



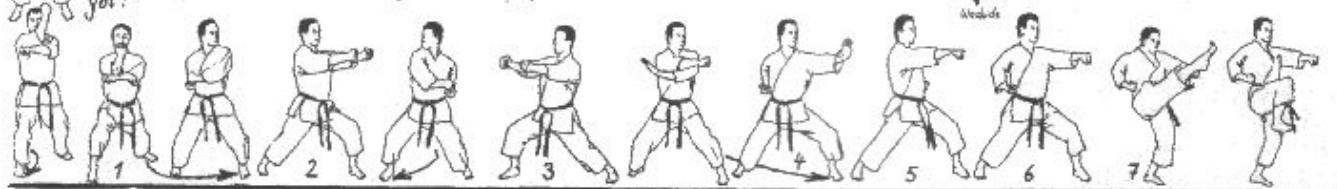
Gojushiho-Dai

© by Albrecht Pflieger 2000

16-23
26-33
34-41
42-49
50-57
58-65



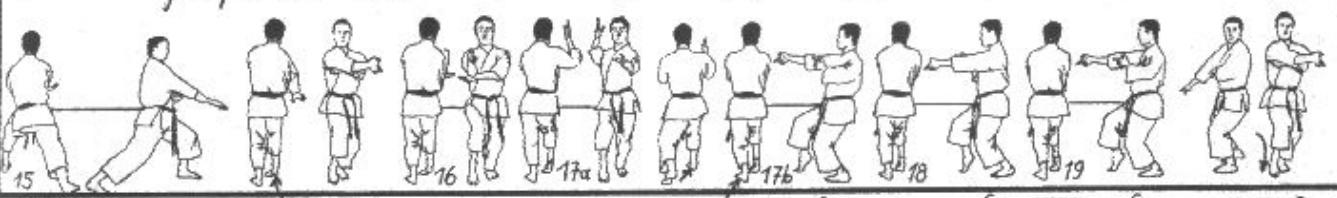
No. 15



Mondai-Uke
(Ellbogen gestreckt)



5 Age-Gyaku



S

V

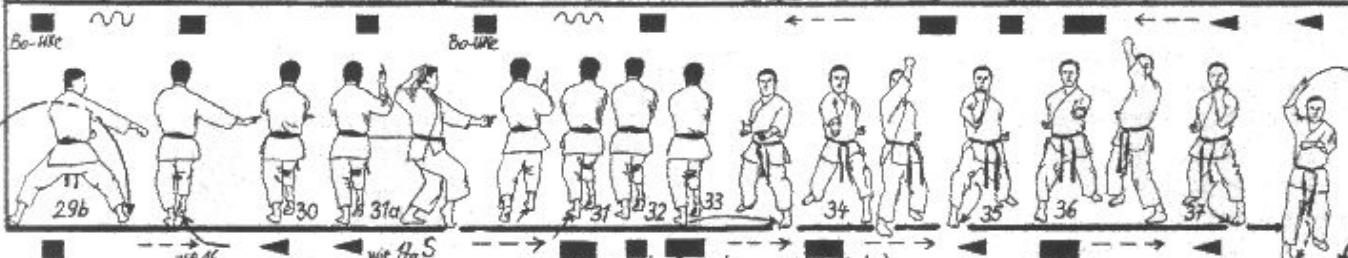
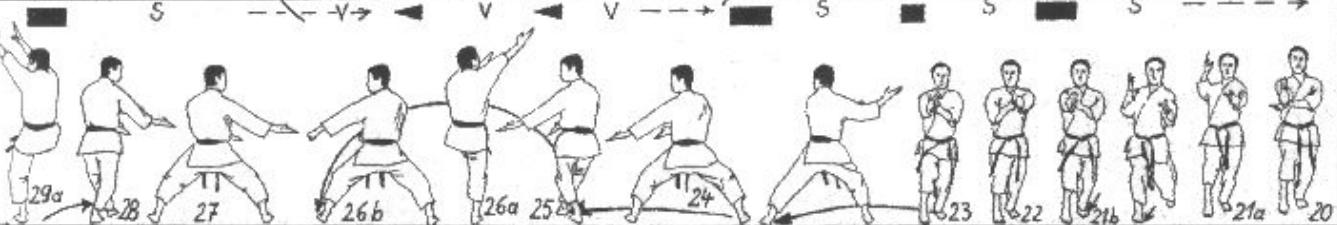
V

S

S

S

→



wie 16

wie 17a

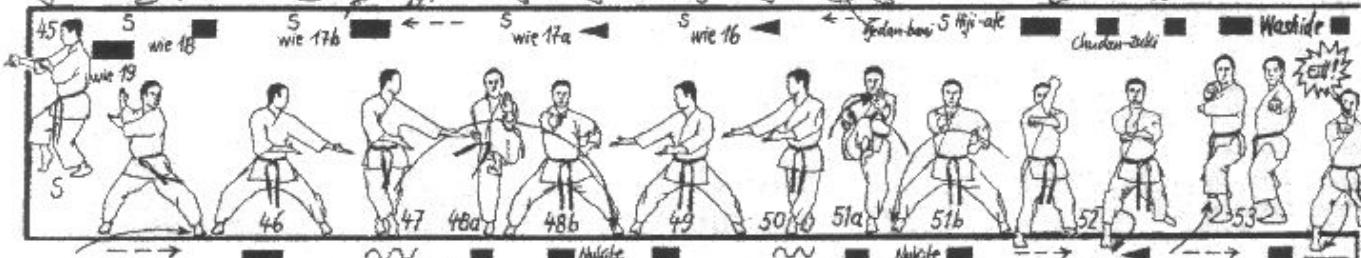
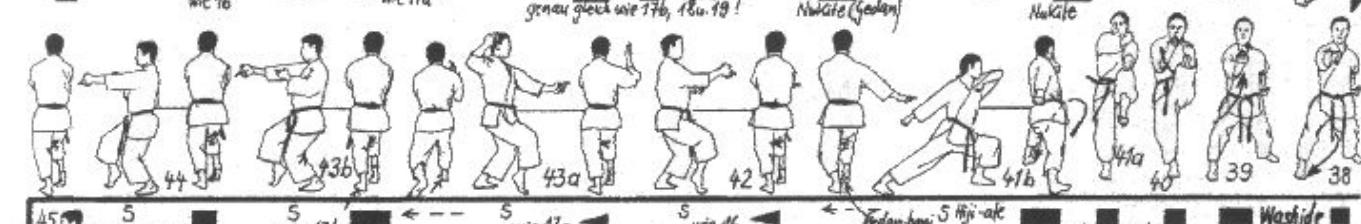
Bo-Uke

Bo-Uke

gener gleich wie 17b, 18u.19!

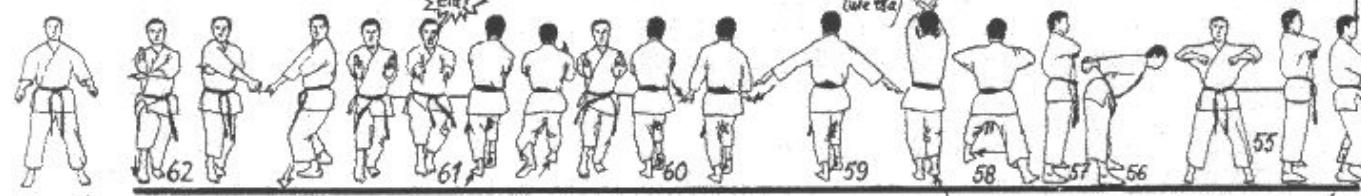
Nukite (Gedan)

Nukite



Nukite

Nukite



Tate-Uke-Uke (Ute-Uke)

Nage!

zurückkommen

= nach dem Knie gleich weiter

= steifen Knie, eine kurze Pause

= langsam zum Knie

→

= Zwischenzeit

→

= langsam, ohne Knie

→

= Bewegung die eben stattgefunden hat

(BLINKAI und ausführliche Beschreibung in „25 Shotokan-Katas“ von A. Pflieger (Neuauflage))