

Shotokan Kata

Tekki Nidan



Ausführung: Alfred Heubeck

Kata

Tekki Nidan



Shizentai



Musubi- Dachi



Rei
Musubi - Dachi



Musubi - Dachi



Shizentai



Kosa Dachi
Ryo Hiji Harai Age



Doji
Fumikomi



Kiba Dachi
Sokumen Uke



Kosa Dachi
Gedan Soto Ude Uke



Kiba Dachi
Sokumen Soete
Gedan Uchi Ude Uke



Heisoku Dachi
Ryo Hiji Hari Age



Dojo Fumikomi

Shotokan Kata

Tekki Nidan



Kiba Dachi
Sokumen Uke



Kosa Dachi
Gedan Soto Ude Uke



Kiba Dachi
Sokumen Soete
Gedan Uchi Ude Uke



Kiba Dachi
Soete Koshi Kamae



Kiba Dachi
Soto Sokumen Uke



Dojo Fumikomi



Kiba Dachi
Soete Mae Enpi



Kiba Dachi
Sokumen Tate Shuto Uke



Kiba Dachi
Hidari Kagi Zuki



Yoko Sashi Ashi



Dojo Fumikomi



Kiba Dachi
Uchi Ude Uke

Shotokan Kata

Tekki Nidan



Kiba Dachi



Kiba Dachi
Jodan Nagashi Uke



Kiba Dachi
Jodan Ura Zuki
Kiai!



Kiba Dachi
Soto Sokumen Uke



Dojo Fumikomi



Kiba Dachi
Soete Mae Enpi



Kiba Dachi
Sokumen Tate Shuto Uke



Kiba Dachi
Migi Kagi Zuki



Yoko Sashi Ashi



Dojo Fumikomi



Kiba Dachi
Uchi Ude Uke



Kiba Dachi

Shotokan Kata

Tekki Nidan



Kiba Dachi
Jodan Nagashi Uke



Kiba Dachi
Jodan Ura Zuki
Kiai!



Shizentai



Musubi - Dachi



Musubi - Dachi Rei



Musubi - Dachi



Shizentai