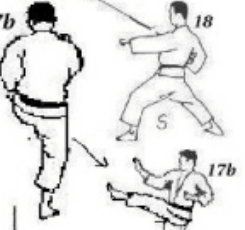
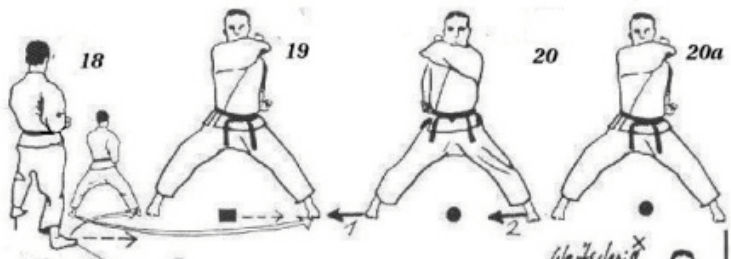
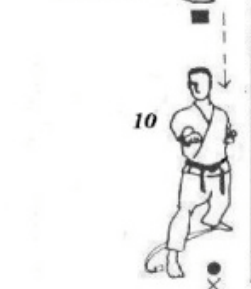
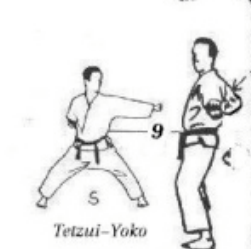
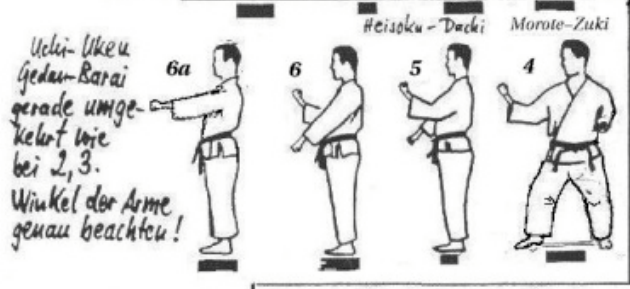
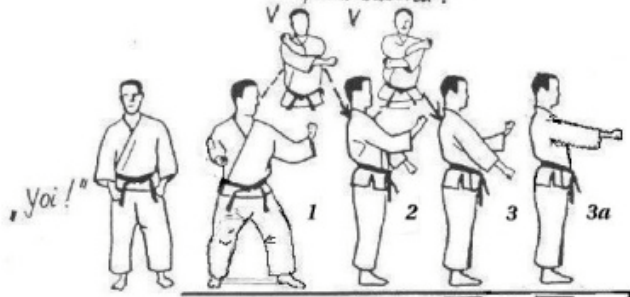


Shinzen Karate

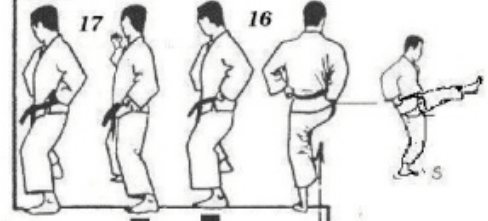
Pinan-Sono-San

Führung der Arme zum jeweiligen Uchi-Uke u. Gedan-Barai genau beachten!

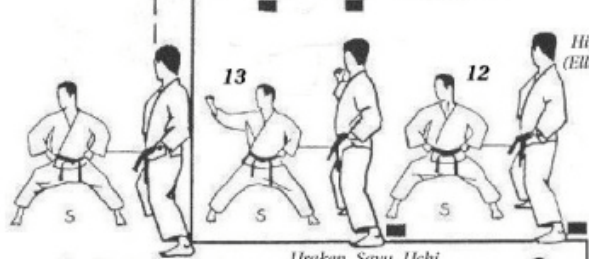
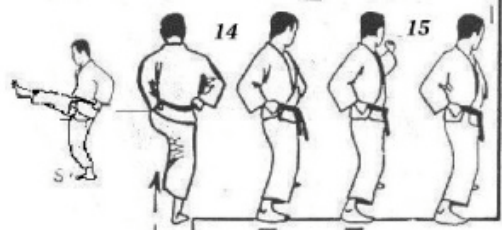


Mit Sprung

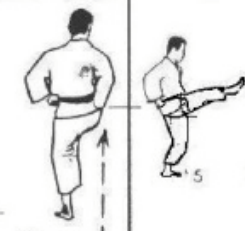
gleit Schritt nach rechts



„Yame!“ (rechten Fuß beiseite)



Zurückelnaggen des Uraken



- V = Vorderansicht
 S = Seitenansicht
 ● = Kiai
 ■ = nach dem Kiai gleich zur nächsten Technik
 ---> = Zwischenzeit
- Zeichenerklärung
 ■ = starke Kieme, eine Sekunde Pause
 X = zwei Sekunden Pause
 ~~~ = langsame Bewegung ohne Kieme

Schrittdiagramm: (embusen)

Heisoku-Dachi

9 und 10 schnell!