



KARATE-TECHNIKEN

松清館空手道

Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De no 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



Kakusoku uke



Manji uke

Handtechniken / Te waza



Oi zuki



Cyaku zuki



Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



Morote zuki



Yama zuki



Awate zuki



Asami zuki



Unken uchi



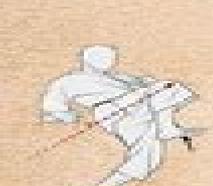
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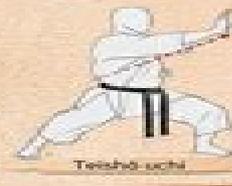
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