

# Shotokan Kata

## Jion



Ausführung: Michael Kern

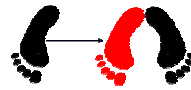
**Kata**

**Jion**

Shizentai



Musubi- Dachi



Rei  
Musubi – Dachi



Musubi – Dachi



Shizentai



Heisoku – Dachi  
Yoi  
Jiai – No Kamae



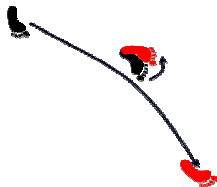
Zenkutsu – Dachi  
Kosa Uke



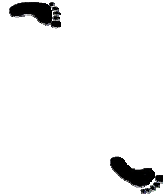
Zenkutsu Dachi  
Kakiwake – Uke



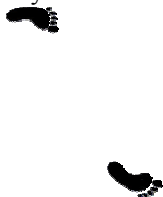
Mae – Geri  
(Handhaltung:  
weiter Kakiwake – Uke)



Zenkutsu – Dachi  
Chudan Zuki



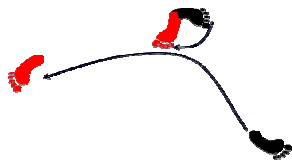
Zenkutsu – Dachi  
Gyaku – Zuki



Zenkutsu – Dachi  
Chudan – Zuki



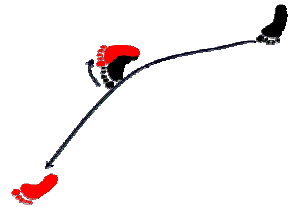
Zenkutsu – Dachi  
Kakiwake – Uke



Mae - Geri



Zenkutsu – Dachi  
Chudan – Zuki



Zenkutsu – Dachi  
Gyaku – Zuki



Zenkutsu – Dachi  
Chudan – Zuki



Ausholen



Zenkutsu – Dachi  
Age – Uke



Zenkutsu – Dachi  
Gyaku – Zuki



Zenkutsu – Dachi  
Age – Uke



Zenkutsu – Dachi  
Gyaku – Zuki



Zenkutsu – Dachi  
Age – Uke

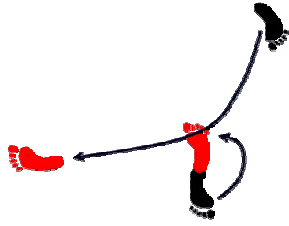


Zenkutsu – Dachi  
Oi – Zuki **Kiai!**





Kokutsu – Dach  
Manji – Uke



Kiba – Dach  
Kagi – Zuki



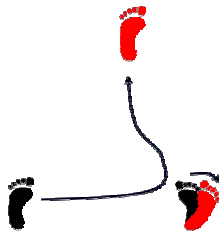
Kokutsu – Dach  
Manji – Uke



Kiba – Dach  
Kagi – Zuki



Zenkutsu – Dach  
Gedan – Barai



Kiba – Dach  
Teisho – Uchi



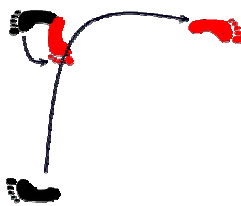
Kiba – Dach  
Teisho – Uchi



Kiba – Dach  
Teisho – Uchi



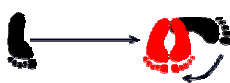
Kokutsu – Dach  
Manji – Uke



Kokutsu – Dach  
Ausholen



Kokutsu – Dach  
Jodan Morote – Uke



Kokutsu – Dach  
Manji – Uke





Kokutsu – Dachi  
Ausholen



Kokutsu – Dachi  
Jodan Morote – Uke



Heisoku – Dachi  
Übergang



Heisoku – Dachi  
Ryowan – Kamae



Heisoku – Dachi  
Ausholen



Übergang



Kosa - Dachi  
Juji – Uke



Zenkutsu Dachi  
Ryowan Kakiwake



Zenkutsu – Dachi  
Sowan Uchi – Uke



Zenkutsu – Dachi  
Juji – Uke



(Siehe unten!)

Zenkutsu – Dachi  
Ura – Zuki



Zenkutsu Dachi  
Jodan – Nagashi Uke



(Siehe unten!)

(Siehe unten!)



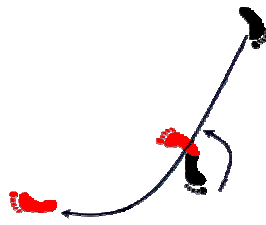
Zwei Bewegungsfolgen werden von verschiedenen Lehrern gezeigt. Die obere ist die zur Zeit aktuelle Version des Dkv

[Video 1](#) [Video 2](#)

Zenkutsu – Dachi  
Ura – Zuki



Zenkutsu – Dachi  
Uchi – Ude – Uke



Zenkutsu – Dachi  
Oi – Zuki



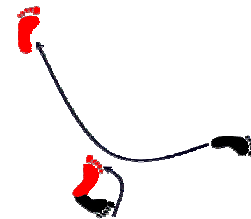
Zenkutsu – Dachi  
Uchi – Ude – Uke



Zenkutsu – Dachi  
Oi – Zuki



Zenkutsu – Dachi  
Gedan – Barai



Ausholen



Kiba – Dachi  
Fumi-Komi+Otoshi-Uke



Ausholen



Kiba – Dachi  
Fumi-Komi+Otoshi-Uke



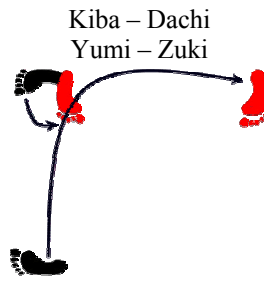
Ausholen



Kiba – Dachi  
Fumi-Komi+Otoshi-Uke



Übergang  
Tsukami - Uke



Kiba – Dachi  
Tsukami - Uke



Kiba – Dachi  
Yumi – Zuki  
**Kiai!**



Heisoku - Dachi  
Jiai – No – Kamae



Shizentai



Musubi – Dachi



Musubi – Dachi  
Rei





Musubi – Dachi



Shizentai

