

Block 3

MAN MUSS NOCH ZIELE HABEN



yoko keage / uraken

empi

shuto uke

shuto uchi / jodan uke

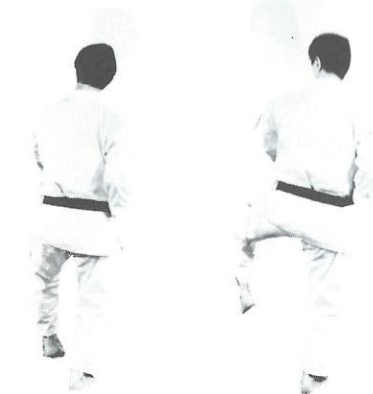
mae geri keage

uraken

25 *Hidari ken gedan ni nobasu
Migi ken migi koshi*

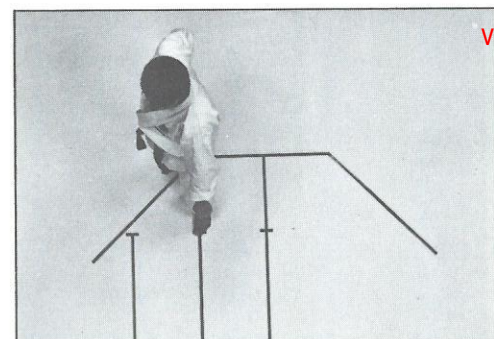
26 *Ryō ken migi koshi
kamae/Hidari ken
migi ken ue*

Block 3 - Man muss noch Ziele haben



Left fist extended downward/Right fist at right side

Both fists right side kamae



vorderes Bein ranholen/direkt geri

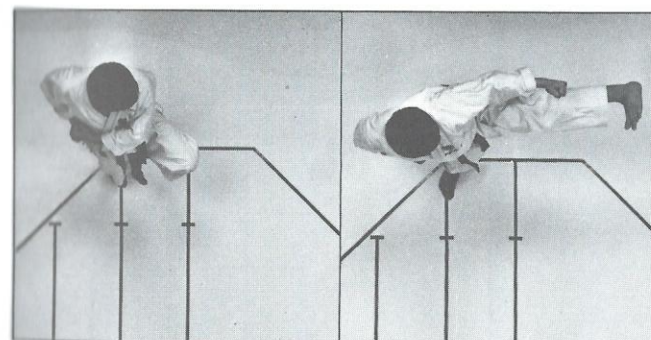


25. *Hidari mae shizen-tai*

27 *Hidari uraken iōdan yoko mawashi-uchi
Hidari yoko keage*



Upper level horizontal strike with left back-fist/Left side snap kick



26. *Migi ashi-dachi*

27.



Oberschenkel in Trittrichtung ausrichten

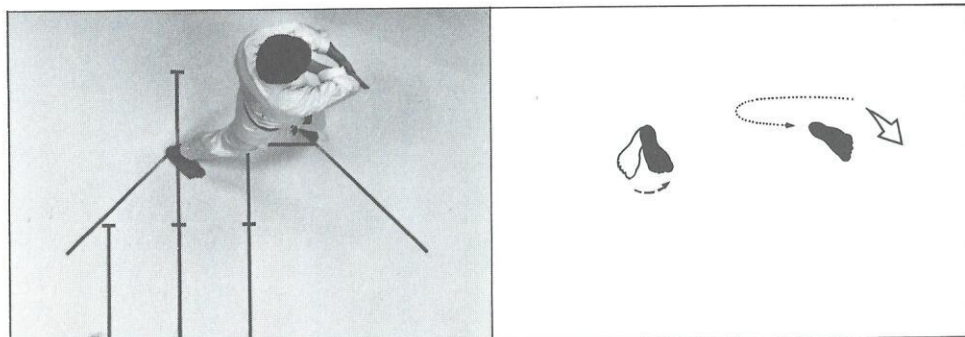
28 Migi empi mae uchi



Hüftschub mit Körpermass beim empi

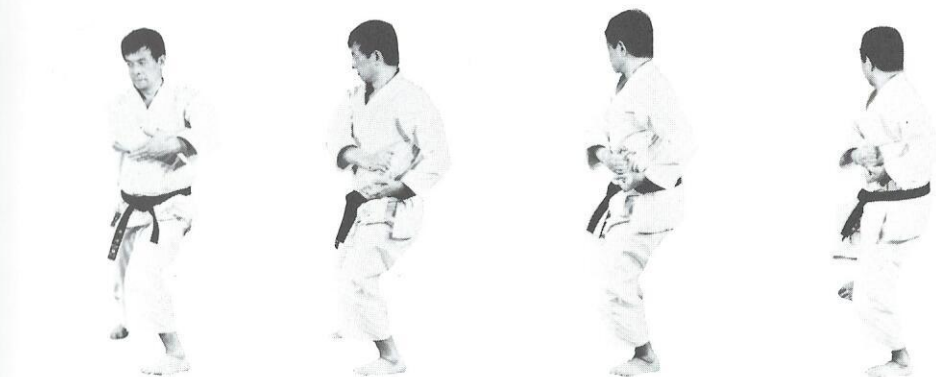


Right elbow strike to the front Strike left palm.

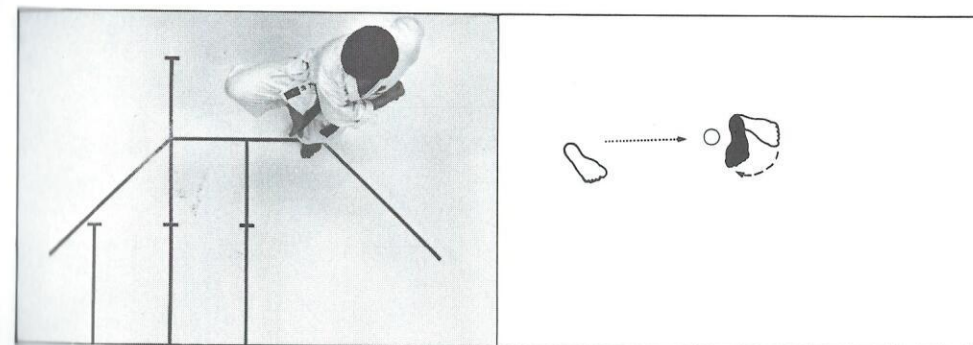


28. Hidari zenkutsu-dachi

29 Ryô ken hidari koshi



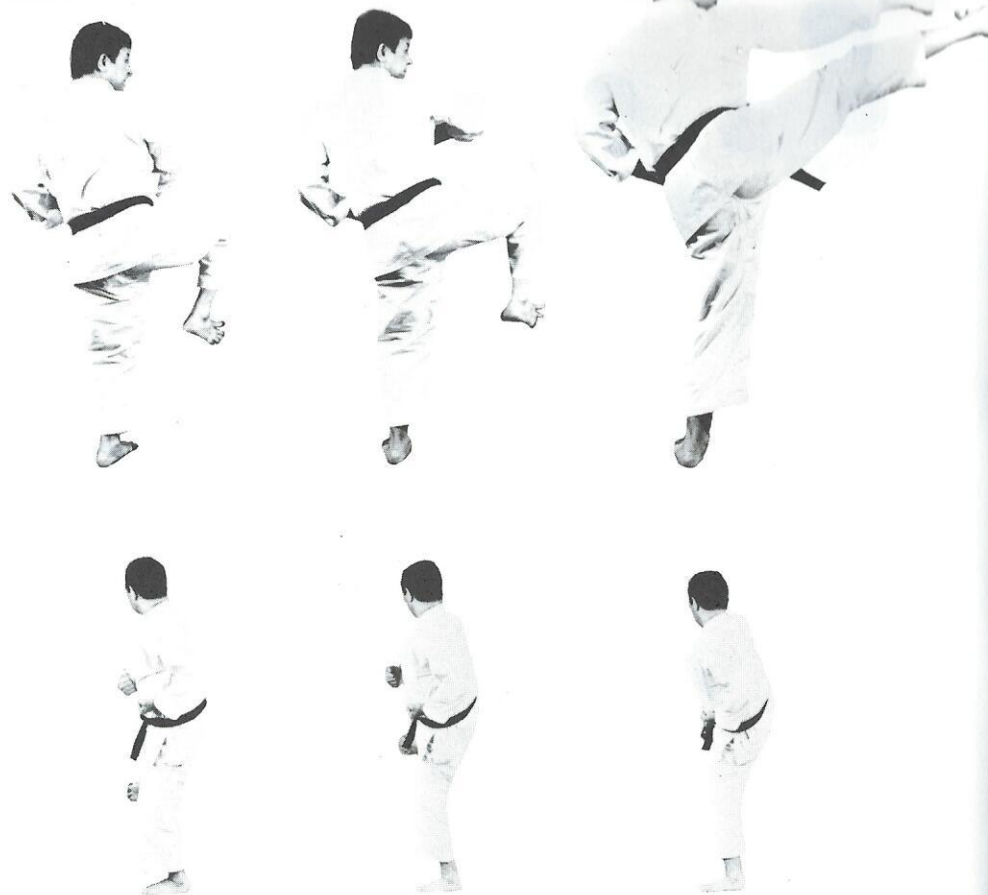
Both fists at left side Rotate hips to the right, face right side.



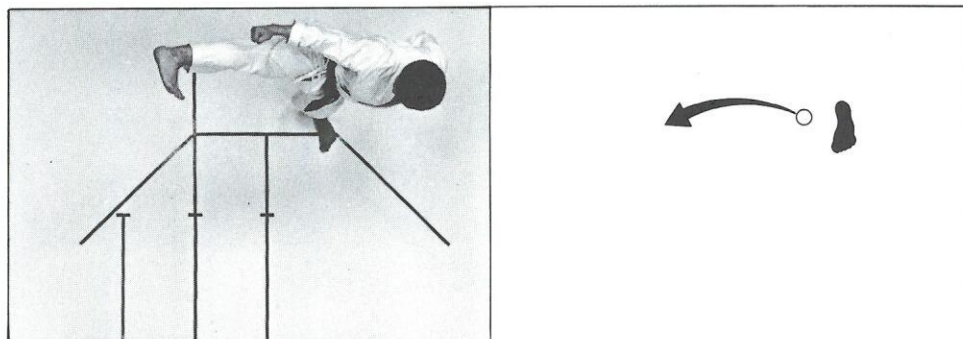
29. Hidari ashi-dachi

30

Migi uraken jōdan yoko mawashi-uchi / Migi yoko keage



Upper level horizontal strike with right back-fist / Right side snap kick



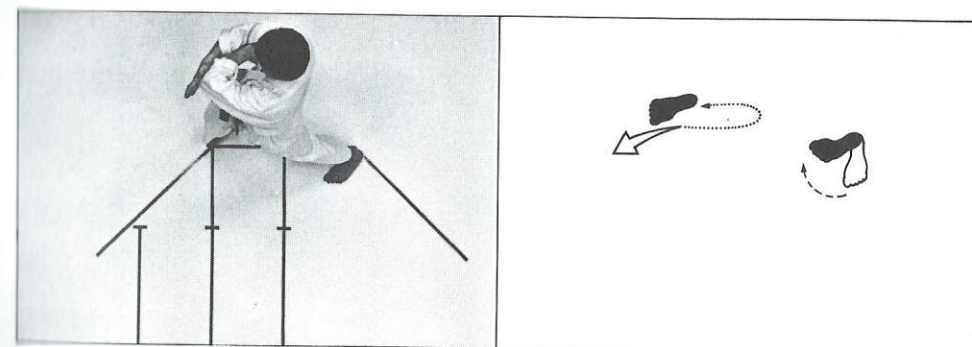
30.
98

31

Hidari empi mae uchi



Left elbow strike to the front



31. *Migi zenkutsu-dachi*

99

32 Hidari shutō uke

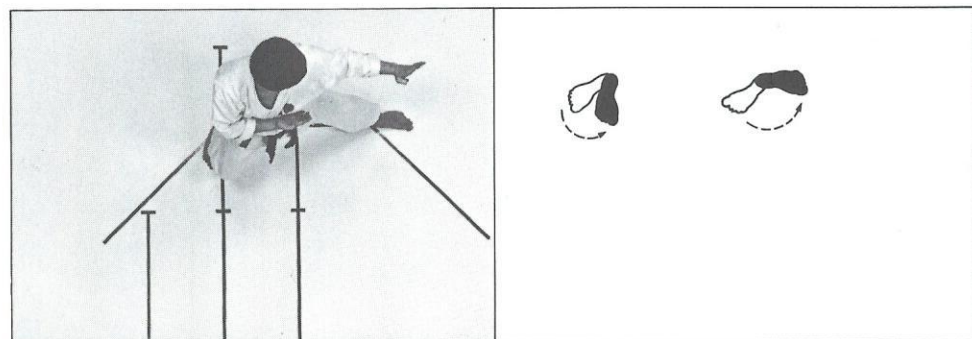


Left sword hand block With feet in place, turn hips left, face to the rear.

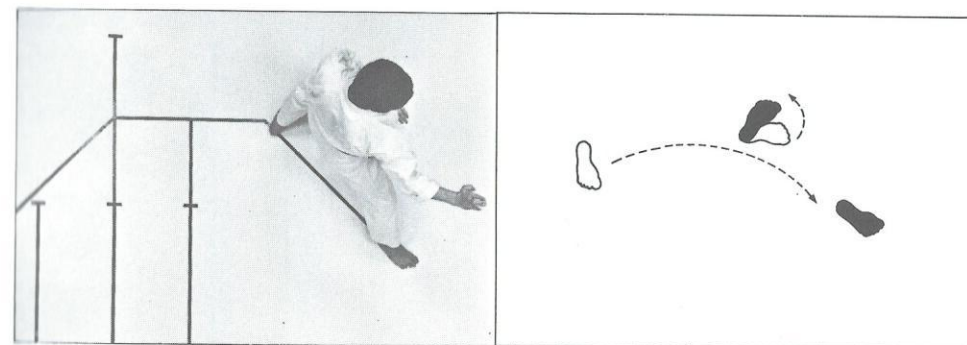
33 Migi shutō uke



Right sword hand block With left leg as pivot, advance right leg one step diagonally forward.



32. Migi kōkutsu-dachi

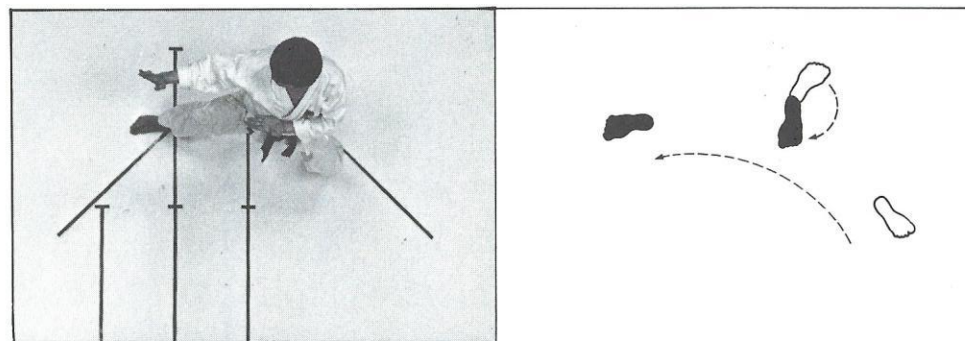


33. Hidari kōkutsu-dachi

34 Migi shutō uke

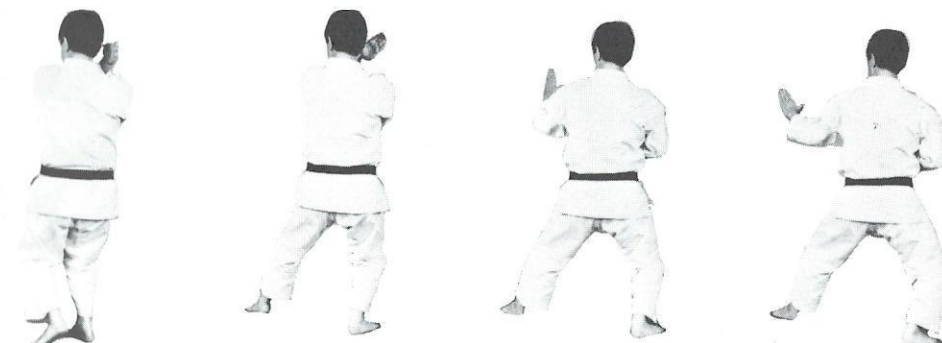
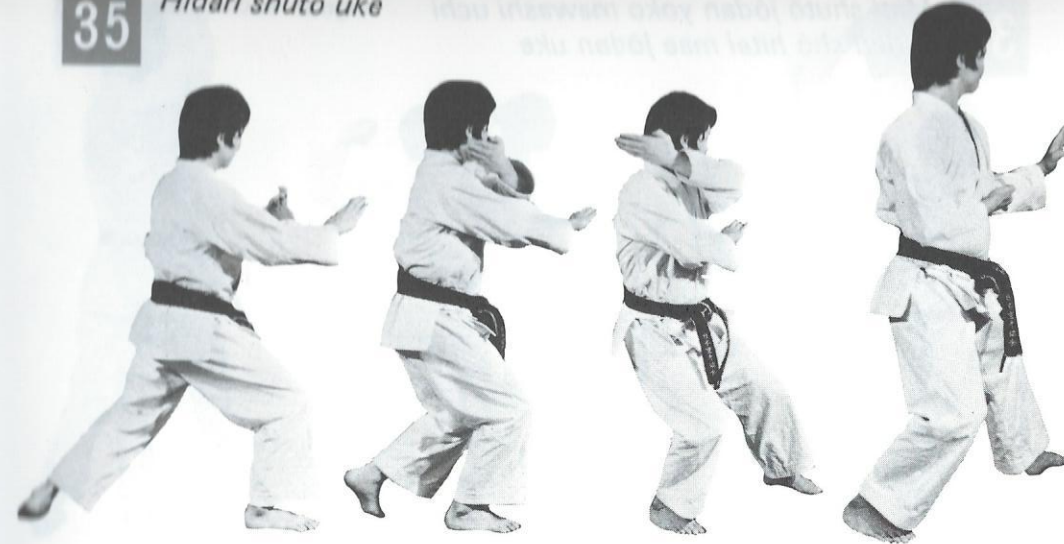


Right sword hand block With left leg as pivot, rotate hips to the right.

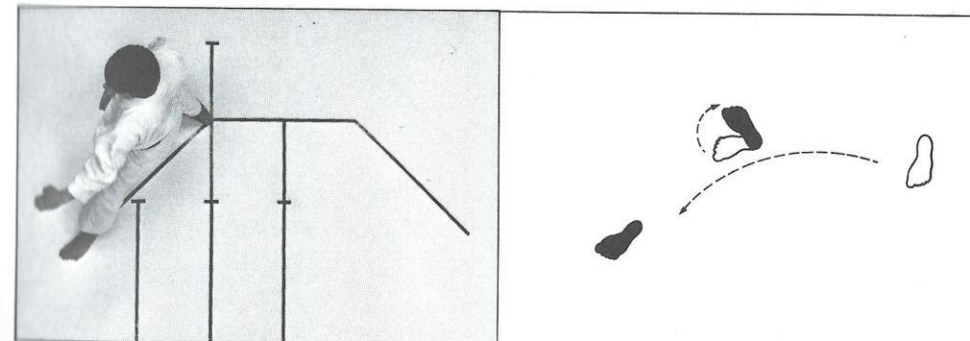


34. Hidari kōkutsu-dachi

35 Hidari shutō uke



Left sword hand block With right leg as pivot, move left leg diagonally forward.

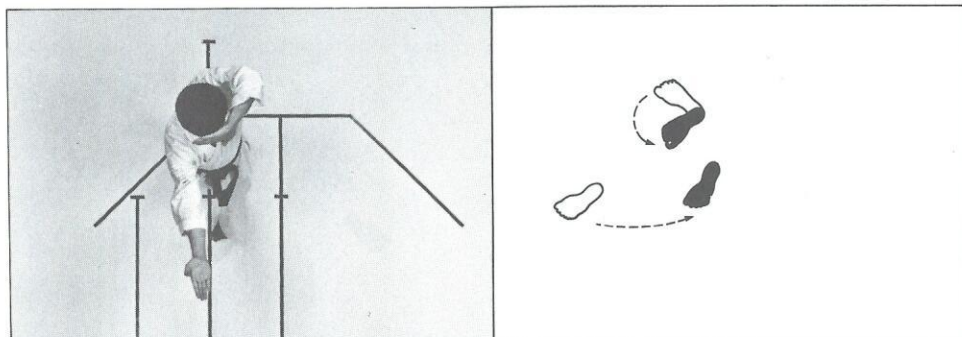


35. Migi kōkutsu-dachi

36 *Migi shutō jōdan yoko mawashi uchi*
Hidari shō hitai mae jōdan uke



Upper level horizontal strike with right sword hand/Upper level block, left palm in front of forehead/Reverse half-front-facing position

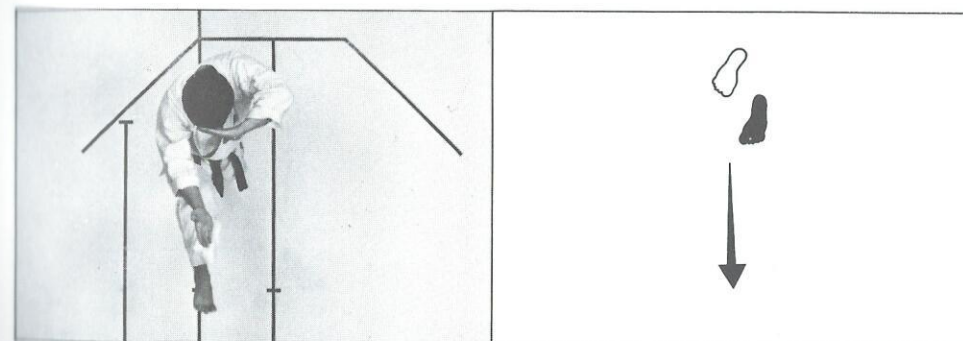


36. *Hidari hiza kussu*

37 *Migi mae keage*



Right front snap kick



37. *Hidari ashi-dachi*

38 *Migi uraken tate mawashi-uchi*
Hidari ken hidari koshi



ura ken - frontal ausholen

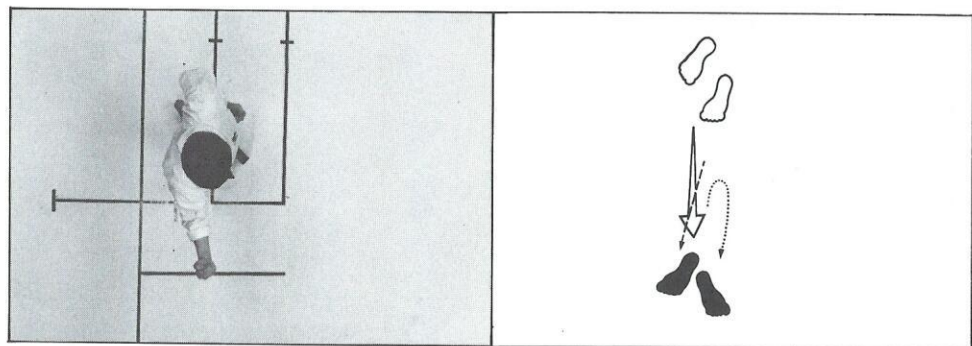
Right back-fist vertical strike/Left fist at left side Rotate both fists vertically.

39 *Migi chūdan uchi uke*

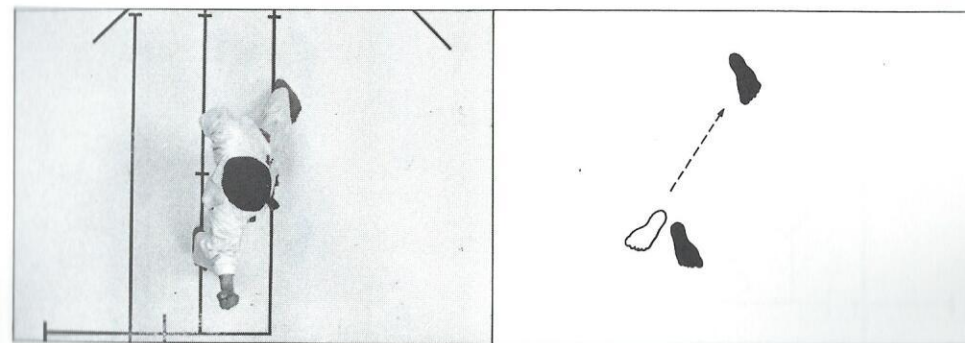


Gleichzeitigkeit beim Absetzen

Right middle level block, inside outward Keeping the elbow in place, return the right fist from under the left elbow.

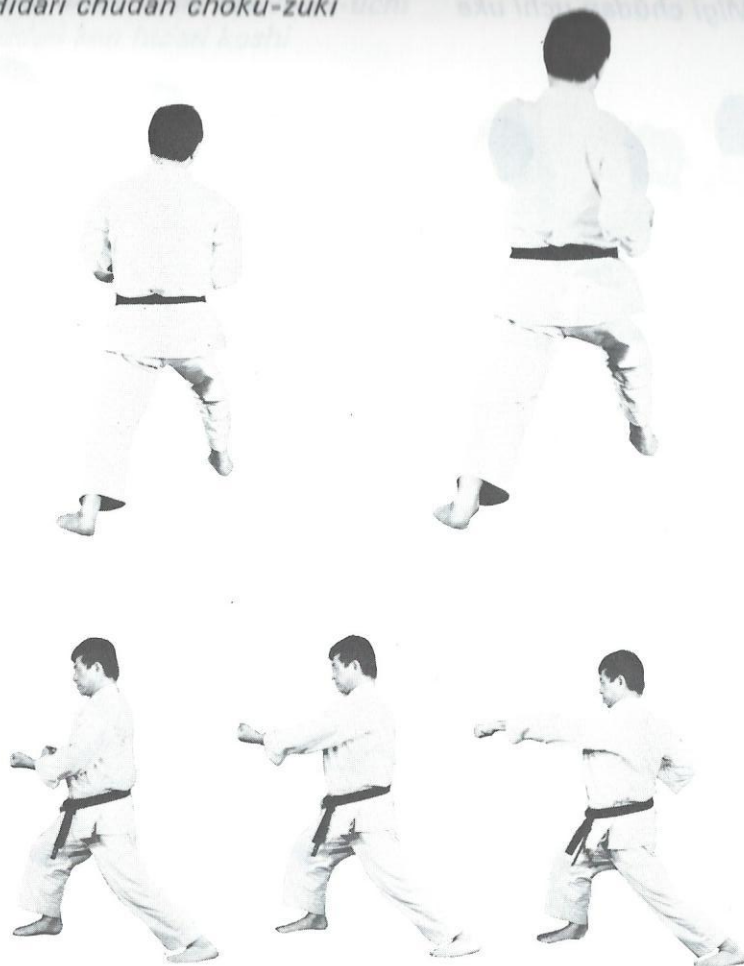
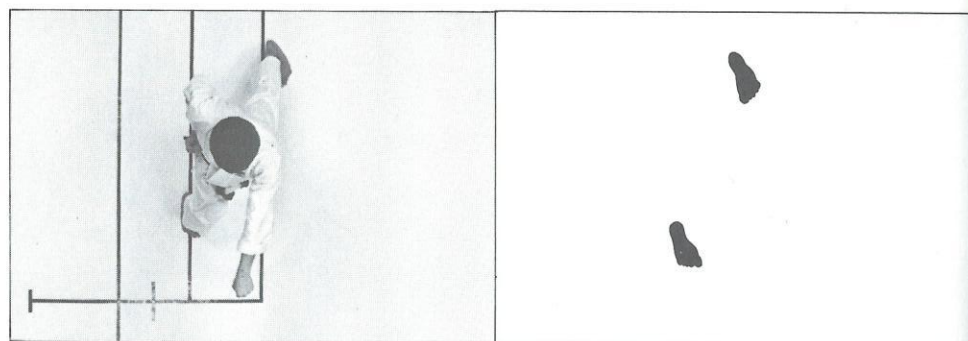


38. *Migi ashi mae kōsa-dachi*



39. *Migi zenkutsu-dachi*

40

Hidari chūdan choku-zuki*Left middle level straight punch*

40.

41

Migi chūdan choku-zuki*Right middle level straight punch*

41.