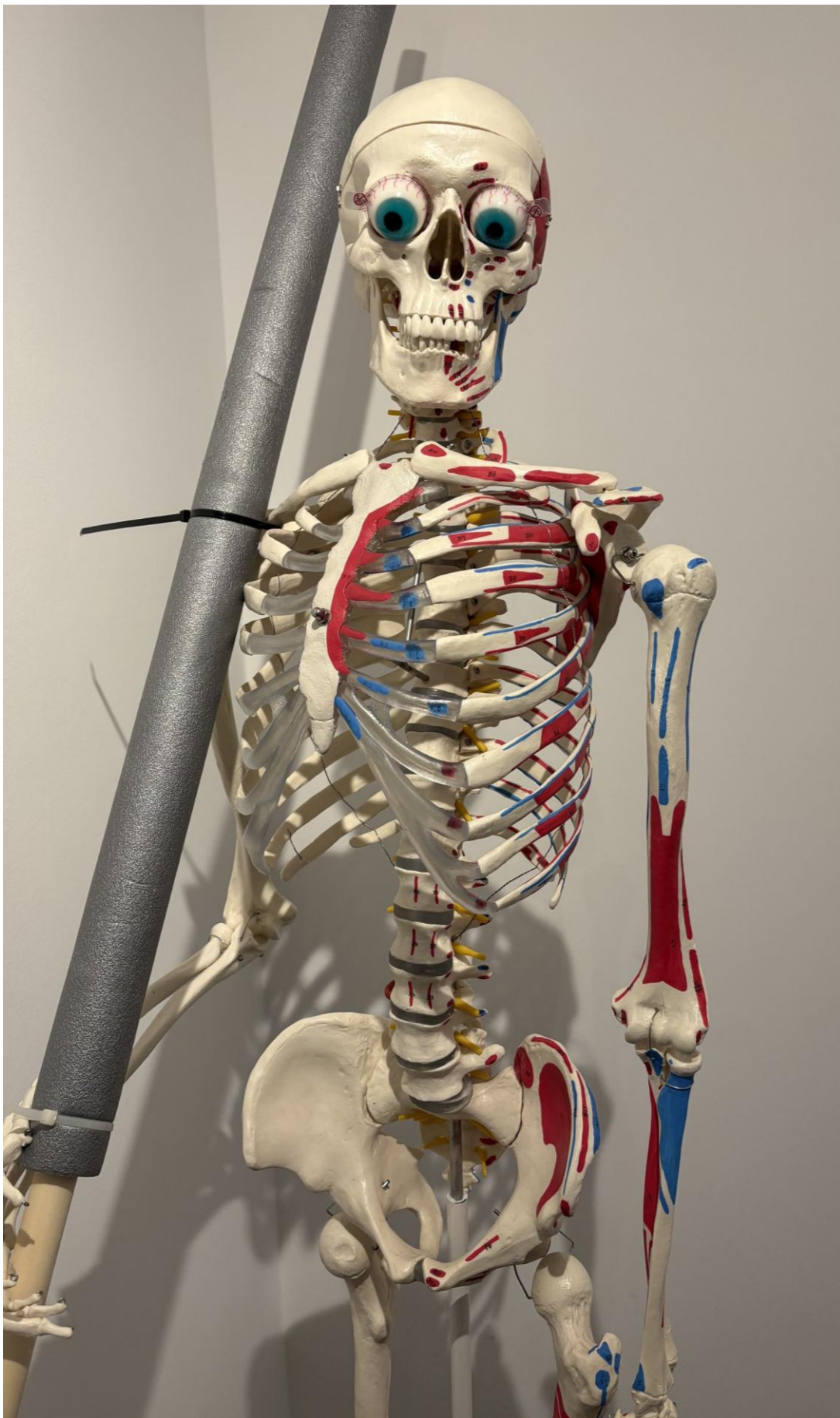


Block 2

DAS AUGE ISST MIT



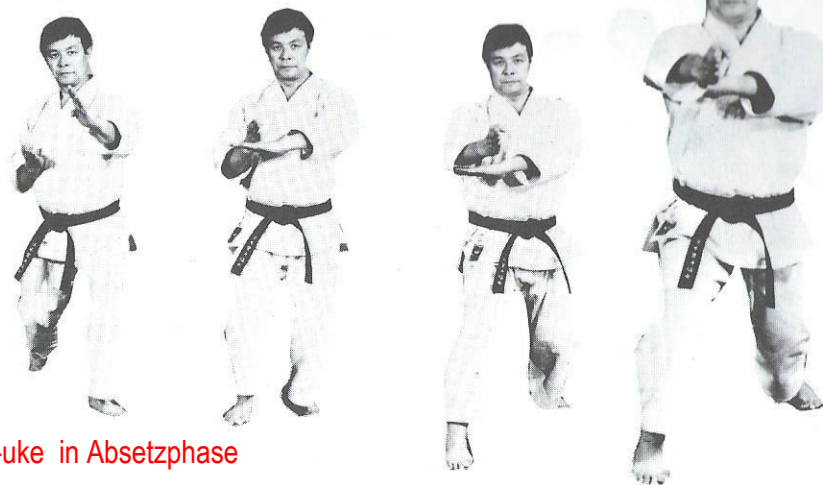
shuto jodan / jodan uke

mae keage

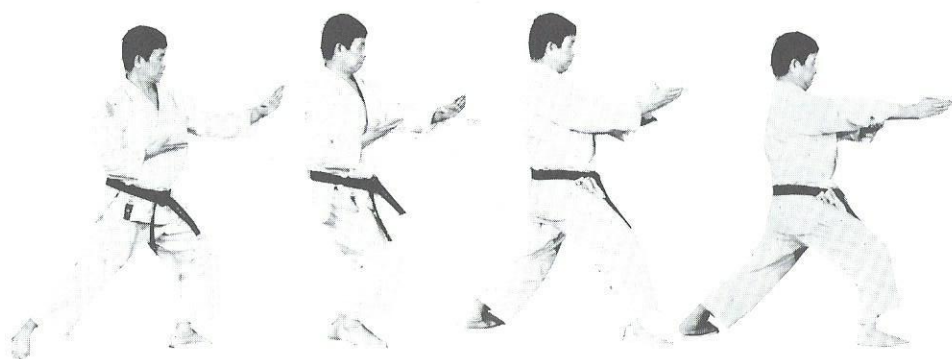
jodan uchi uke/gedan uke

gedan shuto / te nagashi

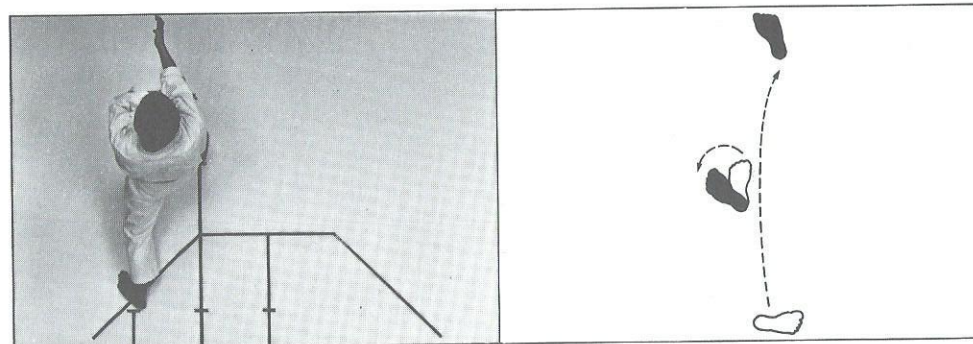
15 Migi nukite chūdan-zuki
Hidari shō osae-uke



osae-uke in Absetzphase



Right spear hand middle level punch/Pressing block with left palm Advance one step forward.



15. Migi zenkutsu-dachi

16 Migi shutō jōdan yoko mawashi-uchi
Hidari shō hitai mae jōdan uke/Gyaku hanmi

Block 2 - Das Auge isst mit

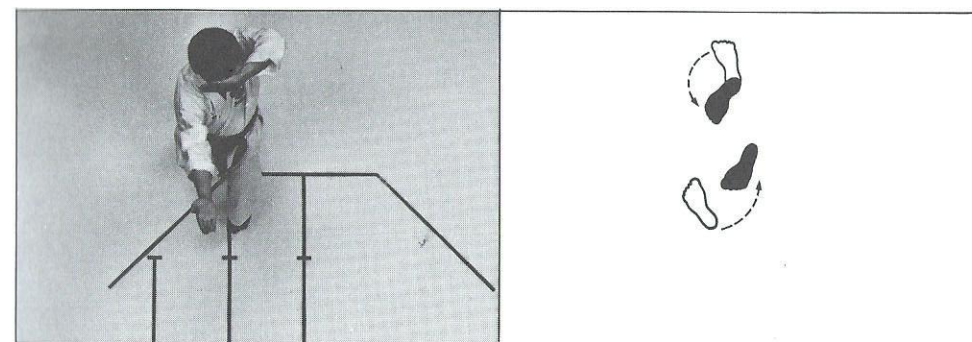


links gedan uke mit offener Hand

Wende mit Hüftschub



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



16. Hidari mae hiza yaya kussu

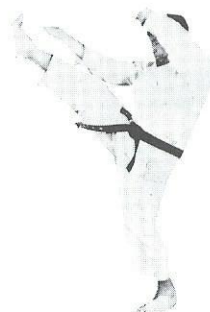
Widerspruch Lehrvideo Fersendrehung / Ballendrehung

17

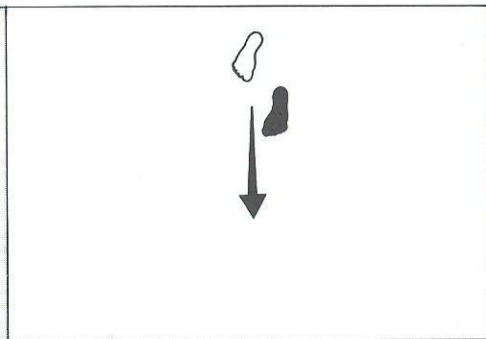
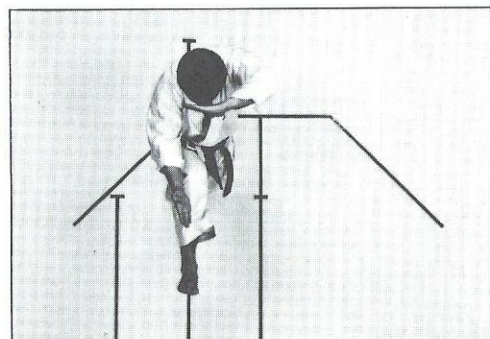
Jōtai sono mama
Migi mae keage



geri - Richtung Fingerspitzen



Upper body as is/Right front snap kick



17. Hidari ashi-dachi

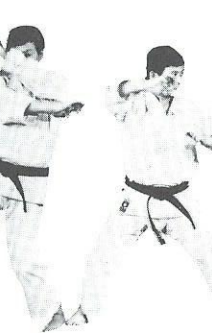
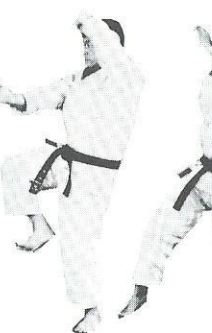
18

Migi ken migi sokumen jōdan uchi uke
Hidari ken hidari sokumen gedan uke

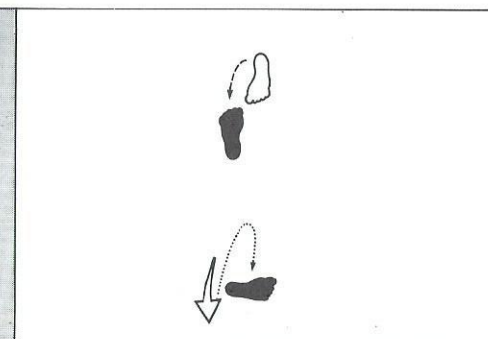
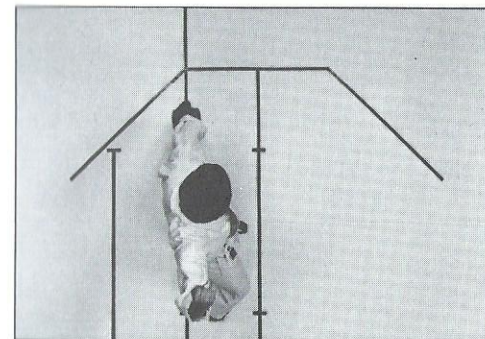


Ausholphase Hände offen

Aufmerksamkeit auf gedan uke



Upper level block, inside outward, to right side with right fist/
Downward block to left side with left fist

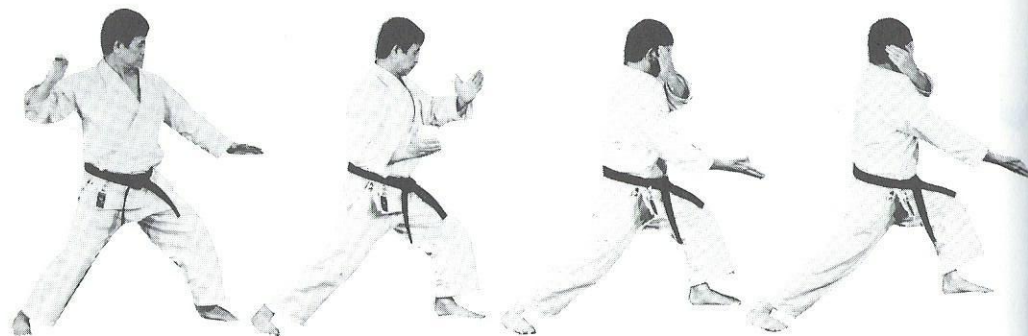


18. Migi kōkutsu-dachi

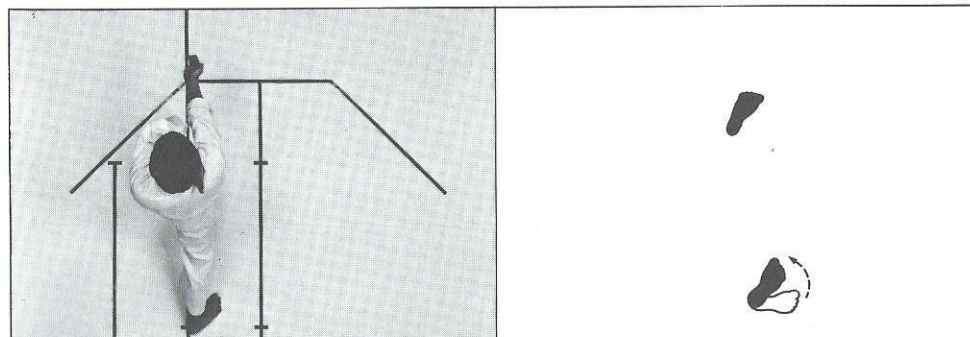
19 Migi shutō gedan uchi-komi
Hidari shō migi kata ue nagashi-uke



shuto-uchi / kein nuki-te
schmaler zenkutsu-dachi



Lower level strike with right sword hand/Sweeping block, left
palm to right shoulder Left palm diagonally upward.



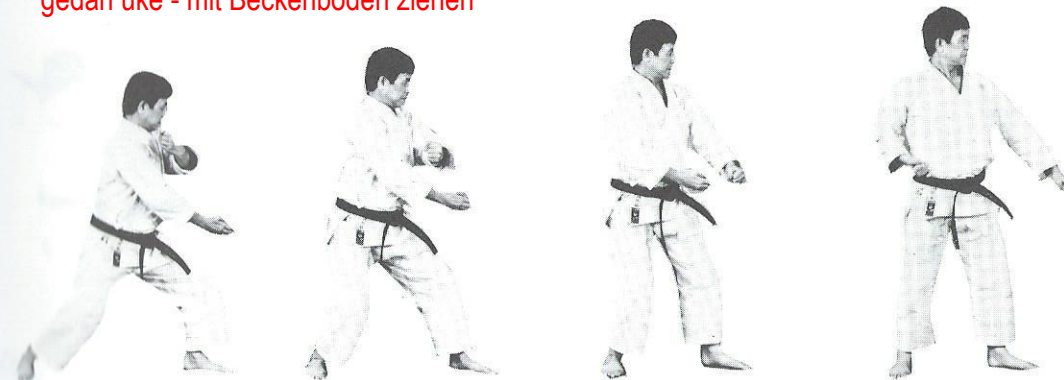
19. Hidari hiza kussu

schmaler zenkutsu dachi - maximal 1/2 der Regelbreite
minimales Umsetzen

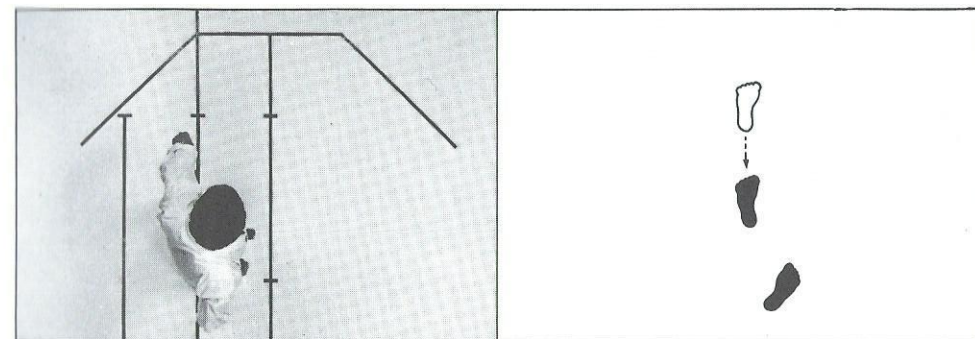
20 Hidari ken gedan ni nobasu
Migi ken migi koshi



gedan uke - mit Beckenboden ziehen

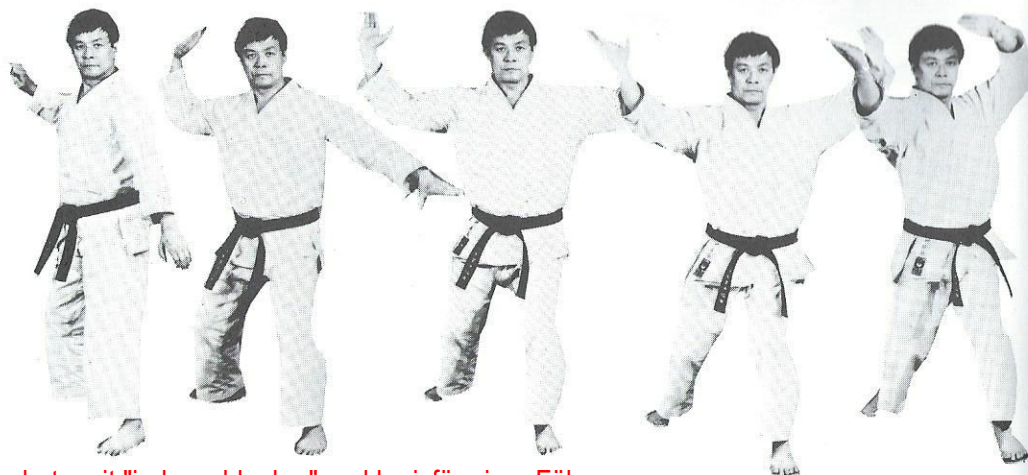


Left fist extended downward/Right fist at right side Execute
slowly, as if wringing something out.

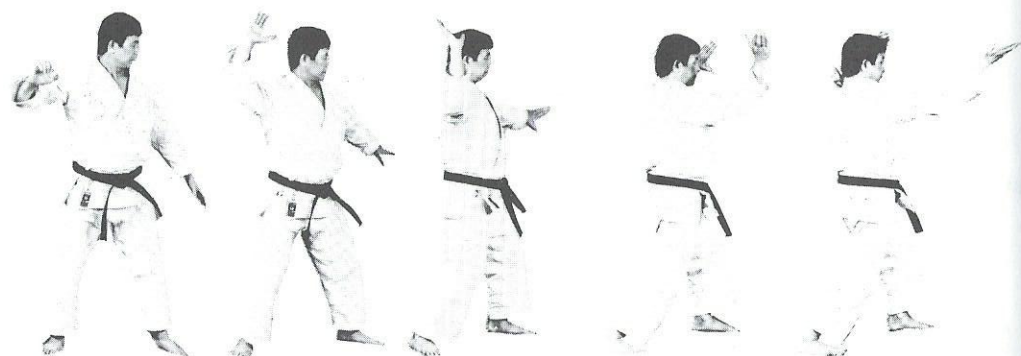


20. Hidari mae shizen-tai

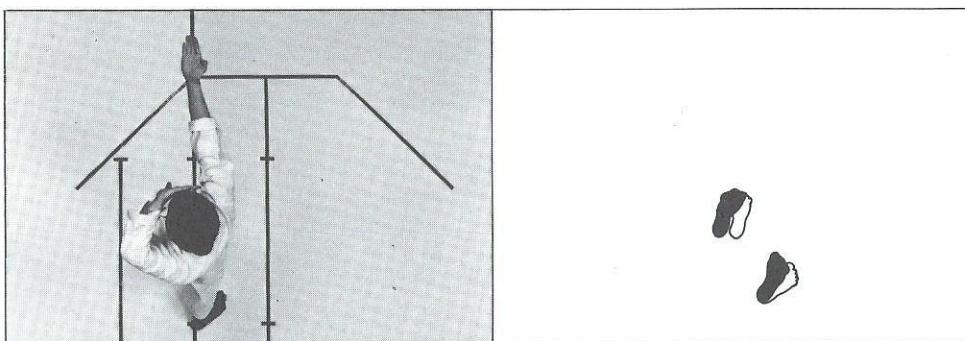
21 Migi shutō iōdan yoko mawashi-uchi
Hidari shō hitai mae iōdan uke



shuto mit "jodanschlenker" und kreisförmiger Führung

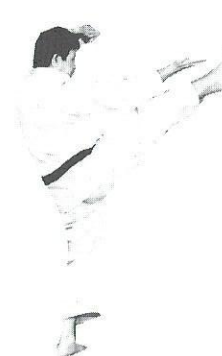


Upper level horizontal strike with right sword hand/Upper level block, left palm in front of forehead/Reverse half-front-facing position

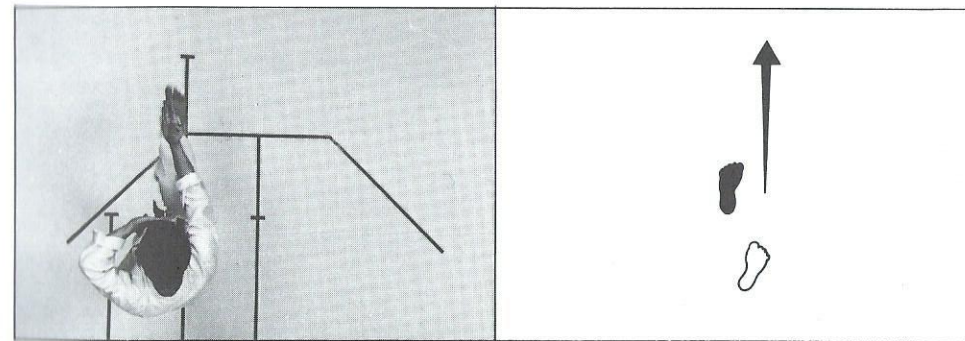


21. Hidari hiza kussu

22 Jōtai sono mama
Migi mae keage



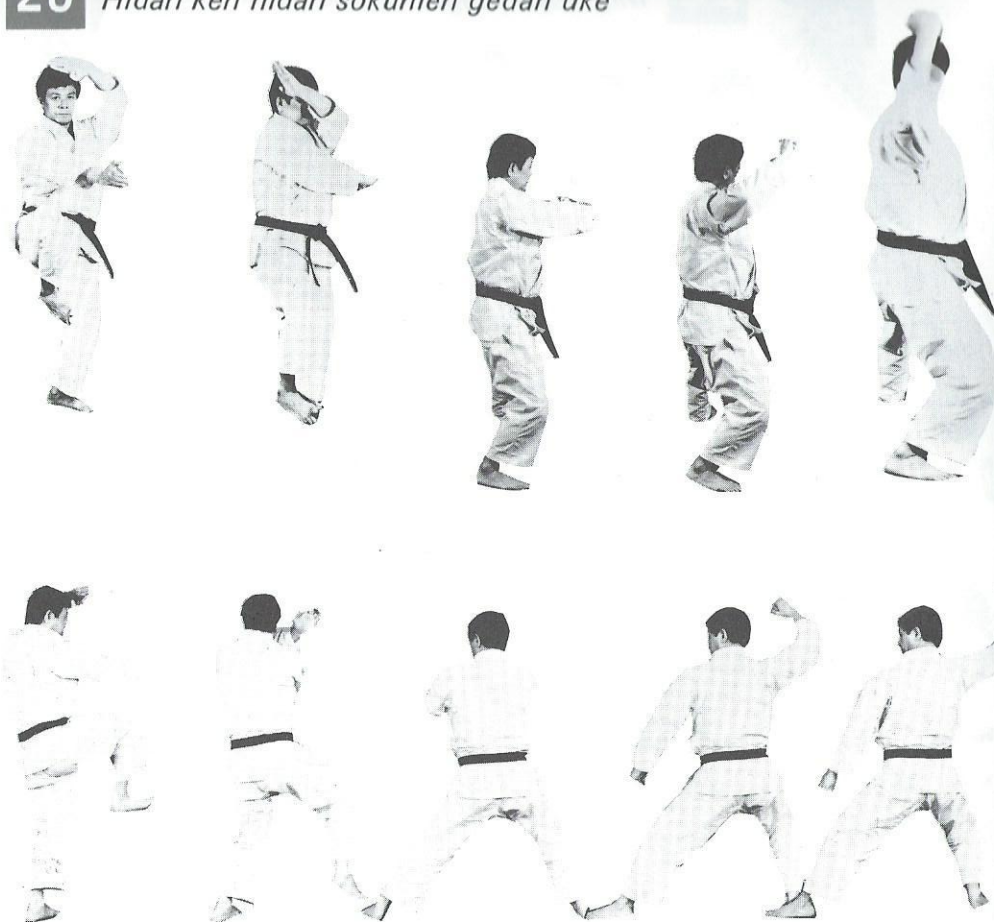
Upper body as is/Right front snap kick



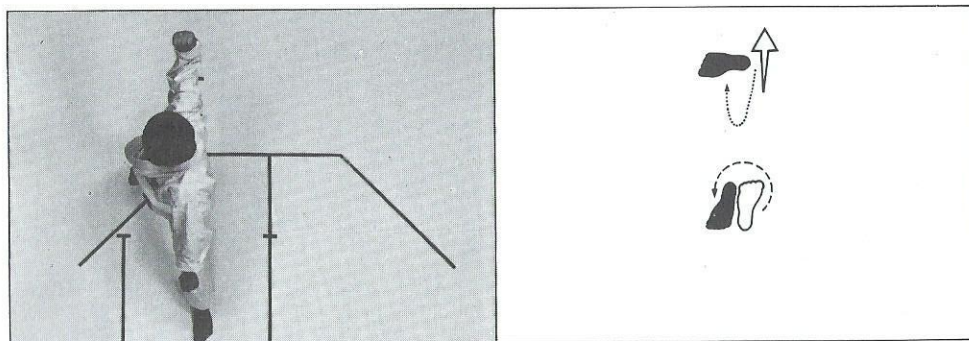
22. Hidari ashi-dachi

23

Migi ken migi sokumen jōdan uchi uke
Hidari ken hidari sokumen gedan uke



Upper level block, inside outward, to right side with right fist/
Downward block to left side with left fist



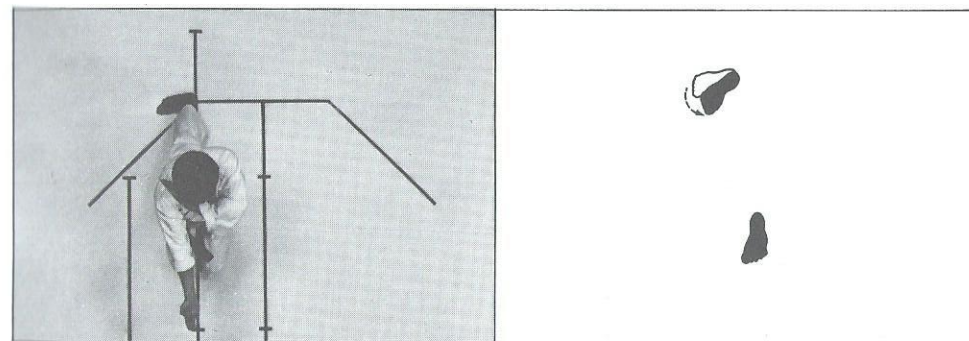
23. Migi kōkutsu-dachi

24

Migi shutō gedan uchi-komi
Hidari shō migi kata ue nagashi-uke



Lower level strike with right sword hand/Sweeping block, left
palm to right shoulder Feet in same position.



24. Hidari hiza kussu

schmaler zenkutsu dachi - maximal 1/2 der Regelbreite
minimales Umsetzen