

# SHINZEN KAI KARATE HALDENSLEBEN

**KATA:** Tobino-Kata-Sono-San

Kamaiete 1 = Seiken-Maete-Jodan-Tzuki/Seiken-Gyako-Jodan-Tzuki/Seiken-Maete-Shita-Tzuki/  
Seiken-Gyako-Shita-Tzuki

Makso (Mosubi-Dachi) Augenzu

Name des Katas

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

<b>1</b> -Tobi-Jodan-Yuko-Geri Links (90°)	Komite-Dachi
1.2-Gyako-Hisa-Geri	""""""""""
1.3-Kamaiete 1	""""""""""
<b>2</b> -Tobi-Jodan-Uchi-Mawashi-Geri	Komite-Dachi
2.2-Gyako-Chudan-Mae-Geri	""""""""""
2.3-Kamaiete 1	""""""""""
<b>3</b> -Tobi-Jodan-Yuko-Geri Rechts (180°)	Komite-Dachi
3.2-Gyako-Hisa-Geri	""""""""""
3.3-Kamaiete 1	""""""""""
<b>4</b> -Tobi-Jodan-Uchi-Mawashi-Geri	Komite-Dachi
4.2-Gyako-Chudan-Mae-Geri	""""""""""
4.3-Kamaiete 1	""""""""""
<b>5</b> -Tobi-Jodan-Yuko-Geri Links (90°)	Komite-Dachi
5.2-Kamaiete 1	""""""""""
<b>6</b> -Tobi-Jodan-Mawashi-Geri	Komite-Dachi
6.2-Kansetzu-Geri	""""""""""
6.3-Gyako-Hisa-Geri	""""""""""
6.4-Maweshi-Geri-Gedan	""""""""""
6.5-Kamaiete 1	""""""""""
<b>7</b> -Tobi-Jodan-Mawashi-Geri	Komite-Dachi
7.2-Kansetzu-Geri	""""""""""
7.3-Gyako-Hisa-Geri	""""""""""
7.4-Maweshi-Geri-Gedan	""""""""""
7.5-Kamaiete 1	""""""""""
<b>8</b> -Tobi-Jodan-Mawashi-Geri	Komite-Dachi
8.2-Kansetzu-Geri	""""""""""
8.3-Gyako-Hisa-Geri	""""""""""
8.4-Maweshi-Geri-Gedan	""""""""""
8.5-Kamaiete 1	""""""""""

<b>9</b> -Tobi-Jodan-Yuko-Geri	Links	(270°)	Komite-Dachi
9.2-Gyako-Hisa-Geri			""""""""""
9.3-Kamaiete	1		""""""""""
<b>10</b> -Tobi-Jodan-Uchi-Mawashi-Geri			Komite-Dachi
10.2-Gyako-Chudan-Mae-Geri			""""""""""
10.3-Kamaiete	1		""""""""""
<b>11</b> -Tobi-Jodan-Yuko-Geri	Rechts	(180°)	Komite-Dachi
11.2-Gyako-Hisa-Geri			""""""""""
11.3-Kamaiete	1		""""""""""
<b>12</b> -Tobi-Jodan-Uchi-Mawashi-Geri			Komite-Dachi
12.2-Gyako-Chudan-Mae-Geri			""""""""""
12.3-Kamaiete	1		""""""""""
<b>13</b> -Tobi-Jodan-Yuko-Geri	Links	(90°)	Komite-Dachi
13.2-Kamaiete	1		""""""""""
<b>14</b> -Tobi-Jodan-Soto-Mawashi-Geri			Komite-Dachi
14.2-Chodan-Yuko-Geri			""""""""""
14.3-Gyako-Hisa-Geri			""""""""""
14.4-Gedan-Mawashi-Geri			""""""""""
14.5-Kamaiete	1		""""""""""
<b>15</b> -Tobi-Jodan-Soto-Mawashi-Geri			Komite-Dachi
15.2-Chodan-Yuko-Geri			""""""""""
15.3-Gyako-Hisa-Geri			""""""""""
15.4-Gedan-Mawashi-Geri			""""""""""
15.5-Kamaiete	1		""""""""""
<b>16</b> -Tobi-Jodan-Soto-Mawashi-Geri			Komite-Dachi
16.2-Chodan-Yuko-Geri			""""""""""
16.3-Gyako-Hisa-Geri			""""""""""
16.4-Gedan-Mawashi-Geri			""""""""""
<b>17</b> -Tobi-Jodan-Yuko-Geri	Links	(270°)	Komite-Dachi
17.2-Gyako-Hisa-Geri			""""""""""
17.3-Kamaiete	1		""""""""""
<b>18</b> -Tobi-Jodan-Uchi-Mawashi-Geri			Komite-Dachi
18.2-Gyako-Chudan-Mae-Geri			""""""""""
18.3-Kamaiete	1		""""""""""
<b>19</b> -Tobi-Jodan-Yuko-Geri	Rechts	(180°)	Komite-Dachi
19.2-Gyako-Hisa-Geri			""""""""""
19.3-Kamaiete	1		""""""""""
<b>20</b> -Tobi-Jodan-Uchi-Mawashi-Geri			Komite-Dachi
20.2-Gyako-Chudan-Mae-Geri			""""""""""
20.3-Kamaiete	1		""""""""""

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