

9. Kyu Weiss-Gelbgurt/SOK-Ausrichtung Kyokushin

- Was heißt Karate (*Kara* - leere , *te* - Hand)
- Japanisch bis zehn zählen

Grundstellungen:

Yoi Dachi, Zenkutsu Dachi,



Kihon und Grundstellungen

1. ZK vor Seiken Oi-Tsuki Chudan
2. ZK vor Seiken-Ago-Uchi
3. ZK vor Jodan Uke
4. ZK vor Gedan Barai
5. ZK vor Hiza Ganmen Geri
6. ZK vor Chudan-Mae-Geri

Kata

Taikyoku Sono Ichi / Taikyoku Sono Ni

Selbstverteidigung

Greifen am Handgelenk (Einfach/Doppelgriff)

Yoi Dachi



Zenkutsu Dachi



SEIKEN OI TSUKI JODAN

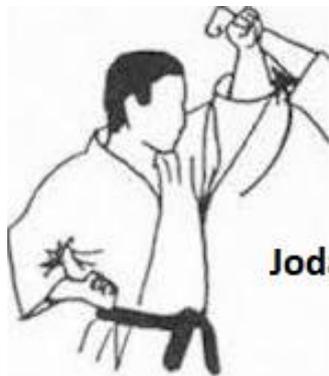


SEIKEN OI TSUKI CHUDAN

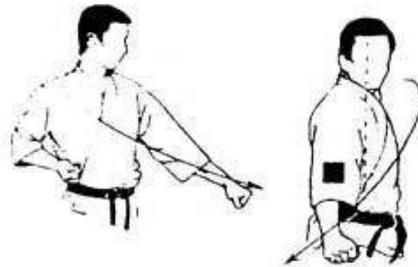


SEIKEN OI TSUKI GEDAN

Seiken Ago Uchi



Jodan Uke



GEDAN BARAI



Hiza Ganmen Geri

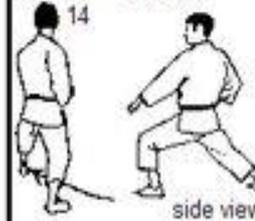
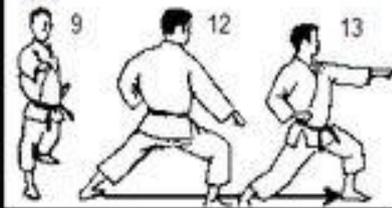
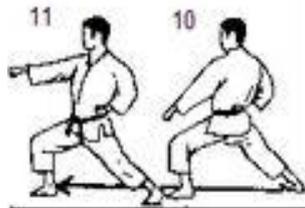


Chudan-Mae-Geri

TAIKYOKU SONO ICHI

START
1

END
22



KIAI

side view

side view

side view

side view