

# SHINZEN KAI KARATE HALDENSLEBEN

**KATA:** Teikiyoku-Sono-Ni

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

1-Gedanbarei	Links	(90°)	Zenkutzudachi
2-Jodan-Tzuki			""""""""""
3-Gedanbarei	Rechts	(180°)	""""""""""
4-Jodan-Tzuki			""""""""""
5-Gedanbarei	Links	(90°)	Zenkutzudachi
6-Jodan-Tzuki			""""""""""
7-Jodan-Tzuki			""""""""""
8-Jodan-Tzuki			""""""""""
9-Gedanbarei	Links	(270°)	Zenkutzudachi
10-Jodan-Tzuki			""""""""""
11-Gedanbarei	Rechts	(180°)	""""""""""
12-Jodan-Tzuki			""""""""""
13-Gedanbarei	Links	(90°)	Zenkutzudachi
14-Jodan-Tzuki			""""""""""
15-Jodan-Tzuki			""""""""""
16-Jodan-Tzuki			""""""""""
17-Gedanbarei	Links	(270°)	Zenkutzudachi
18-Jodan-Tzuki			""""""""""
19-Gedanbarei	Rechts	(180°)	""""""""""
20-Jodan-Tzuki			""""""""""

Norai (Makso in Mosubi-Dachi)

Yazume (Yoi-Dachi)

**OSU!**