

Shotokan Kata

Kanku Dai



Ausführung: Herbert Weißmüller

Kata**Kanku Dai**

Shizentai



Musubi- Dachi

Rei
Musubi – Dachi

Musubi – Dachi



Shizentai

Shizentai
YoiShizentai
AnfangsbewegungShizentai
AnfangsbewegungShizentai
AnfangsbewegungShizentai
AnfangsbewegungKokutsu – Dachi
Kaishu - Haiwan – UkeKokutsu – Dachi
Kaishu - Haiwan – Uke

Ausholen
(während der
Schrittbewegung)



Shizentai
Tate – Shuto – Uke



Shizentai
Chudan – Zuki



Shizentai
Ausholen



Uchi – Ude – Uke



Shizentai
Chudan – Zuki



Shizentai
Ausholen



Uchi – Ude – Uke



Übergang



Kata Ashi – Dachi
Koshi Kamae



Yoko – Geri – Ke – Age
Uraken – Uchi



Ausholen



Kokutsu – Dachi
Shuto – Uke



Kokutsu – Dachi
Shuto – Uke



Kokutsu – Dachi
Shuto – Uke



Kokutsu – Dachi
Otoshi – Uke



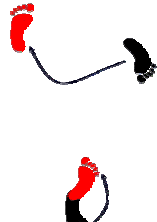
Zenkutsu – Dachi
Shihon – Nukite



Wendung
Ausholen



Zenkutsu – Dachi
Shuto Uchi



Mae – Geri



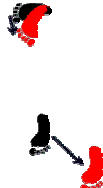
Ausholen



Kokutsu – Dachi
Maji – Kamae



Zenkutsu – Dachi
Gedan-Nukite
Jodan Nagashi- Uke



Hidari Mae Shizentai
Gedan – Kamae



Zenkutsu – Dachi
Shuto Uchi



Mae – Geri



Ausholen



Kokutsu – Dachi
Maji – Kamae



Zenkutsu – Dachi
Gedan-Nukite
Jodan Nagashi- Uke
(Aufnahme von hinten)



Hidari Mae Shizentai
Gedan – Kamae



Kata Ashi – Dachi
Koshi Kamae



Yoko – Geri – Ke – Age
Uraken - Uchi



Zenkutsu – Dachi
Mae Enpi



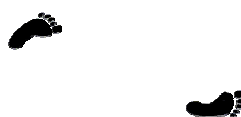
Kata Ashi – Dachi
Koshi Kamae



Yoko – Geri – Ke – Age
Uraken - Uchi



Zenkutsu – Dachi
Mae Enpi



Kokutsu – Dachi
Shuto – Uke



Kokutsu – Dachi
Shuto – Uke



Kokutsu – Dachi
Shuto – Uke



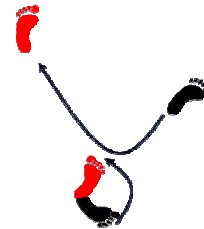
Kokutsu – Dachi
Shuto – Uke



Ausholen



Zenkutsu – Dachi
Shuto Uchi



Mae – Geri



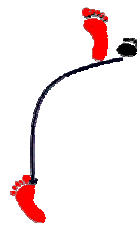
Ausholen



Kosa – Dachi
Uraken – Uchi



Zenkutsu – Dachi
Uchi- Ude – Uke



Zenkutsu – Dachi
Gyaku – Zuki



Zenkutsu – Dachi
Chudan – Zuki



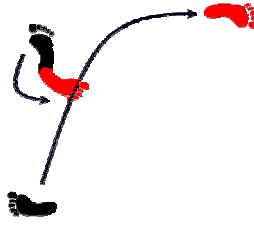
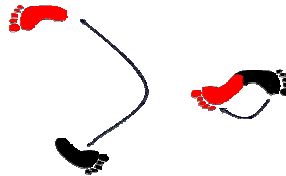
Urazuki Hiza Kamae



Uebergang



Ryote Fuse

Kokutsu – Dachi
Gedan – Shuto – UkeKokutsu – Dachi
Shuto – UkeZenkutsu – Dachi
Uchi- Ude – UkeZenkutsu – Dachi
Gyaku – ZukiZenkutsu – Dachi
Uchi- Ude – UkeZenkutsu – Dachi
Gyaku – ZukiZenkutsu – Dachi
Chudan – Zuki

Übergang

Kata Ashi – Dachi
Koshi Kamae

Yoko – Geri – Ke – Age
Uraken – Uchi



Kokutsu – Dachi
Shuto – Uke



Zenkutsu – Dachi
Shihon – Nukite



Kiba – Dachi
Uraken – Uchi



Kiba – Dachi
Empi – Uchi



Kiba – Dachi
Gedan – Barai



Ausholen



Kokutsu – Dachi
Otoshi – Uke



Übergang



Kiba – Dachi
Tettsui – Uchi



Kiba – Dachi
Koshi – Kamae



Ausholen



Shotokan Kata

Kiba – Dachi
Ryo Ude Mawashi – Uke



Shizentai
Shuto Juji – Uke



Mae – Tobi – Rengeri (1)



Mae – Tobi – Rengeri (2)



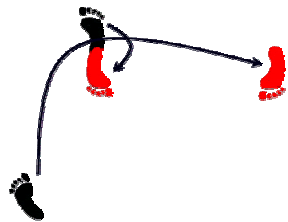
Mae – Tobi – Rengeri (3)



Zenkutsu – Dachi
Uraken Uchi



Übergang



Übergang



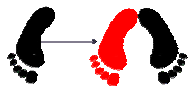
Übergang



Shizentai
Yame



Musubi – Dachi



Musubi – Dachi
Rei



Musubi – Dachi



Shizentai

