

SHINZEN KAI KARATE HALDENSLEBEN

KATA: Tobino-Kata-Sono-Ni

Kamaiete 1=Seiken-Maete-Jodan-Tzuki/Seiken-Gyako-Jodan-Tzuki/Seiken-Maete-Chudan-Mawashi-Uchi
Seiken-Gyako-Chudan-Mawashi-Uchi

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

1 -Tobi-Kansetzu-Geri	Links	(90°)	Komite-Dachi
1.2-Gyako-Hisa-Geri			""""""""""
1.3-Kamaiete 1			""""""""""
2 -Tobi-Jodan-Hisa-Geri			Komite-Dachi
2.2-Gyako-Gedan-Mawashi-Geri			""""""""""
2.3-Kamaiete 1			""""""""""
3 -Tobi-Kansetzu-Geri	Rechts	(180°)	Komite-Dachi
3.2-Gyako-Hisa-Geri			""""""""""
3.3-Kamaiete 1			""""""""""
4 -Tobi-Jodan-Hisa-Geri			Komite-Dachi
4.2-Gyako-Gedan-Mawashi-Geri			""""""""""
4.3-Kamaiete 1			""""""""""
5 -Tobi-Kansetzu-Geri	Links	(90°)	Komite-Dachi
5.2-Kamaiete 1			""""""""""
6 -Tobi-Jodan-Mae-Geri			Komite-Dachi
6.2-Gyako-Gedan-Mawashi-Geri			""""""""""
6.3-Hisa-Geri			""""""""""
6.4-Kamaiete 1			""""""""""
7 -Tobi-Jodan-Mae-Geri			Komite-Dachi
7.2-Gyako-Gedan-Mawashi-Geri			""""""""""
7.3-Hisa-Geri			""""""""""
7.4-Kamaiete 1			""""""""""
8 -Tobi-Jodan-Mae-Geri			Komite-Dachi
8.2-Gyako-Gedan-Mawashi-Geri			""""""""""
8.3-Hisa-Geri			""""""""""
8.4-Kamaiete 1			""""""""""
9 -Tobi-Kansetzu-Geri	Links	(270°)	Komite-Dachi
9.2-Gyako-Hisa-Geri			""""""""""
9.3-Kamaiete 1			""""""""""

10 -Tobi-Jodan-Hisa-Geri		Komite-Dachi
10.2-Gyako-Gedan-Mawashi-Geri		""""""""""
10.3-Kamaiete 1		""""""""""
11 -Tobi-Kansetzu-Geri	Rechts (180°)	Komite-Dachi
11.2-Gyako-Hisa-Geri		""""""""""
11.3-Kamaiete 1		""""""""""
12 -Tobi-Jodan-Hisa-Geri		Komite-Dachi
12.2-Gyako-Gedan-Mawashi-Geri		""""""""""
12.3-Kamaiete 1		""""""""""
13 -Tobi-Kansetzu-Geri	Links (90°)	Komite-Dachi
13.2-Kamaiete 1		""""""""""
14 -Tobi-Jodan-Mawashi-Geri		Komite-Dachi
14.2-Gyako-Gedan-Mawashi-Geri		""""""""""
14.3-Hisa-Geri		""""""""""
14.4-Kamaiete 1		""""""""""
15 -Tobi-Jodan-Mawashi-Geri		Komite-Dachi
15.2-Gyako-Gedan-Mawashi-Geri		""""""""""
15.3-Hisa-Geri		""""""""""
15.4-Kamaiete 1		""""""""""
16 -Tobi-Jodan-Mawashi-Geri		Komite-Dachi
16.2-Gyako-Gedan-Mawashi-Geri		""""""""""
16.3-Hisa-Geri		""""""""""
16.4-Kamaiete 1		""""""""""
17 -Tobi-Kansetzu-Geri	Links (270°)	Komite-Dachi
17.2-Gyako-Hisa-Geri		""""""""""
17.3-Kamaiete 1		""""""""""
18 -Tobi-Jodan-Hisa-Geri		Komite-Dachi
18.2-Gyako-Gedan-Mawashi-Geri		""""""""""
18.3-Kamaiete 1		""""""""""
19 -Tobi-Kansetzu-Geri	Rechts (180°)	Komite-Dachi
19.2-Gyako-Hisa-Geri		""""""""""
19.3-Kamaiete 1		""""""""""
20 -Tobi-Jodan-Hisa-Geri		Komite-Dachi
20.2-Gyako-Gedan-Mawashi-Geri		""""""""""
20.3-Kamaiete 1		""""""""""

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