

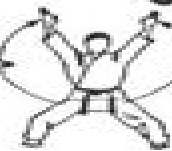
Meikyo

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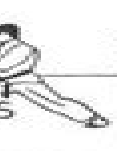
Der alte Name dieses Kata ist Rokai und sie wird auch in anderen Einrichtungen geübt.



Yoi!



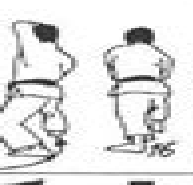
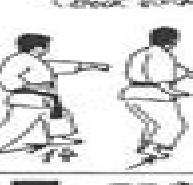
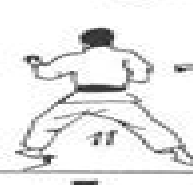
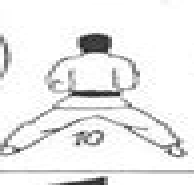
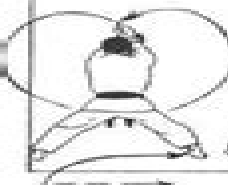
beide Hände an der Hüfte



Re aufnehmen

Re-takumi (Rek ergreifen und stoßen)

Re-uke (Rek klopfen)



wie 4!

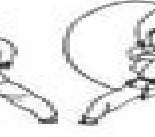
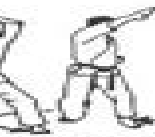
Uchi-uke

Uchi-Takui

wie 7!

wie 8!

wie 9!



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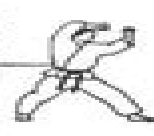
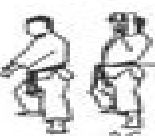
30

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Nikuki-Gai

26 und 27 wie in Heian Nidan

doppelter Uchi-uke

doppelter Uchi-Takui mit Enkōshōgei

Besonderheiten und Wiederholungen:
Sankaku-Tobi in Verbindung mit einem gleichzeitigen All-Geplüschlag (Nr. 32).
Die größte ausstehende Bewegung bei Nr. 1 finden wir auch bei Nr. 10 und Nr. 18.
Wiederholungen auch 24 und 5, 6 und - ähnlich - 14, 12, 14, 14, 13, 20, 21, 22.
Dauer: etwa 50 Sekunden!



Schrittdiagramm (Embuden)



Yame!

Shuto-uke

34

33

32

31

Uchi-Takui - Uchi-Takui
Age-uke

Karate Manual Diagrams

Michael Rajnik

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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