

# Shotokan Kata

## Enpi



Ausführung: Alfred Heubeck

# Kata

# Enpi

Shizentai



Musubi- Dachi



Rei  
Musubi – Dachi



Musubi – Dachi



Shizentai



Heisoku – Dachi  
Yoi



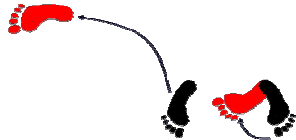
Dachi Hiza  
Gedan – Barai



Shizentai  
Koshi – Kamae



Zenkutsu – Dachi  
Gedan – Barai



Zenkutsu – Dachi  
Ausholen



Kiba – Dachi  
Kage – Zuki



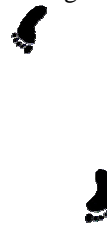
Ausholen



Zenkutsu – Dachi  
Gedan – Barai



Zenkutsu – Dachi  
Jodan – Age – Zuki



Zenkutsu – Dachi  
Kami Zukami



Fumikomi



Kosa – Dachi  
Nagashi-Uke+Otoshi-Zuke



Zenkutsu – Dachi  
Ushiro Gedan – Barai



Zenkutsu – Dachi  
Gedan – Barai



Zenkutsu – Dachi  
Jodan – Age – Zuki



Zenkutsu – Dachi  
Kami Zukami



Fumikomi



Kosa – Dachi  
Nagashi-Uke+Otoshi-Zuke



Zenkutsu – Dachi  
Ushiro Gedan – Barai



Zenkutsu – Dachi  
Gedan – Barai



Übergang



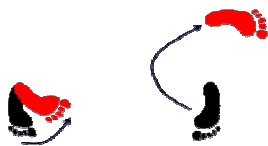
Kataashi Dachi  
Enpi – Uchi  
**Kiai!**



Kiba – Dachi  
Chudan Zuki



Zenkutsu – Dachi  
Gedan – Barai



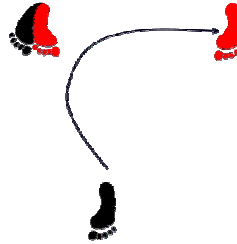
Kokutsu – Dachi  
Shuto – Uke



Übergang



Kiba – Dachi  
Jodan Haishi – Uke



Kiba – Dachi  
Tate – Shuto – Uke



Kiba – Dachi  
Chudan – Zuki



Zenkutsu – Dachi  
Jodan – Age – Zuki



Fußwechsel  
(ohne Pause bis Kokutsu)



Kokutsu – Dachi  
Shuto – Uke



Kokutsu – Dachi  
Gyaku – Zuki



Kokutsu – Dachi  
Shuto – Uke



Zenkutsu – Dachi  
Gedan – Barai



Zenkutsu – Dachi  
Jodan – Age – Zuki



Zenkutsu – Dachi  
Kami Zukami



Fumikomi



Kosa – Dachi  
Nagashi-Uke+Otoshi-Zuke



Zenkutsu – Dachi  
Ushiro Gedan – Barai



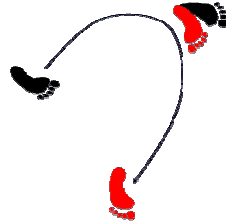
Zenkutsu – Dachi  
Gedan – Barai



Zenkutsu – Dachi  
Teisho – Uke



Zenkutsu – Dachi  
Teisho Kosa Uke



Zenkutsu – Dachi  
Teisho Kosa Uke



Zenkutsu – Dachi  
Teisho Kosa Uke



Kokutsu – Dachi  
Gedan – Barai



Kiba – Dachi  
Morote Koko Kamae



Sprung



Sprung



Joho Kaiten Tobi  
**Kiai!**



Kokutsu – Dachi  
Shuto – Uke



Kokutsu – Dachi  
Shuto – Uke



Heisoku – Dachi  
Yame



Shizentai



Musubi – Dachi



Musubi – Dachi  
Rei



Musubi – Dachi



Shizentai

