

## ORANJE BAND JUDO

| Techniek          | Wat ?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ukemi waza        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| houdgrepen        | <i>Houdgrepen met weerstand</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| kanteltechnieken  | <i>10 x bokje (voor en zijkant) buik, ebi</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| passeertechnieken | <i>2x</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| werptechnieken    | <p><b>Beenworpen</b></p> <ul style="list-style-type: none"> <li>- o soto gari</li> <li>- o soto o toshi</li> <li>- o uchi gari</li> <li>- ko uchi gari</li> <li>- *(hiza guruma)</li> </ul> <p><b>Heupworpen</b></p> <ul style="list-style-type: none"> <li>- o goshi</li> <li>- o goshi varieant (arm insluiten)</li> <li>- koshi guruma</li> <li>- harai goshi</li> <li>- tsuri goshi</li> </ul> <p><b>Schouderworpen</b></p> <ul style="list-style-type: none"> <li>- ippon seo nage</li> <li>- morote seo nage</li> </ul> <p><b>Armworpen</b></p> <ul style="list-style-type: none"> <li>- Tai o toshi</li> </ul> |
| combinaties       | <ul style="list-style-type: none"> <li>- o soto gari / o uchi gari</li> <li>- ko uchi gari / ippon seoi nage</li> <li>- koshi guruma / o soto gari</li> <li>- ippon seoi nage / ko uchi gari</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                               |
| overnames         | <ul style="list-style-type: none"> <li>- tai o toshi/ co soto gake</li> <li>- koshi guruma / tani o toshi</li> <li>- koshi guruma / o goshi</li> <li>- ippon seoi nage / tani o toshi</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                      |
| termen            | <ul style="list-style-type: none"> <li>- worpen japans</li> <li>- scheidsrechter termen</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| kennis            | <ul style="list-style-type: none"> <li>- wedstrijdregels</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

+ voorgaande geleerde technieken