



# 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



Jōji uke



Kakawake uke



Manji uke

## Handtechniken / Te waza



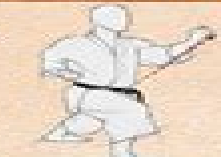
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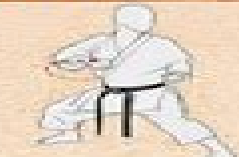
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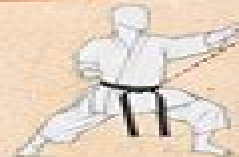
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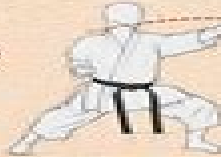
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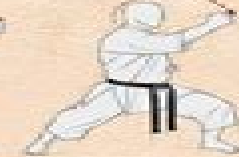
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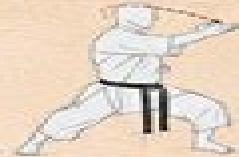
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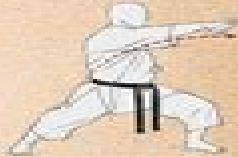
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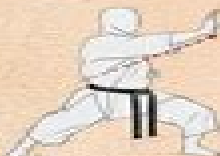
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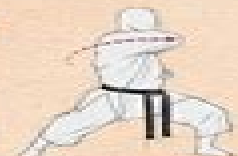
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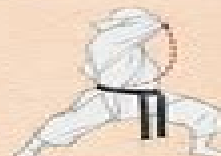
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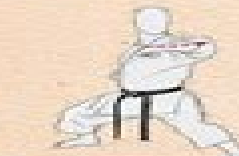
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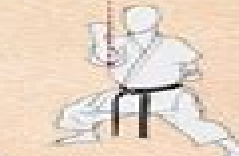
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## Fußtechniken / Keri waza



Mae geri



Yoko geri kekomi



Yoko geri kekomi



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# Karate Training Methods

**Crompton**



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