

SHINZEN KAI KARATE HALDENSLEBEN

KATA: Gerino-Kata-Sono-Go

Makso (Mosubi-Dachi) Augenzu

Name des Katas

Yoi (von Mosubi-Dachi zu Fudo-Dachi mit Ibukisankai)

1-Mai-Jodan-Uchi-Mawashi-Geri	Links	(90°)	Komite-Dachi
1.2-Jodan-Soto-Mawashi-Geri		
1.3-Jodan-Yoku-Geri		
1.4-Jodan-Soto-Kakute-Geri		
2-Mai-Sono-Uchi-Uke			Komite-Dachi
2.2-Kansetzu-Geri		
2.3-Jodan-Hisa-Geri		
2.4-Gyako-Gedan-Mawashi-Geri		
2.5-Jodan-Oshiro-Mawashi-Geri		
2.6-Jodan-Mawashi-Geri		
2.7-Chodan-Oshiro-Geri		
2.8-Jodan-Uchi-Kakute-Geri		
3-Mai-Jodan-Uchi-Mawashi-Geri	Rechts	(180°)	Komite-Dachi
3.2-Jodan-Soto-Mawashi-Geri		
3.3-Jodan-Yoku-Geri		
3.4-Jodan-Soto-Kakute-Geri		
4-Mai-Sono-Uchi-Uke			Komite-Dachi
4.2-Kansetzu-Geri		
4.3-Jodan-Hisa-Geri		
4.4-Gyako-Gedan-Mawashi-Geri		
4.5-Jodan-Oshiro-Mawashi-Geri		
4.6-Jodan-Mawashi-Geri		
4.7-Chodan-Oshiro-Geri		
4.8-Jodan-Uchi-Kakute-Geri		
5-Mai-Jodan-Uchi-Mawashi-Geri	Links	(90°)	Komite-Dachi
5.2-Jodan-Soto-Mawashi-Geri		
5.3-Jodan-Yoku-Geri		
5.4-Jodan-Soto-Kakute-Geri		
6-Mai-Mawashi-Geri-Gedan			Komite-Dachi
6.2-Jodan-Hisa-Mawashi-Geri		
6.3-Gyako-Chodan-Oshiro-Geri		
6.4-Jodan-Yoku-Geri		
6.5-Jodan-Mawashi-Geri		
6.6-Jodan-Mae-Geri		
6.7-Jodan-Oshiro-Mawashi-Geri		
6.8-Jodan-Uchi-Kakute-Geri		
7-Mai-Mawashi-Geri-Gedan			Komite-Dachi
7.2-Jodan-Hisa-Mawashi-Geri		
7.3-Gyako-Chodan-Oshiro-Geri		
7.4-Jodan-Yoku-Geri		
7.5-Jodan-Mawashi-Geri		
7.6-Jodan-Mae-Geri		
7.7-Jodan-Oshiro-Mawashi-Geri		
7.8-Jodan-Uchi-Kakute-Geri		
8-Mai-Mawashi-Geri-Gedan			Komite-Dachi
8.2-Jodan-Hisa-Mawashi-Geri		
8.3-Gyako-Chodan-Oshiro-Geri		
8.4-Jodan-Yoku-Geri		
8.5-Jodan-Mawashi-Geri		
8.6-Jodan-Mae-Geri		
8.7-Jodan-Oshiro-Mawashi-Geri		
8.8-Jodan-Uchi-Kakute-Geri		
9-Mai-Jodan-Uchi-Mawashi-Geri	Links	(270°)	Komite-Dachi

9.2-Jodan-Soto-Mawashi-Geri			""
9.3-Jodan-Yoku-Geri			""
9.4-Jodan-Soto-Kakute-			""
10 -Mai-Sono-Uchi-Uke			Komite-Dachi
10.2-Kansetzu-Geri			""
10.3-Jodan-Hisa-Geri			""
10.4-Gyako-Gedan-Mawashi-Geri			""
10.5-Jodan-Oshiro-Mawashi-Geri			""
10.6-Jodan-Mawashi-Geri			""
10.7-Chodan-Oshiro-Geri			""
10.8-Jodan-Uchi-Kakute-Geri			""
11 -Mai-Jodan-Uchi-Mawashi-Geri	Rechts	(180°)	Komite-Dachi
11.2-Jodan-Soto-Mawashi-Geri			""
11.3-Jodan-Yoku-Geri			""
11.4-Jodan-Soto-Kakute-Geri			""
12 -Mai-Sono-Uchi-Uke			Komite-Dachi
12.2-Kansetzu-Geri			""
12.3-Jodan-Hisa-Geri			""
12.4-Gyako-Gedan-Mawashi-Geri			""
12.5-Jodan-Oshiro-Mawashi-Geri			""
12.6-Jodan-Mawashi-Geri			""
12.7-Chodan-Oshiro-Geri			""
12.8-Jodan-Uchi-Kakute-Geri			""
13 -Mai-Jodan-Uchi-Mawashi-Geri	Links	(90°)	Komite-Dachi
13.2-Jodan-Soto-Mawashi-Geri			""
13.3-Jodan-Yoku-Geri			""
13.4-Jodan-Soto-Kakute-Geri			""
14 -Mai-Gedan-Mawashi-Geri			Komite-Dachi
14.1-Jodan-Mawashi-Hiza-Geri			""
14.2-Gyako-Chodan-Oshiro-Geri			""
14.4-Jodan-Yoku-Geri			""
14.5-Jodan-Mawashi-Geri			""
14.3-Chodan-Mae-Geri			""
14.6-Jodan-Oshiro-Mawashi-Geri			""
14.7-Chodan-Yoku-Geri			""
15 -Mai-Gedan-Mawashi-Geri			Komite-Dachi
15.1-Jodan-Mawashi-Hiza-Geri			""
15.2-Gyako-Chodan-Oshiro-Geri			""
15.4-Jodan-Yoku-Geri			""
15.5-Jodan-Mawashi-Geri			""
15.3-Chodan-Mae-Geri			""
15.6-Jodan-Oshiro-Mawashi-Geri			""
15.7-Chodan-Yoku-Geri			""
16 -Mai-Gedan-Mawashi-Geri			Komite-Dachi
16.1-Jodan-Mawashi-Hiza-Geri			""
16.2-Gyako-Chodan-Oshiro-Geri			""
16.4-Jodan-Yoku-Geri			""
16.5-Jodan-Mawashi-Geri			""
16.3-Chodan-Mae-Geri			""
16.6-Jodan-Oshiro-Mawashi-Geri			""
16.7-Chodan-Yoku-Geri			""
17 -Mai-Jodan-Uchi-Mawashi-Geri	Links	(Kiai) (270°)	Komite-Dachi
17.2-Jodan-Soto-Mawashi-Geri			""
17.3-Jodan-Yoku-Geri			""
17.4-Jodan-Soto-Kakute-Geri			""
18 -Mai-Sono-Uchi-Uke			Komite-Dachi
18.2-Kansetzu-Geri			""
18.3-Jodan-Hisa-Geri			""
18.4-Gyako-Gedan-Mawashi-Geri			""
18.5-Jodan-Oshiro-Mawashi-Geri			""
18.6-Jodan-Mawashi-Geri			""
18.7-Chodan-Oshiro-Geri			""
18.8-Jodan-Uchi-Kakute-Geri			""

19 -Mai-Jodan-Uchi-Mawashi-Geri	Rechts	(180°)	Komite-Dachi
19.2-Jodan-Soto-Mawashi-Geri			""""""""""
19.3-Jodan-Yoku-Geri			""""""""""
19.4-Jodan-Soto-Kakute-Geri			""""""""""
20 -Mai-Sono-Uchi-Uke			Komite-Dachi
20.2-Kansetsu-Geri			""""""""""
20.3-Jodan-Hisa-Geri			""""""""""
20.4-Gyako-Gedan-Mawashi-Geri			""""""""""
20.5-Jodan-Oshiro-Mawashi-Geri			""""""""""
20.6-Jodan-Mawashi-Geri			""""""""""
20.7-Chodan-Oshiro-Geri			""""""""""
20.8-Jodan-Uchi-Kakute-Geri			""""""""""

Norai (Makso in Mosubi-Dachi)
 Yazume (Yoi-Dachi)
OSU!