

judo nage no kata pdf

- 1 - Nage-no-Kata Adopted on April 10th, 1960 Amended on November 1st, 2005 Introduction

Nage-no-Kata, also called "Randori-no-Kata", was created to help Judo students understand the principles and master the basic techniques of Nage-

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Nage no Kata was created to develop the understanding of the theory of throwing techniques and for the practice of throwing techniques with a partner. Nage waza is composed of Te-waza , Koshi-waza, Ashi-waza,

UNITED STATES JUDO FEDERATION NAGE NO KATA

The official WEB site of The Kodokan Judo Institute, Tokyo, Japan.

Kodokan KATA Textbook | Kodokan Judo Institute

Nage-no-Kata - the forms of throwing - deals with throwing techniques used in Judo. The Kata are divided into five groups and each of these has three throwing techniques to carry out on both sides of the body.

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11 minutes: -1 -1 -3 -10 -5 /10 . 1 : opening ceremony. 2 . kesa gatame. 3 . kata gatame. 4 . kami shiho gatame. 5 . yoko shiho gatame. 6 . osae-waza . kuzure kami ...

NAGE-NO-KATA - Balwyn Judo Club

Nage-no-Kata. This is the first of the two randori katas. This covers 15 throwing techniques performed on both right & left sides, including three representative techniques each from the categories of hand, hip, foot, supine (back) sacrifice and side sacrifice techniques.

Nage-no-Kata - Hal Sharp Judo Teachers Foundation

Nage no kata is perhaps the best known; this kata of throws is often used to showcase kata generally and is included in some theory examinations. Because judo is more effective on the move.

Nage no kata - Alton Judo Club

by Elie A. Morrell, Hachidan. The study of the Nage No Kata involves dealing with a highly complex and technical area in the judo repertoire. Proper study should involve the use of a qualified instructor.

HELPFUL GUIDELINES FOR THE LEARNING OF THE NAGE NO KATA

Nage-No-Kata (forms of throws) Nage No Kata is a set form of highly formalized throwing techniques. It consists of five sets of three throws. Each throw is performed both left and

Nage No Kata Clinic - Hui-O-Judo

Nage-no-Kata - the forms of throwing - deals with throwing techniques used in Judo. The Kata are divided into five groups and each of these has three throwing techniques to carry out on both sides of the body.

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