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Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De no ji dachi



Kōra dachi



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Zenkutsu dachi



Kokutsu dachi



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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



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Handtechniken / Te waza



Oi zuki



Cyōku zuki



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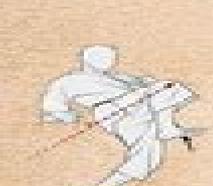
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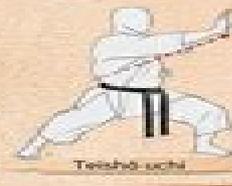
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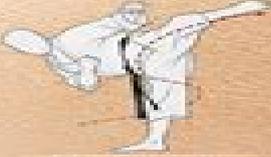
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Karate Training Methods

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