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Stellungen / Dachi



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Hachi ji dachi



Heisoku dachi



De no ji dachi



Kōra dachi



Sanchin dachi



Zenkutsu dachi



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Kiba dachi



Hangetsu dachi



Fudo dachi



Neko ashi dachi

Abwehrtechniken / Uke waza



Age uke



Soto uke



Uchi uke



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Gedan barai



Gedan nagashi uke



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Oi zuki



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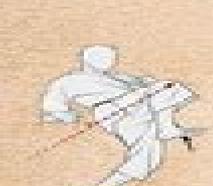
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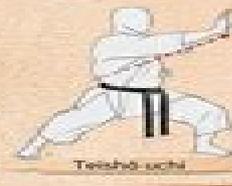
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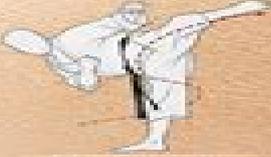
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