

# SHINZEN KAI KARATE HALDENSLEBEN

**KATA:** Gerino-Kata-Sono-Yon

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

<b>1</b> -Kansetsu-Geri	Links	(90°)	Komite-Dachi
1.2-Jodan-Yoku-Geri			.....
1.3-Jodan-Hisa-Geri			.....
1.4-Jodan-Mae-Geri			.....
<b>2</b> -Mai-Sono-Soto-Uke			Komite-Dachi
2.2-Mawashi-Geri-Gedan			.....
2.3-Gyako-Jodan-Oshiro-Mawashi-Geri			.....
2.4-Jodan-Mawashi-Geri			.....
2.5-Jodan-Yoku-Geri			.....
<b>3</b> -Kansetsu-Geri	Rechts	(180°)	Komite-Dachi
3.2-Jodan-Yoku-Geri			.....
3.3-Jodan-Hisa-Geri			.....
3.4-Jodan-Mae-Geri			.....
<b>4</b> -Mai-Sono-Soto-Uke			Komite-Dachi
4.2-Mawashi-Geri-Gedan			.....
4.3-Gyako-Jodan-Oshiro-Mawashi-Geri			.....
4.4-Jodan-Mawashi-Geri			.....
4.5-Jodan-Yoku-Geri			.....
<b>5</b> -Kansetsu-Geri	Links	(90°)	Komite-Dachi
5.2-Jodan-Yoku-Geri			.....
5.3-Jodan-Hisa-Geri			.....
5.4-Jodan-Mae-Geri			.....
<b>6</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
6.2-Jodan-Hisa-Geri			.....
6.3-Gyako-Jodan-Oshiro-Geri			.....
6.4-Jodan-Yoku-Geri			.....
6.5-Soto-Kakute-Geri			.....
6.6-Uchi-Kakute-Geri			.....
<b>7</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
7.2-Jodan-Hisa-Geri			.....
7.3-Gyako-Jodan-Oshiro-Geri			.....
7.4-Jodan-Yoku-Geri			.....
7.5-Soto-Kakute-Geri			.....
7.6-Uchi-Kakute-Geri			.....
<b>8</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
8.2-Jodan-Hisa-Geri			.....
8.3-Gyako-Jodan-Oshiro-Geri			.....
8.4-Jodan-Yoku-Geri			.....
8.5-Soto-Kakute-Geri			.....
8.6-Uchi-Kakute-Geri	<b>(Kiai)</b>		.....
<b>9</b> -Kansetsu-Geri	Links	(270°)	Komite-Dachi
9.2-Jodan-Yoku-Geri			.....
9.3-Jodan-Hisa-Geri			.....
9.4-Jodan-Mae-Geri			.....
<b>10</b> -Mai-Sono-Soto-Uke			Komite-Dachi
10.2-Mawashi-Geri-Gedan			.....
10.3-Gyako-Jodan-Oshiro-Mawashi-Geri			.....
10.4-Jodan-Mawashi-Geri			.....
10.5-Jodan-Yoku-Geri			.....
<b>11</b> -Kansetsu-Geri	Rechts	(180°)	Komite-Dachi
11.2-Jodan-Yoku-Geri			.....
11.3-Jodan-Hisa-Geri			.....
11.4-Jodan-Mae-Geri			.....

<b>12</b> -Mai-Sono-Soto-Uke			Komite-Dachi
12.2-Mawashi-Geri-Gedan			*****
12.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
12.4-Jodan-Mawashi-Geri			*****
12.5-Jodan-Yoku-Geri			*****
<b>13</b> -Kansetsu-Geri	Links	(90°)	Komite-Dachi
13.2-Jodan-Yoku-Geri			*****
13.3-Jodan-Hisa-Geri			*****
13.4-Jodan-Mae-Geri			*****
<b>14</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
14.2-Jodan-Mae-Geri			*****
14.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
14.4-Jodan-Oshiro-Geri			*****
14.5-Jodan-Uchi-Mawashi-Geri			*****
14.6-Jodan-Soto-Mawashi-Geri			*****
<b>15</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
15.2-Jodan-Mae-Geri			*****
15.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
15.4-Jodan-Oshiro-Geri			*****
15.5-Jodan-Uchi-Mawashi-Geri			*****
15.6-Jodan-Soto-Mawashi-Geri			*****
<b>16</b> -Mai-Mawashi-Geri-Gedan			Komite-Dachi
16.2-Jodan-Mae-Geri			*****
16.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
16.4-Jodan-Oshiro-Geri			*****
16.5-Jodan-Uchi-Mawashi-Geri			*****
16.6-Jodan-Soto-Mawashi-Geri	<b>(Kiai)</b>		*****
17-Kansetsu-Geri	Links	(270°)	Komite-Dachi
17.2-Jodan-Yoku-Geri			*****
17.3-Jodan-Hisa-Geri			*****
17.4-Jodan-Mae-Geri			*****
<b>18</b> -Mai-Sono-Soto-Uke			Komite-Dachi
18.2-Mawashi-Geri-Gedan			*****
18.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
18.4-Jodan-Mawashi-Geri			*****
18.5-Jodan-Yoku-Geri			*****
19-Kansetsu-Geri	Rechts	(180°)	Komite-Dachi
19.2-Jodan-Yoku-Geri			*****
19.3-Jodan-Hisa-Geri			*****
19.4-Jodan-Mae-Geri			*****
<b>20</b> -Mai-Sono-Soto-Uke			Komite-Dachi
20.2-Mawashi-Geri-Gedan			*****
20.3-Gyako-Jodan-Oshiro-Mawashi-Geri			*****
20.4-Jodan-Mawashi-Geri			*****
20.5-Jodan-Yoku-Geri			*****

Norai (Makso in Mosubi-Dachi)

Yazume (Yoi-Dachi)

**OSU!**