

Block 4

DER BUSSFERTIGE MANN WIRD BESTEHEN



mae keage / uraken tate

uchi uke / choku tsuki

ura tsuki / shuto gedan barai

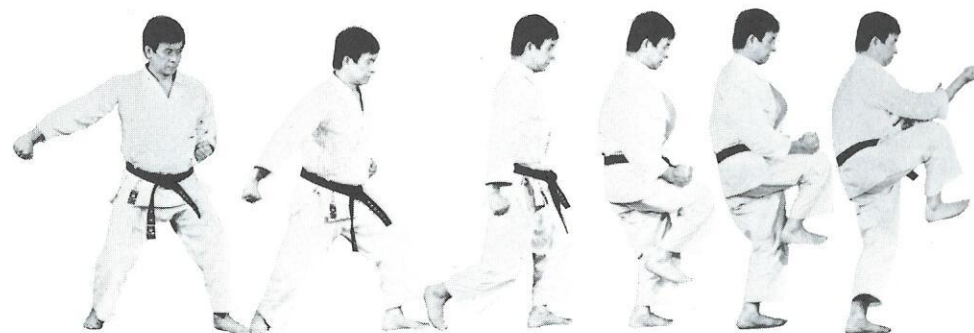
shuto uchi

42

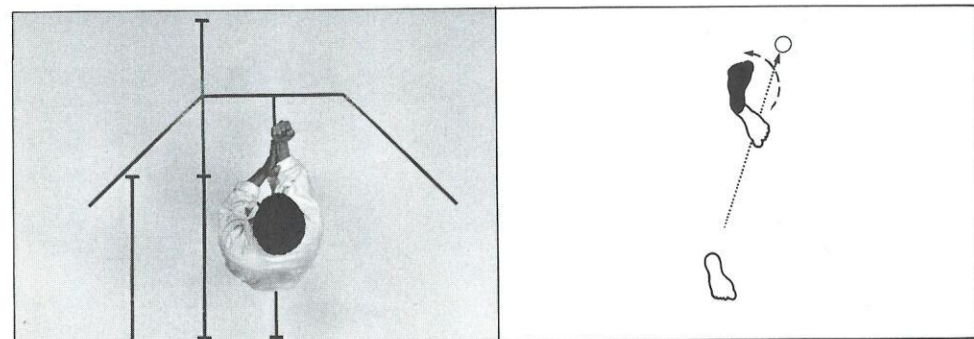
*Migi ura-zuki/Hidari shō migi tekubi yoko-zoe
Migi hiza ate*



Block 4 - Der bußfertige Mann wird bestehen



*Right close punch/Left palm at right wrist/Right knee strike
Rotate hips to the left, turn to the rear.*



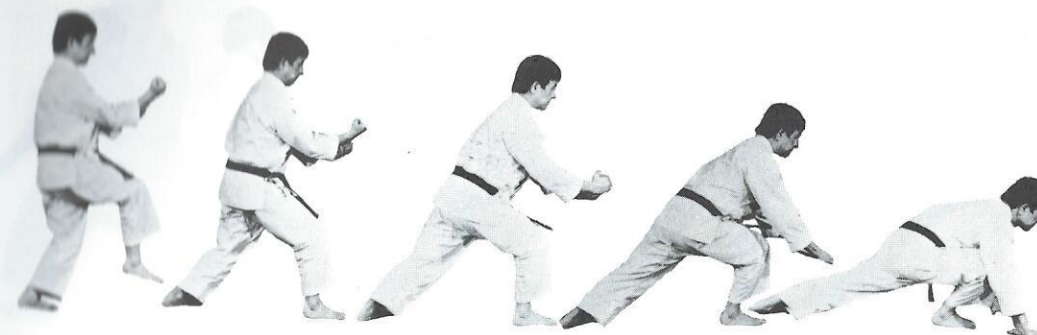
42. Hidari ashi-dachi

43

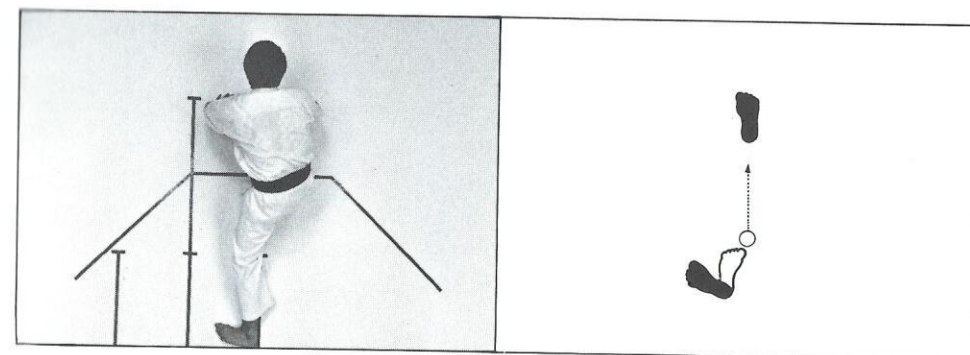
Ryō shō hiji Tate-fuse



**Hände nach innen - Finger absetzen
Blick deutlich vor**



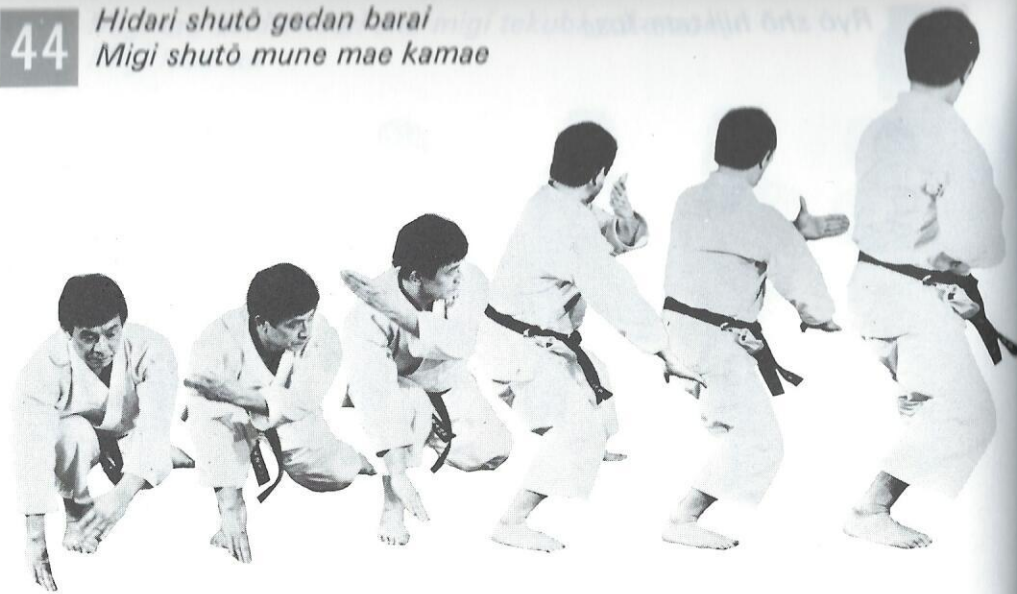
*Both hands, elbows take cover Right foot forward, go to
ground, hands turning inward. Look about four meters ahead.*



43. Migi ashi mae fuse

44

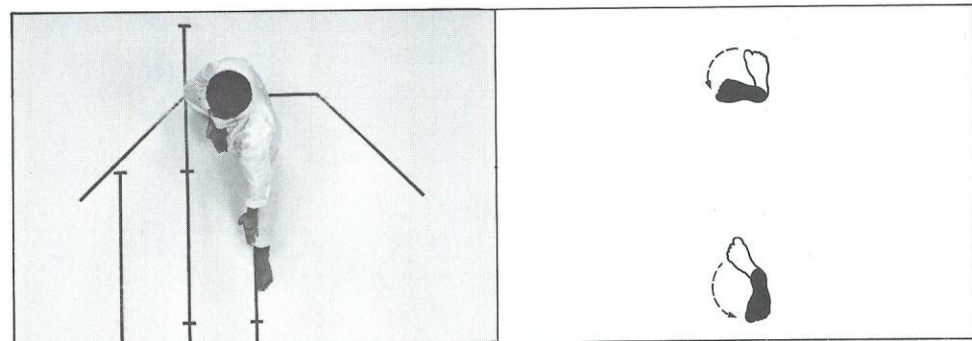
*Hidari shutō gedan barai
Migi shutō mune mae kamae*



shuto gedan / hiki-te Hand tief



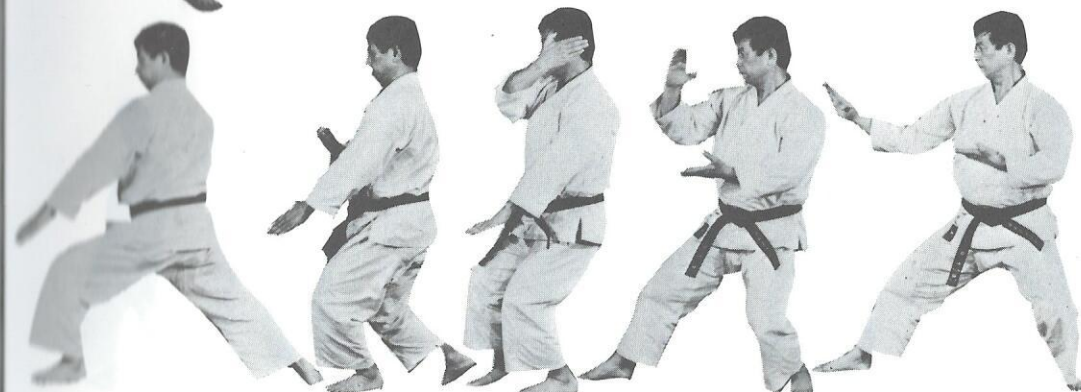
Left sword hand downward block/Right sword hand in front of chest kamae Right palm upward, left palm downward.



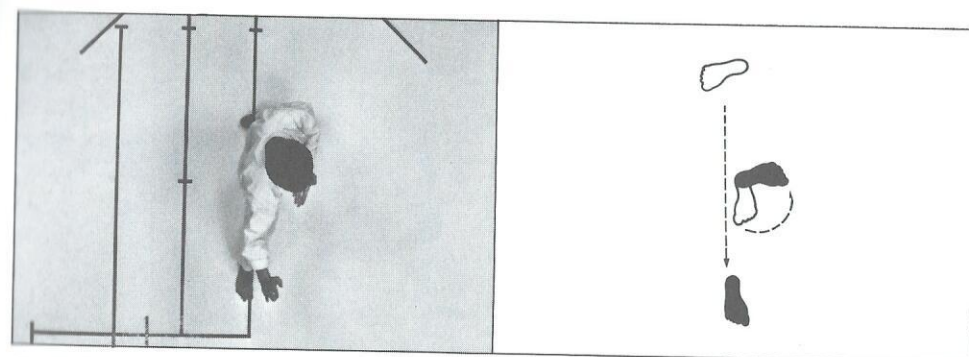
44. Migi kōkutsu-dachi (hikume)

45

Migi shutō uke



Right sword hand block Advance right leg one step forward.

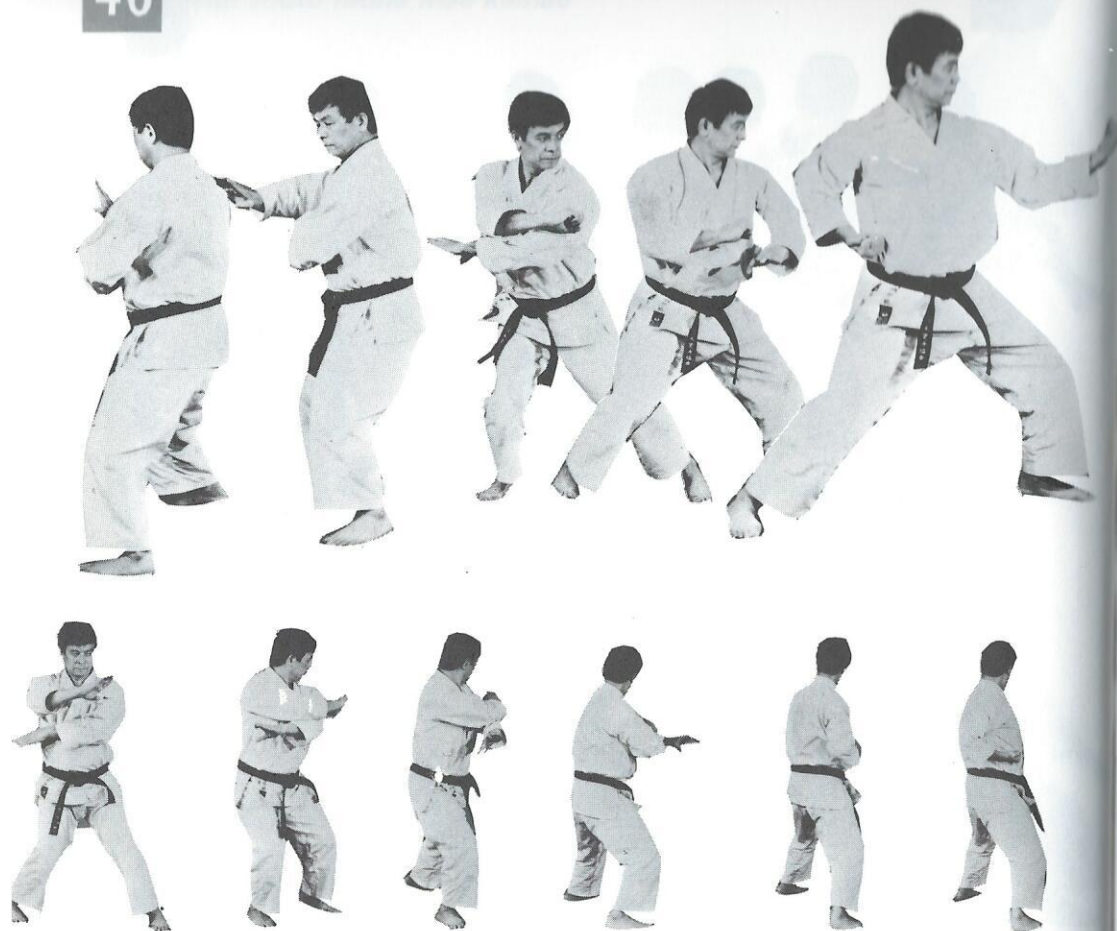


45. Hidari kōkutsu-dachi

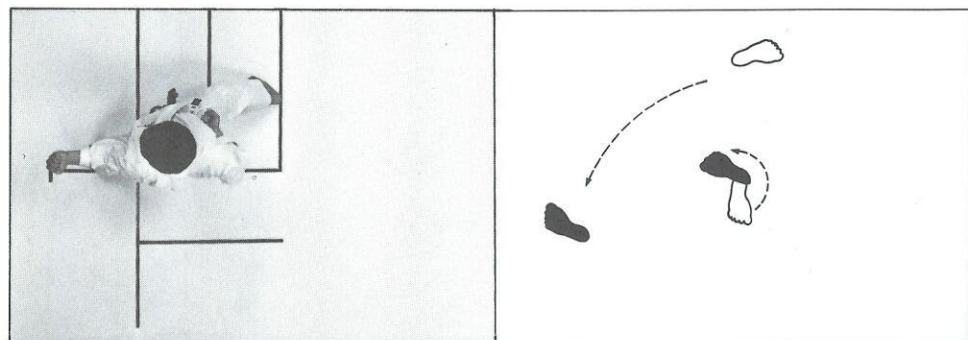
Widerspruch Lehrvideo Fersendrehung / Ballendrehung

46

Hidari chūdan uchi uke



Left middle level block, inside outward With left leg as pivot, rotate hips to the left.

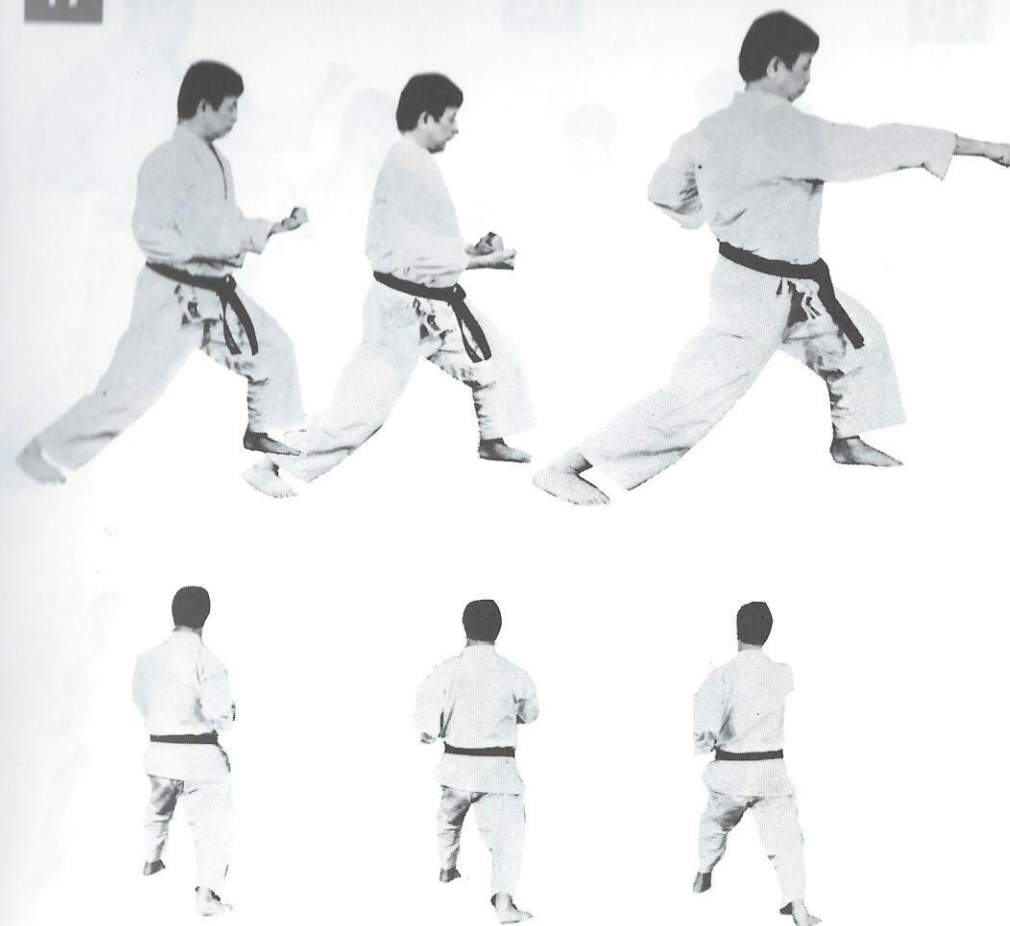


46. Hidari zenkutsu-dachi

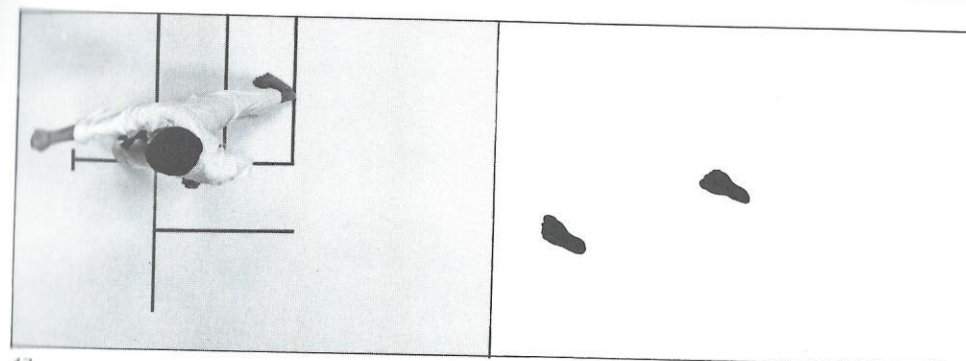
Fersendrehung mit Schub Körpermasse

47

Migi chūdan choku-zuki



Right middle level straight punch

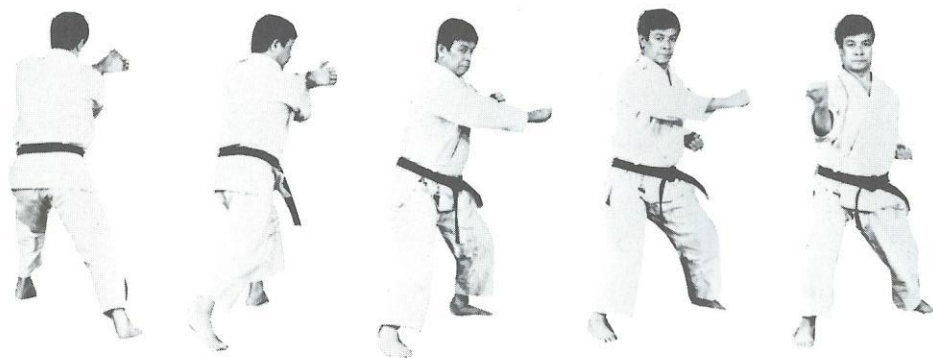


47.

48

Migi chūdan uchi uke

deutlich später ausholen



Right middle level block, inside outward Turn hips to the right.

49

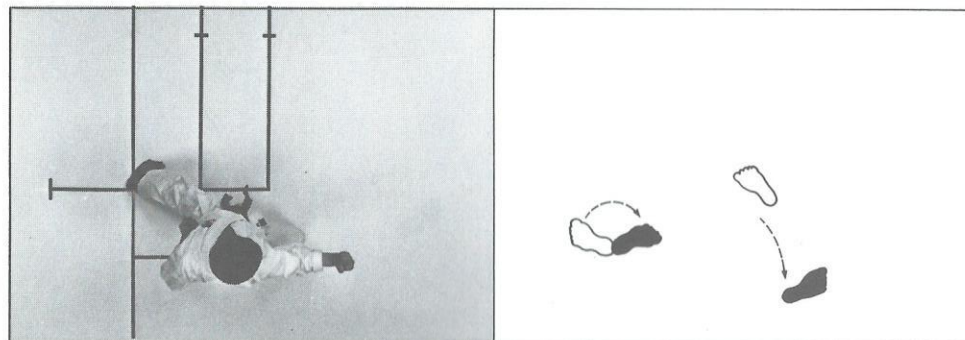
Hidari chūdan choku-zuki

Left middle level straight punch

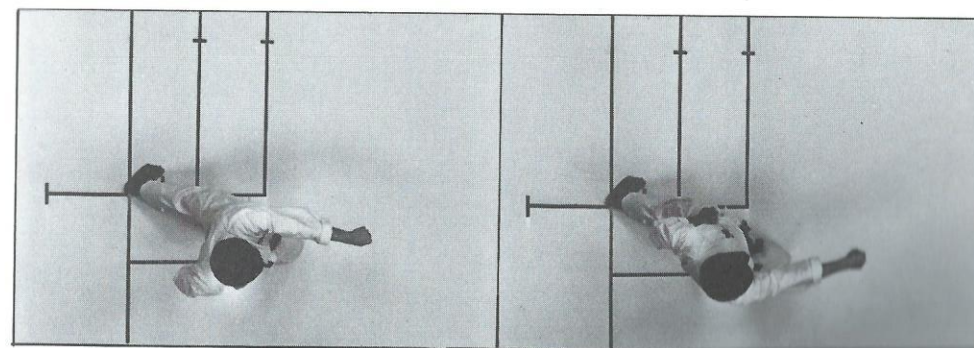
50

Migi chūdan choku-zuki

Right middle level straight punch



48. *Migi zenkutsu-dachi*



49.

50.