



KARATE-TECHNIKEN

松清館空手道

Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De no 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



Kakushi uke



Manji uke

Handtechniken / Te waza



Oi zuki



Cyaku zuki



Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



Morote zuki



Yama zuki



Awate zuki



Asami zuki



Unken uchi



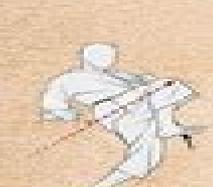
Tetsui uchi



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

BM King



Karate Training Methods:

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Karate for Kids Robin L. Rielly,2012-11-06 A fun and accessible introduction to studying karate designed specifically with the interests and capabilities of young martial artists in mind First time martial arts students are not just starting a program of physical and mental practice They are entering a new world one that not only has new rules new goals and even new clothing but that also offers them lots of new opportunities for fun and accomplishment Karate for Kids will help prepare kids to start learning about karate and help them practice at home It includes thorough introductions to the history and philosophy of the techniques what to expect in the first few classes how to warm up and practice and advice on setting goals With over 75 full color illustrations including 40 clearly diagrammed karate exercises along with lots of fun facts and informative sidebars written in kid friendly jargon free language this is the perfect introduction for the younger martial artist

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Karate David Mitchell,1990

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