

Study on Mechanism of Injury Generation and Reduction Therapy based on Judo Forms called as Kata

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table1. **Kime no Kata**

Idori

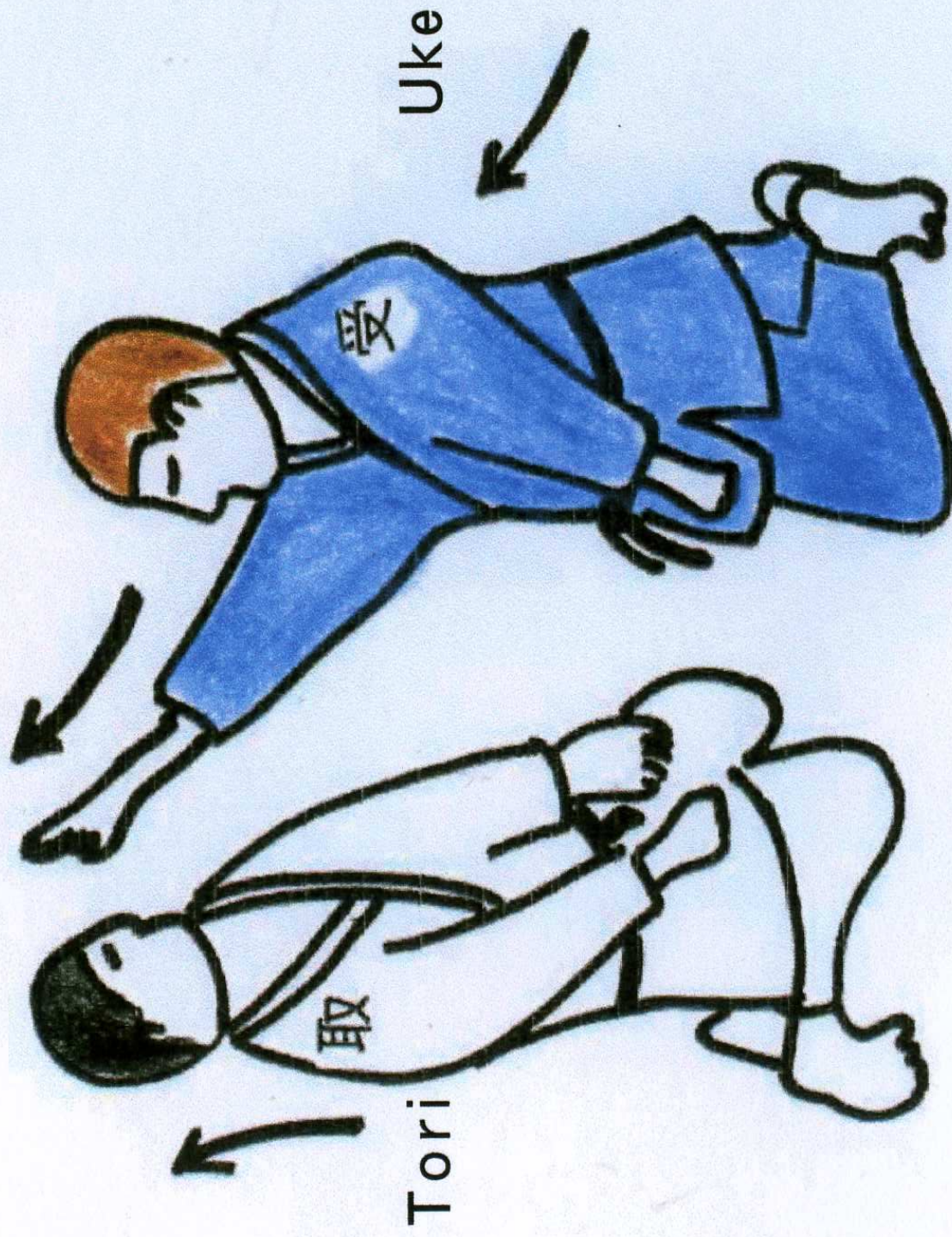
Ryoutedori	Tsukkake	Suriage
Yokouchi	Ushirodori	Tukkomi
Kirikomi	Yokozuki	

Tachiai

Ryoutedori	Sodetori	Tsukkake
Tsukiage	Suriage	Yokouchi
Keage	Ushirodori	Tsukkomi
Kirikomi	Nukigake	Kirioroshi

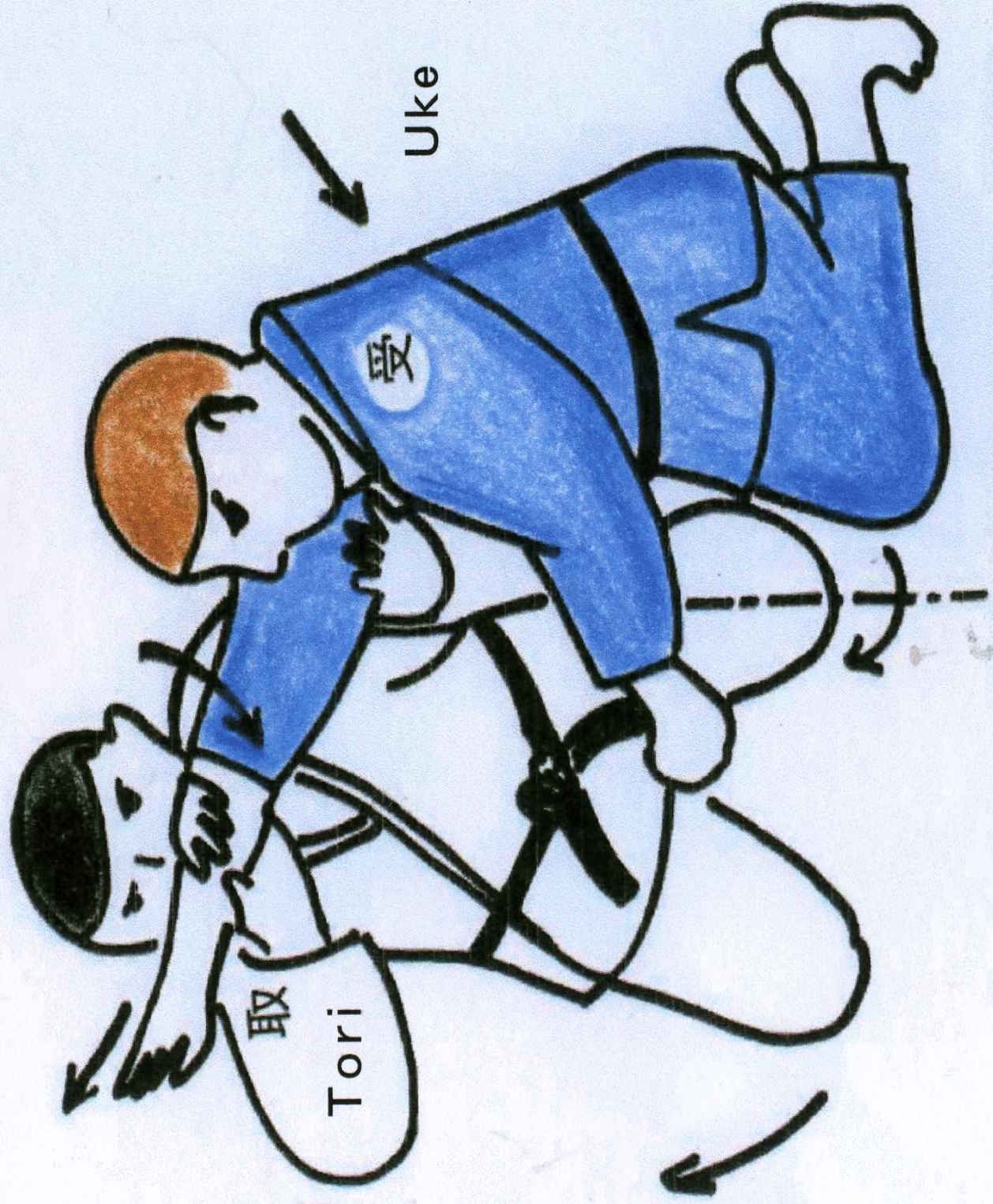
Suriage

Fig1.



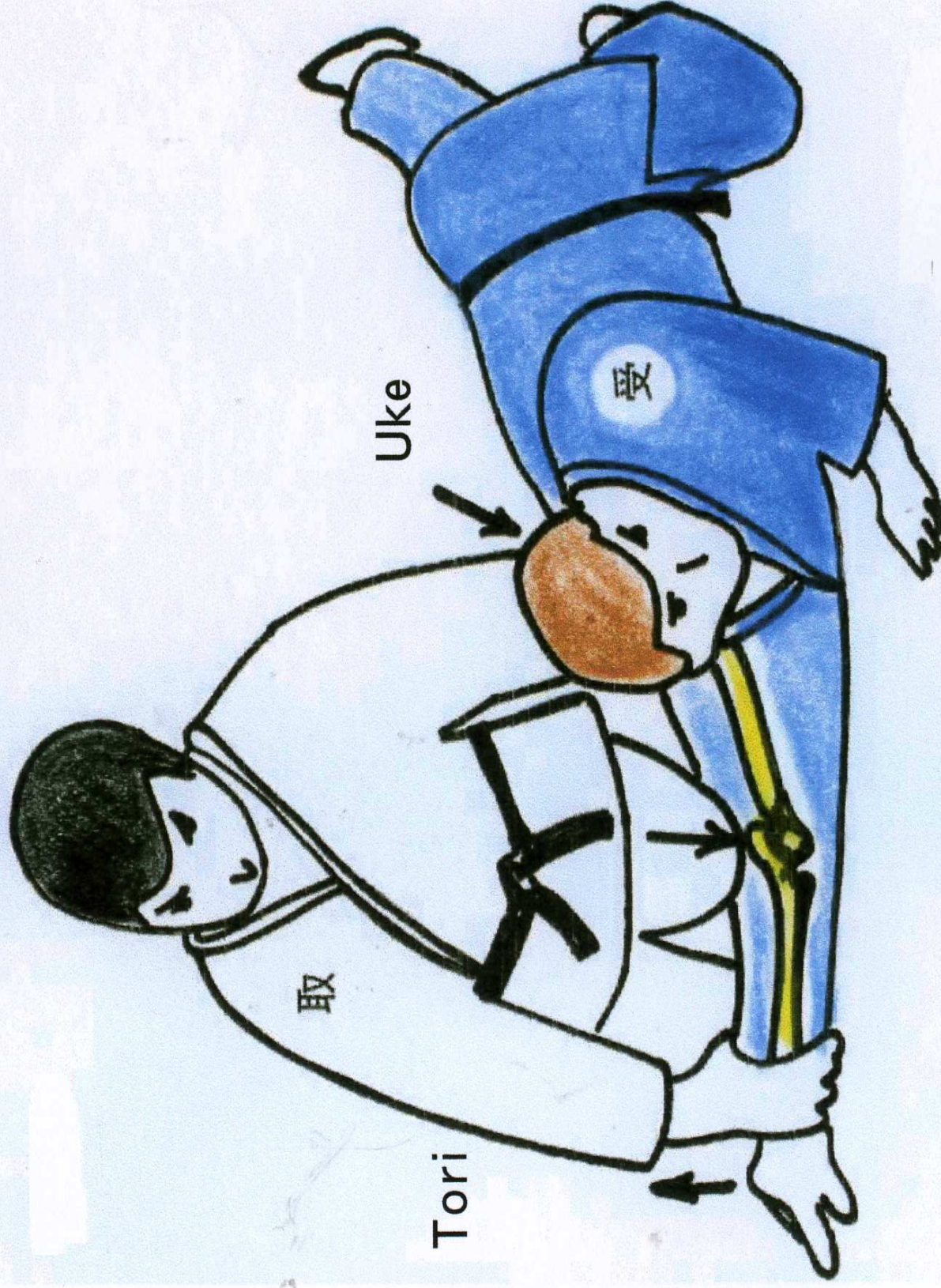
Suriage

Fig2.



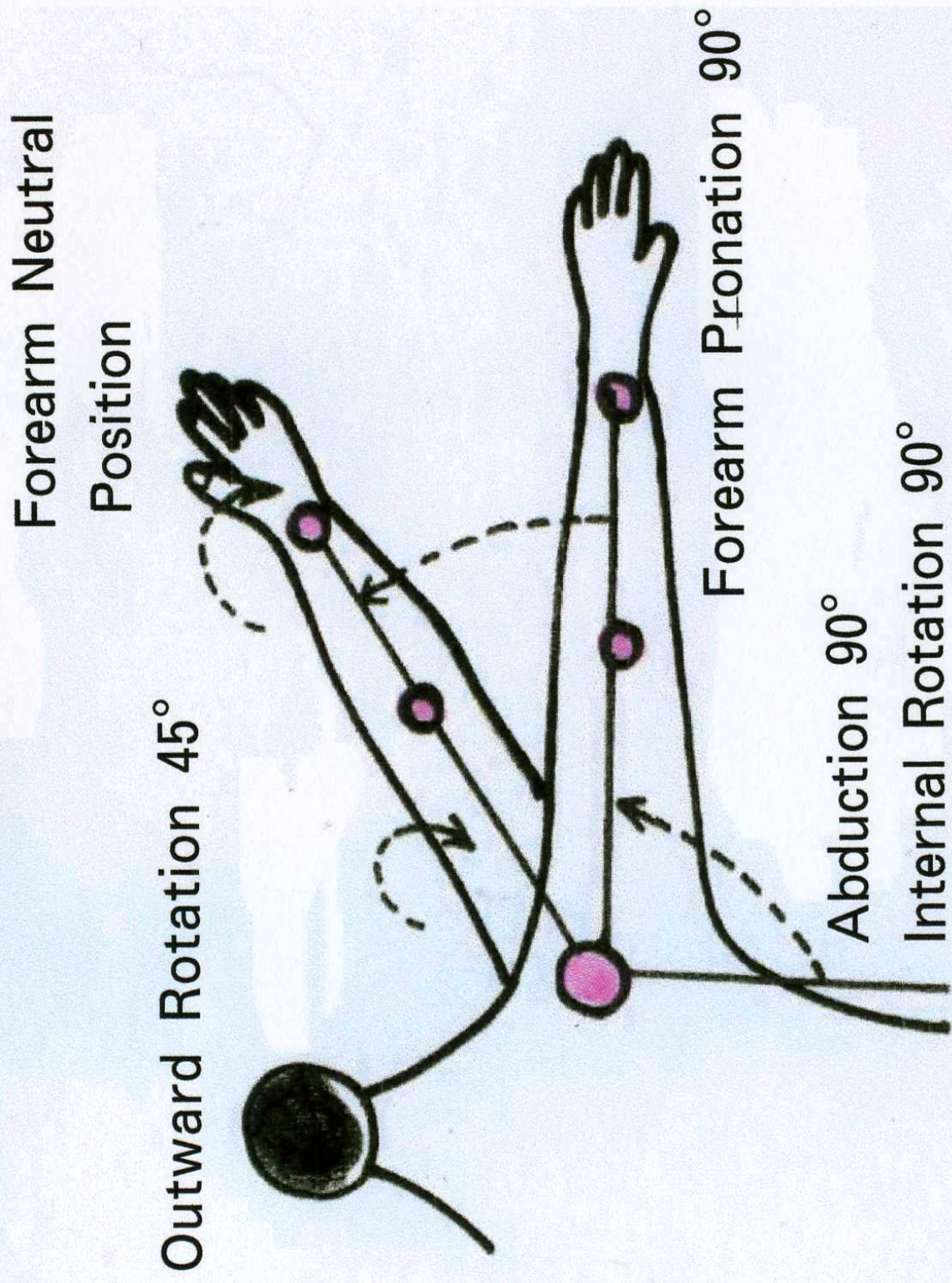
Suriage (Knee Lock)

Fig3.



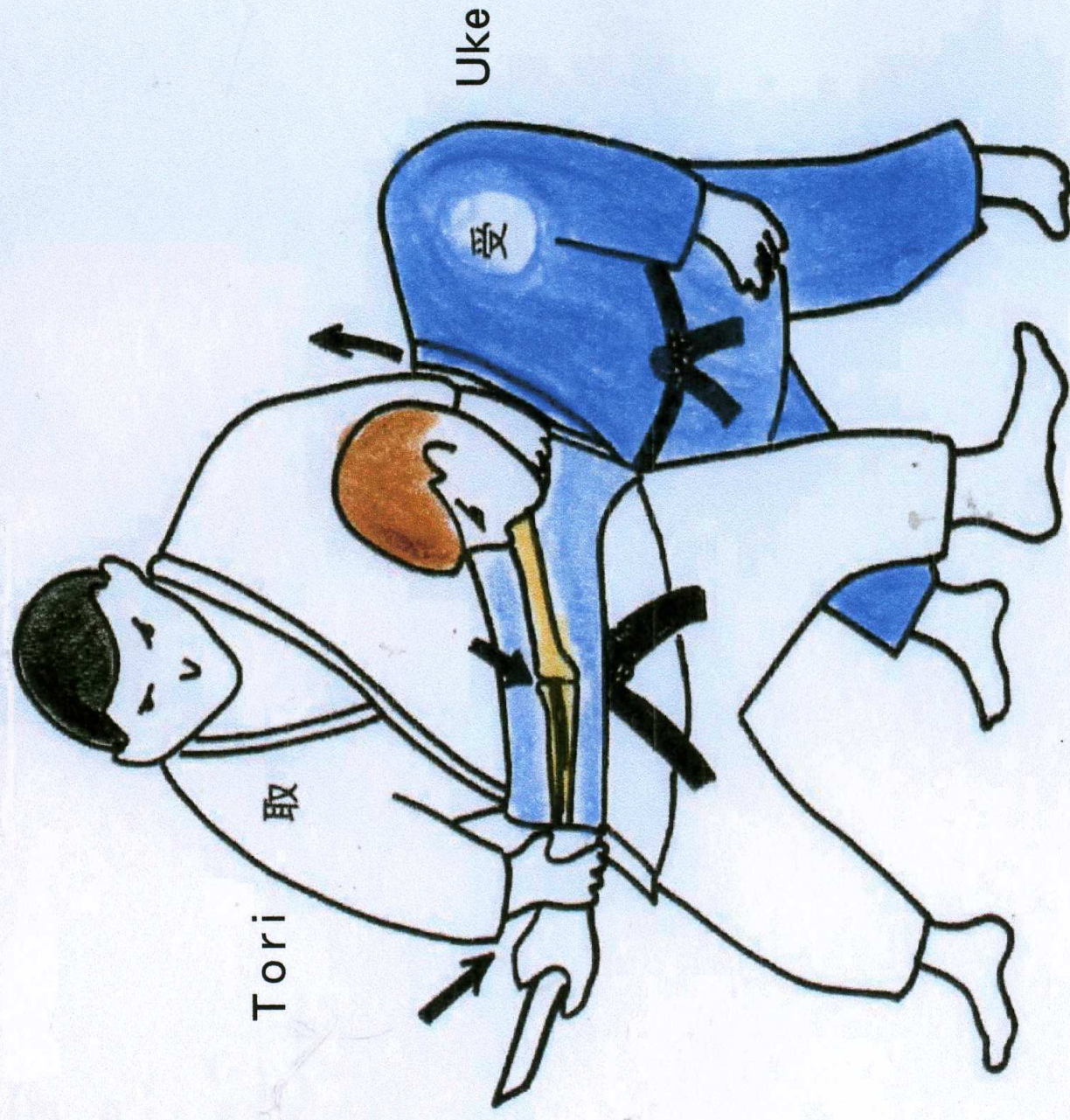
Suriage

Fig4.



Tsukkomi (Stomach Lock)

Fig5.



Tsukkomi

Fig6.

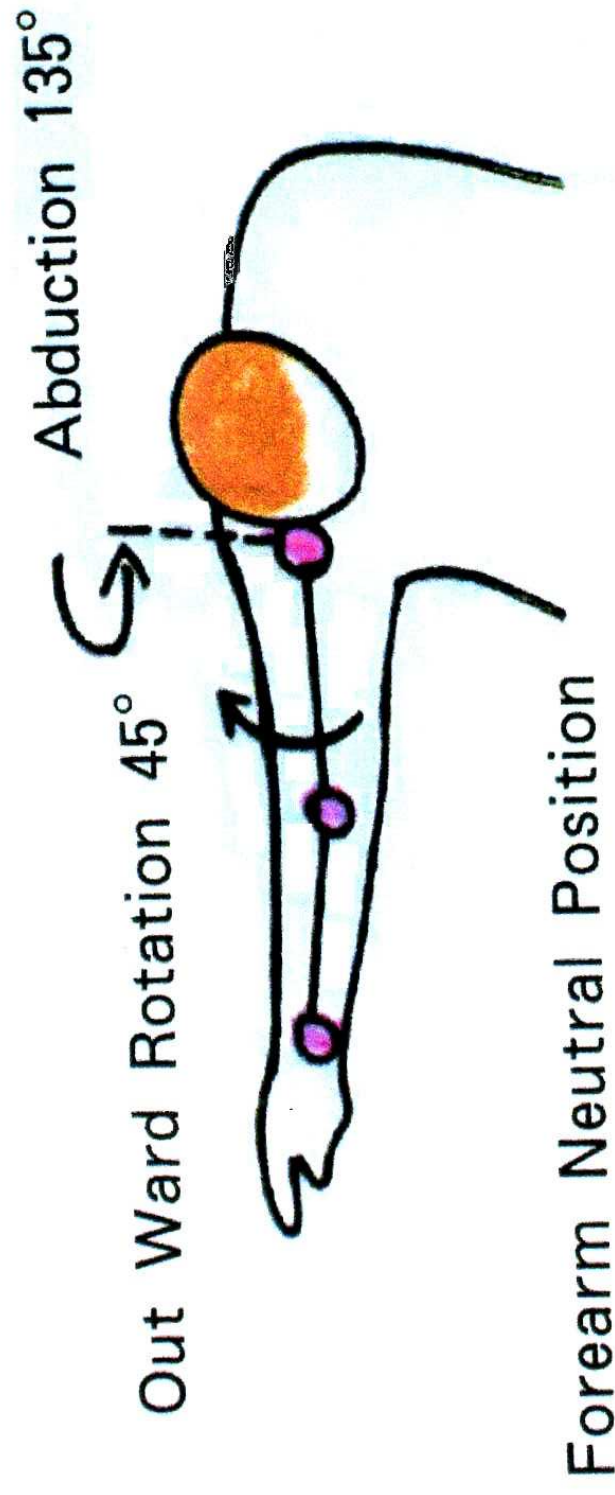
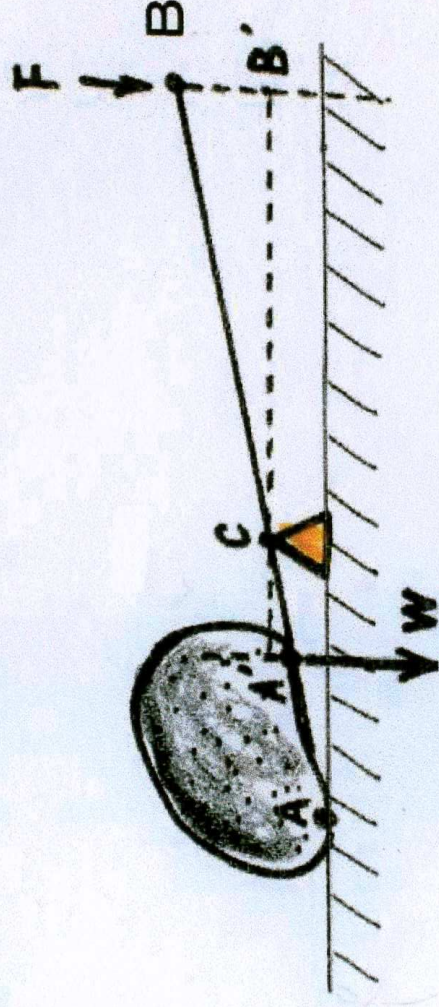
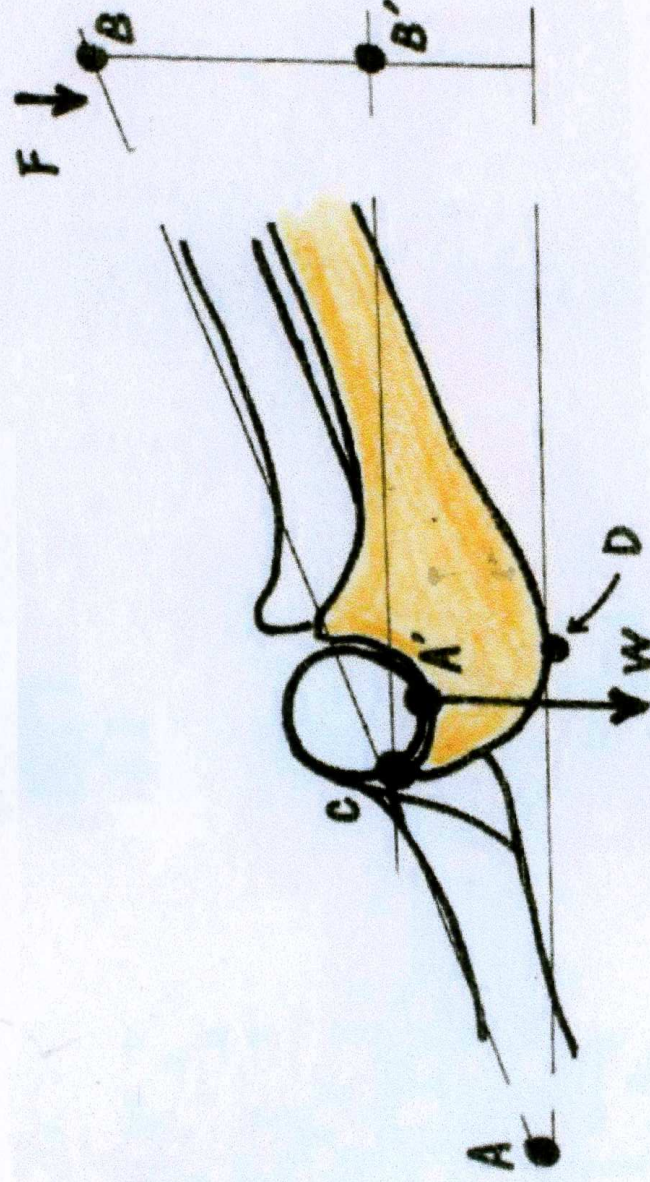


Fig7.



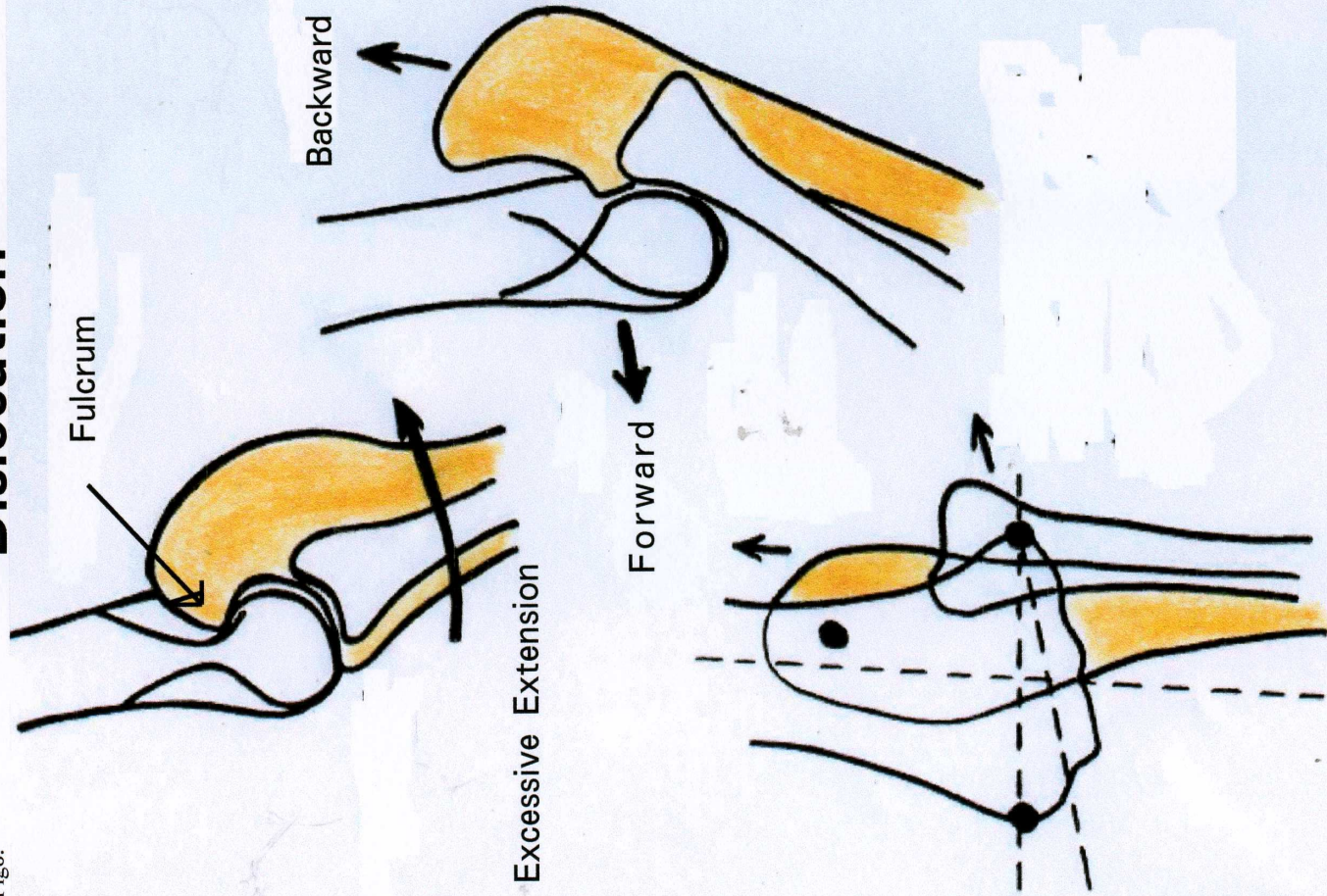
Principle of Leverage



Elbow Joint

Dislocation

Fig8.



Reduction

Fig9.

