

Kata

Kanku - Sho



Ausführung: Herbert Weißmüller

Kata

Kanku – Sho

1 Shizentai



2 Musubi- Dachi



3 Rei
Musubi – Dachi



4 Musubi – Dachi



5 Shizentai



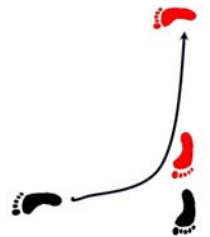
6 Kokutsu- Dachi
Morote- Uchi- Ude- Uke



7 Kokutsu- Dachi
Morote- Uchi- Ude- Uke



8 Kokutsu- Dachi
Morote- Uchi- Ude- Uke



9 Zenkutsu- Dachi
Oi- Zuki



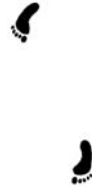
10 Zenkutsu- Dachi
Hineri- Kaeshi
(Uchi- Ude- Uke)



11 Zenkutsu- Dachi
Oi- Zuki



12 Zenkutsu- Dachi
Hineri- Kaeshi
(Uchi- Ude- Uke)



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



14 Moto- Dachi
Soete- Kake- Dori



15 Tsukami- Dori- Mae-
Geri



16 Kosa- Dachi
Tate- Uraken- Uchi



17 Zenkutsu- Dachi
Chudan- Uchi- Ude- Uke



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



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



20 Kokutsu- Dachi
Kasui- Ken (Gedan- und
Chudan- Barai)



21 Renoji- Dachi
Gedan- Kamae



22 Moto- Dachi
Soete- Kake- Dori



23 Tsukami- Dori- Mae- Geri



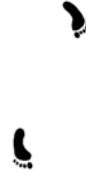
24 Kosa- Dachi
Tate- Uraken- Uchi



25 Zenkutsu- Dachi
Chudan- Uchi- Ude- Uke



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



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



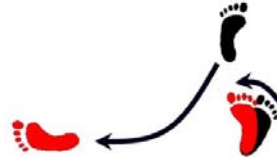
28 Kokutsu- Dachi
Kasui- Ken (Gedan- und
Chudan- Barai)



29 Renoji- Dachi
Gedan- Kamae



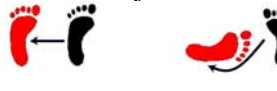
30 Kokutsu- Dachi
Manji- Uke



31 Kiba- Dachi
Sokumen- Morote- Zuki



32 Kokutsu- Dachi
Manji- Uke



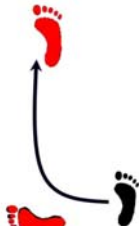
33 Kiba- Dachi
Sokumen- Morote- Zuki



34 Übergang
(Bo- Uke)



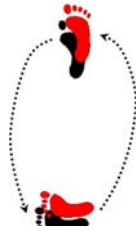
35 Kokutsu- Dachi
Bo- Uke



36 Kokutsu- Dachi
Bo- Dori- Zuki- Otoshi



37 Tenshin- Tobi- Gaeshi
(1)



38 Tenshin- Tobi- Gaeshi
(2)



39 Kokutsu- Dachi
Chudan- Shuto- Uke



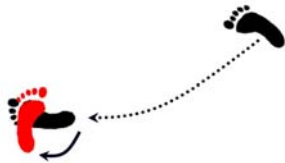
40 Übergang mit Koshi
Kamae



41 Yoko- Geri- Ke- Age
Uraken- Uchi



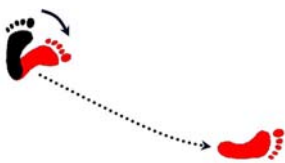
43 Übergang mit Koshi-
Kamae



44 Yoko- Geri- Ke- Age
Uraken- Uchi



45 Zenkutsu- Dachi
Mae- Empi



46 Moto- Dachi
Soete- Kake- Dori



47 Tsukami- Dori- Mae- Geri



48 Kosa- Dachi
Tate- Uraken- Uchi



49 Zenkutsu- Dachi
Chudan- Uchi- Ude- Uke



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



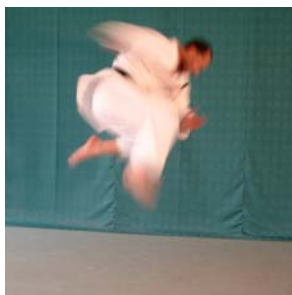
51 Zenkutsu- Dachi
Chudan- Renzuki
(Oi- Zuki)



52 Zenkutsu- Dachi
Jodan- Haishu- Uke



53 Jodan- Tobi- Ashi- Barai,
Ushiro- Tobi- Geri



54 Ryote- Fuse



55 Kasei- Dachi
Morote- Gedan- Shuto- Uke



56 Kokutsu- Dachi
Chudan- Shuto- Uke



57 Zenkutsu- Dachi
Chudan- Uchi- Ude- Uke



58 Zenkutsu- Dachi
Oi- Zuki



59 Zenkutsu- Dachi
Chudan- Uchi- Ude- Uke



60 Zenkutsu- Dachi
Oi- Zuki
Kiai!



61 Shizentai



62 Musubi Dachi



63 Musubi Dachi
Rei



64 Musubi Dachi



65 Shizentai

