

Shotokan Kata

Jion



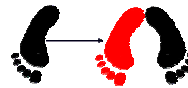
Ausführung: Michael Kern

Kata**Jion**

Shizentai



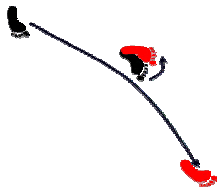
Musubi- Dachi

Rei
Musubi – Dachi

Musubi – Dachi



Shizentai

Heisoku – Dachi
Yoi
Jiai – No KamaeZenkutsu – Dachi
Kosa UkeZenkutsu Dachi
Kakiwake – UkeMae – Geri
(Handhaltung:
weiter Kakiwake – Uke)Zenkutsu – Dachi
Chudan ZukiZenkutsu – Dachi
Gyaku – ZukiZenkutsu – Dachi
Chudan – Zuki

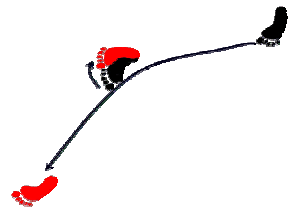
Zenkutsu – Dachi
Kakiwake – Uke



Mae - Geri



Zenkutsu – Dachi
Chudan – Zuki



Zenkutsu – Dachi
Gyaku – Zuki



Zenkutsu – Dachi
Chudan – Zuki



Ausholen



Zenkutsu – Dachi
Age – Uke



Zenkutsu – Dachi
Gyaku – Zuki



Zenkutsu – Dachi
Age – Uke



Zenkutsu – Dachi
Gyaku – Zuki

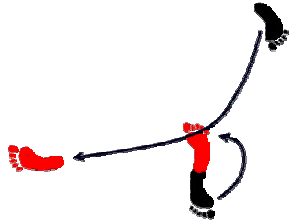
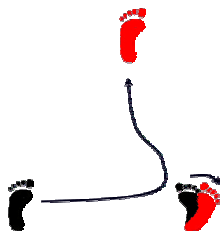
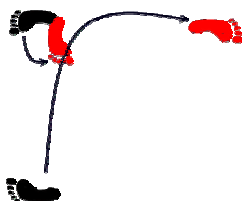
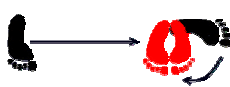


Zenkutsu – Dachi
Age – Uke



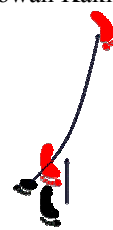
Zenkutsu – Dachi
Oi – Zuki **Kiai!**



Kokutsu – Dachi
Manji – UkeKiba – Dachi
Kagi – ZukiKokutsu – Dachi
Manji – UkeKiba – Dachi
Kagi – ZukiZenkutsu – Dachi
Gedan – BaraiKiba – Dachi
Teisho – UchiKiba – Dachi
Teisho – UchiKiba – Dachi
Teisho – UchiKokutsu – Dachi
Manji – UkeKokutsu – Dachi
AusholenKokutsu – Dachi
Jodan Morote – UkeKokutsu – Dachi
Manji – Uke

Kokutsu – Dachi
AusholenKokutsu – Dachi
Jodan Morote – UkeHeisoku – Dachi
ÜbergangHeisoku – Dachi
Ryowan – KamaeHeisoku – Dachi
Ausholen

Übergang

Kosa - Dachi
Juji – UkeZenkutsu Dachi
Ryowan KakiwakeZenkutsu – Dachi
Sowan Uchi – UkeZenkutsu – Dachi
Juji – Uke

(Siehe unten!)

Zenkutsu – Dachi
Ura – ZukiZenkutsu Dachi
Jodan – Nagashi Uke

(Siehe unten!)



(Siehe unten!)



Zwei Bewegungsfolgen
werden von verschiedenen
Lehrern gezeigt.
Die obere ist die zur
Zeit aktuelle Version
des Dkv

[Video 1](#) [Video 2](#)



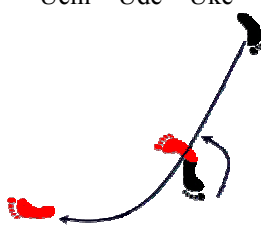
Zenkutsu – Dachi
Ura – Zuki



(Siehe oben!)



Zenkutsu – Dachi
Uchi – Ude – Uke



Zenkutsu – Dachi
Oi – Zuki



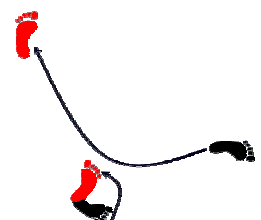
Zenkutsu – Dachi
Uchi – Ude – Uke



Zenkutsu – Dachi
Oi – Zuki



Zenkutsu – Dachi
Gedan – Barai



Ausholen



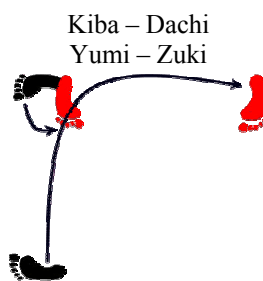
Kiba – Dachi
Fumi-Komi+Otoshi-Uke



Ausholen

Kiba – Dachi
Fumi-Komi+Otoshi-Uke

Ausholen

Kiba – Dachi
Fumi-Komi+Otoshi-UkeÜbergang
Tsukami - UkeKiba – Dachi
Tsukami - UkeKiba – Dachi
Yumi – Zuki
Kiai!Heisoku - Dachi
Jiai – No – Kamae

Shizentai



Musubi – Dachi

Musubi – Dachi
Rei

Musubi – Dachi



Shizentai

