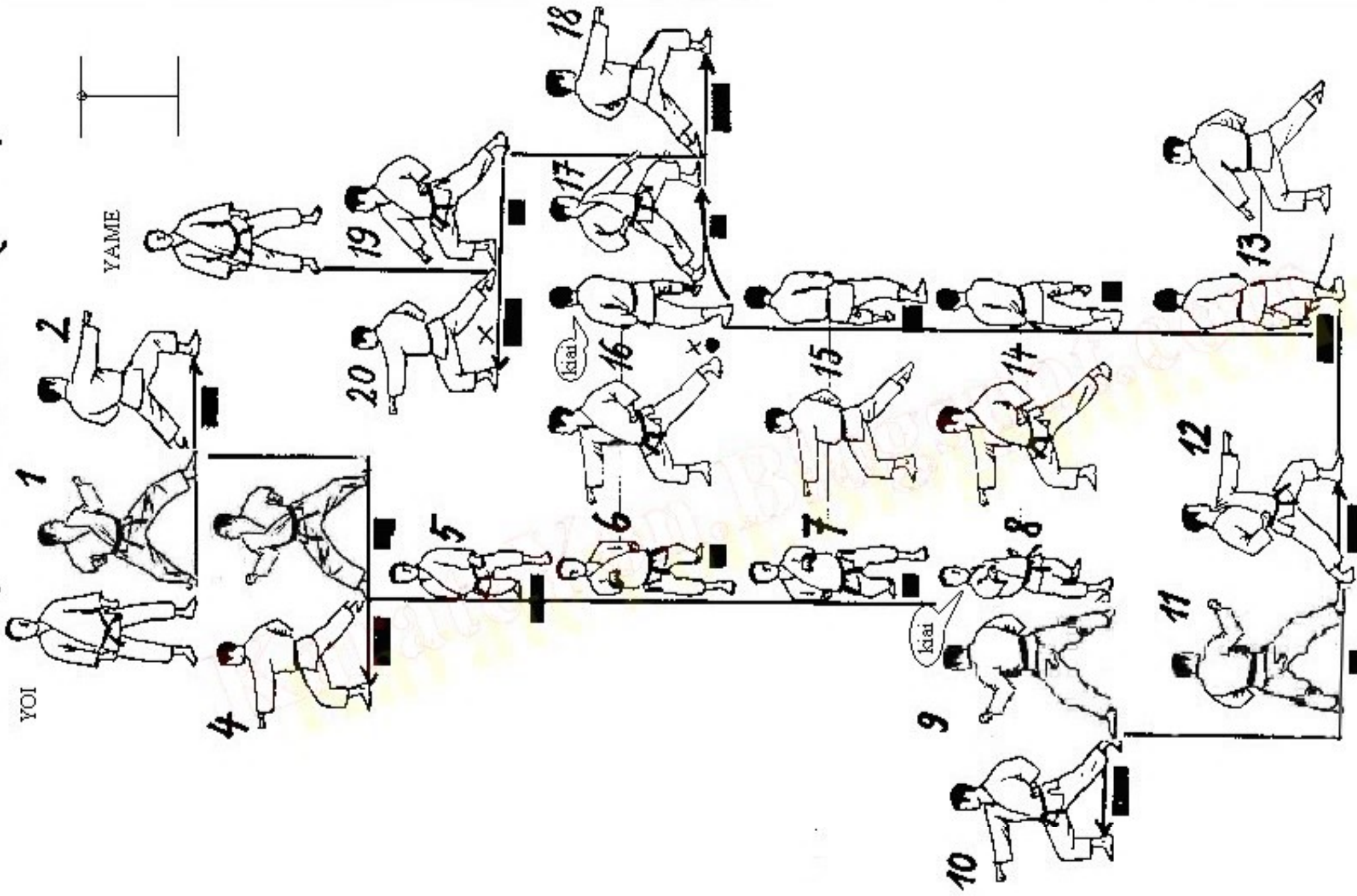
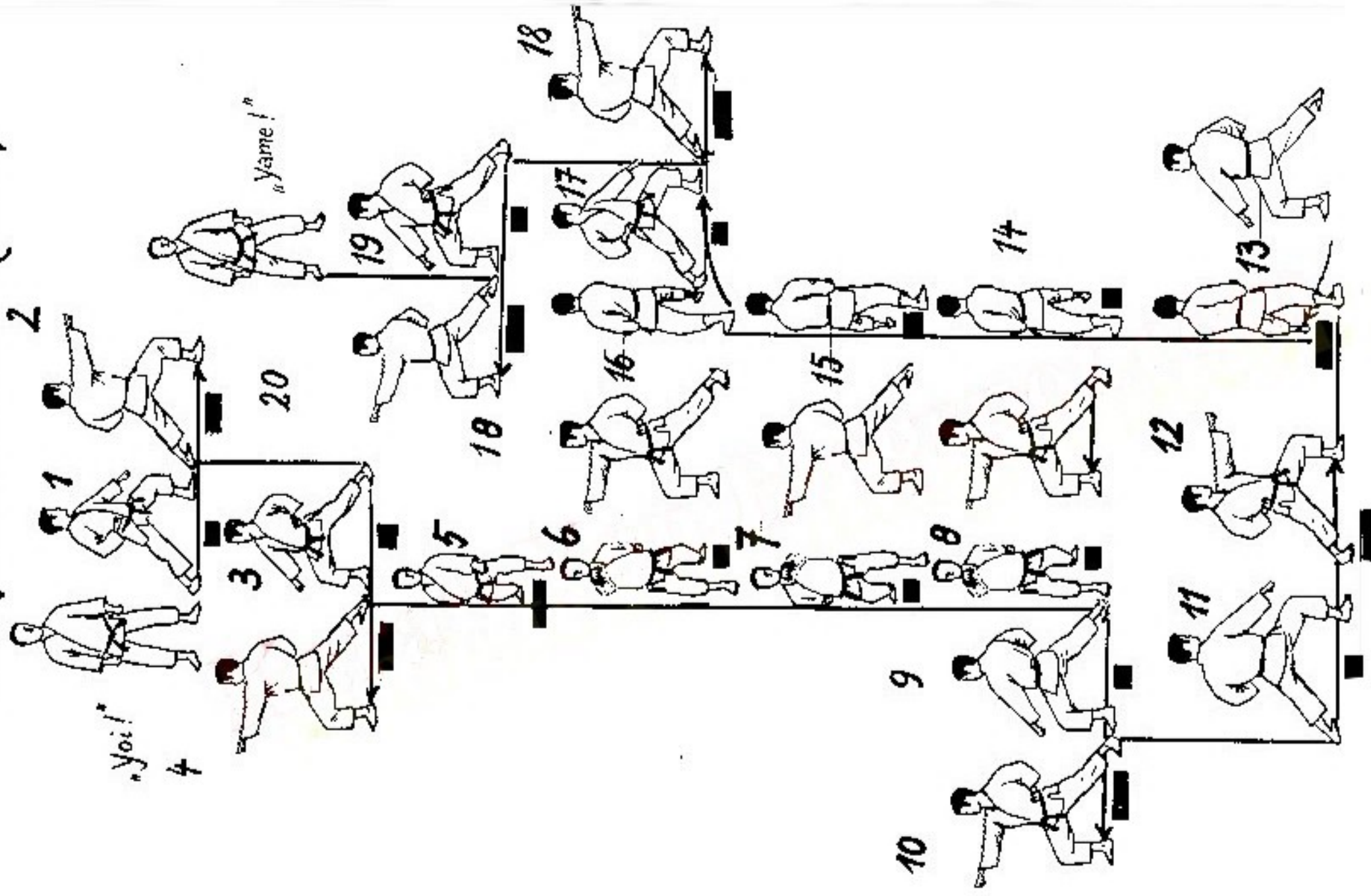


# Taikyoku Sandan (Nr. 3)

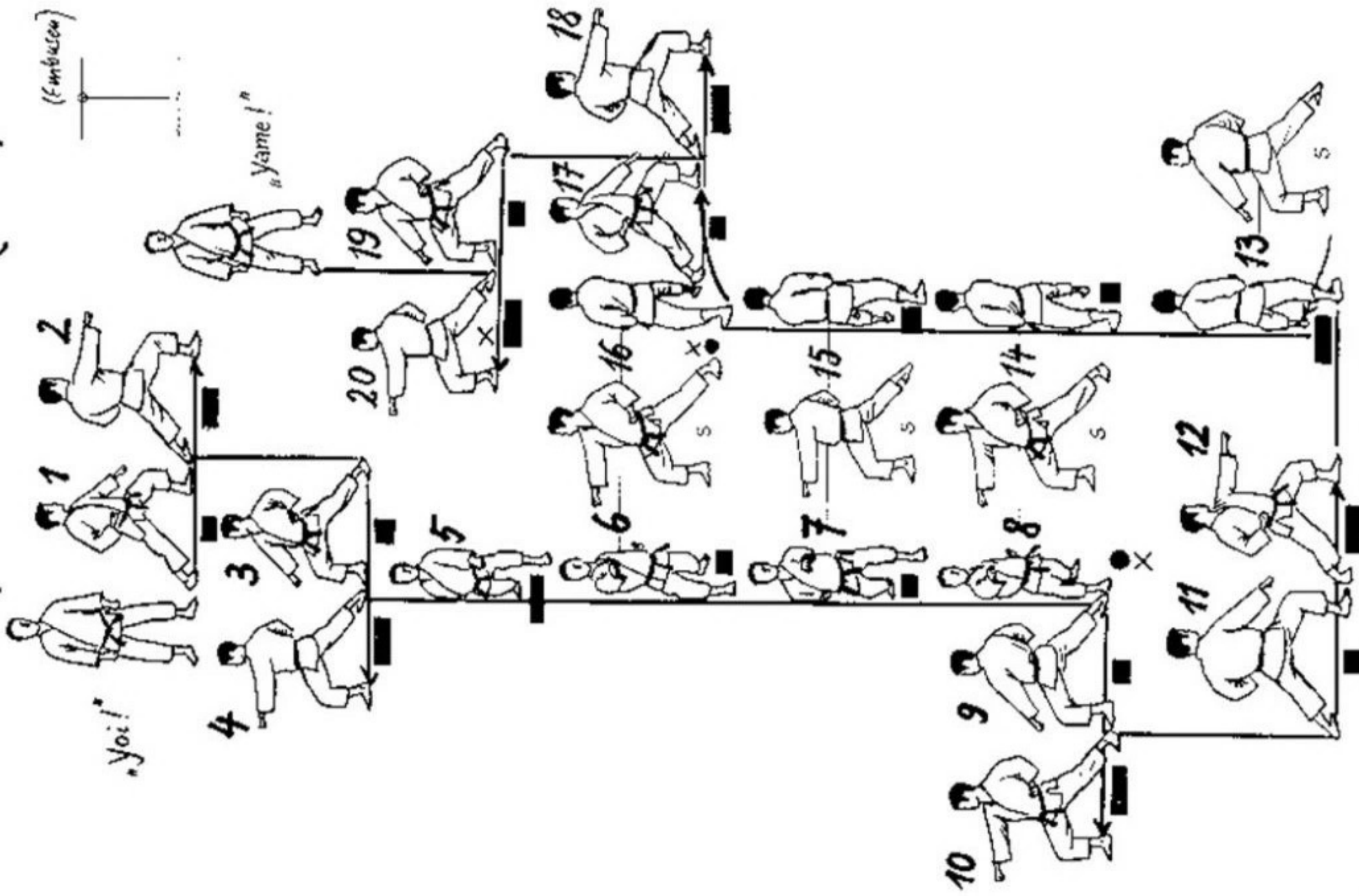
YOI

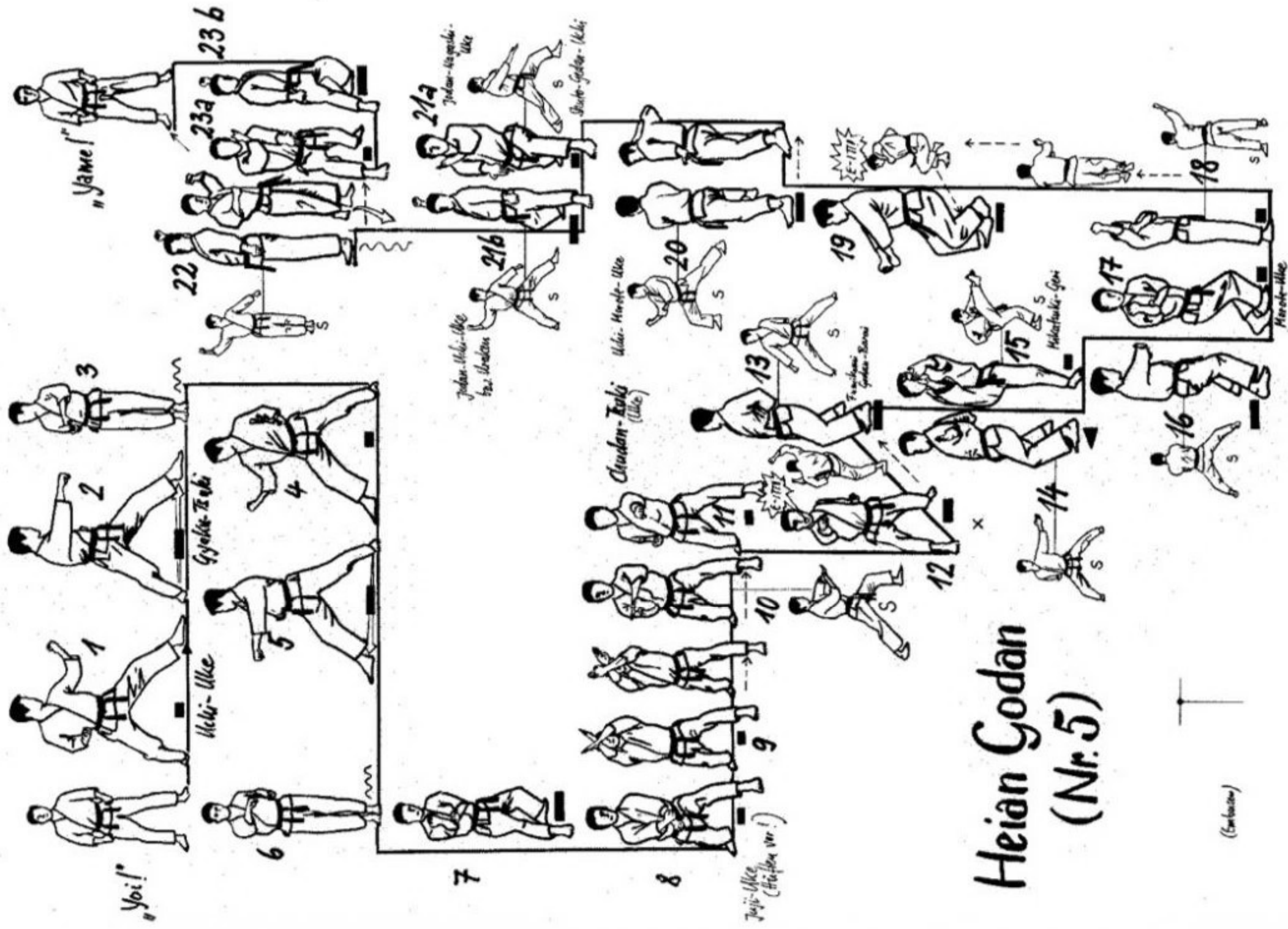


# Taikyo Nidan (Nr. 2)



# Taikyoku Shodan (Nr. 1)

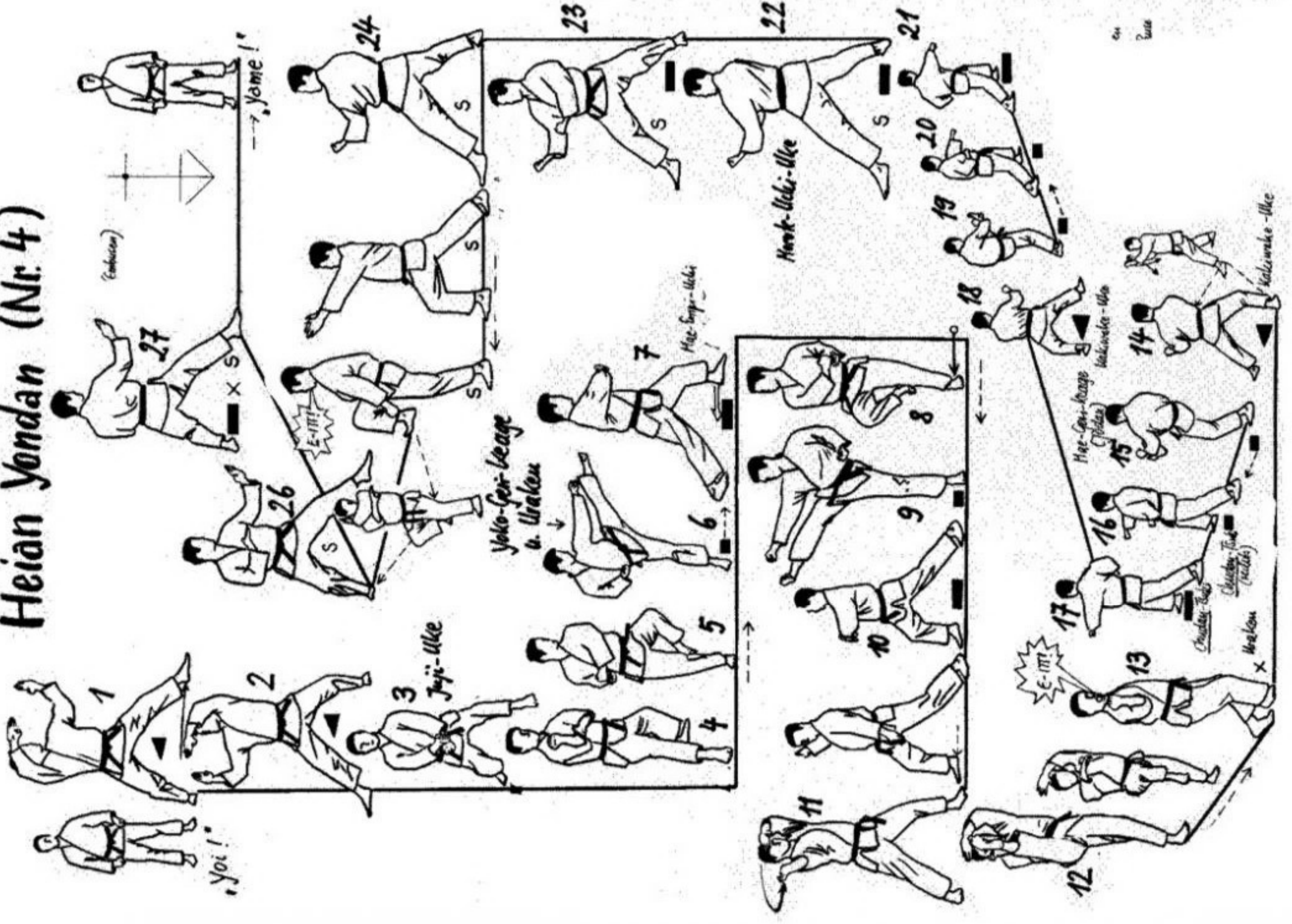


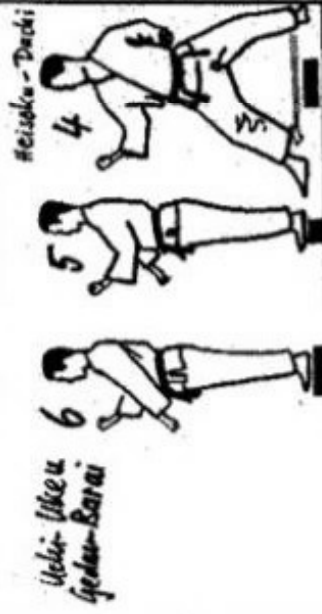
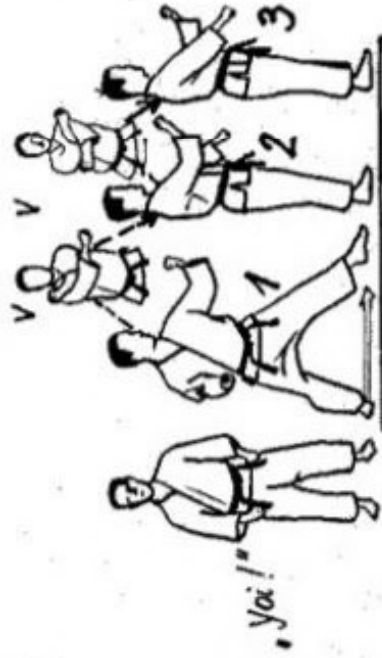


# Heian Godan (Nr.5)

(Zamban)

# Heian Yondan (Nr. 4)





Heisoku-Dachi



7



Nukite

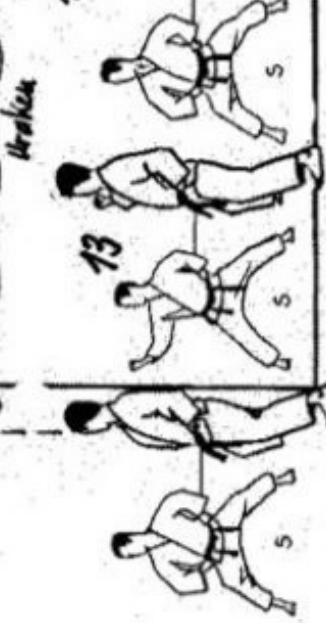
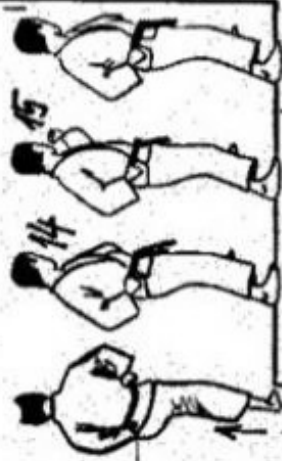
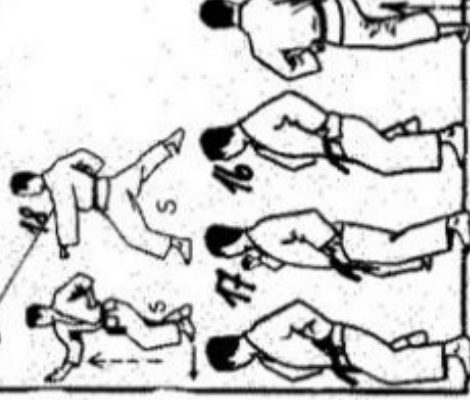
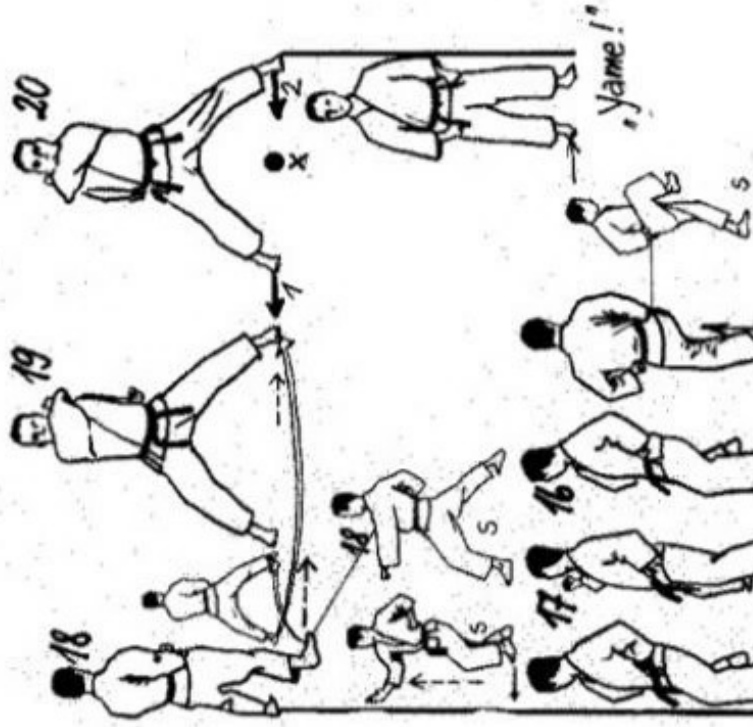


Tetsui-Uchi



10

• = Kiai



Tate-Uraken

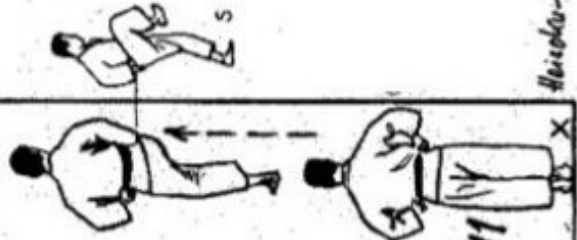
# Heian Sandan (Nr. 3)

(entrain)



Hiji-Uke

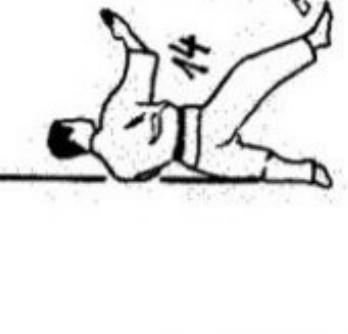
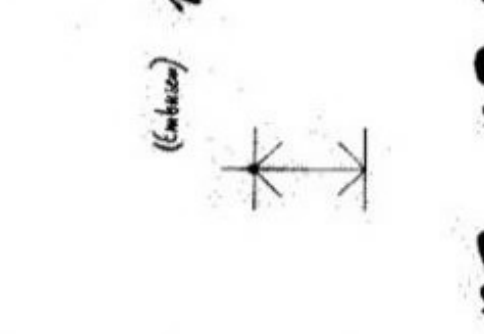
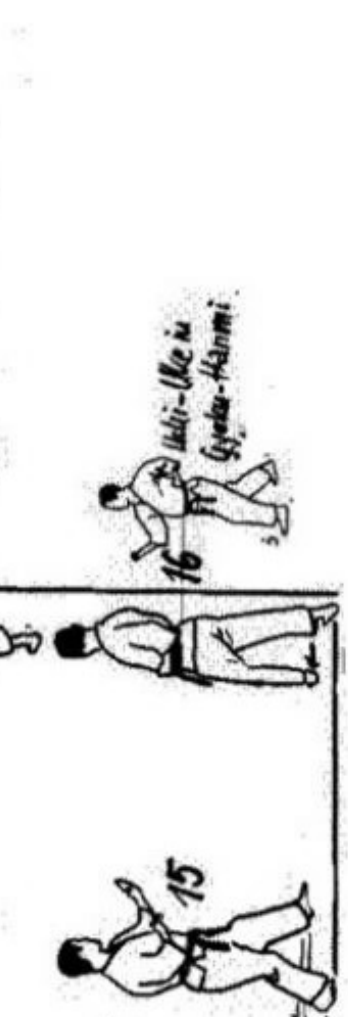
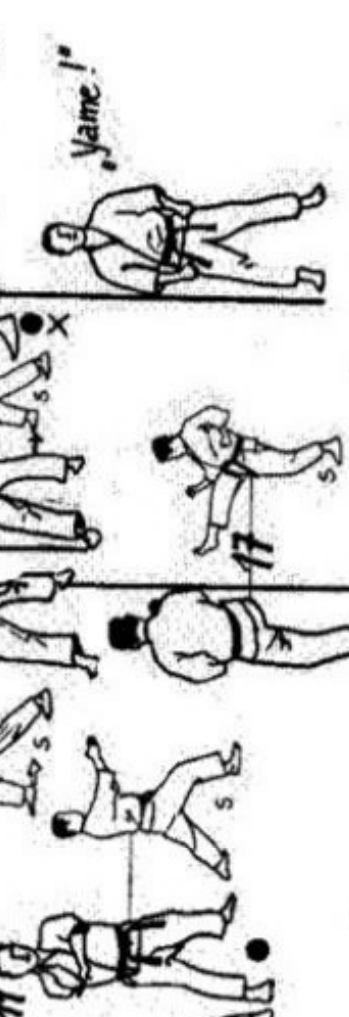
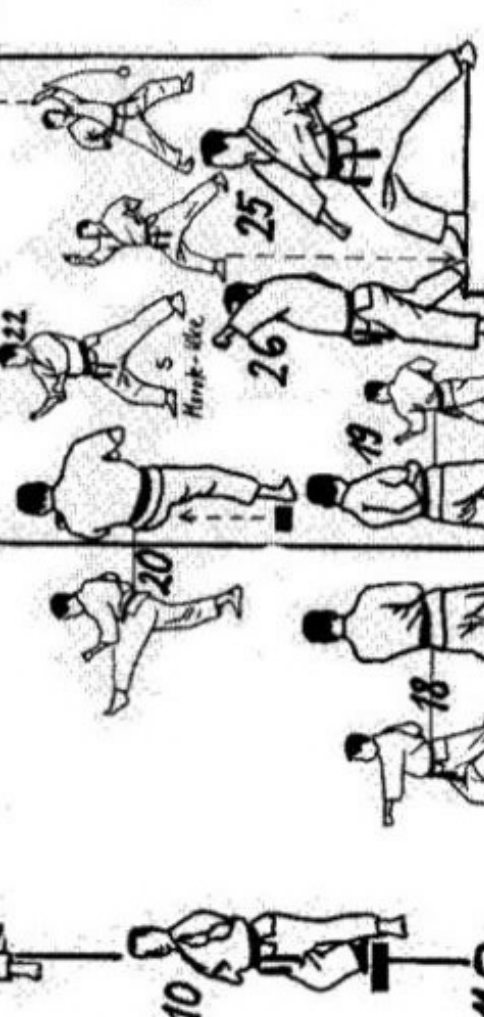
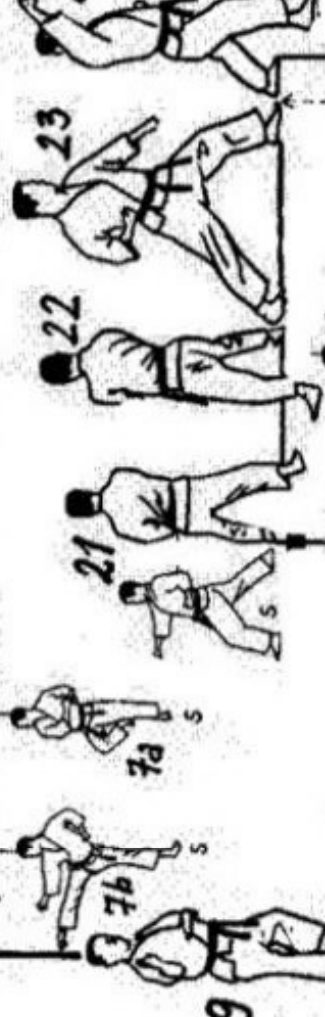
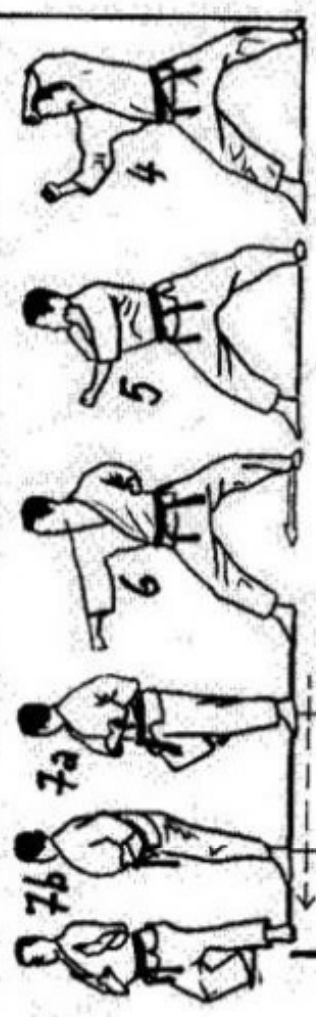
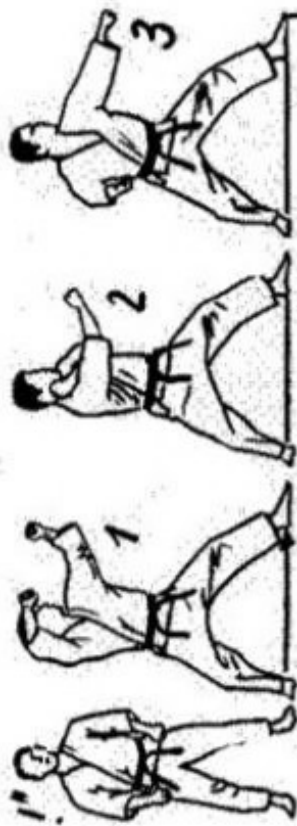
Fumikomi



Heisoku-Dachi

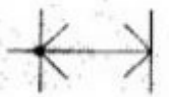
„Yoi!“

# Heian Nidan (Nr. 2)



● = Kiai

(Embusei)



„Name!“

Uchi-Uke ni Gyaku-Hanmi.

Agi-Uke

Hank-Uke

Uchi-Uke ni Gyaku-Hanmi.

# Heian

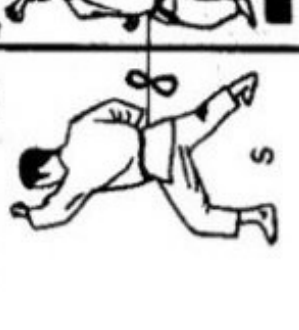
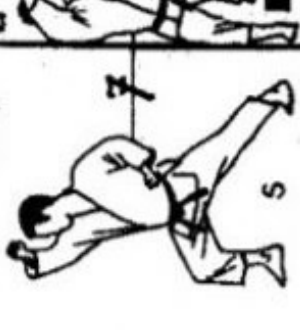
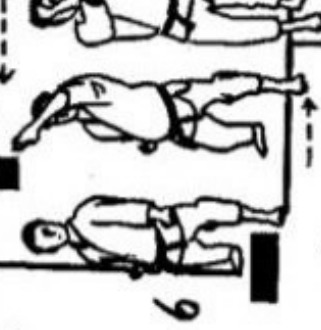
"Yoi!"



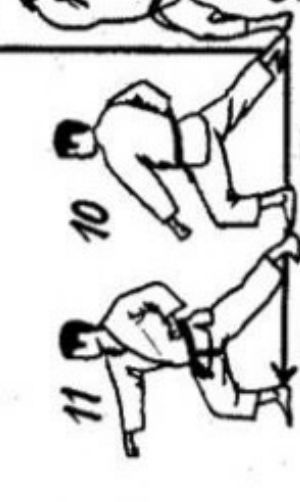
# Shodan (Nr. 1)

(Embusei)

"Yame!"

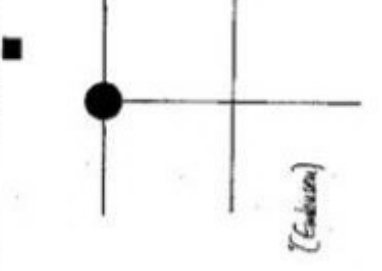
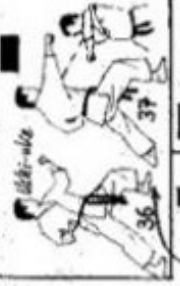
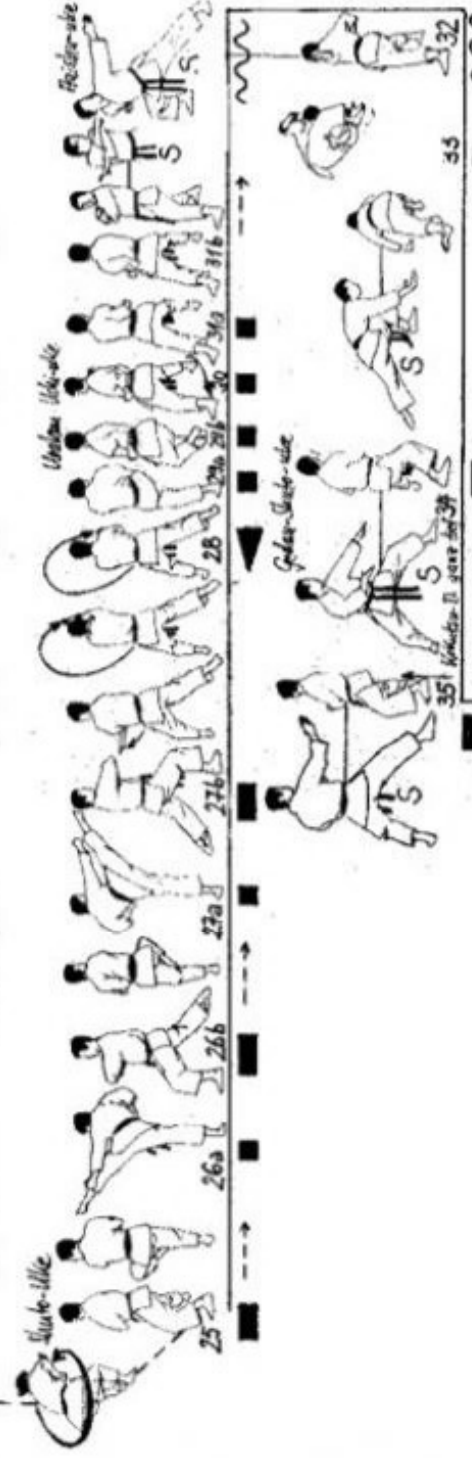
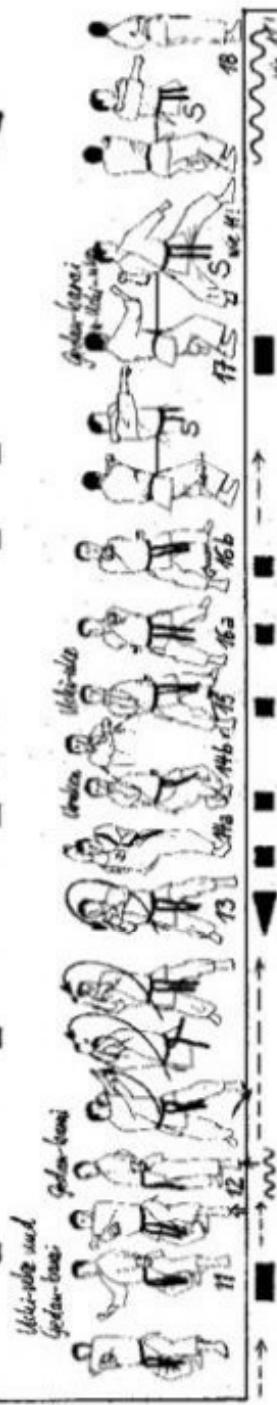
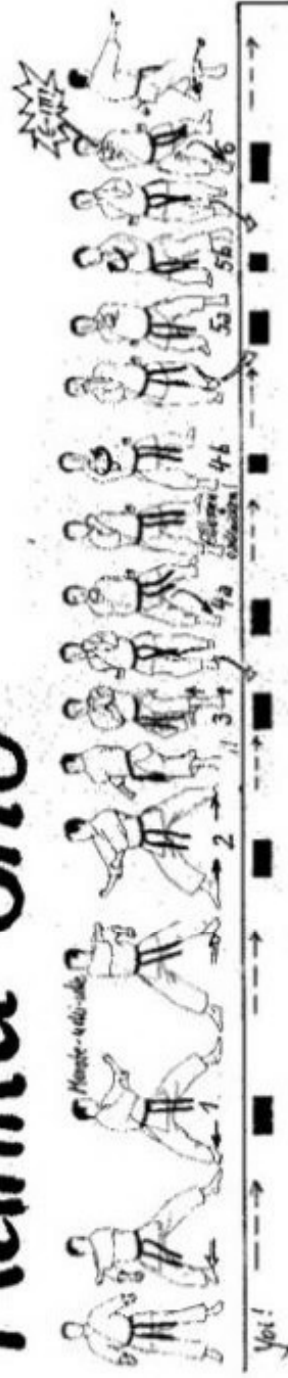


● = Kiai

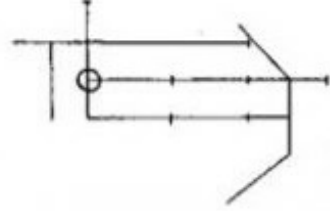




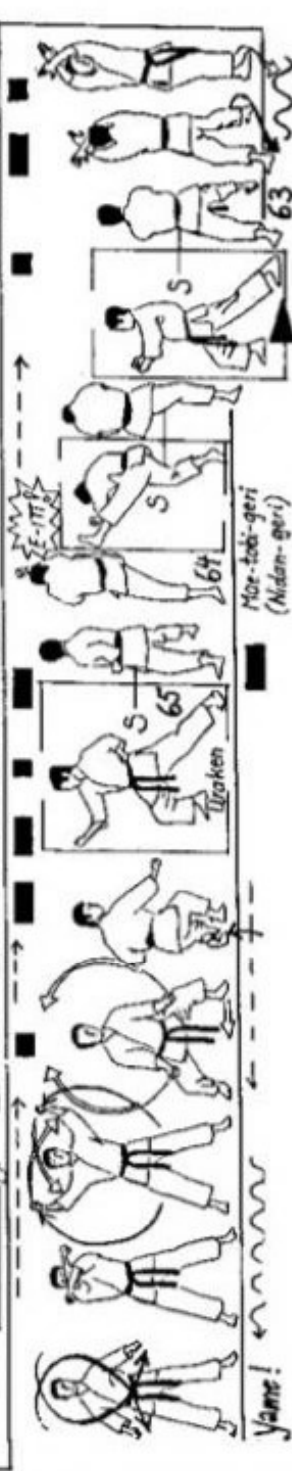
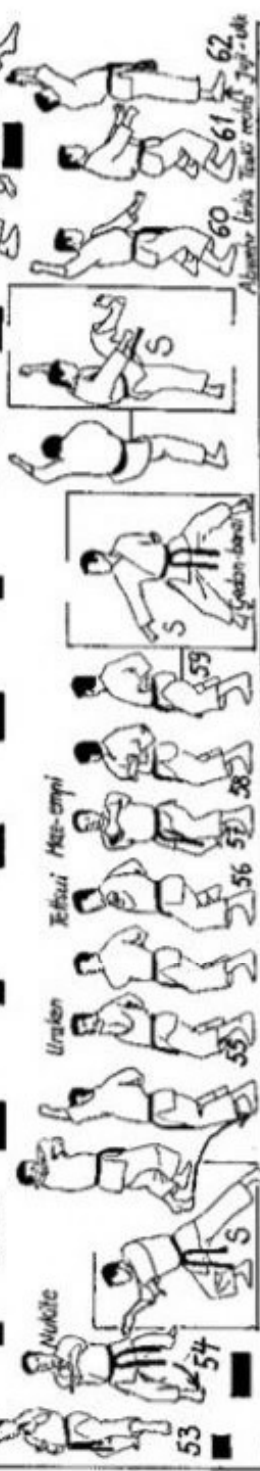
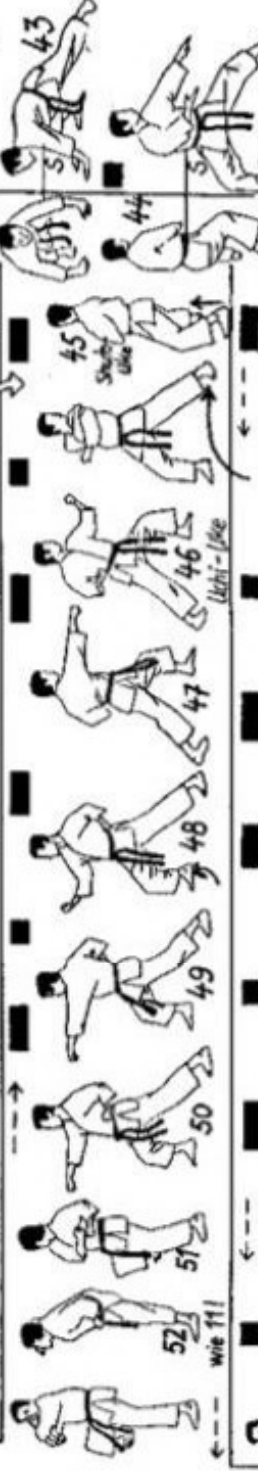
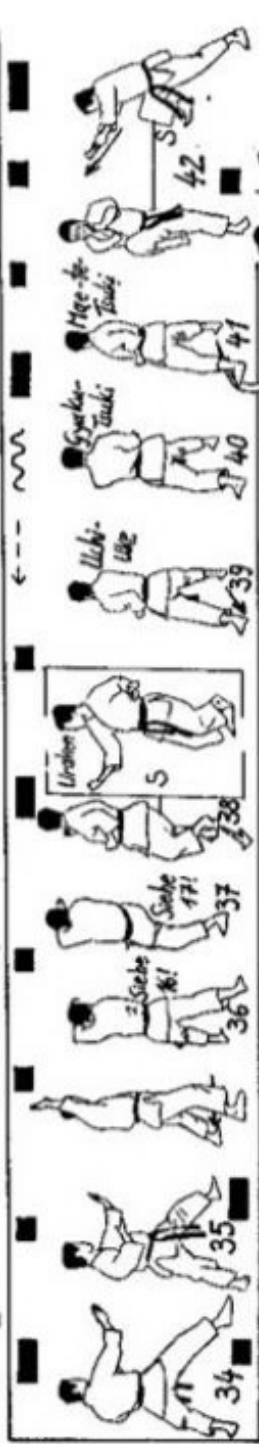
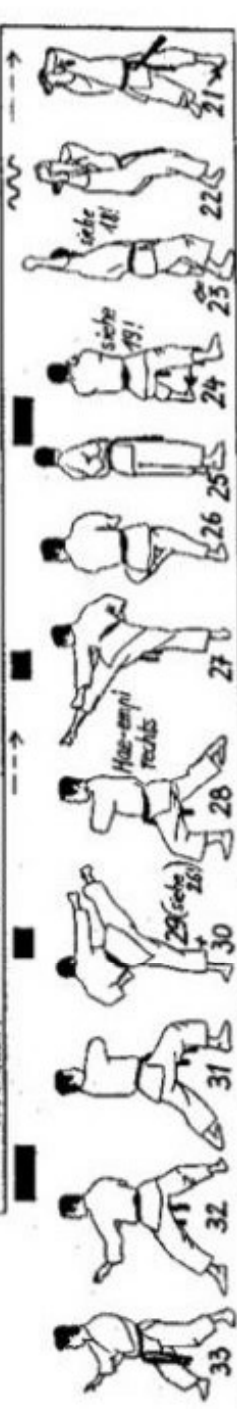
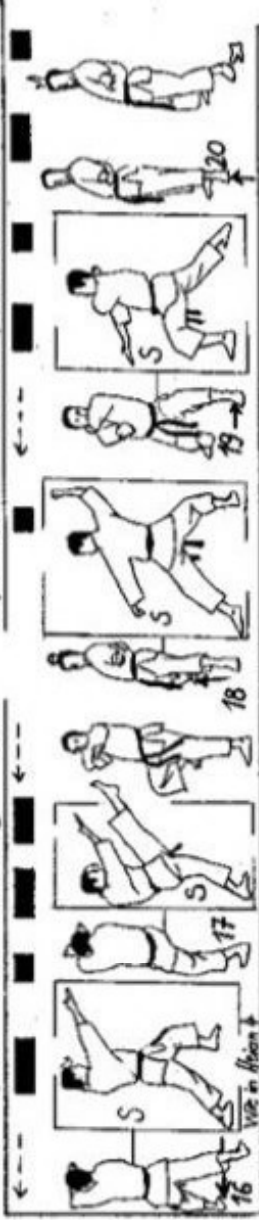
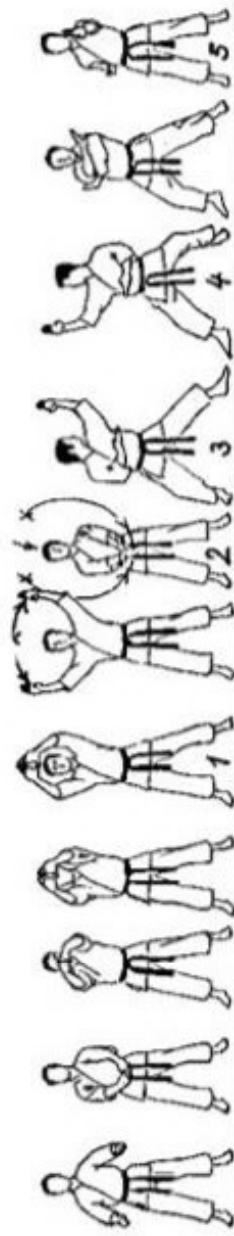
# Kanku-Sho

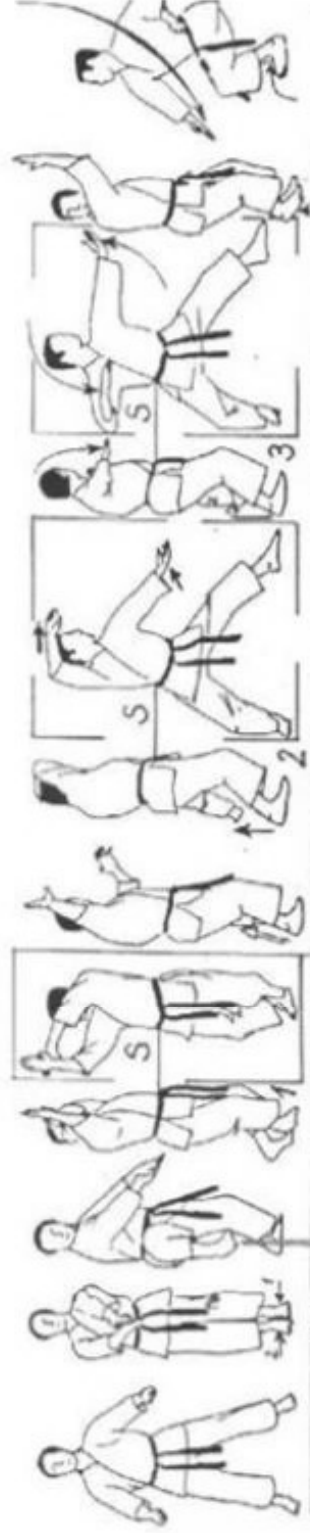


# Kanku-Dai



Embusen





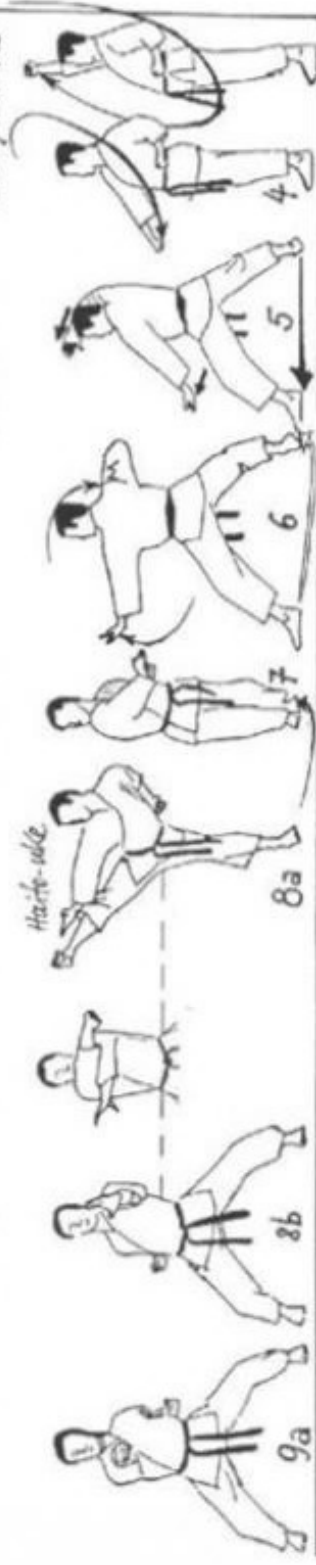
Yoi

Anste-ikie

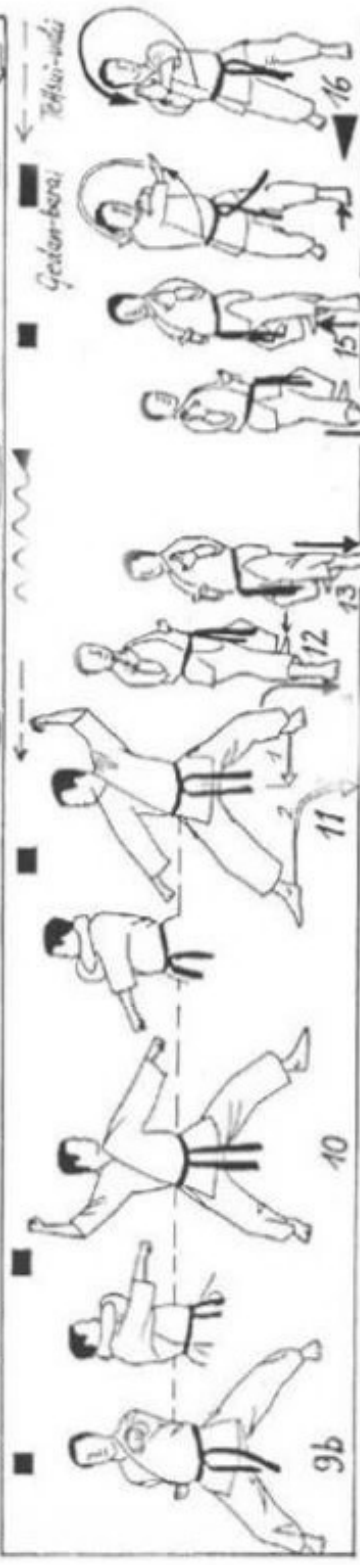
Koko-ikie

So-Dai

Haite-gokun-ikie

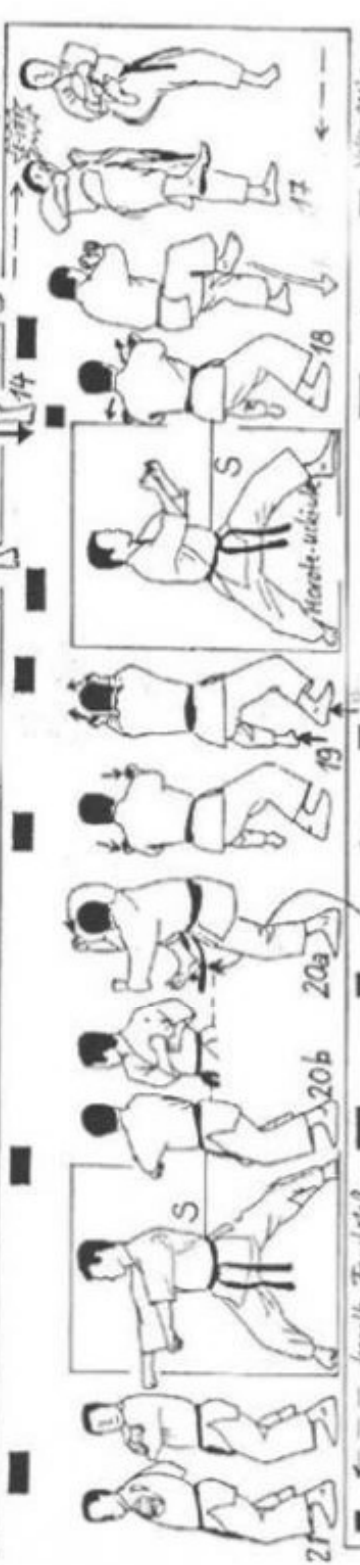


Haite-ukie



Gester-berei

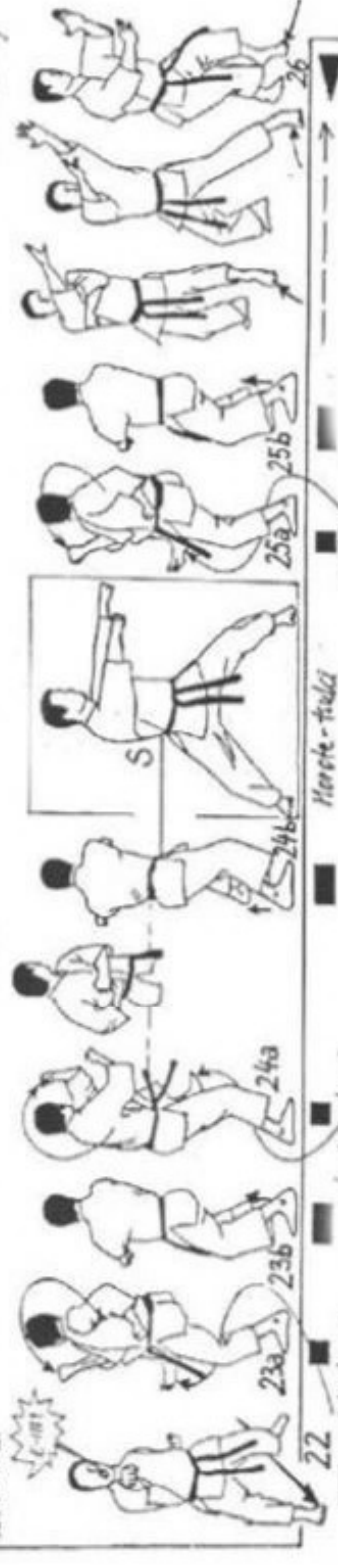
Tokui-wida



Tokui-wida

doppelter Fauststoß

Vico-Bei-Juckani (groß)

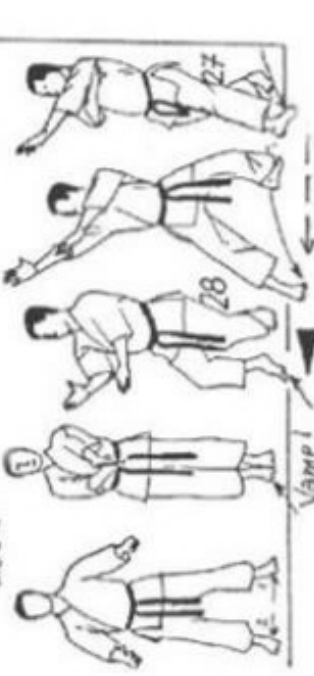


Aiki-barei auf Ioto-ikie

Aiki-barei auf Ioto-ikie

Haite-ikie

wie 20a

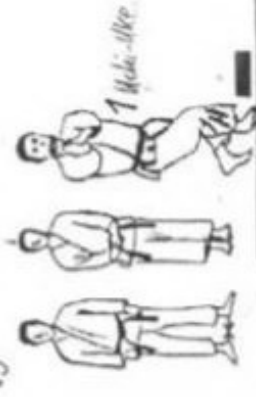


Schreibprogramm (Embütia)

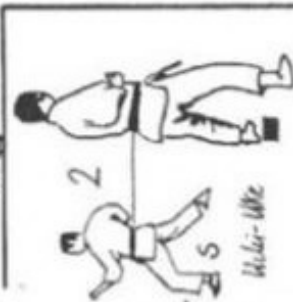
# Bassai-Sho

# Bassai Dai

„Yoi!“



1. Maki-Uke



2. Maki-Uke

## 大若抜



3. Maki-Uke (Später-Hanamé)



4. Japs-Uke  
in Gyakur-Hanamé

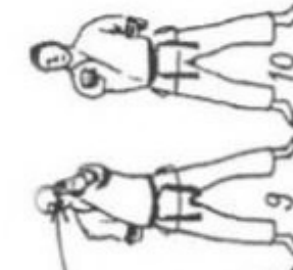


5. Maki-Uke



6. Soto-Uke

7. Maki-Uke in Gyaku-Hanamé



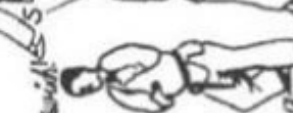
8. Maki-Uke



9. Maki-Uke



10. Maki-Uke



11. Maki-Uke



12. Maki-Uke



13. Maki-Uke



14. Maki-Uke



15. Maki-Uke



16. Maki-Uke



17. Maki-Uke



18. Maki-Uke



19. Maki-Uke

Mikabombi-Geri



20. Mikabombi-Geri



21. Mikabombi-Geri



Gedau-Uke

22. Gedau-Uke



23. Gedau-Uke



24. Gedau-Uke



25a. Gedau-Uke



25b. Gedau-Uke



26. Gedau-Uke



27. Gedau-Uke



28a. Gedau-Uke



28b. Gedau-Uke



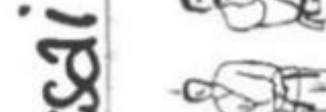
29. Gedau-Uke



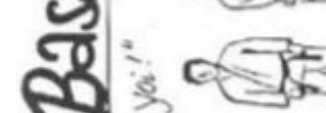
30. Gedau-Uke



31. Gedau-Uke



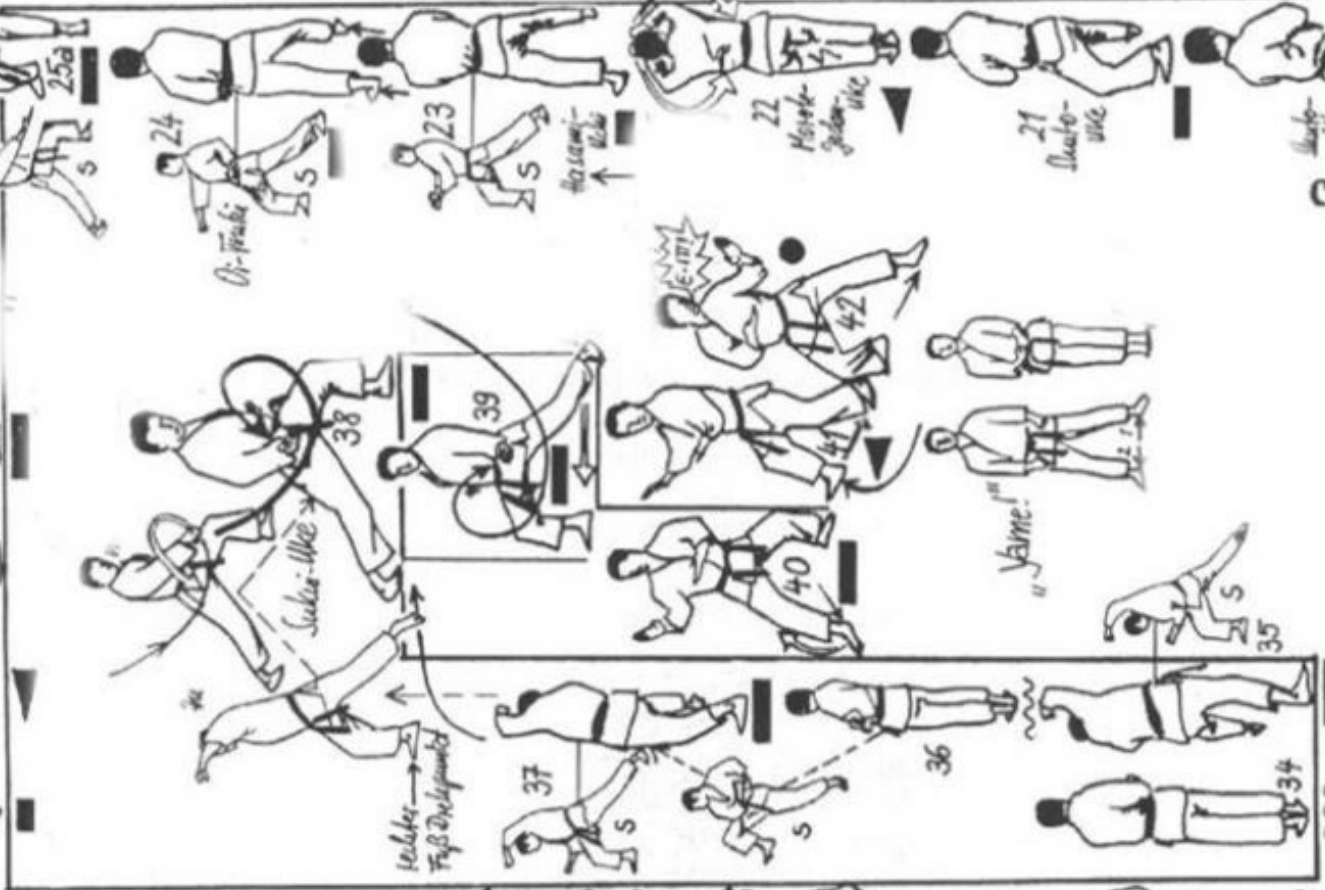
32. Gedau-Uke



33. Gedau-Uke



34. Gedau-Uke



Wulker  
Fuß-Druckpunkt

„Jame!“

E-101!

22. Maki-Uke

21. Maki-Uke

20. Maki-Uke

37. Maki-Uke

36. Maki-Uke

35. Maki-Uke

34. Maki-Uke

33. Maki-Uke

32. Maki-Uke

31. Maki-Uke

30. Maki-Uke

29. Maki-Uke

28a. Maki-Uke

28b. Maki-Uke

27. Maki-Uke

26. Maki-Uke

25a. Maki-Uke

25b. Maki-Uke

24. Maki-Uke

23. Maki-Uke

22. Maki-Uke

21. Maki-Uke

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1. Maki-Uke

0. Maki-Uke

-1. Maki-Uke

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-39. Maki-Uke

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-58. Maki-Uke

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-66. Maki-Uke

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-73. Maki-Uke

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-79. Maki-Uke

-80. Maki-Uke

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-82. Maki-Uke

-83. Maki-Uke

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-86. Maki-Uke

-87. Maki-Uke

-88. Maki-Uke

-89. Maki-Uke

-90. Maki-Uke

-91. Maki-Uke

-92. Maki-Uke

-93. Maki-Uke

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-95. Maki-Uke

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-97. Maki-Uke

-98. Maki-Uke

-99. Maki-Uke

-100. Maki-Uke

-101. Maki-Uke

-102. Maki-Uke

-103. Maki-Uke

-104. Maki-Uke

-105. Maki-Uke

-106. Maki-Uke

-107. Maki-Uke

-108. Maki-Uke

-109. Maki-Uke

-110. Maki-Uke

-111. Maki-Uke

-112. Maki-Uke

-113. Maki-Uke

-114. Maki-Uke

-115. Maki-Uke

-116. Maki-Uke

-117. Maki-Uke

-118. Maki-Uke

-119. Maki-Uke

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-121. Maki-Uke

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-124. Maki-Uke

-125. Maki-Uke

-126. Maki-Uke

-127. Maki-Uke

-128. Maki-Uke

-129. Maki-Uke

-130. Maki-Uke

-131. Maki-Uke

-132. Maki-Uke

-133. Maki-Uke

-134. Maki-Uke

-135. Maki-Uke

-136. Maki-Uke

-137. Maki-Uke

-138. Maki-Uke

-139. Maki-Uke

-140. Maki-Uke

-141. Maki-Uke

-142. Maki-Uke

-143. Maki-Uke

-144. Maki-Uke

-145. Maki-Uke

-146. Maki-Uke

-147. Maki-Uke

-148. Maki-Uke

-149. Maki-Uke

-150. Maki-Uke

-151. Maki-Uke

-152. Maki-Uke

-153. Maki-Uke

-154. Maki-Uke

-155. Maki-Uke

-156. Maki-Uke

-157. Maki-Uke

-158. Maki-Uke

-159. Maki-Uke

-160. Maki-Uke

-161. Maki-Uke

-162. Maki-Uke

-163. Maki-Uke

-164. Maki-Uke

-165. Maki-Uke

-166. Maki-Uke

-167. Maki-Uke

-168. Maki-Uke

-169. Maki-Uke

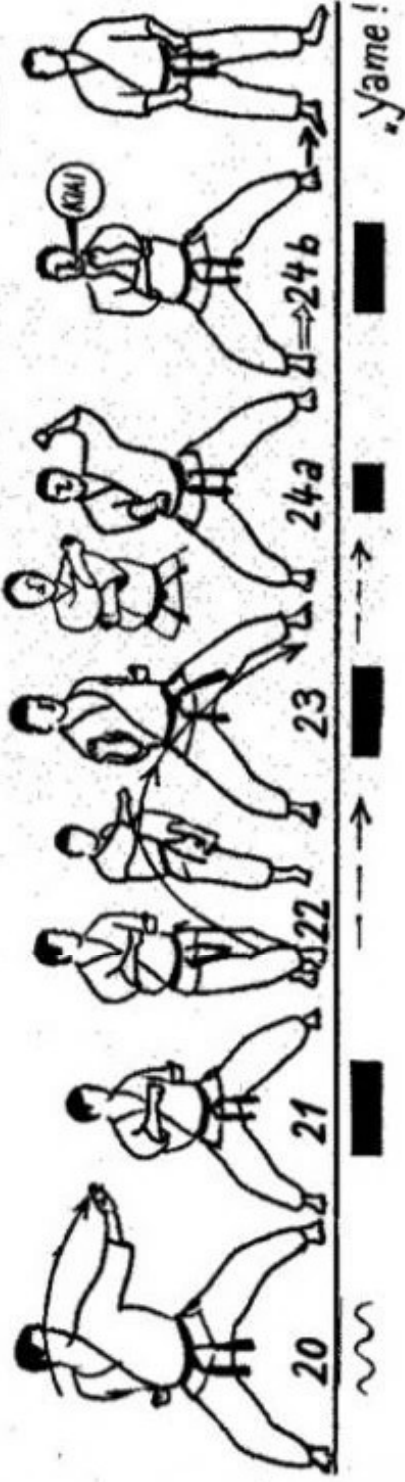
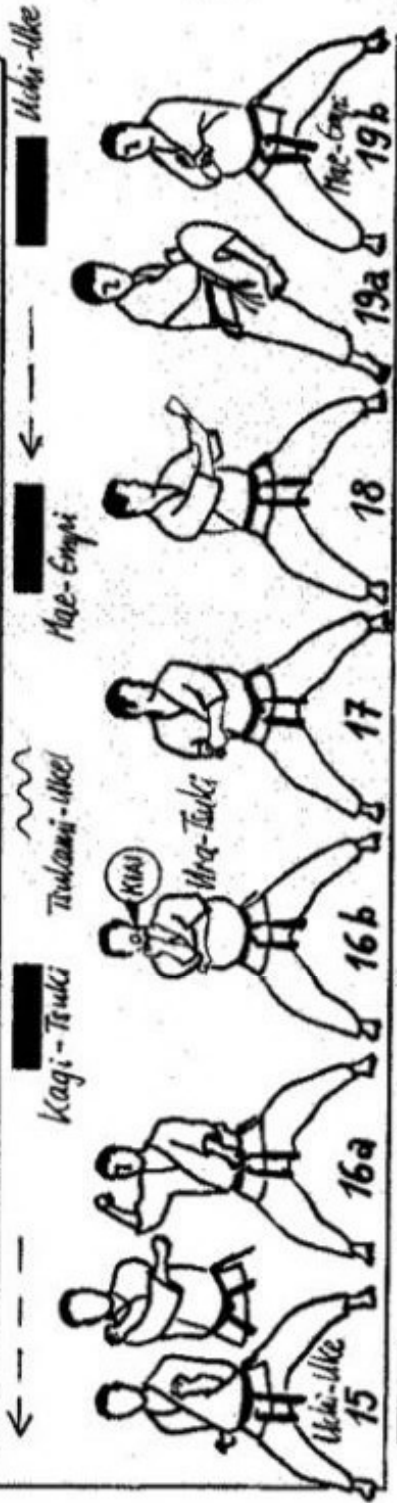
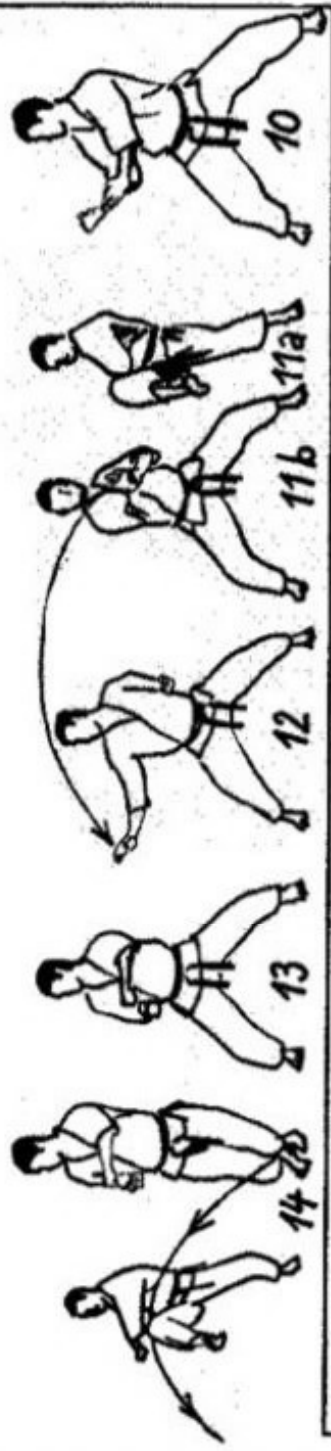
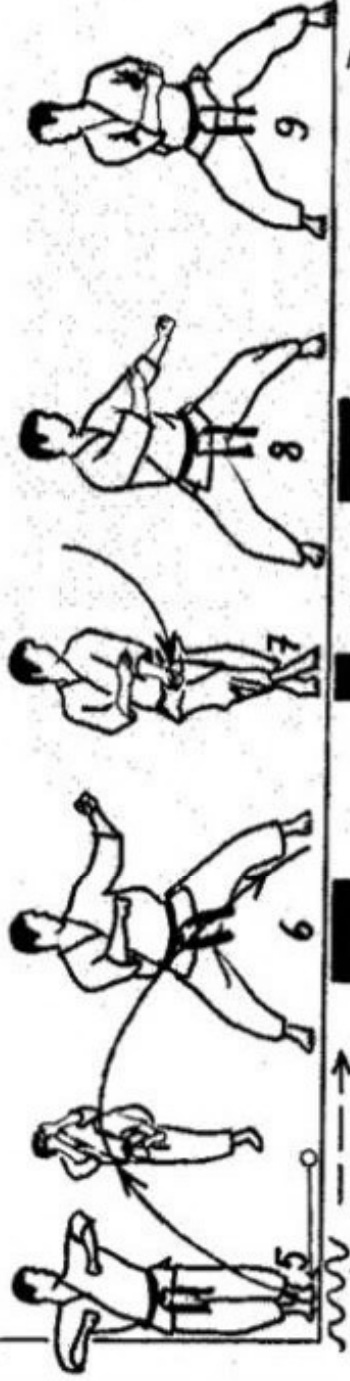
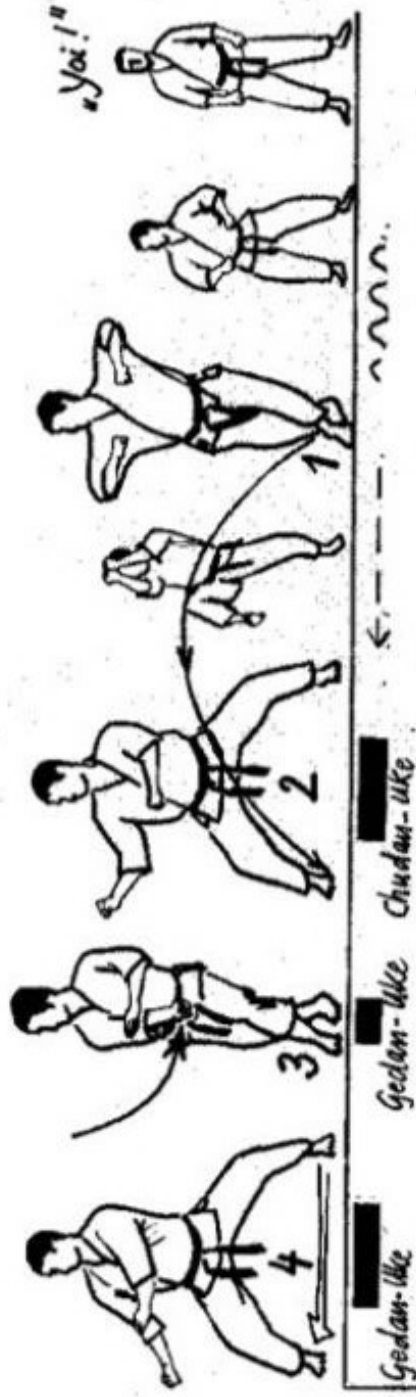
-170. Maki-Uke

-171. Maki-Uke

-172. Maki-Uke

-173. Maki-Uke

# Tekki Nidan (Nr.2)



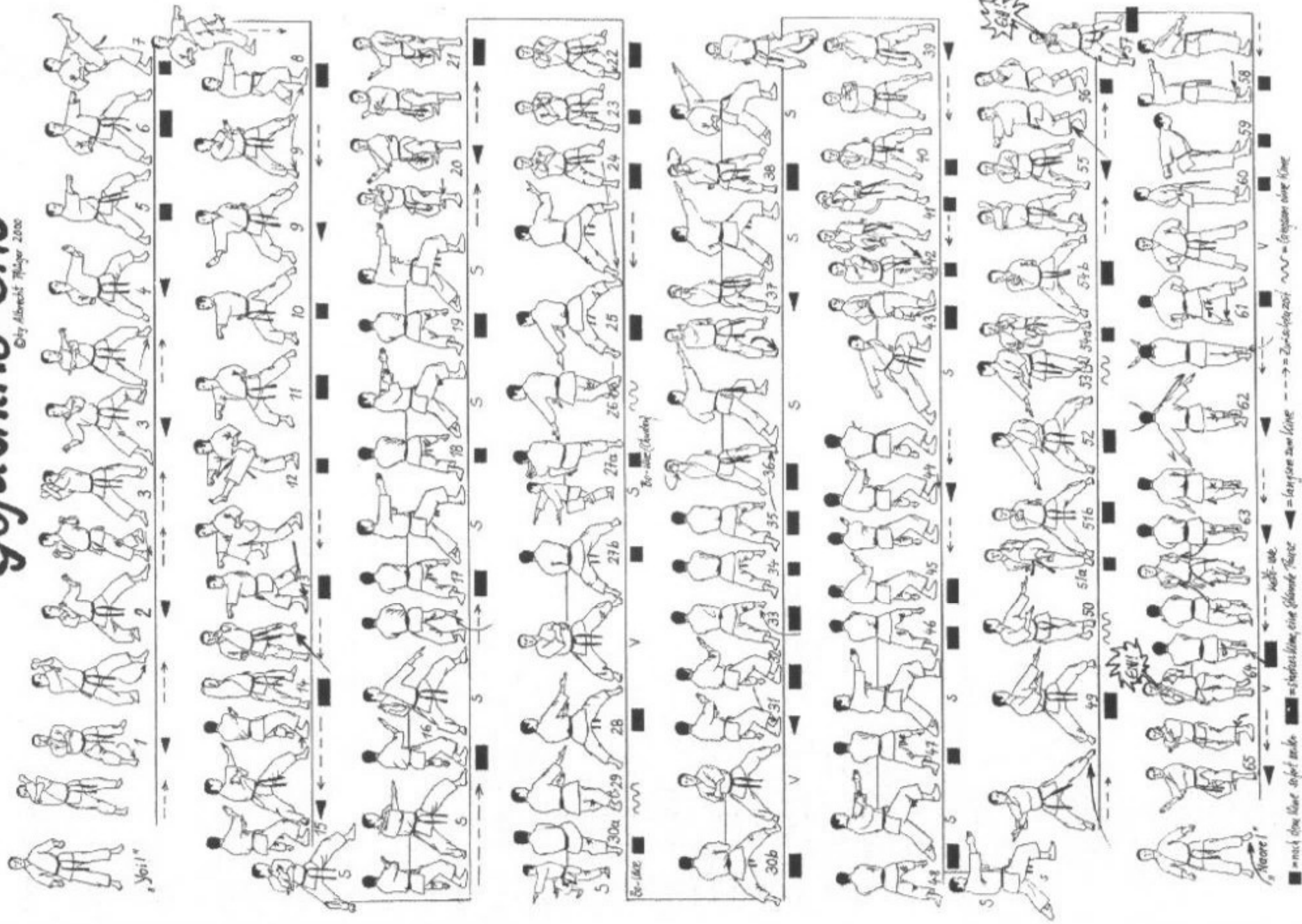
Yame!



# Gojushiho-Sho

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V = Vorwärts  
S = Seitenwärts

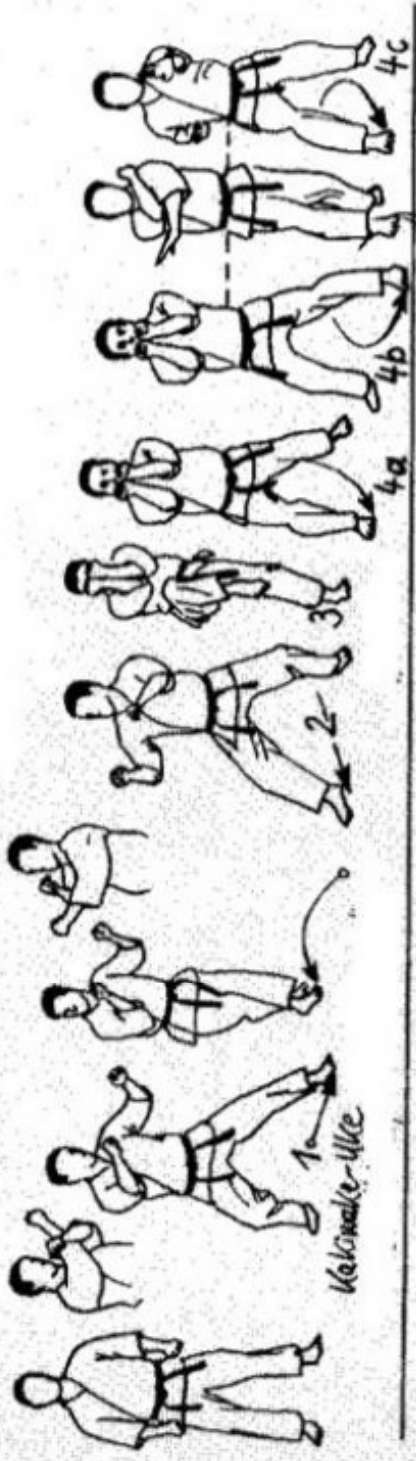


■ = nach dem Atem aufstehen  
 ■ = stehen bleiben eine glatte Fläche  
 ■ = nicht we  
 ---> = langsame zum Knie  
 ~~~> = Zurückgezogen  
 ~~~> = langsam über Knie





# Wankan

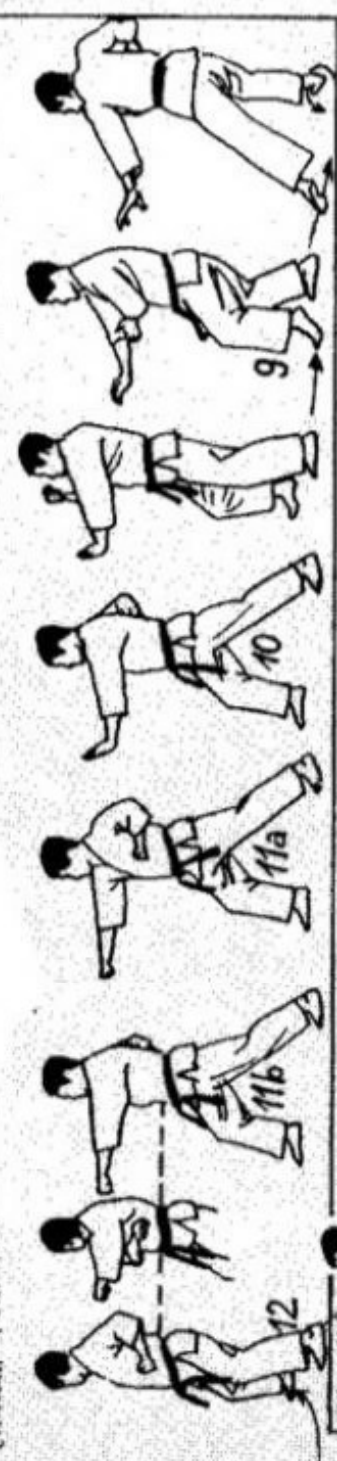


Kokosake-Uke

Take-Suuto-Uke

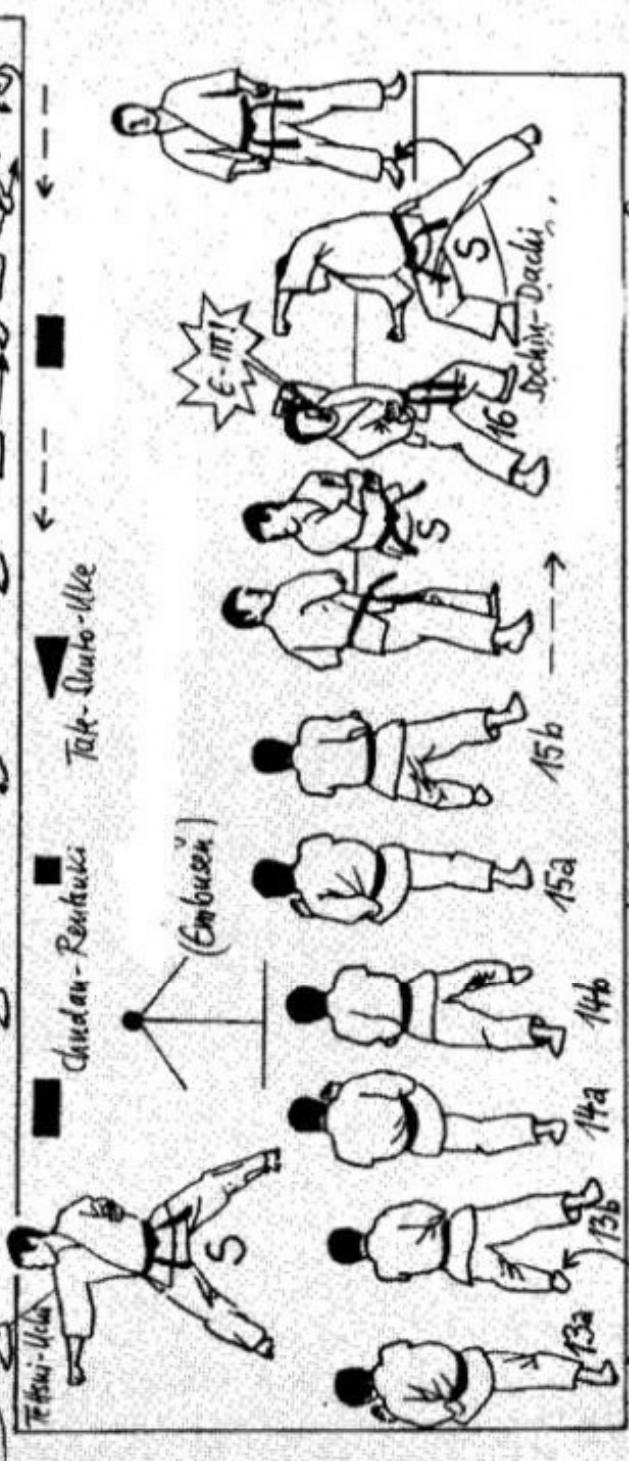


Chudan-Rentaku



Chudan-Rentaku

Take-Suuto-Uke



Mac-Geni  
Ma-Geni Di-Tubi  
Ma-Geni Di-Tubi  
Ma-Geni Di-Tubi

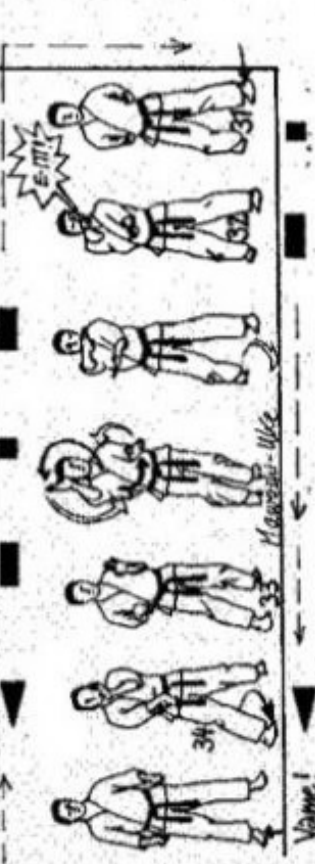
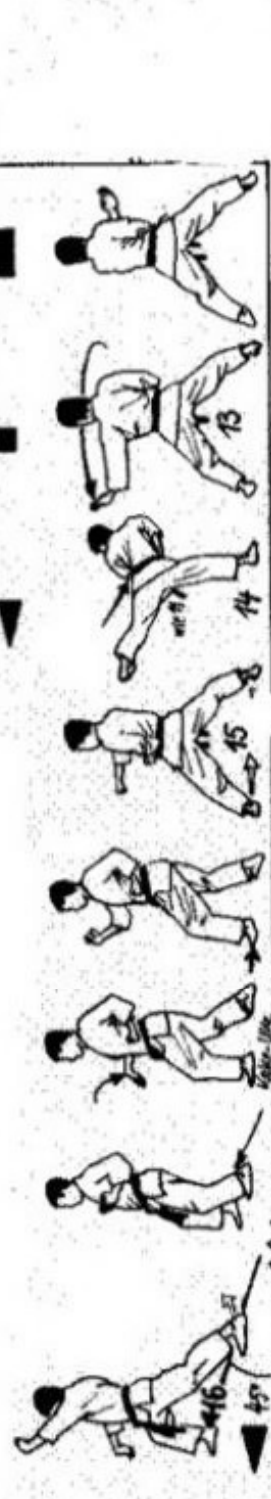
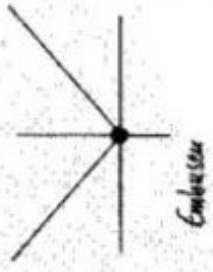
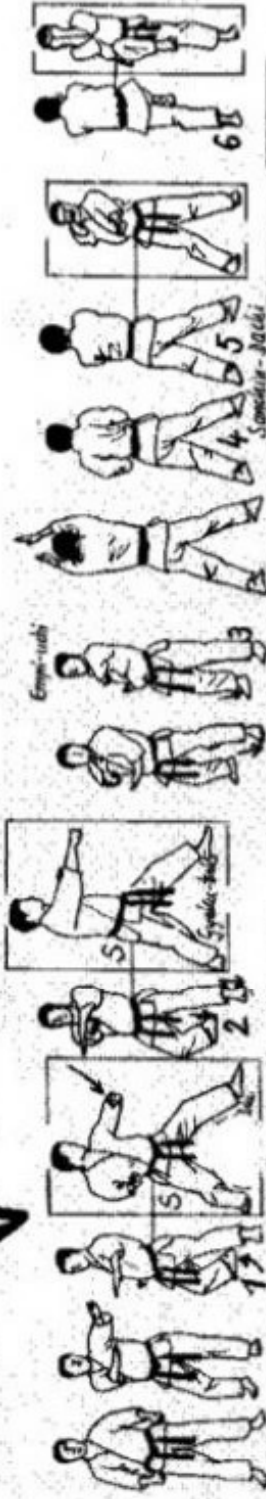
E-MI!

Jochi-Dachi

(Embusen)



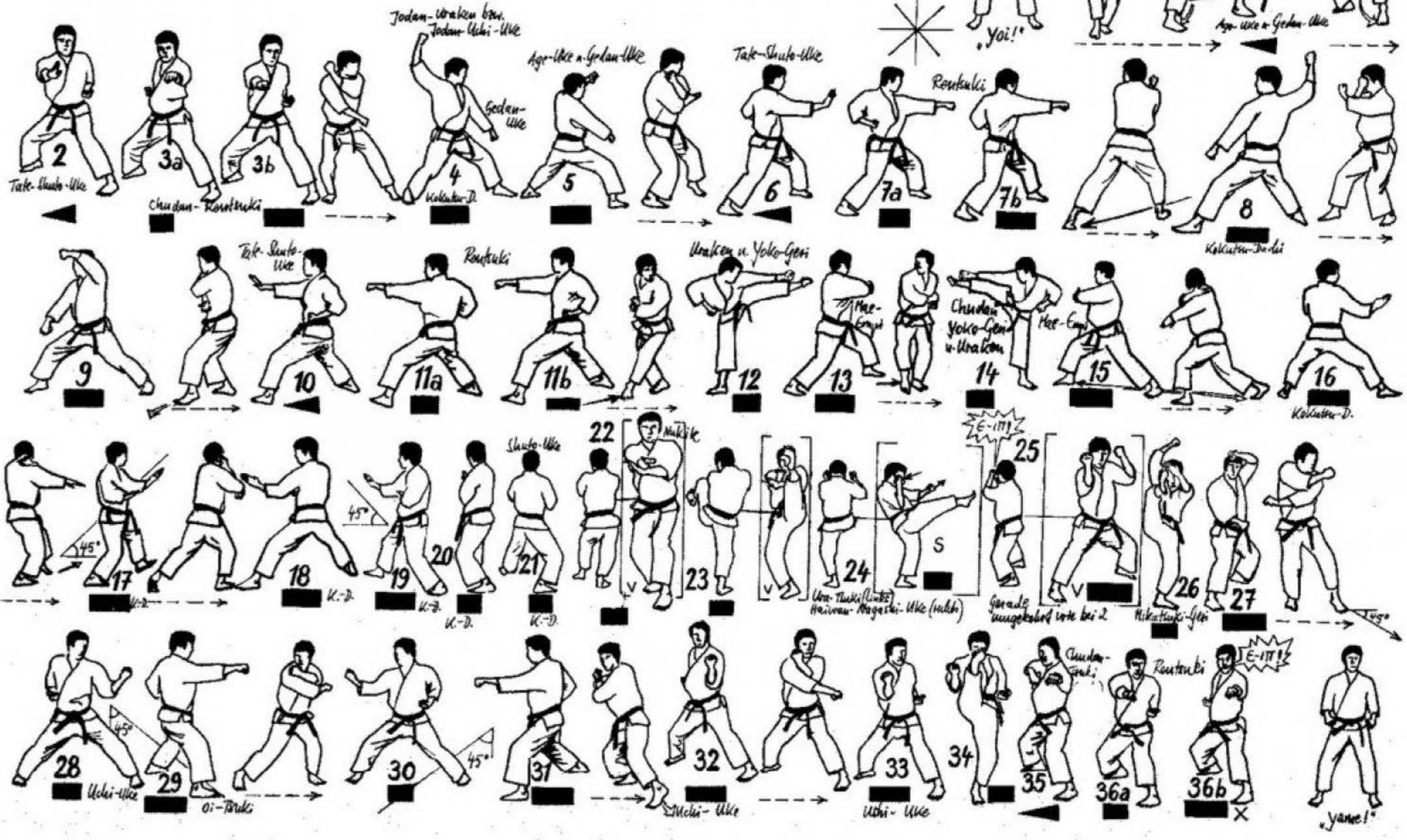
# Nijushiko



Yama!



# Sochin 壯鎮



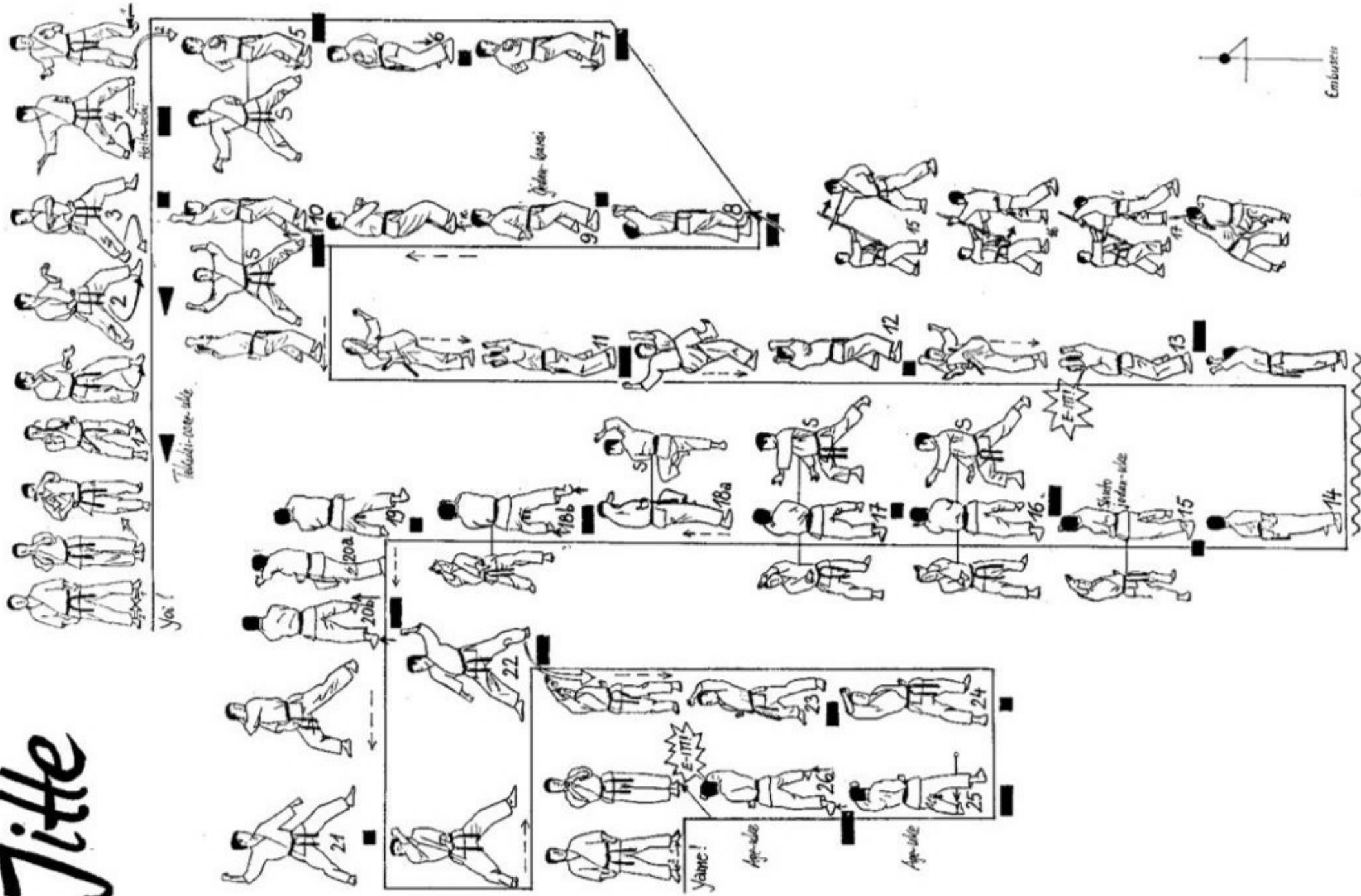




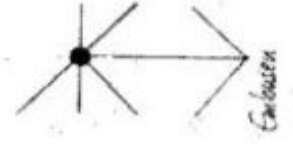
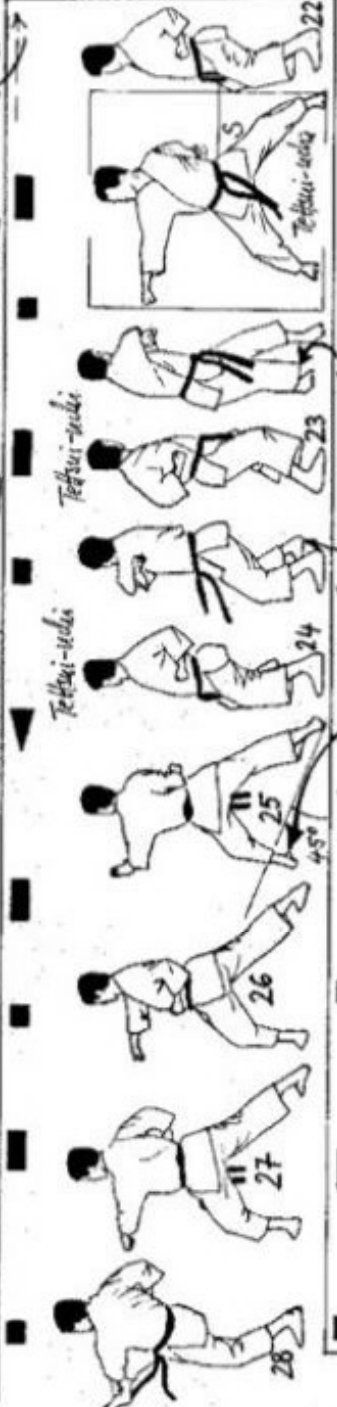
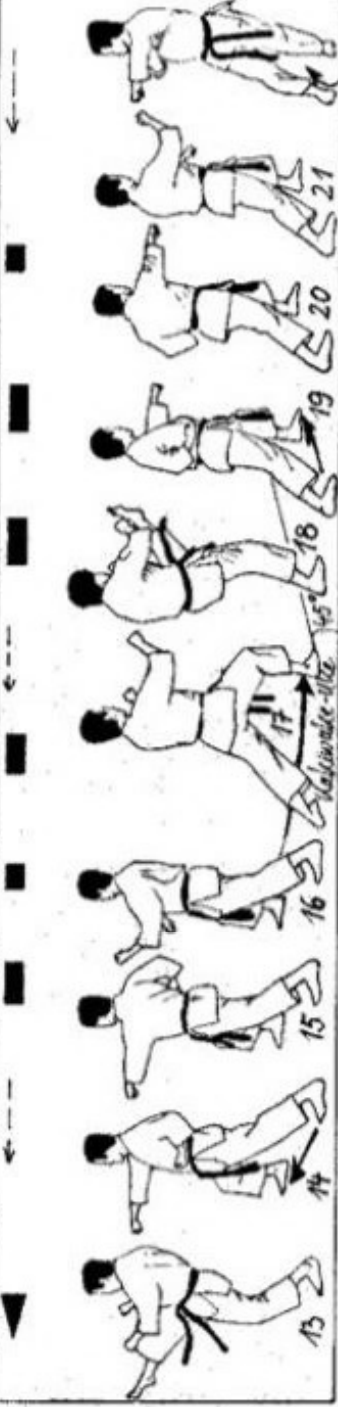
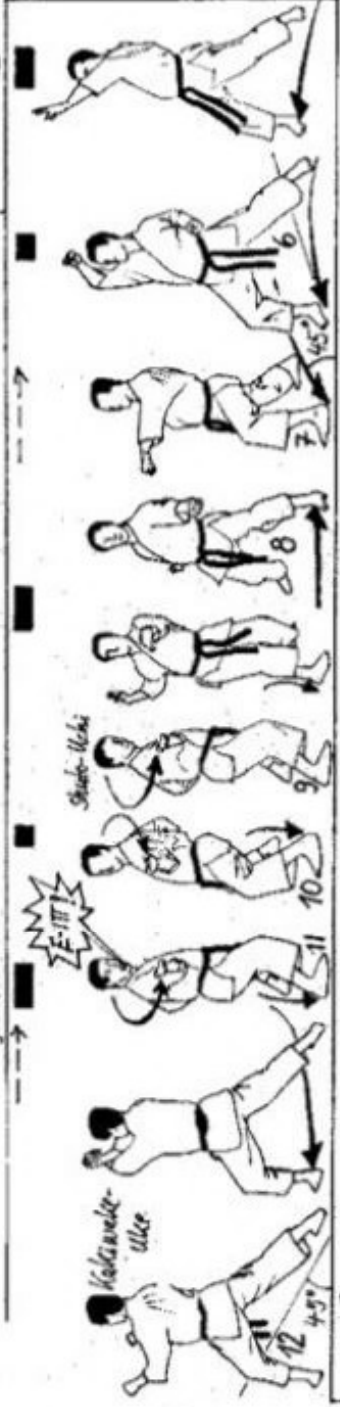
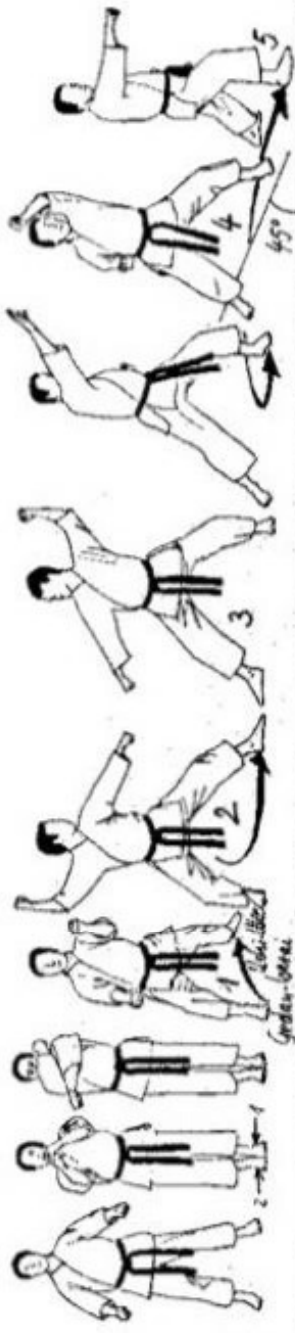




# Jitte

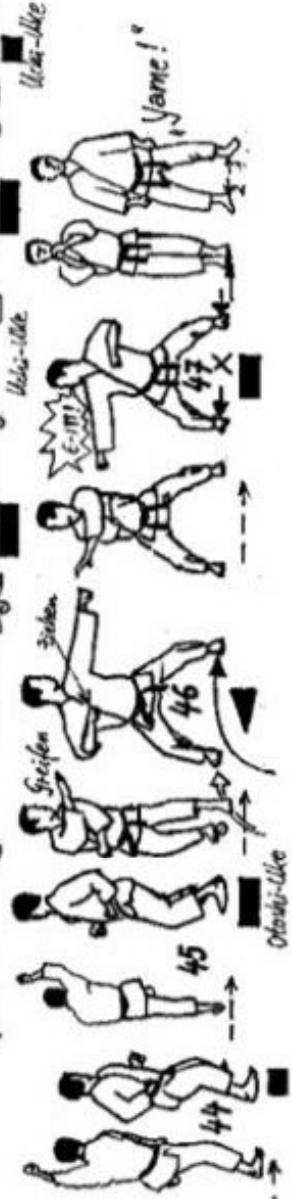
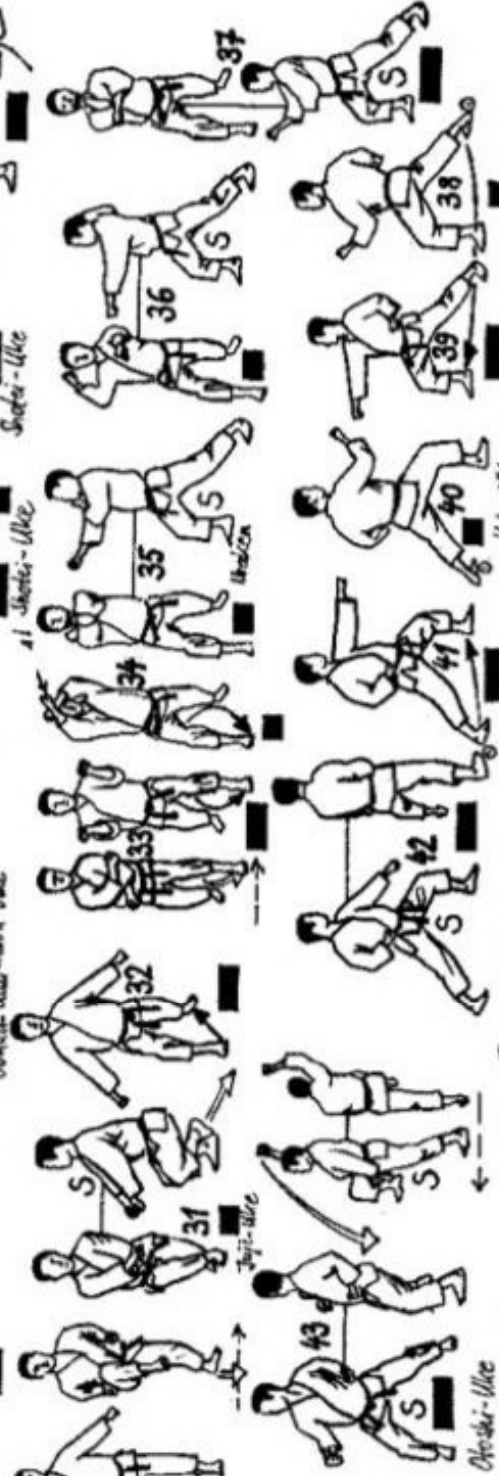
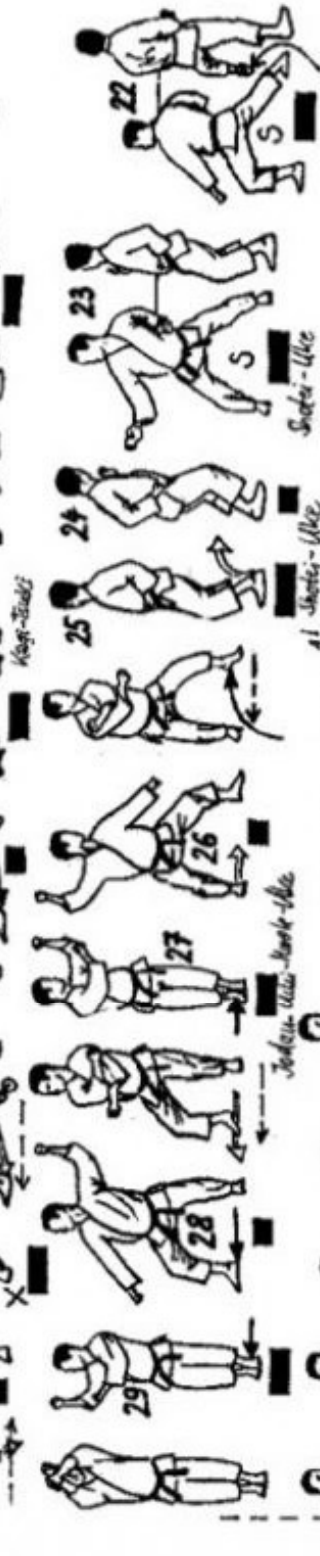
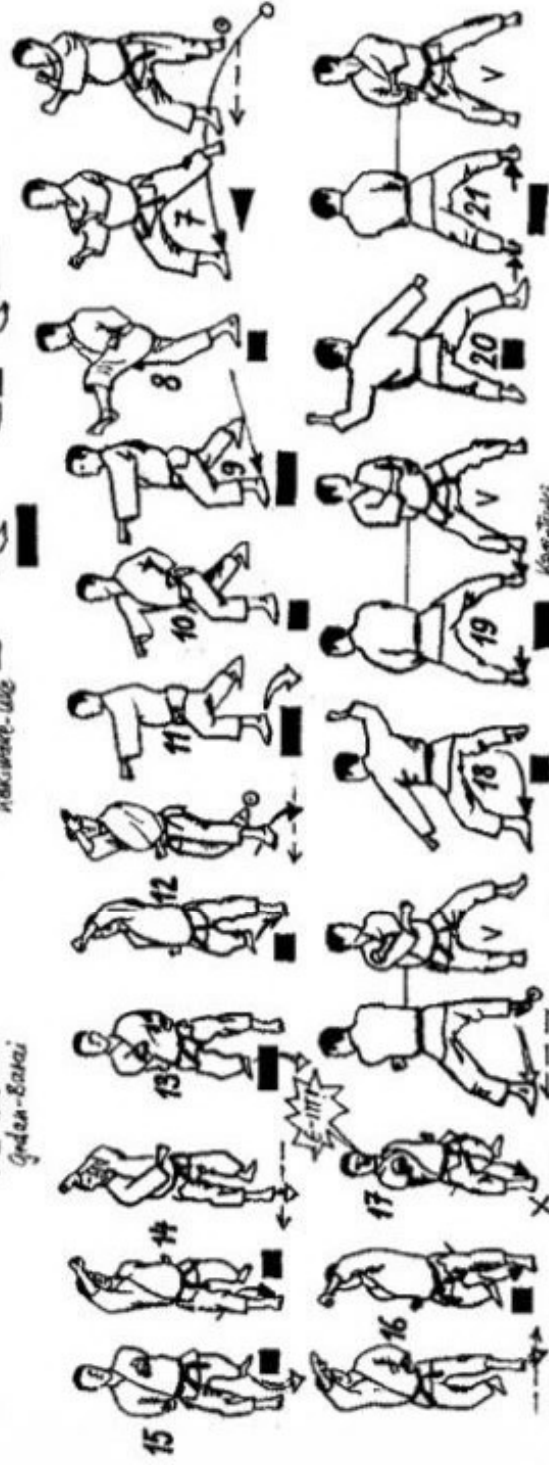
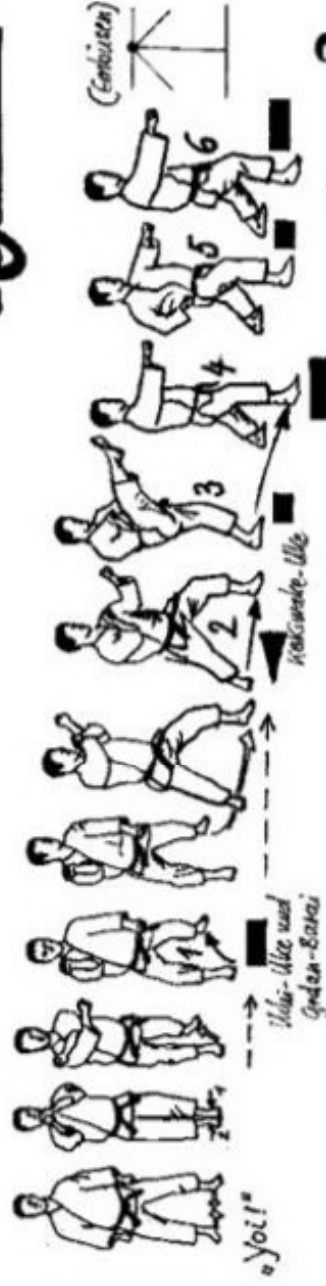


# JIN



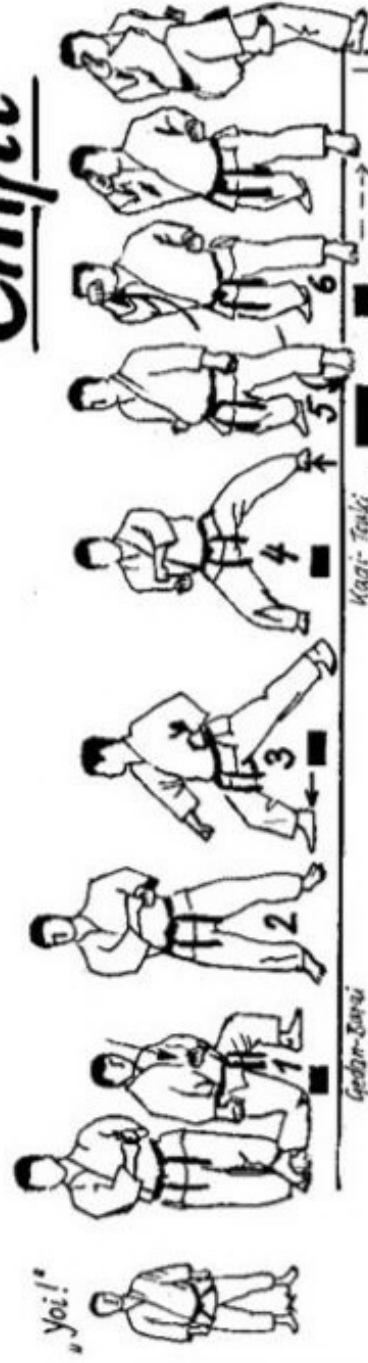
# Jion

# 慈恩

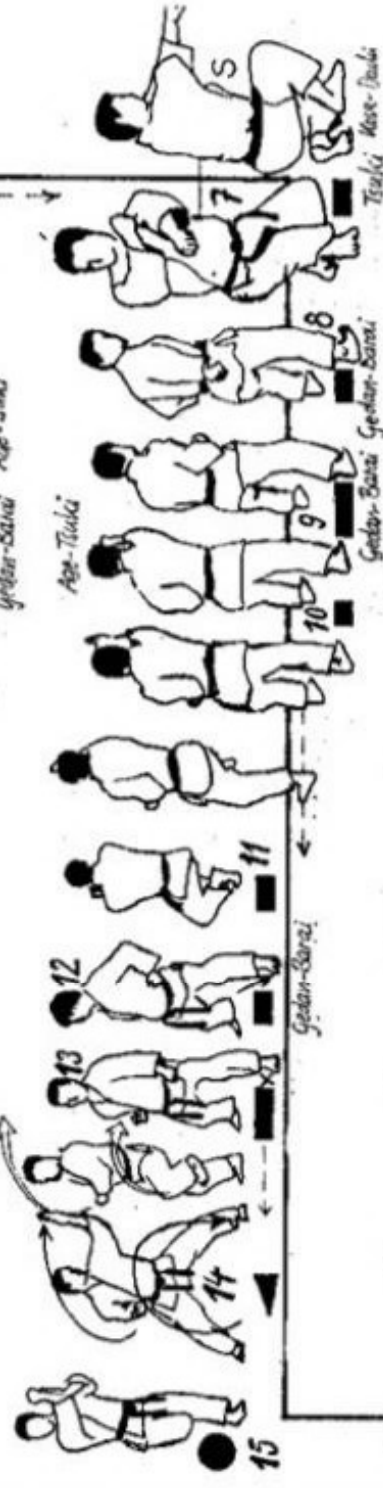


# Empi

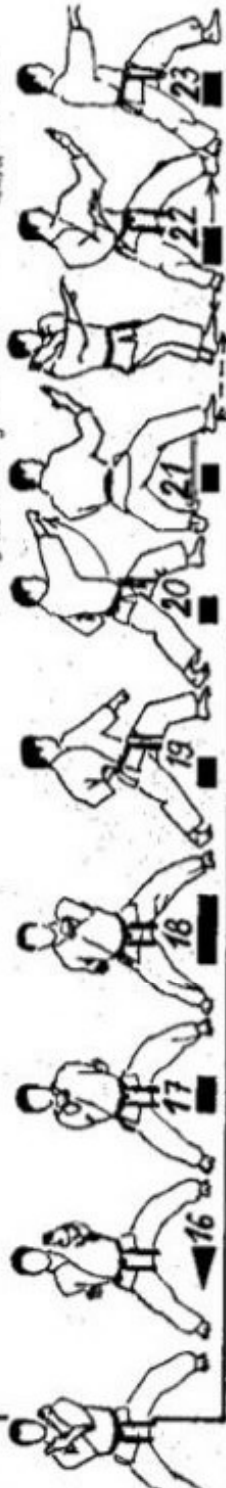
# 燕 飛



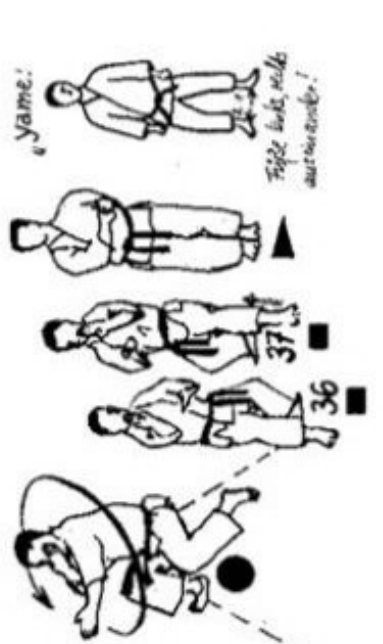
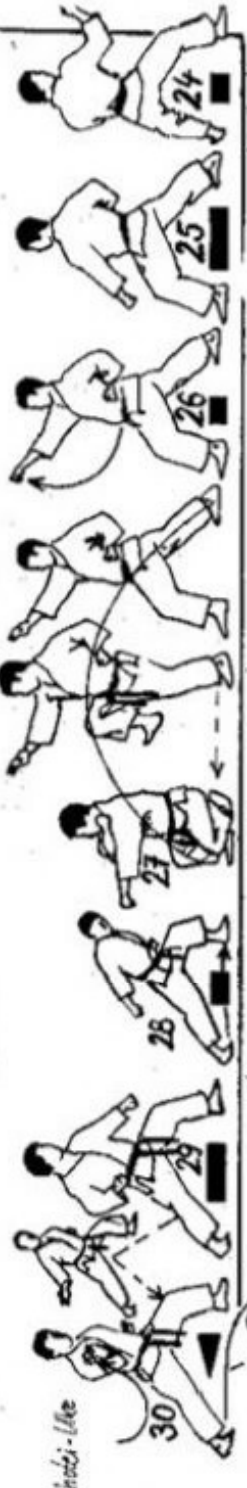
Gedan-Banai  
 Kagi-Tenki  
 Gedan-Banai  
 Age-Tsuki



Age-Tsuki  
 Gedan-Banai  
 Gedan-Banai  
 Gedan-Banai



Age-Tsuki  
 Reversuki



Yame!  
 Fige koto, nado  
 au no nado!

