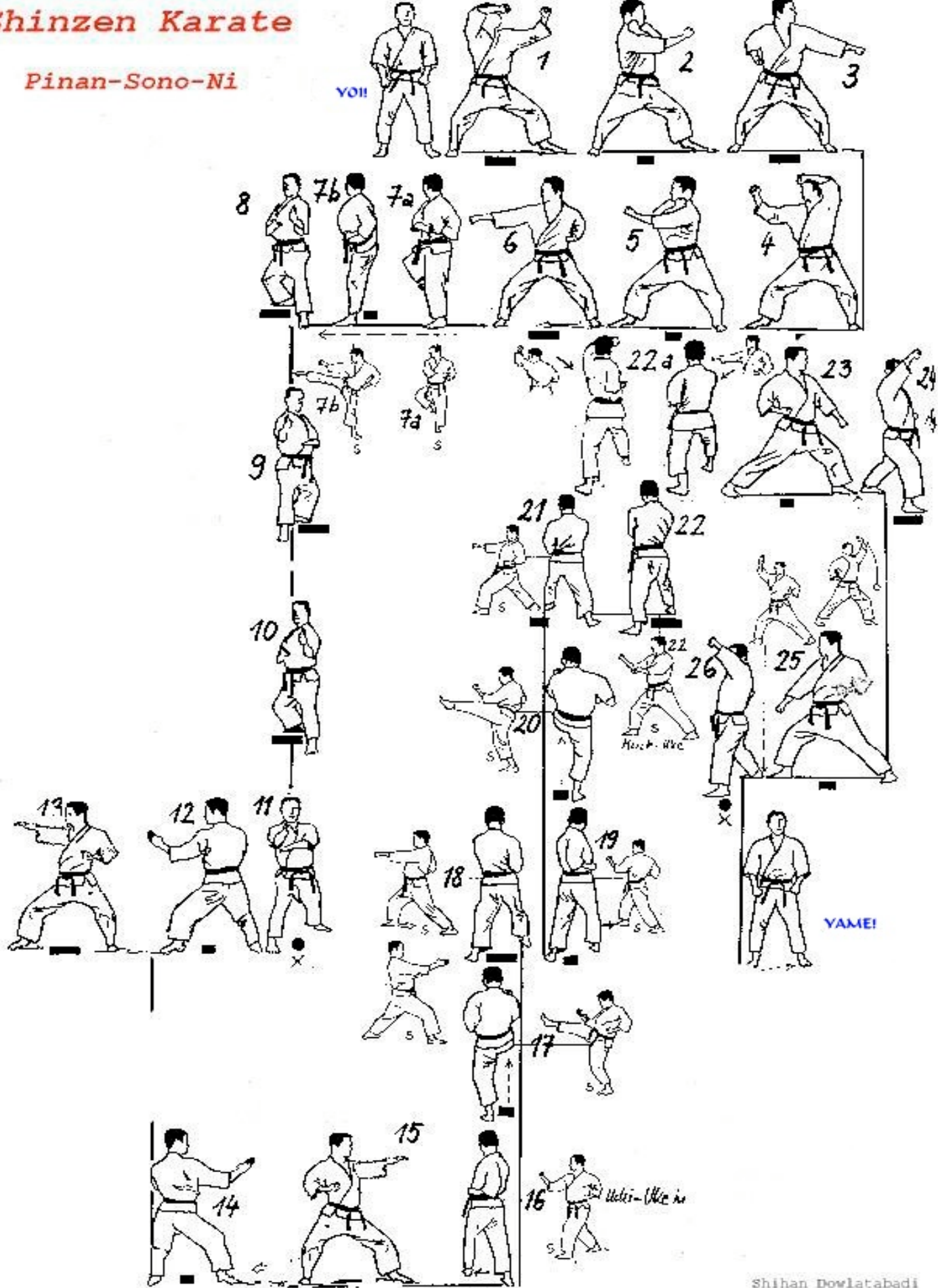


Shinzen Karate

Pinan-Sono-Ni

VOII



SHINZEN KAI KARATE HALDENSLIBEN

KATA: *Pinan-Sono-Ni*

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

1-Jodan-Uke/Uchi-Uke	Links (90°)	Kukutsudachi
2-Tetzui-Hizo-Uchi		""""""""""
3-Tetzui-Yoko-Uchi_Jodan		Kiba-Dachi
4-Jodan-Uke/Uchi-Uke	Rechts (180°)	Kukutzu-Dachi
5-Tetzui-Hizo-Uchi		Zenkutzu-Dachi
6-Tetzui-Yoko-Uchi-Jodan		Kiba-Dachi
7-a;b-Yoko-Geri/Uraken-Sayu-Ganmen-Uchi		Tsuru-Ashi-Dachi
8-Shuto-Mawashi-Uke	Halb	Kukutsudachi
9-Shuto-Mawashi-Uke		Kukutzu-Dachi
10-Shuto-Mawashi-Uke		Kukutzu-Dachi
11-Yohon-Nukite		Zenkutzu-Dachi
12-Shuto-Mawashi-Uke	Links (270°)	Kukutzu-Dachi
13-Shuto-Ganmen-Uchi-Uchi		Kukutzu-Dachi
14-Shuto-Mawashi-Uke	Rechts (90°)	Kukutzu-Dachi
15-Shuto-Ganmen-Uchi-Uchi		Kukutzu-Dachi
16-Mawashi-Gyako-Uchi-Uke	Links (90°)	Zenkutzu-Dachi
17-Gyaku-Mae-Geri		Zenkutzu-Dachi
18-Gyaku-Chodan-Tzuki		""""""""""
19-Mawashi-Gyako-Uchi-Uke		""""""""""
20-Gyaku-Mae-Geri		Zenkutzu-Dachi
21-Gyaku-Chodan-Tsuki		""""""""""
22-Morote-Chudan-Uchi-Uke		Zenkutzu-Dachi
22-a-Gyako-Jodan-Uke		""""""""""
22-a-Seiken-Chudan-Tsuki		""""""""""
23-Gedan-Barei/Nihon-Nukite	Links (270°)	""""""""""
24-Uraken-Mawaschi-Ganmen-Uchi		Zenkutzu-Dachi
25-Gedan-Barei/Nihon-Nukite	Rechts (180°)	""""""""""
26-Uraken-Mawaschi-Ganmen-Uchi		Zenkutzu-Dachi

Norai(Makso in Mosubi-Dachi)

Yazume (Yoi-Dachi)

OSU!