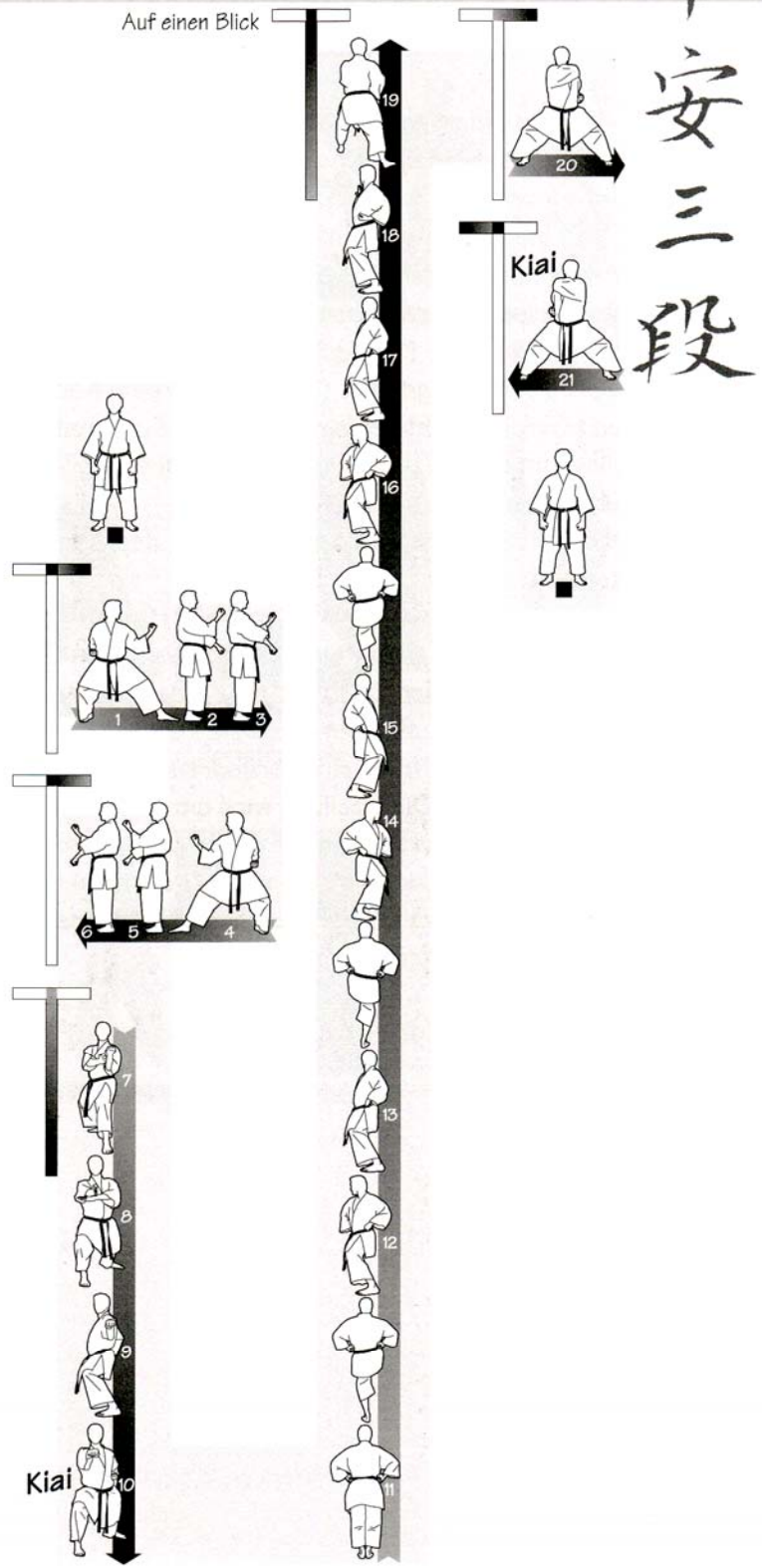


Heian sandan 平安三段

Auf einen Blick



平 Heian sandan

Frieden und Ruhe, 3. Stufe

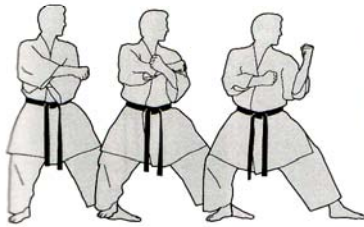
Enbusen



平安三段



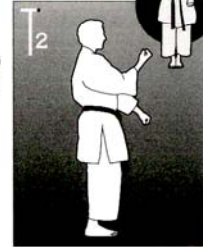
Yoi
Hachi ji dachi



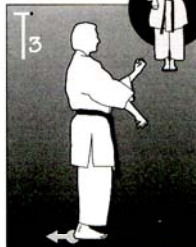
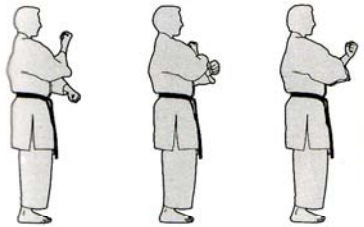
90°



Uchi uke
Kôkutsu dachi



Uchi uke - Gedan barai
Heisoku dachi



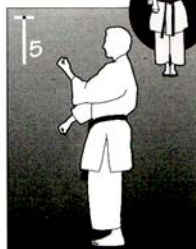
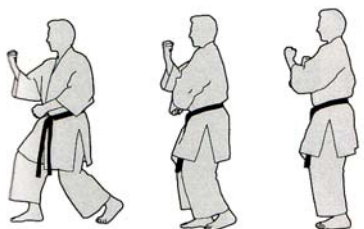
Gedan barai - Uchi uke
Heisoku dachi



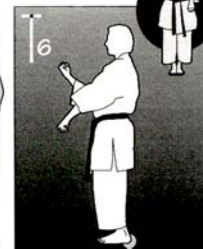
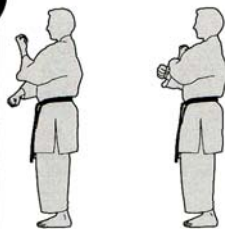
180°



Uchi uke
Kôkutsu dachi

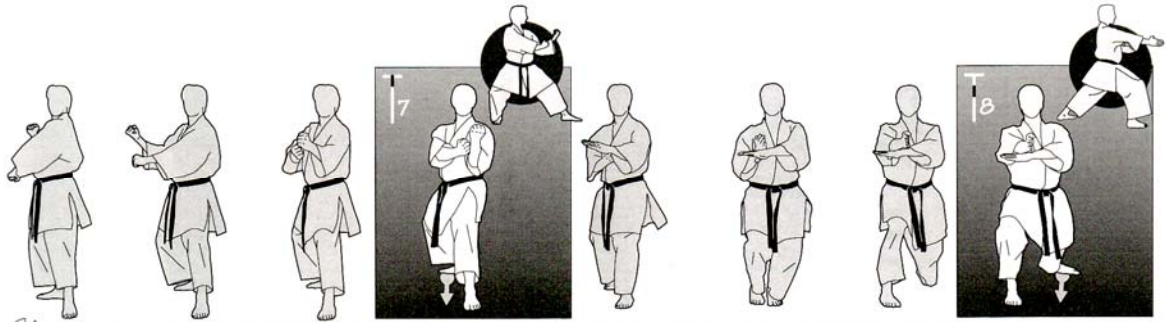


Uchi uke - Gedan barai
Heisoku dachi



Gedan barai - Uchi uke
Heisoku dachi

Heian sandan

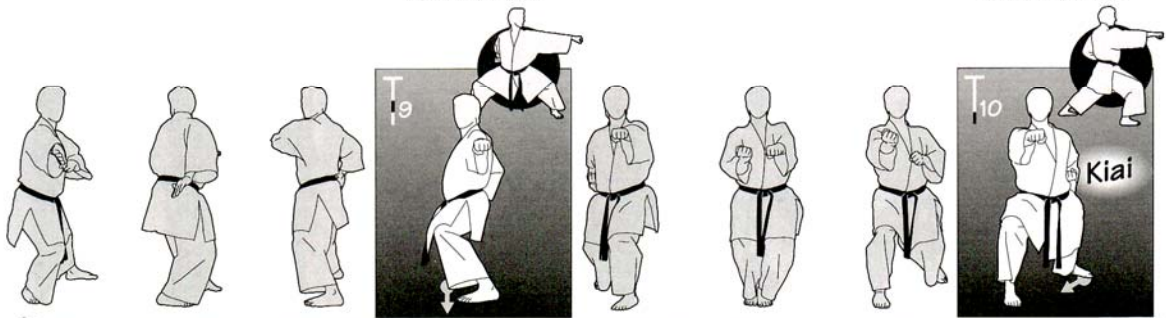


90°

Chûdan morote uke
Kôkutsu dachi

Te osae uke

Chûdan gohon nukite
Zenkutsu dachi

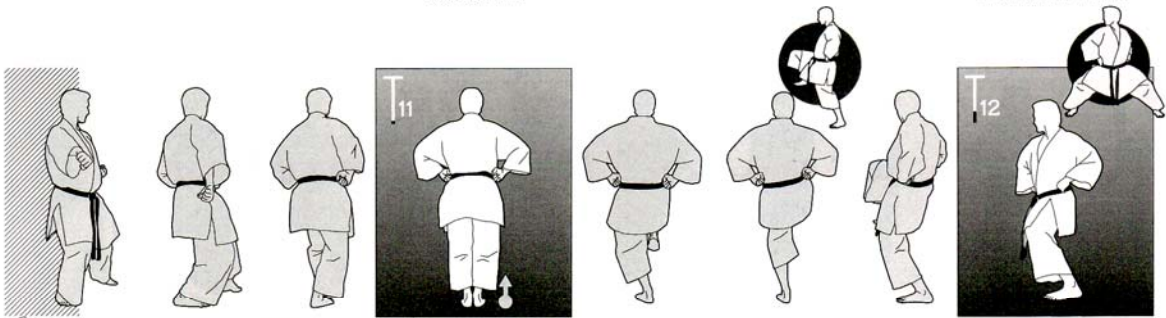


360°

Chûdan tetsui uchi
Kiba dachi

Chûdan oi zuki
Zenkutsu dachi

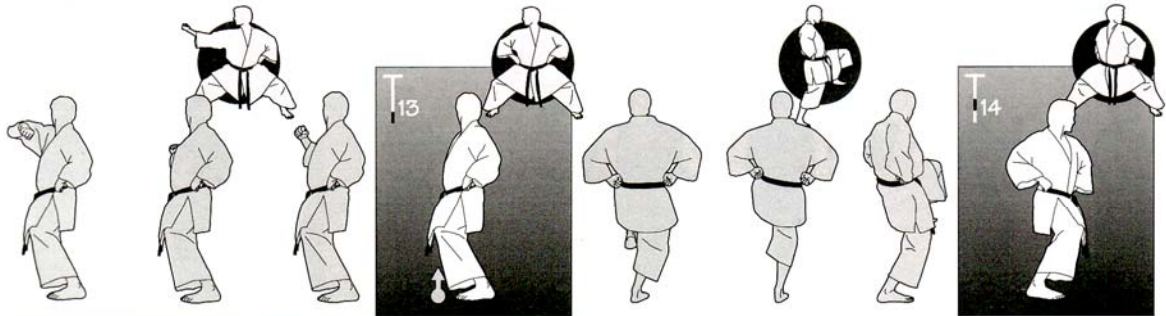
Kiai



180°

Koshi kamae
Heisoku dachi

Kata uke
Fumikomi - Kiba dachi

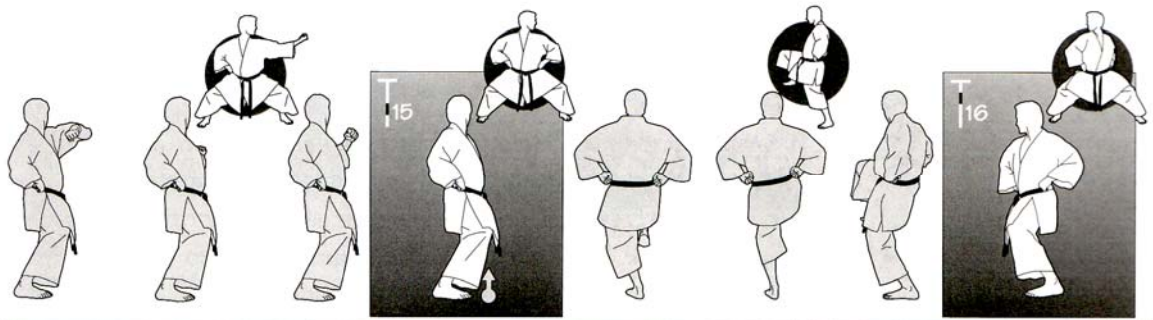


Chûdan tate uraken uchi

Koshi kamae
Kiba dachi

Kata uke
Fumikomi - Kiba dachi

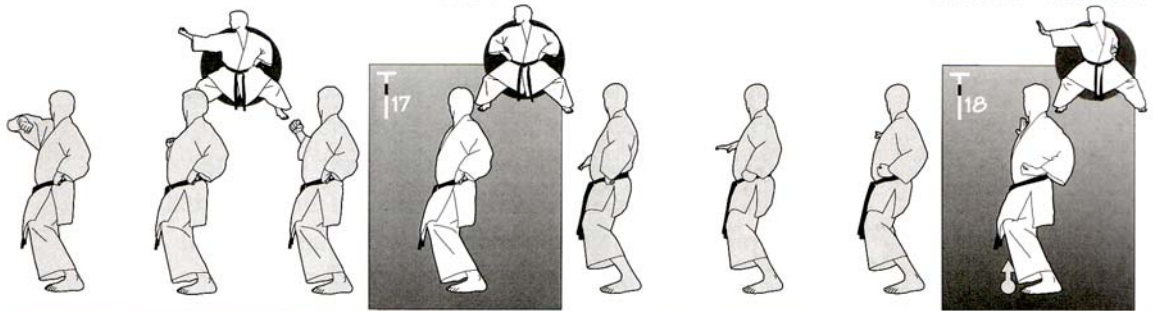
Heian sandan



Chûdan tate uraken uchi

Koshi kamae
Kiba dachi

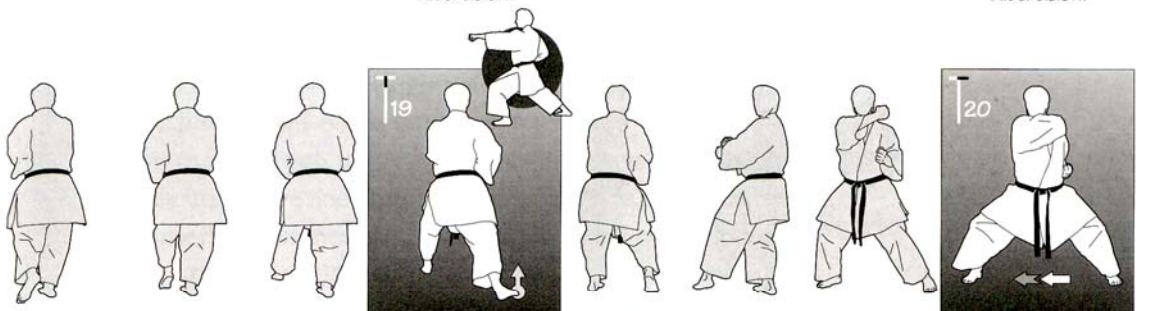
Kata uke
Fumikomi – Kiba dachi



Chûdan tate uraken uchi

Koshi kamae
Kiba dachi

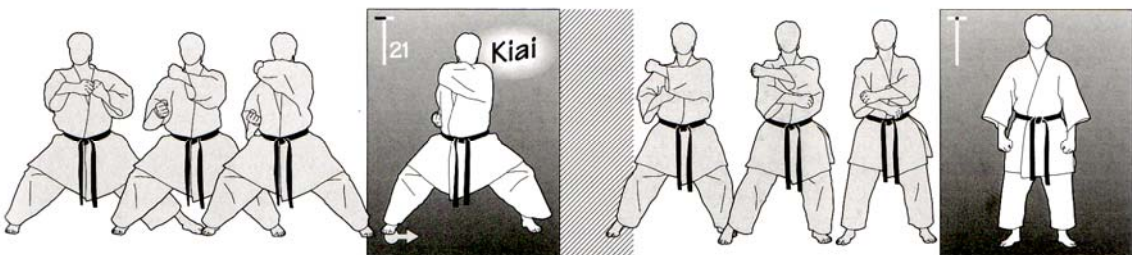
Tate shutô uke
Kiba dachi



Chûdan oi zuki
Zenkutsu dachi

180°

Ushiro empi uchi –
Ushiro tate zuki
Kiba dachi



Suri ashi

Ushiro empi uchi – Ushiro tate zuki
Kiba dachi

Yame
Hachi ji dachi