

SHINZEN KAI KARATE HALDENSLEBEN

KATA: Pinan-Sono-Ich

Makso (Mosubi-Dachi) Augenzu
Name des Katas

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

1-Gedanbarei Links (90°)	Zenkutzu-Dachi
2-Chodan-Tzuki	""""""""""
3-Gedanbarei Rechts (180°)	""""""""""
3.2-Uraken-Shomen-Uchi	Neku-Ashi-Dachi
4-Chodan-Tzuki	Zenkutzu-Dachi
5-Gedanbarei Links (90°)	Zenkutzu-Dachi
6-Jodan-Uke	""""""""""
7-Jodan-Uke	""""""""""
8-Jodan-Uke	""""""""""
8.2-Gyako-Jodan-Tzuki	(Gleich Stellung)
9-Gedanbarei Links (270°)	Zenkutzu-Dachi
10-Chodan-Tzuki	""""""""""
11-Gedanbarei Rechts (180°)	""""""""""
12-Chodan-Tzuki	""""""""""
13-Gedanbarei Links (90°)	Zenkutzu-Dachi
14-Jodan-Tzuki	""""""""""
15-Jodan-Tzuki	""""""""""
16-Jodan-Tzuki	""""""""""
17-Shoto-Mawashi-Uke Links (270°)	Kukutsudachi
18-Shoto-Ganmen-Uchi-Uchi	""""""""""
19-Shoto-Mawashi-Uke Rechts (180°)	Kukutsudachi
20-Shoto-Ganmen-Uchi-Uchi	""""""""""

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

OSU!

Pinan-Sono-Ich

