

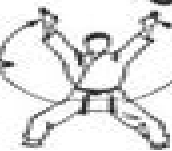
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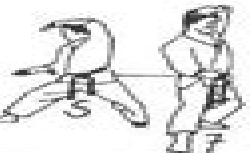
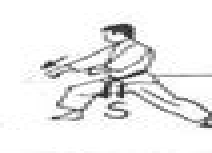
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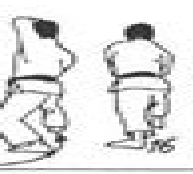
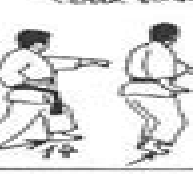
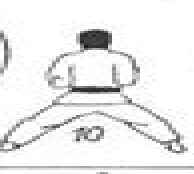
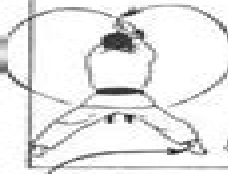
beide Hände an der Hüfte



Re aufnehmen

Re-takumi (Rek ergreifen und stoßen)

Re-uke (Rek blockieren)



wie 4!

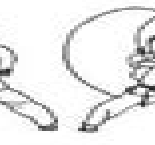
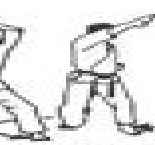
Uchi-uke

Uchi-Takui

wie 7!

wie 8!

wie 9!



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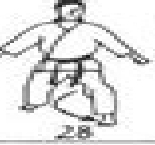
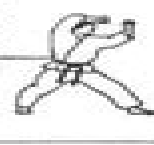
30

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34



Nikuki-Geri

26 und 27 wie in Heian Nidan

doppelter Uchi-uke

doppelter Uchi-Takui mit Einrückung

Besonderheiten und Wiederholungen:
Sankaku-Tobi in Verbindung mit einem gleichzeitigen Allfingerringelzug (Nr. 32).
Die größte ausstehende Bewegung bei Nr. 1 finden wir auch bei Nr. 10 und Nr. 12.
Wiederholungen auch 24 und 5, 6 und - ähnlich - 14, 12, 14, 14, 13, 20, 21, 22.

Dauer etwa 50 Sekunden!



Schrittdiagramm (Embudo)



Yame!

Shuto-uke

34

33

32

31

Uchi-Takui - Uchi-uke

Karate Manual Diagrams

Keith McNulty



Karate Manual Diagrams:

Embracing the Track of Appearance: An Psychological Symphony within **Karate Manual Diagrams**

In a global eaten by displays and the ceaseless chatter of immediate connection, the melodic elegance and mental symphony developed by the prepared term often diminish into the background, eclipsed by the persistent noise and distractions that permeate our lives. But, situated within the pages of **Karate Manual Diagrams** a charming literary value full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this captivating masterpiece conducts viewers on an emotional journey, well unraveling the hidden tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of this moving assessment, we can investigate the book is main harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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