



# KARATE-TECHNIKEN

## Stellungen / Dachi



Musubi dachi



Hachi ji dachi



Heisoku dachi



De no ji dachi



Kōsu dachi



Sanchin dachi



Zenkutsu dachi



Kōkutsu dachi



Ioba dachi



Hangetsu dachi



Fudo dachi



Neko ashi dachi

## Abwehrtechniken / Uke waza



Age uke



Soto uke



Uchi uke



Gedan barai



Gedan nagashi uke



Morote uke



Te nagashi uke



Jōji uke



Kakawake uke



Manji uke

## Handtechniken / Te waza



Oi zuki



Gyaku zuki



Kizami zuki



Ura zuki



Kagi zuki



Tate zuki



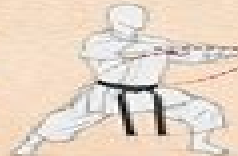
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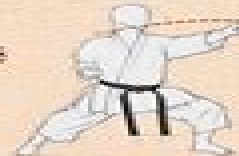
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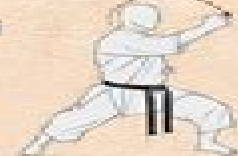
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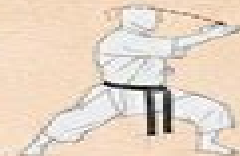
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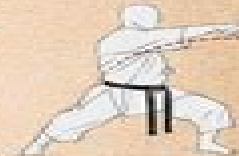
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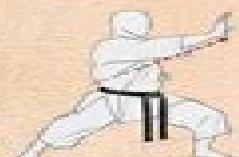
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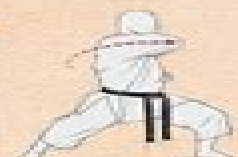
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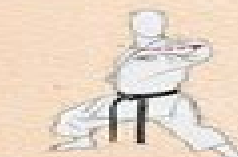
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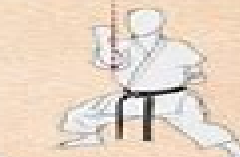
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Age empi uchi



Yoko empi uchi



Otoshi empi uchi



Mawashi niza geri

## Fußtechniken / Keri waza



Mae geri



Yoko geri kekomi



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# Karate Manual Diagrams

**Anthony S. Fauci**



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