

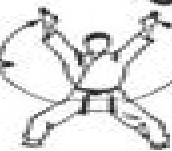
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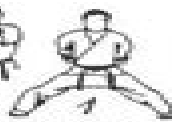
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Yoi!



beide Hände an der Hüfte



1



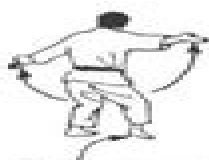
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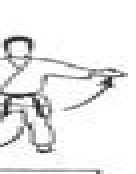
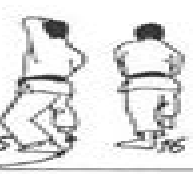
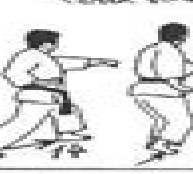
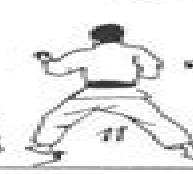
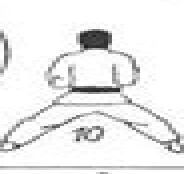
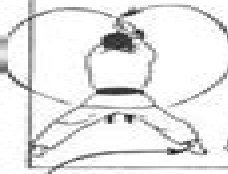
4



Re aufnehmen

Re-takumi (Rek ergreifen und stoßen)

Re-uke (Rek klopfen)



wie 4!

Uchi-uke

Uchi-Takui

wie 7!

wie 8!

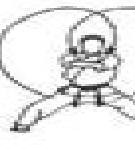
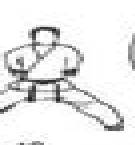
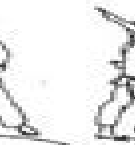
wie 9!



23



22



23

Uchi-uke

Uchi-Takui

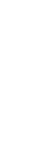
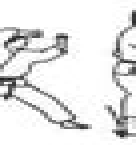
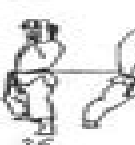
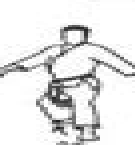
wie 7!

wie 8!

wie 9!



24



Nikuki-Geri

26 und 27 wie in Heian Nidan

Uchi-uke

Uchi-Takui

Uchi-Takui

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. 12.
Wiederholungen auch 24 und 25, 6 und 26-ähnlich- 14, 22, 14, 14, 13, 20, 21, 22.
Dauer etwa 50 Sekunden!



Schrittdiagramm (Embudo)



Yame!

Shuto-uke

Shuto-uke

Shuto-uke

Shuto-uke

Shuto-uke

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JA Banks



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