

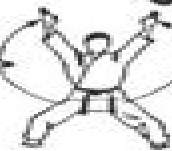
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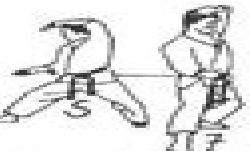
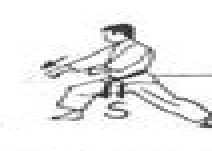
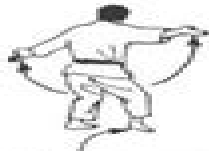
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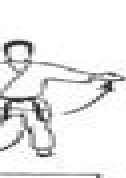
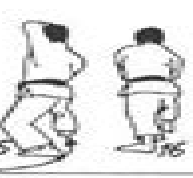
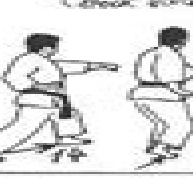
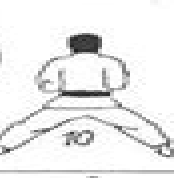
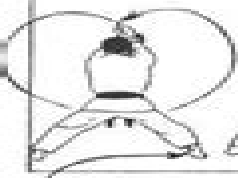
beide Hände an der Hüfte



Re aufnehmen

Re-takumi (Rek ergreifen und stoßen)

Re-uke (Rek klopfen)



wie 4!

Uchi-uke

Uchi-Takui

wie 7!

wie 8!

wie 9!



23

22

21

20

19

18

17

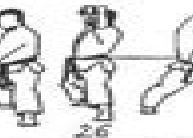
16

15

Uchi-uke

Age-uke

wie 1!



Nikuki-Geri

26 und 27 wie in Heian Nidan

doppelter Uchi-uke

doppelter Uchi-Takui mit Einrückungen

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Schrittdiagramm (Embudo)



Yame!

Shuto-uke

34

33

32

31

Uchi-Takui Age-uke

Karate Manual Diagrams

SB Merriam

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'SB Merriam' text.

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