



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



Moriote uke



Te nagashi uke



Kakawake uke



Manji uke

Handtechniken / Te waza



Oi zuki



Cyaku zuki



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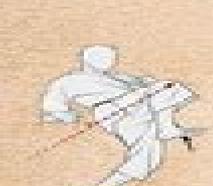
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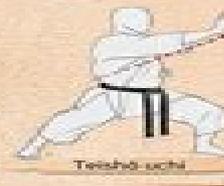
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Karate Training Methods

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