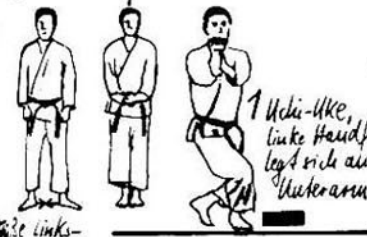


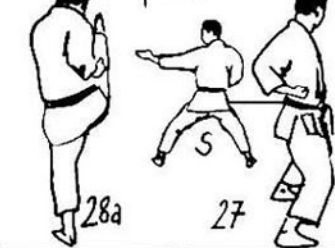
Bassai Dai

© by A. Flügel

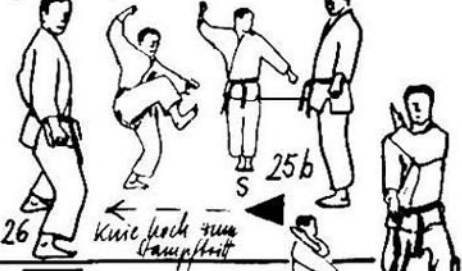
"Yo!" linke Hand um rechte Faust legen



Mikakubi-geri rechts in Handfläche

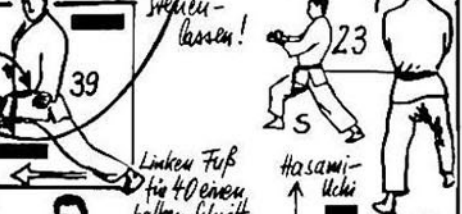
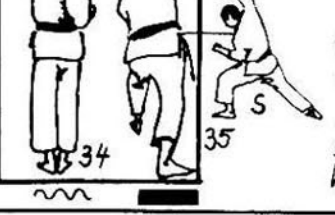
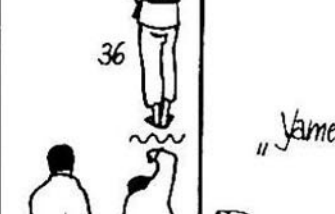
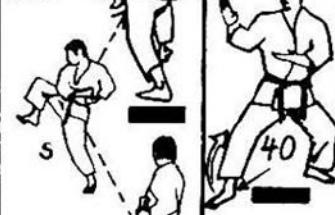
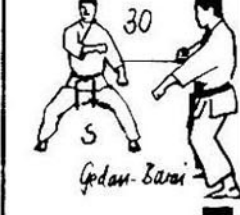
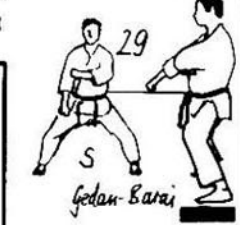
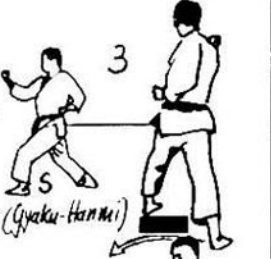
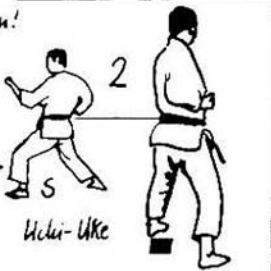


Gedan-Uke

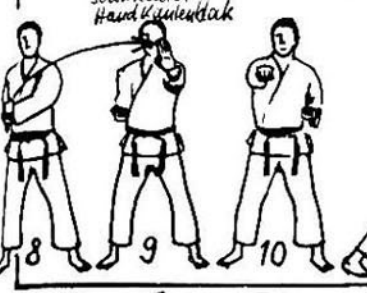


füße links-rechts zusammen!

拔砦大



■ = nach dem Kiwo gleich zu nächster Technik
 ■ = starker Kiwo, eine Sekunde Pause
 ▲ = langsame Bewegung zum vollen Kiwo
 S = Seitenausritt
 = langsame Bewegung ohne Kiwo
 - - - = zwischenzeitliche eigene Technik



Bei 8 bis 13 die Füße auf ihrem Platz lassen!

Dauer etwa 50 Sek.!