

Block 5

FALSCHER EHRGEIZ



uchi uke / choku tsuki

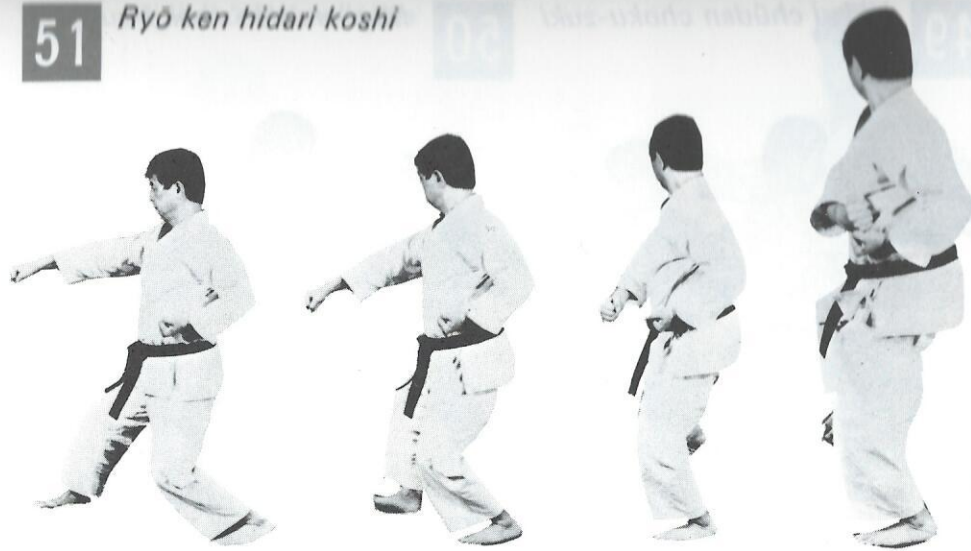
yoko keage / uraken

te osae / tate uraken / kentsui

empi uchi / gedan uke

51

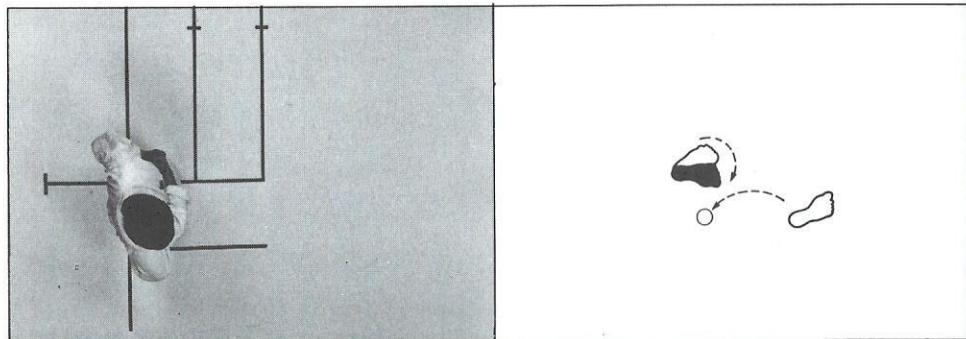
Ryō ken hidari koshi



vorderes Bein direkt in geri führen



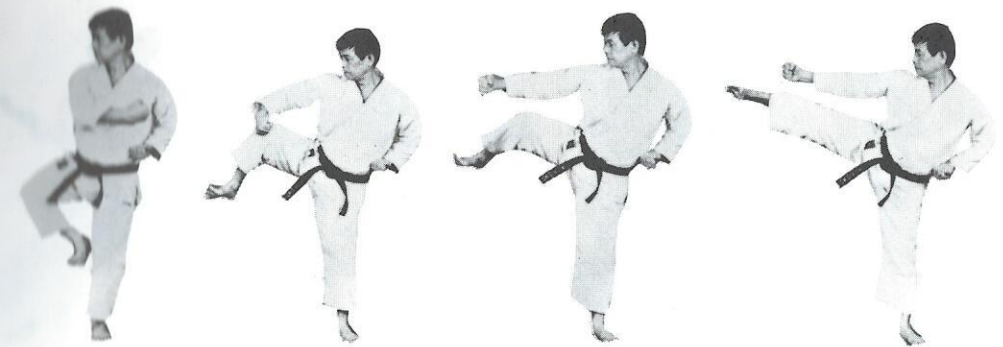
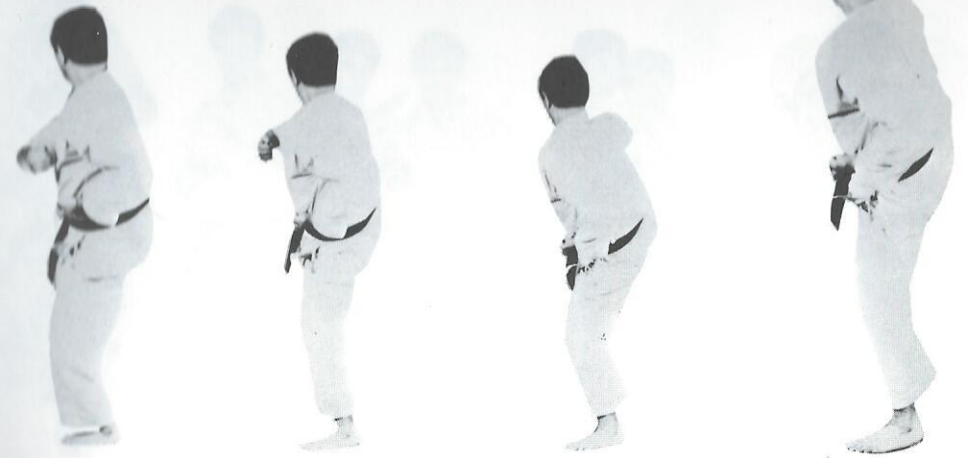
Both fists at left side With upper body as is, raise right foot to the side of the left knee.



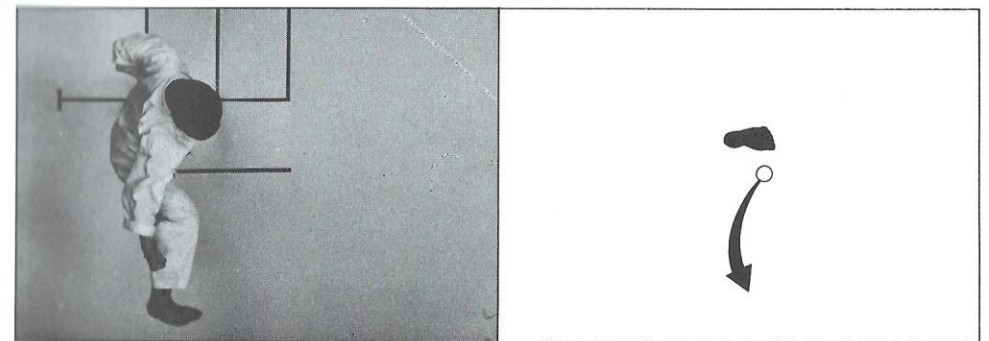
51. Hidari ashi-dachi

52

Migi uraken jōdan yoko mawashi-uchi
Migi yoko keage



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



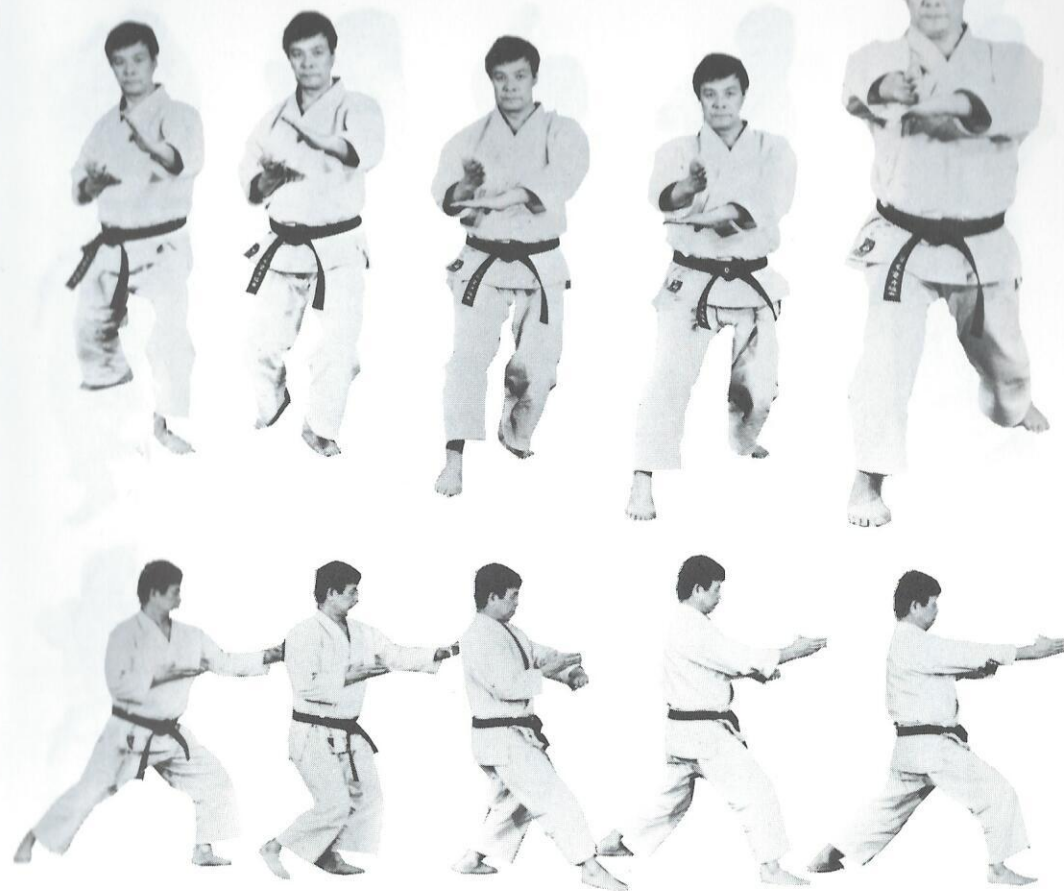
52.

53 Hidari shutō uke

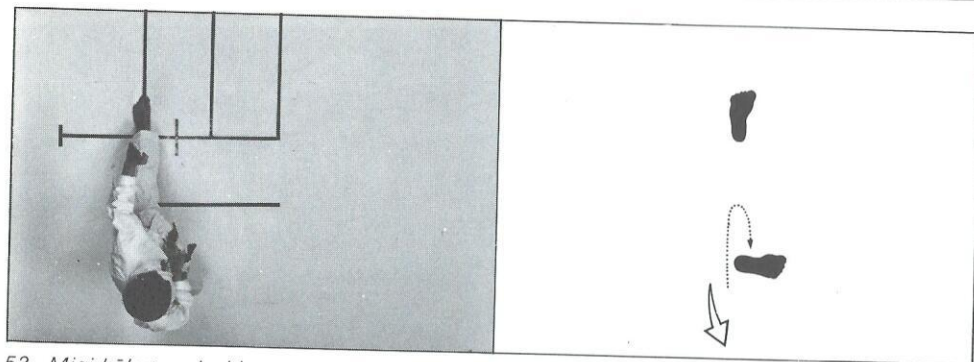


Left sword hand block Turn hips to the left, face to the rear.
Bring kicking foot down to the rear.

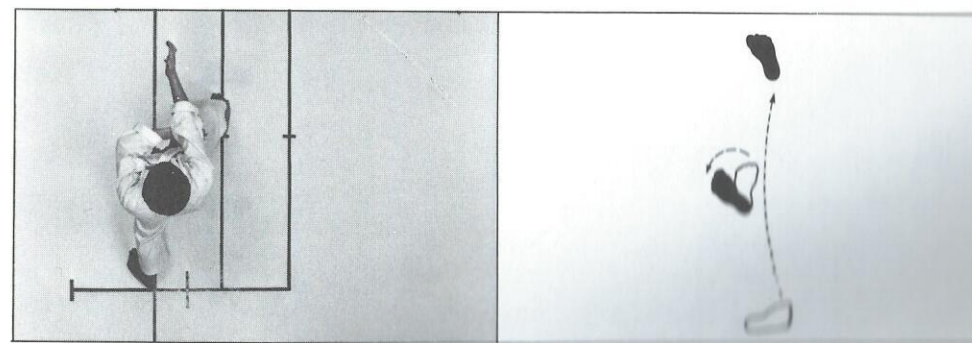
54 Migi nukite chūdan-zuki Hidari shō osae-uke



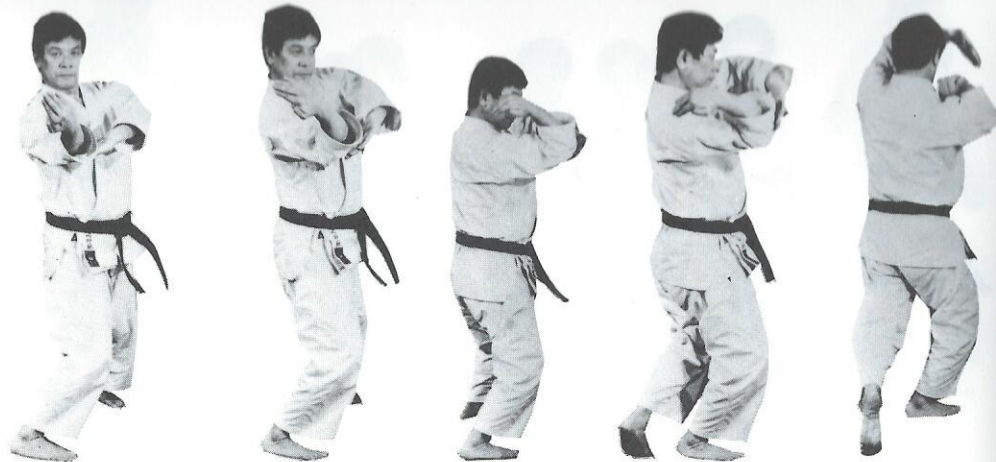
Right spear hand middle level punch/Pressing block with left
palm Left palm under right elbow. Advance right foot forward.



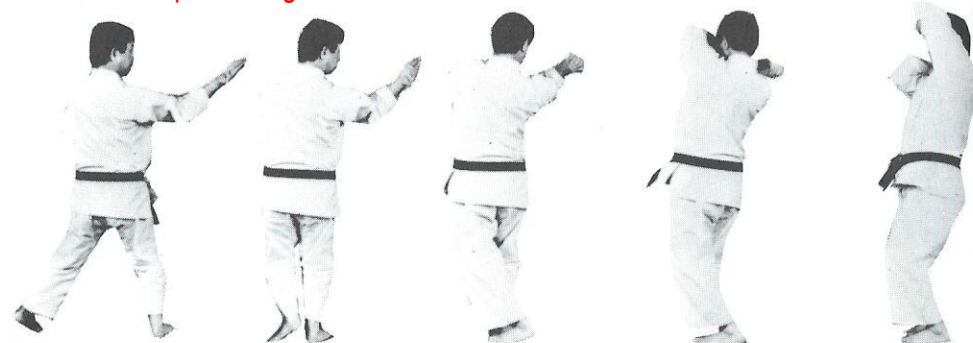
53. Migi kōkutsu-dachi



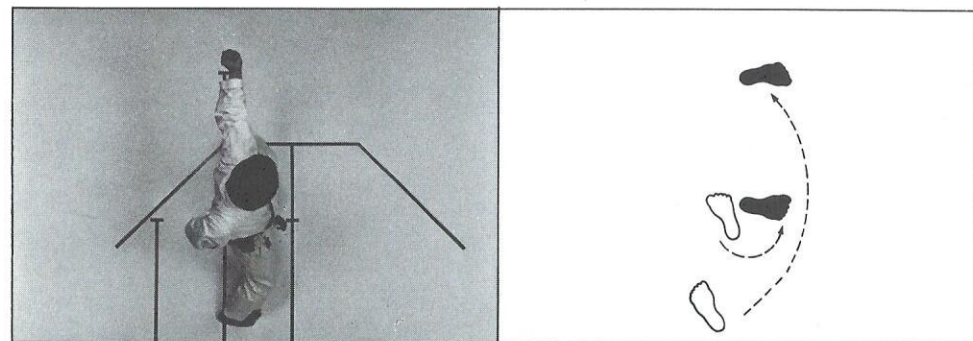
54. Migi zenkutsu-dachi



vordere Hand bleibt "im Raum"
Körper bewegt sich zu Hand



Vertical strike with left back-fist/Right fist at right side With right foot as pivot, turn left, align feet. Twist right wrist to the right and use this motion as "center" in turning the upper body.

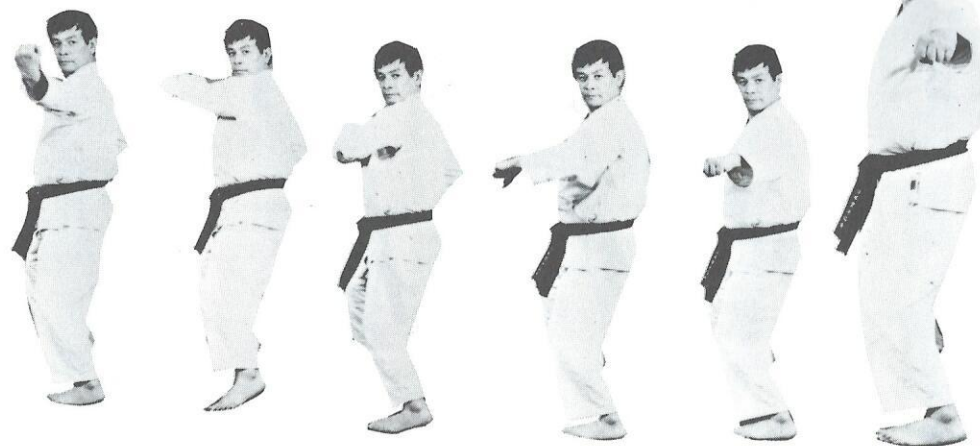


55. Kiba-dachi

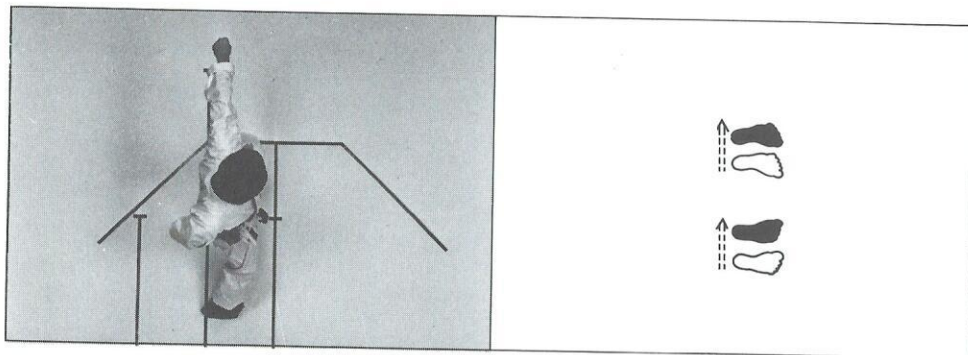


56

Hidari kentsui chūdan yoko uchi kentsui = Hammerfaust
Sono mama hidari ni yori-ashi



Middle level horizontal strike with left hammer fist/Yori-ashi to the left Swing left fist from in front of right shoulder. **yori ashi = Gleitschritt**

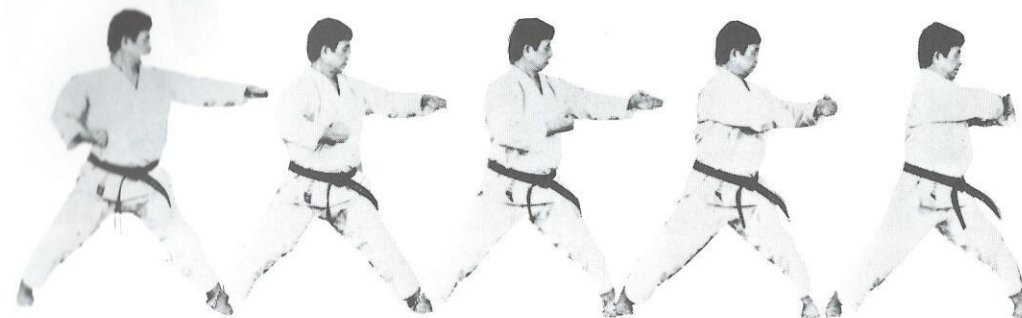
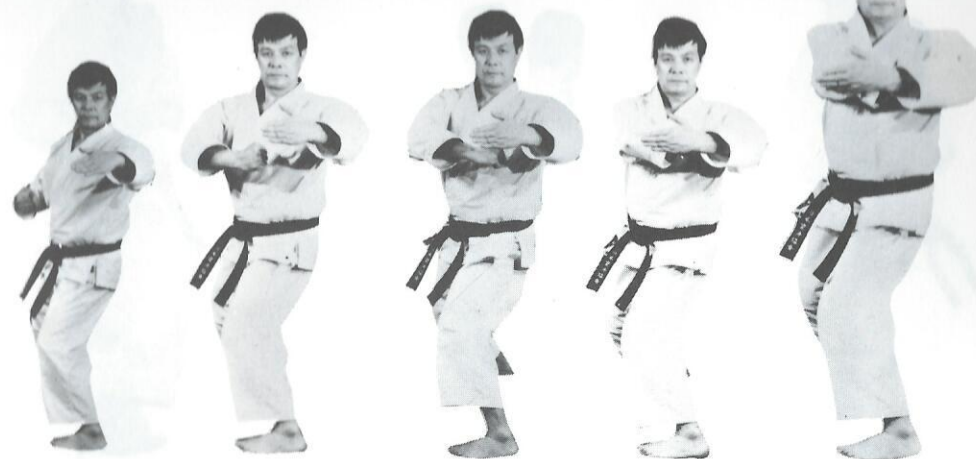


56.

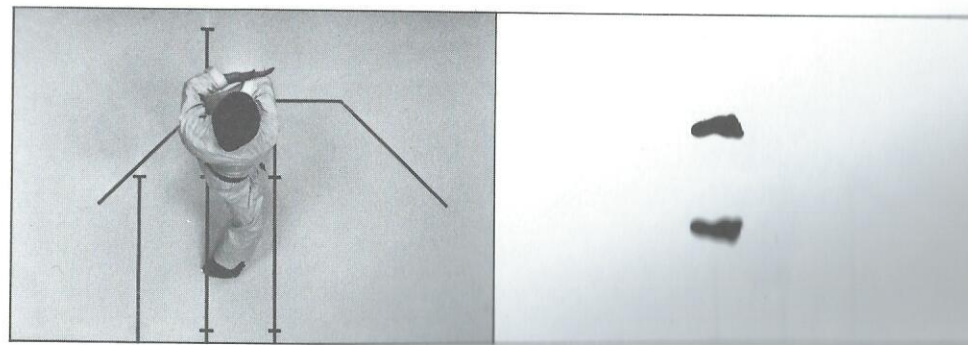
124

57

Migi empi mae uchi



Right elbow strike to the front Strike left palm.



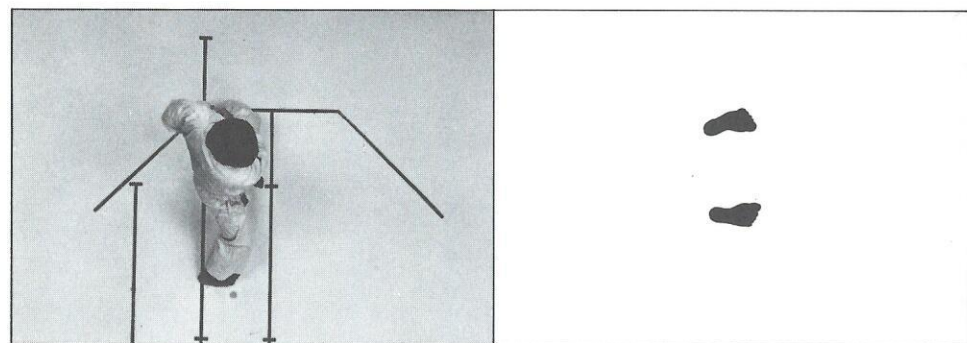
57.

125

58 Ryō ken hidari koshi



Both fists at left side Right fist (back frontward) on top.



58.

126

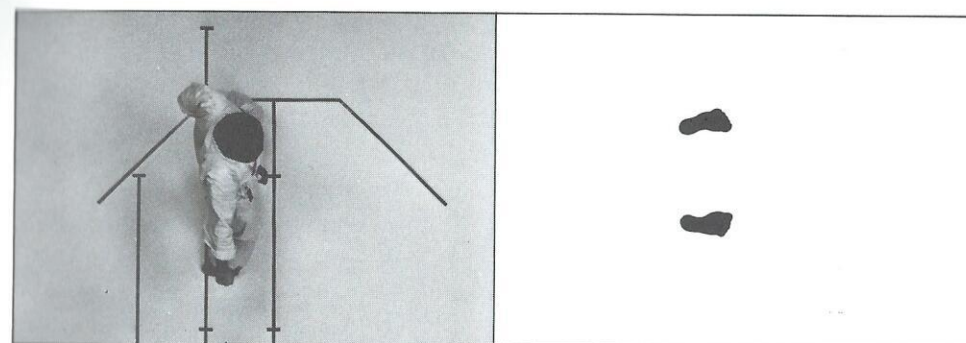
59 Migi gedan barai



nicht in die Tekki 1 rutschen



Right downward block



59.

127