

ANGRIFFS-ARTEN

Auszug aus der POK-DAB und der POD-DAB

POK Stand 1.1.2008
POD Stand 22.9.2007

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		Katate-tori	Ryote-tori	Katate-Ryote-tori	Mune-tori	Yoko-kubi-shime	Ushiro-ryokata-tori	Ushiro-kakae-tori	Ushiro-ryote-tori	Ushiro-eri-tori	Ushiro-katate-tori-kubi-shime	Ushiro-kubi-shime	Yokomen-uchi	Shomen-uchi	Shomen-tsuki	
Nage-Waza	1 Shiho-nage	5	5	5	5				4				4			
	2 Kaiten-nage (uchi)	4											4	4	4	
	3 Irimi-nage	4	4	4					3				3	3	3	
	4 Kaiten-nage (soto)	3												3	3	
	5 Aiki-otoshi					2	2	2								
	6 Koshi-nage		2		2	2						2	2	2	2	2
	7 Kote-gaeshi	1	1	1					1				1	1	1	
	8 Koshi-nage-hiji-garami								1							
	9 Koshi-nage-kote-hineri	1							1							
	10 Juji-garami								1			1				
	11 Tenchi-nage		1.D			1.D				1.D			1.D	1.D	1.D	
	12 Sumi-otoshi	1.D	1.D													
	13 Kokyu-nage		1.D	1.D							1.D		1.D	1.D		
Katamae-Waza	I Ude-osae (ikkyo)	5	5	5	5				4				4	4	4	
	II Kote-mawashi (nikyo)	3	3	3	3				3				3	3	3	
	III Kote-hineri (sankyo)	2	2	2	2				2				2	2	2	
	IV Tekubi-osae (yonkyo)	1	1	1	1				1				1	1	1	
	V Ude-noboshi (gokyo)	1											1			