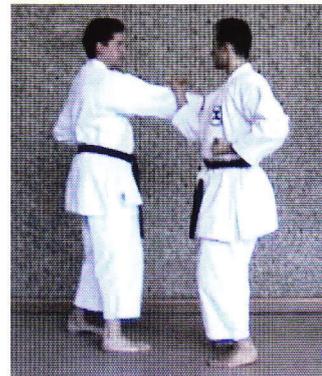
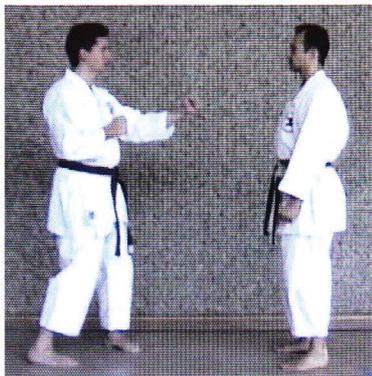


Kumite-Ura Nr. 1

Tori

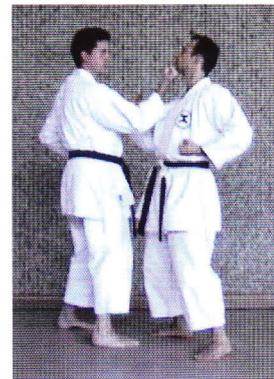
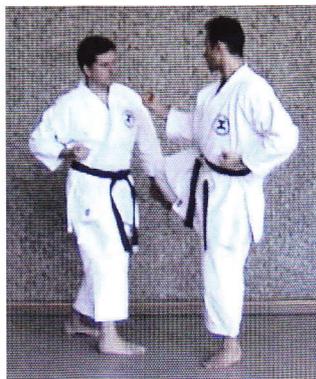
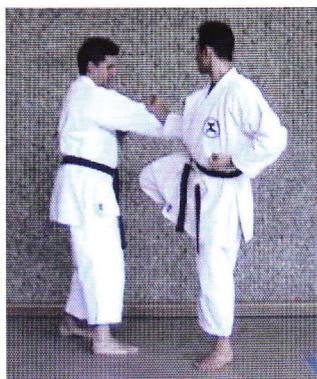
Uke



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: 45° nach links ausweichen in Heiko-Dachi.

Uke: Uchi-Uke mit rechts.



Uke: Mawashi-Geri Chudan getreten mit dem Fussballen (traditionell).

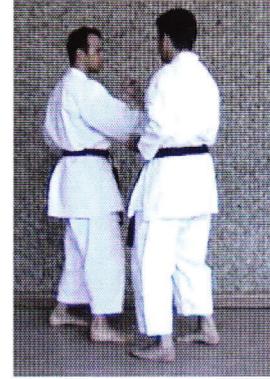
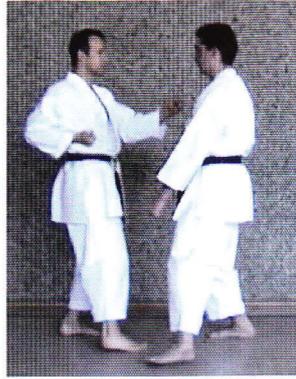
Tori: Haraiotoshi-Uke (Hand ist offen).

Tori: Age-Zuki Jodan.

Kumite-Ura Nr. 2

Tori

Uke



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: 45° nach links Ausweichen in Heiko-Dachi.

Uke: Uchi-Uke mit rechts.



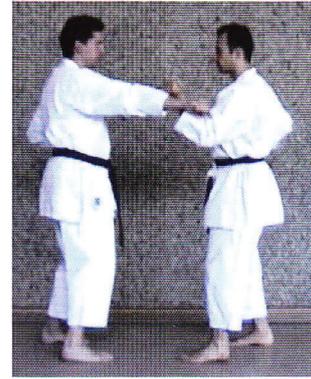
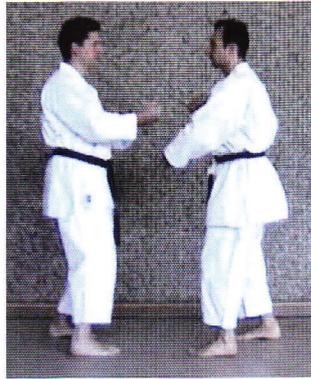
Uke: Ura-Zuki Chudan.

Tori: Empi-Uke mit rechts.

Tori: Age-Zuki Jodan.

Kumite-Ura Nr. 3

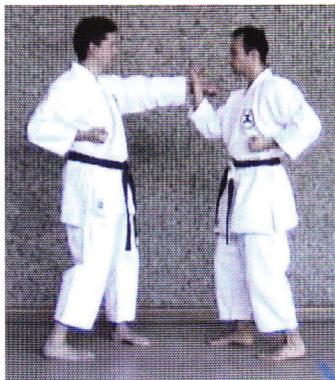
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Rechts zurückgehen in Sanchin-Dachi.

Uke: Uchi-Uke.

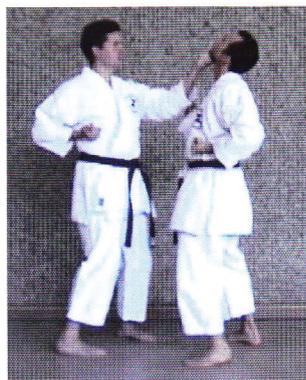


Tori: Links vorgehen mit Oi-Zuki Chudan.

Uke: Links Mae-Geri Chudan.

Tori: Haraiotoshi-Uke.

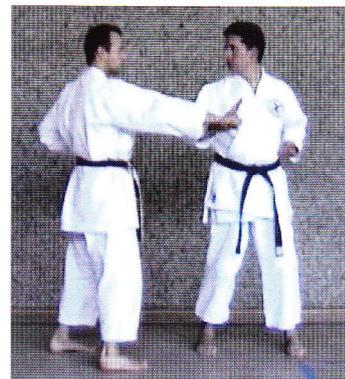
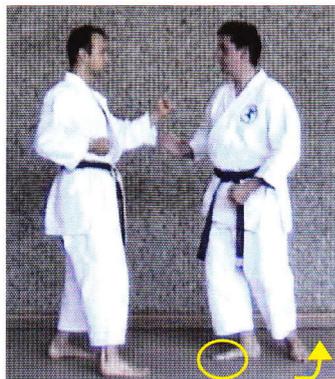
Uke: Links zurückgehen in Sanchin-Dachi mit Uchi-Uke.



Tori: Age-Zuki Jodan mit links.

Kumite-Ura Nr. 4

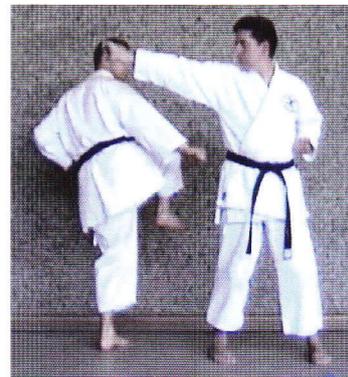
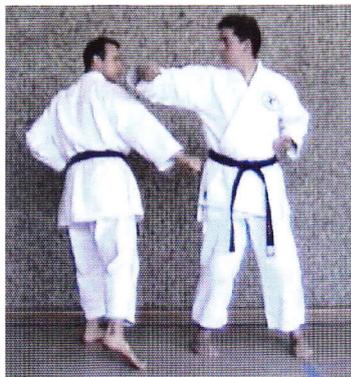
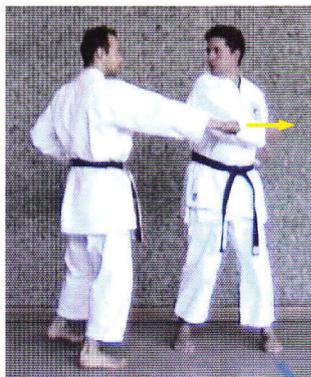
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Auf dem rechten Fussballen nach hinten drehen in Heiko-Dachi.

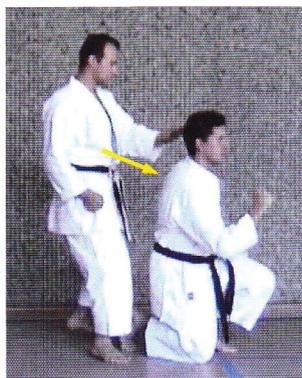
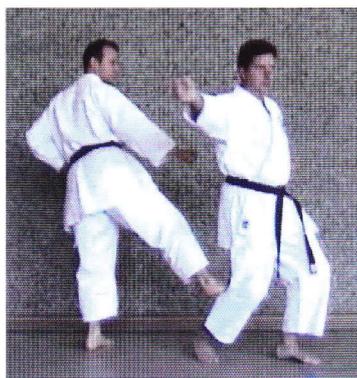
Uke: Teisho-Uke.



Uke: Teisho-Uke weiterfuehren.

Uke: Uraken-Uchi Jodan.
Tori: Zur Seite ausweichen.

Tori: Knie hochziehen.



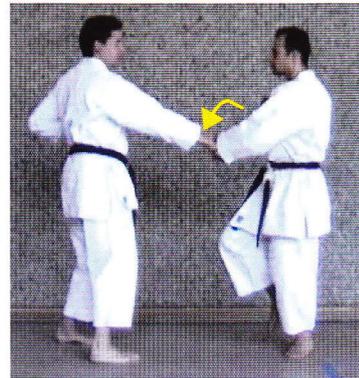
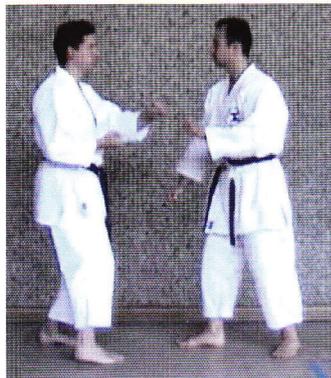
Tori: Kansetsu-Geri zur Kniekehle.

Tori: Vorgleiten zum Uke.

Tori: Otoshi Empi-Uchi Jodan.

Kumite-Ura Nr. 5

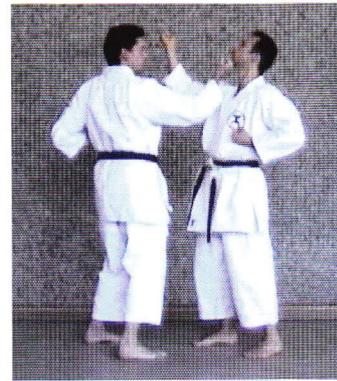
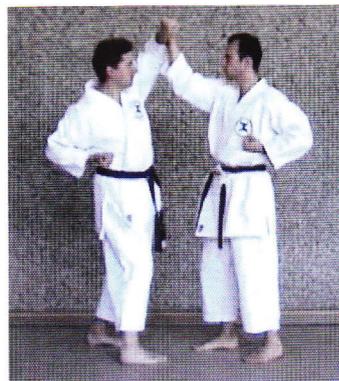
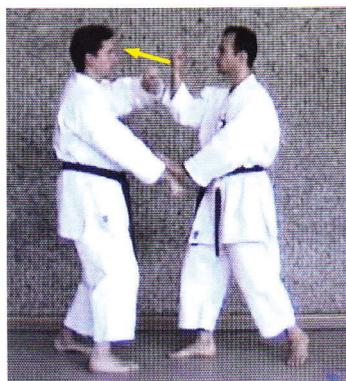
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Nach hinten mit links ausweichen in (Neko Ashi-Dachi).

Uke: Teisho-Uke mit links.



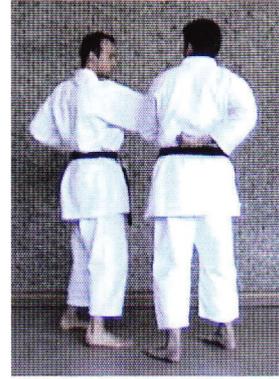
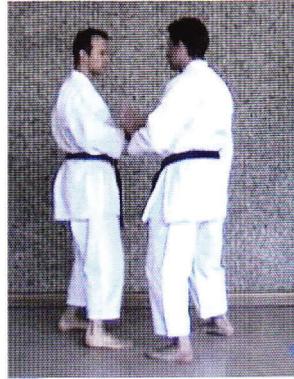
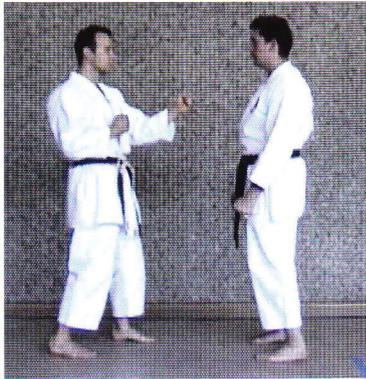
Uke: Vorgleiten mit rechts und Ura-uchi Jodan.

Tori: Age-Uke mit links.

Tori: Age-Zuki Jodan.

Kumite-Ura Nr. 6

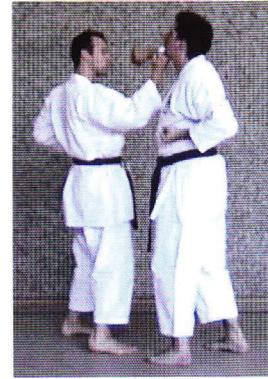
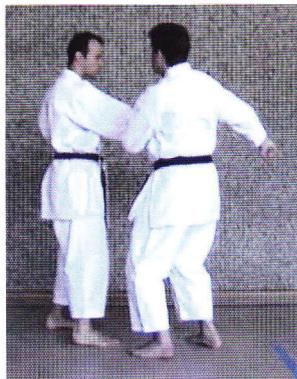
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: 45° nach links in Heiko-Dachi ausweichen und mit Teisho-Uke zum Ellenbogen.

Uke: Vorbereitung für Furi-Uchi-Ken.



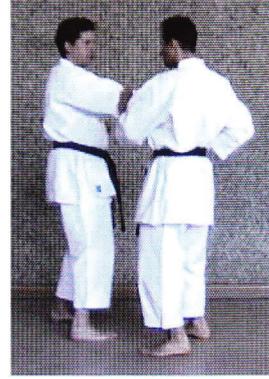
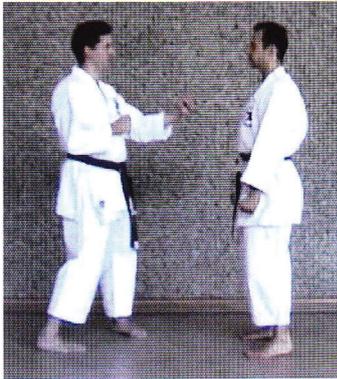
Uke: Furi-Uchi-Ken Jodan.

Tori: Hanbu-Age-Uke mit links.

Tori: Age-Zuki Jodan.

Kumite-Ura Nr. 7

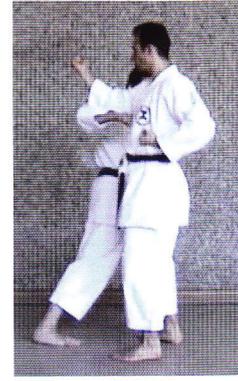
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: 45° nach links ausweichen in Heiko-Dachi.

Uke: Teisho-Uke zum Ellenbogen.



Uke: Ura-Zuki Jodan.

Tori: Links vor in Zenkutsu-Dachi.

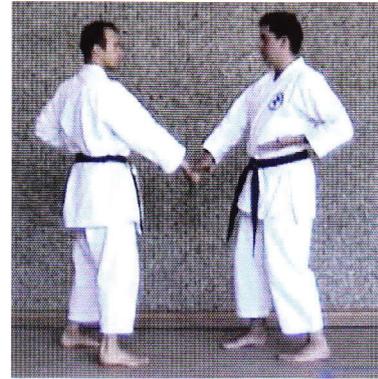
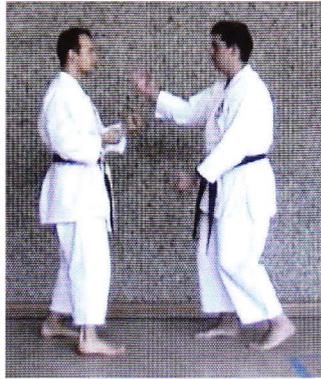
Tori: Kagi-Zuki Chudan.
(bei grosser Entfernung)
Furi-Uchi-Ken
Jodan.

Tori: Teisho-Uke Jodan.

Kumite-Ura Nr. 8

Tori

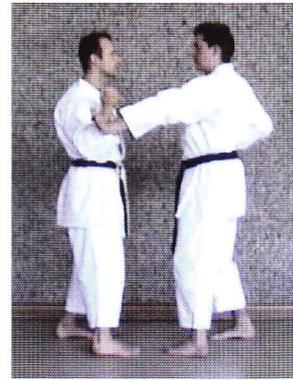
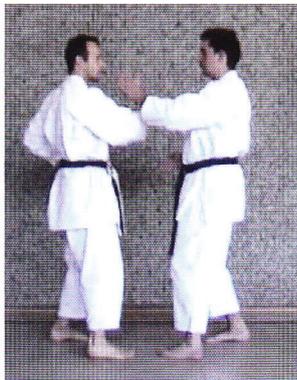
Uke



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Links zurück in Sanchin-Dachi.

Uke: Osae-Uke mit rechts.



Uke: Links vorgehen in Sanchin-Dachi und Teisho-Zuki Jodan.

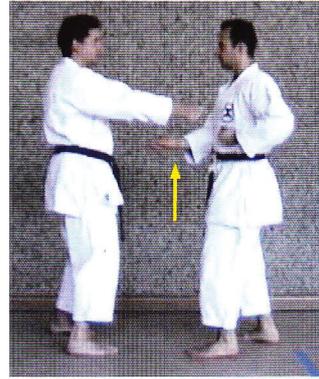
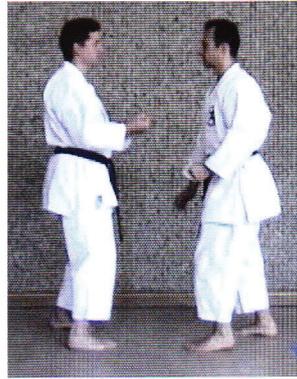
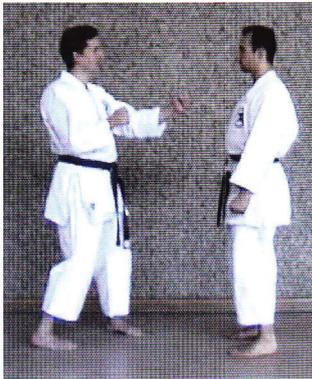
Tori: Yoko-Uke Jodan



Tori: Uraken-Uchi Jodan.

Kumite-Ura Nr. 9

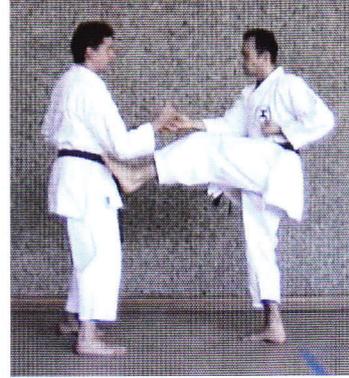
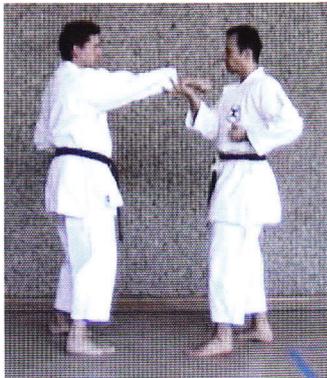
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Rechts zurück in Sanchin-Dachi.

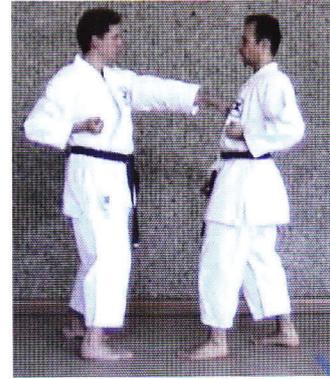
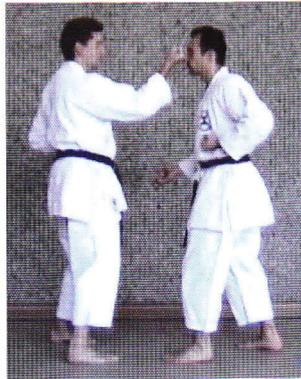
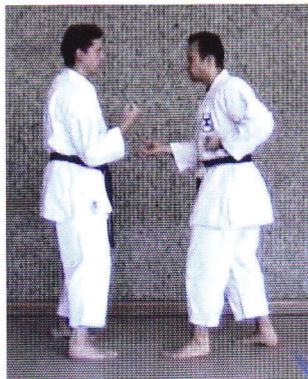
Uke: Teisho-Uke mit rechts (von unten nach oben).



Uke: Hand greifen.

Uke: Mae-Geri Chudan. (unter die Achsel)

Tori: Otoshi-Empi-Uke.



Tori: Uraken-Uchi Jodan.

Tori: Gyaku-Zuki Chudan.

Kumite-Ura Nr. 10



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.



Uke: Stehen bleiben.



Uke: Uchi-Uke.



Uke: Arm greifen.



Uke: Mit links vorgehen und Shuto-Uchi Jodan.



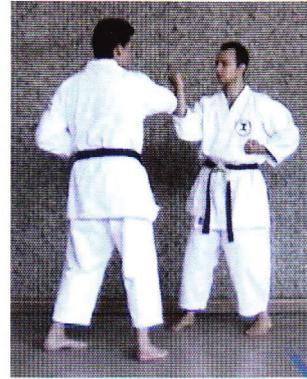
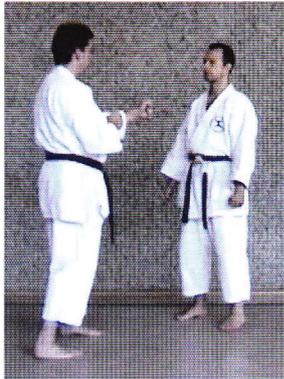
Tori: Mit links in Shiko-Dachi vorgehen und Age-Uke mit rechts.



Tori: Ura-Zuki Chudan.

Kumite-Ura Nr. 11

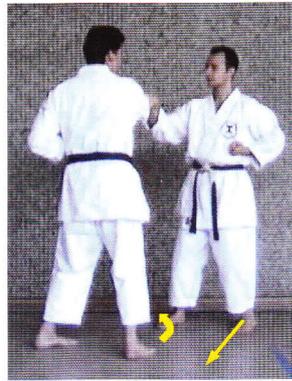
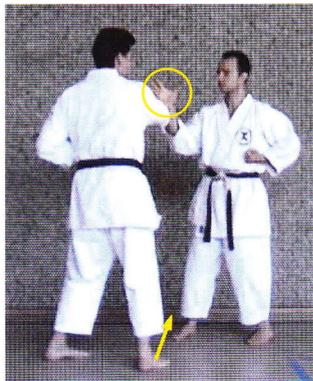
Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Links zurückgehen in Sanchin-Dachi.

Uke: Uchi-Uke.



Uke: Hand umsetzen.

Uke: Arm greifen.

Uke: Yoko-Empi-Uchi Chudan mit links in Shiko-Dachi vorgehen.

Tori: Mit rechts in Shiko-Dachi vorgehen.

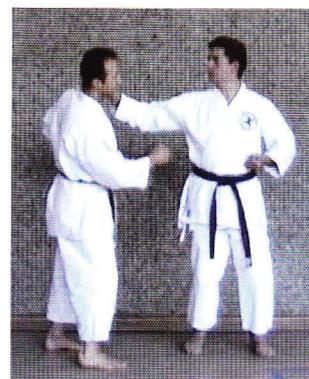
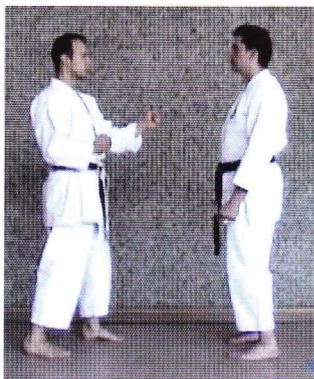


Tori: Linken Arm strecken.

Tori: Empi-Uchi Chudan.

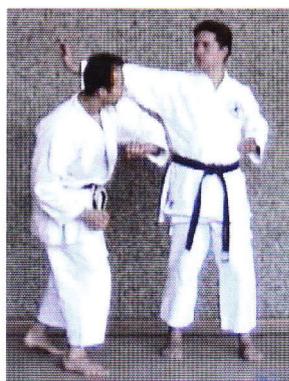
Kumite-Ura Nr. 12

Tori **Uke**



Tori: Aus Sanchin-Dachi rechts vorgehen mit Oi-Zuki Chudan.

Uke: Teisho-Uchi Jodan mit gleichzeitiger Drehung nach links in Heiko-Dachi.



Tori: Abtauchen.

Tori: Arm von Uke Umgreifen.

Tori: Arm einklemmen und hebeln.



Tori: Teisho-Uchi Gedan.