

Block 1

AUSWEICHEN IST BESSER



haiwan jodan uke

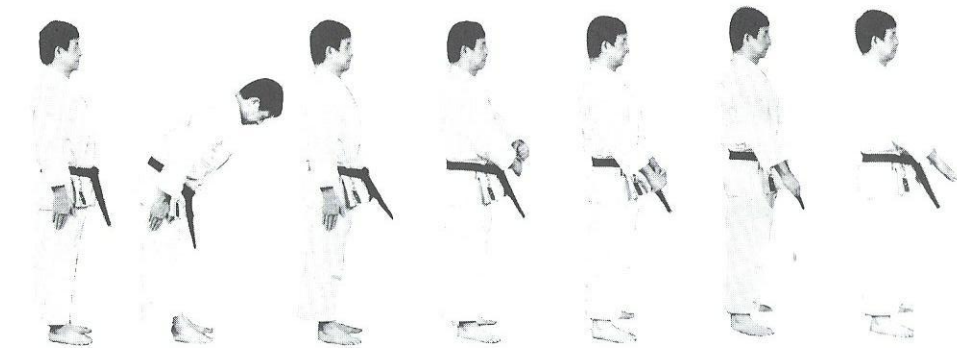
choku tsuki

uchi uke

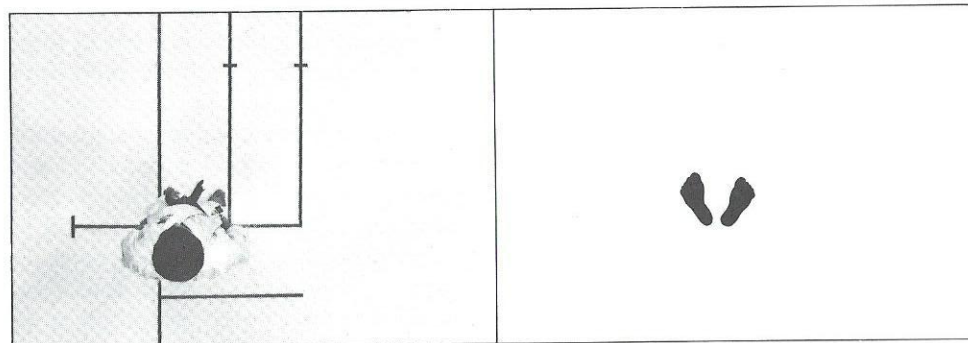
yoko keage

shuto uke

osae uke / nukite



Slowly and quietly bring the hands together, placing the right fingertips on the left hand.



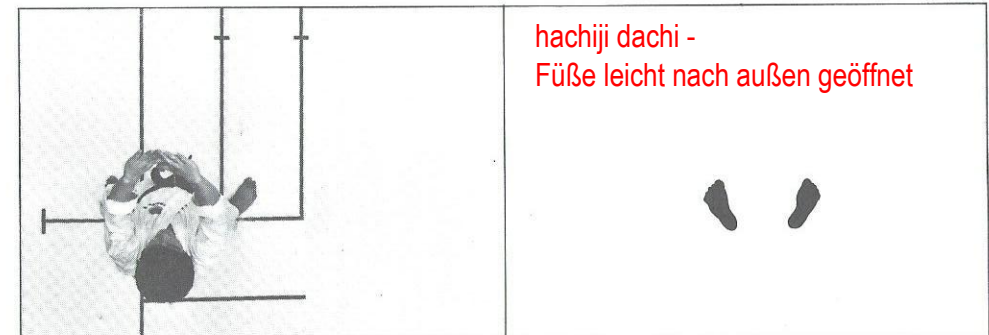
Shizen-tai.



ab Augenhöhe geht der Kopf und Blick leicht mit Atem "passiv einfließen" lassen

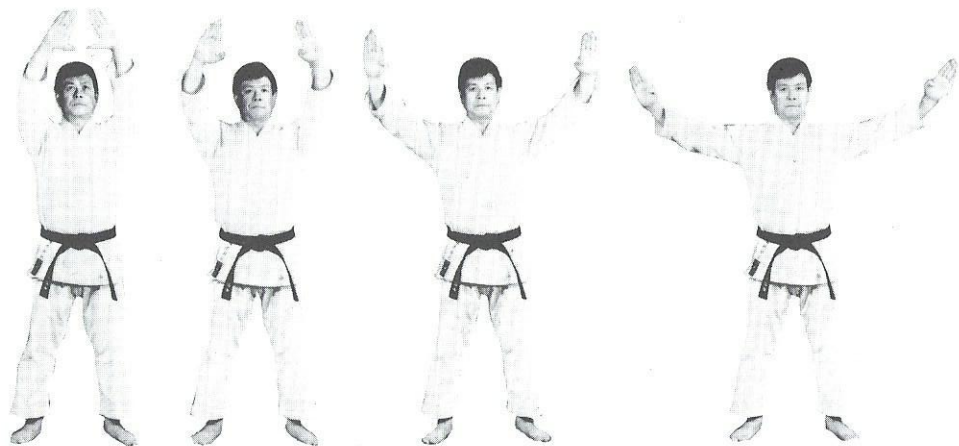


Hands together diagonally above the forehead Both palms outward. Look through the fingers at the sky.



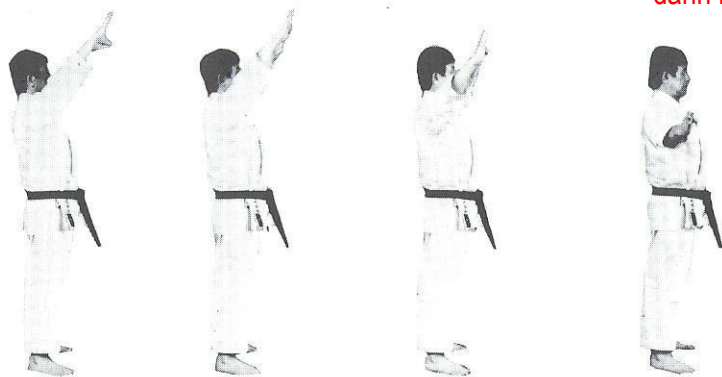
hachiji dachi -
Füße leicht nach außen geöffnet

1. Hachinoji-dachi

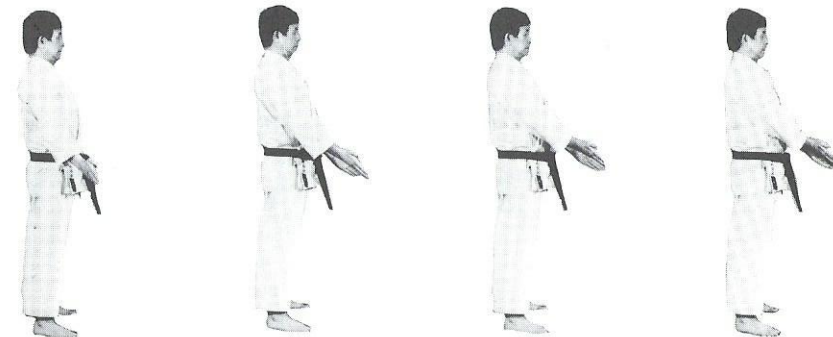


schnell öffnen

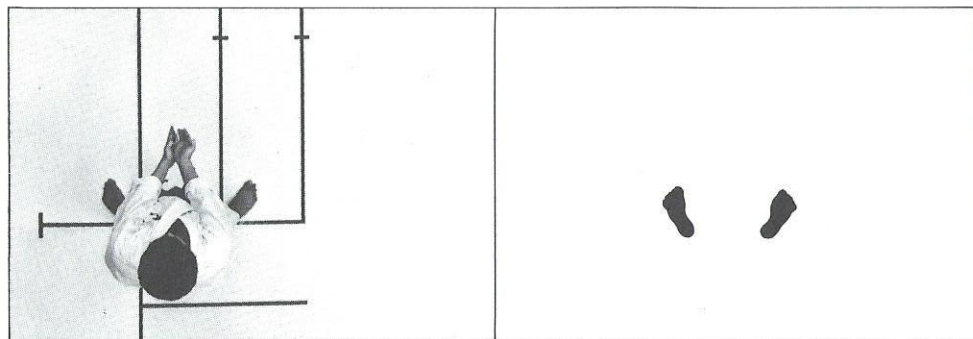
dann langsam weiter und Atem "passiv abfließen" lassen



Open hands to the sides/Both hands in front of abdomen
Forcefully for an instant, then naturally and quietly, lower

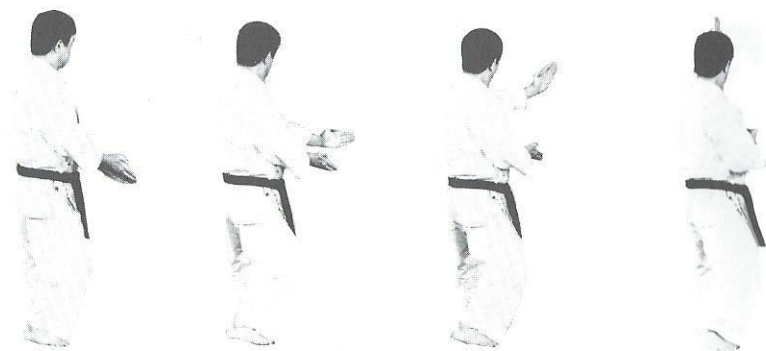


hands. Straighten elbows lightly and quietly. Bring palms diagonally outward, right in front of left.



3

Hidari haiwan hidari sokumen jōdan uke Blick mitte Unterarm innen
Migi shō mune mae kamae hikite-Hand höher



Upper level block to left side with upper side of forearm/Right palm in front of chest kamae Left palm frontward.

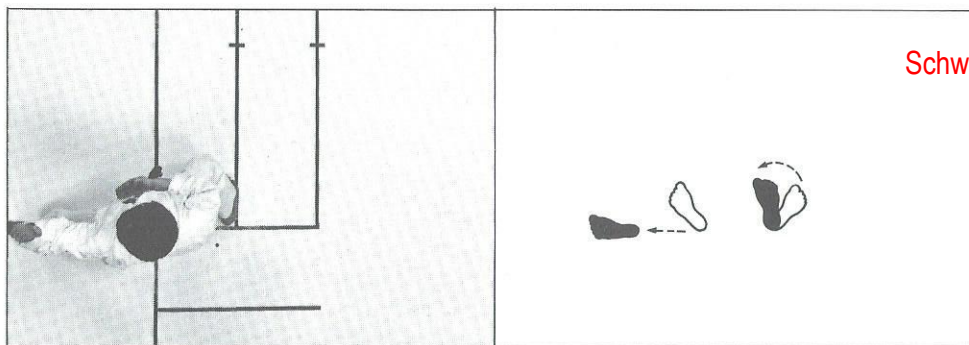
hidari = links
 migi = rechts
 sokumen = Seite

4

Migi haiwan migi sokumen jōdan uke
Hidari shō mune mae kamae

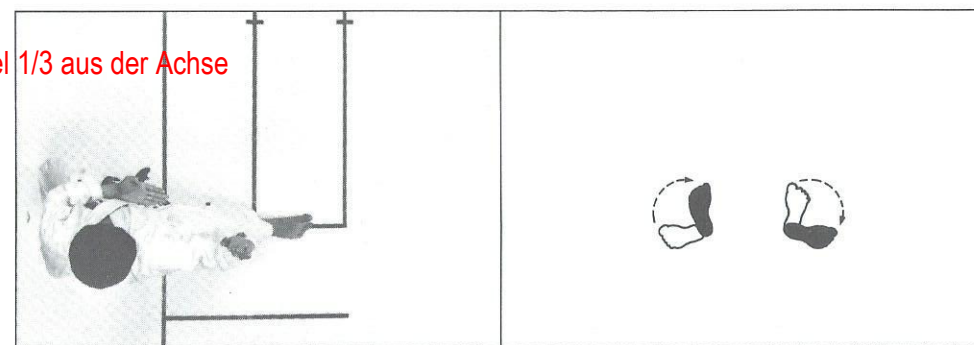


Upper level block to right side with upper side of right forearm/Left palm in front of chest kamae Movements 3, 4 very rapid.



3. *Migi kōkutsu-dachi*

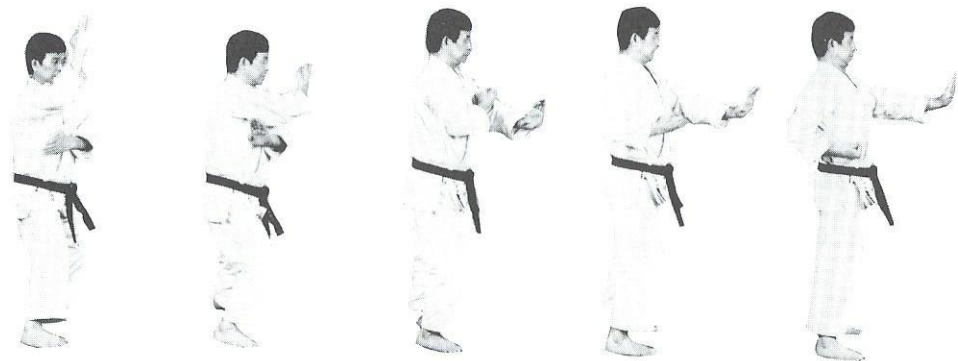
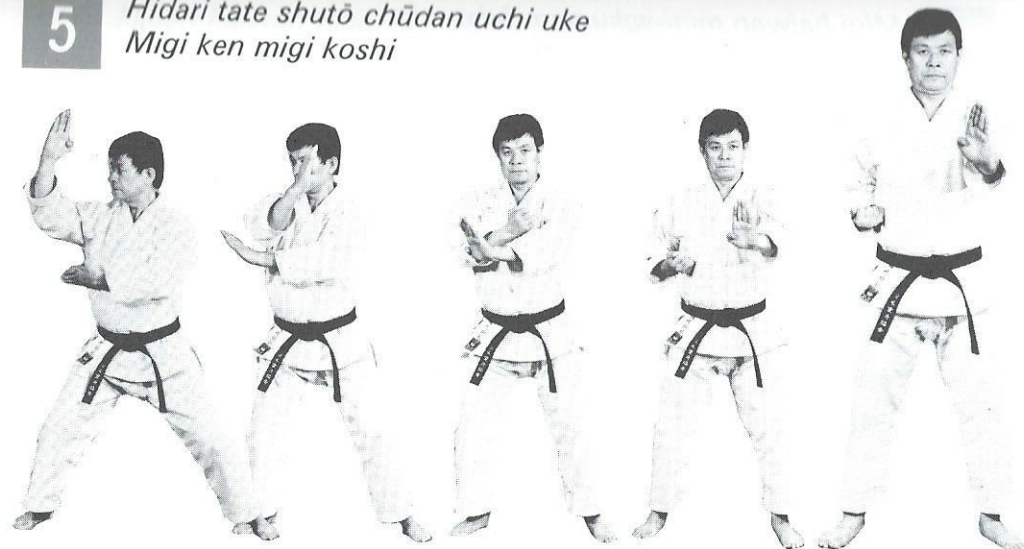
Schwerpunktwechsel 1/3 aus der Achse



4. *Hidari kōkutsu-dachi*

5

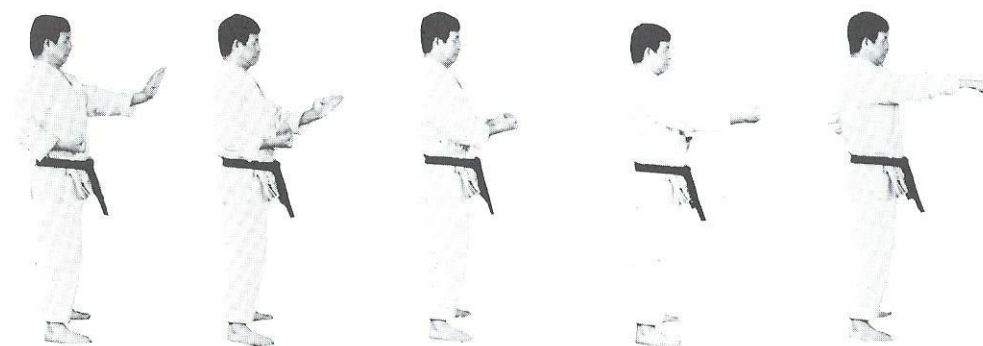
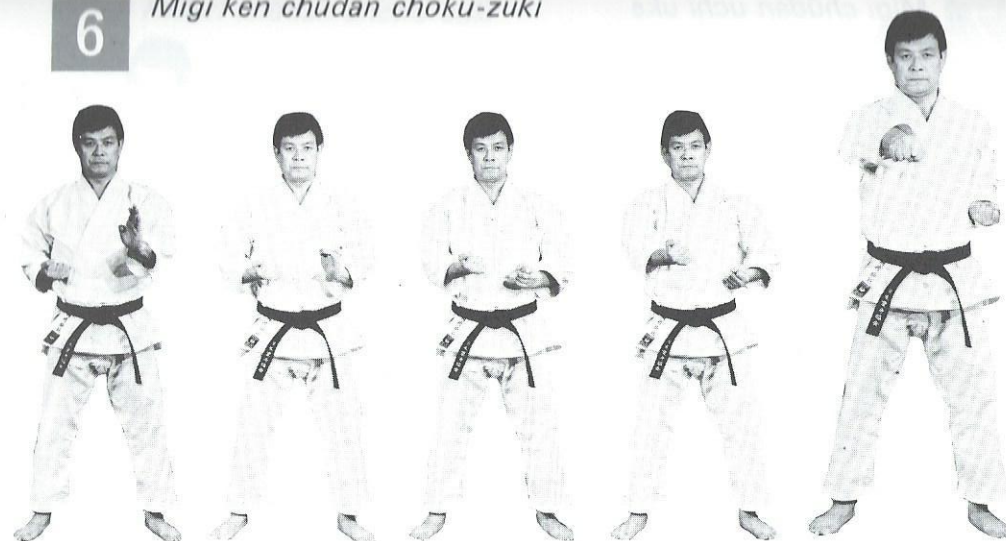
Hidari tate shutō chūdan uchi uke
Migi ken migi koshi



Middle level block, inside outward, with left vertical sword hand/Right fist at right side Feet in place, straighten knees.

6

Migi ken chūdan choku-zuki



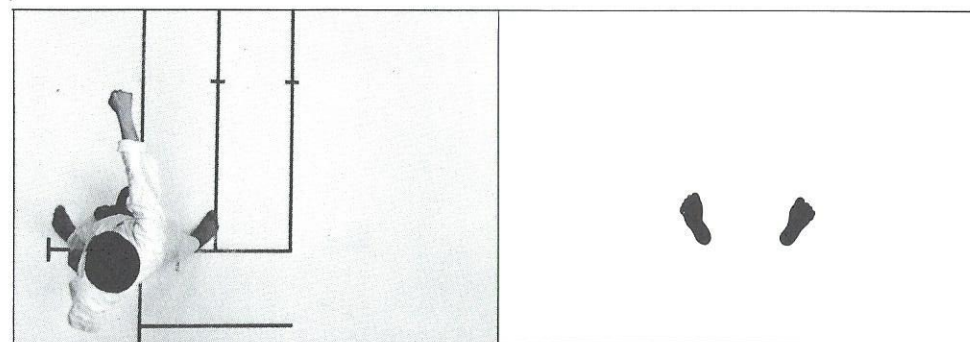
Middle level straight punch with right fist

Mitte eigene Körperachse



hachiji dachi -
Füße leicht nach außen geöffnet

5. Hachinoji-dachi



6.

7

Migi chūdan uchi uke

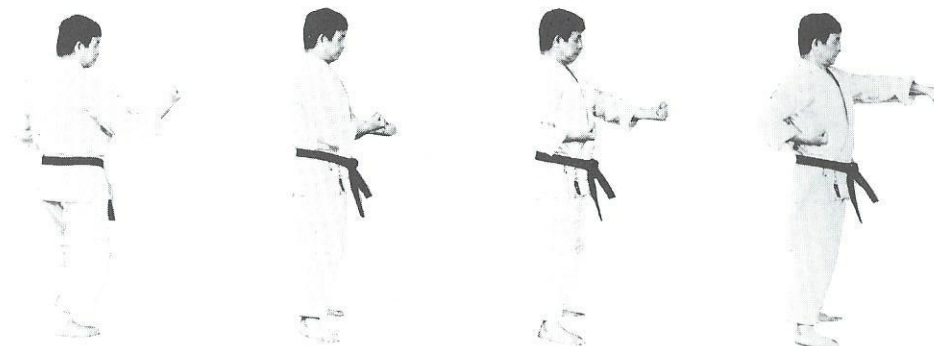
Block 1 - Ausweichen ist besser



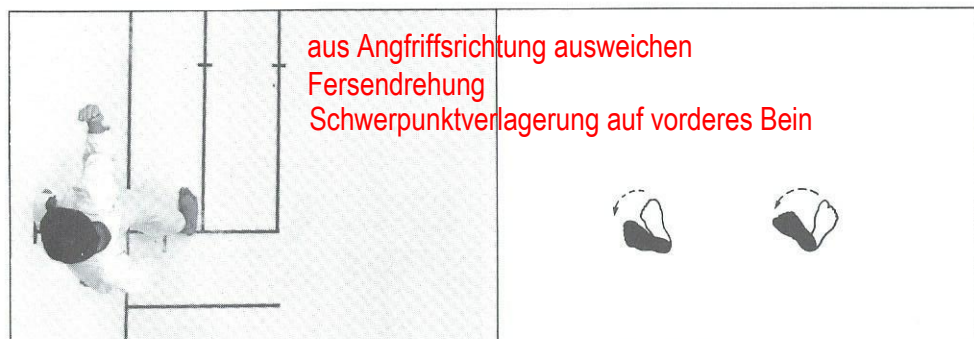
Right middle level block, inside outward Describe a circle with elbow as the center. No power in right elbow.

8

Hidari chūdan choku-zuki



Left middle level straight punch Rotate hips to the right.



aus Angriffsrichtung ausweichen
Fersendrehung
Schwerpunktverlagerung auf vorderes Bein

7. Hidari hiza kussu

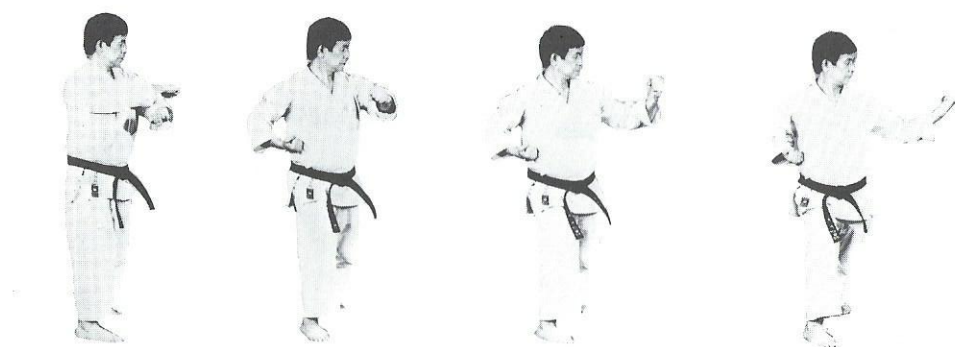


hachiji dachi -
Füße leicht nach außen geöffnet

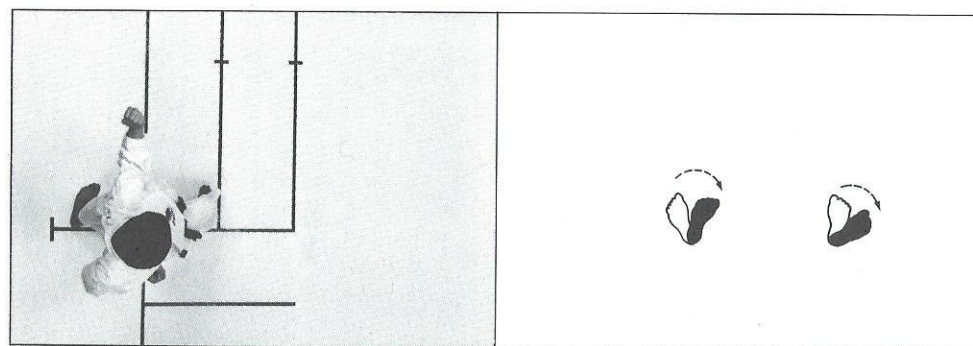
8. Hachinoji-dachi

9

Hidari chūdan uchi uke



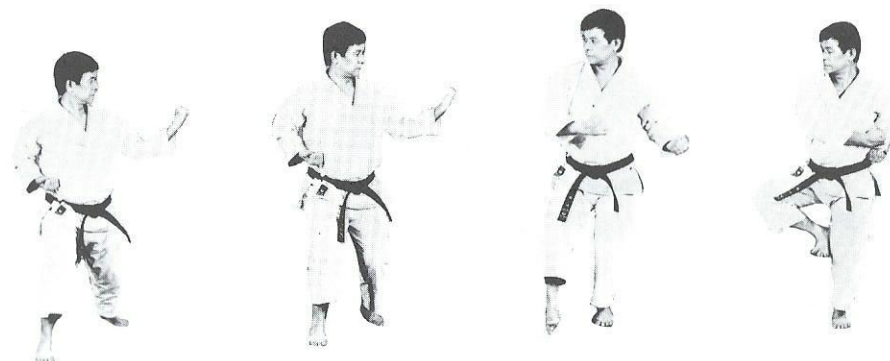
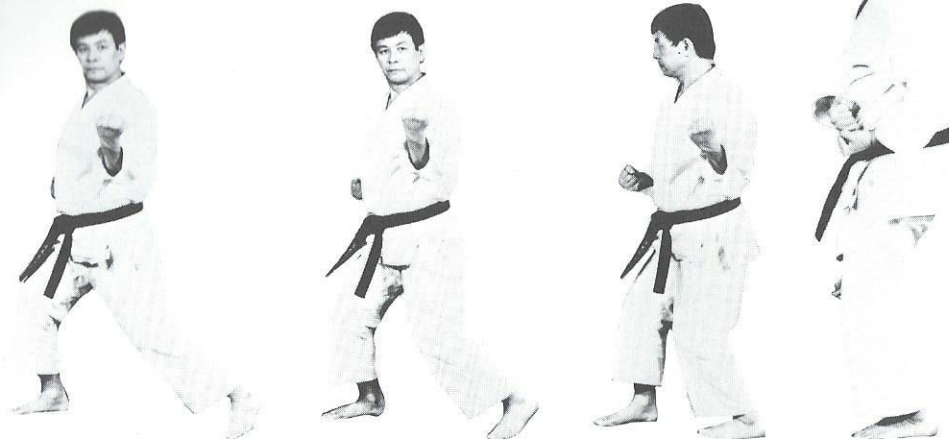
Left middle level block, inside outward



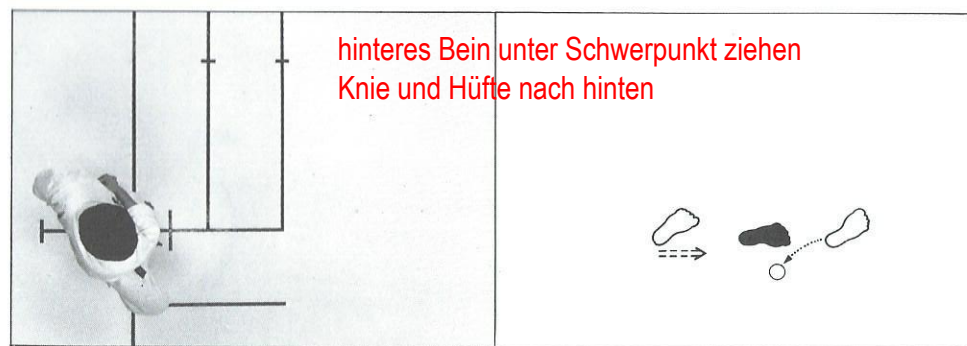
9. Migi hiza kussu

10

Ryō ken hidari koshi kamae



Both fists left side kamae Right fist (back frontward) on left fist (back downward).



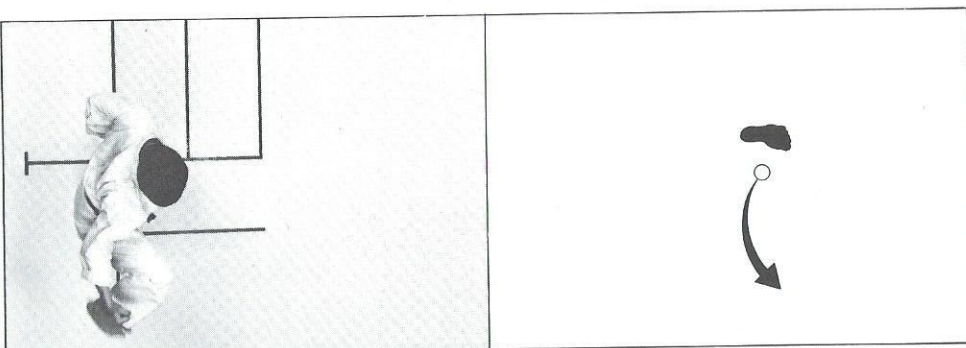
hinteres Bein unter Schwerpunkt ziehen
Knie und Hüfte nach hinten

10. Hidari ashi-dachi

11 Migi uraken jōdan yoko mawashi-uchi Migi yoko keage

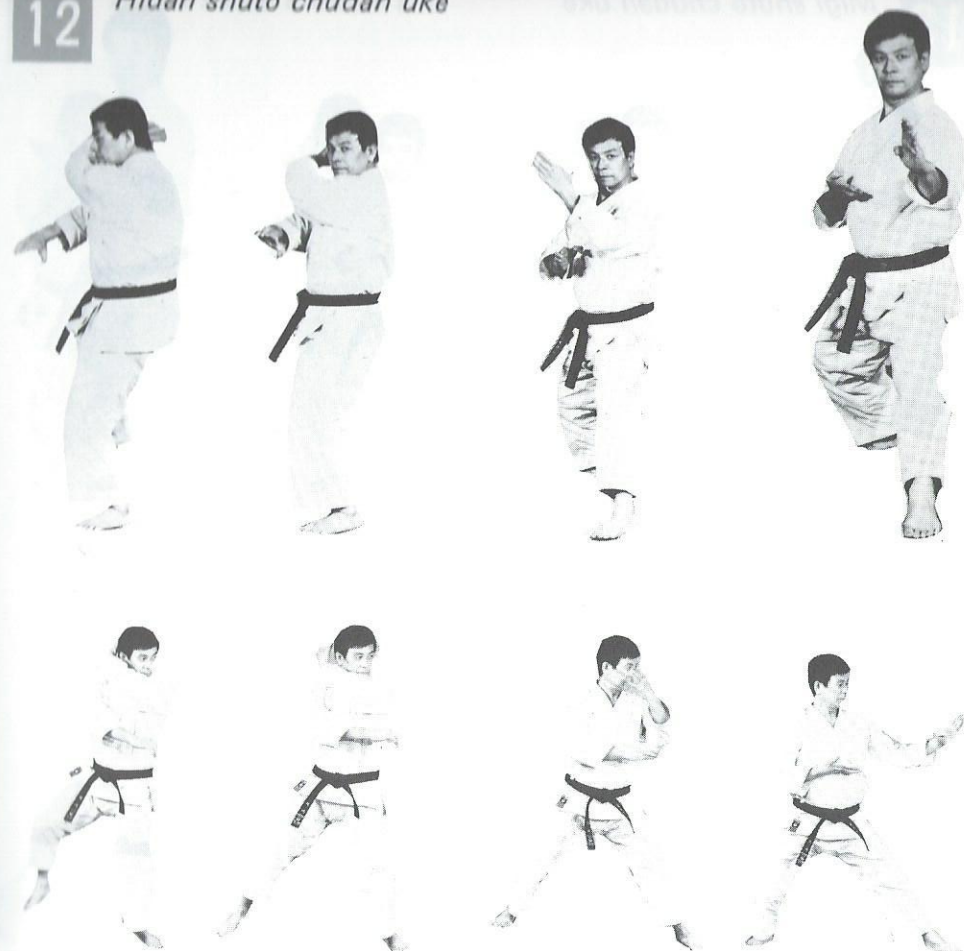


Upper level horizontal strike with right back-fist/Right side snap kick

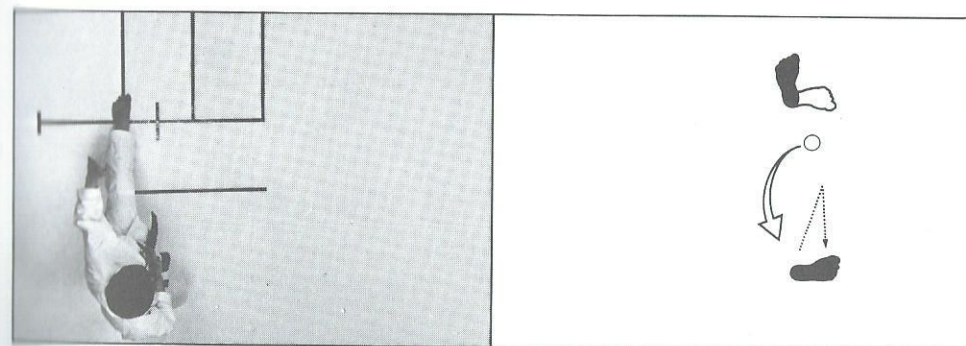


11.

12 Hidari shutō chūdan uke



Left sword hand middle level block Lower kicking foot, turn to the rear.



12. Migi kōkutsu-dachi

13

Migi shutō chūdan uke



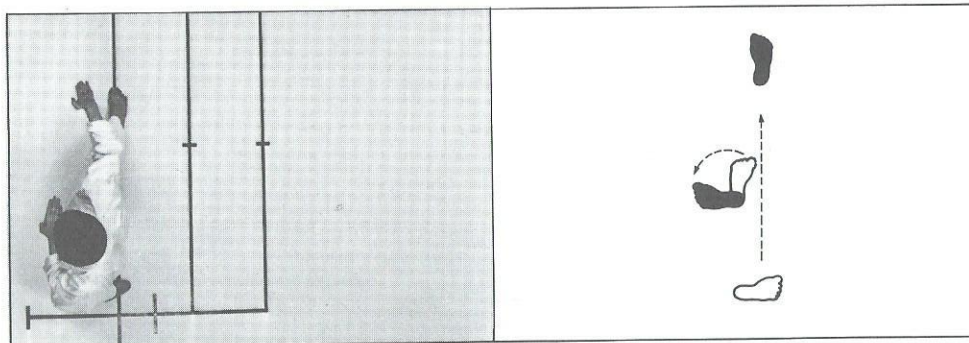
Right sword hand middle level block Advance one step forward.

14

Hidari shutō chūdan uke

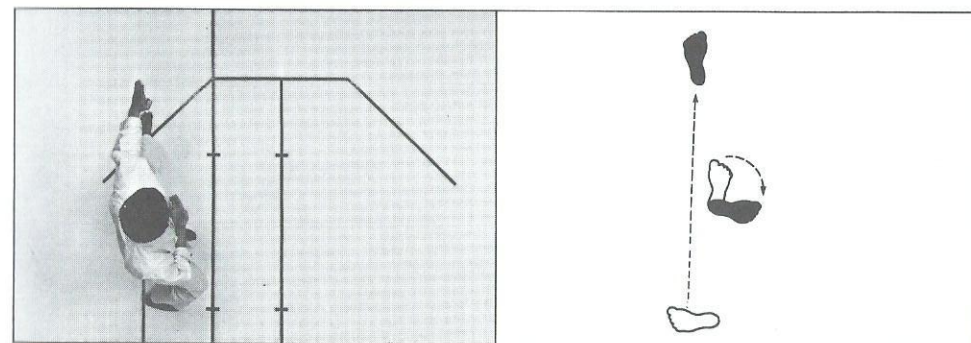


Left sword hand middle level block Advance one step forward.



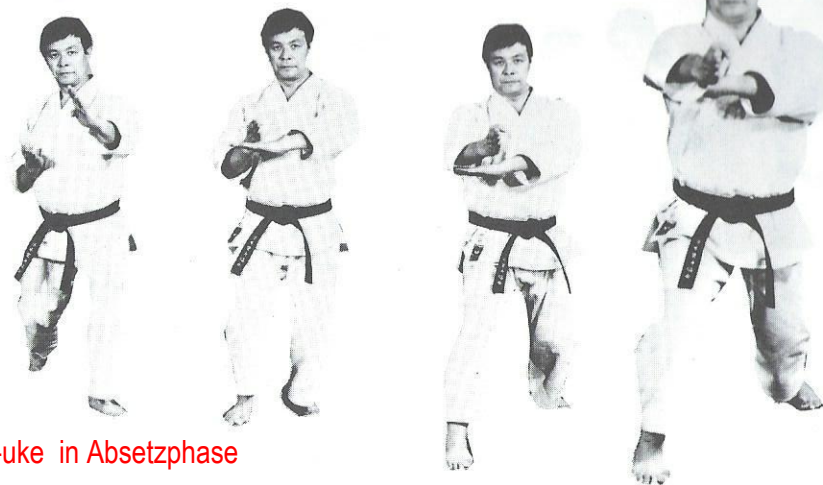
13. Hidari kōkutsu-dachi

Widerspruch Lehrvideo Fersendrehung / Ballendrehung

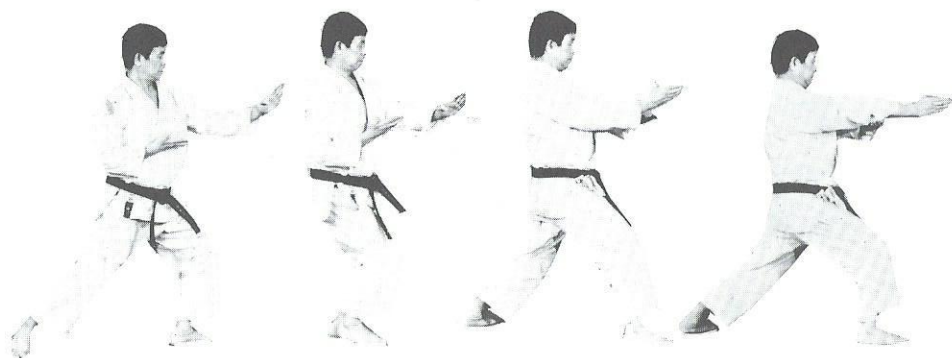


14. Migi kōkutsu-dachi

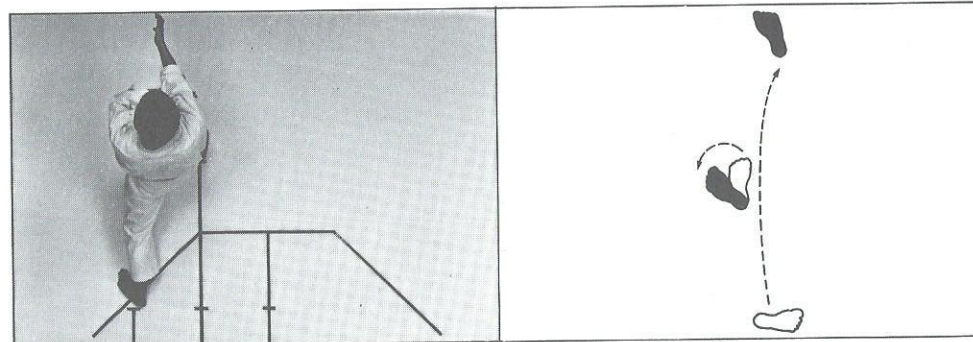
15 Migi nukite chūdan-zuki
Hidari shō osae-uke



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

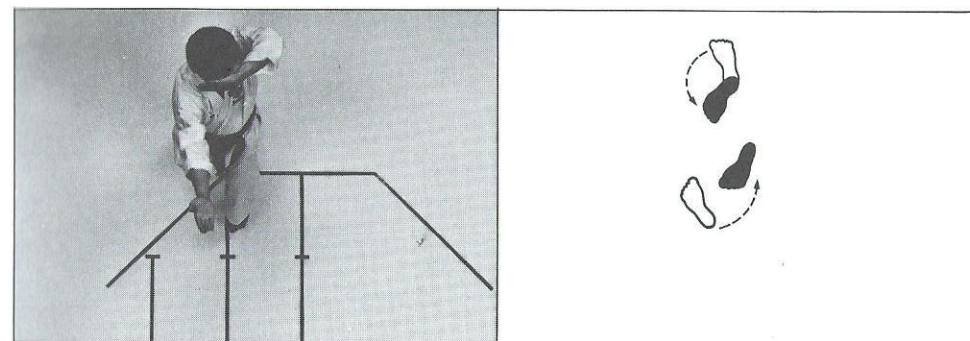


links gedan uke mit offener Hand

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 kusu