



# 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



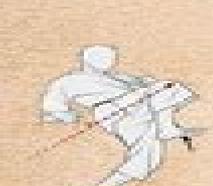
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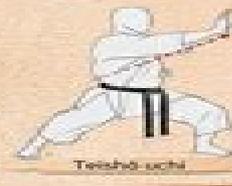
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## Fußtechniken / Keri waza



Mae geri



Yoko geri kekomi



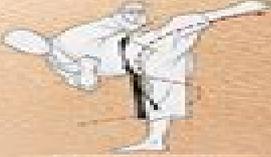
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# Karate Training Methods

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