



## Goju-Ryu Karate Grundtechniken

1. Angriff- und Abwehrtechniken mit verschiedenen Körperteilen
2. Rei ( Gruß )
3. Stände
4. Kamae ( Ausgangsstellungen )
5. Uke ( Abwehr )
6. Tzuki ( Fauststoß )
7. Ate ( Oberschenkel- und Oberarmschlag )
8. Uchi ( Kreisbogenschlag )
9. Geri ( Fußstoß )
10. Bewegung
11. Prüfungsprogramm I.K.G.A.
12. Erläuterungen zum Prüfungsprogramm
13. Katas mit Bunkai
14. Bedeutung - Herkunft und Unterteilung der Katas
15. Japanische Fachbegriffe
16. Kata Embusen



剛柔流空手道

岩波浄

Joji Iwanami



1. Angriff- und Abwehrtechniken mit verschiedenen Körperteilen :

Hand und Arm

Seiken



Tetsui (Kentsui)



Kaikoken (Handaken)



Ipponken



Nakadaka-Ipponken



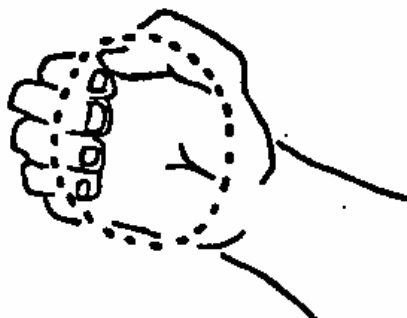
Keito



Kakuto



Kumade



Yubisami



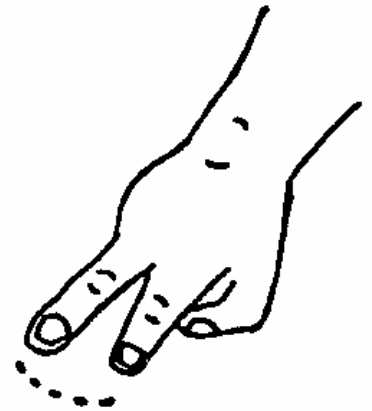
Nukite



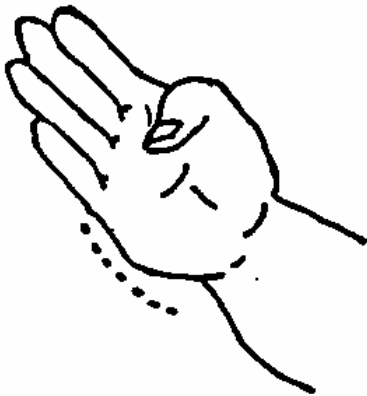
Ippon-Nukite



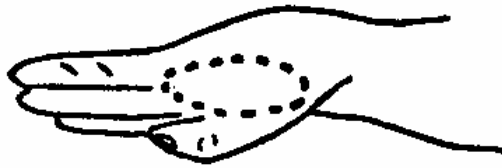
Nihon-Nukite



Shuto



Haito



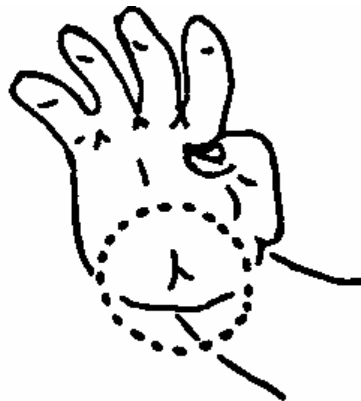
Washide



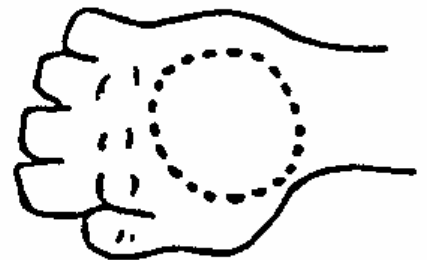
Kokoo



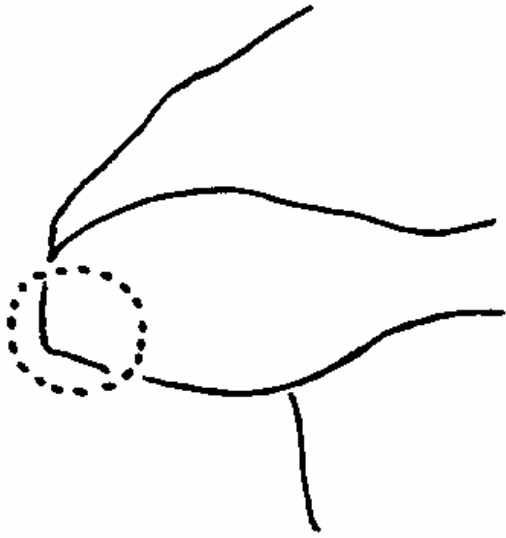
Teisho



Haishu



Hiji ( Enpi )

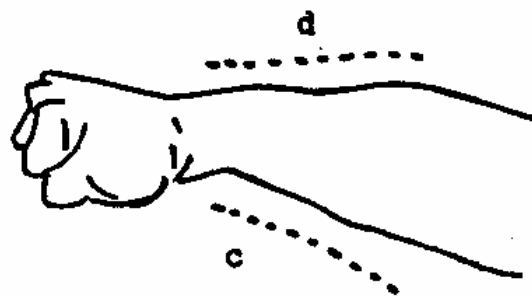
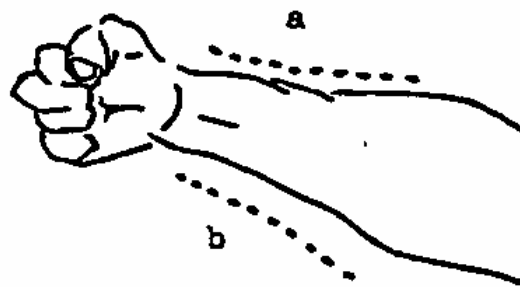


Wanto

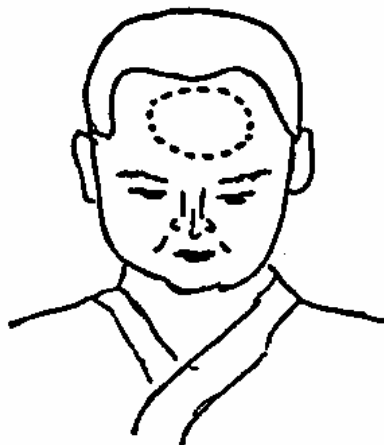


---Kote---

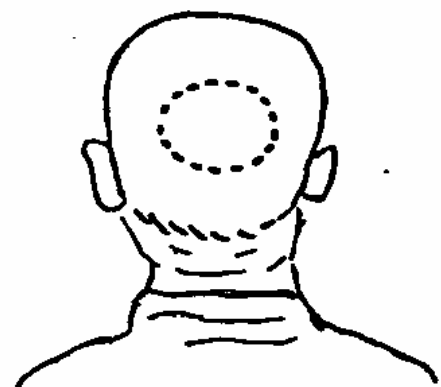
- a) Omote-kote
- b) Ura-kote
- c) Uchi-kote
- d) Se-kote



Hitai ( Stirn )



Koto ( Hinterkopf )

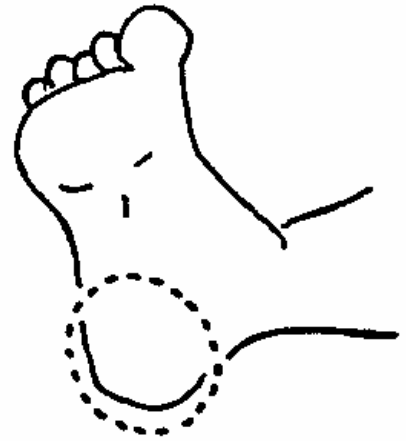


Haisoku

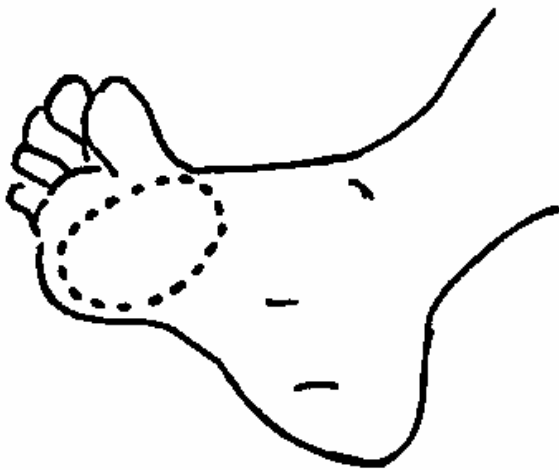


Koshi

Kakato



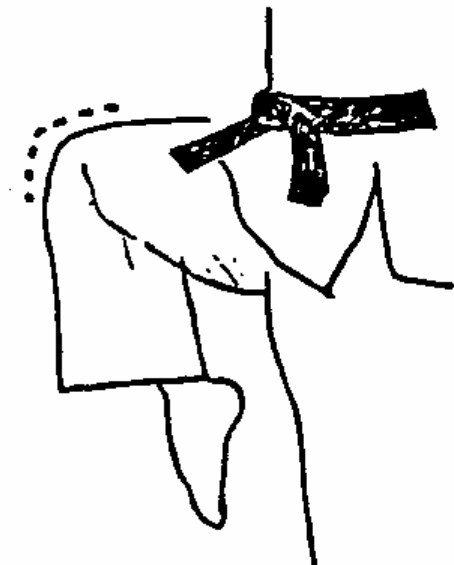
Shito



Sokuto

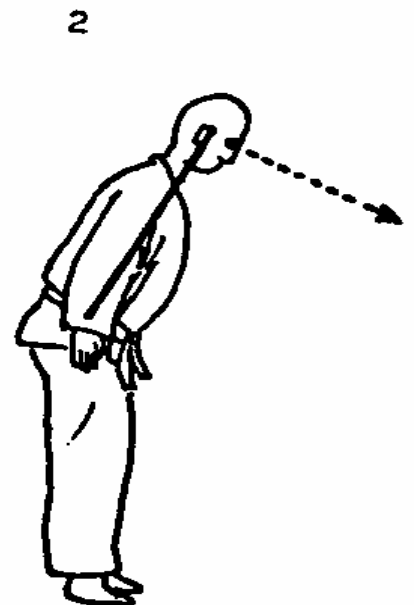
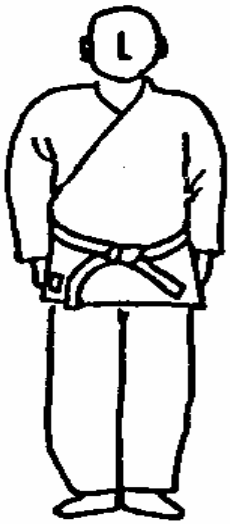


Hizagashira

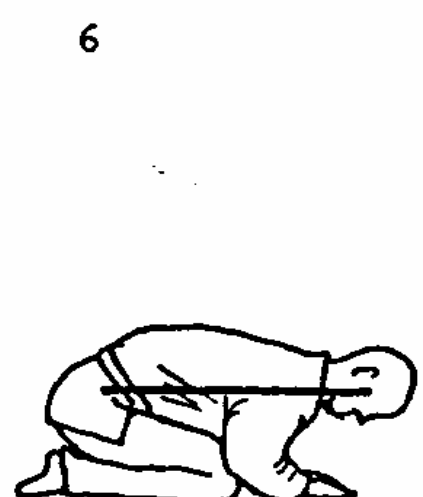
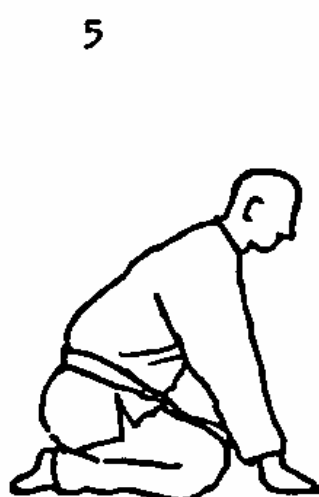
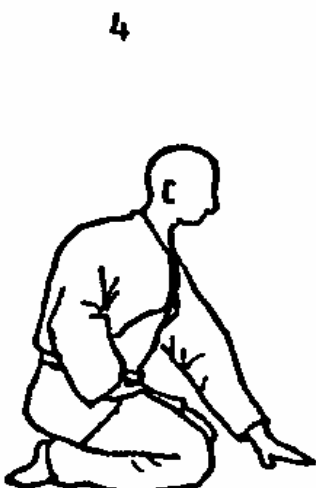
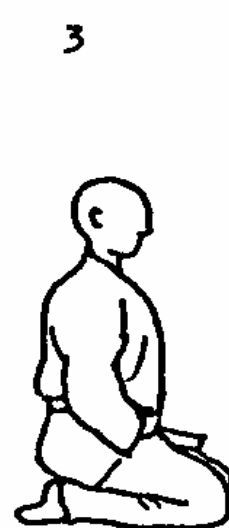
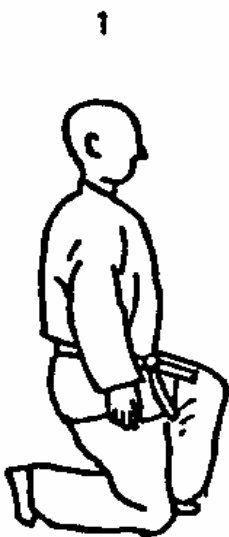


## 2. Rei ( Gruß ) :

### 1. Stehend\_Rei



### 2. Sitzend\_Rei

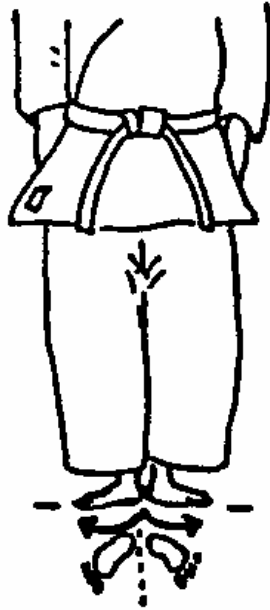


3. Stände :

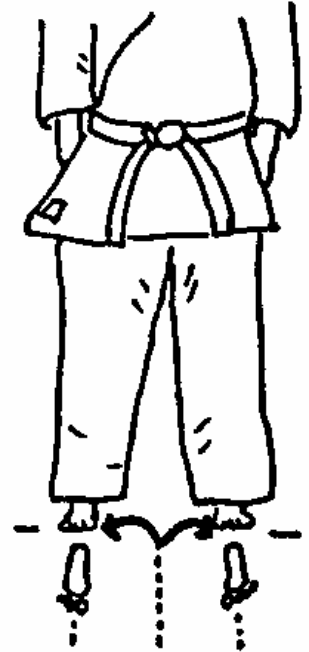
Heisoku-Dachi



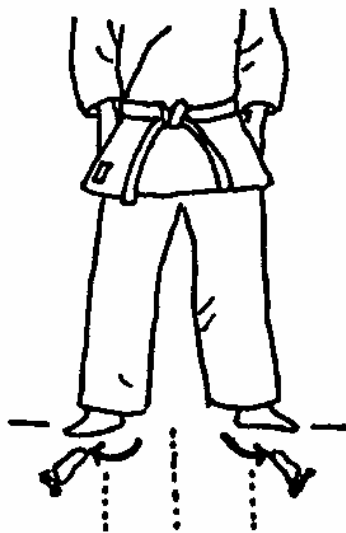
Musubi-Dachi



Heiko-Dachi



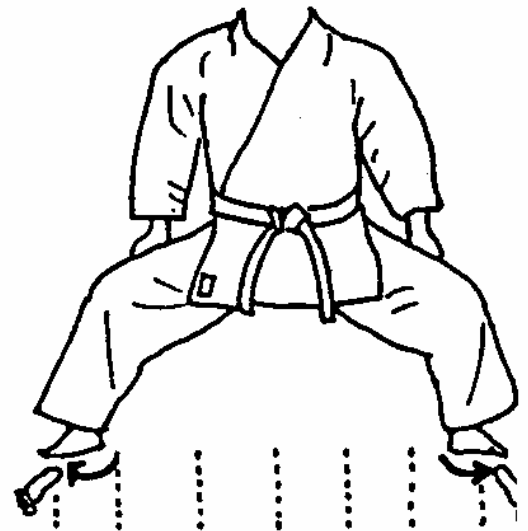
Sotohachimonji-Dachi



Uchihachimonji-Dachi



Shiko-Dachi  
(Heikkaku ... 180°)



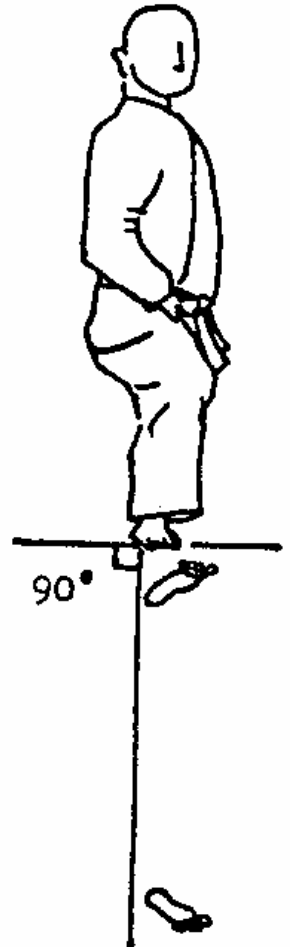
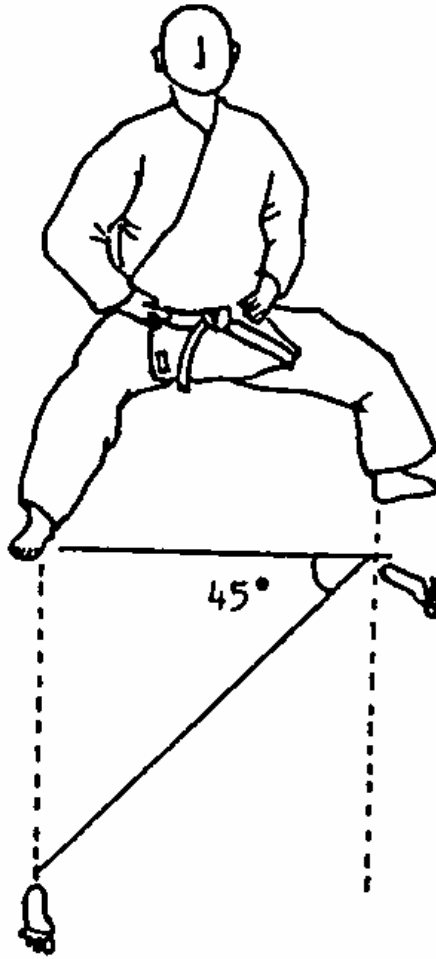
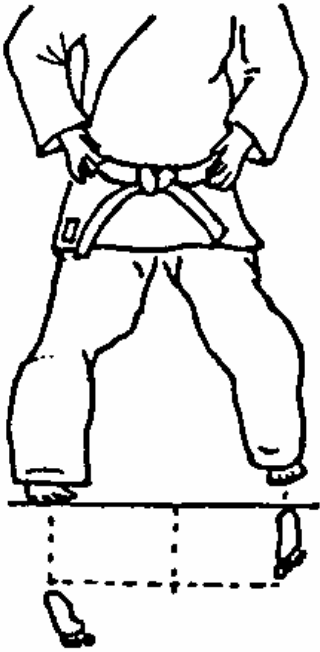


Goju-Ryu-Karateverein Schifferstadt e.V.

Sanchin-Dachi

Shiko-Dachi  
(Shakaku.....45°)

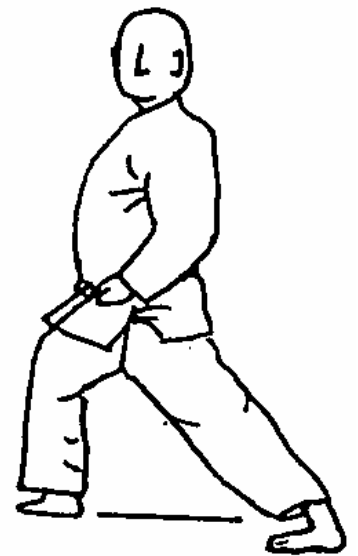
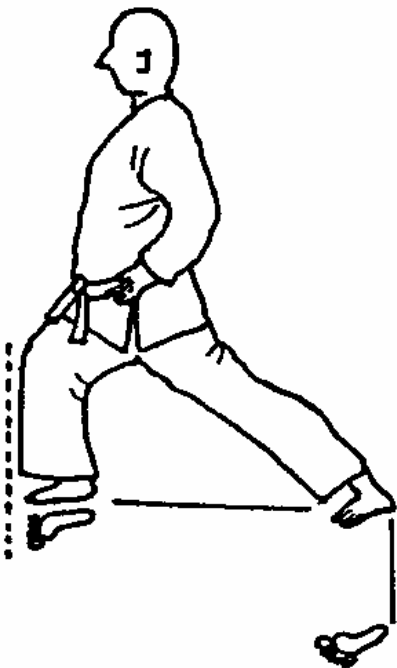
Shiko-Dachi  
Chokkaku.....90°



Zenkutsu-Dachi

Han-Zenkutsu-Dachi

Kokutsu-Dachi







Renoji-Dachi



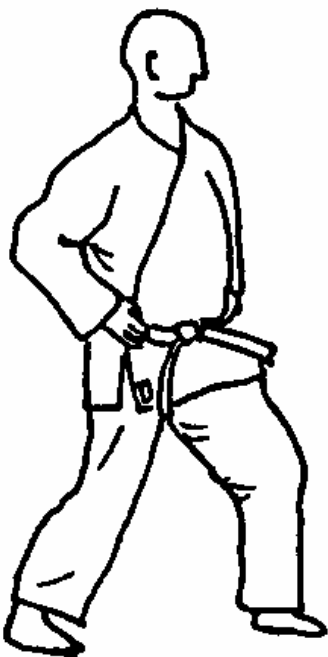
Sagiashi-Dachi



Suriashi-Dachi



Moto-Dachi



Nekoashi-Dachi

