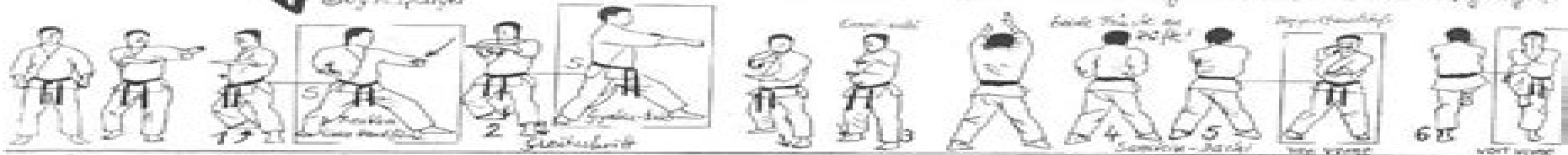


Nijushiko

@by A. Flügel

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



10-Ökar-Ulce
langsam
Bei den Bewegungen müssen flüssig ineinander verbunden werden

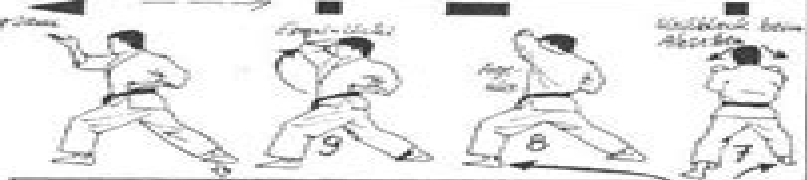
Handstellung:



linke Hand auf rechte Schulter, rechte Hand auf linke Schulter, dabei Schlag nach Handballen (Gedan-amae-tate) geben. (Gedan-amae-tate)



Rechte Hand auf linke Schulter, dabei Schlag nach Handballen (Gedan-amae-tate) geben. (Gedan-amae-tate)



Dauer etwa 45 Sekunden!

Bewegung, die in nächsten Moment stattfindet
Bewegung, die beide Handgeformten hat

nach dem 10ten Schritt
in 10ten Schritt, das 10. Schritt
langsame Anpassung



Handstellung, Handstellung
1-12 und 13-15
21-24 und 27-30 außerdem 25 (Handstellung) (Handstellung)
Besondereheiten: Stellung (Gedan-amae-tate) (1-5 und 11-15)
Rechte Hand auf linke Schulter (Gedan-amae-tate) (1-5, 11, 15)
Rechte Hand auf linke Schulter (1-5 und 11)
Welle (Gedan-amae-tate) von nach rechts
Handstellung (Handstellung)



Vom 32. bis 34. in flüssige Folge ohne Pause in etwa 3 Sekunden

Karate Manual Diagrams

Jicheng Xie



Karate Manual Diagrams:

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