

FUKURI



JUDOKOOL

VÖÖPROGRAMM
PRUUN VÖÖ

1-KYU



Pruuni vöö programm

1. SHIME WAZ Kägistamistehnika
2. NAGE WAZA Heitetehnika
3. RENRAKU/GAESHI WAZA Kombinatsiooni/vastu heite tehnika
4. RANDORI Võitlusmaadlus



1. SHIME WAZA

- Sode-guruma jime
- Kataha jime

SODE GURUMA JIME



KATAHA JIME



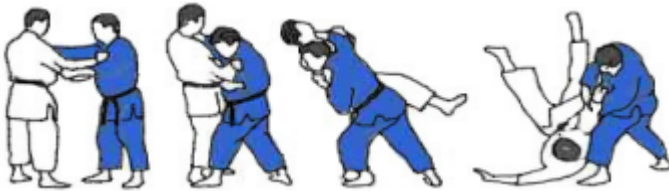
2. NAGE WAZA

- Sumi-Otoshi
- Yama-Arashi
- Kuchiki-Taoshi
- Kibisu-Gaeshi
- Uchi-Mata-Sukashi
- Uchi-Mata-Gaeshi
- Uchi-Mata-Makikomi
- Uchi-Makikomi
- Ushiro-Goshi

Heiteid tuleb osata liikumiselt kahele pool

- Tsubame-Gaeshi
- Tawara-Gaeshi
- O-soto-guruma
- Kani-Basami
- Uki-Waza
- Yoko-Wakare
- Yoko-Guruma
- Yoko-Gake
- Kawazu-Gake

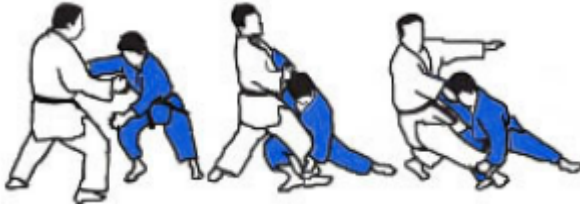
SUMI-OTOSHI



YAMA-ARASHI



KUCHIKI-TAOSHI



KIBISU-GAESHI



UCHI-MATA-SUKASHI



UCHI-MATA-GAESHI



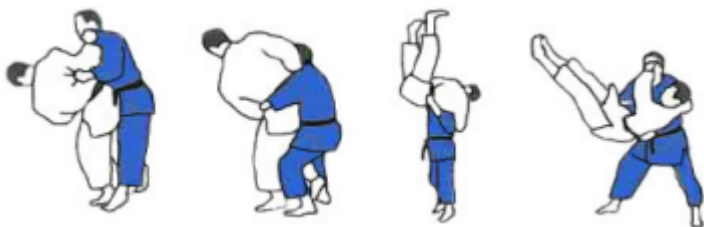
UCHI-MATA-MAKIKOMI



UCHI-MAKIKOMI



USHIRO-GOSHI



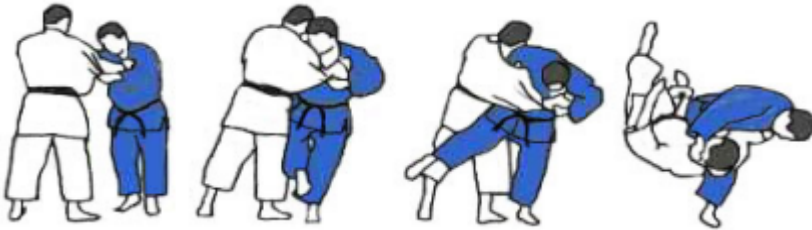
TSUBAME-GAESHI



TAWARA-GAESHI



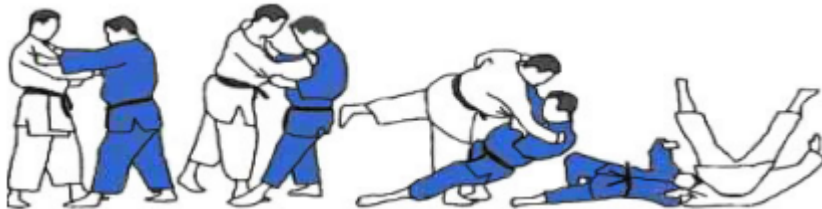
O-SOTO-GURUMA



KANI-BASAMI



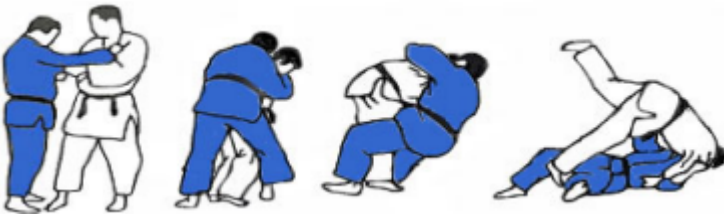
UKI-WAZA



YOKO-WAKARE



YOKO-GURUMA



YOKO-GAKE



KAWAZU-GAKE



3. RENRAKU WAZA/GAESHI WAZA

Tuleb osata ette näidata **3** omal valikul kombinatsiooni

Nt: O-Uchi-Gari→Ko-Uchi-Gari

Ko-Uchi-Gari→O-soto-Gake

Ko-Uchi-Gari→Seoi-nage

Ippon-Seoi-nage→Ko-Uchi-Gari

Goshi-Guruma→Soto-Makikomi

Uchi-Mata→Tai-Otoshi

Seoi-Otoshi→Ko-Uchi-Makikomi

O-Soto-Gari→O-Soto-Guruma

Tuleb osata ette näidata **3** omal vasturünnaku tehnikat

Nt: O-Uchi-Gari→Tsurikomi-Goshi

O-Soto-Gari→O-Soto-Gari

Goshi-Guruma→Tani-Otoshi

Hiza-Guruma→O-Uchi-Gari

O-Goshi→Utsuri Goshi

Tsuri-Goshi→Yoko Gake

4. RANDORI

Oskus demonstreerida heite tehnikaid randori stiilis,
omal valikul 5 heidet.

