

# Abwehrtechniken



Age-Uke



Soto-Uke



Uchi-Uke



Morote-Uke



Chudan-Shuto-Uke



Jodan-Shuto-Uke



Koken-Uke



Shotei-Uke



Nagashi-Uke



Gedan-Barai



Jodan-Juji-Uke



Gedan-Juji-Uke



Hiza-Uke



Nami-Ashi



Mikatsuki-Geri-Uke