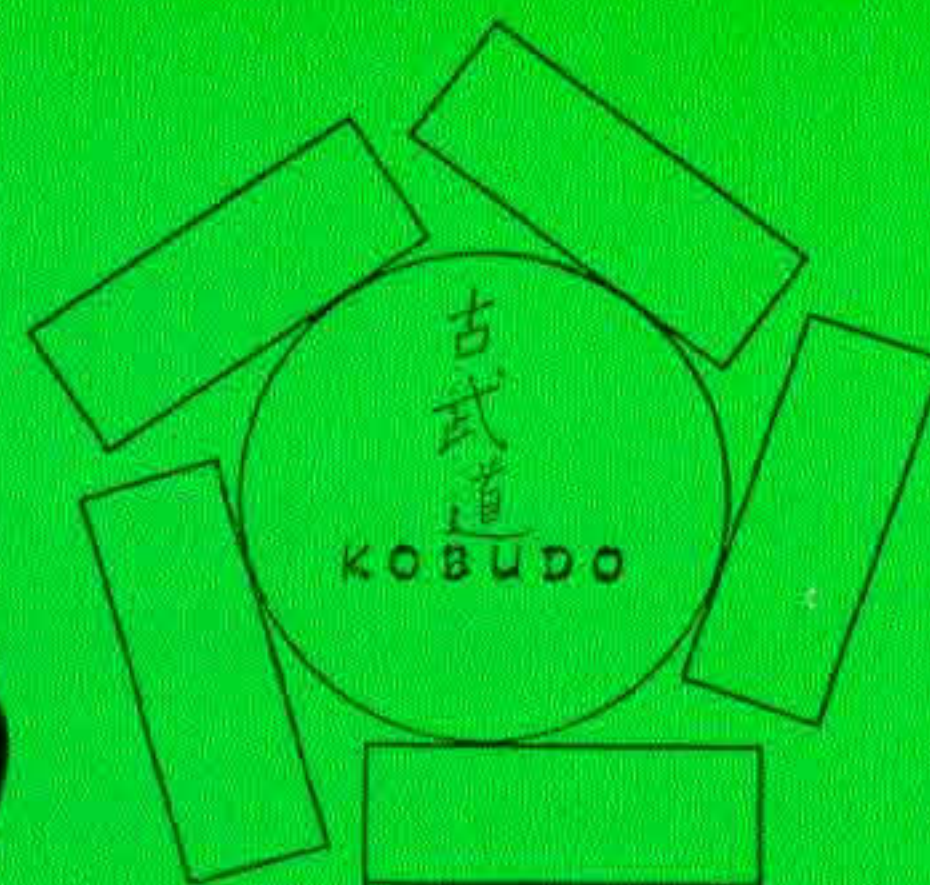


Okinaawa **KOBUDO**



Serie

Nr.: B3-1d



Kata

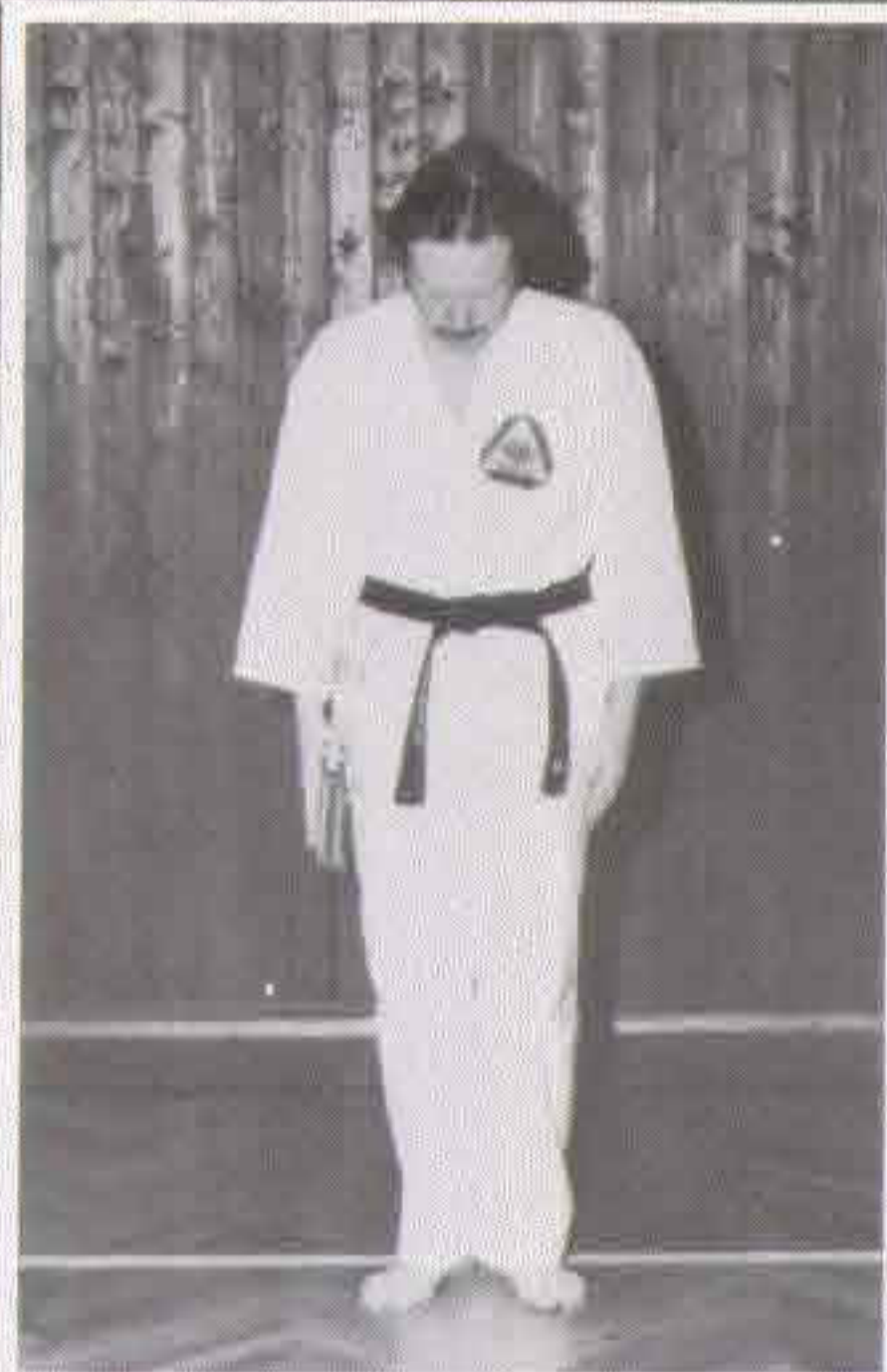
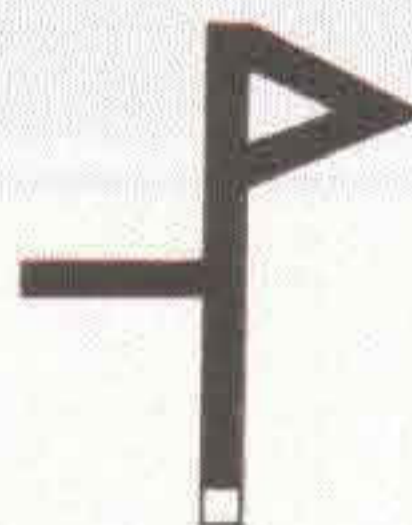
SAI:RENSHUHO YODAN

RENSHUHO YODAN

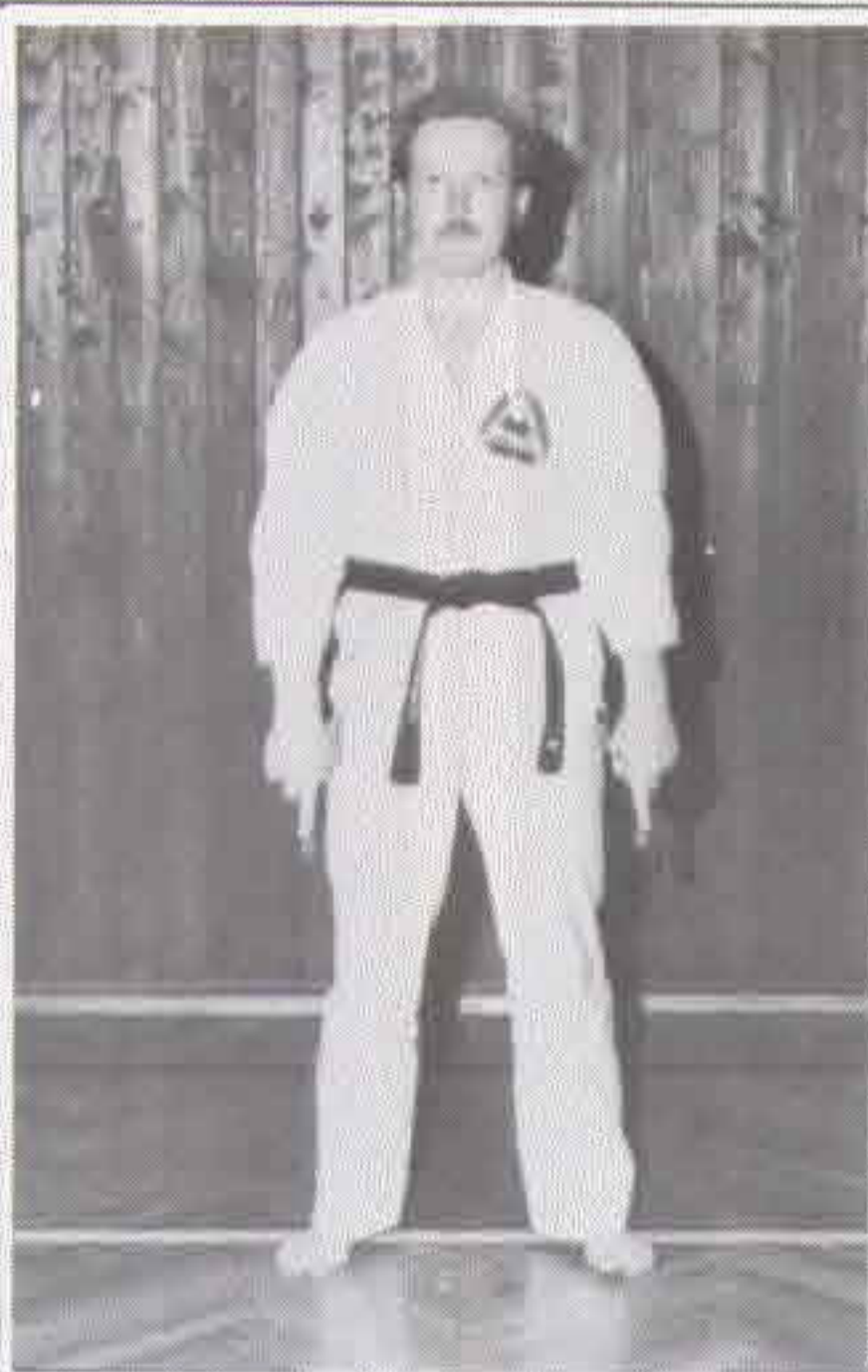
Diese Kata: RENSHUHO YODAN ist eine der schwierigsten mit dem Sai. Ihre besonderen Anforderungen liegen in der Bewegungsmotorik des Körpers, in den wechselnden Sai-Kombinationen und in der Harmonie SAI-KÖRPER.

In ihr sind alle SAI-KIHON und -KAMAE-Techniken (einschließlich 'morote'-Ausführung) enthalten.

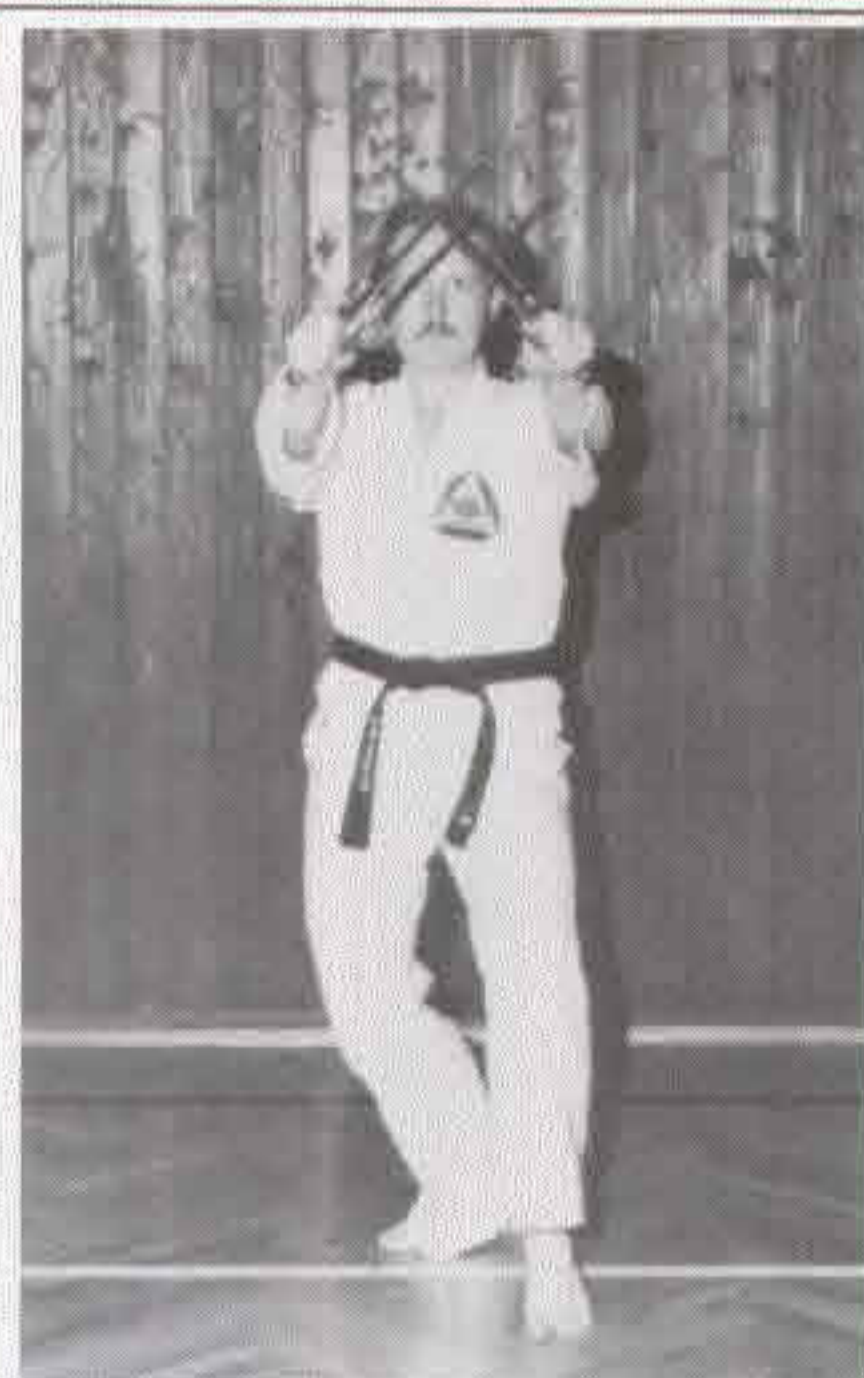
Zur Verdeutlichung hier das Schrittdiagramm:



1



2



3

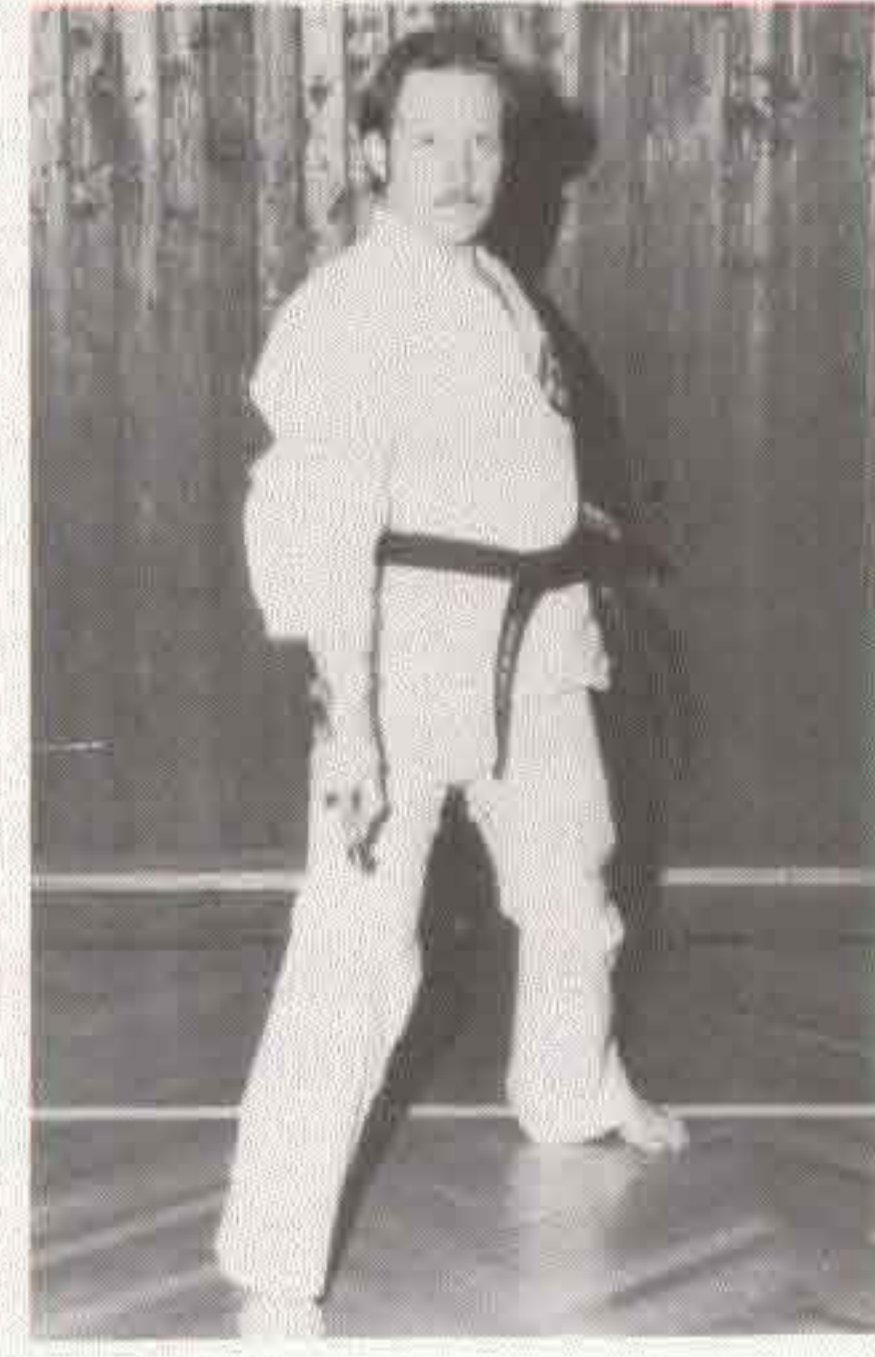
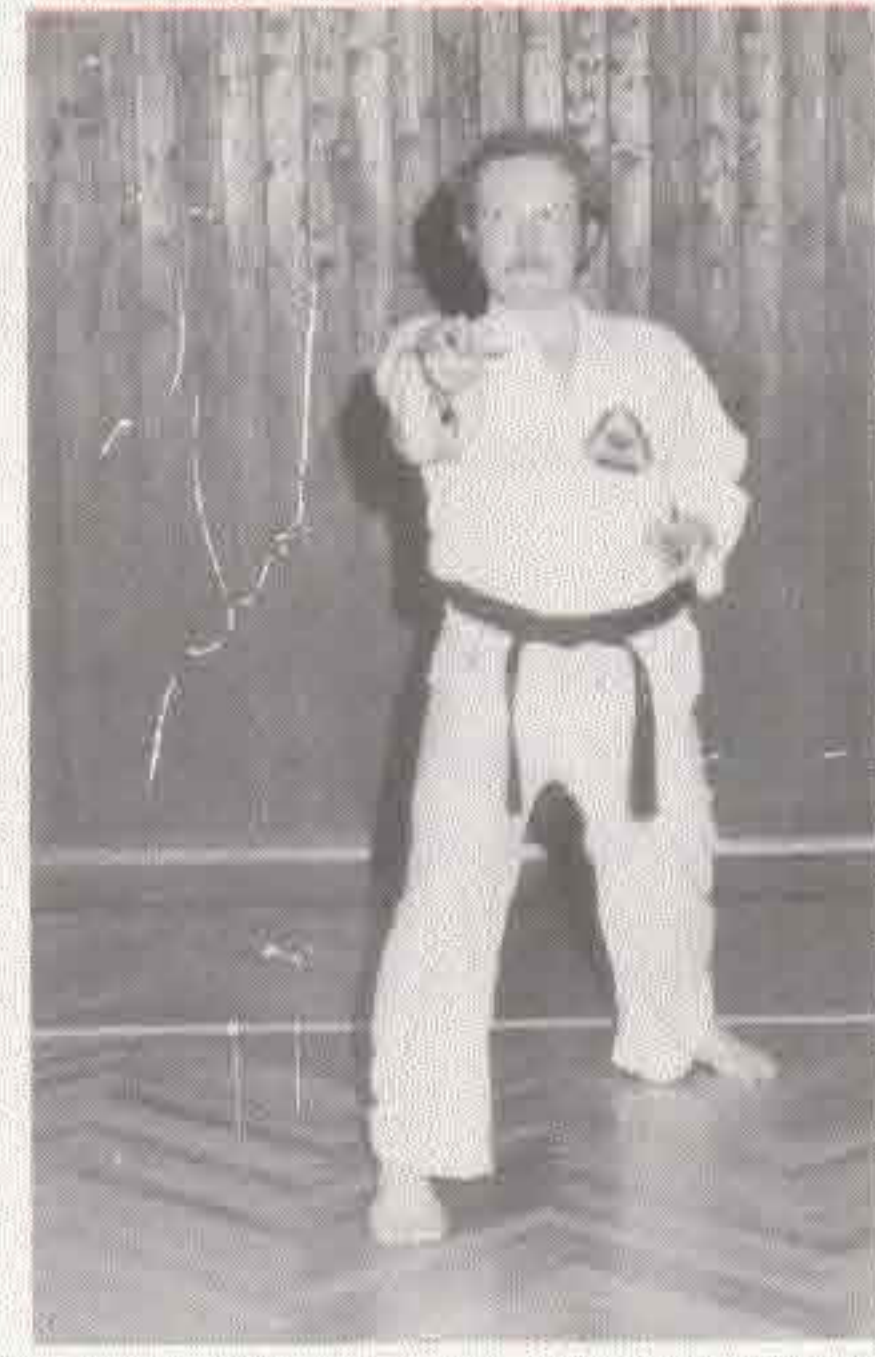
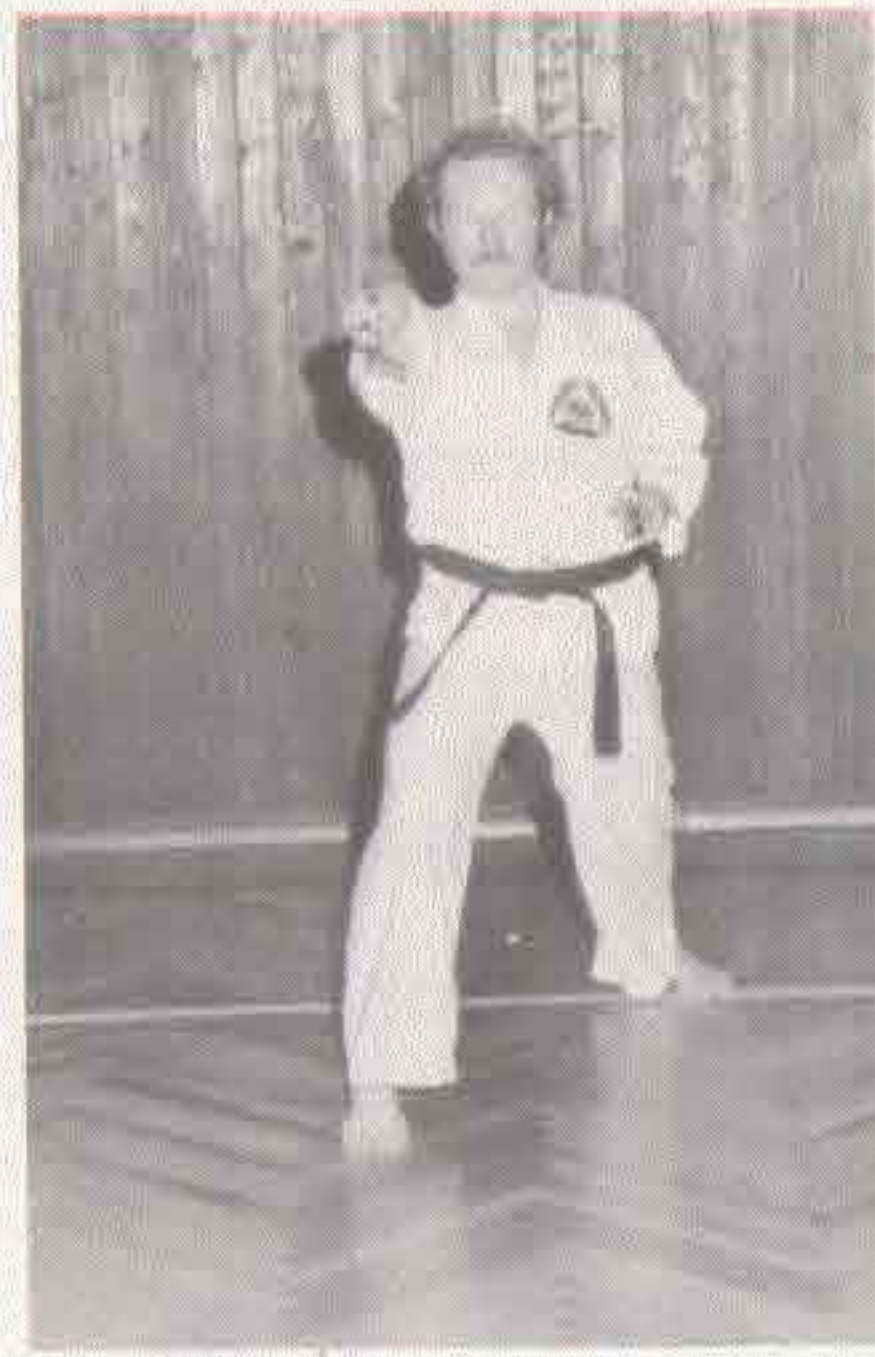
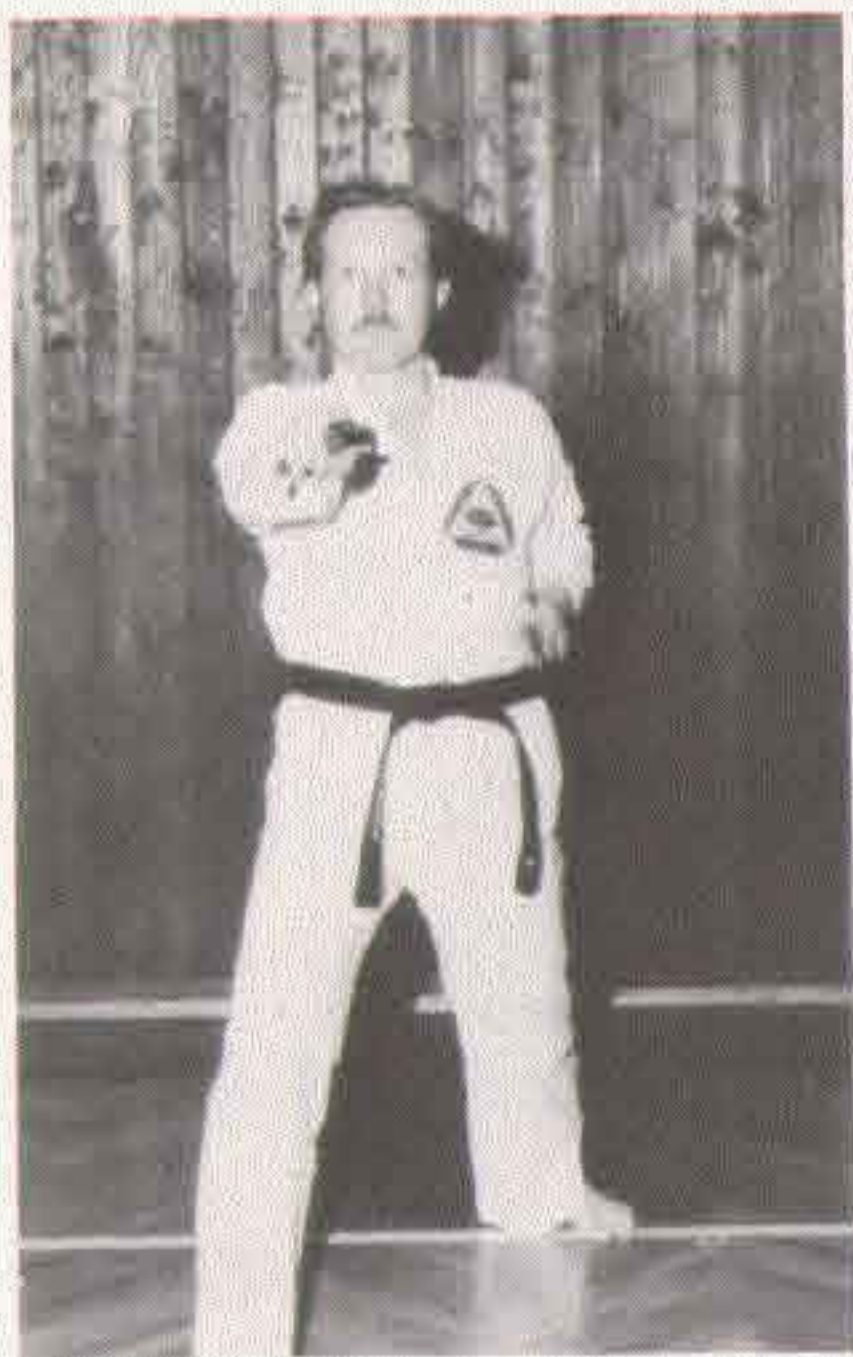


REI KAMAE

HAJIME KAMAE

hiraki uke

NEKODASHI DACHI



4



5

6



7

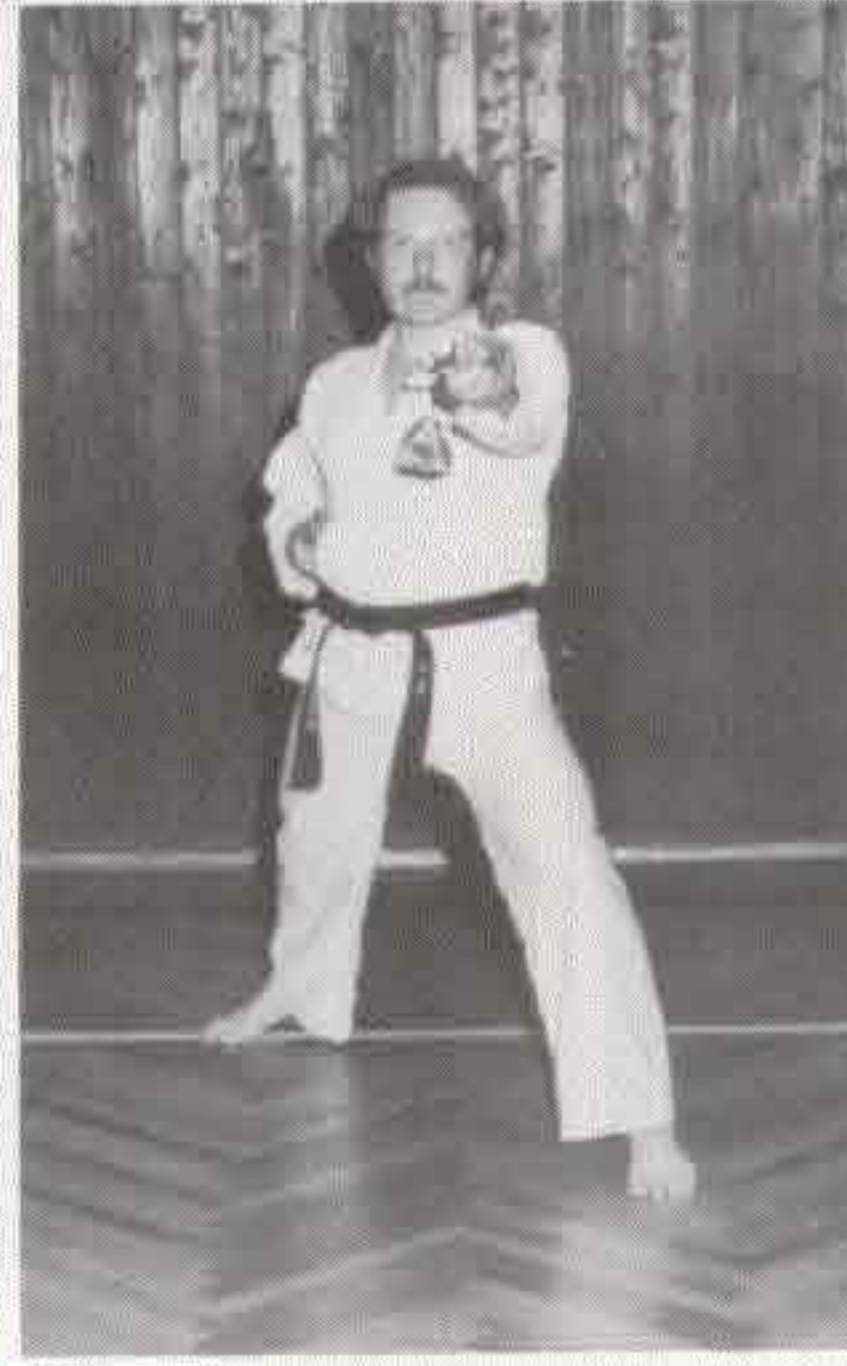
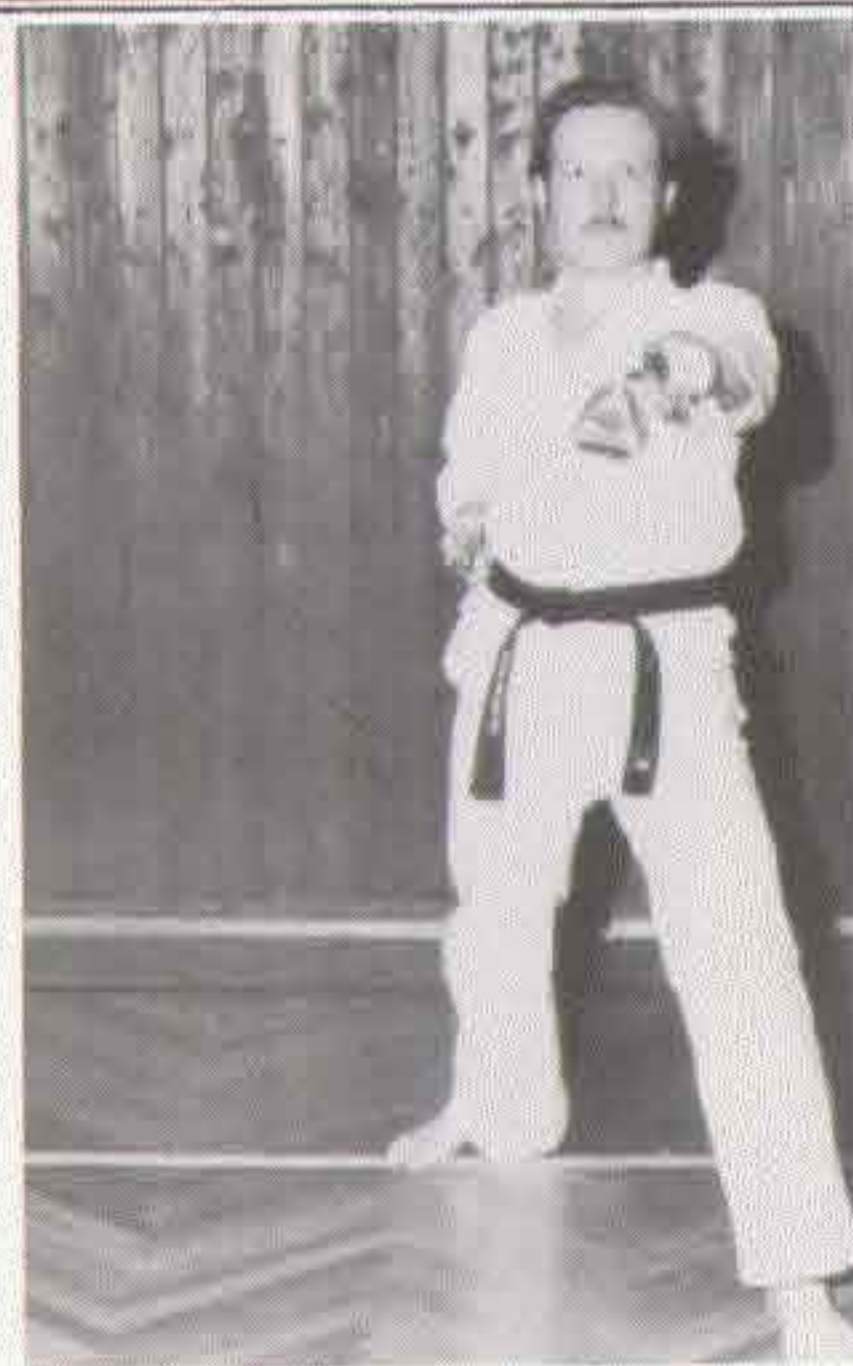
chudan, gyakute
tsuki r.

chudan uchi r.

chudan kaeshi
uchi r.

shita uke r.

ZENKUTSU DACHI



8



9

10



11

chudan, gyakute
tsuki l.

chudan uchi l.

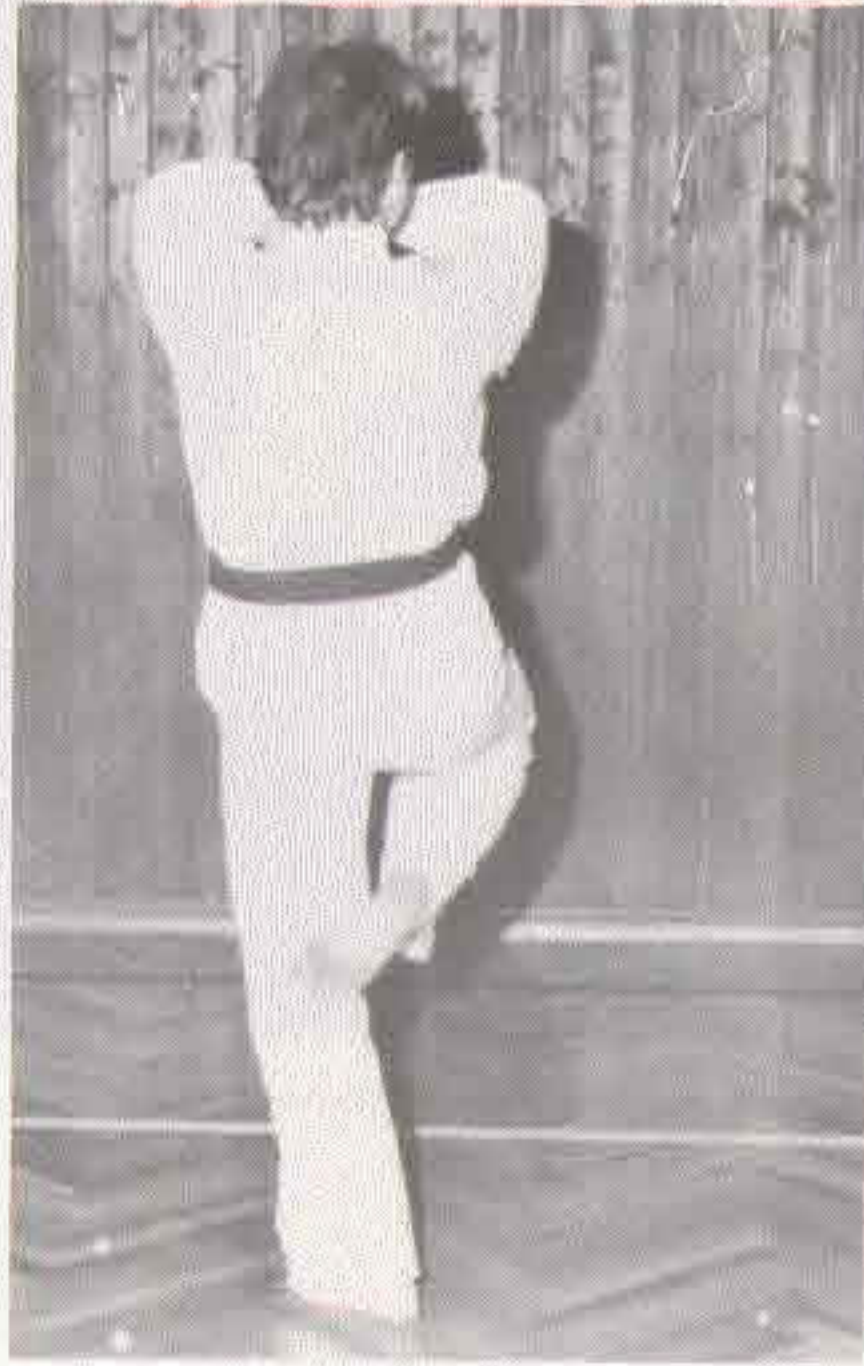
kaeshi uchi l.
(chudan)

shita uke l.

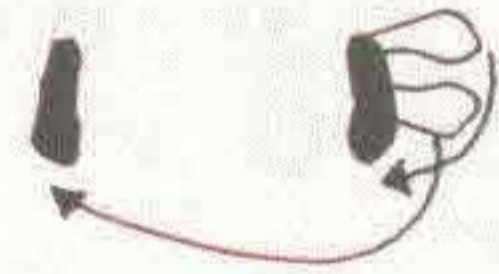
ZENKUTSU DACHI



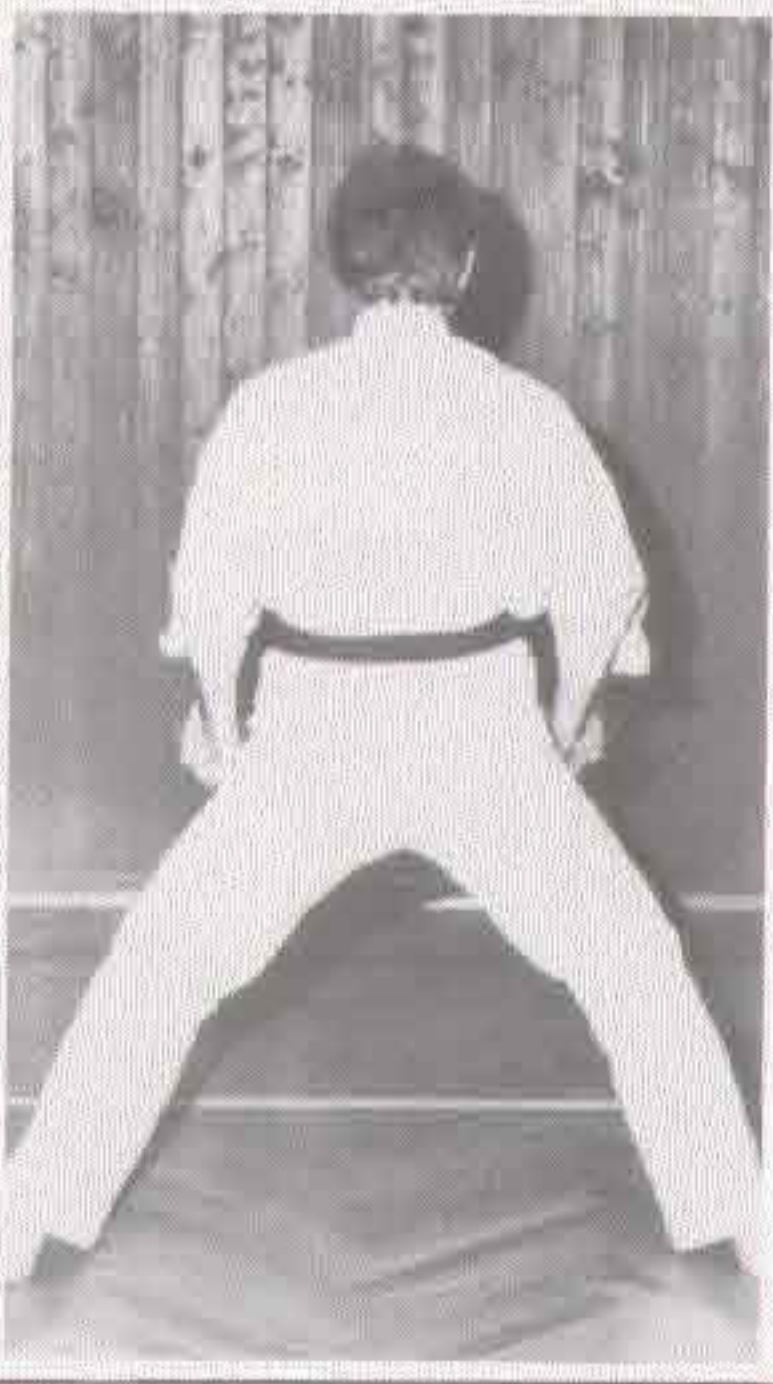
12



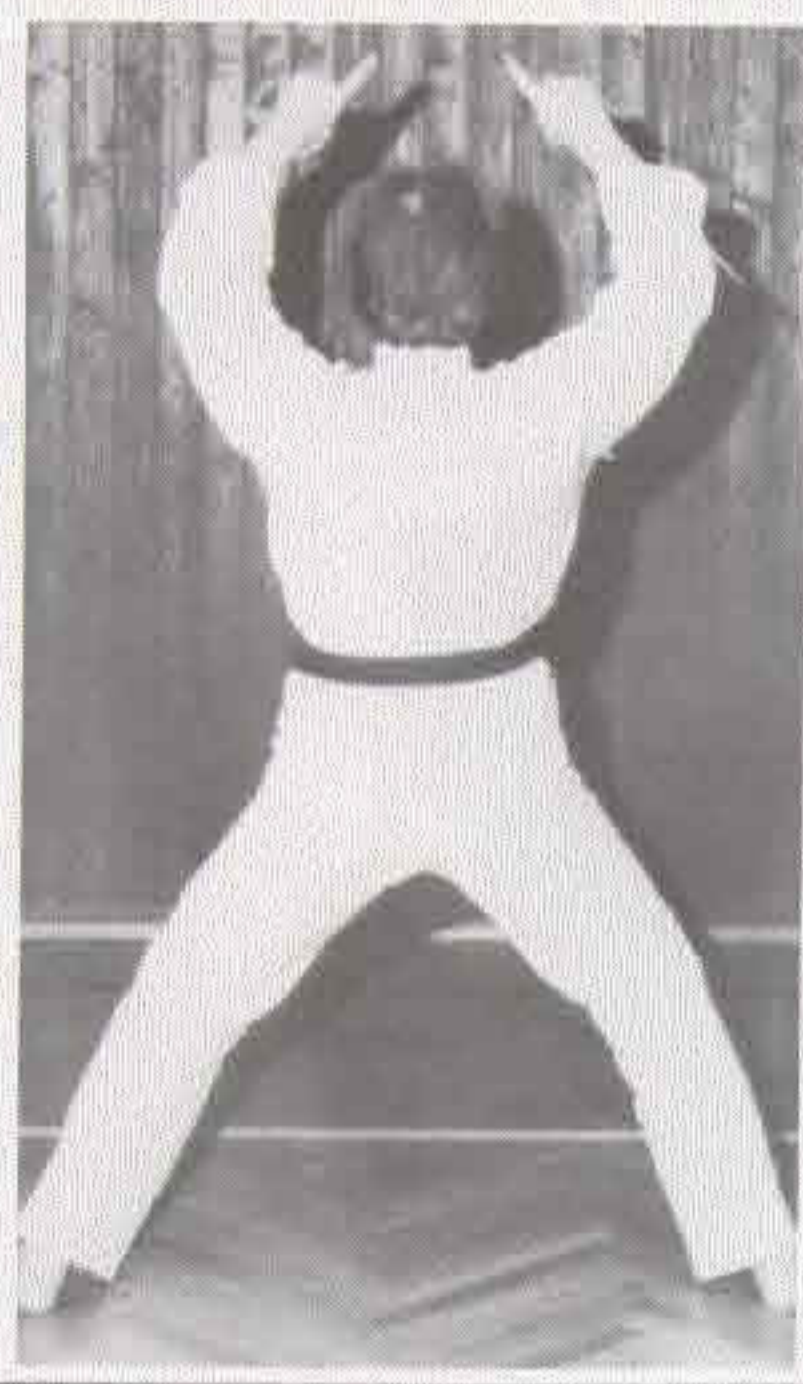
13



YOI KAMAE	VORBEREITUNG auf St. 13	morote uchi	
	SAGIASHI DACHI	KIBA DACHI	



14



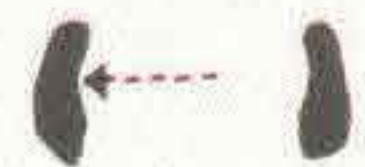
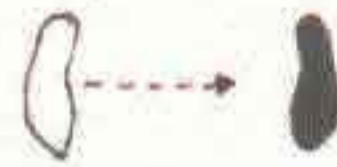
15



16



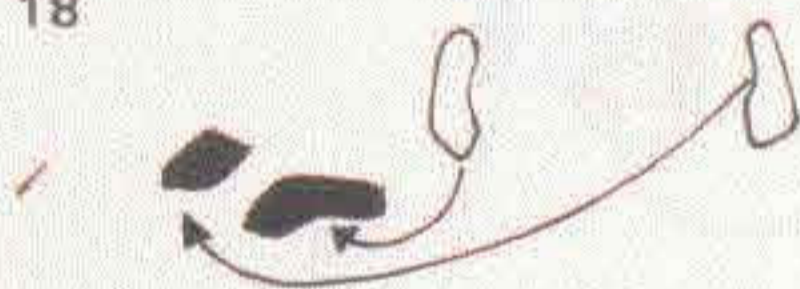
17



morote shita uke	morote uwa uke SAI: 90° zueinander	uwa uke I. ippon tate harai uke	morote soto uke (honte, zur r. Seite)
KIBA DACHI		SAGIASHI DACHI	KIBA DACHI



18

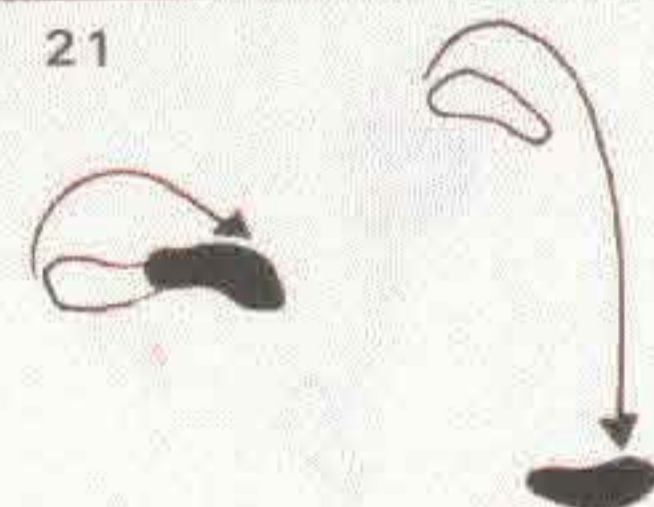


19



20

21



KIAI

gedan hiraki uke

uwa uke l.

jodan gyaku tsuki r.

uwa uke r.

KAKE DACHI

ZENKUTSU DACHI

ZENKUTSU DACHI

ZENKUTSU DACHI



22

23

24

25



chudan gyaku tsuki l.

jodan tsuki r.

chudan tsuki l.

chudan uchi l.

ZENKUTSU DACHI

ZENKUTSU DACHI

ZENKUTSU DACHI

ZENKUTSU DACHI

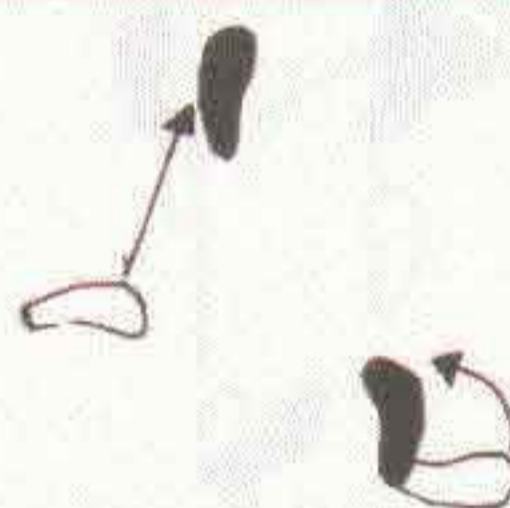


26

27

28

29



chudan tsuki r.

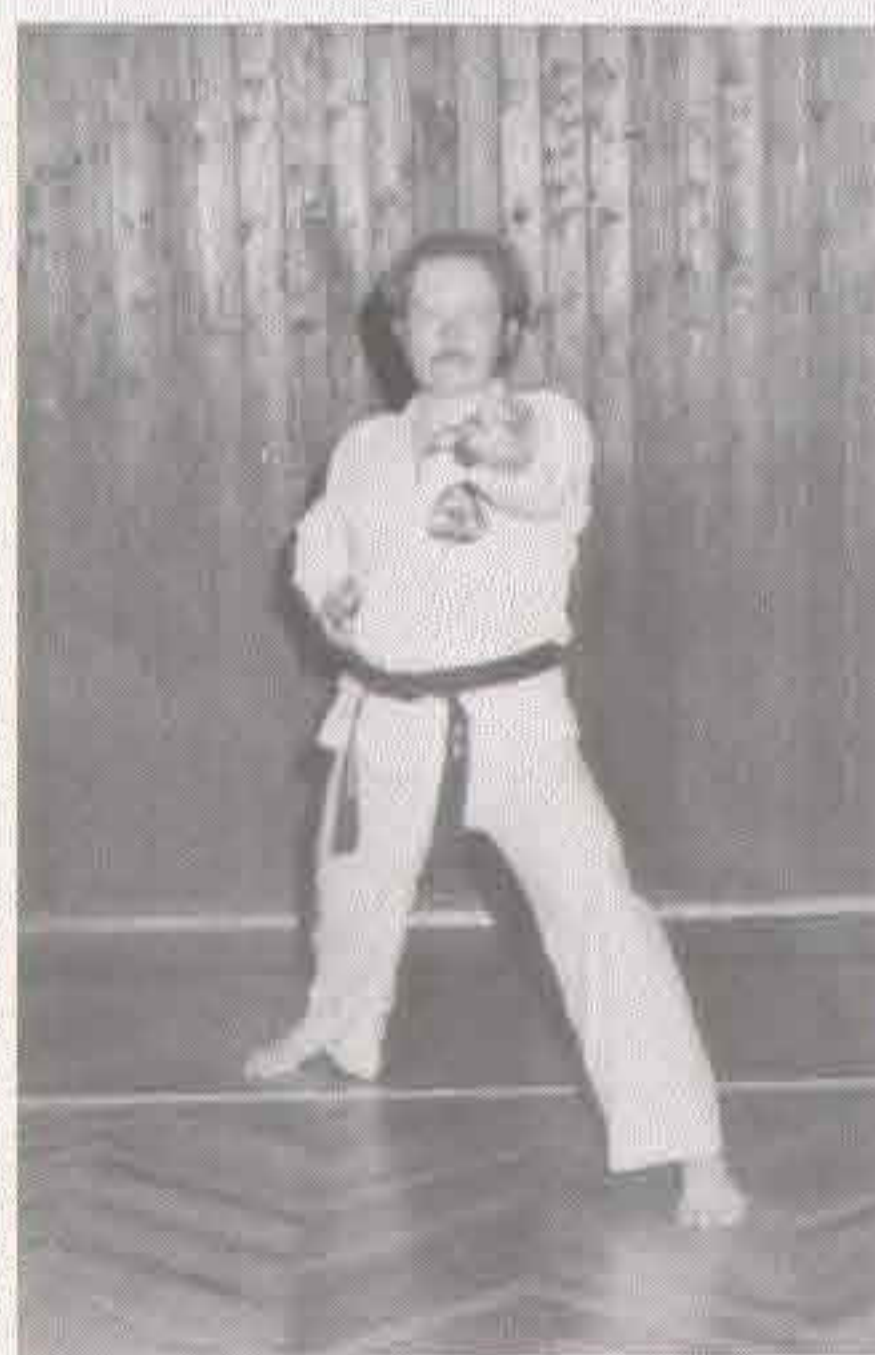
chudan uchi r.

shita uke l.

chudan uchi l.

ZENKUTSU DACHI

ZENKUTSU DACHI



30

31

32

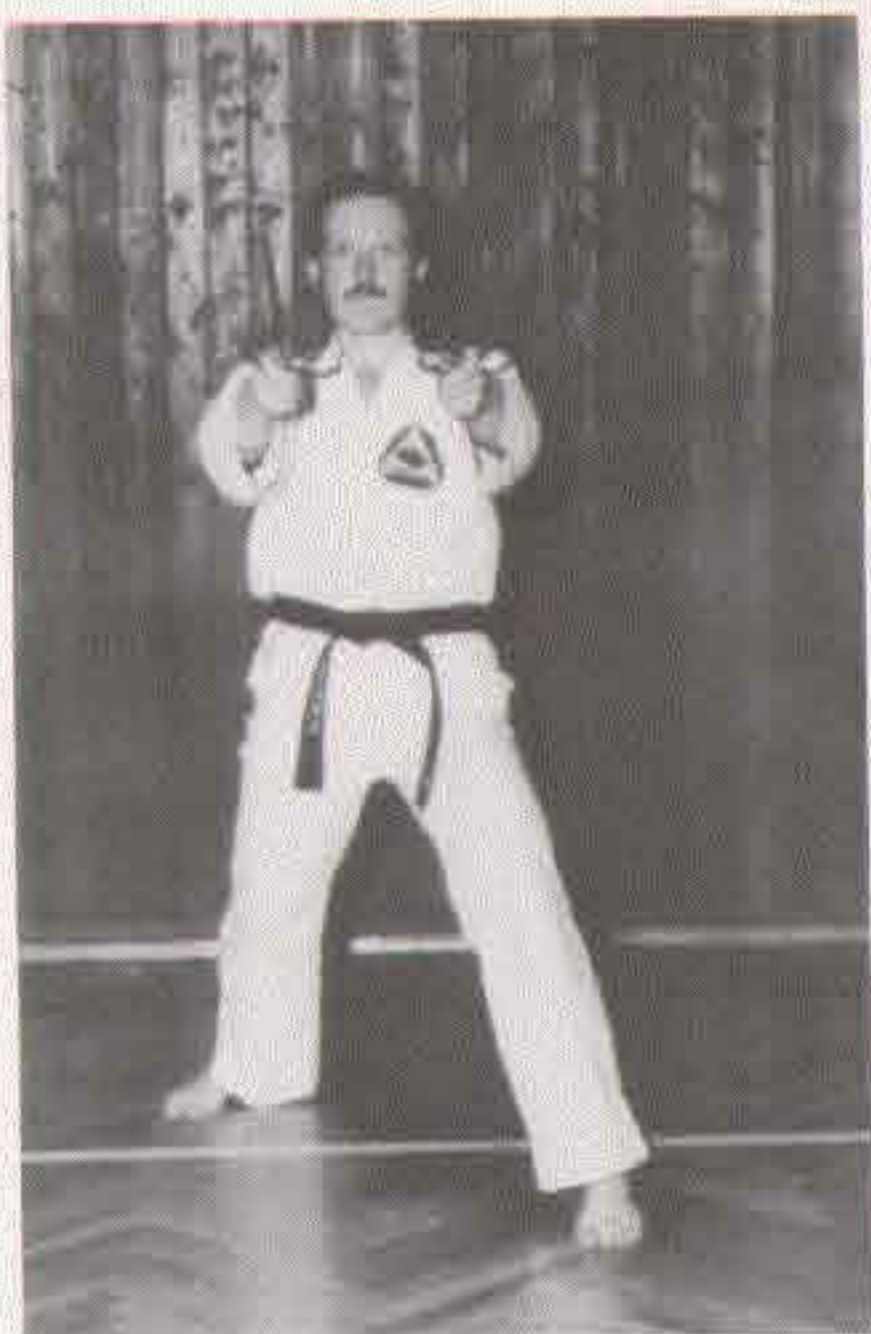
33

chudan kaeshi uchi links

gyaku tsuki r. (jodan)

jodan uchi r.

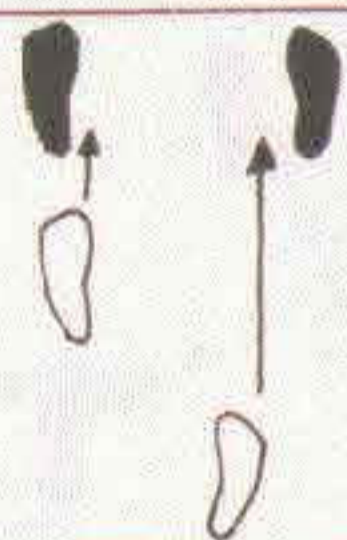
jodan kaeshi uchi rechts



34



35



36



37



jodan morote uchi

jodan, honte morote tsuki

jodan morote tsuki (SAI: 90° zueinander)

SAI beidseitig in den Gürtel stecken (weit ausholende Bewegung)

ZENKUTSU DACHI

KIBA DACHI

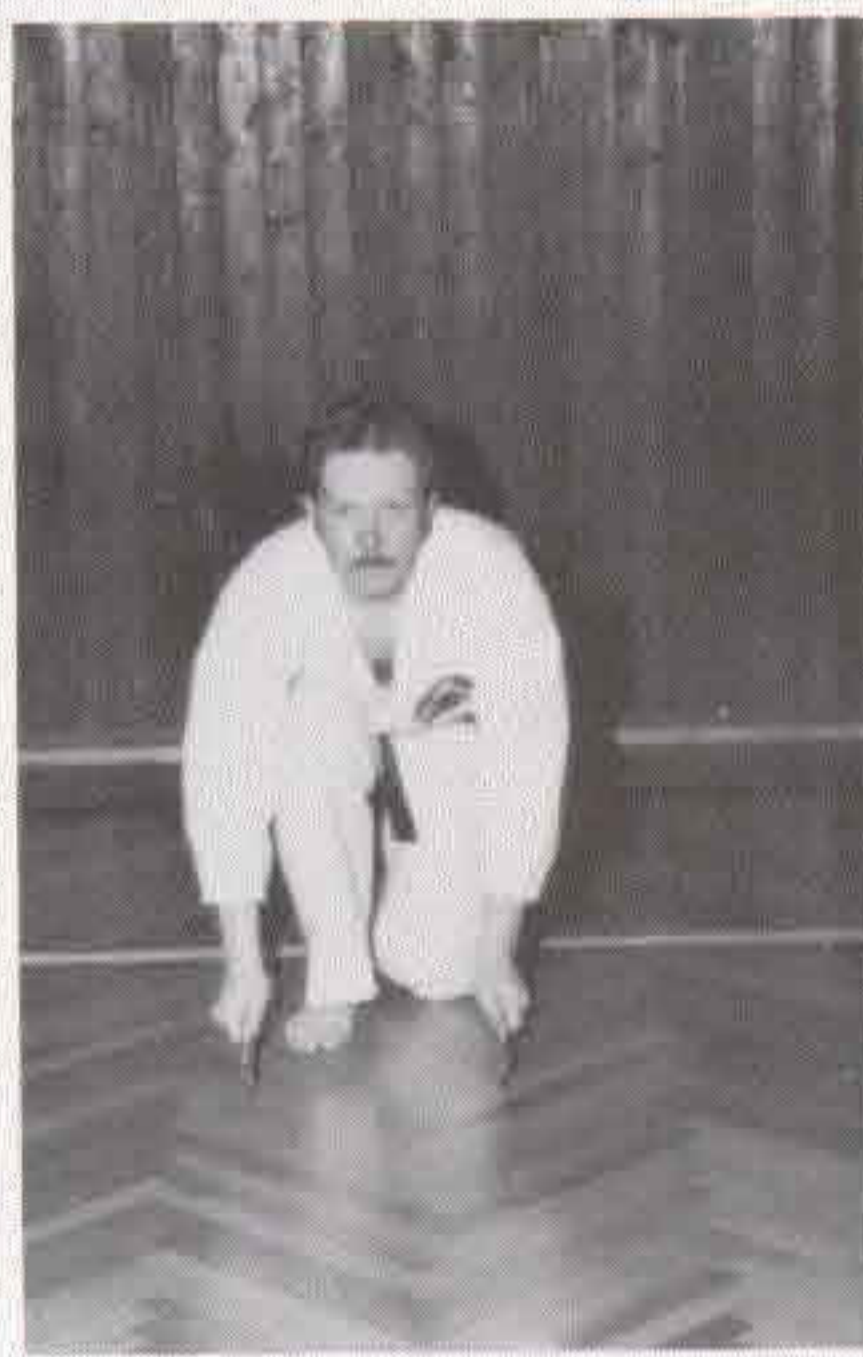
MUSUBI DACHI



38



39



40



KIAI



41



beide Hände fassen den Kopf toris, hiza geri I.

tori nach vorn wegstoßen

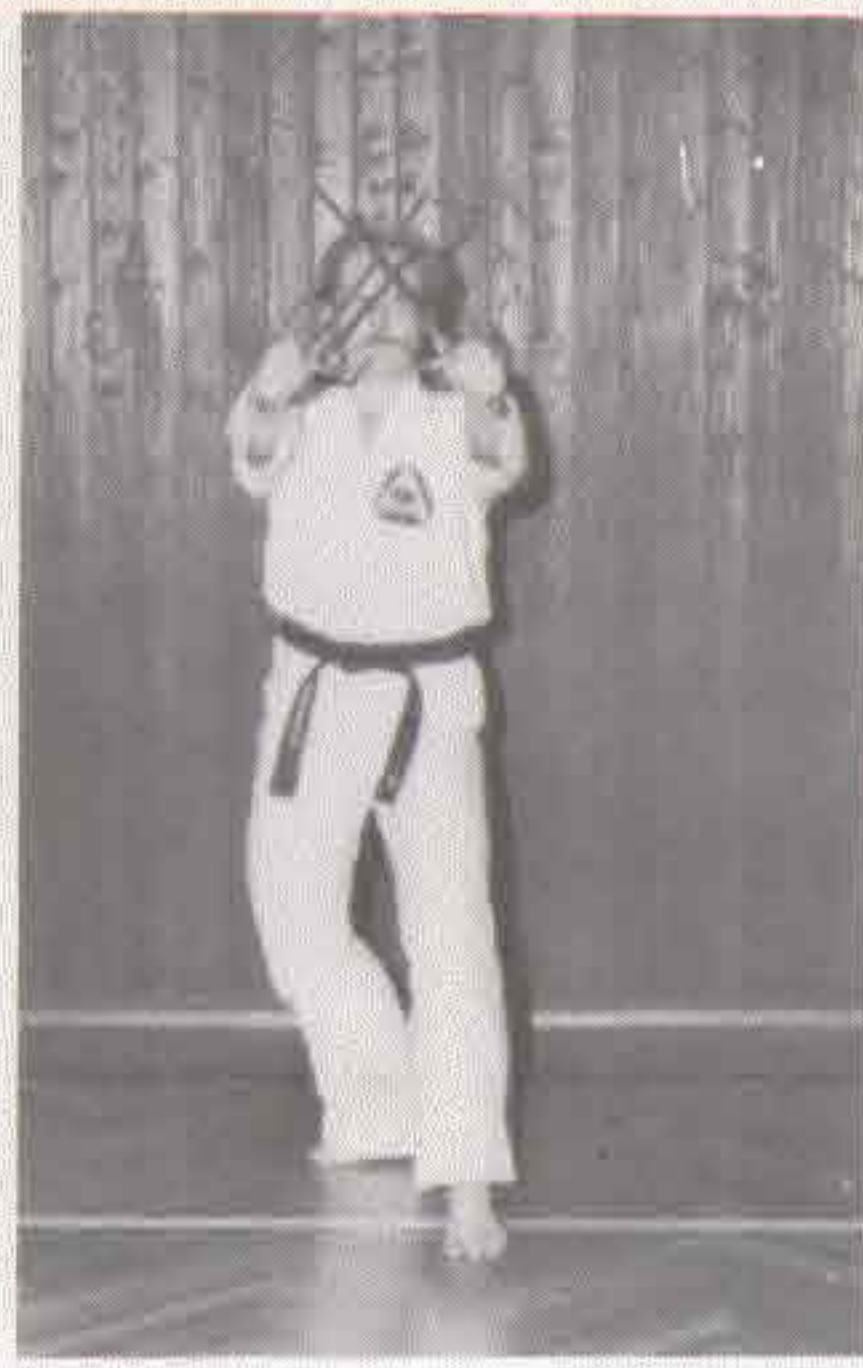
SAI an den yoku herausnehmen u. tori am Boden immobilis. SAI: parallel

Griffwechsel in gyakute mochi

ZENKUTSU DACHI

knien links

MUSUBI DACHI



42

43

44

45



in shita uke Bewegung zu den Seiten: gedan Haltung

hiraki uke

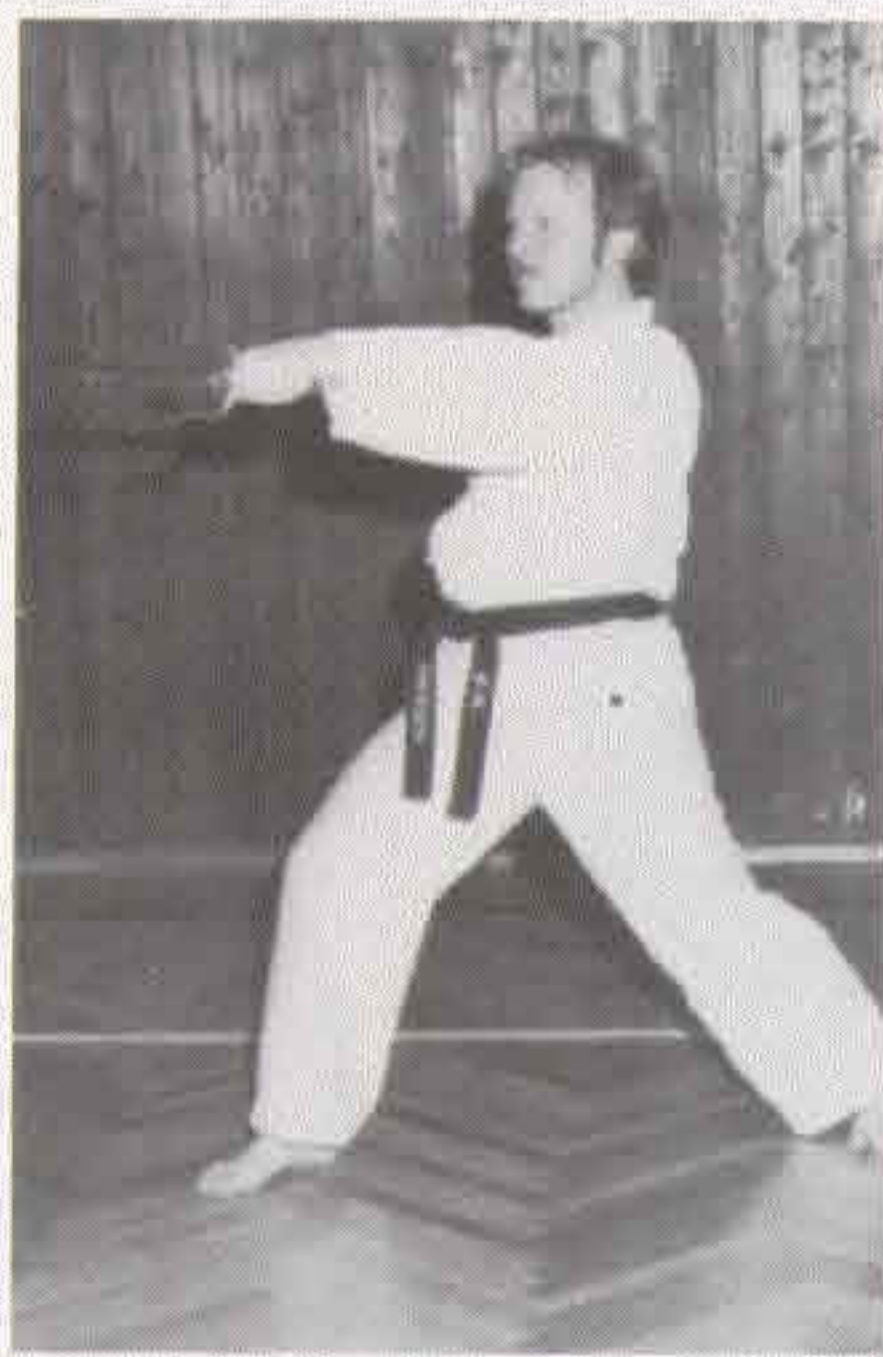
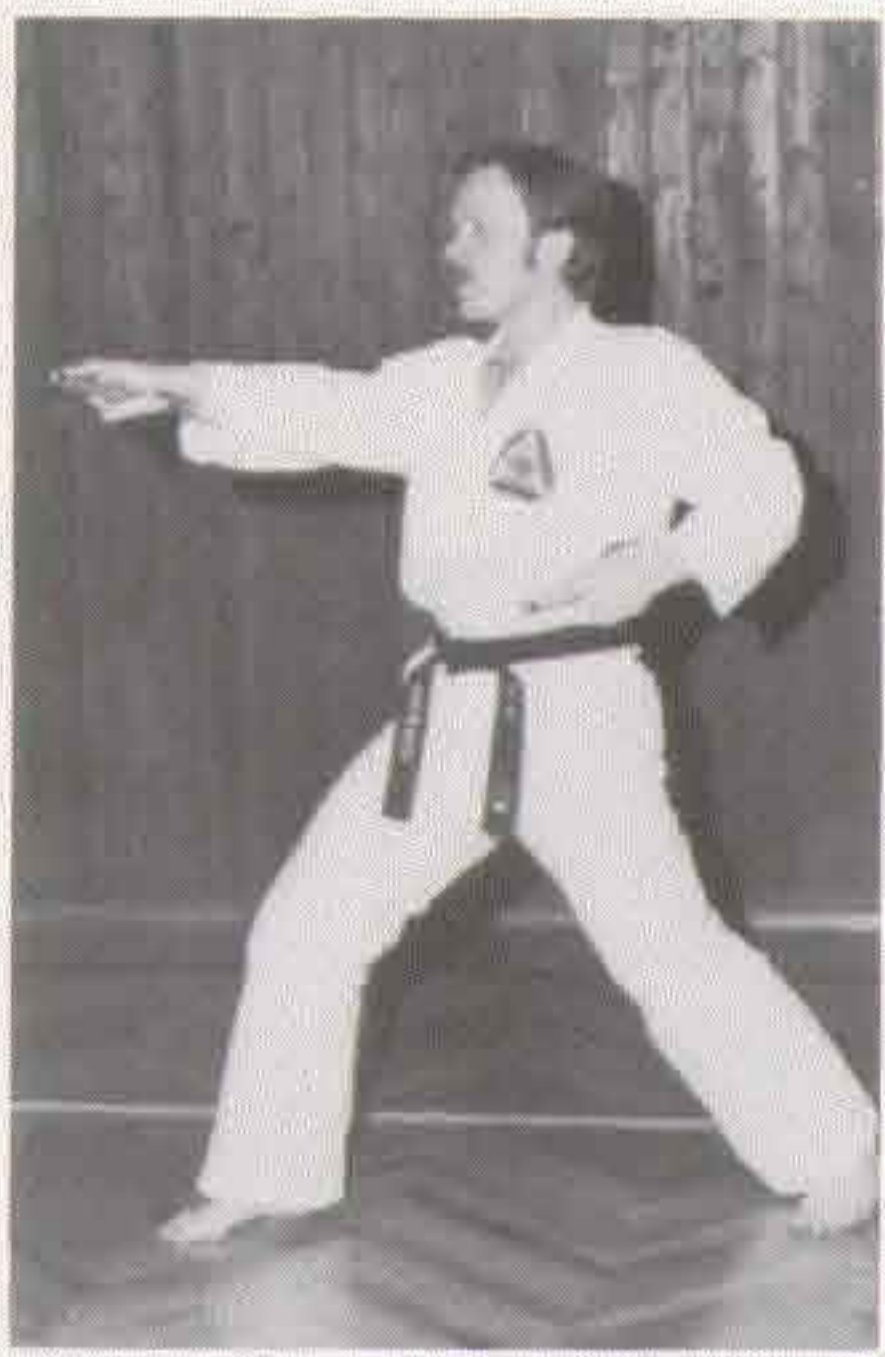
morote uwa uke

mae geri r.

MUSUBI DACHI

KOKUTSU DACHI

ZENKUTSU DACHI



46

47

48

49



tsuki r. (chudan)

uchi l.

soto uke l.

mae geri l.

ZENKUTSU DACHI

KANE DACHI

KANE DACHI



50



51



52



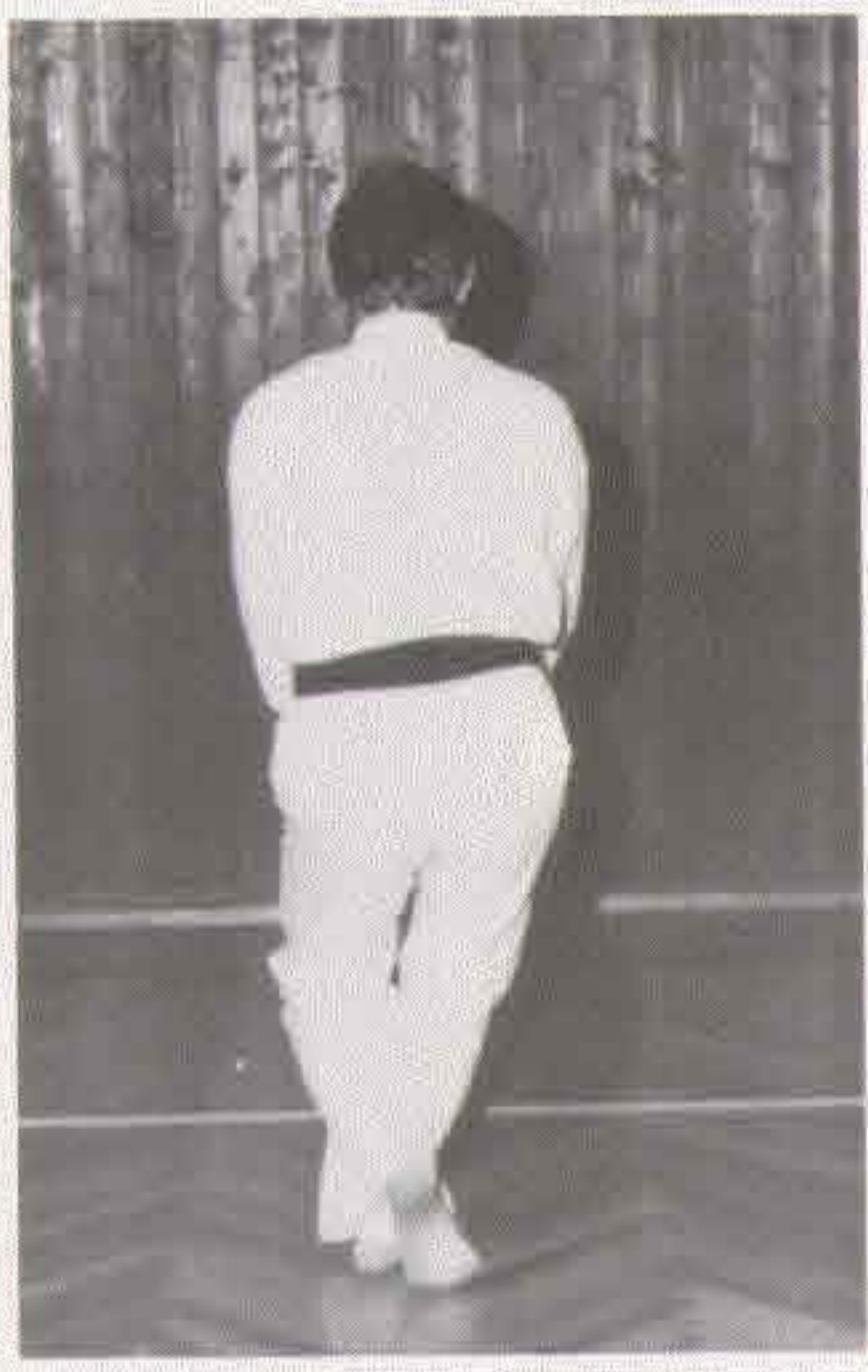
jodan tsuki l.

jodan uchi r.

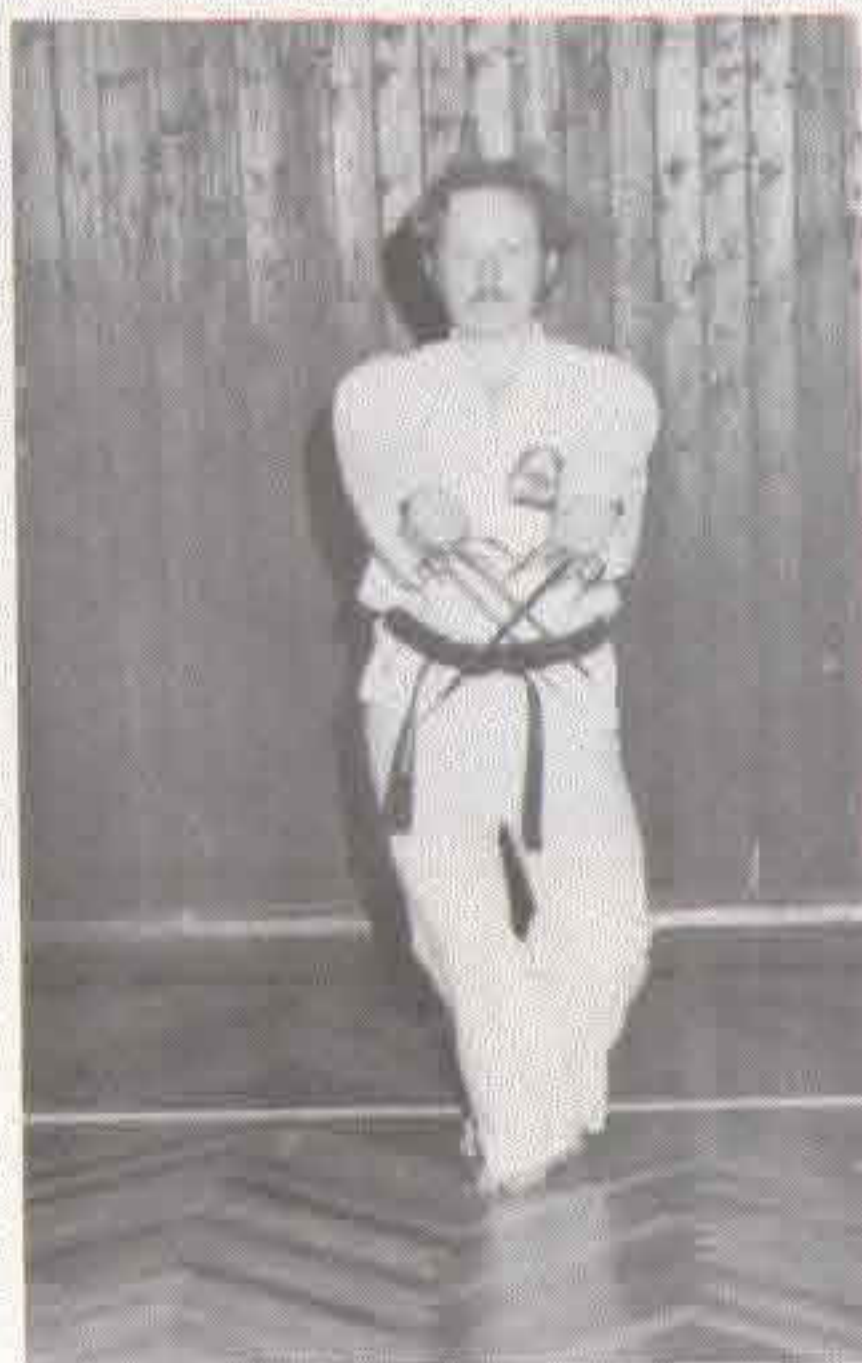
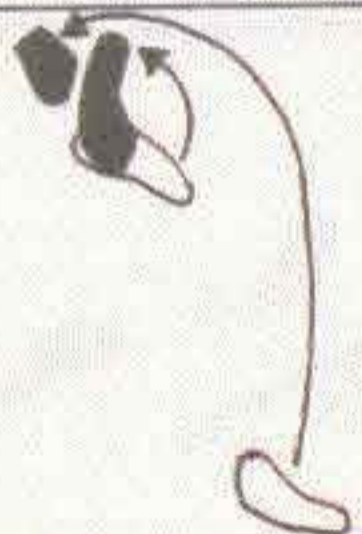
kaeshi uchi r. (jodan)

ZENKUTSU DACHI

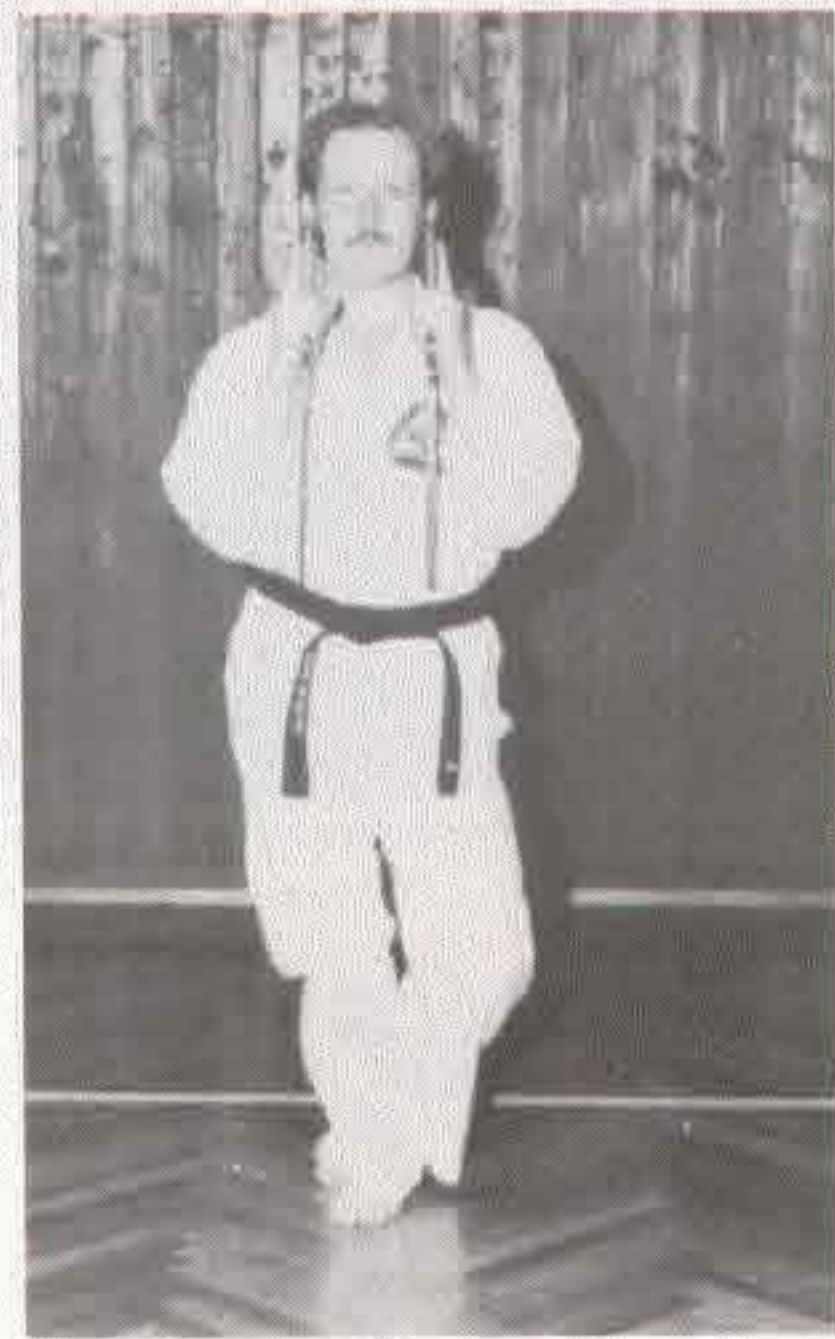
ZENKUTSU DACHI



53



54



hiraki uke

SAI in YOI KAMAE Haltung

KAKE DACHI

KAKE DACHI



55



tsuki I. (honte)

ZENKUTSU DACHI



56



mit TSUKA GASHIRA beim Bücken, Ausgleichbewegung, abstützen

knien links



57



tsuki I.
(gyakute, vorher monouchi an der r. Hüfte)

ZENKUTSU DACHI

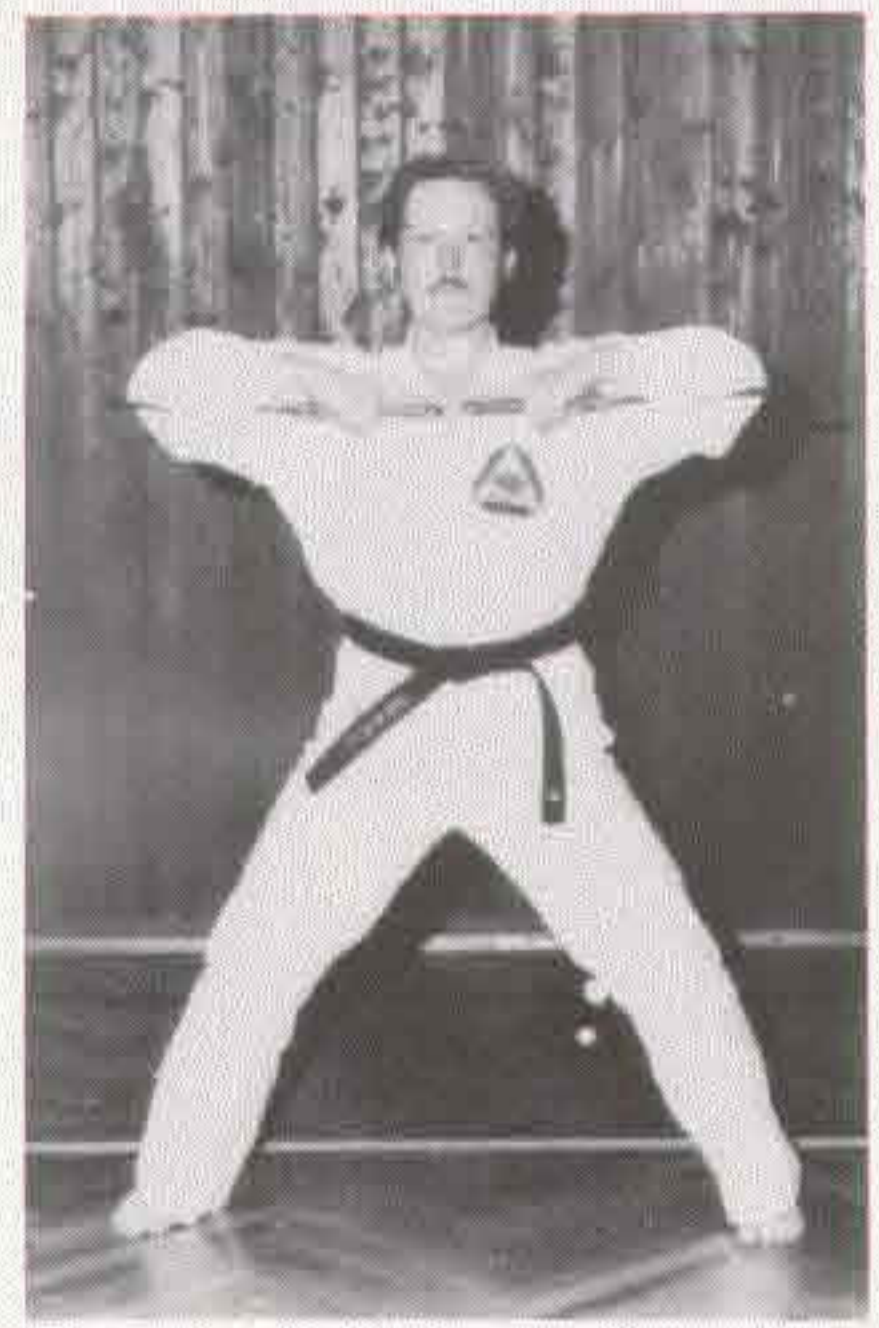


58



SAI waagerecht vor der Körpermitte mit tsukagashira zueinander

KIBA DACHI





59



60



61

jodan morote uchi
(zu den Seiten)

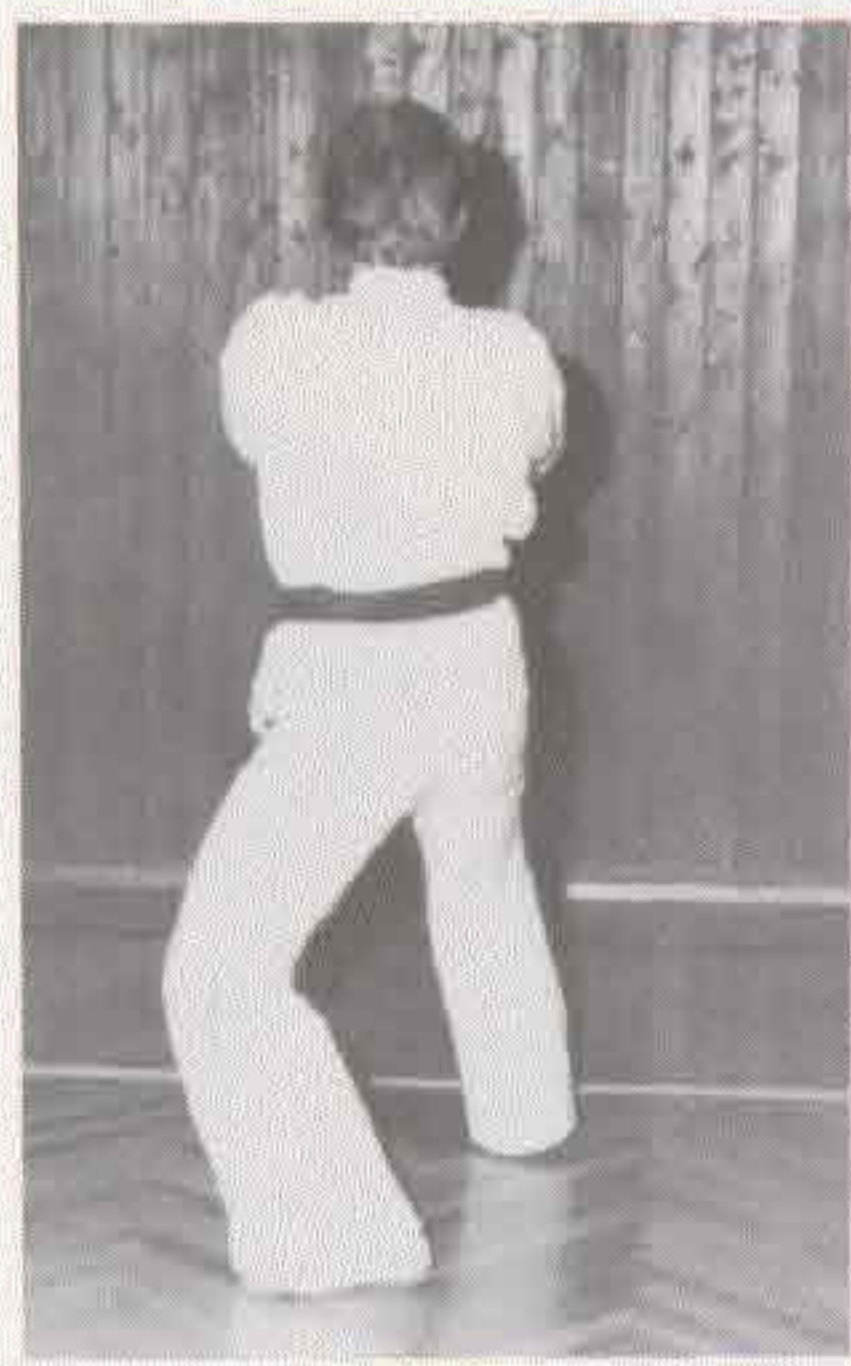
langsame kreisförmige
Bewegung, Endstellung
wie in Abb.

chudan tsuki r.
(honte, zur r. Seite)

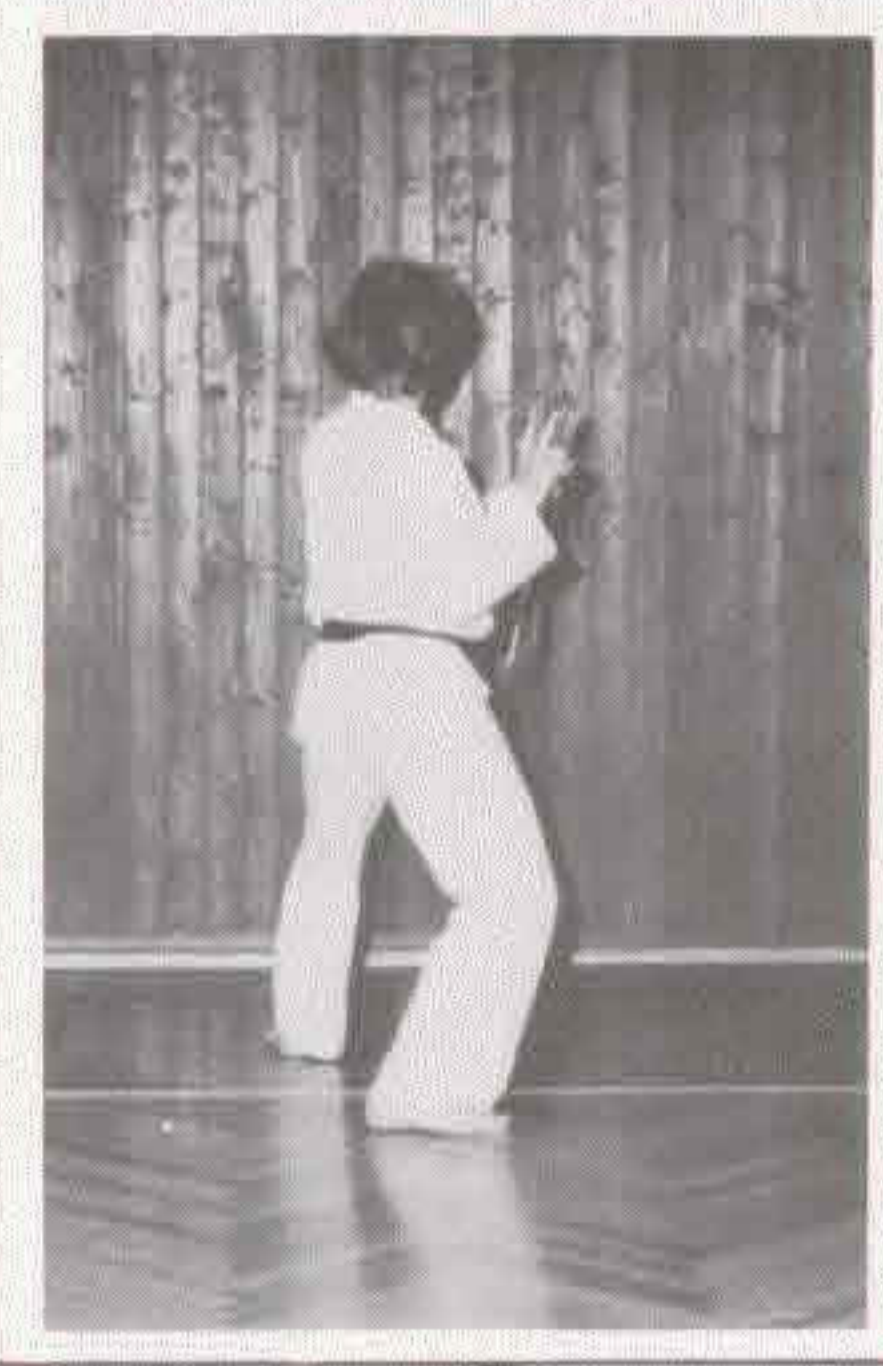
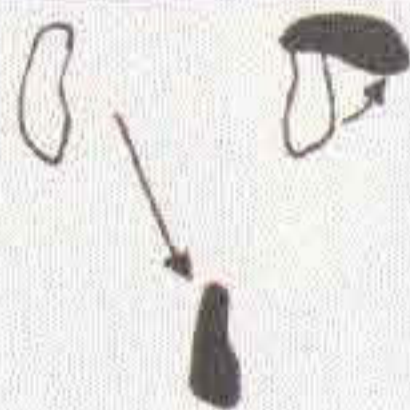
KIBA DACHI



62



63



64



beide SAI an den
Hüften
gyakute

chudan morote uchi

morote soto uke
gyakute, nach r.

KOKUTSU DACHI



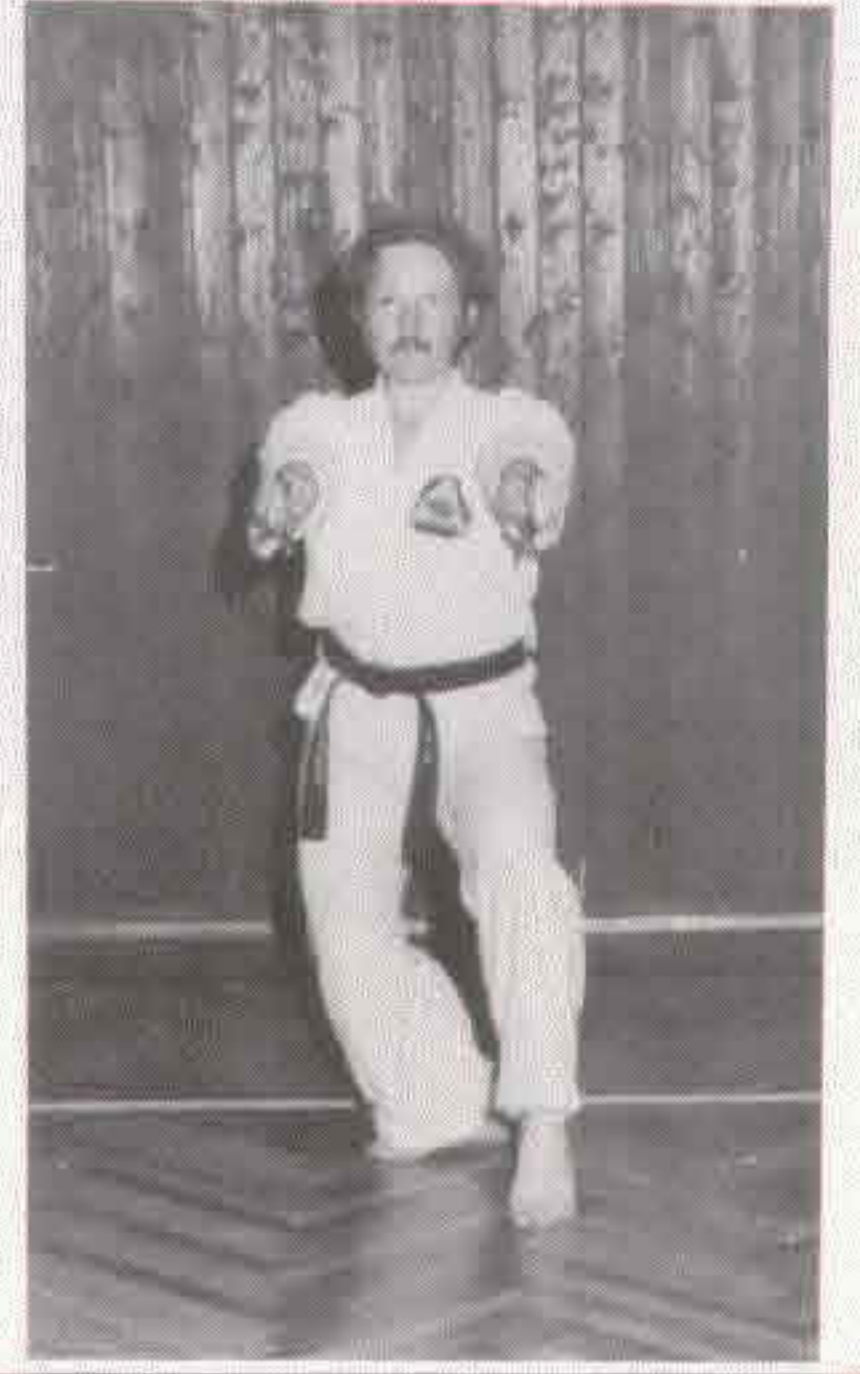
St. 64 von vorne



65



chudan morote uchi



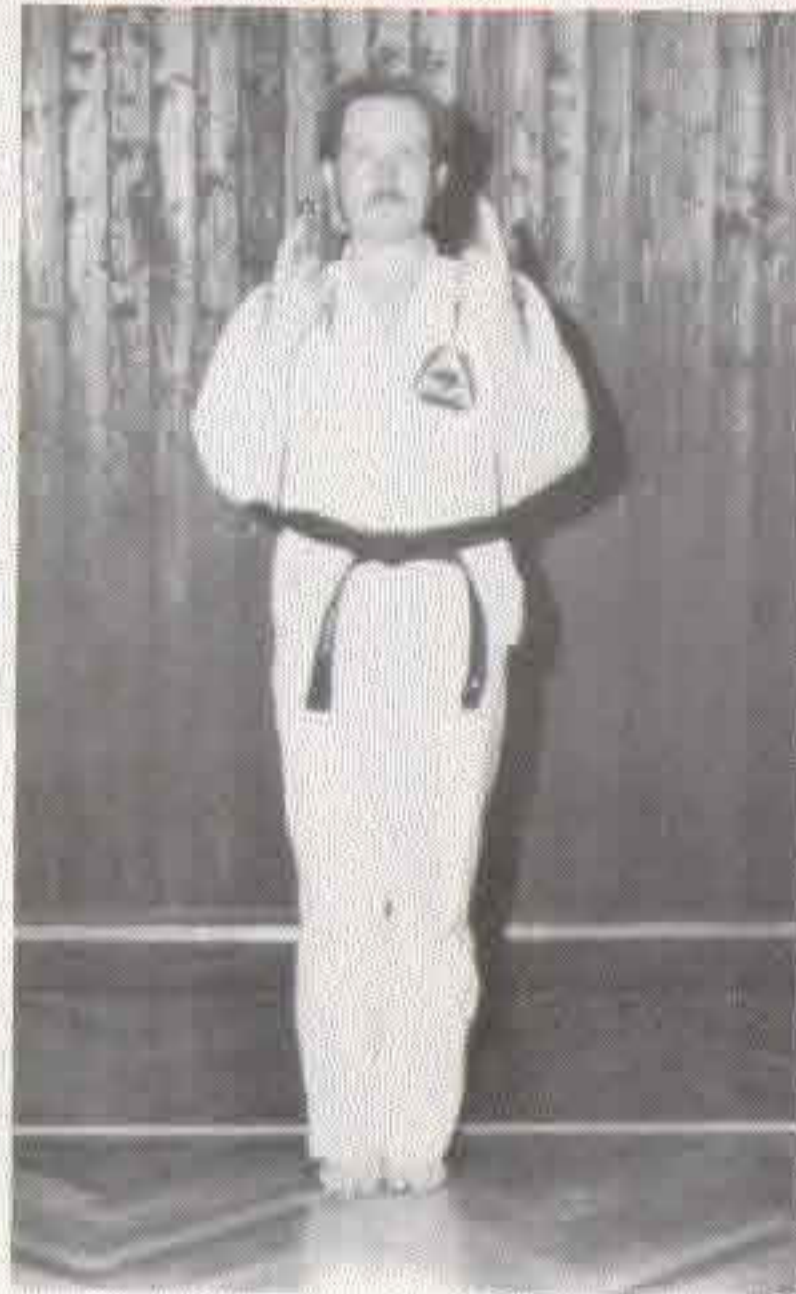
NEKODASHI DACHI



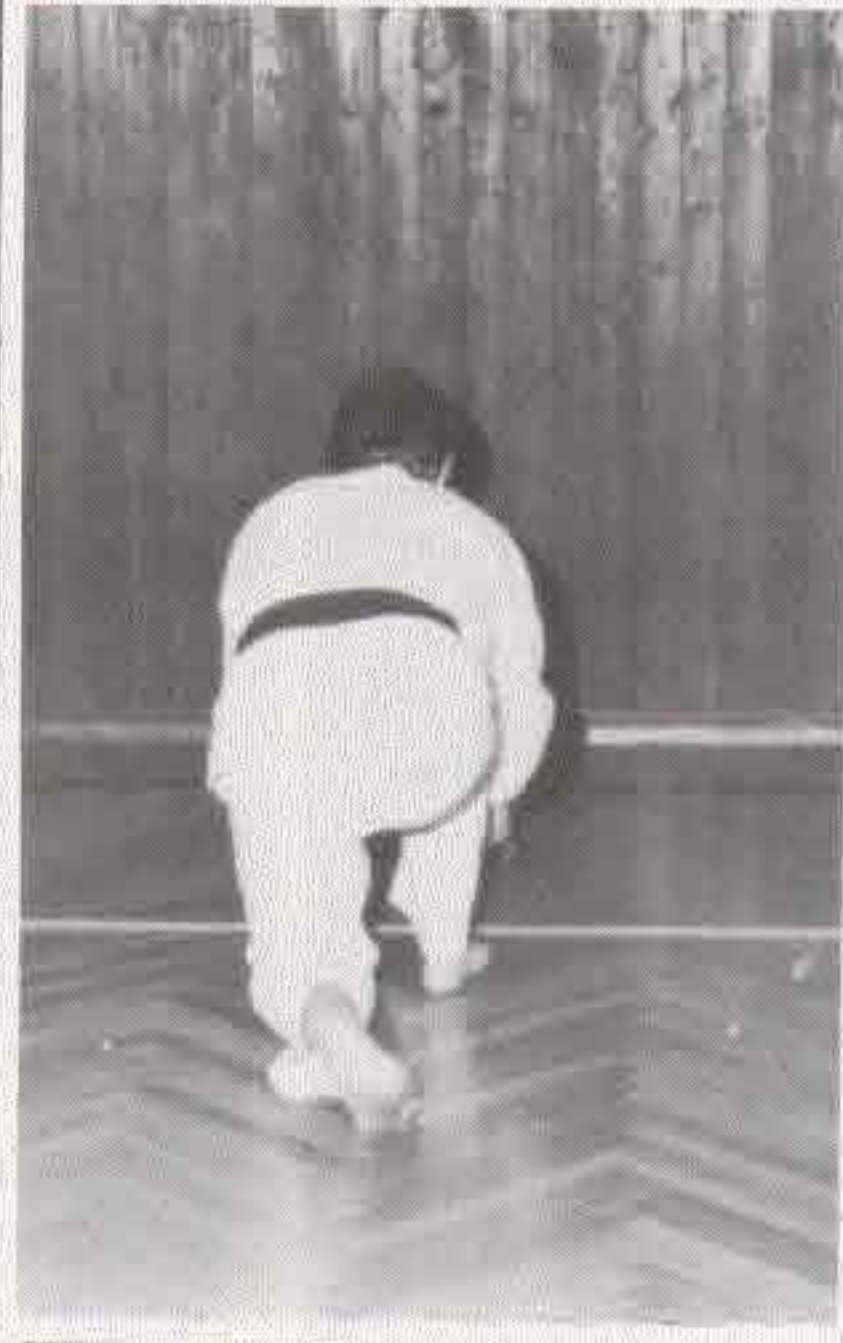
66



SAI in gyakute yoi kamae Haltung



HEISOKU DACHI



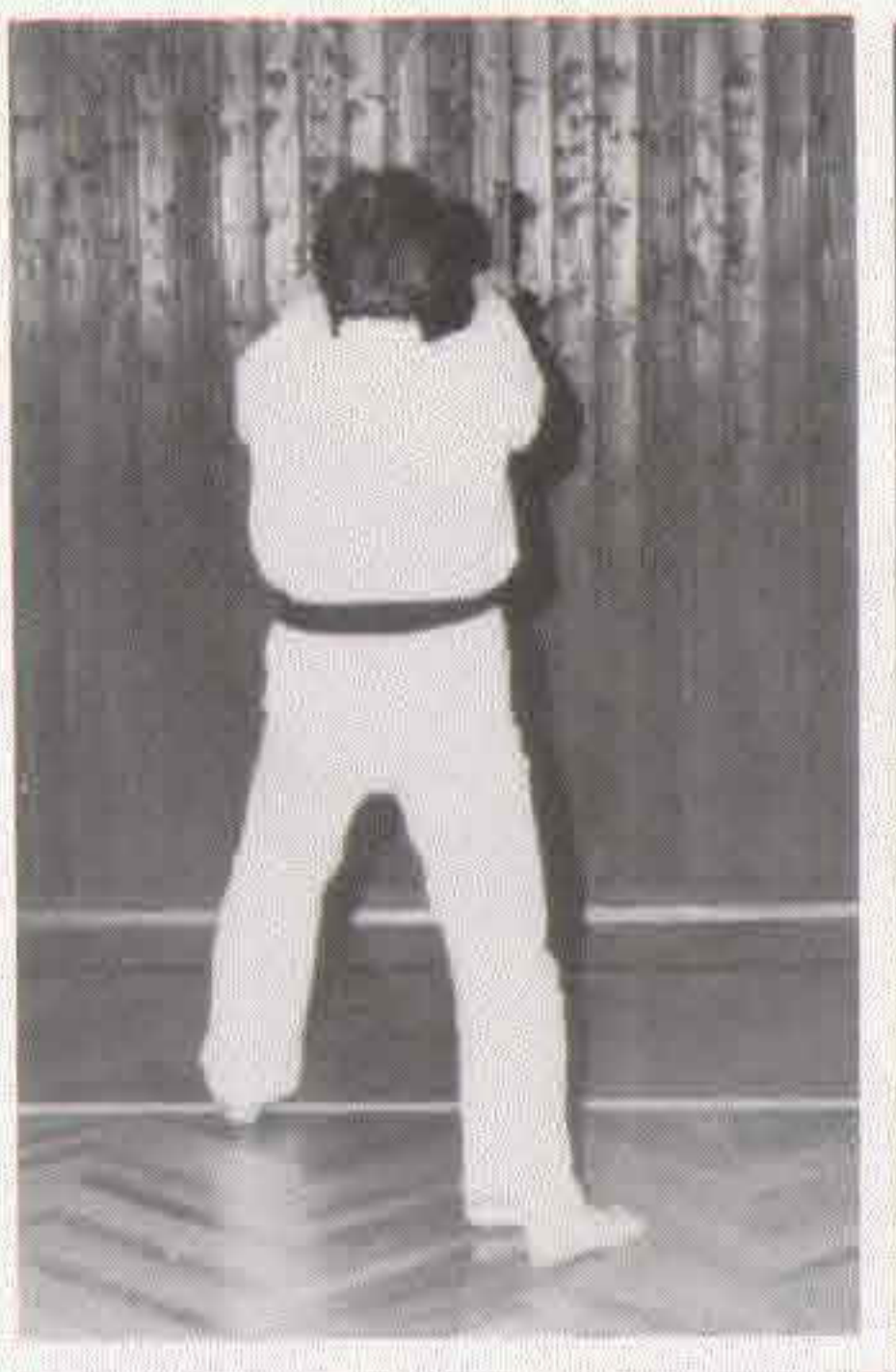
67



SAI in honte gleiten lassen (gedan)

knien I.





68



69



SAI in großer Kreisbewegung auf die Schultern toris schlagen

SAI heranziehen hitza geri r.

ZENKUTSU DACHI



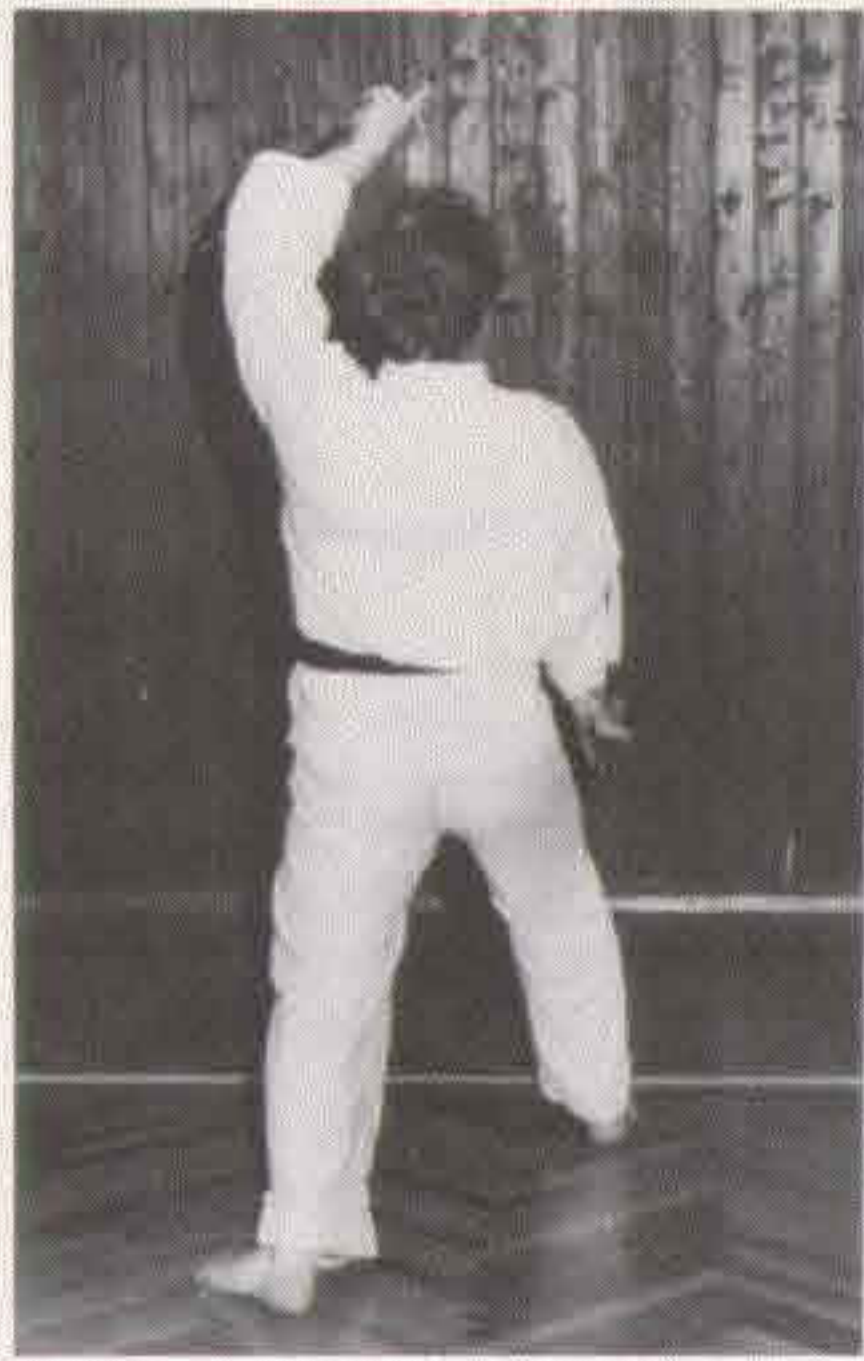
70



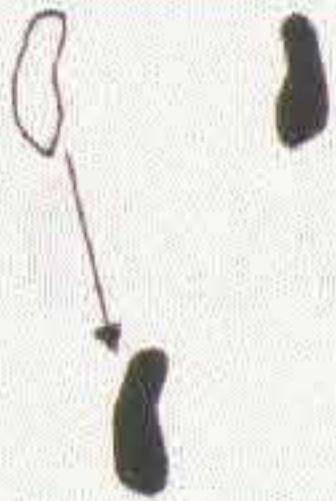
SAI in gyakute yoi kamae

(vorher SAI herumschleudern und mit tsuka auffangen)

KIBA DACHI

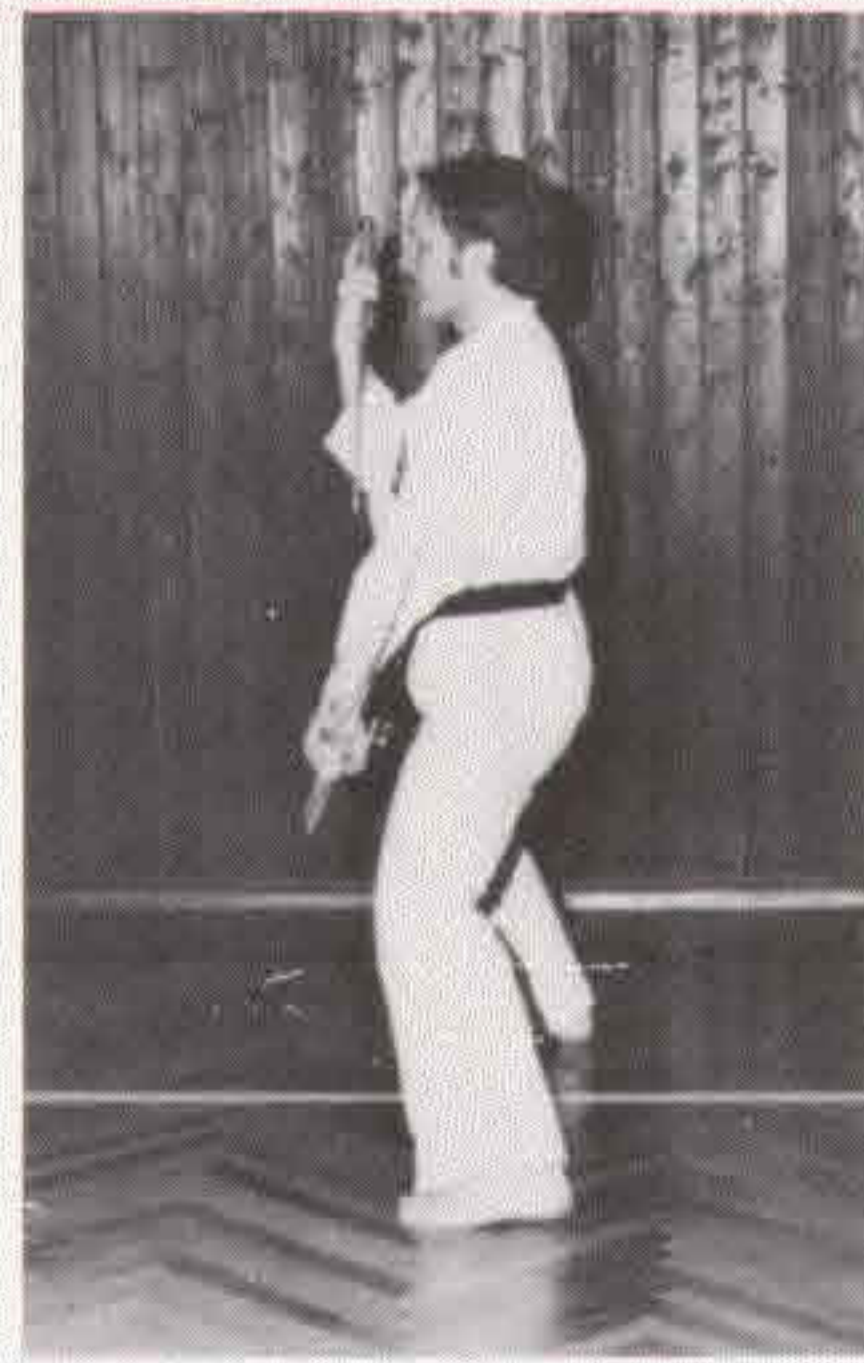


71

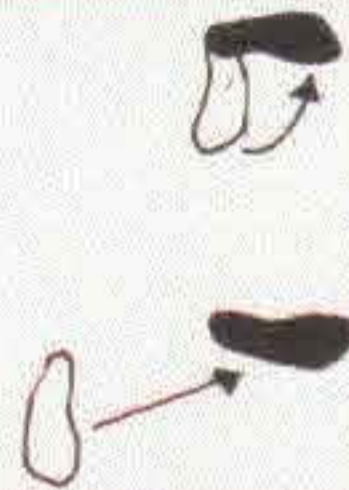


uwa uke l.; shita uke r.

ZENKUTSU DACHI

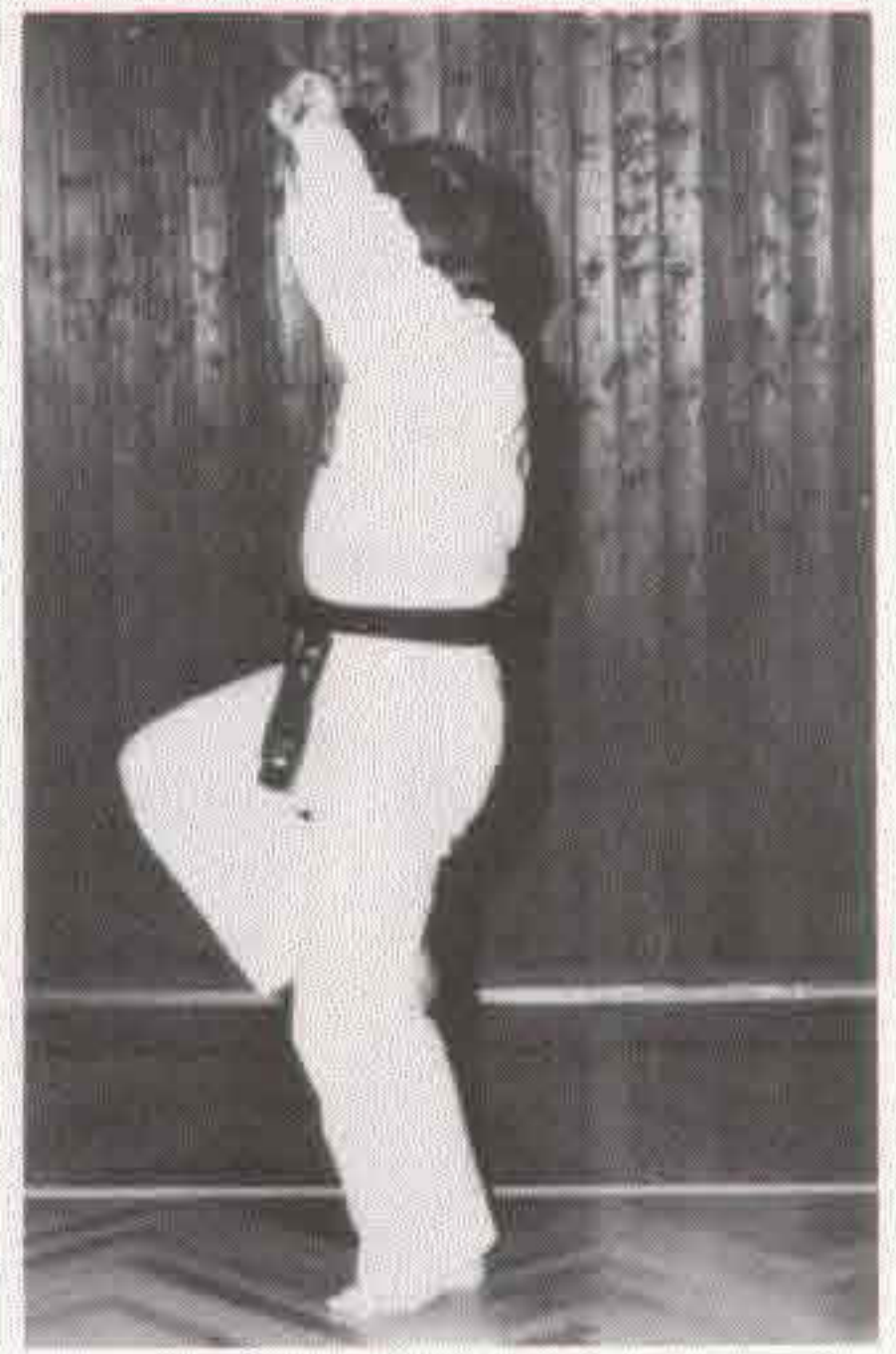


72



shita uke l.
soto uke r.

KIBA DACHI



73



uwa uke l.
shita uke r.

SAGIASHI DACHI



74

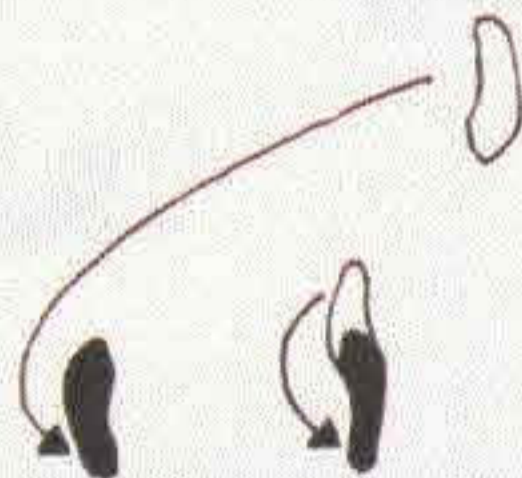


jodan tsuki r.
(honte)

ZENKUTSU DACHI



75



chudan morote uchi
(zu den Seiten)

KIBA DACHI



76



jodan hiraki uke
(langsame Ausführung)

HEISOKU DACHI



77



78



79



80



KIAI

morote soto uke

nach vorne, SAI in Kreuzhaltung

YOI KAMAE

jodan morote gyakute tsuki

KOKUTSU DACHI

KIBA DACHI



81



82



HAJIME KAMAE

REI KAMAE