



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



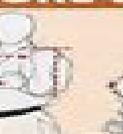
Gedan barai



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



Awase zuki



Asami zuki



Uraken uchi



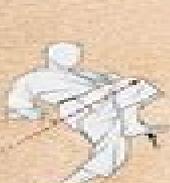
Tetsui uchi



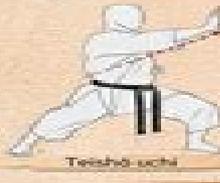
Shuto uchi



Haitō uchi



Mae nira geri



Teishō uchi



Mawashi empi uchi



Age empi uchi



Yoko empi uchi



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Mawashi hiza geri

Fußtechniken / Keri waza



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