



KARATE-TECHNIKEN

松清館空手道

Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De wa ji dachi



Kōra dachi



Sanchin dachi



Zenkutsu dachi



Kokutsu dachi



Kiba dachi



Hangetsu dachi



Fudo dachi



Neko ashi dachi

Abwehrtechniken / Uke waza



Age uke



Soto uke



Uchi uke



Shuto uke



Gedan barai



Gedan nagashi uke



Morote uke



Te nagashi uke

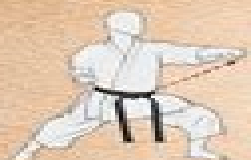


Kakusōke uke

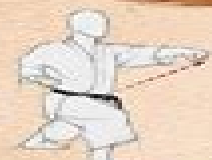


Manji uke

Handtechniken / Te waza



Oi zuki



Cyōku zuki



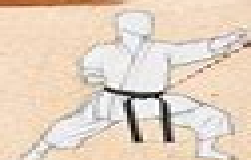
Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



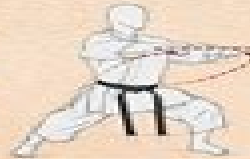
Morote zuki



Yama zuki



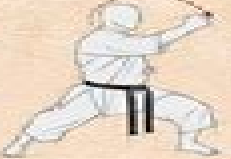
Awate zuki



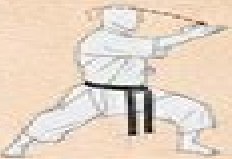
Asami zuki



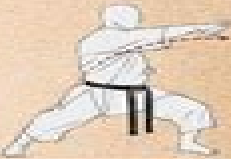
Unken uchi



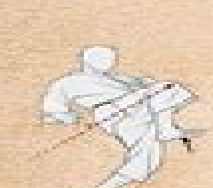
Tetsui uchi



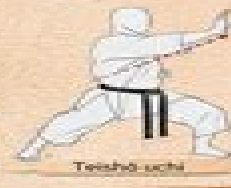
Shuto uchi



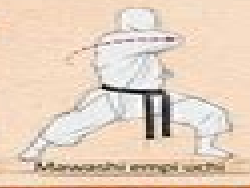
Haitō uchi



Mae nira geri



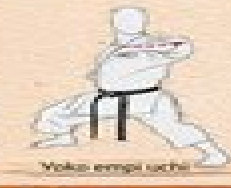
Teishō uchi



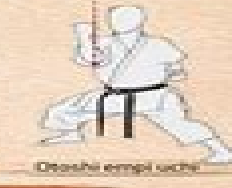
Mawashi empi uchi



Age empi uchi



Yoko empi uchi



Otoshi empi uchi



Mawashi hiza geri

Fußtechniken / Keri waza



Mae geri



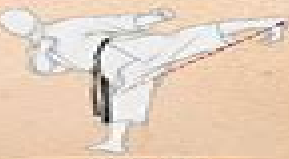
Yoko geri keage



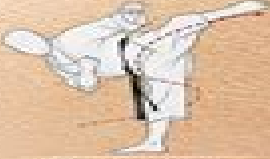
Yoko geri kekomi



Mawashi geri



Ushiro geri



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Karate Training Methods

SA Adler



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