

Kata

Gojushiho - Sho



Ausführung: Alfred Heubeck

Kata

Gojushiho - Sho

1 Shizentai



2 Musubi- Dachi



3 Rei
Musubi- Dachi



4 Musubi- Dachi



5 Shizentai



6 Zenkutsu – Dachi
Jodan – Uraken – Uchi



7 (Nur Übergang!)



8 Kokutsu – Dachi
Chudan- Kakiwake- Uke



9 Übersetzen
Übergang



10 (Nur Übergang!)



11 Kokutsu – Dachi
Chudan- Kakiwake- Uke



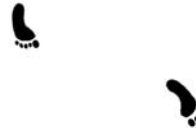
12 Ausholen
(Schritt Übergangsphase)



13 Zenkutsu- Dachi
Tate- Shuto- Uke



14 Zenkutsu- Dachi
Chudan- Renzuki
(Gyaku- Zuki)



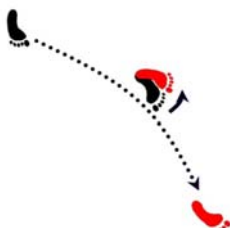
15 Zenkutsu- Dachi
Chudan- Renzuki
(Oi- Zuki)



16 Mae- Geri



17 Zenkutsu- Dachi
Oi- Zuki



18 Ausholen
Übergang



19 Zenkutsu- Dachi
Tate- Shuto- Uke



20 Zenkutsu- Dachi
Chudan- Renzuki
(Gyaku- Zuki)



21 Zenkutsu- Dachi
Chudan- Renzuki
(Oi- Zuki)



22 Mae- Geri



23 Zenkutsu- Dachi
Oi- Zuki



24 Zenkutsu- Dachi
Tate- Empi- Jodan- Uchi



25 Ausholen



26 Kokutsu- Dachi
Tate- Shuto- Uke



27 Kokutsu- Dachi
rechts Chudan- Haishu-
Osae, links Shuto- Gedan-
Barai



28 Zenkutsu- Dachi
Chudan- Tate- Shihon-
Nukite



29 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Gyaku- Seite)



30 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Oi- Seite)



31 Ausholen
Übergang



32 Kokutsu- Dachi
Tate- Shuto- Uke



33 Kokutsu- Dachi
rechts Chudan- Haishu-
Osae, links Shuto- Gedan-
Barai



34 Zenkutsu- Dachi
Chudan- Tate- Shihon-
Nukite



35 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Gyaku- Seite)



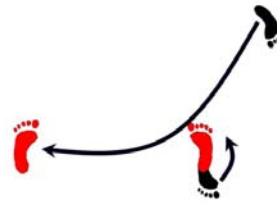
36 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Oi- Seite)



37 Ausholen, Übergang



38 Kiba- Dachi
Gedan- Haito- Uke



39 Kosa- Dachi



40 Ausholen



41 Kiba- Dachi
Zweihändiges Chudan-
Hasami- Uke
Gedan- Fumikomi



42 Kiba- Dachi
Gedan- Haito- Uke



43 Kosa- Dachi











44 Ausholen



45 Zurückziehen



<p>38b Kiba- Dachi Gedan- Haito- Uke (Rückansicht!)</p>		<p>39b Kosa- Dachi (Rückansicht!)</p>	
<p>40b Ausholen (Rückansicht!)</p>		<p>41b Kiba- Dachi Zweihändiges Chudan- Hasami- Uke Gedan- Fumikomi (Rückansicht!)</p>	
<p>42b Kiba- Dachi Gedan- Haito- Uke (Rückansicht!)</p>		<p>43b Kosa- Dachi (Rückansicht!)</p>	
<p>44b Ausholen (Rückansicht!)</p>		<p>45b Zurückziehen (Rückansicht!)</p>	

<p>46 Ausholen</p> 		<p>47 Kokutsu- Dachi Tate- Shuto- Uke</p> 	
<p>48 Kokutsu- Dachi rechts Chudan- Haishu- Osae, links Shuto- Gedan- Barai</p> 		<p>49 Zenkutsu- Dachi Chudan- Tate- Shihon- Nukite</p> 	

50 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Gyaku- Seite)



51 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Oi- Seite)



52 Ausholen
(Nur Übergang)



53 Zenkutsu- Dachi
Jodan- Shuto- Uchi



54 Ausholen



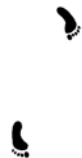
55 Zenkutsu- Dachi
Jodan- Shuto- Uchi



56 Ausholen



57 Jodan- Shuto- Uchi



58 Ausholen



59 Zenkutsu- Dachi
Jodan- Shuto- Uchi



60 Zenkutsu- Dachi
Gyaku-Chudan-Uchi-Uke



61 Mae- Geri



62 Nach vorne Absetzen
(Nur Übergang!)



63 Kosa- Dachi
Gedan- Zuki
Jodan- Zukami- Yose



64 Zenkutsu- Dachi
Gedan- Barai



65 Ausholen
(Nur Übergang!)



66 Kokutsu- Dachi
Tate- Shuto- Uke



67 Kokutsu- Dachi
rechts Chudan- Haishu-
Osae, links Shuto- Gedan-
Barai



68 Zenkutsu- Dachi
Chudan- Tate- Shihon-
Nukite



69 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Gyaku- Seite)



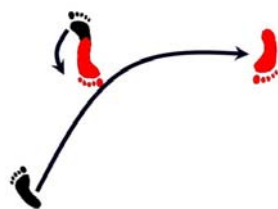
70 Zenkutsu- Dachi
Tate- Shihon- Nukite-
Chudan- Renzuki
(Oi- Seite)



71 Ausholen,
(Nur Übergang!)



72 Kiba- Dachi
Gedan- Haito- Uke



73 Kosa- Dachi



74 Übergang



75 Chudan- Tate- Shuto- Uke



76 Kiba- Dachi
Gedan- Fumikomi
Chudan- Zuki



77 Kiba- Dachi
Gedan- Haito- Uke



78 Kosa- Dachi



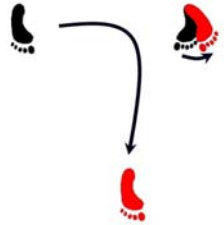
79 Chudan- Tate- Shuto- Uke



80 Kiba- Dachi
Gedan- Fumikomi
Chudan- Zuki



81 Zenkutsu- Dachi
Jodan- Tate- Uraken- Uchi



82 Kiba- Dachi
Chudan- Kentsui- Uchi



83 Zenkutsu- Dachi
Oi- Zuki **Kiai!**



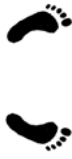
84 Shizentai
Ryo-Wan-Zenpo-Nobashi



85 Morote- Chudan-
Kentsui- Uchi



86 Ryo- Goshi- Gamae



87 Zenkutsu- Dachi
Ryo- Goshi- Kamae



88 Ausholen
(Nur Übergang!)



89 Ausholen
(Nur Übergang!)



90 Übergang
(Nur Übergang!)



91 Neko- Ashi- Dachi
Morote- Gedan- Shuto-
Barai



92 Neko- Ashi- Dachi
Morote- Keito- Chudan-
Uke



93 Neko- Ashi- Dachi
Morote- Chudan- Seiryu-
to- Uchi **Kiai!**



94 Ausholen
(Nur Übergang!)



95 Kokutsu- Dachi
Tate- Shuto- Uke



96 Shizentai



97 Musubi- Dachi



98 Musubi- Dachi
Rei



99 Musubi- Dachi



100 Shizentai

