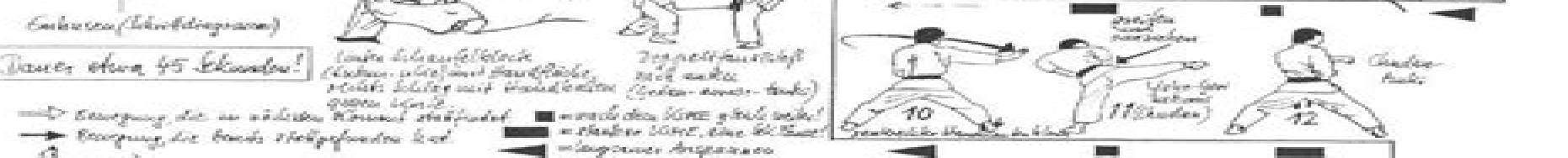
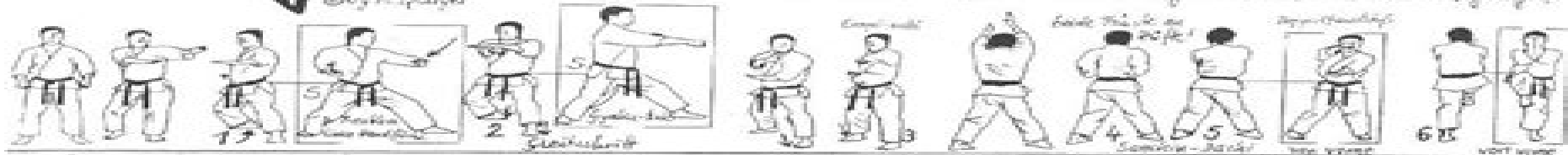


Nijushiko

@by A. Flügel

Die Kata der 14 klorite Trübsen Name NISSEI. Nishikata mit der Kata NISSI. Gewaltschritt: starke, fließende Bewegung von einer Taktik in die andere (1-3), Wechsel von langsam und schnellen Bewegungen.



Dauer etwa 45 Sekunden!

Bewegung, die in nächsten Moment stattfindet
Bewegung, die bereits stattgefunden hat

Einheitsdiagramm, Wiederholungen:
1-12 und 13-15
21-24 und 27-30 außerdem 25 (Handzeichenwechsel)
Besonderheiten: Haltung Gendai-Dachi (1, 5 und 11-14)
Doppelte Handzeichen (Karat-Dachi) 1, 5, 10, 12
Doppelte Handzeichen (10 und 14)
Welle Gleichschritts von nach rechts
Ausführliche Handzeichenbewegungen

Yame!
Vom 32 bis 34 in fließende Folge ohne Pause in etwa 3 Sekunden

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Jessica J Manson



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