

# SHINZEN KAI KARATE HALDENSLEBEN

**KATA:** Gerino-Kata-Sono-Ni

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

1-Jodan-Yoku-Geri	Links	(90°)	Zenkutzudachi
2-Jodan-Mae-Geri			""""""""""
3-Jodan-Yoku-Geri	Rechts	(180°)	""""""""""
4-Jodan-Mae-Geri			""""""""""
5-Jodan-Yoku-Geri	Links	(90°)	Zenkutzudachi
6-Jodan-Uchi-Mawashi-Geri			""""""""""
7-Jodan-Uchi-Mawashi-Geri			""""""""""
8-Jodan-Uchi-Mawashi-Geri		(Kiai)	""""""""""
9-Jodan-Yoku-Geri	Links	(270°)	Zenkutzudachi
10-Jodan-Mae-Geri			""""""""""
11-Jodan-Yoku-Geri	Rechts	(180°)	""""""""""
12-Jodan-Mae-Geri			""""""""""
13-Jodan-Yoku-Geri	Links	(90°)	Zenkutzudachi
14-Jodan-Soto-Mawashi-Geri			""""""""""
15-Jodan-Soto-Mawashi-Geri			""""""""""
16-Jodan-Soto-Mawashi-Geri		(Kiai)	""""""""""
17-Jodan-Yoku-Geri	Links	(270°)	Zenkutzudachi
18-Jodan-Mae-Geri			""""""""""
19-Jodan-Yoku-Geri	Rechts	(180°)	""""""""""
20-Jodan-Mae-Geri			""""""""""

Norai (Makso in Mosubi-Dachi)

Yazume (Yoi-Dachi)

**OSU!**