

**FUKURI**



**JUDOKOOL**

**VÖÖPROGRAMM  
SININE VÖÖ**

**2-KYU**



## Sinise vöö programm

1. OSAEKOMI WAZA Kinnihoidmistehnika
2. KANSETSU WAZA Valuvõttetehnika
3. SHIME WAZA Kägistamistehnika
4. NAGE WAZA Heitetehnika
5. RENRAKU/GAESHI WAZA Kombinatsiooni/vastu heite tehnika
6. KINNIHOIDMISEST VÄLJA TULEMINE

## 1. OSAEKOMI-WAZA

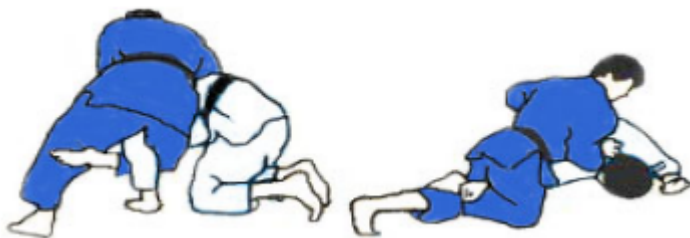
- URA GATAME



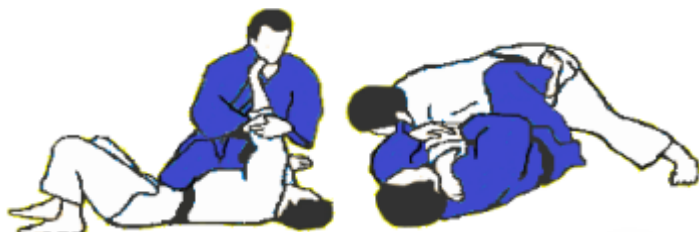
## 2. KANSETSU WAZA

- Ude-Hishigi-Ashi-Gatame
- Ude-Hishigi-Ude-Gatame
- Ude-Hishigi-Te-Gatame
- Ude-Hishigi-Sankaku-Gatame

### UDE HISHIGI ASHI GATAME



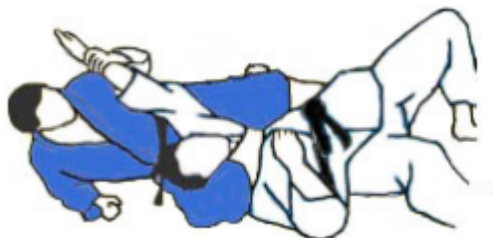
**UDE HISHIGI UDE GATAME**



**UDE HISHIGI TE GATAME**



**UDE HISHIGI SANKAKU GATAME**



### 3. SHIME WAZA

- Ryote jime
- Sankaku jime
- Tsukkomi jime
- Hadaka jime
- Katate jim

#### RYOTE JIME



#### TSUKKOMI JIME



#### SANKAKU JIME



#### HADAKA JIME



#### KATATE JIME



## 4. NAGE WAZA

Heiteid tuleb osata liikumiselt kahele pool

- Ashi-guruma
- O-guruma
- Kata-guruma
- Hane-Makikomi
- Ko-Uchi-Makikomi
- Sukui-nage
- Utsuri-goshi
- Uki-otoshi
- O-soto-guruma

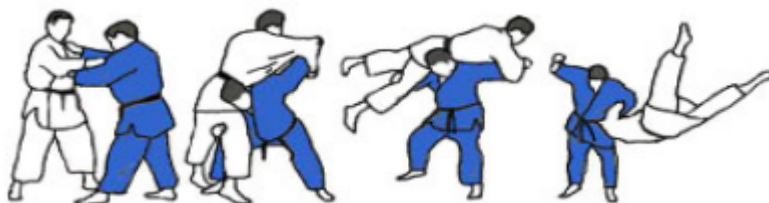
### ASHI-GURUMA



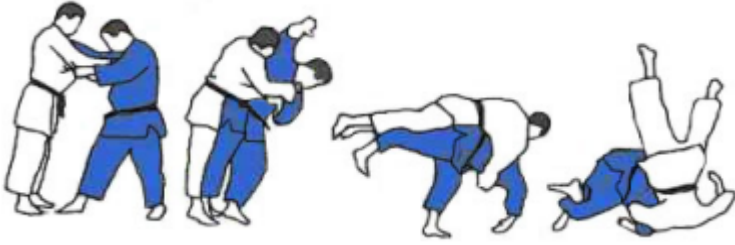
### O-GURUMA



### KATA-GURUMA



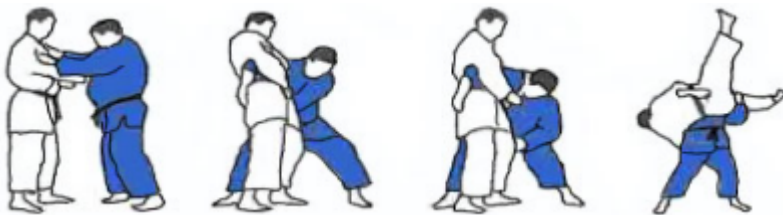
## HANE-MAKIKOMI



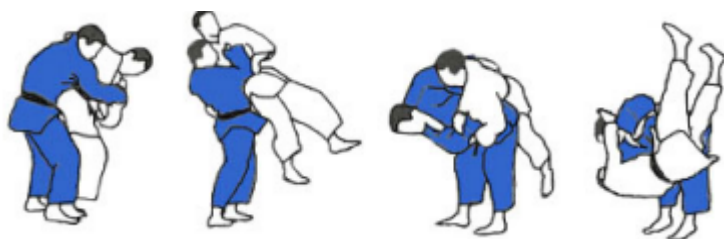
## KO-UCHI-MAKIKOMI



## SUKUI-NAGE



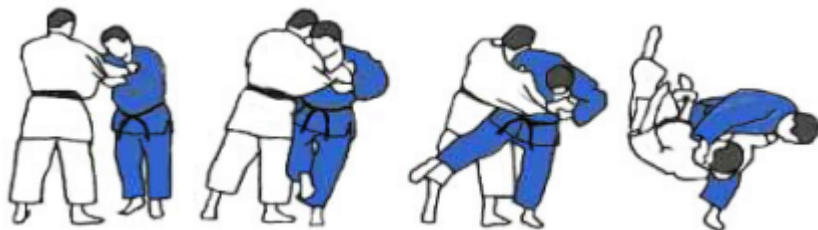
## UTSURI-GOSHI



## UKI-OTOSHI



## O-SOTO-GURUMA



## 5. 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