

Kata

# Koryū Gankaku (Gankaku-Shō)

岩  
鶴  
小



Ausführung: Michael Kern

Musubi-Dachi



Musubi-Dachi  
Riken-Gashō



Musubi-Dachi  
Gedan Riken-Gashō



Langsam Blick  
45° nach links



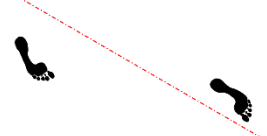
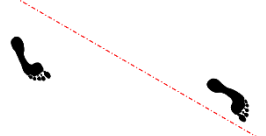
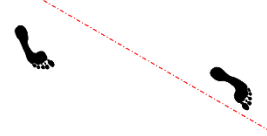
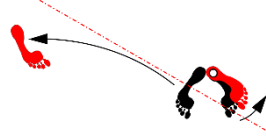
Langsam Blick  
45° nach rechts



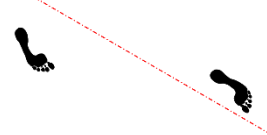
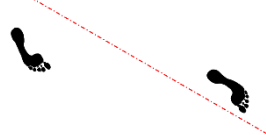
Langsam Blick  
45° nach links



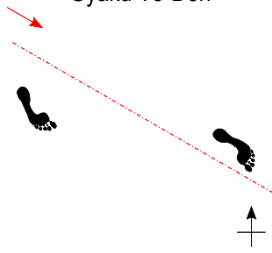
Zenkutsu-Dachi, Hidari Haishu-  
Uke, Migi Gedan Tate-Zuki



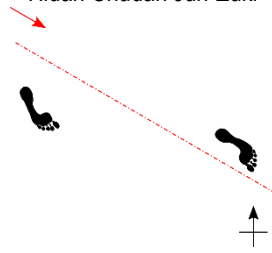
Zenkutsu-Dachi  
Kaishu Jūji-Tori



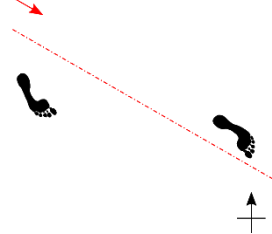
Zenkutsu-Dachi  
Gyaku Te-Dori



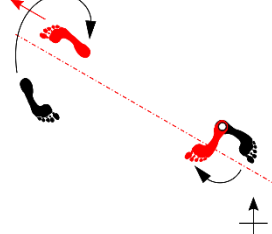
Zenkutsu-Dachi  
Hidari Chūdan Jun-Zuki



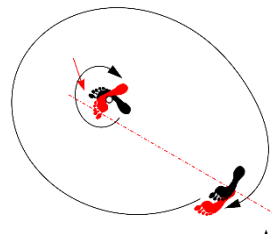
Zenkutsu-Dachi  
Migi Chūdan Gyaku-Zuki



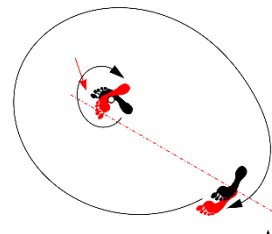
Kōkutsu-Dachi  
Manji-Uke



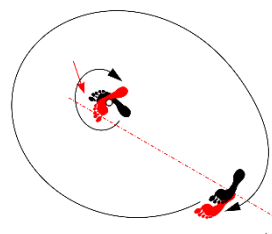
Wendung auf rechtem Fuß  
360°



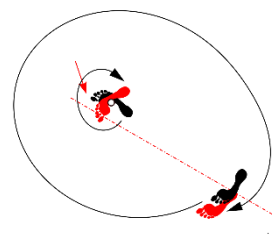
Wendung auf rechtem Fuß  
360°



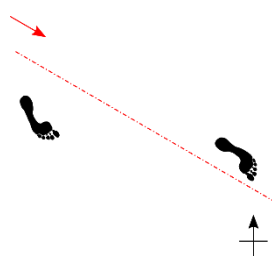
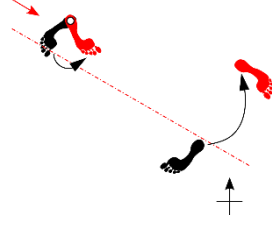
Wendung auf rechtem Fuß  
360°



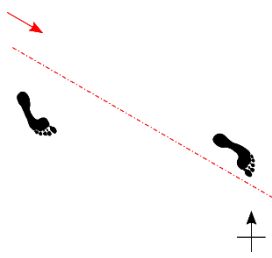
Kiba-Dachi  
Hidari Sokumen Gedan-Barai



Zenkutsu-Dachi  
Hidari Haishu-Uke,  
Migi Gedan Tate-Zuki

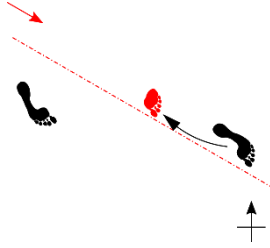


Zenkutsu-Dachi  
Kaishu Jūji-Tori





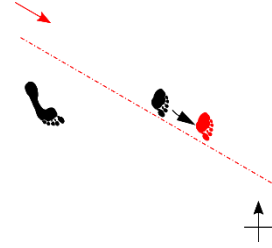
Tora-Dachi  
Hiki-Yose-Gamae



Nidan-Geri  
(Migi Tobi Mae-Geri)



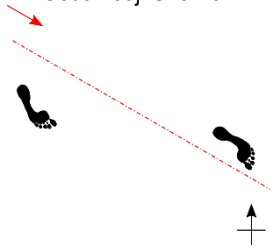
Hidari Suri-Ashi



Nidan-Geri  
(Hidari Tobi Mae-Geri)



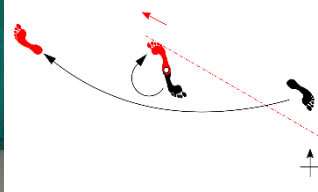
Zenkutsu-Dachi  
Gedan Jūji Uke-Zuki



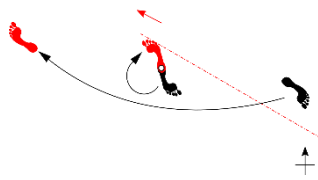
13



Wendung 180°  
Faust auf Faust an rechter Hüfte



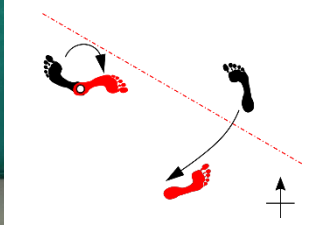
Zenkutsu-Dachi  
Gedan Jūji Uke-Zuki



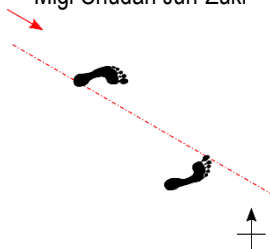
14



Wendung zu Fudō-Dachi  
Faust auf Faust an rechter Hüfte



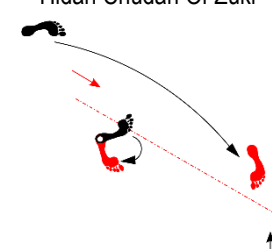
Fudō -Dachi  
Migi Chūdan Jun-Zuki



15



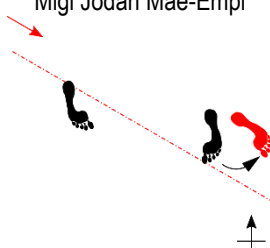
Fudō -Dachi  
Hidari Chūdan Oi-Zuki



16



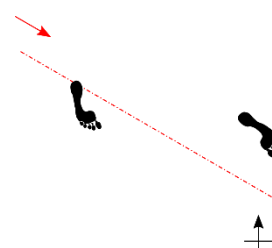
Zenkutsu-Dachi  
Migi Jōdan Mae-Empi



17



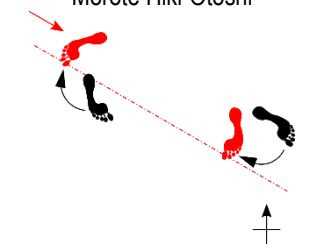
Übergang Greifen



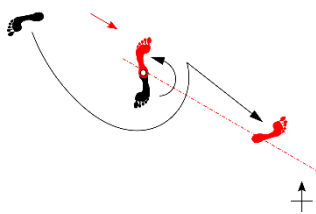
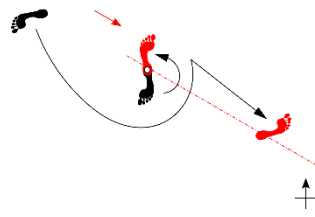
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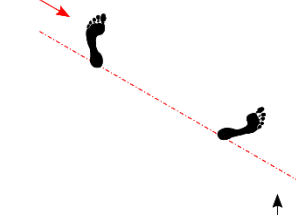
Shiko-Dachi  
Morote Hiki-Otoshi



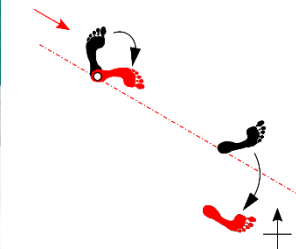
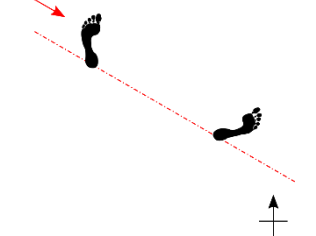
Jō-Chū Awase-Uke



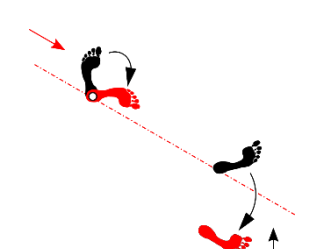
Shiko-Dachi, Jōdan Soto Shutō-Uchi, (beide Hände Schwerhand – linke Handfläche zeigt nach oben, die rechte nach unten)



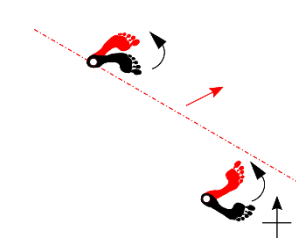
Shiko-Dachi, Jōdan Soto Shutō-Uchi, (Detail)



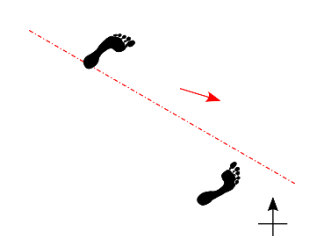
Zenkutsu-Dachi  
Jōdan Awase Shutō-Uchi



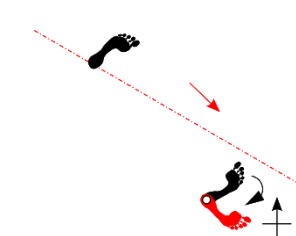
Kiba-Dachi  
Ryōwan Uchi-Uke



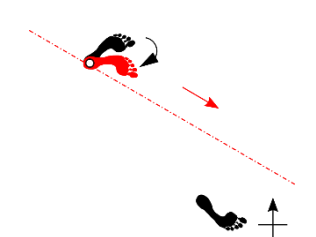
Kiba-Dachi  
Kensei Hirate Komata-Uchi



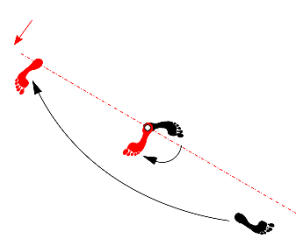
Kōkutsu-Dachi  
Migi Chūdan Shutō-Uke



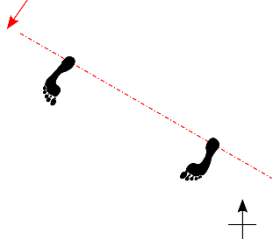
Zenkutsu-Dachi  
Migi Chūdan Shutō-Gamae



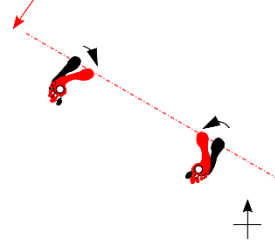
Kiba-Dachi  
Hineri-Kaeshi



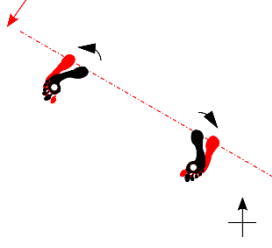
Kiba-Dachi  
Migi Hirate Otoshi-Uchi



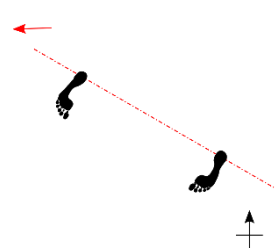
Shiko-Dachi  
Otoshi-Zuki



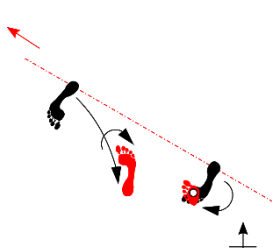
Kiba-Dachi  
Ryōwan Uchi-Uke



Kiba-Dachi  
Kensei Hirate Komata-Uchi



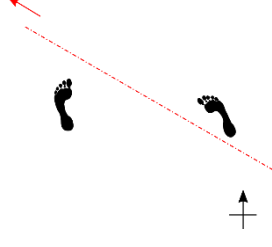
Hiza-Kakushi Kōsa-Dachi  
Jōdan Uchi-Ude Kaeshi-Uke



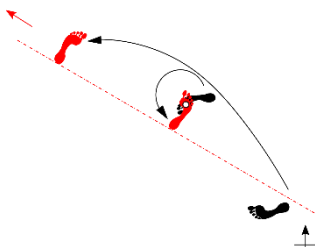
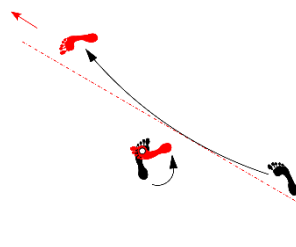
Hidari Mae-Geri



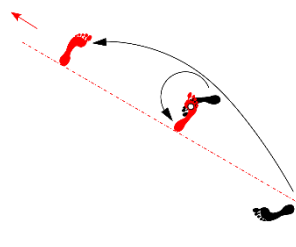
Fudō-Dachi  
Musō-Gamae



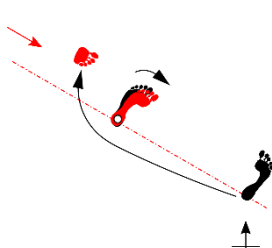
Fudō-Dachi  
Musō-Gamae



Kiba-Dachi  
Hidari Sokumen Gedan-Barai



Hiza-Kakushi Kōsa-Dachi  
Jōdan Uchi-Ude Kaeshi-Uke

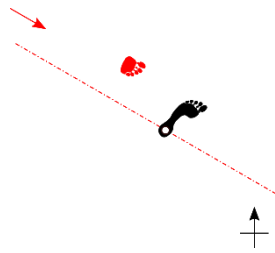


Ellbogen zurückziehen,  
dabei Tritt mit rechtem Ballen





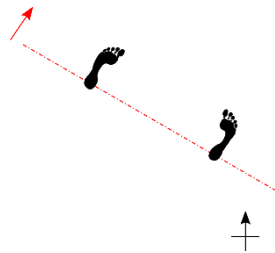
Hiza-Kakushi Kōsa-Dachi, Kensei Yuka-Geri, Ryō Goshi-Gamae



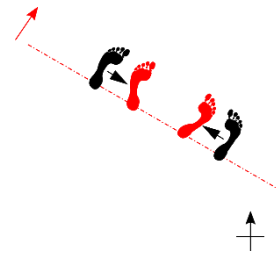
Migi Mae-Geri



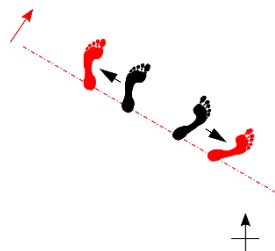
Kiba-Dachi  
Migi Mae Empi-Uchi



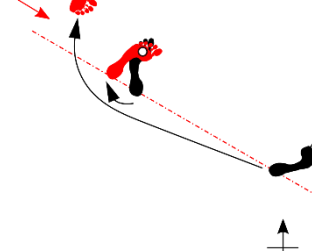
Shizentai  
Sokumen Dōji-Zuki



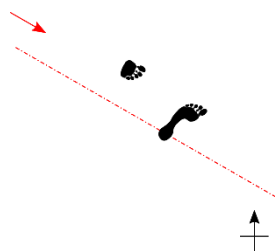
Shiko-Dachi  
Hasami-Zuki



Hiza-Kakushi Kōsa-Dachi  
Migi Gedan-Barai



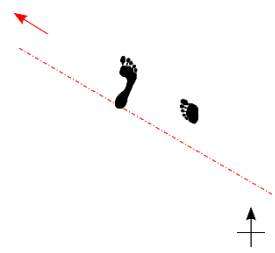
Hiza-Kakushi Kōsa-Dachi  
Ryō Goshi-Gamae



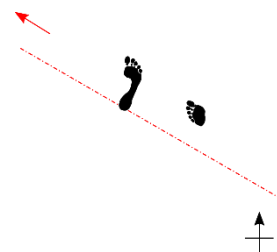
Migi Mae-Geri



Hiza-Kakushi Kōsa-Dachi  
Ryō Goshi-Gamae



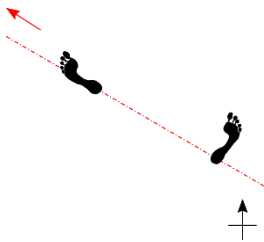
Hiza-Kakushi Kōsa-Dachi  
Hidari Gedan-Barai



Hidari Mae-Geri



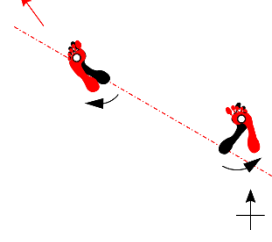
Kōkutsu-Dachi  
Hidari Chūdan Shutō-Uke



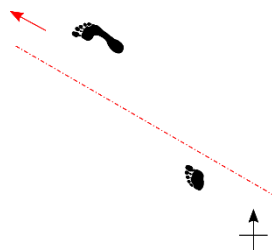
Migi Jōdan Mae-Geri  
Migi Jōdan Jun-Zuki



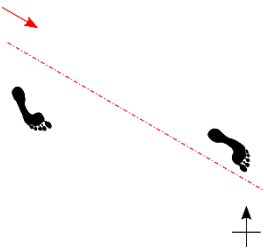
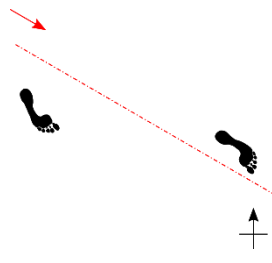
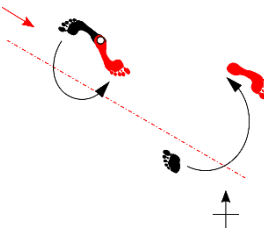
Zenkutsu-Dachi  
Hidari Chūdan Shutō-Uke



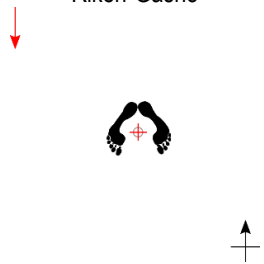
Tachi-Hiza  
Hidari Otoshi-Zuki



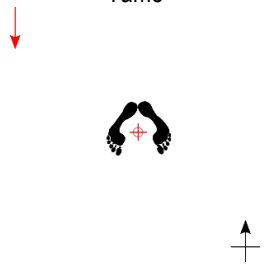
Zenkutsu-Dachi, Hidari Haishu-  
Uke, Migi Gedan Tate-Zuki



Yama  
Riken-Gashō



Yama



Zenkutsu-Dachi  
Kaishu Jūji-Tori

