



IJF DVD 2010 NEW RULES

| Nr. | remarks / explanation |
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| 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 |

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| 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 |

