

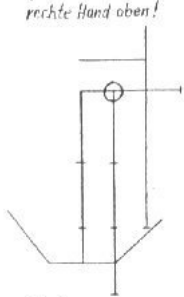


Kanku-Dai

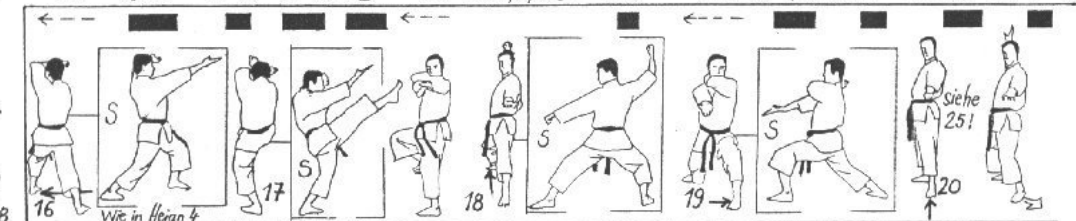
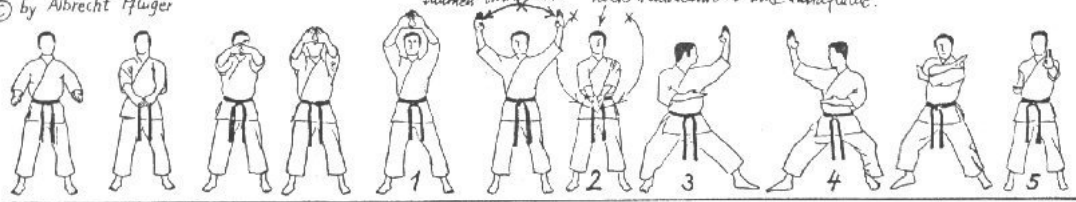
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Ursprünglich KUSHANKU. KANKU bedeutet „Himmelskranz“ (siehe 1!). Aus ihr wurden auf Okinawa von Meister JTDU die 5 Heian (Pinan) Katas für den Unterricht an den Mittelschulen entwickelt.

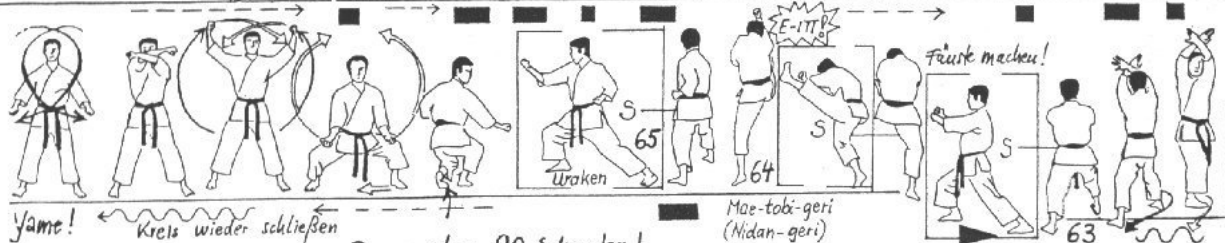
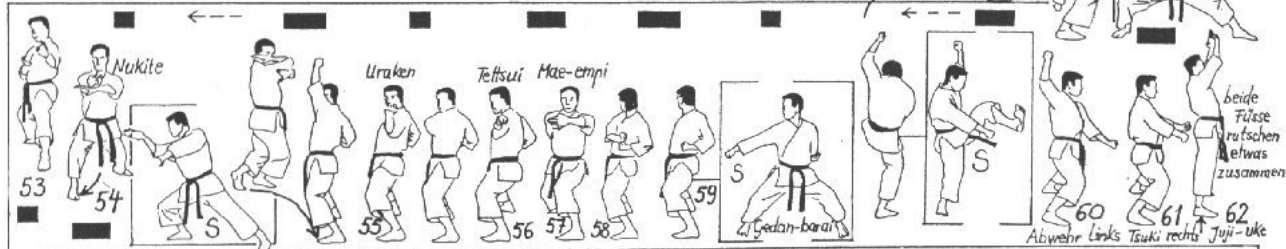
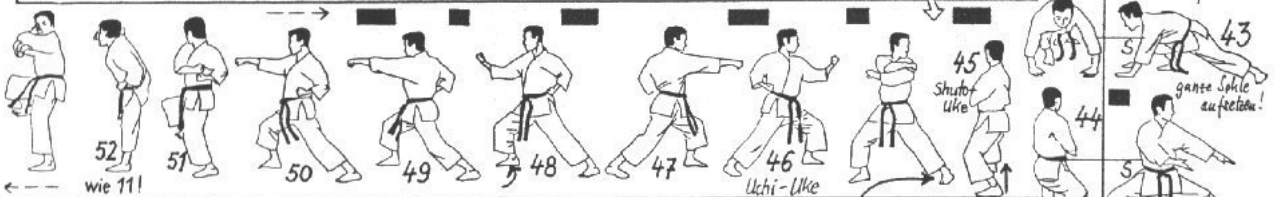
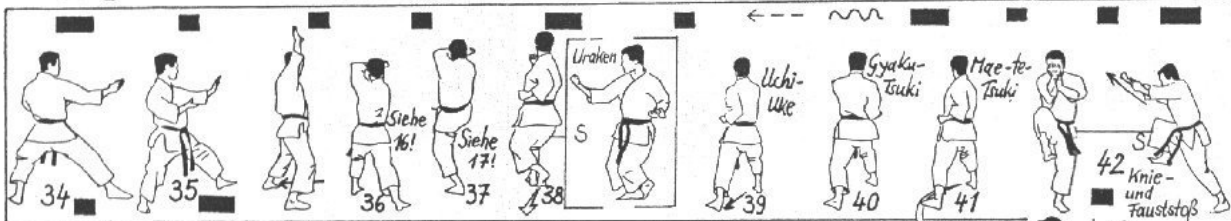
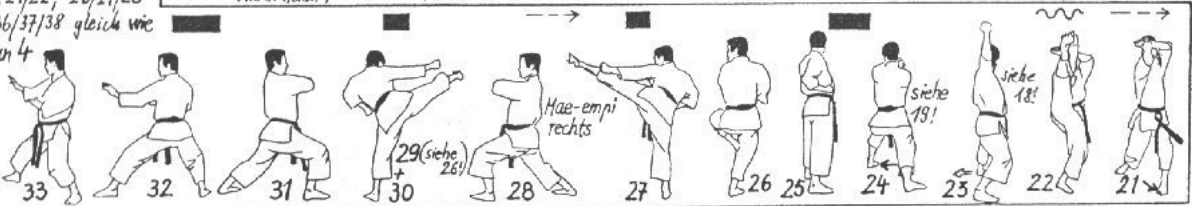
Daumen anwickeln! rechte Handfläche in linke Handfläche!



Embusen (Schriftbild)



16/17, 21/22, 26/27/28 und 36/37/38 gleich wie in Heian 4



Yame! Kreis wieder schließen

Dauer etwa 90 Sekunden!

Mae-tobi-geri (Nidan-geri)