

Shotokan Kata

Chinte



Ausführung: Herbert Weißmüller

Kata

Chinte

Shizentai



Musubi- Dachi



Rei
Musubi – Dachi



Musubi – Dachi



Shizentai



Heisoku Dachi



Heisoku Dachi



Heisoku Dachi
Tettsui Uchi



Heisoku Dachi



Heisoku Dachi
Blickwendung



Heisoku Dachi



Heisoku Dachi
Tetsui Uchi



Kiba Dachi
Awase Shuto Age Uke



Übergang
Ausholen



Fudo Dachi
Tate Shuto Uke



Zenkutsu Dachi
Tate Ken Gyaku Zuki



Fudo Dachi
Tate Shuto Uke



Zenkutsu Dachi
Tate Ken Gyaku Zuki



Fudo Dachi
Tate Shuto Uke



Zenkutsu Dachi
Tate Enpi Uchi
Kiai!



Übergang
Ausholen



Kokutsu Dachi
Shuto Uke



Kokutsu Dachi
Shuto Uke



Mae Geri



Zenkutsu Dachi
Kosa Uke



Heisoku Dachi
Naiwan Sukui Nage



Übergang
Ausholen



Heisoku Dachi
Gedan Tetsui Uchi



Heisoku Dachi
Ausholen



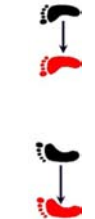
Kiba Dachi
Morote Enshin Haito Barai



Kiba Dachi
Ausholen



Kiba Dachi
Morote Enshin Haito Barai



Kiba Dachi
Ryowan Uchi Uke



Tsuru Ashi Dachi
Ryowan Gamae



Übergang
Ausholen



Zenkutsu Dachi
Ippon Ken Furi Otoshi



Zenkutsu Dachi
Ippon Ken Gyaku Furi
Otoshi



Zenkutsu Dachi
Uchi Uke



Zenkutsu Dachi
Jodan Nihon Nukite



Zenkutsu Dachi
Uchi Uke



Zenkutsu Dachi
Jodan Nihon Nukite



Fudo Dachi
Teisho Furi Uchi
(Teisho Uke)



Fudo Dachi
Teisho Furi Uchi
(Teisho Uke)



Fudo Dachi
Haimen Hasami Uchi



Alternative:
Fudo Dachi



Alternative:
Fudo Dachi



Fudo Dachi
Chudan Hasami Zuki
Kiai!



Übergang
Ausholen



Fudo Dachi
Tate Shuto Uke



Zenkutsu Dachi
Tate Ken Gyaku Tsuki



Fudo Dachi
Tate Shuto Uke



Zenkutsu Dachi
Tate Ken Gyaku Tsuki



Heisoku Dachi
Tsutsumi Ken
Sprung



Heisoku Dachi
Sprung



Heisoku Dachi
Sprung zum Stand



Shizentai
Yamae



Musubi – Dachi



Musubi – Dachi



Musubi – Dachi



Shizentai

