

SHINZEN KAI KARATE HALDENSLIEBEN

KATA: Gerino-Kata-Sono-San

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

1-Kansetzu-Geri	Links	(90°)	Komite-Dachi
1.2-Jodan-Yoku-Geri		
2-Mae-Hisa-Uchi-Uke			Komite-Dachi
2.2-Mae-Geri-Chudan		
2.3-Gyako-Jodan-Hisa-Geri		
2.4-Jodan-Mawashi-Geri		
3-Kansetzu-Geri	Rechts	(180°)	Komite-Dachi
3.2-Jodan-Yoku-Geri		
4-Mae-Hisa-Uchi-Uke			Komite-Dachi
4.2-Mae-Geri-Chudan		
4.3-Gyako-Jodan-Hisa-Geri		
4.3-Jodan-Mawashi-Geri		
5-Kansetzu-Geri	Links	(90°)	Komite-Dachi
5.2-Jodan-Yoku-Geri		
6-Mae-Kansetzu-Geri			Komite-Dachi
6.2-Jodan-Hisa-Geri		
6.3-Gyako-Chodan-Mae-Geri		
6.4-Jodan-Mawashi-Geri		
7-Mae-Kansetzu-Geri			Komite-Dachi
7.2-Jodan-Hisa-Geri		
7.3-Gyako-Chodan-Mae-Geri		
7.4-Jodan-Mawashi-Geri		
8-Mae-Kansetzu-Geri			Komite-Dachi
8.2-Jodan-Hisa-Geri		
8.3-Gyako-Chodan-Mae-Geri		
8.4-Jodan-Mawashi-Geri		(Kiai)
9-Kansetzu-Geri	Links	(270°)	Komite-Dachi
9.2-Jodan-Yoku-Geri		
10-Mae-Hisa-Uchi-Uke			Komite-Dachi
10.2-Mae-Geri-Chudan		
10.3-Gyako-Jodan-Hisa-Geri		
10.3-Jodan-Mawashi-Geri		
11-Kansetzu-Geri	Rechts	(180°)	Komite-Dachi
11.2-Jodan-Yoku-Geri		
12-Mae-Hisa-Uchi-Uke			Komite-Dachi
12.2-Mae-Geri-Chudan		
12.3-Gyako-Jodan-Hisa-Geri		
12.3-Jodan-Mawashi-Geri		
13-Kansetzu-Geri	Links	(90°)	Komite-Dachi
13.2-Jodan-Yoku-Geri		
14-Mae-Kansetzu-Geri			Komite-Dachi
14.2-Mae-Geri-Chudan		
14.3-Gyako-Jodan-Uchi-Mawashi-Geri		
14.4-Jodan-Soto-Mawashi-Geri		
15-Mae-Kansetzu-Geri			Komite-Dachi
15.2-Mae-Geri-Chudan		
15.3-Gyako-Jodan-Uchi-Mawashi-Geri		
15.4-Jodan-Soto-Mawashi-Geri		
16-Mae-Kansetzu-Geri			Komite-Dachi
16.2-Mae-Geri-Chudan		
16.3-Gyako-Jodan-Uchi-Mawashi-Geri		
16.4-Jodan-Soto-Mawashi-Geri		(Kiai)
17-Kansetzu-Geri	Links	(270°)	Komite-Dachi
17.2-Jodan-Yoku-Geri		
18-Mae-Hisa-Uchi-Uke			Komite-Dachi
18.2-Mae-Geri-Chudan		
18.3-Gyako-Jodan-Hisa-Geri		
18.4-Jodan-Mawashi-Geri		
19-Kansetzu-Geri	Rechts	(180°)	Komite-Dachi
19.2-Jodan-Yoku-Geri		
20-Mae-Hisa-Uchi-Uke			Komite-Dachi
20.2-Mae-Geri-Chudan		
20.3-Gyako-Jodan-Hisa-Geri		
20.4-Jodan-Mawashi-Geri		

Norai (Makso in Mosubi-Dachi)

Yazume (Yoi-Dachi)

OSU!