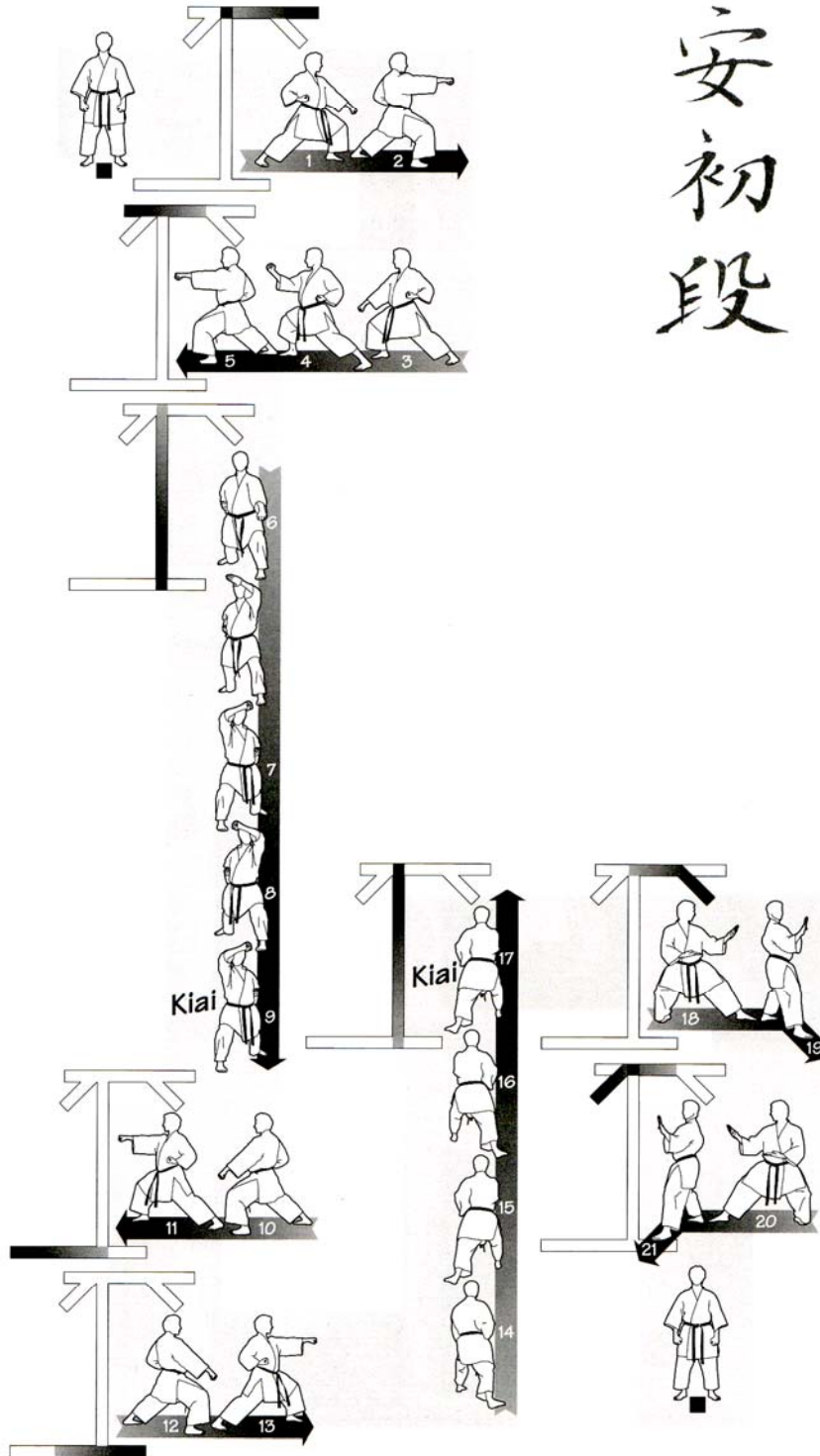


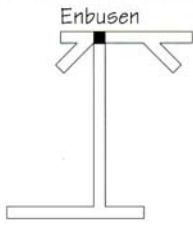
Heian shodan 平安初段

Auf einen Blick



平安 Heian shodan

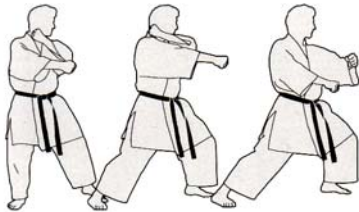
Frieden und Ruhe, 1. Stufe



平安
初
段



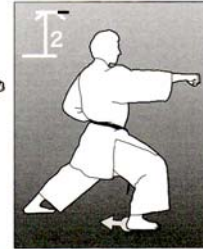
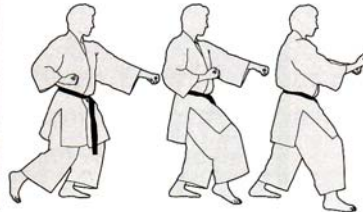
Yoi
Hachi ji dachi



90°



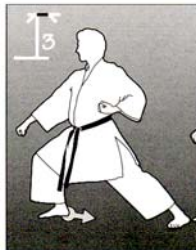
Gedan barai
Zenkutsu dachi



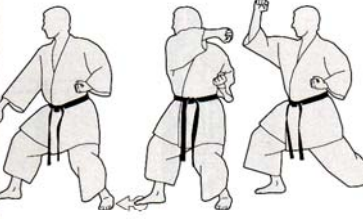
Chûdan oi zuki
Zenkutsu dachi



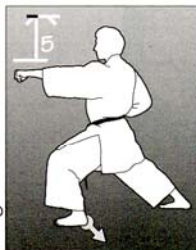
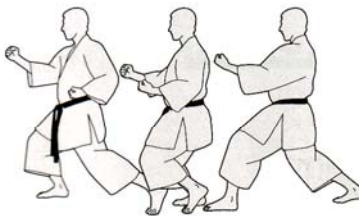
180°



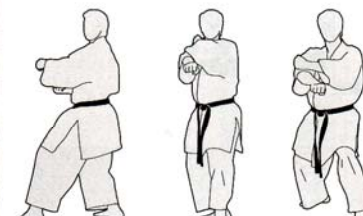
Gedan barai
Zenkutsu dachi



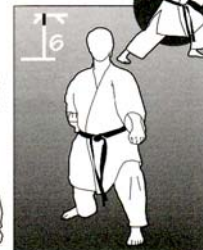
Chûdan tetsui uchi
Zenkutsu dachi



Chûdan oi zuki
Zenkutsu dachi

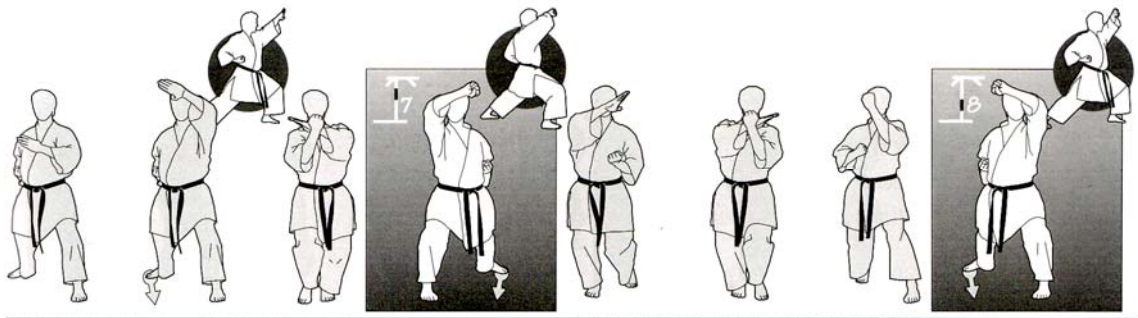


90°



Gedan barai
Zenkutsu dachi

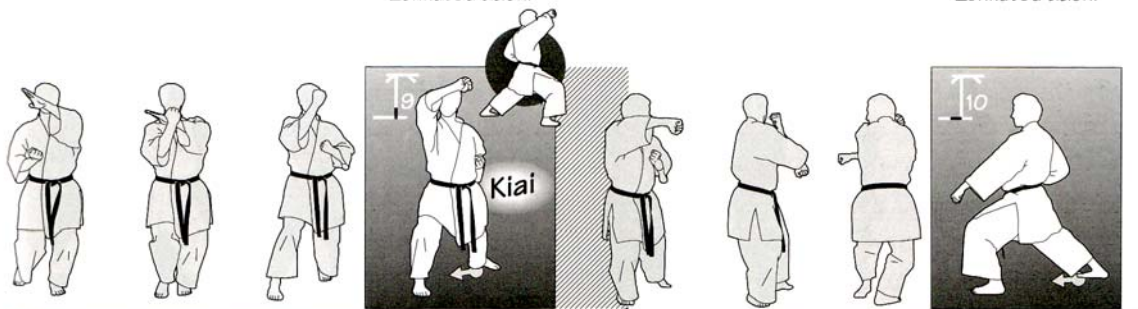
Heian shodan



Age shutô uke

Age uke
Zenkutsu dachi

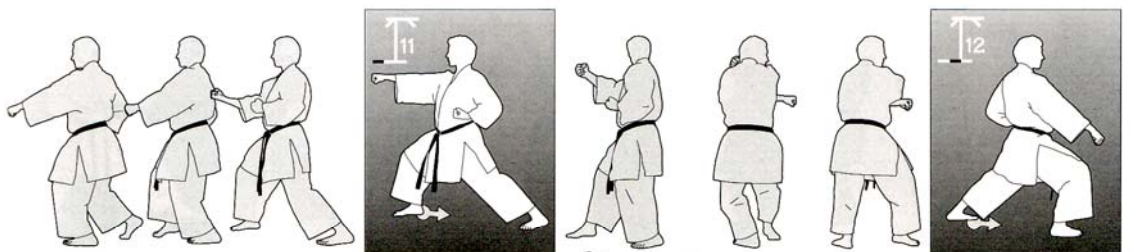
Age uke
Zenkutsu dachi



Age uke
Zenkutsu dachi

270°

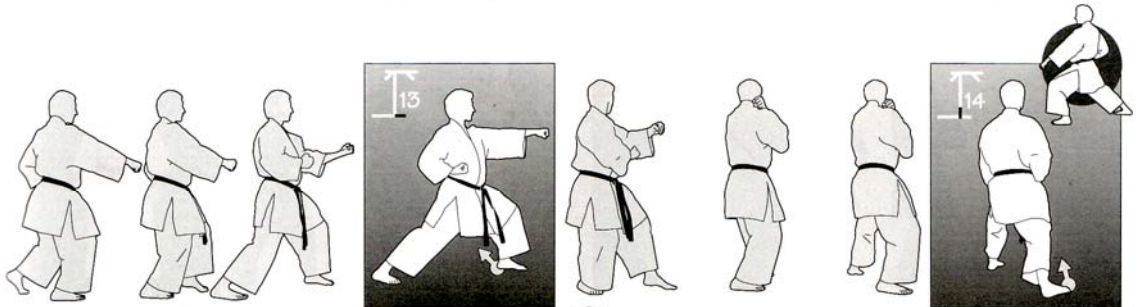
Gedan barai
Zenkutsu dachi



Chûdan oi zuki
Zenkutsu dachi

180°

Gedan barai
Zenkutsu dachi

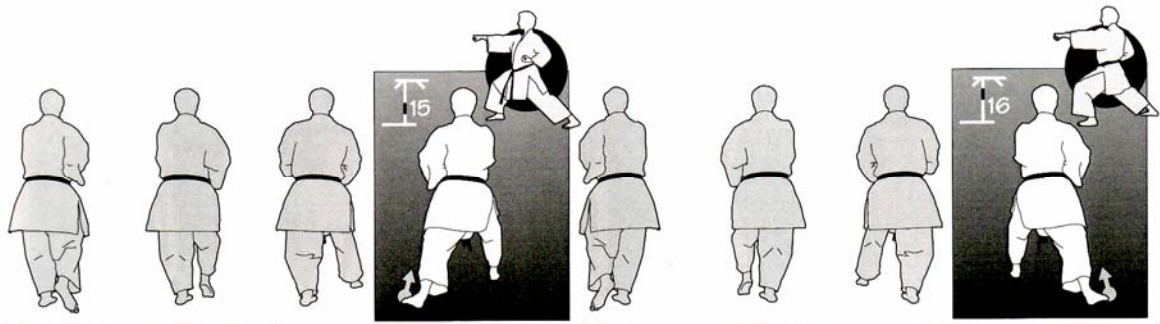


Chûdan oi zuki
Zenkutsu dachi

90°

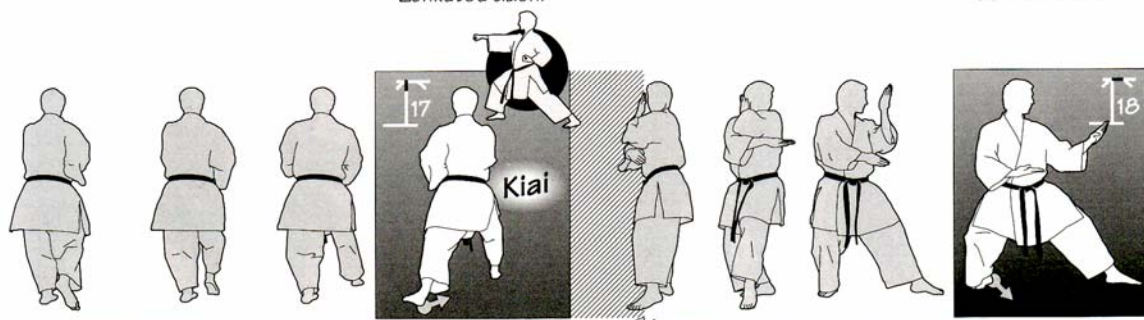
Gedan barai
Zenkutsu dachi

Heian shodan



Chûdan oi zuki
Zenkutsu dachi

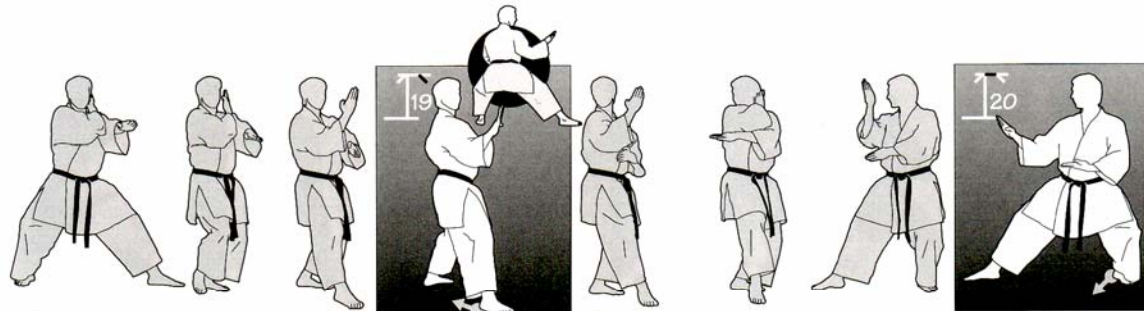
Chûdan oi zuki
Zenkutsu dachi



Chûdan oi zuki
Zenkutsu dachi

Shutô uke
Kôkutsu dachi

270°

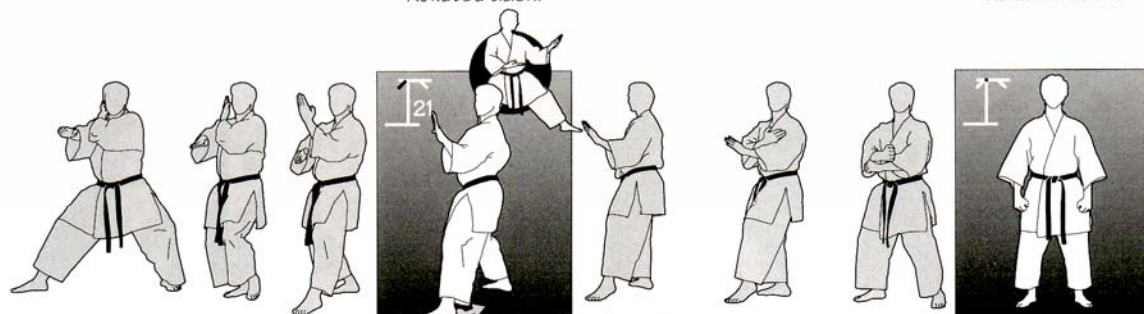


Shutô uke
Kôkutsu dachi

Shutô uke
Kôkutsu dachi

45°

135°



Shutô uke
Kôkutsu dachi

Yame
Hachi ji dachi

45°

45°