



# KARATE-TECHNIKEN

松清館空手道

## Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De wa ji dachi



Kōra dachi



Sanchin dachi



Zenkutsu dachi



Kokutsu dachi



Kiba dachi



Hangetsu dachi



Fudo dachi



Neko ashi dachi

## Abwehrtechniken / Uke waza



Age uke



Soto uke



Uchi uke



Shuto uke



Gedan barai



Gedan nagashi uke



Morote uke



Te nagashi uke



Jōji uke



Kakawake uke



Manji uke

## Handtechniken / Te waza



Oi zuki



Cyaku zuki



Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



Morote zuki



Yama zuki



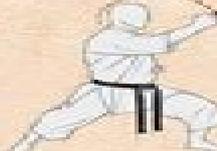
Awate zuki



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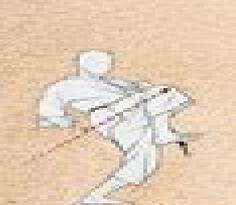
Tetsui uchi



Shuto uchi



Haitō uchi



Mae nira geri



Teishō uchi



Mawashi empi uchi



Age empi uchi



Yoko empi uchi



Otoshi empi uchi



Mawashi hiza geri

## Fußtechniken / Keri waza



Mae geri



Yoko geri kekomi



Yoko geri kekomi



Mawashi geri



Ushiro geri



Ura mawashi geri

# Karate Training Methods

**Patrick Vollmar**



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