

Block 6

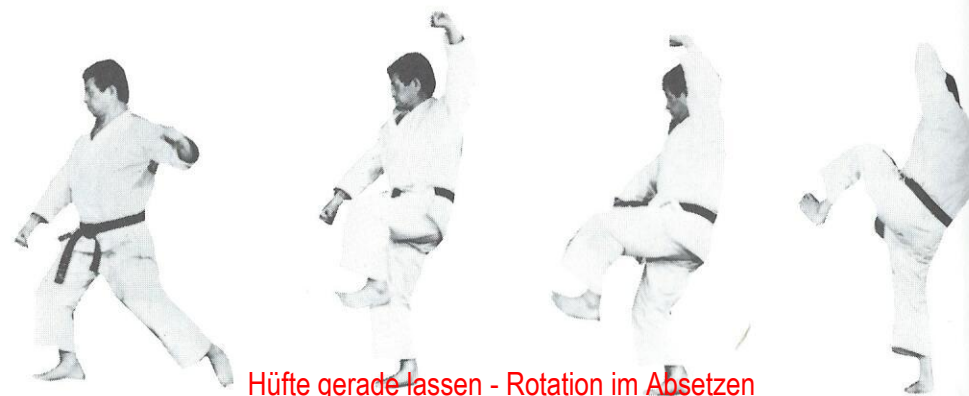
DAS RIESENRAD DREHEN



gedan uke / otoshi tsuki

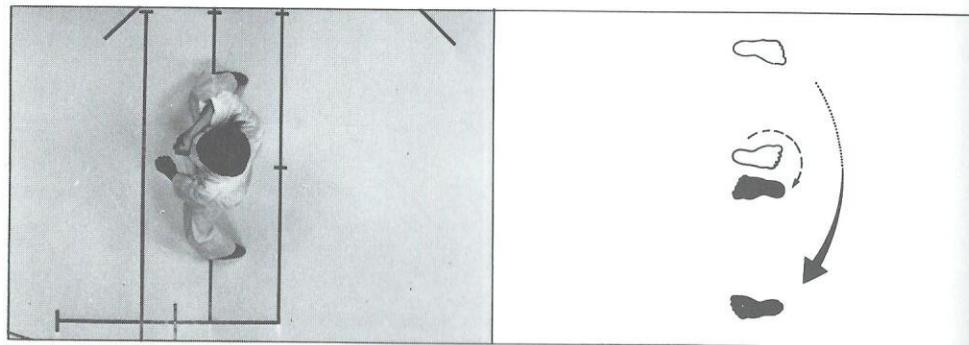
kosa uke

nidan geri / tate uraken



Hüfte gerade lassen - Rotation im Absetzen

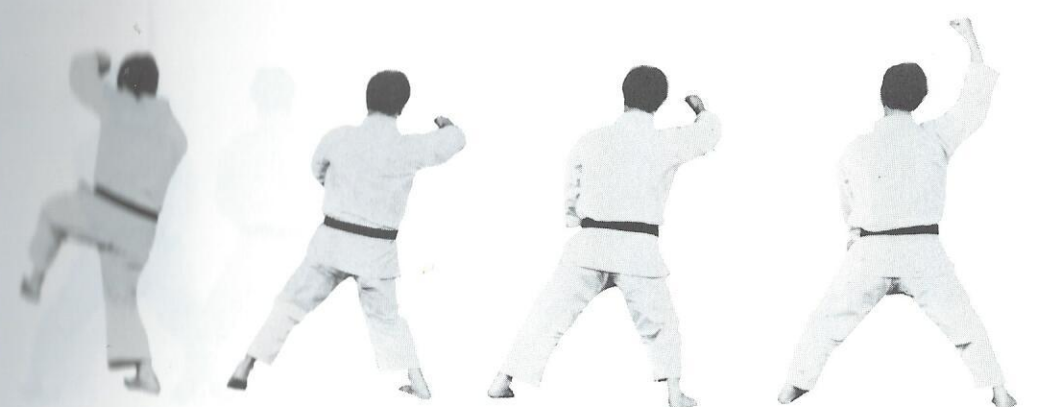
Downward block with left fist/Upward swing with right fist
With right leg as pivot, turn hips widely to the right. Raise left



60. Kiba-dachi

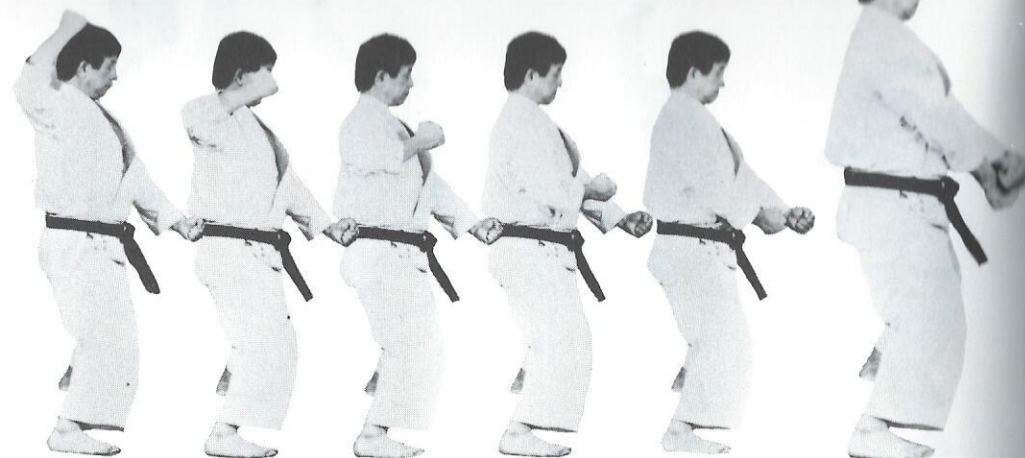


gedan uke mit Unterarminnenseite

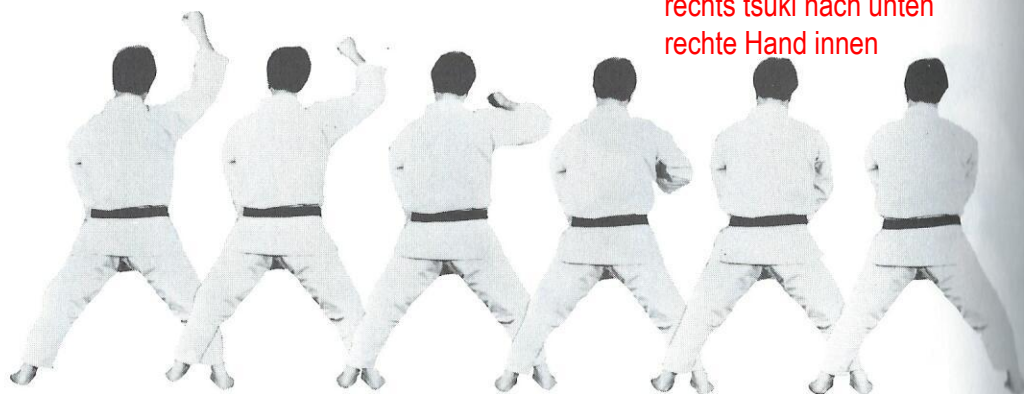


knee high for strong stamping kick. Execute hand movements at the same time as hip rotation.

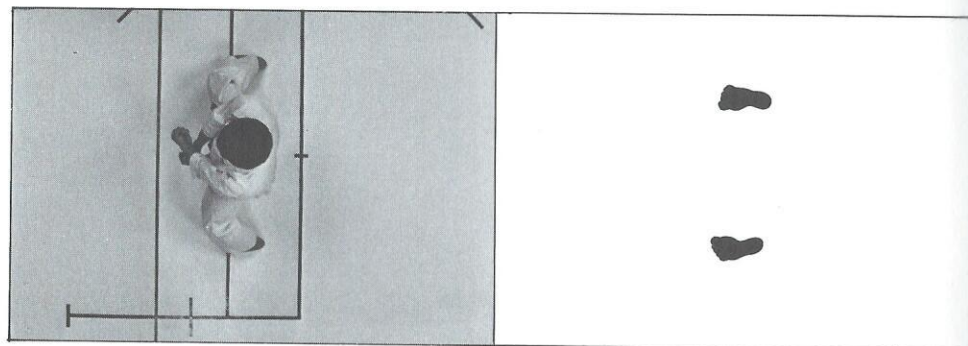
61 Migi ken otoshi-zuki



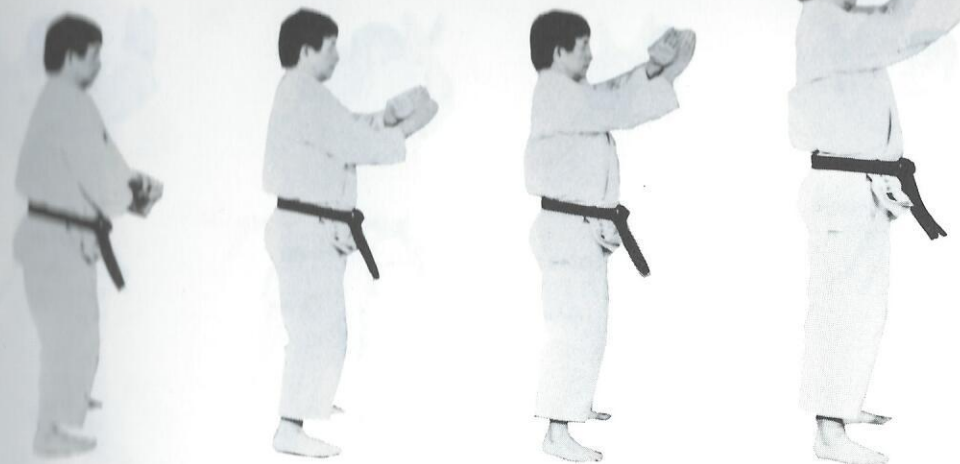
rechts tsuki nach unten
rechte Hand innen



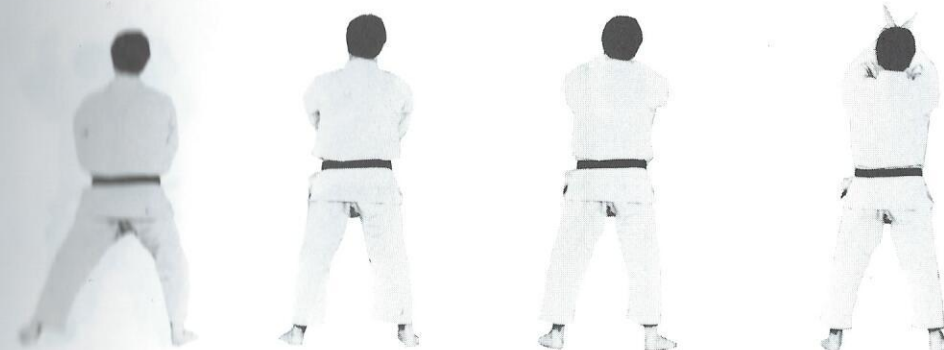
Downward punch with right fist Bring right fist (back outward)
behind left fist, crossing wrists.



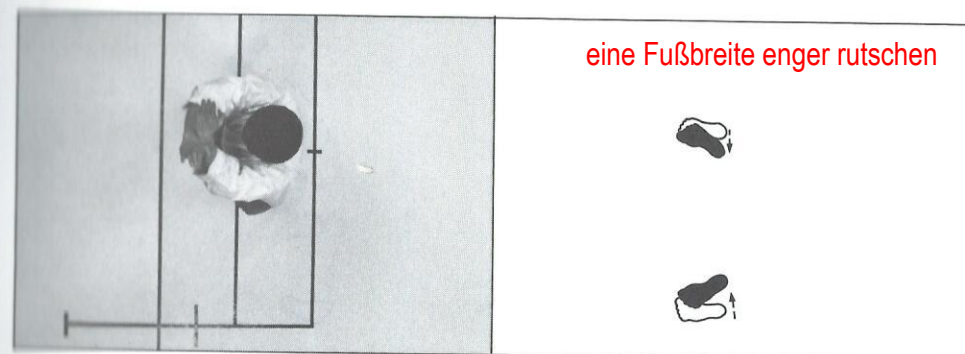
62 Ryō shō atama ue kōsa uke



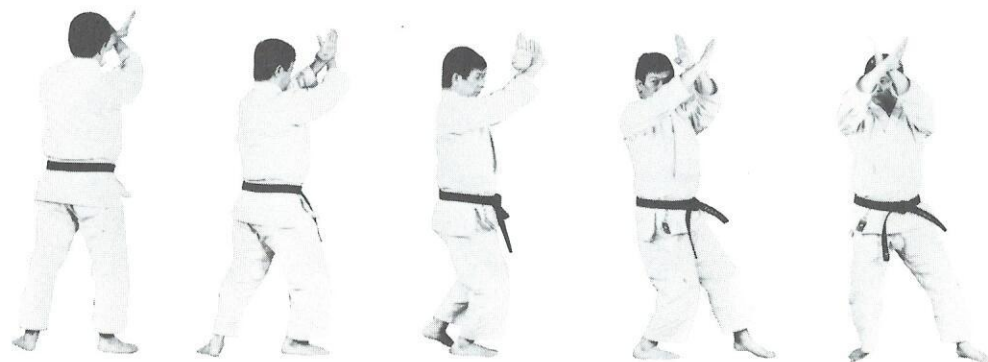
atama = Kopf
kōsa uke = kreuzender Block



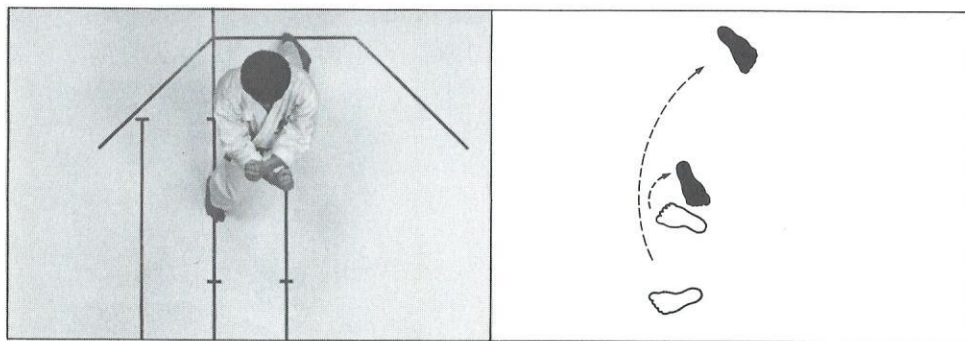
Cross block, both hands above head Backs of hands facing
each other. Straighten knees to come to shizen-tai.



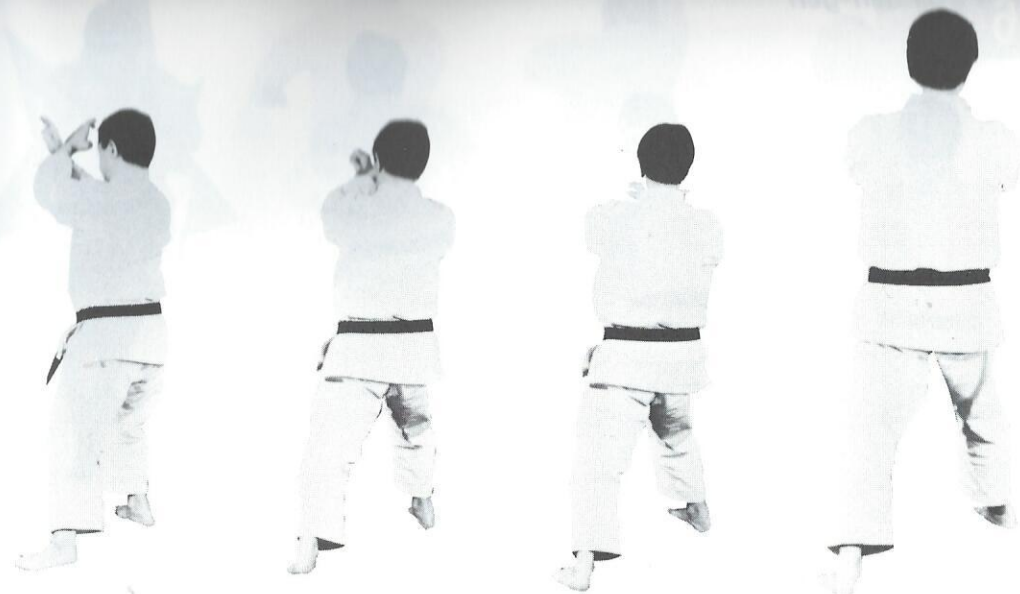
eine Fußbreite enger rutschen



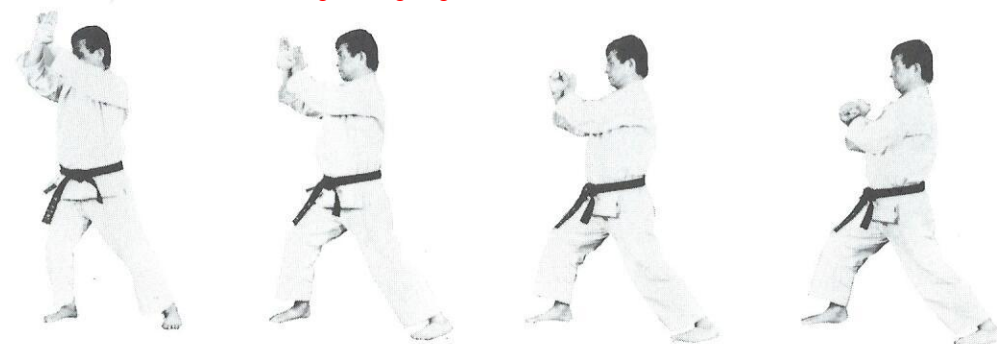
Both fists crossing in front of jaw With the right leg as pivot, rotate hips widely to the right. Clench both fists and lower them slowly.



63. Migi zenkutsu-dachi



bei Zugbewegung Hände schließen

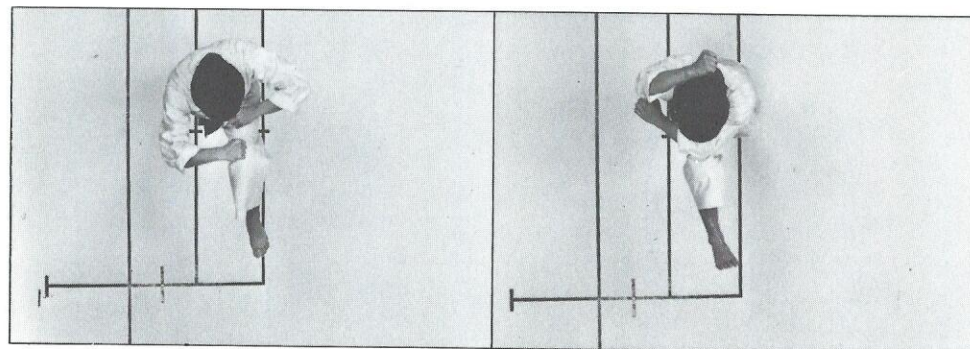


maximal bis eigene Solarplexushöhe



geri 1

Two level kick



64.

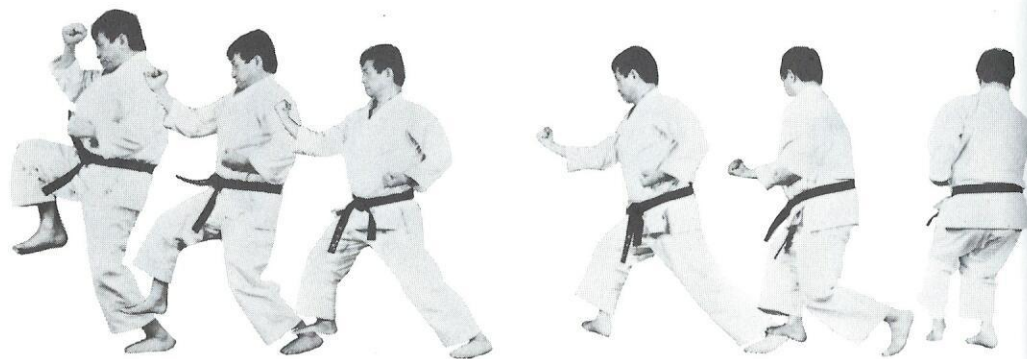
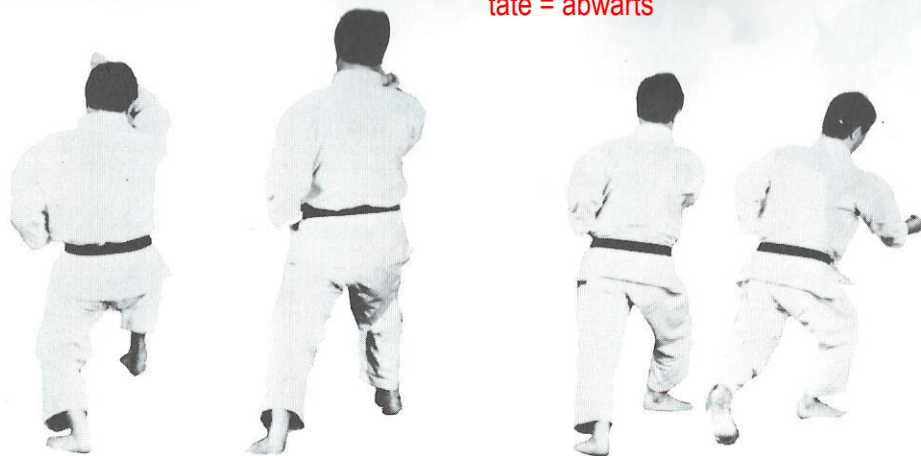
134



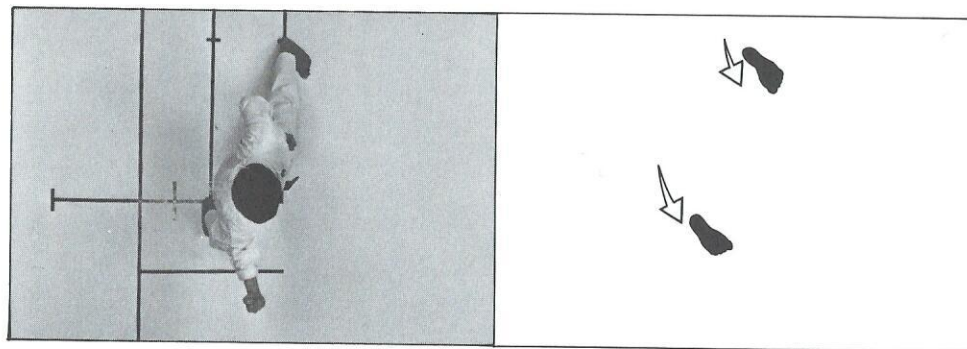
geri 2

wer es kann der kann es - muss aber nicht sein

tate = abwärts



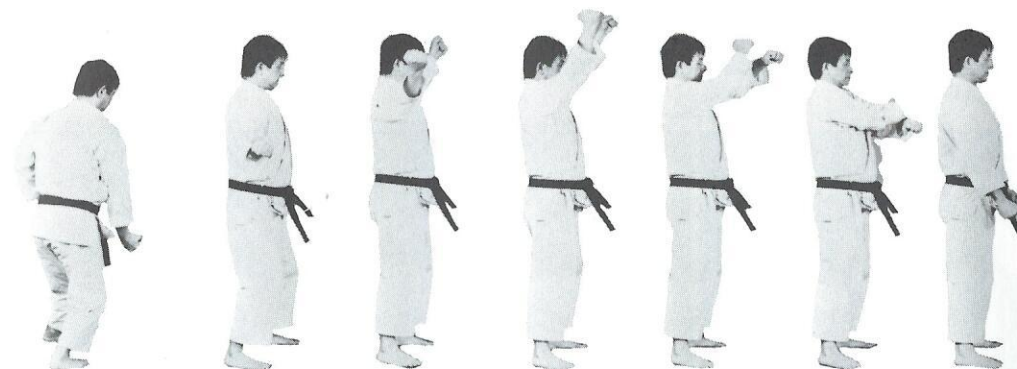
Vertical strike with right back-fist/Left fist
at left side



65. Migi zenkutsu-dachi



umgekehrte Kreisbewegung wie am Anfang



In a movement complementary to the wide opening of the arms
at the beginning, make a wide, circular closing movement.

