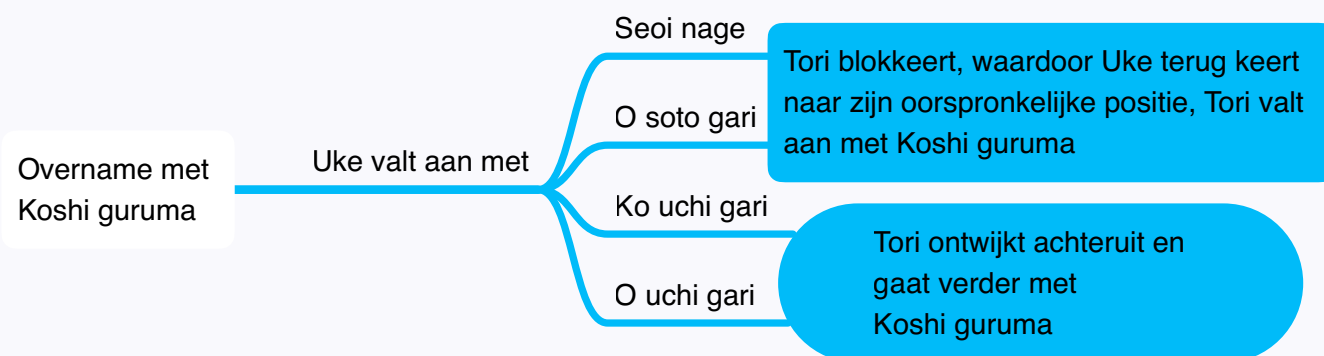
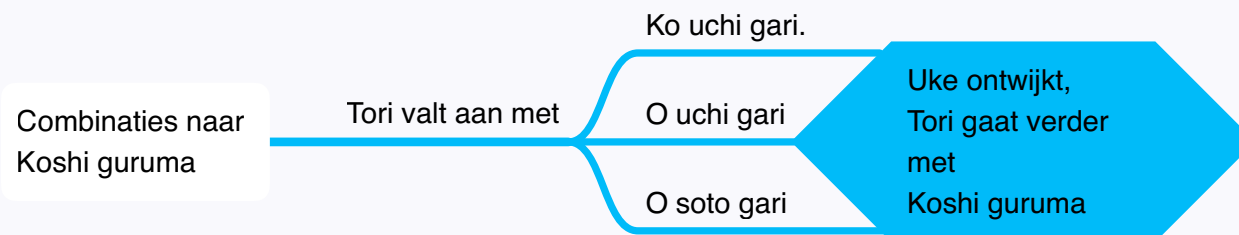
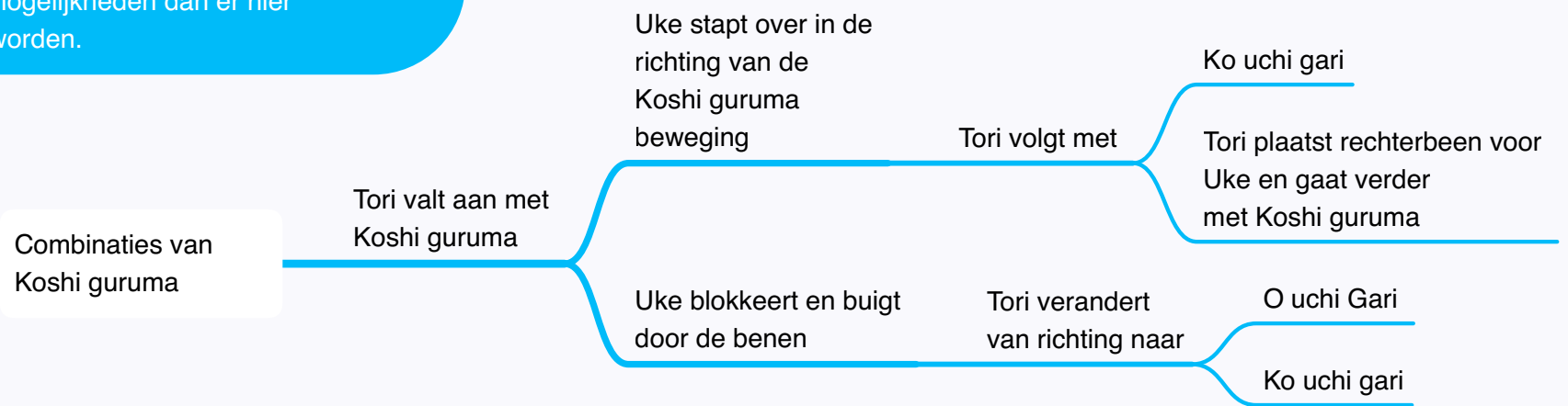
Seoi nage	
Morote seoi nage	
Eri seoi nage	
Yoko shiho gatame	
Kuzure yoko shiho gatame	
Okuri eri jime	
Juji gatame	



OKTOBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.





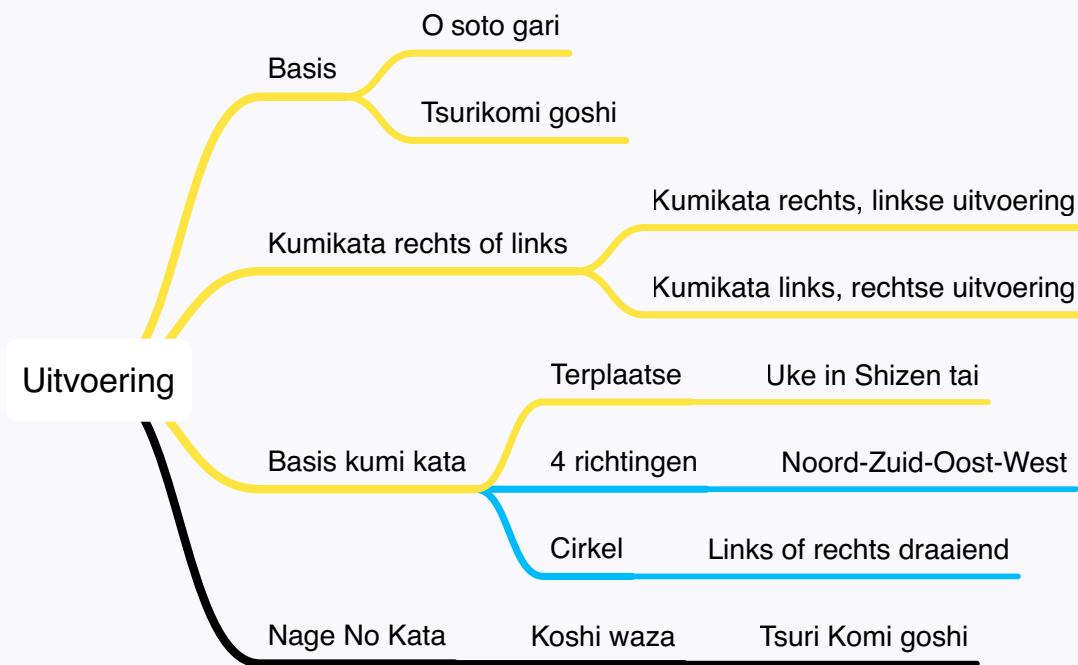
Techniek Niveau:

Oktober:

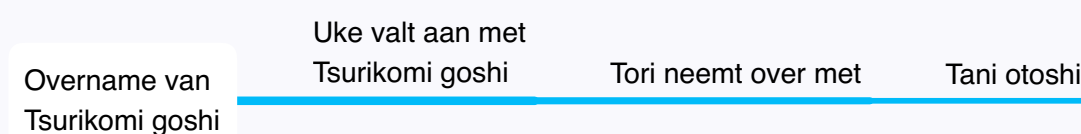
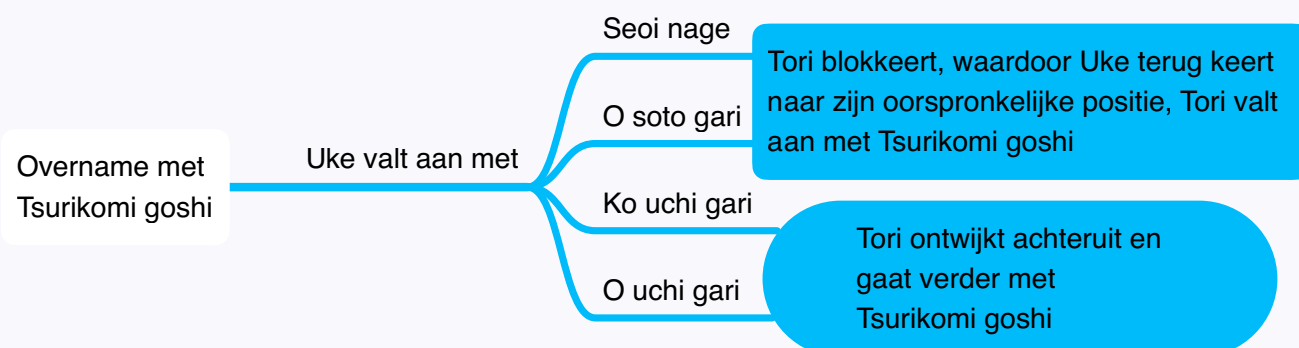
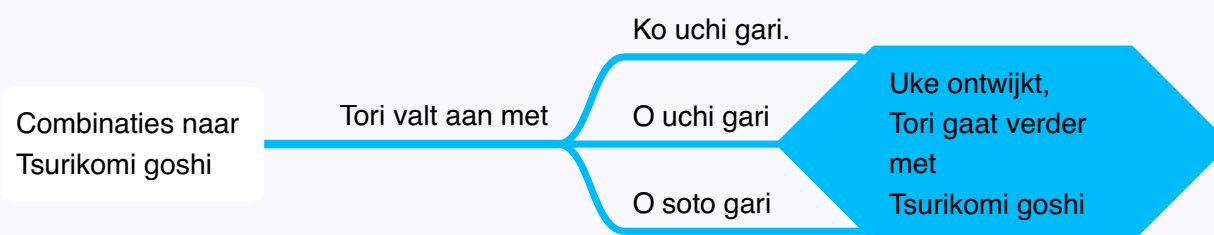
Koshi guruma		
O uchi gari		
Kami shiho gatame		
Uchiro kesa gatame		
Katate jime		
Waki gatame		

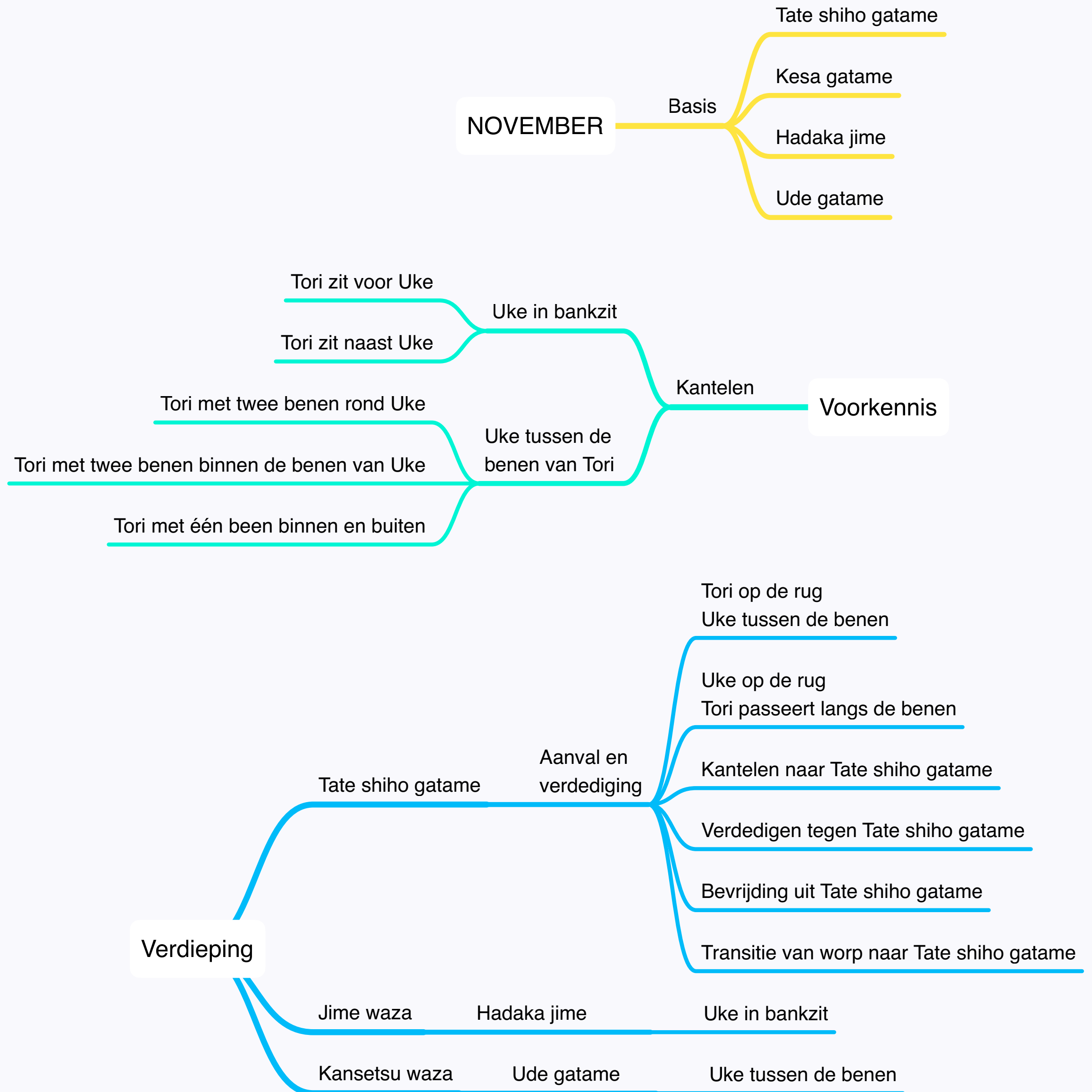


NOVEMBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.





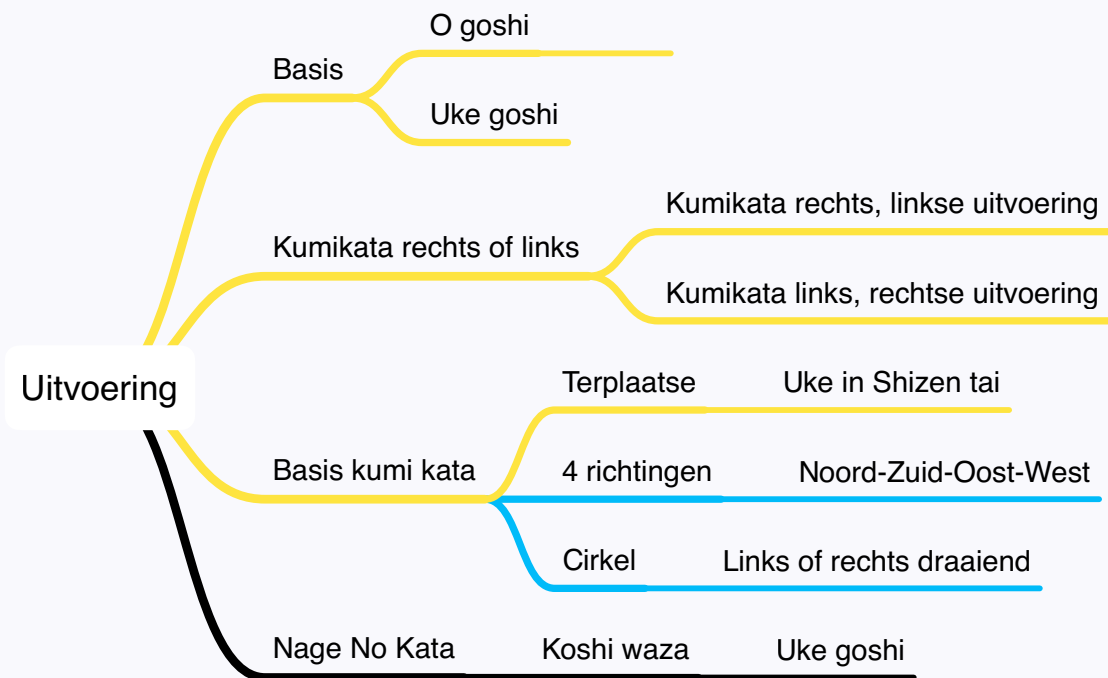
Techniek Niveau:

November:

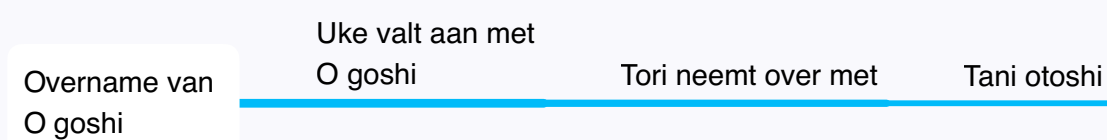
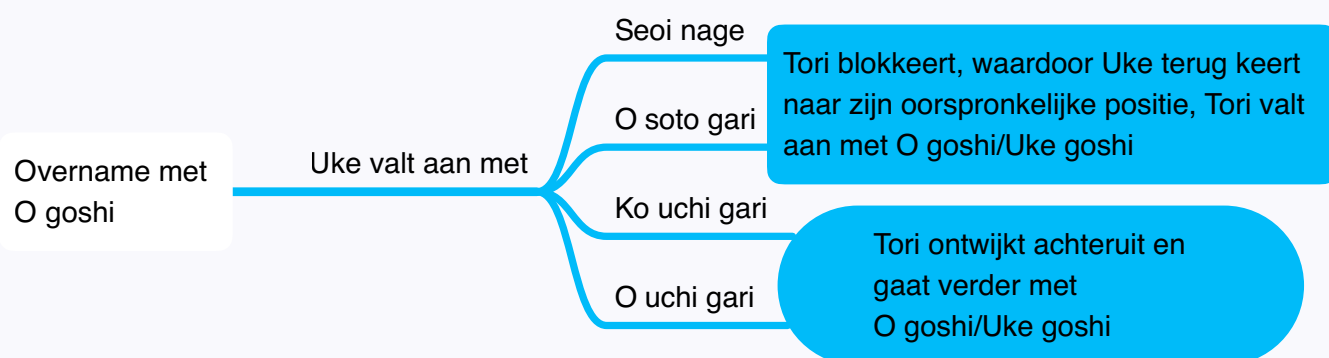
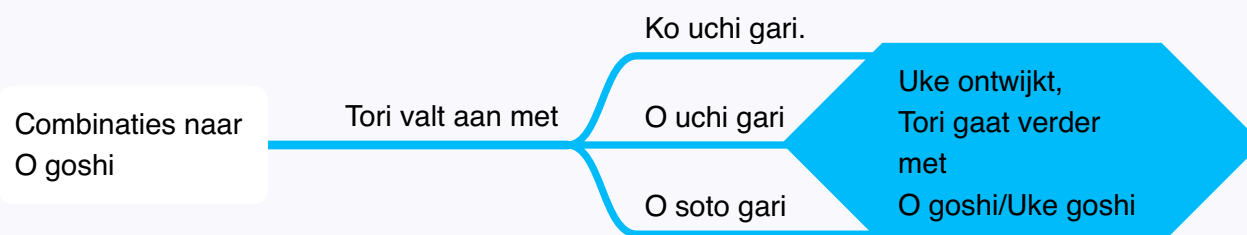
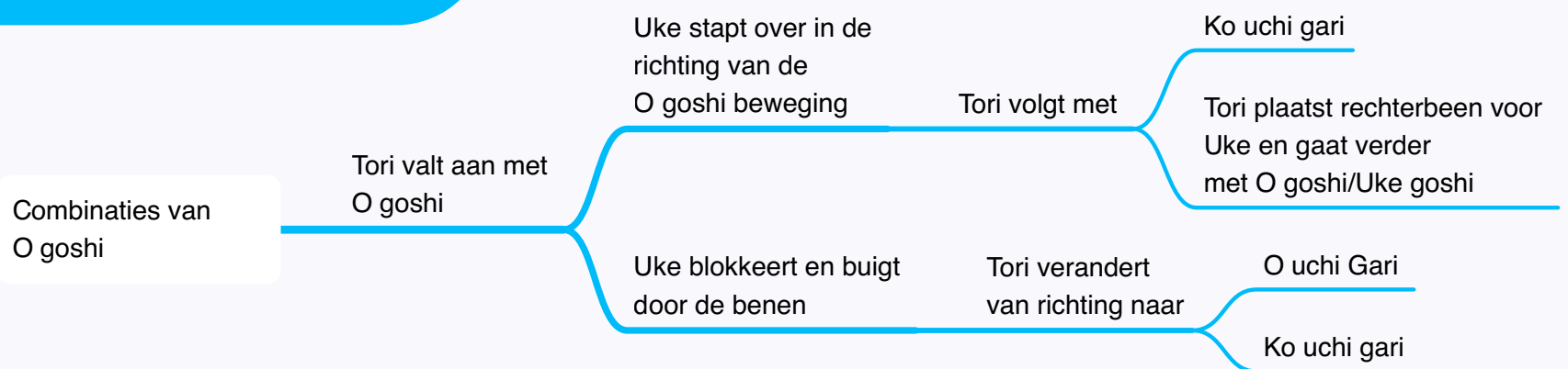
O soto gari		
Tsuri komi goshi		
Tate shiho gatame		
Kesa gatame		
Hadaka jime		
Ude gatame		

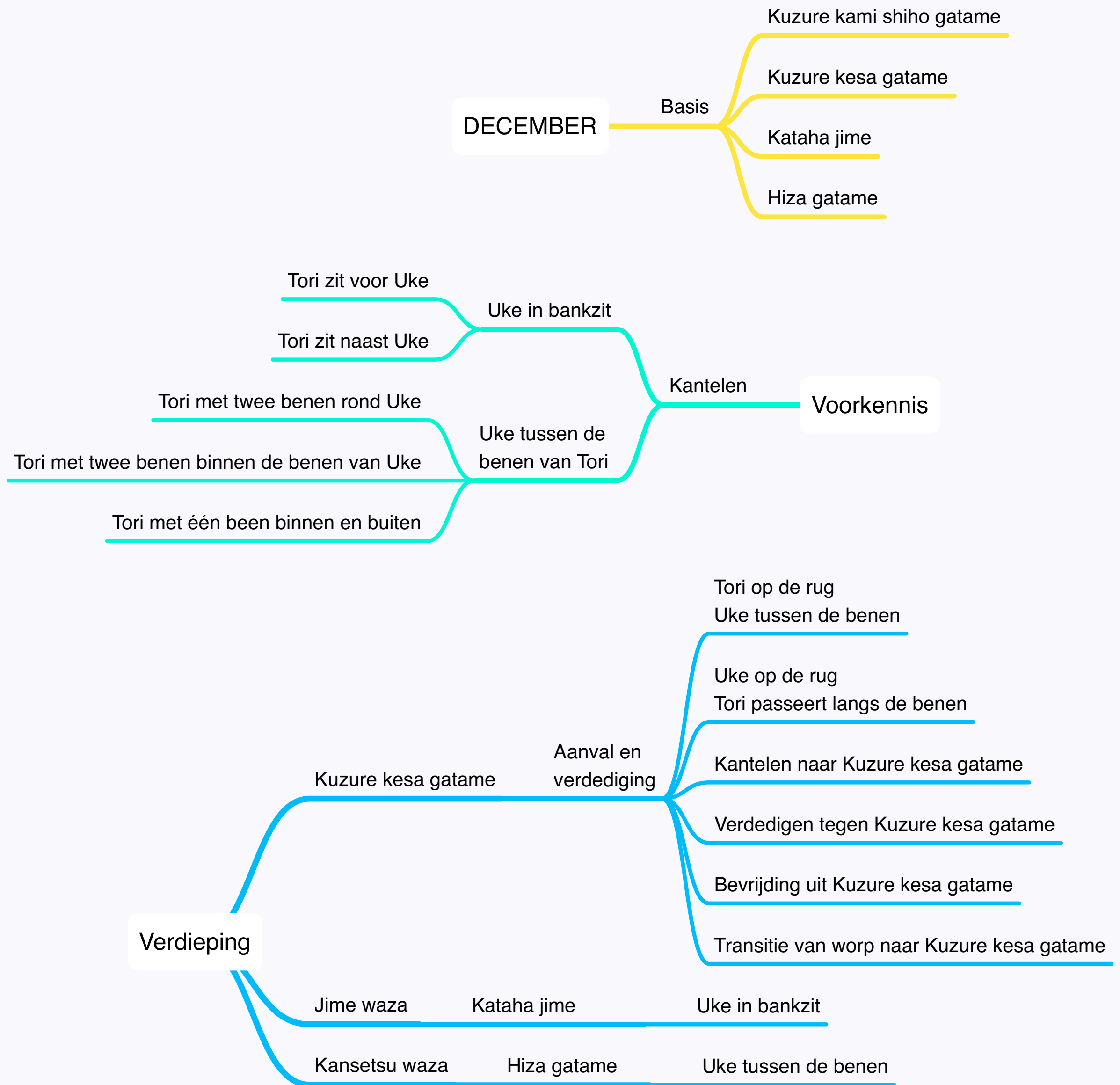


DECEMBER



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.





Techniek Niveau:

December:

O goshi		
Uke goshi		
Kuzure kami shiho gatame		
Kuzure kesa gatame		
Kataha jime		
Hiza gatame		

JANUARI

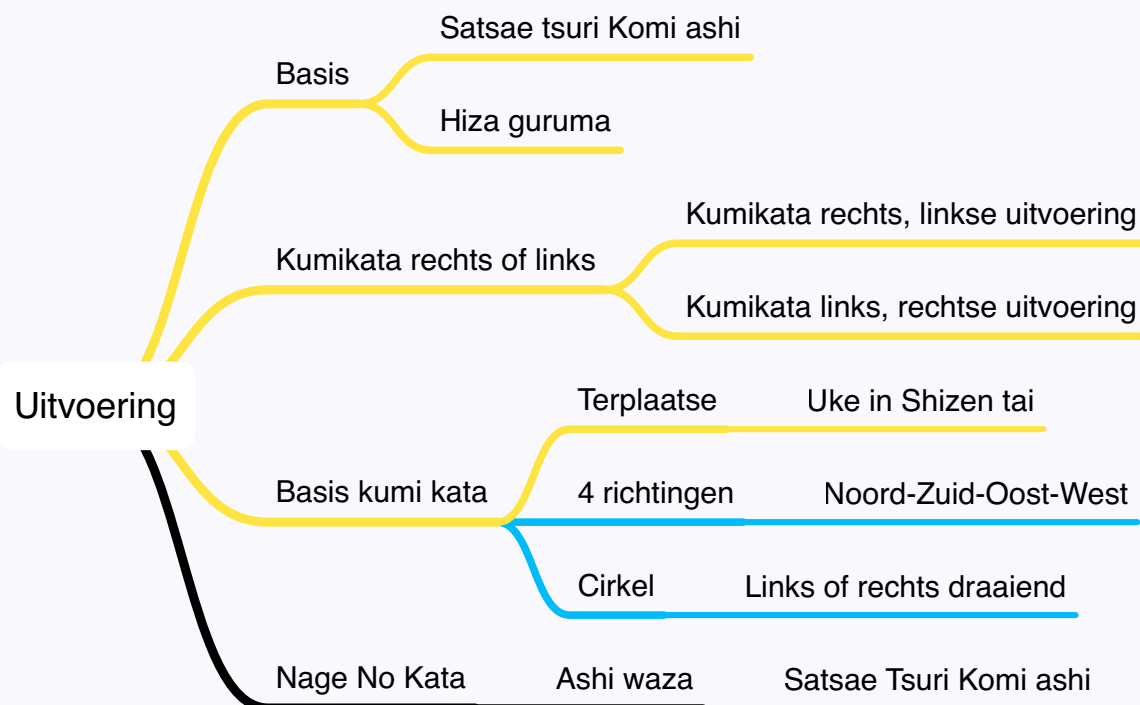
Basis

- Nage waza
 - Satsae tsuri komi ashi
 - Hiza guruma
- Katame waza
 - Kesa gatame
 - Kata Kesa gatame
- Jime waza
 - Nami, Gyaku, Kata, juji jime
- Kansetsu waza
 - Ude garami

Verdieping

- Combinatie/overname
 - O soto gari
 - Satsae tsuri komi ashi
 - Uchi mata
 - Hiza guruma
 - Tai otoshi
 - Harai goshi
 - O uchi gari
 - Ko uchi gari
- Katame waza
 - Bevrijden uit
 - Kantelen naar
 - Aanval/verdediging
 - Transitie naar
- Jime waza
 - Nami, Gyaku, Kata juji jime
- Kansetsu waza
 - Ude garami

JANUARI



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.

Combinaties van Satsae Tsuru Komi ashi

Tori valt aan met Satsae Tsuru Komi ashi

Uke stapt over in de richting van de Satsae Tsuru Komi Ashi beweging

Tori volgt met

Ko uchi gari

Satsae Tsuru Komi ashi

Uke blokkeerd en buigt door de benen

Tori verandert van richting naar

O uchi Gari

Ko uchi gari

O soto gari

Combinaties naar Satsae Tsuru Komi ashi

Tori valt aan met

Ko uchi gari.

O uchi gari.

O soto gari (Links)

Uke ontwijkt, Tori gaat verder met Satsae Tsuru Komi ashi

Overname met Satsae Tsuru Komi ashi

Uke valt aan met

Seoi nage

O soto gari

Ko uchi gari

O uchi gari

Tori blokkeerd, waardoor Uke terug keert naar zijn oorspronkelijke positie, Tori valt aan met Satsae Tsuru Komi ashi

Tori ontwijkt achteruit en gaat verder met Satsae Tsuru Komi Ashi (links)

Overname van Satsae Tsuru Komi ashi

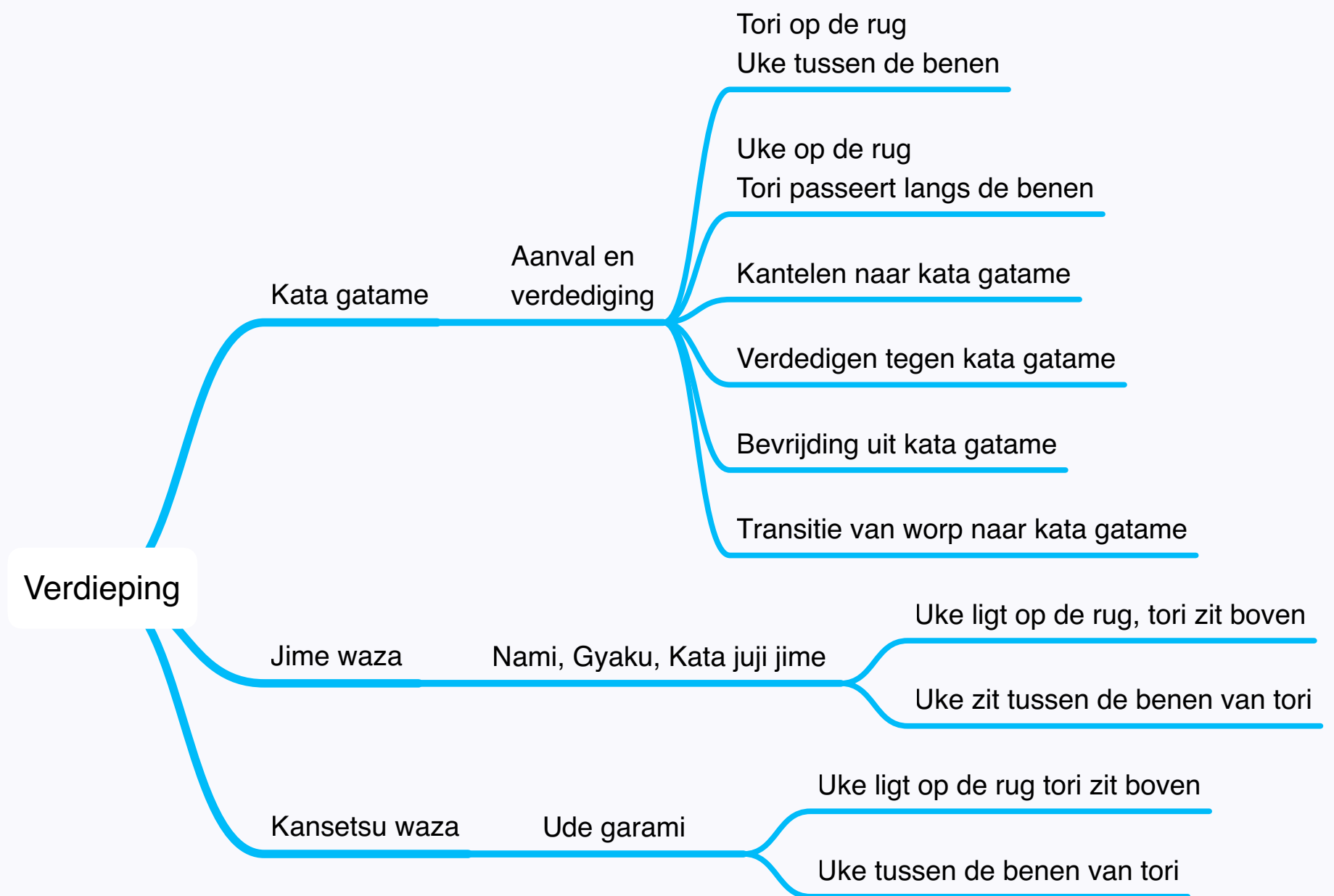
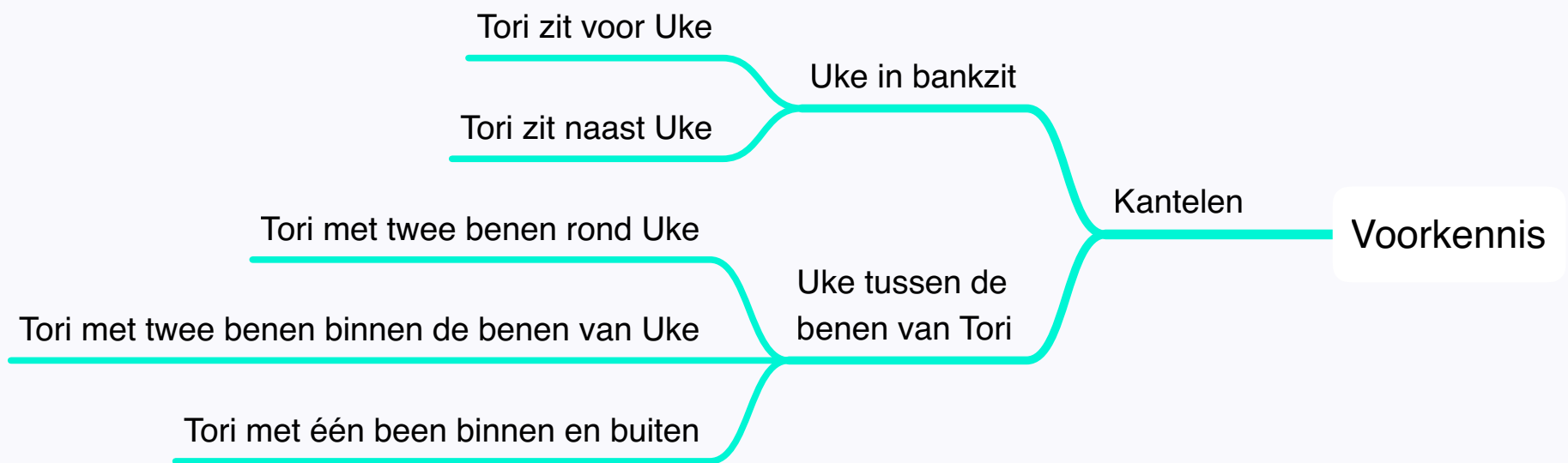
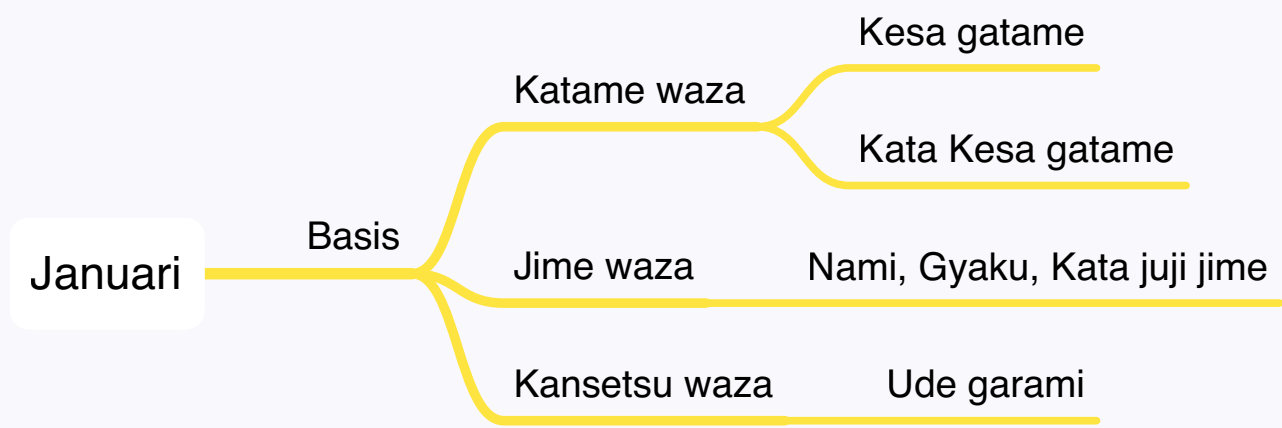
Uke valt aan met Satsae Tsuru Komi ashi

Tori neemt over met

Satsae Tsuru Komi ashi

O uchi gari

Ko uchi Gari



Techniek Niveau:

Januari:

Satsae tsuri komi ashi		
Hiza guruma		
Kesa gatame		
Kata kesa gatame		
Nami, Gyaku, Kata juji jime		
Ude garami		

FEBRUARI

Basis

Nage waza

Harai goshi

Hane goshi

Katame waza

Makura Kesa gatame

Ura gatame

Jime waza

Sankaku jime

Kansetsu waza

Sankaku gatame

Combinatie/overname

Ko uchi gari

O uchi gari

O soto gari

Tani otoshi

Seoi nage

Ko soto gake

Hiza guruma

Verdieping

Katame waza

Bevrijden uit

Kantelen naar

Aanval/verdediging

Transitie naar

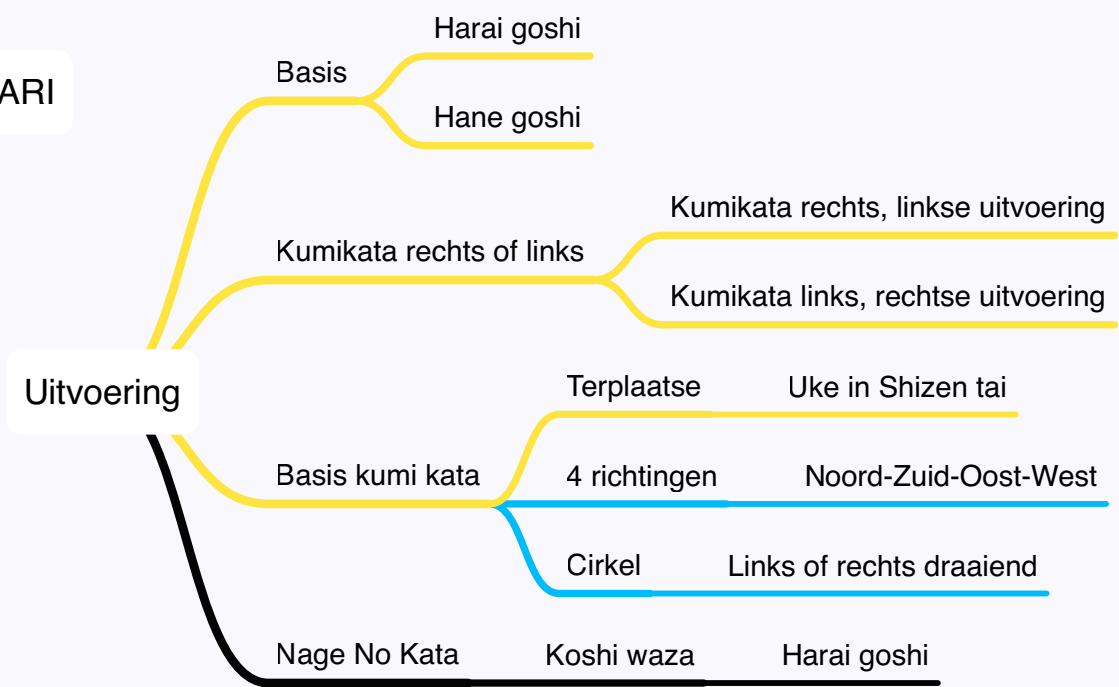
Jime waza

Sankaku jime

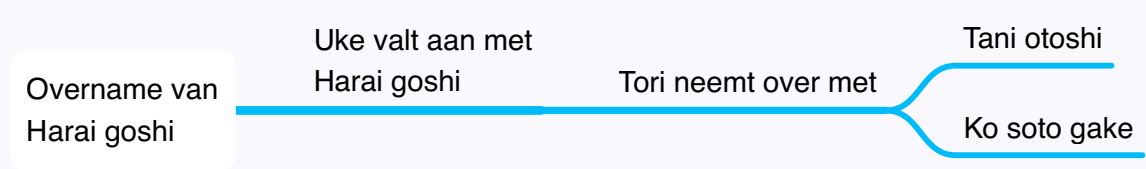
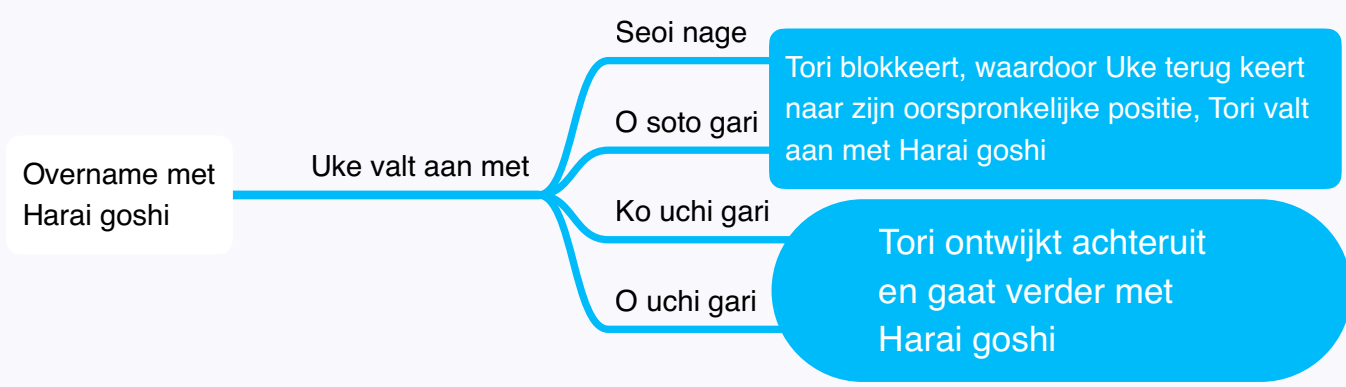
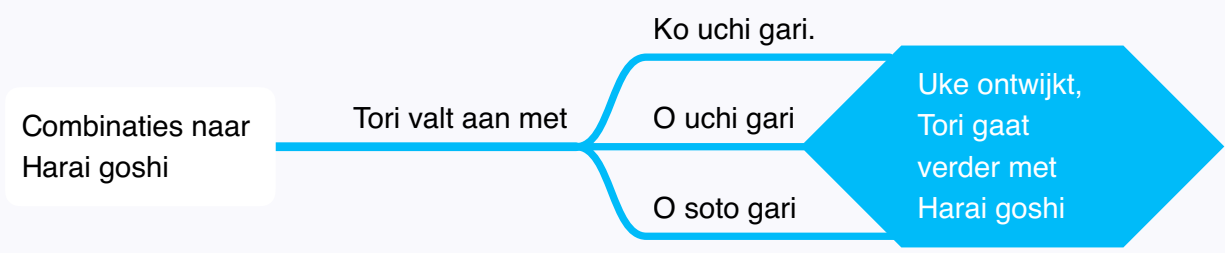
Kansetsu waza

Sankaku gatame

FEBRUARI



Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.



FEBRUARI

Basis

Katame waza

Makura Kesa gatame

Ura gatame

Jime waza

Sankaku jime

Kansetsu waza

Sankaku gatame

Voorkennis

Kantelen

Uke in bankzit

Tori zit voor Uke

Tori zit naast Uke

Uke tussen de benen van Tori

Tori met twee benen rond Uke

Tori met twee benen binnen de benen van Uke

Tori met één been binnen en buiten

Verdieping

Aanval en verdediging

Katame waza

Tori op de rug

Uke tussen de benen

Uke op de rug

Tori passeert langs de benen

Kantelen naar Makura Kesa gatame

Verdedigen tegen Makura Kesa gatame

Bevrijding uit Makura Kesa gatame

Transitie van worp naar Makura Kesa gatame

Jime waza

Sankaku jime

Uke zit in bankzit, tori zit voor uke

Uke tussen de benen van tori

Kansetsu waza

Sankaku gatame

Uke zit in bankzit, tori zit voor uke

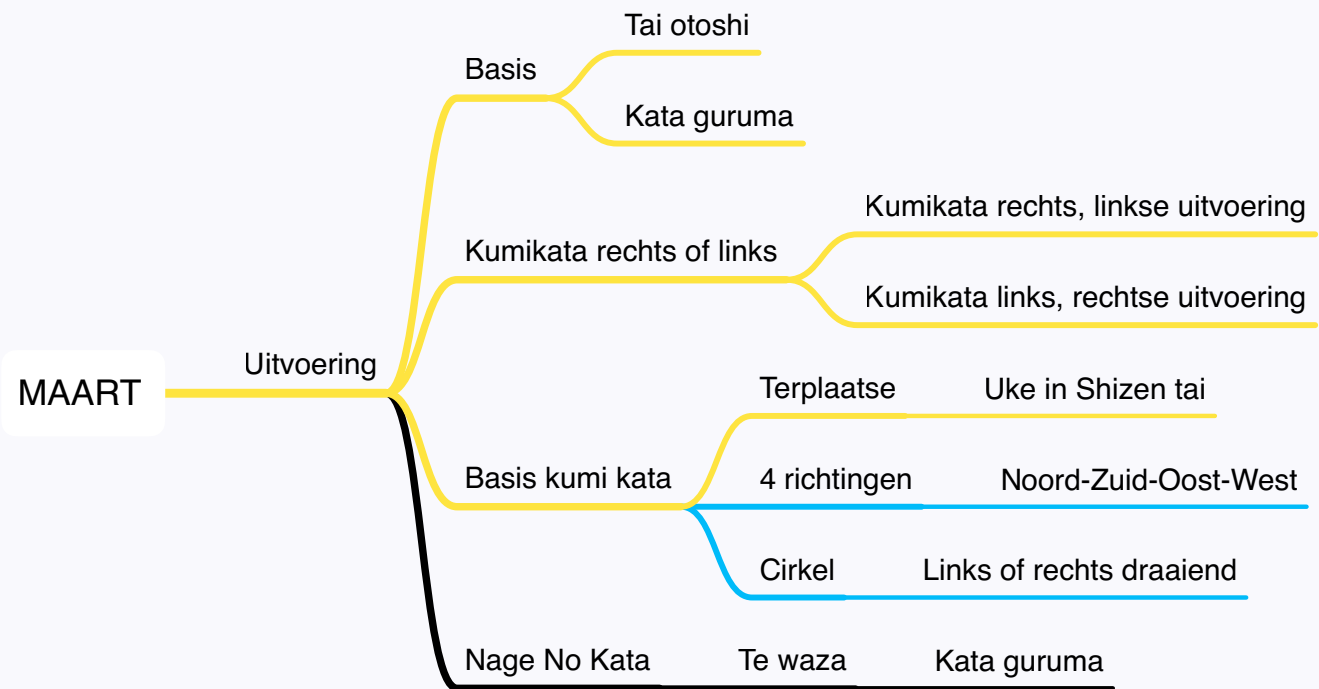
Uke tussen de benen van tori

Techniek Niveau:

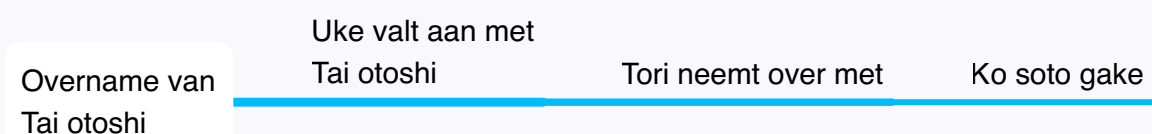
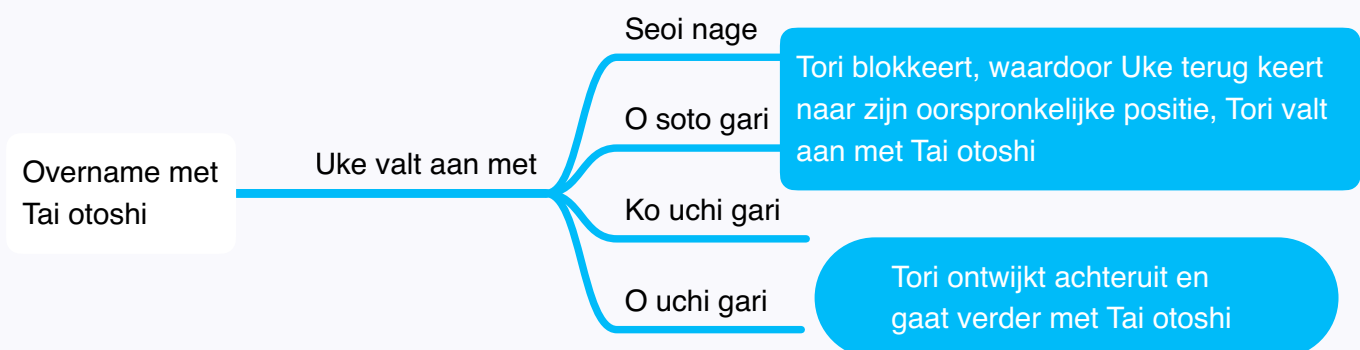
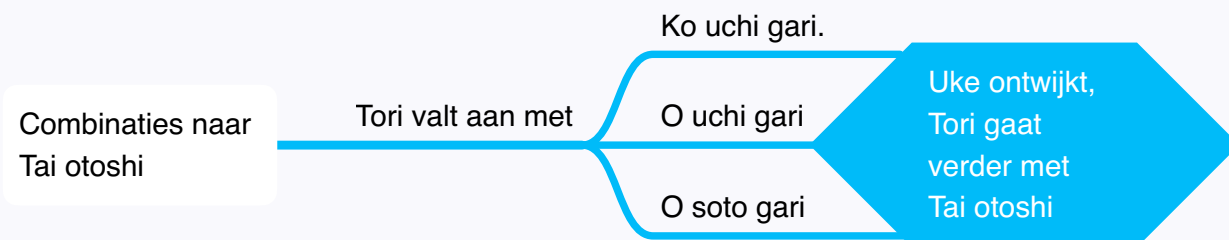
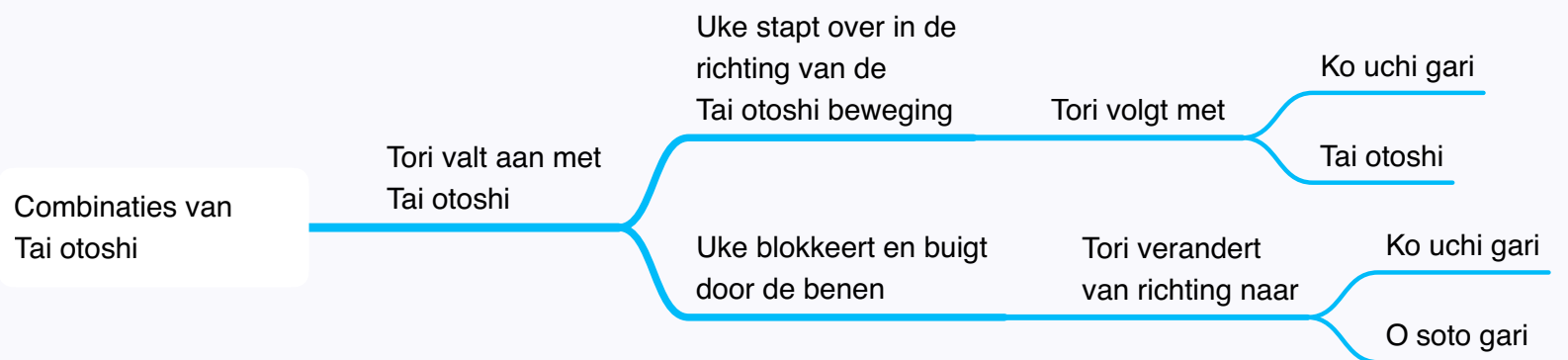
Februari:

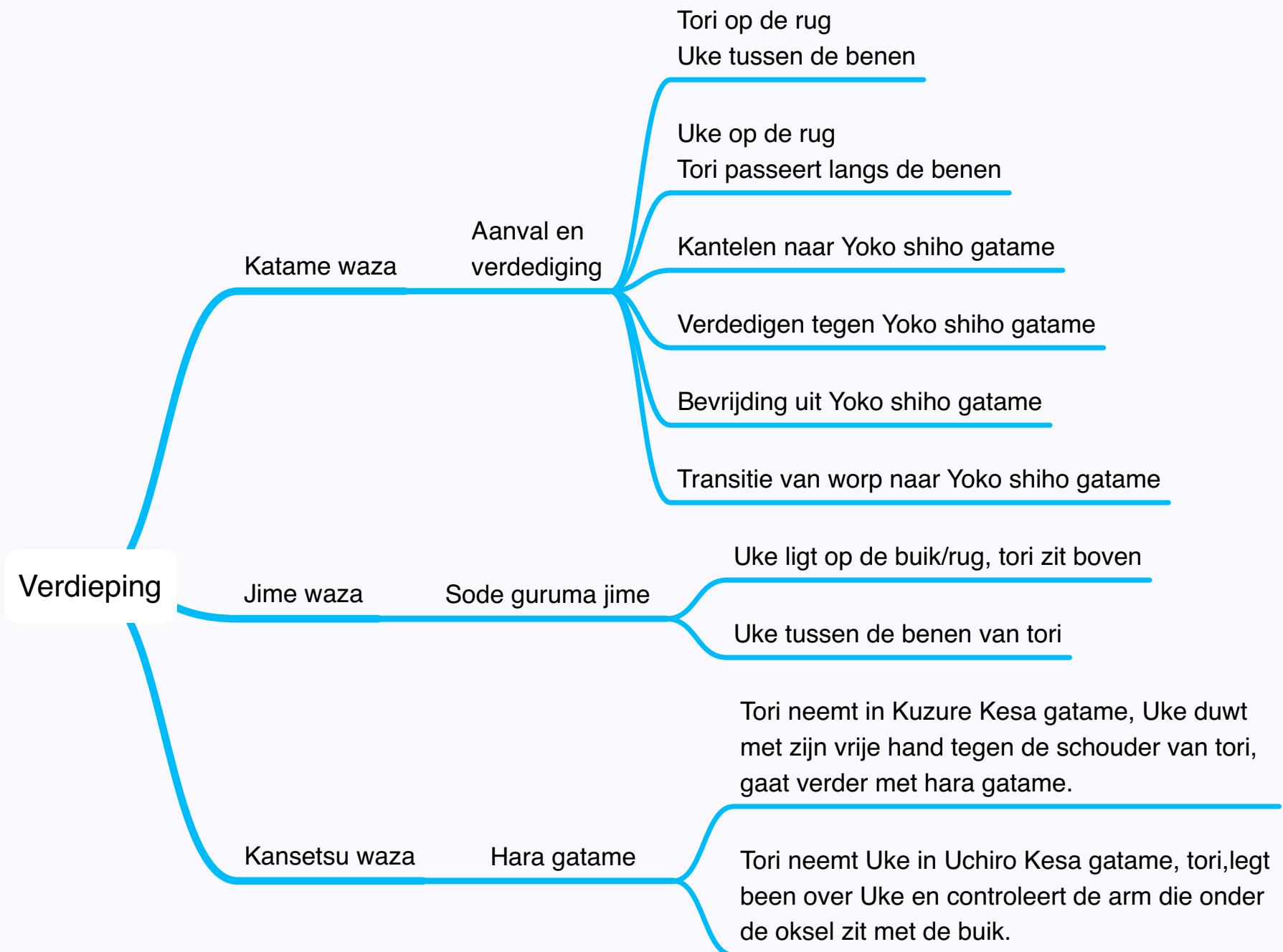
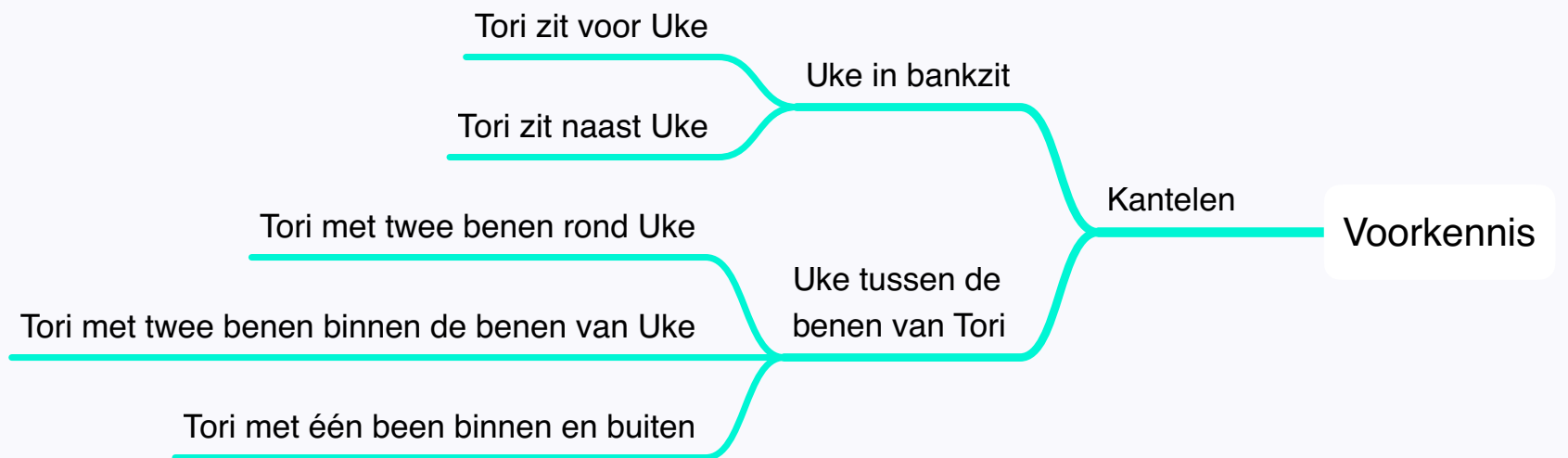
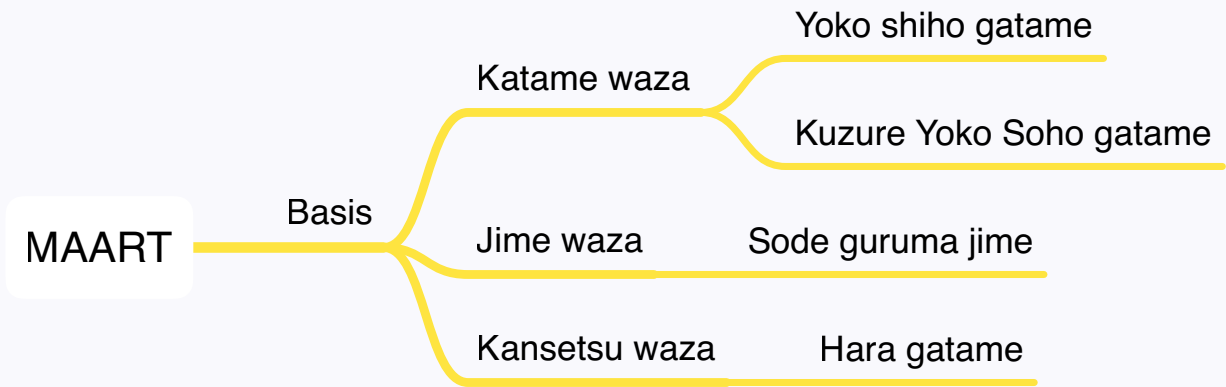
Harai goshi		
Hane goshi		
Makura kesa gatame (variatie op kesa gatame)		
Ura gatame (variatie op uchiro kesa gatame)		
Sankaku jime		
Sankaku gatame		





Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.



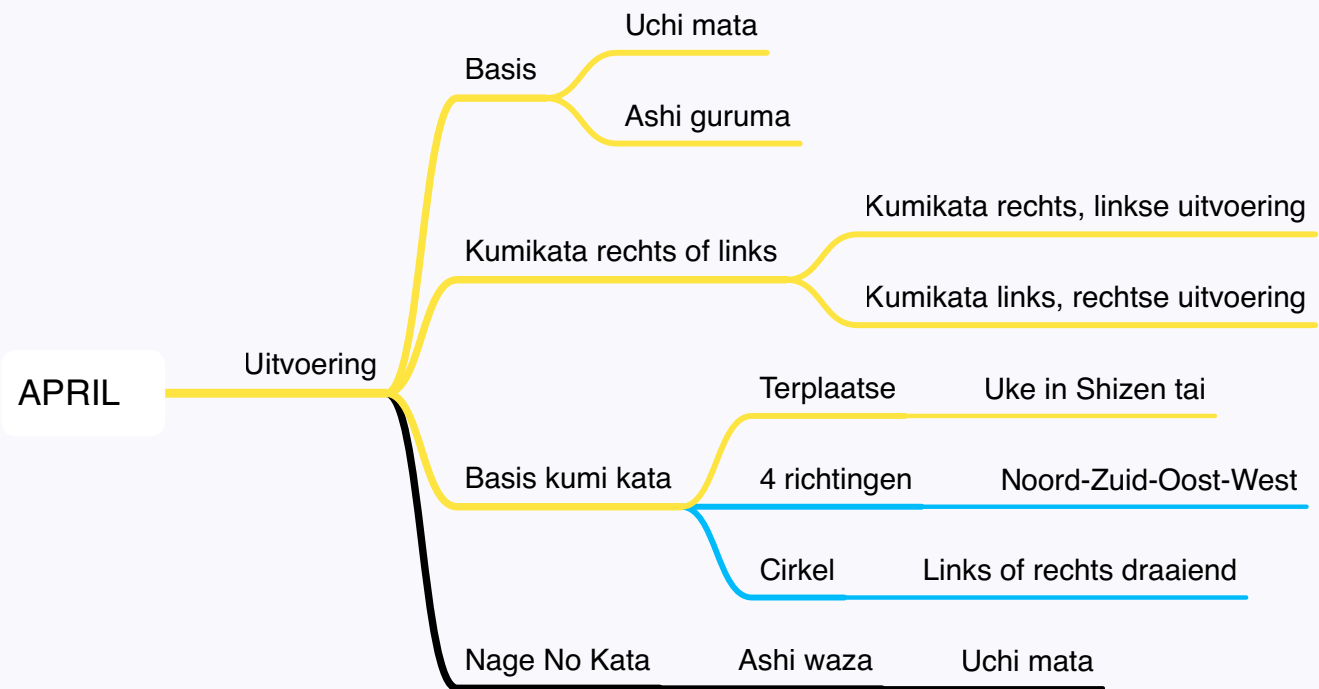


Techniek Niveau:

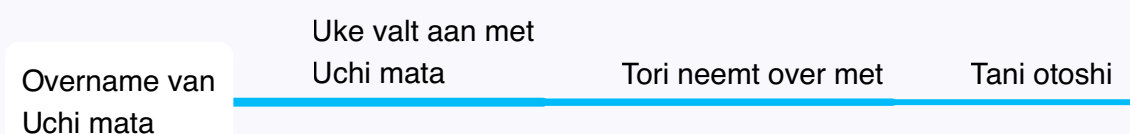
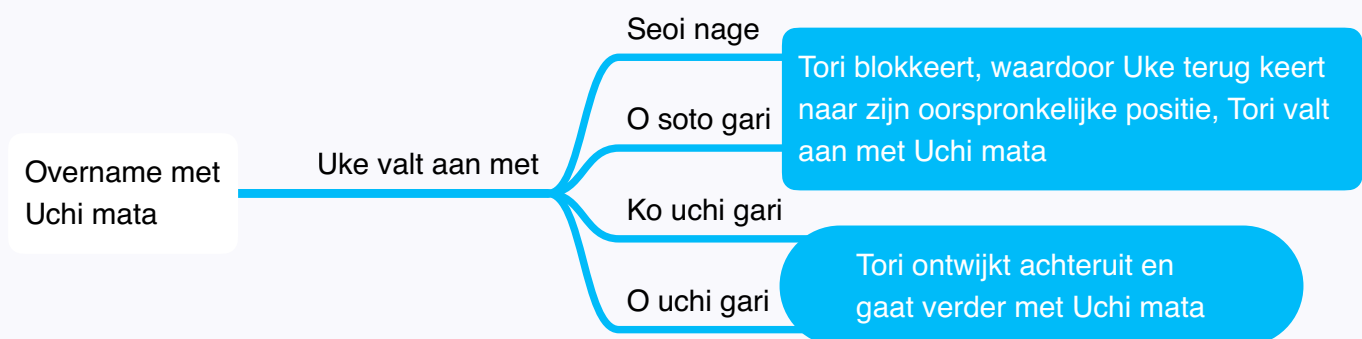
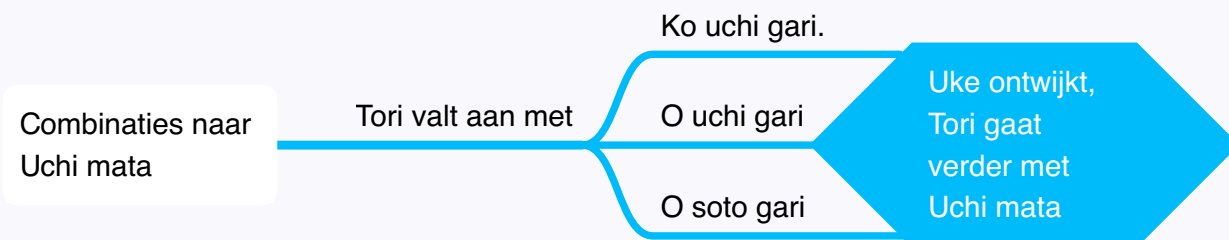
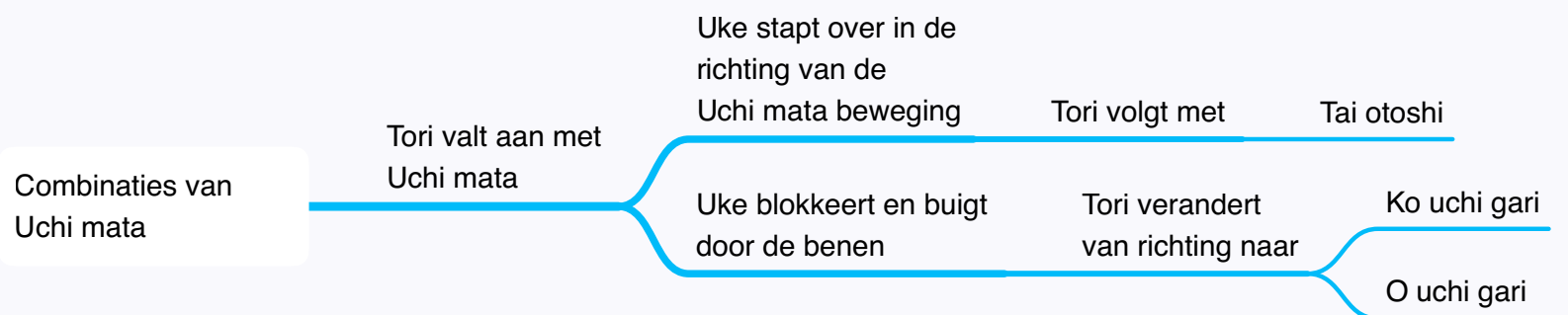
Maart:

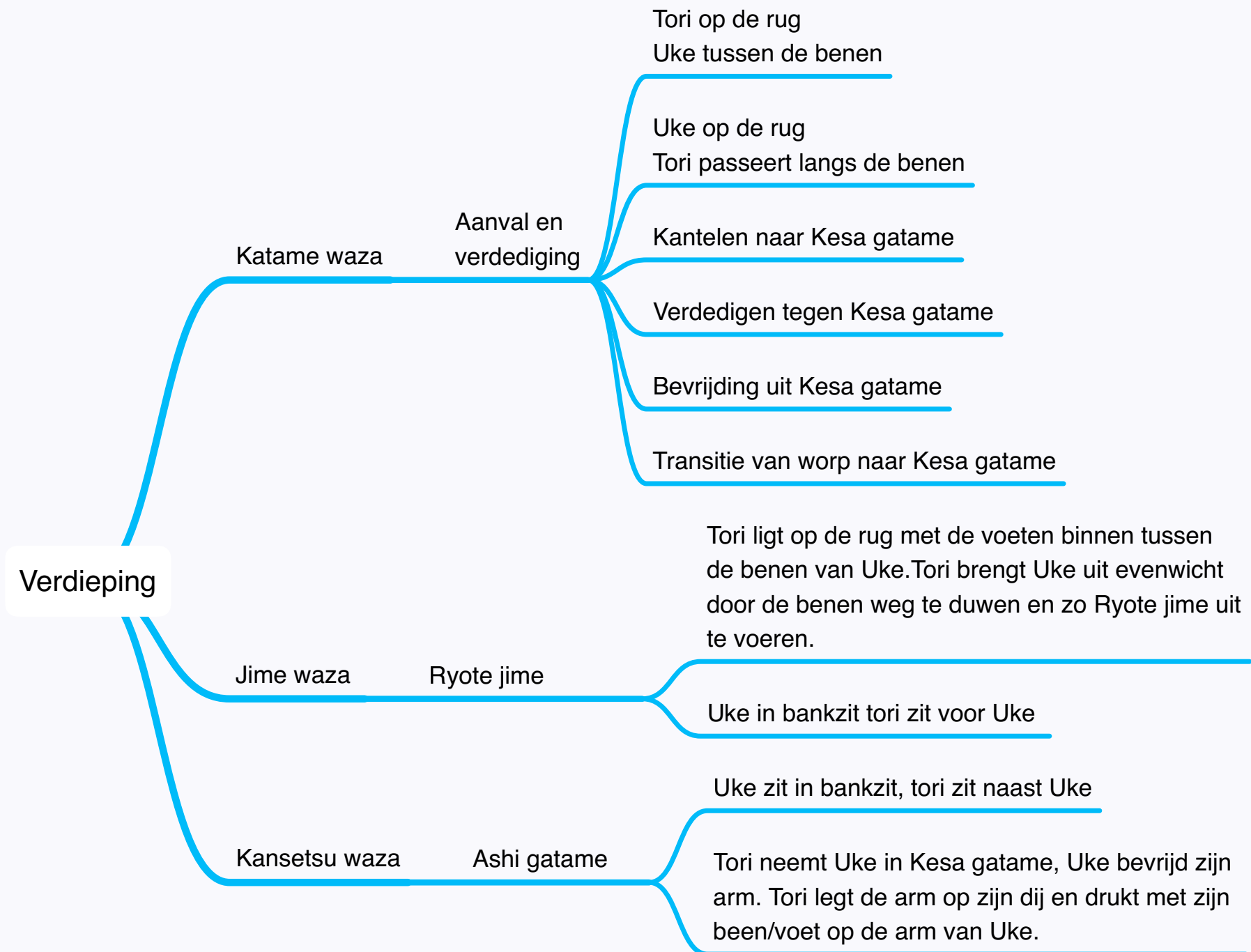
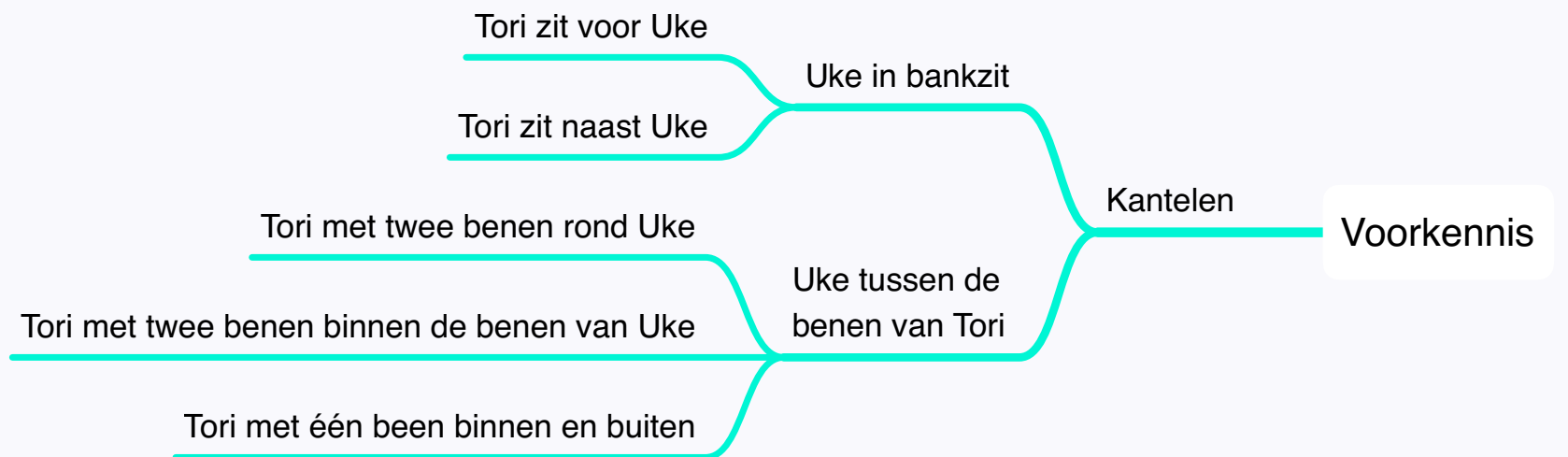
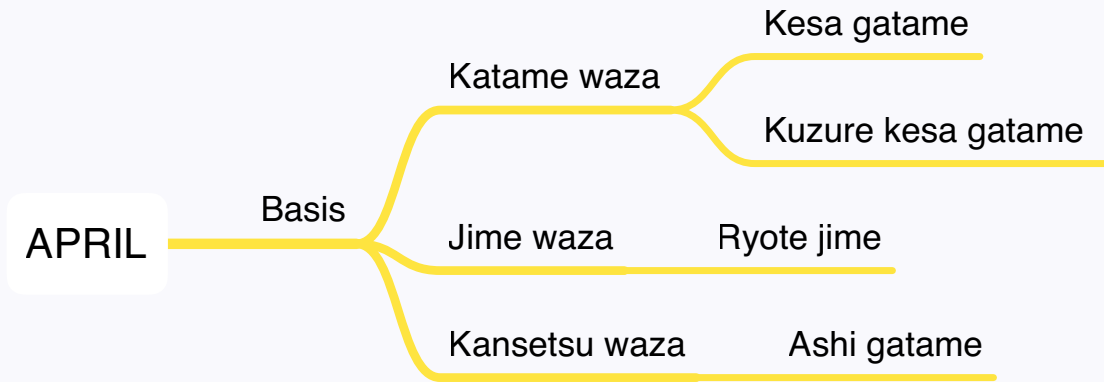
Tai otoshi		
Kata guruma		
Yoko shiho gatame		
Kuzure yoko shiho gatame		
Sode guruma jime		
Hara gatame		





Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.

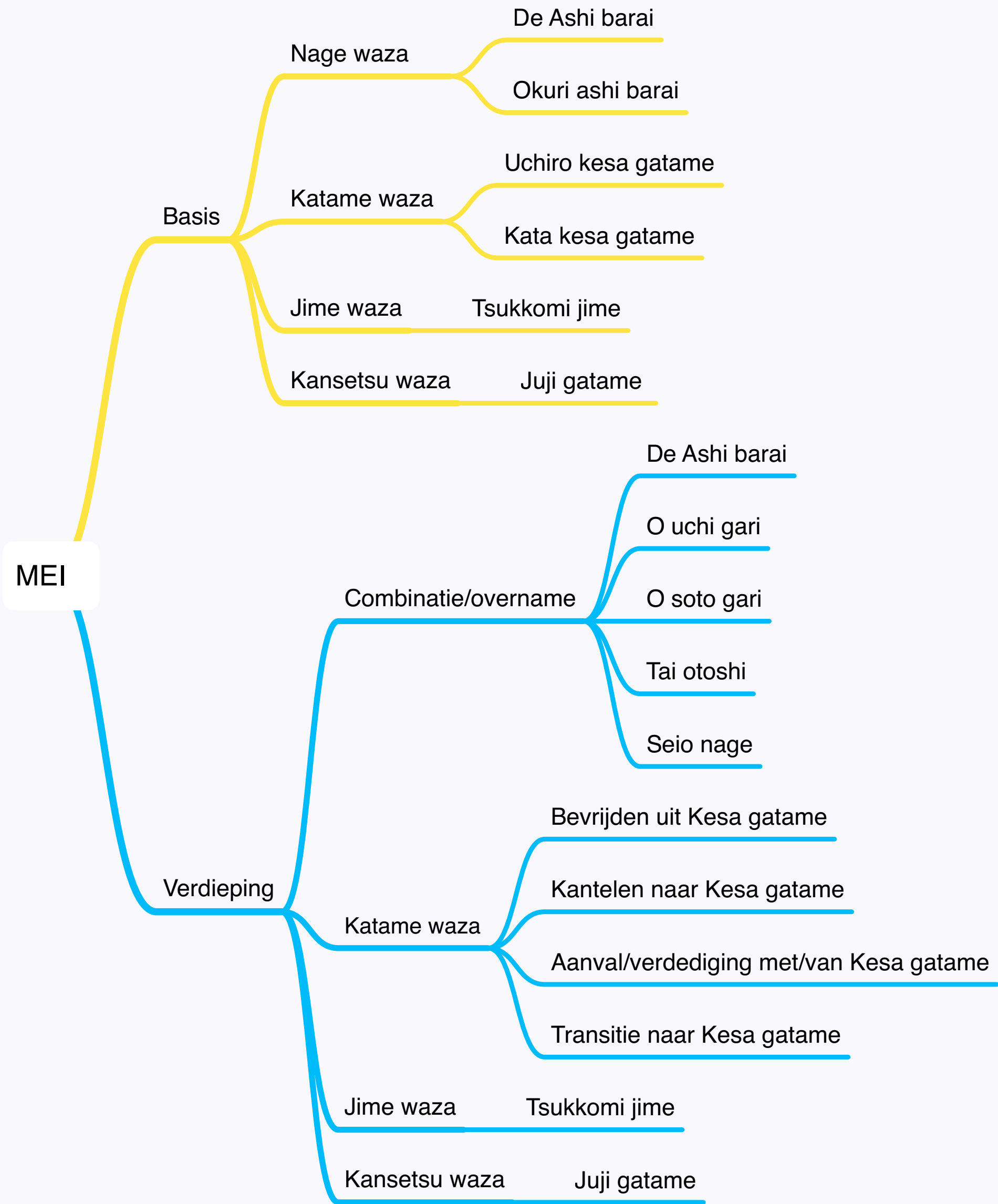


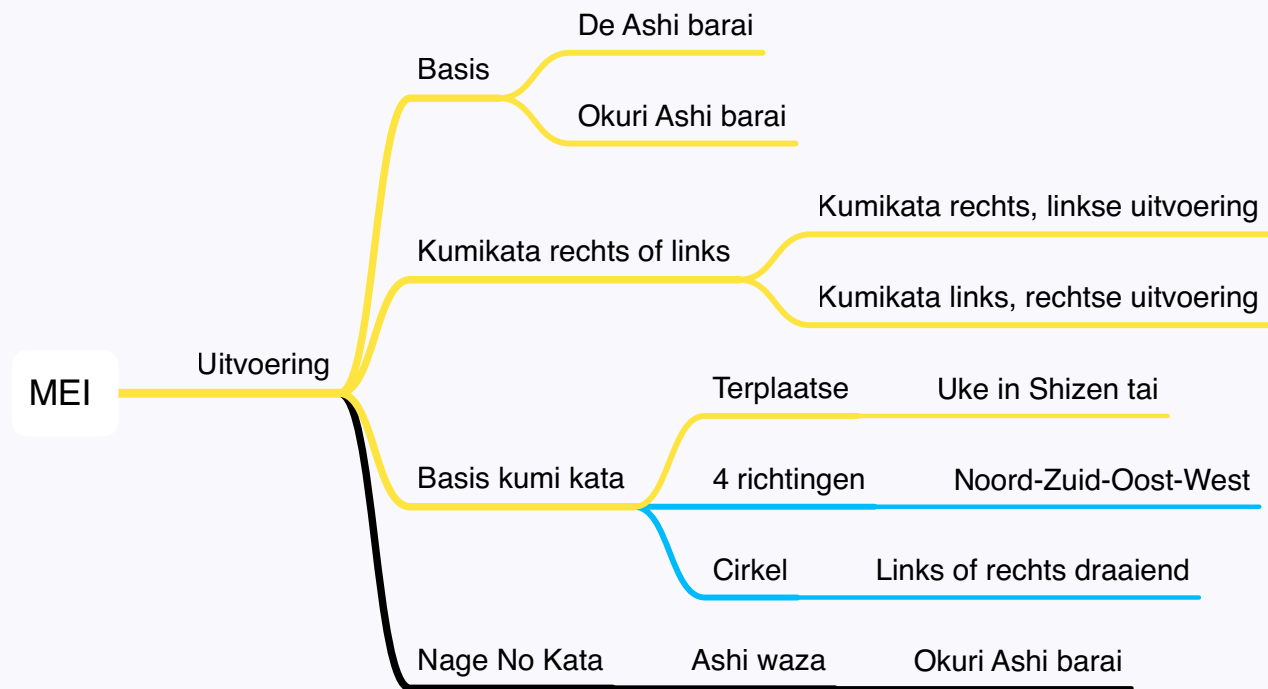


Techniek Niveau:

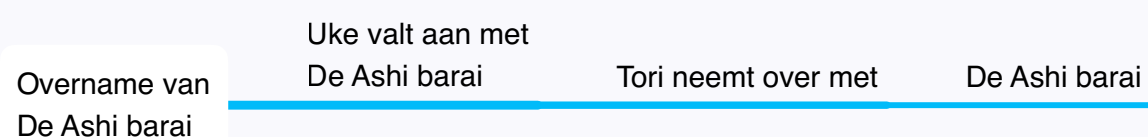
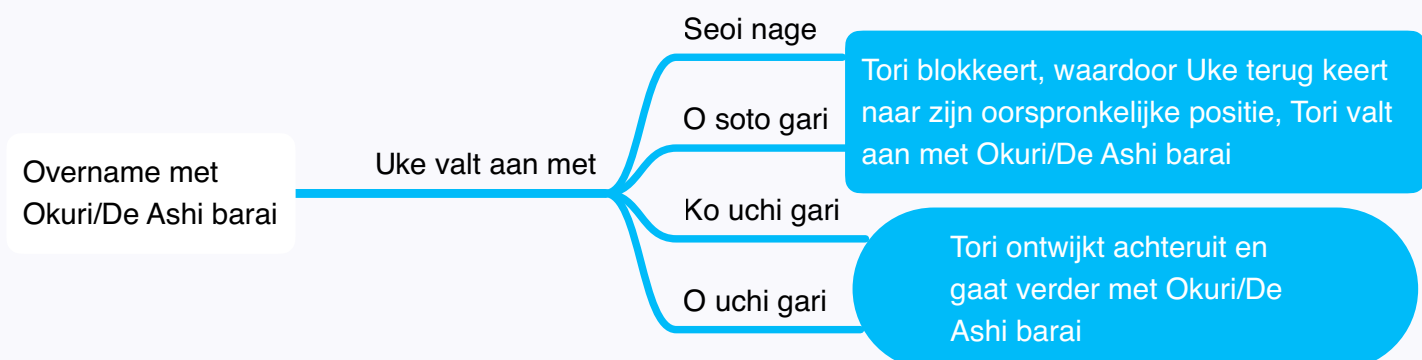
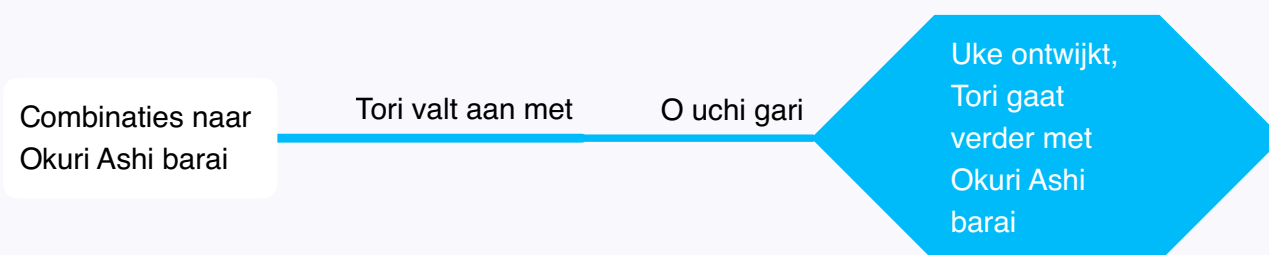
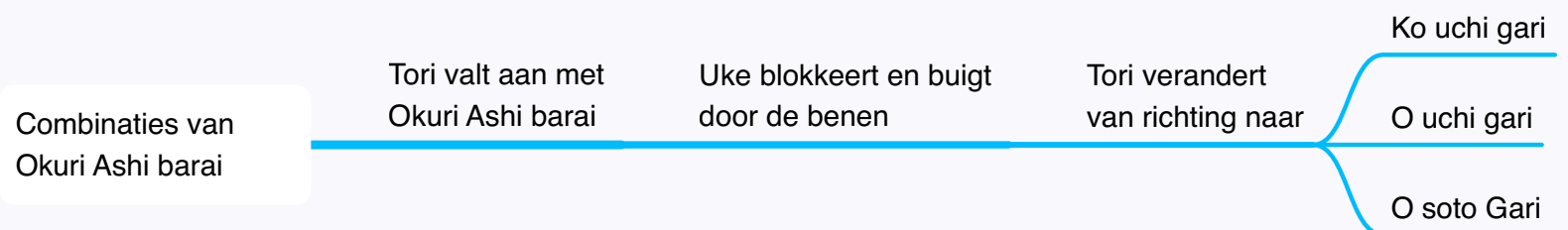
April:

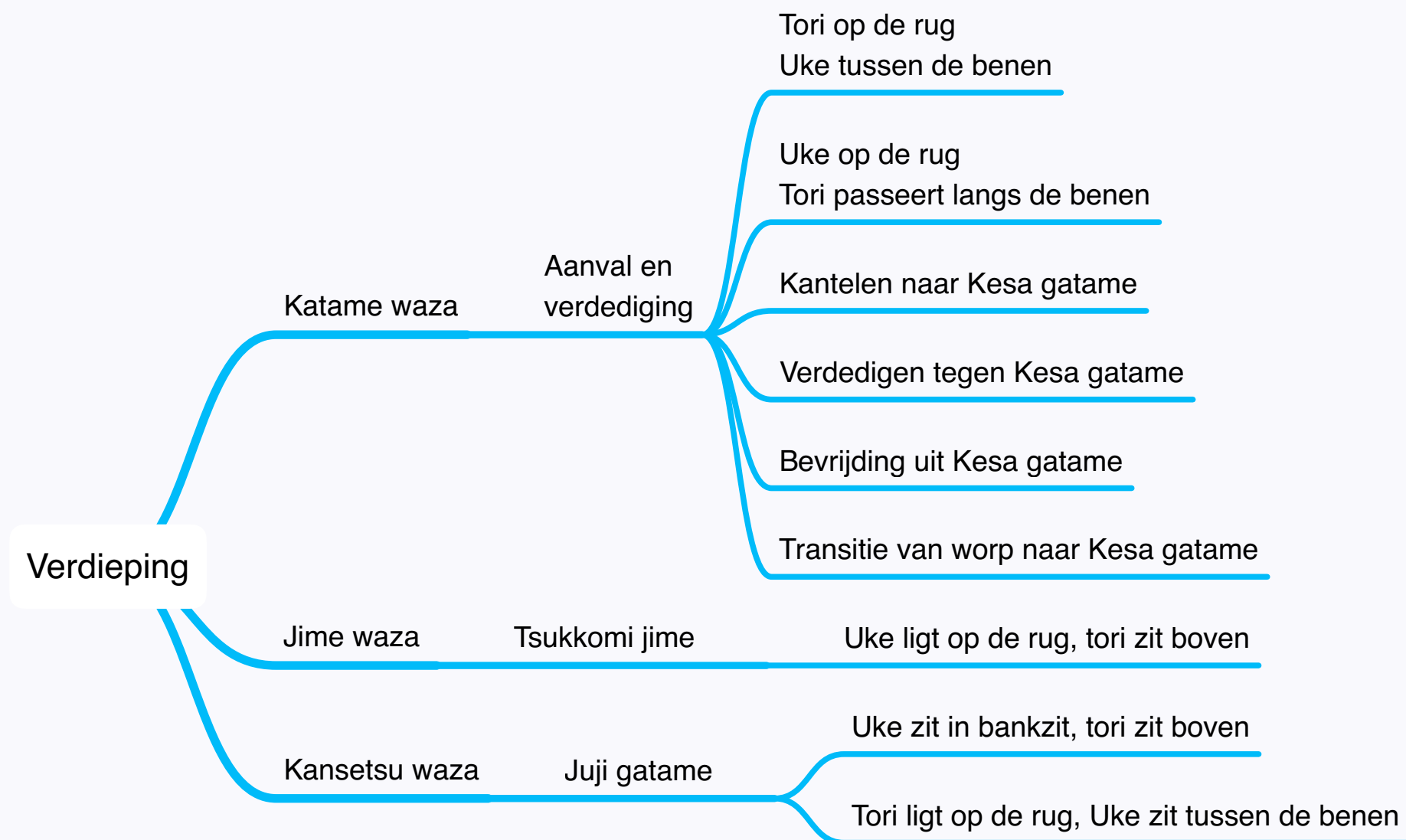
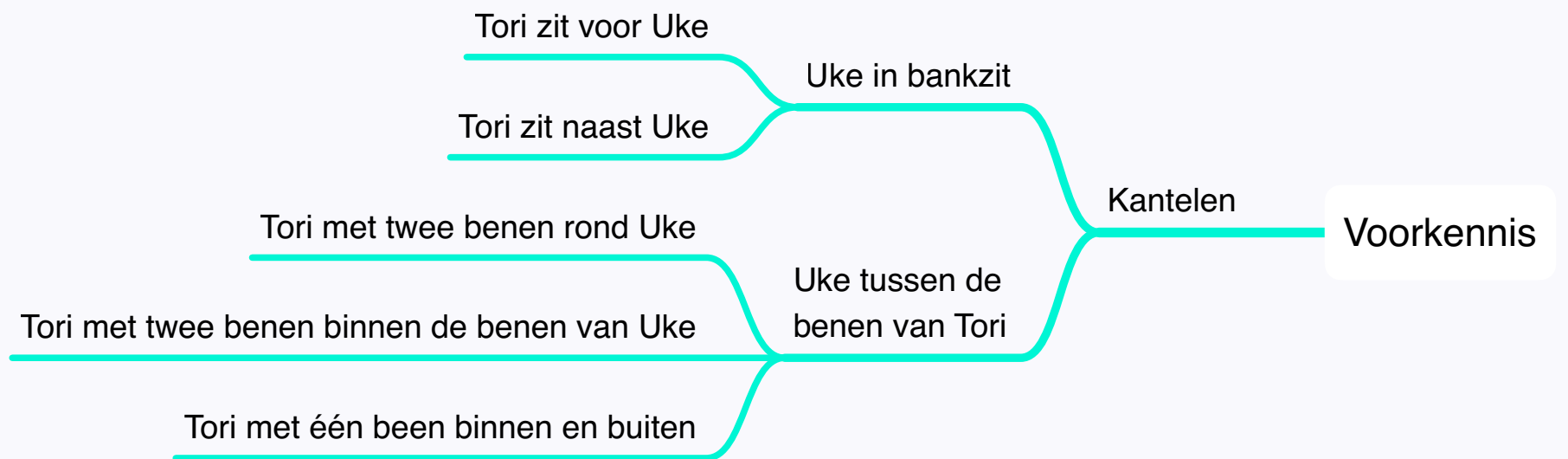
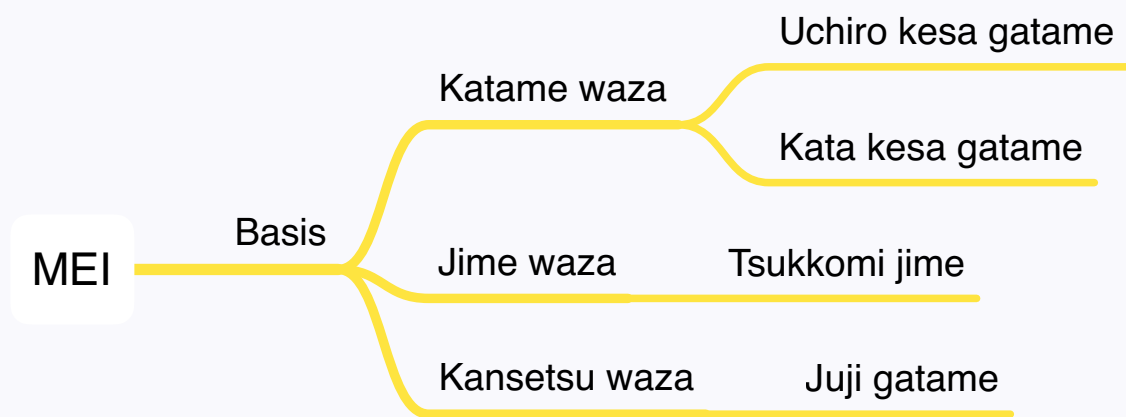
Uchi mata		
Ashi guruma		
Kesa gatame		
Kuzure kesa gatame		
Ryote jime		
Ashi gatame		





Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.



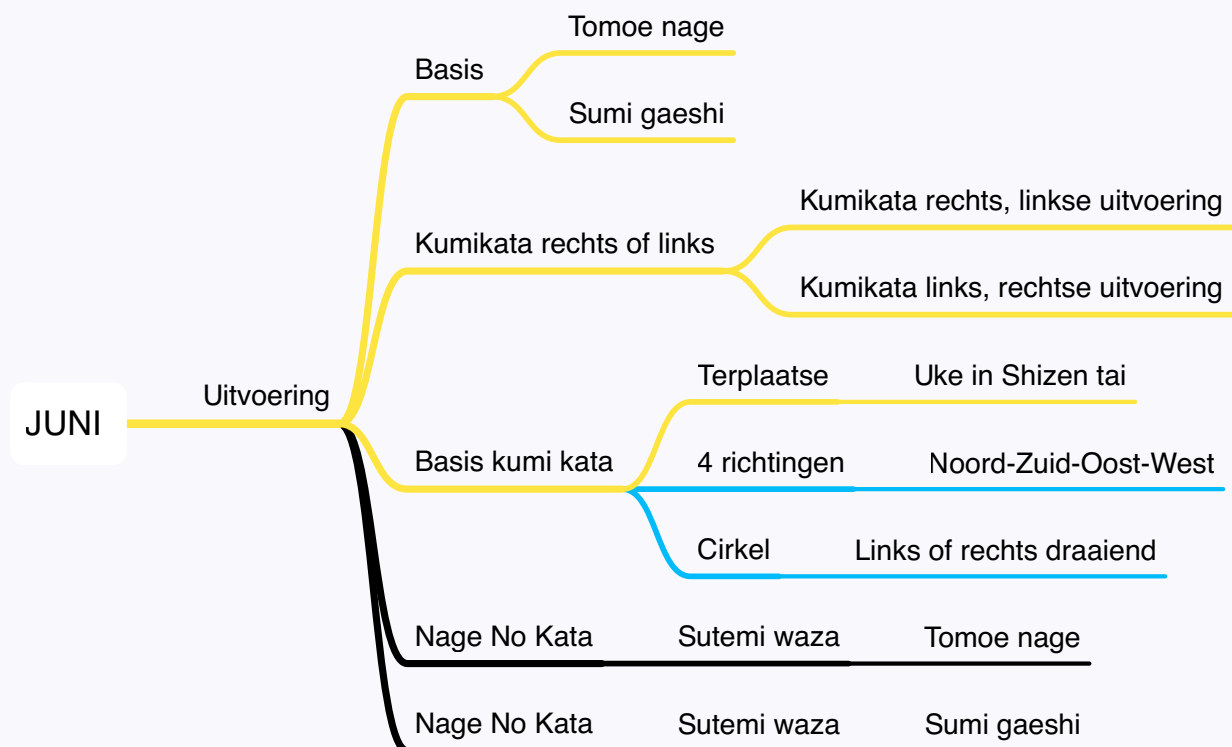


Techniek Niveau:

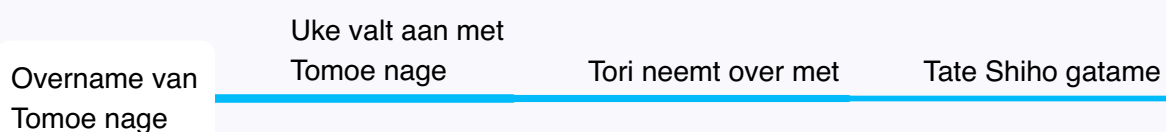
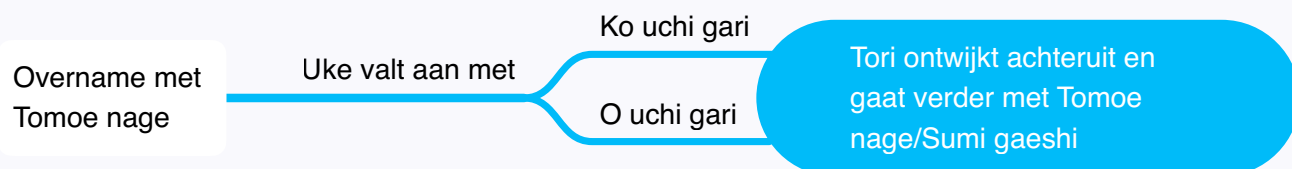
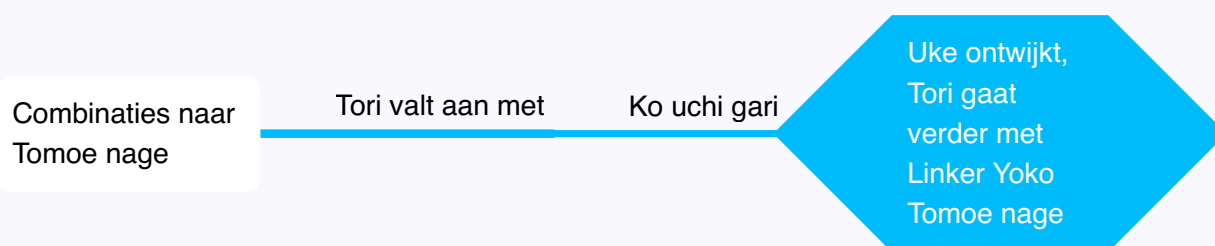
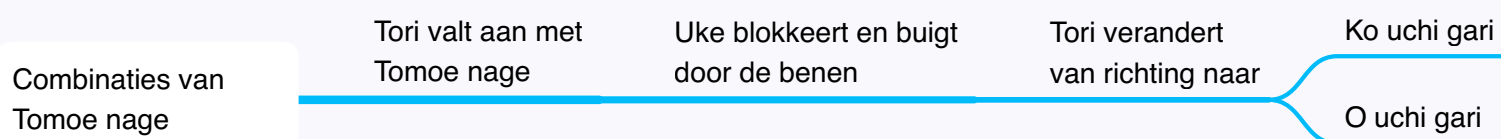
Mei:

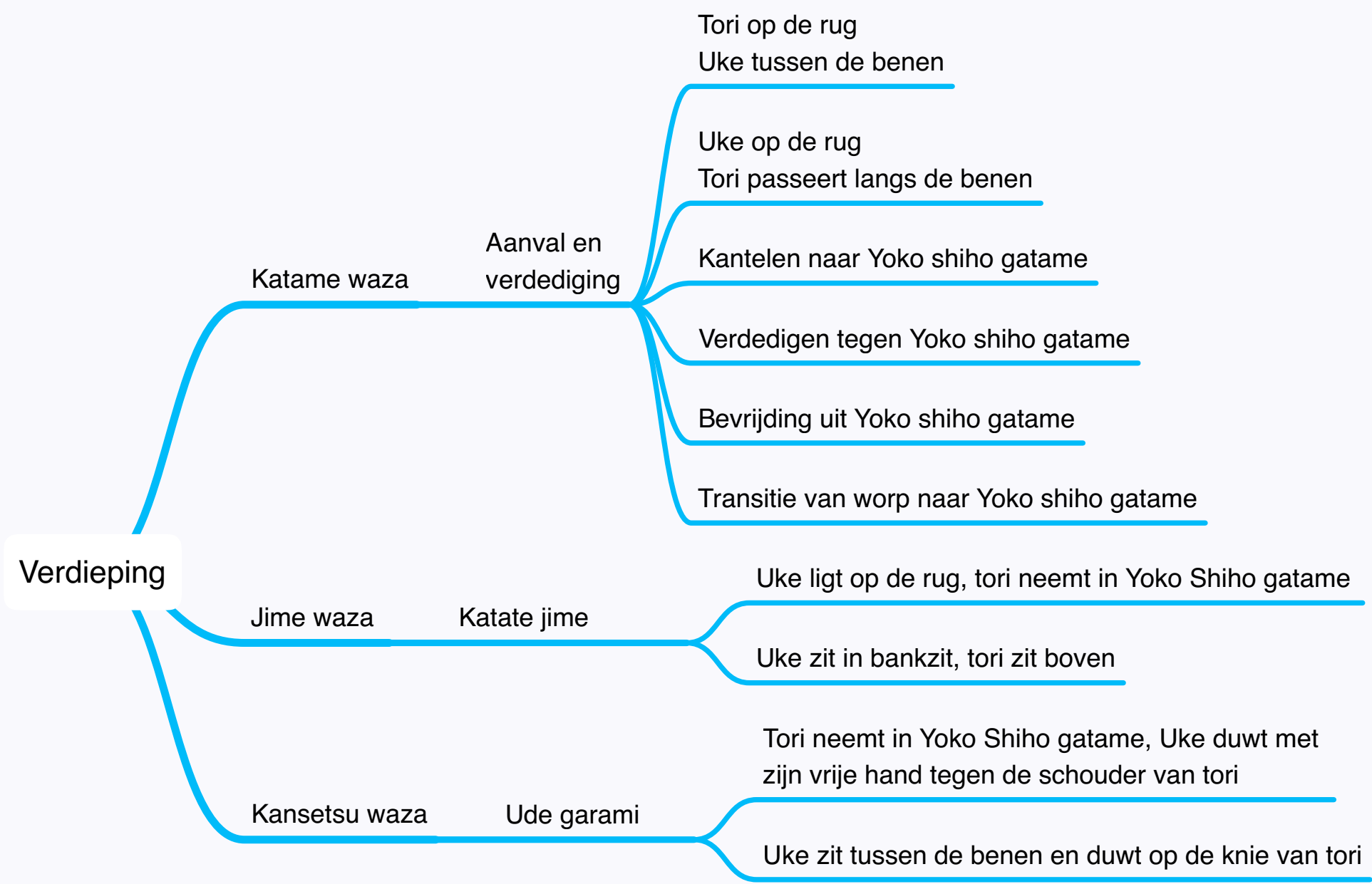
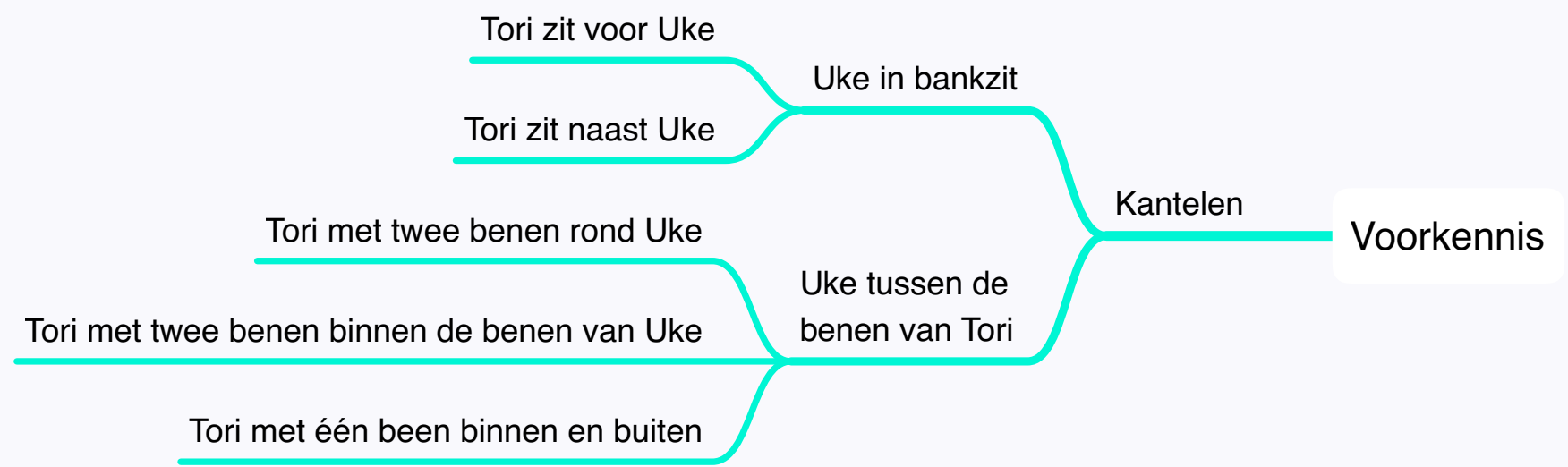
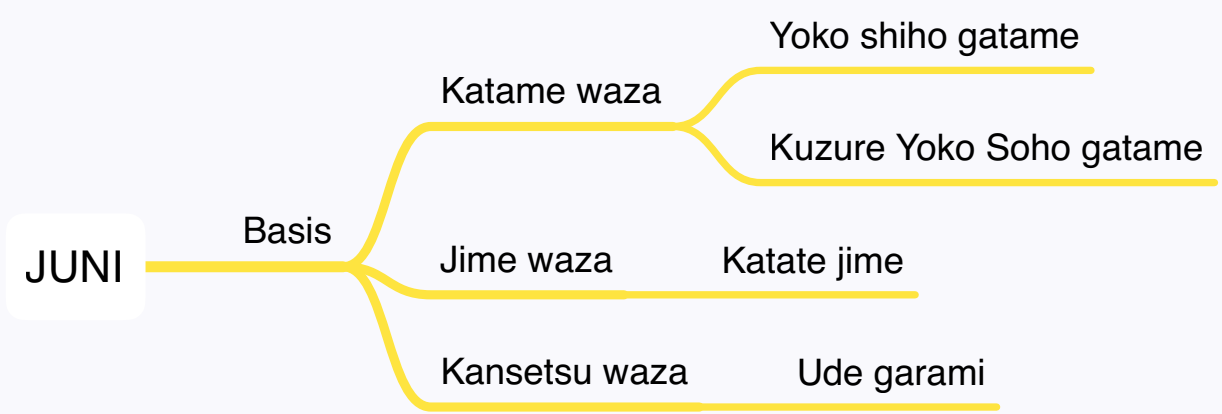
De ashi barai		
Okuri ashi barai		
Uchiro kesa gatame		
Kata kesa gatame		
Tsukkomi jime		
Juji gatame		





Combinaties en overnames zijn steeds het logische gevolg op de actie/reactie van Uke. Er zijn meer mogelijkheden dan er hier omschreven worden.



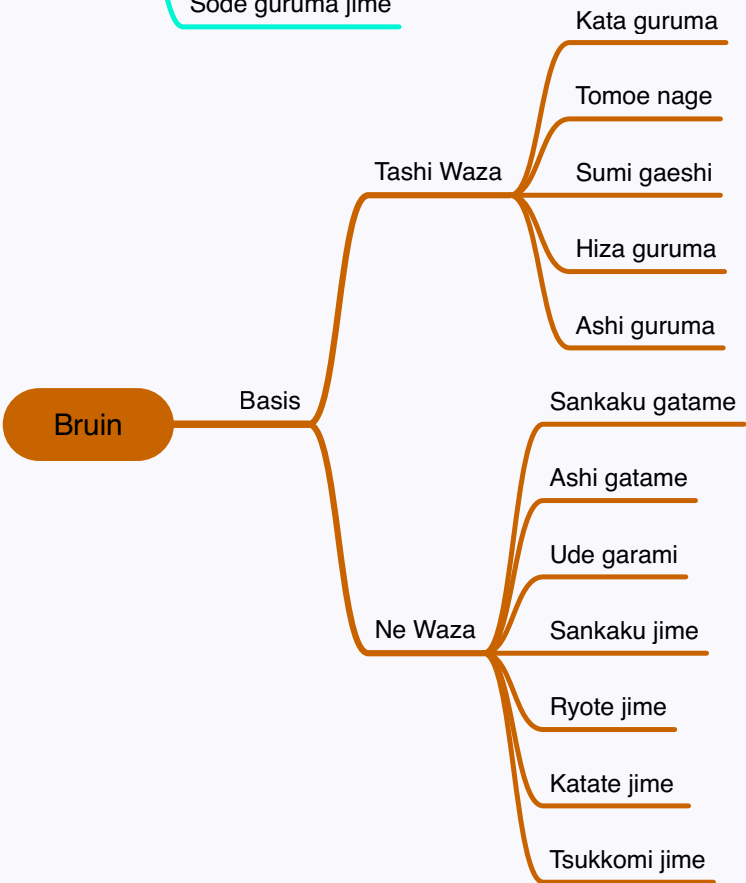
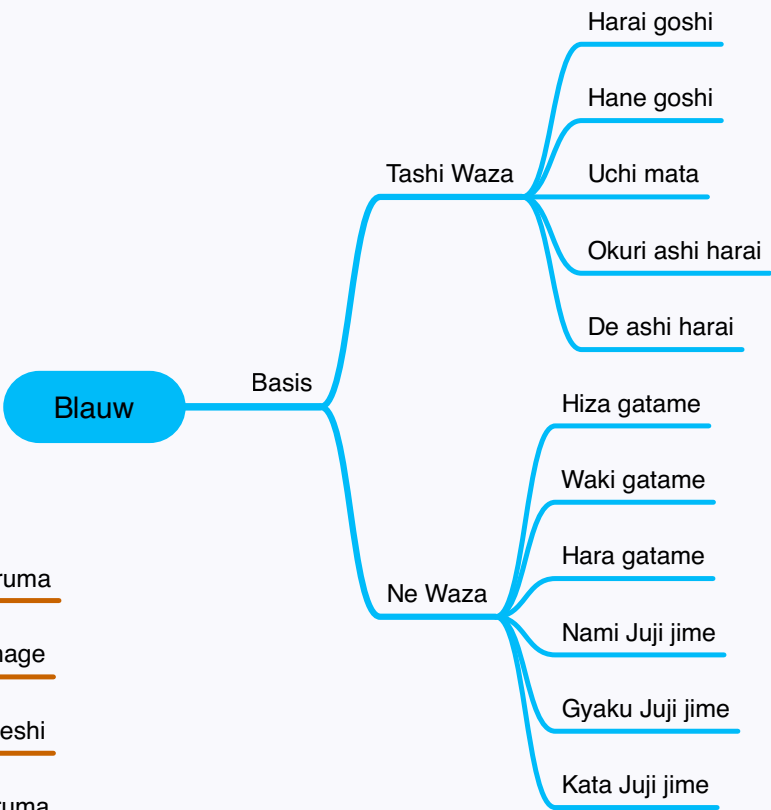
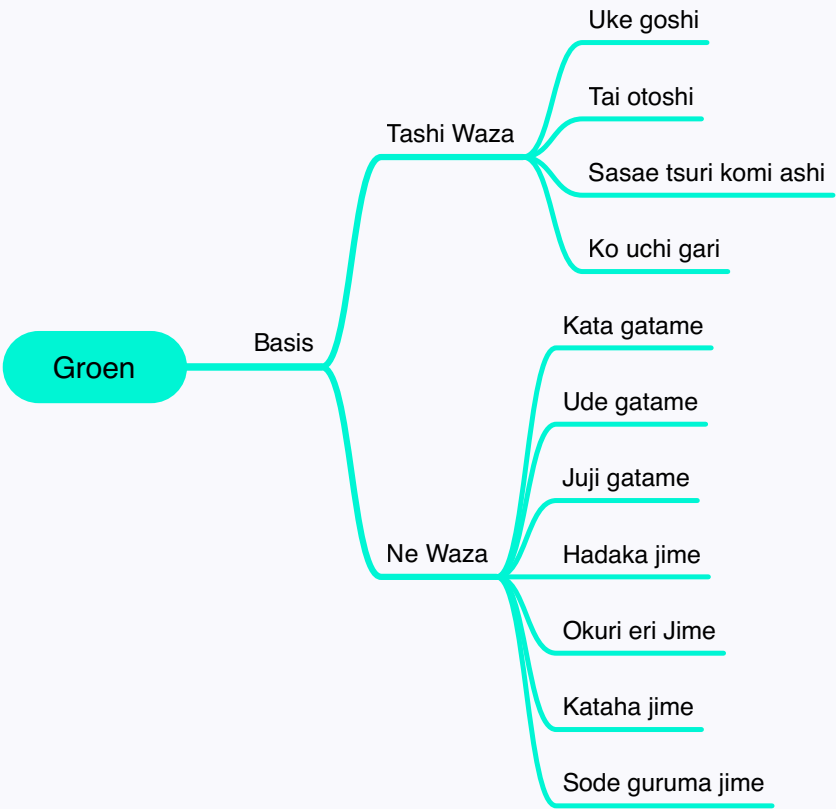
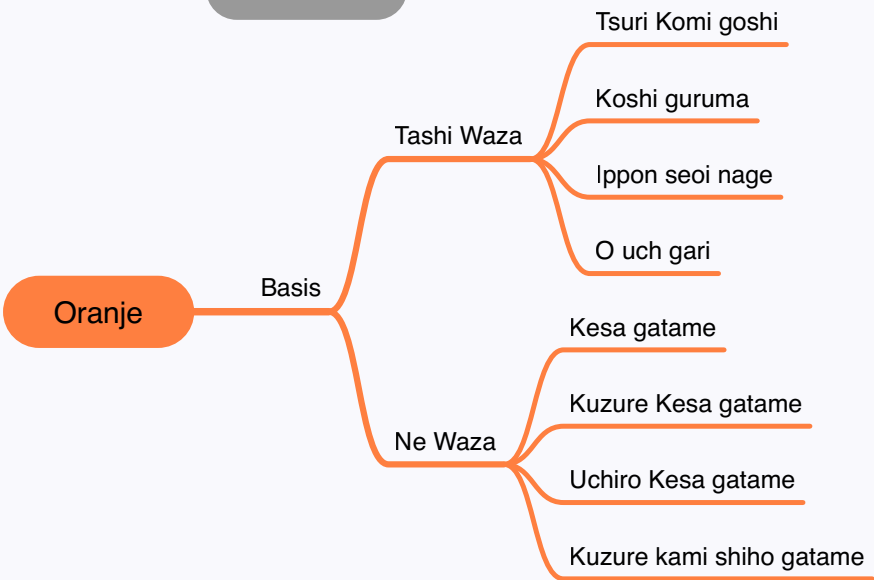
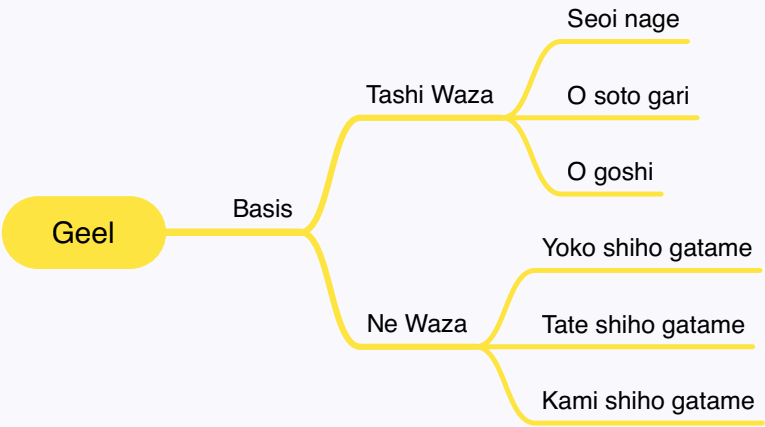
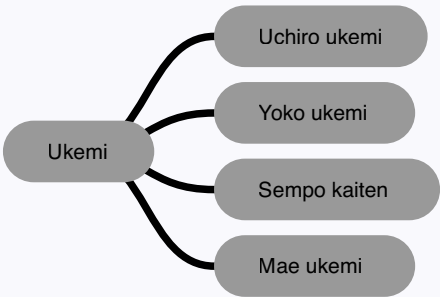


Techniek Niveau:

Juni:

Tomoe nage		
Sumi gaeshi		
Yoko shiho gatame		
Kuzure yoko shiho gatame		
Katate jime		
Ude garami		

Basis waza overzicht
per gordel kleur



Combinatie en overname patroon

