



IJF DVD 2010 NEW RULES

Nr.	remarks / explanation
1	Real O-Uchi-Gari Blue
2	Real O-Uchi-Gari white
3	Sequenz of techniques- O-Uchi-Gari- Grip to the legs by white
4	Counter-attack of white , white grips to the leg with the left hand
5	Sequenz of techniques by white and then grip to the leg
6	Counter attack of blue and then grip to the legs
7	Real O-Uchi-Gari by white and after it grip to the leg
8	Blue with real Seoi-Nage attack and after it grip to the leg combined with Ko-Uchi-Gari
9	Real attack by blue , followed by counter attack of white
10	Real attack by blue with Uchi-Mata, blue grips to the legs-counter attack by white
11	Real attack by white-white grips to the legs-counter attack by blue
12	Real attempt by blue with Ko-Uchi-Gari - after it grip below the belt
13	Real attack by blue and after it grip below the belt
14	Real attack by white with Uchi-Mata-attempt of blue with grip below the belt
15	Real attack of white with a kind of Seoi-Nage/Te-Waza
16	Real attack of white with a kind of Seoi-Nage/Te -Waza
17	Real attempt by white with a kind of Uki-Waza
18	First attack blue- Kaeshi-Waza white
19	Direct grip below the belt by white
20	Attack by white-short break-no real attack by blue and grip to the legs by blue
21	No real Ashi-Waza-attack by white (right leg) -grip below the belt
22	White is only waiting for the Ashi-Waza-attack by blue and grips to the legs
23	Blue reacts to a not real attack by white and grips to the legs
24	Blue goes down for a kind of Kata-Guruma by himself(no real attack) and grips below the belt
25	White is only waiting for the attack of blue and grips below the belt
26	Blue grips without anything (directly) below the belt
27	Blue grips first below the belt and after it he brings the leg inside (Grip of white not negativ)
28	Blue does not have the intention to throw his opponent, he was looking for grip to the leg
29	White grips directly below the belt
30	No real attack with Ko-Uchi-Gari by blue- only to prepare the grip to the leg
31	White/blue one side grip (only the arm), after it grip to the leg
32	Blue/White one side grip (only the arm), after it grip to the leg
33	Blue does not have the intention to throw with Ko-Uchi-Gari, she is preparing the grip below
34	White has no real attacks , he is preparing the grip to the leg
35	Blue is waiting to grip below the belt
36	Blue is waiting to grip below the belt
37	Blue is waiting to grip below the belt, cross grip,only arm (Shido white blocking/negativ)
38	Blue directly grips to the legs
39	With this action white does not want to throw the opponent, only preparing grip to the legs
40	No real attack of white , but blue reacts with grip below the belt
41	White attacks directly below the belt (better Matte and Shido white for bending)
42	Blue is waiting for a movement of white-immediately grip below the belt
43	Simultaneous action done by blue
44	Both fighters one hand across , you can't throw from this position, blue grips below the belt
45	Blue goes directly on the knees and after it grip to the legs
46	White with cross grip and supports this with gripping below the belt
47	No real attack by white, waiting to prepare the grip to the leg
48	Simultaneous action by white with grip below the belt
49	No real attack by blue, waiting to prepare the grip to the leg
50	White is moving his head under the arm of blue and attacks below the belt
51	Blue is waiting and then direct attack below the belt
52	Simultaneous actions by white
53	It is not a real sequenz of techniques, attempt to throw with the aim to grip below the belt
54	Simultaneous action by white
55	White is waiting for the attack of blue, he wants to grip below the belt
56	White doesn't have the intention to throw, only to grip below the belt
57	What is the aim of blue, only to prepare a grip to the leg
58	Blue , direct grip to the legs
59	White is waiting for the attack of blue, he wants to grip below the belt
60	White , direct grip to the legs