

Kata

Nijushiho



Ausführung: Alfred Heubeck

Kata

Nijushiho

1 Shizentai



2 Musubi- Dachi



3 Rei
Musubi – Dachi



4 Musubi – Dachi



5 Shizentai



6 Ausholen
Übergang



7 Ausholen
Übergang



8 Kokutsu- Dachi
Chudan- Osae



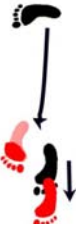
9 Chudan- Gyaku- Zuki



10 Ausholen



11 Shizentai
Chudan- Hiji- Uchi



12 Übergang



13 Übergang



14 Sanchin- Dachi
Ryu- Goshi- Kamae



15 Morote- Awase- Zuki



16 Jodan- Awase- Zuki



17 Ausholen



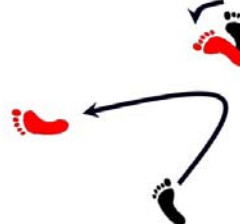
18 Zenkutsu- Dachi
Chudan- Kakiwake- Uke



19 Übergang-
Ausholen



20 Zenkutsu- Dachi
Age- Uke



21 Zenkutsu- Dachi
Jodan- Tate- Empi- Uchi



22 Kiba- Dachi
Ausholen



23 Kiba- Dachi
Chudan- Kake- Shuto- Uke



24 Chudan- Yoko- Geri-
Kekomi mit rechte Hand
zurückziehen



25 Kiba- Dachi
Chudan- Zuki



26 Kiba- Dachi
Chudan- Kake- Shuto-
Uke



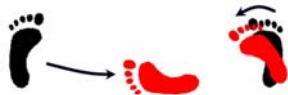
27 Chudan- Yoko- Geri-
Kekomi mit linke Hand
zurückziehen



28 Kiba- Dachi
Chudan- Zuki



29 Ausholen
Otoshi- Uke



30 Übergang



31 Zenkutsu- Dachi
Chudan- Maki- Otoshi
Teisho- Jodan- Zuki



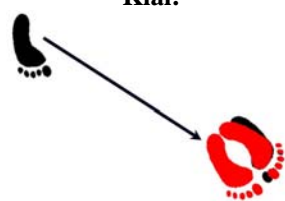
32 Zenkutsu- Dachi
Übergang mit Gedan-
Shuto- Uchi und Jodan-
Shuto- Uchi



33 Zenkutsu- Dachi
Gedan- Haito- Uke und
Jodan- Haito- Uchi



34 Heisoku- Dachi
Morote- Jodan- Kensei
Kiai!



35 Sochin- Dachi
links Gedan- Koko- Sukui-
Uke und rechts Gedan-
Koko- Zuki- Dashi



36 Ausholen



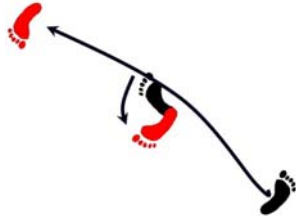
37 Zenkutsu- Dachi
Morote- Gedan- Awase-
Zuki



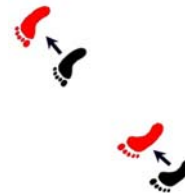
38 Kokutsu- Dachi
Chudan- Haishu- Uke



39 Kiba- Dachi
Jodan- Tate- Empi- Uchi



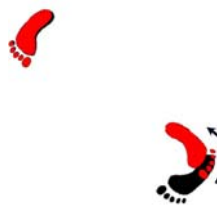
40 Kiba- Dachi
Chudan- Zuki
Jodan- Soto- Ude- Uke



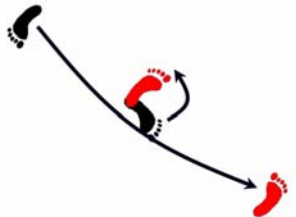
41 Kiba- Dachi
Gedan- Barai



42 Kokutsu- Dachi
Chudan- Haishu- Uke



43 Kiba- Dachi
Chudan- Mae- Empi- Uchi



44 Kiba- Dachi
Gedan- Barai



43b Kiba- Dachi
Chudan- Mae- Empi- Uchi






















(Rückansicht!)



44b Kiba- Dachi
Gedan- Barai

(Rückansicht!)



<p>45 Kokutsu- Dachi Chudan- Haishu- Uke</p> 		<p>46 Kiba- Dachi Jodan- Tate- Empi- Uchi</p> 	
<p>47 Kiba- Dachi Chudan- Zuki Jodan- Soto- Ude- Uke</p> 		<p>48 Kiba- Dachi Gedan- Barai</p> 	
<p>49 Übergang</p>		<p>50 Übergang</p>	
<p>51 Sanchin- Dachi Ausholen</p> 		<p>52 Sanchin- Dachi Morote- Awase- Zuki Kiai!</p> 	
<p>53 Übergang mit Doppelblock</p>		<p>54 Sanchin- Dachi Jodan- und Chudan- Teisho- Zuki</p> 	
<p>61 Shizentai</p> 		<p>62 Musubi- Dachi</p> 	

63 Musubi- Dachi
Rei



64 Musubi- Dachi



65 Shizentai

