

# Nordrhein Westfälisches Dan Kollegium



Kreis Unna – Hamm



## Kombinationen + Kontertechniken

Bei den Kombinationen muß Angriff - Reaktion von Uke - und weiterführender Wurf deutlich zu unterscheiden sein. (Der Kombinationswurf darf nicht von Anfang an das eigentliche Ziel sein - wie z.B. bei einer Finte).

Kombinationen		Kontertechniken	
<b>O uchi gari</b>	<b>Morote seoi nage</b>	<b>Seoi nage</b>	<b>Te guruma</b>
O uchi gari	Tai otoshi	Seoi nage	Tani otoshi
O uchi gari	Ko uchi gari	Seoi nage	Yoko guruma
O uchi gari	O soto gari	Seoi nage	Ura nage
O uchi gari	Koshi guruma	Seoi nage	Kata ha jime
O uchi gari	Haraik goshi	Seoi nage	Sumi gaeshi
O uchi gari	Uchi mata	<b>O goshi / Uki goshi</b>	<b>Hidari o goshi</b>
<b>O soto gari</b>	<b>Seoi otoshi</b>	O goshi / Uki goshi	/Yoko guruma
O soto gari	Seoi nage	O goshi / Uki goshi	Ura nage
O soto gari	O uchi gari	O goshi / Uki goshi	Ushiro goshi
O soto gari	Harai goshi	O goshi / Uki goshi	Tani otoshi
O soto gari	Uchi mata	O goshi / Uki goshi	Hidari koshi guruma
O soto gari	Koshi guruma	O goshi / Uki goshi	Utsuri goshi
O soto gari	Tai otoshi	O goshi / Uki goshi	O goshi
O soto gari	Yoko tomoe nage	O goshi / Uki goshi	Te guruma
O soto gari	Hidari sasae tsuri komi ashi	O goshi / Uki goshi	Sumi gaeshi
O soto gari	Hidari O guruma	<b>O soto gari</b>	<b>O soto gari</b>
O soto gari	O soto guruma	O soto gari	O soto guruma
<b>Ko uchi gari</b>	<b>Ippon seoi nage</b>	O soto gari	O soto gaehsi (Knie anheben)
Ko uchi gari	De ashi barai	<b>Tai otoshi</b>	<b>Te guruma</b>
Ko uchi gari	Hane goshi	Tai otoshi	Tani otoshi
Ko uchi gari	Yoko tome nage	Tai otoshi	Yoko guruma
Ko uchi gari	O uchi gari	Tai otoshi	Ura nage
Ko uchi gari	Tai otoshi	Tai otoshi	Sukui nage
Ko uchi gari	Kata ashi dori	Tai otoshi	Ko soto gake
Ko uchi gari	Uchi mata	<b>De ashi barai</b>	<b>De ashi barai</b>
Ko uchi gari	De ashi barai	De ashi barai	Tsubame gaeshi
Ko uchi gari	Tomoe nage	De ashi barai	Tani otoshi
Uchi mata	Tani otoshi	De ashi barai	Ko soto gake
Uchi mata	Ko soto gari	De ashi barai	Tai otoshi
Uchi mata	O uchi gari	<b>Ko uchi gari</b>	<b>Tomoe nage</b>
Uchi mata	Tomoe nage	Ko uchi gari	Sasae tsuri komi ashi
Uchi mata	Tai otoshi	Ko uchi gari	Hiza guruma
<b>O goshi</b>	<b>Tani otoshi</b>	<b>O uchi gari</b>	<b>Okuri ashi barai</b>
O goshi	O uchi gari	O uchi gari	Tomoe nage
O goshi	Harai goshi	O uchi gari	O goshi
O goshi	O soto gari	<b>Hiza guruma</b>	<b>Hiza guruma</b>
<b>Seoi nage</b>	<b>Tani otoshi</b>	Hiza guruma	Kata ashi dori
Seoi nage - Morote	Ko uchi maki komi	Hiza guruma	Ude harai goshi
Seoi nage	Ko uchi gari	<b>Uchi mata</b>	<b>Sukui nage</b>
Seoi nage - Ippon	O soto gari	Uchi mata	Sumi otoshi
Seoi nage - Ippon	Seoi otoshi	Uchi mata	Tai otoshi
Seoi nage - Morote	Yoko tomoe nage	Harai goshi	Utsuri goshi
<b>De ashi barai</b>	<b>Harai goshi</b>	Kata guruma	Taware gaeshi
De ashi barai	Tai otoshi	Kara guruma	Uki waza
<b>Hiza guruma</b>	<b>Hiza guruma</b>	Sasae tsuri komi ashi	Sasae tsuri komi ashi
Hiza guruma	Harai goshi	Ko soto gake	Tai otoshi
<b>Sasae tsuri komi ashi</b>	<b>Harai goshi</b>	Koshi guruma	Uki goshi
Sasae tsuri komi ashi	Morote Seoi nage	Hane goshi	Sasae tsuri komi ashi
Sasae tsuri komi ashi - hidari	Sasae tsuri komi ashi	Harai goshi	Utsuri goshi
Okuri ashi barai	Tai otoshi		
Tsuri goshi	Harai goshi		
Uki otoshi	Ko uchi gari		
Hane goshi	Harai goshi		