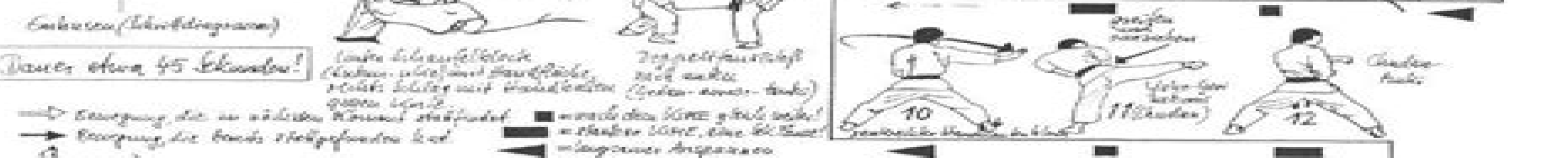
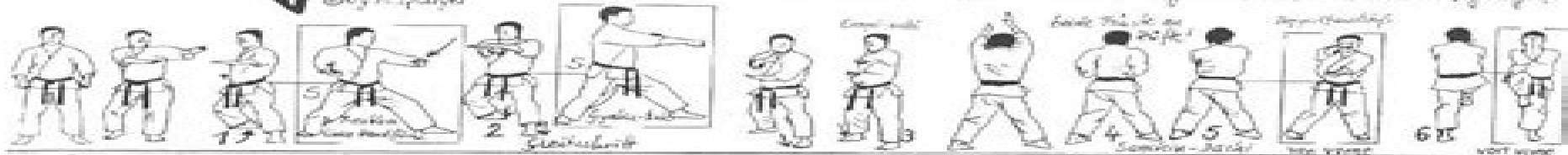


Nijushiko

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Die Kata der 14 klorite Trübsen Name NISSEI. Nishikata mit der Kata NISSI. Gewaltschrei: wala, fliegende Wagnisse von einer Taktik in die andere (1-3), Wechsel von langsam und schnellen Bewegungen.



Charakteristika Wiederholungen:
1-12 und 13-15
21-24 und 27-30 außerdem 25 (Handflächenbühnen)
Besonderheiten: Haltung Gendai-Dachi (1, 5 und 11-14)
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Wilde Gestenbewegungen von nach rechts
Ausführliche Bewegungen

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

Karate Manual Diagrams

Lauren Gardner

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