

Karatetechnisch woordenboek

Standen



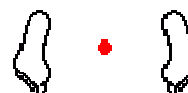
heisoku-dachi



musubi-dachi



heiko-dachi



hachiji-dachi



fudo-dachi



hangetsu-dachi



kosha-dachi



migi-ashi-dachi



hidari-ashi-dachi



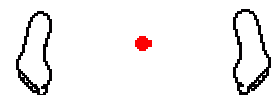
kake-dachi



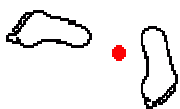
nekoashi-dachi



naifanchin-dachi



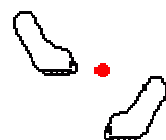
reno-ji-dachi



choji-dachi



migi-ashi-dachi





uchi-hachi-ji-dachi



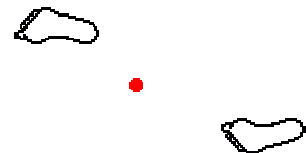
tsuru-ashi-dachi



kokutsu-dachi



zenkutsu-dachi



kiba-dachi

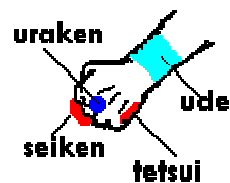


shiko-dachi



Karatetechnisch woordenboek

Stoten



oi-zuki



gyaku-zuki



kizami-zuki



age-zuki



yama-zuki



age-zuki



ura-zuki



tate-zuki



mawashi-zuki



awase-zuki



hasami-zuki



otoshi-zuki



kage-zuki



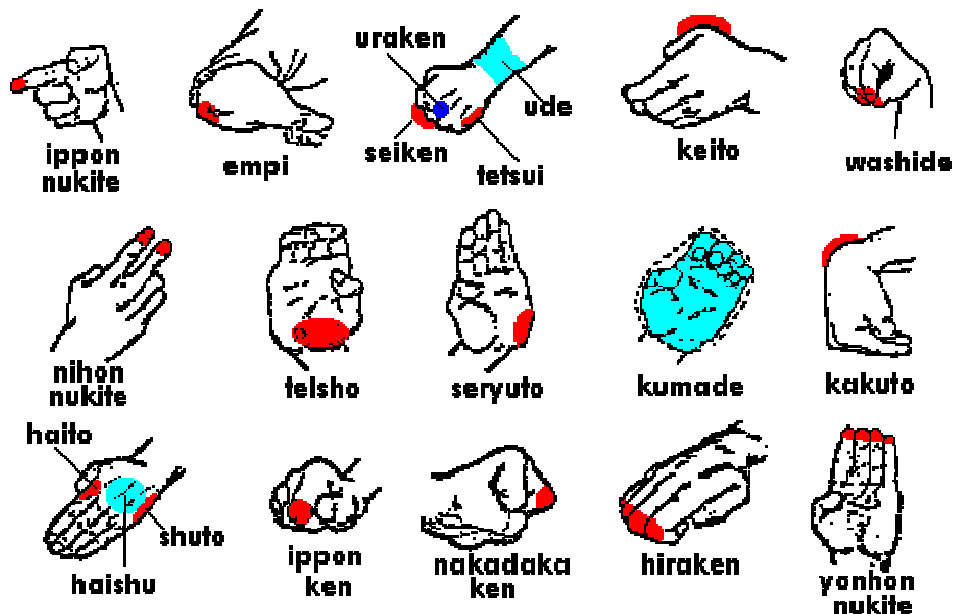
heiko-zuki

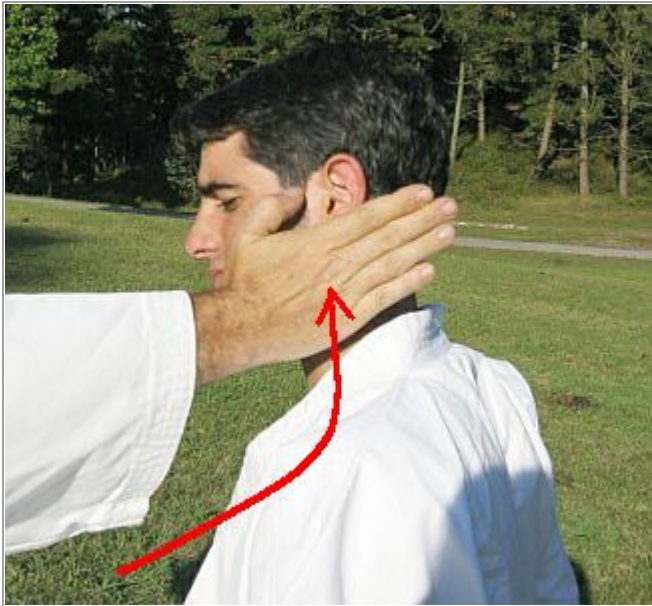


ushiro-zuki

Karatetechnisch woordenboek

Handtechnieken

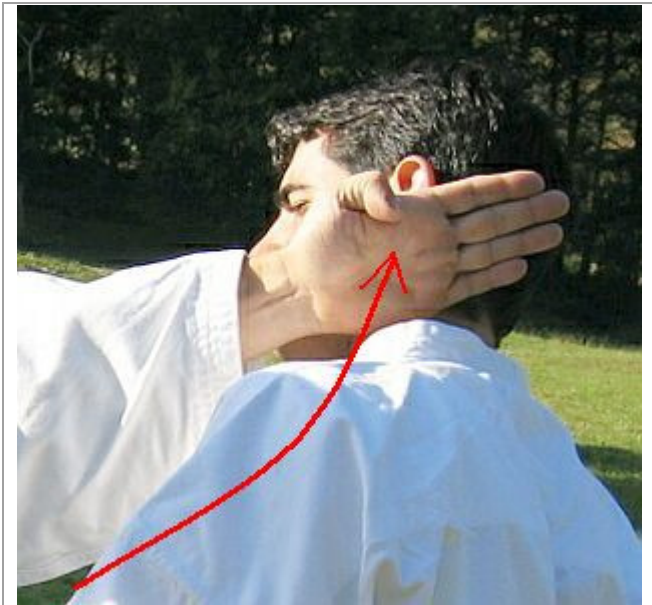




shuto-uchi



haito-uchi



haisu-uchi



uraken-uchi



tetsui-uchi



nukite-uchi



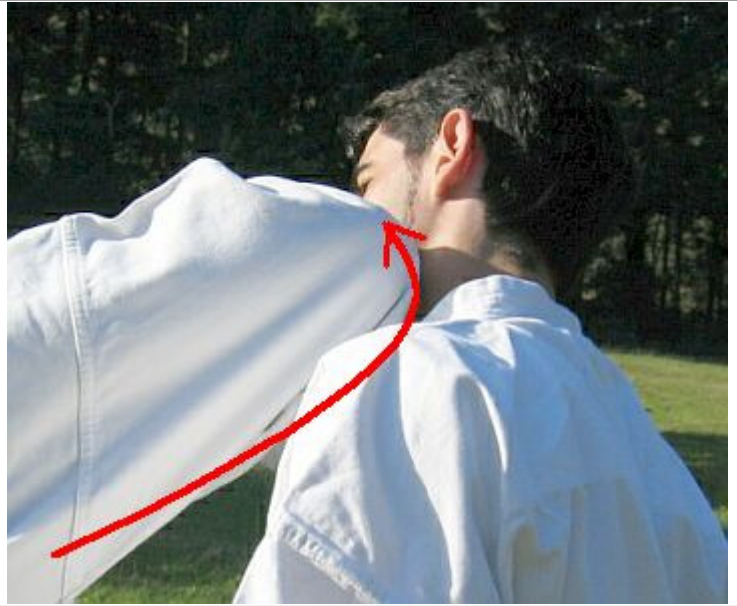
kakuto-uchi



ippun-nukite-uchi



kumade-uchi



mawashi-empi-uchi



tate-empi-uchi



mae-empi-uchi



otoshi-empi-uchi



yoko-empi-uchi



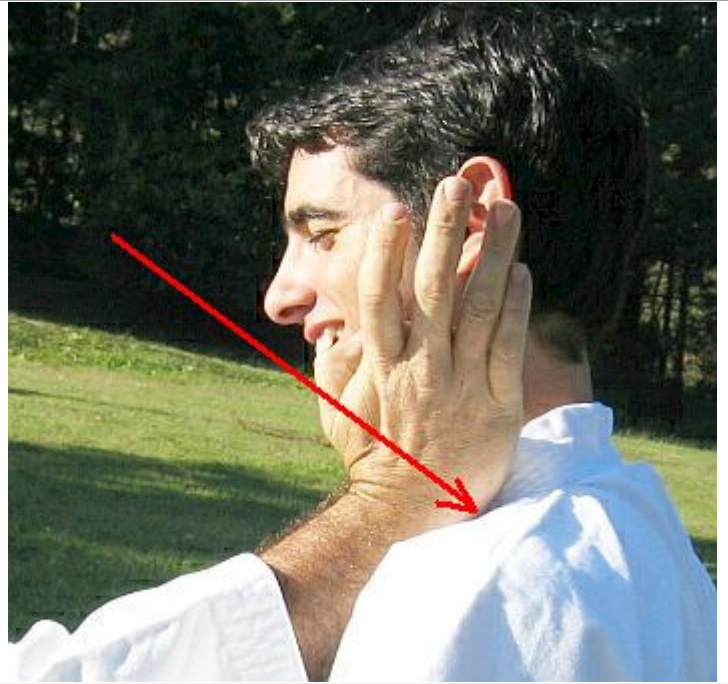
ushiro-empi-uchi



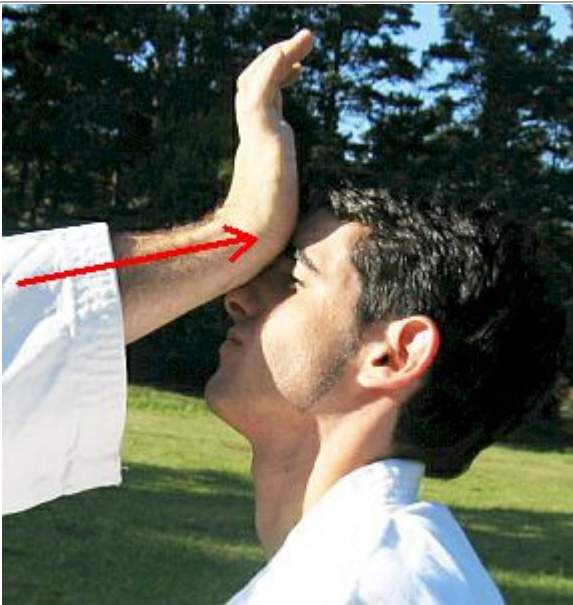
nihon-nukite-uchi



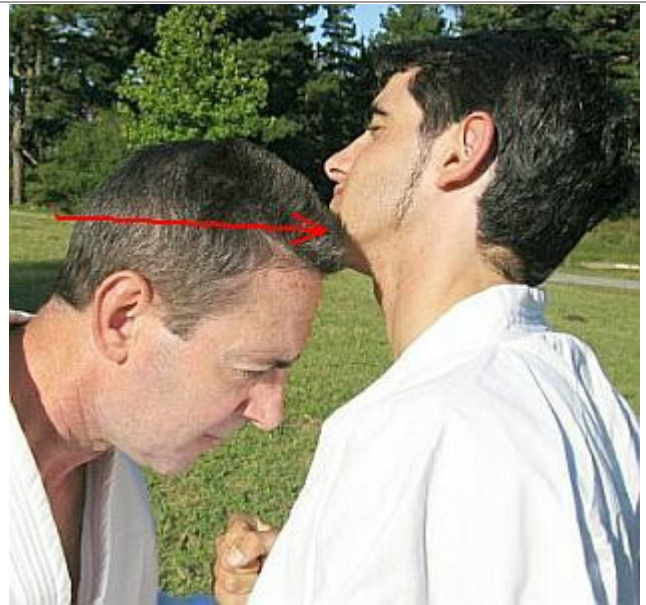
watside-uchi



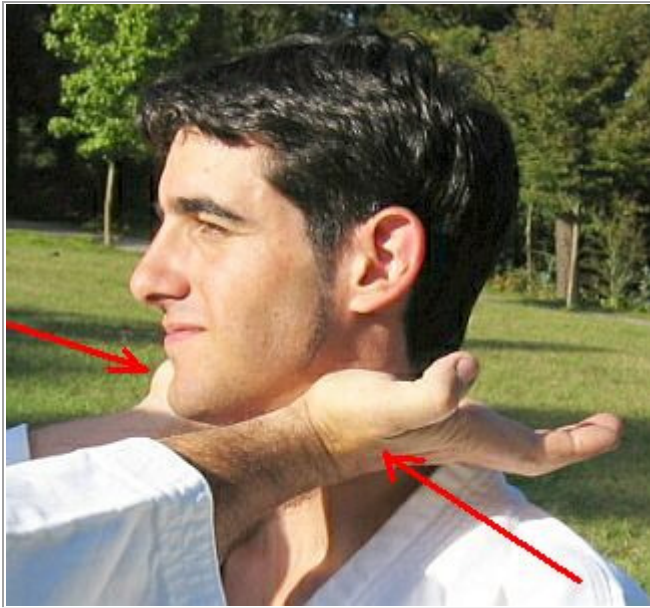
seryiuto-uchi



teisho-uchi



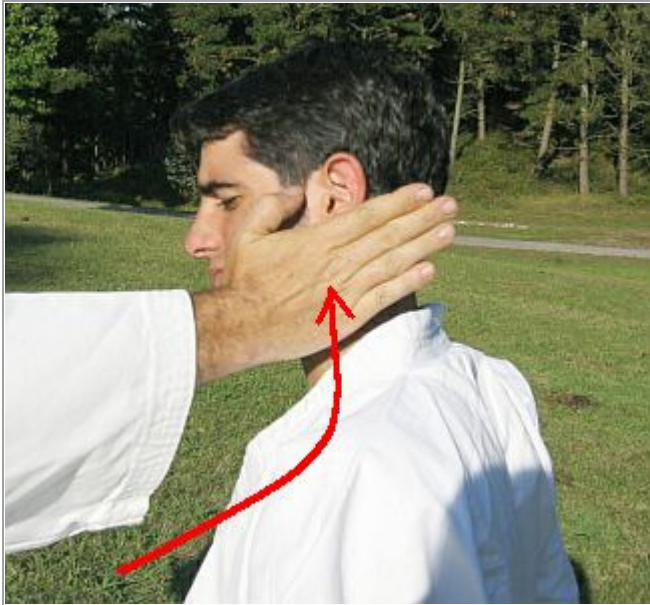
atama-uchi



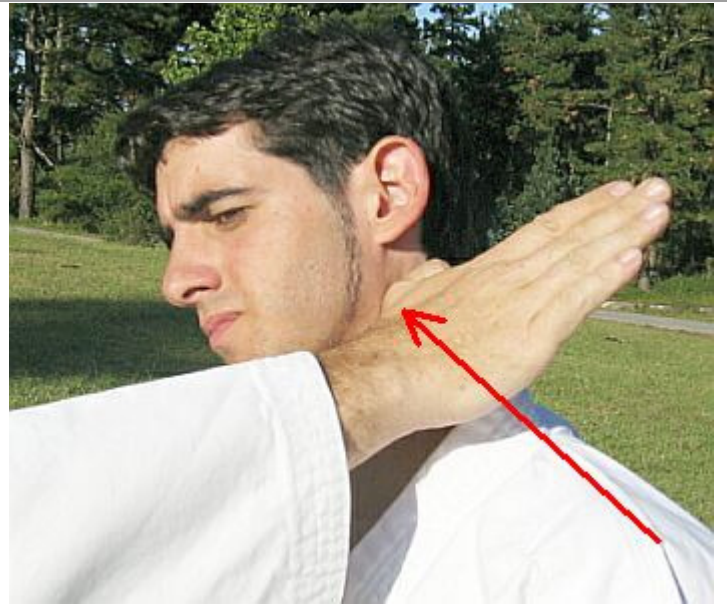
hasami-shuto uchi



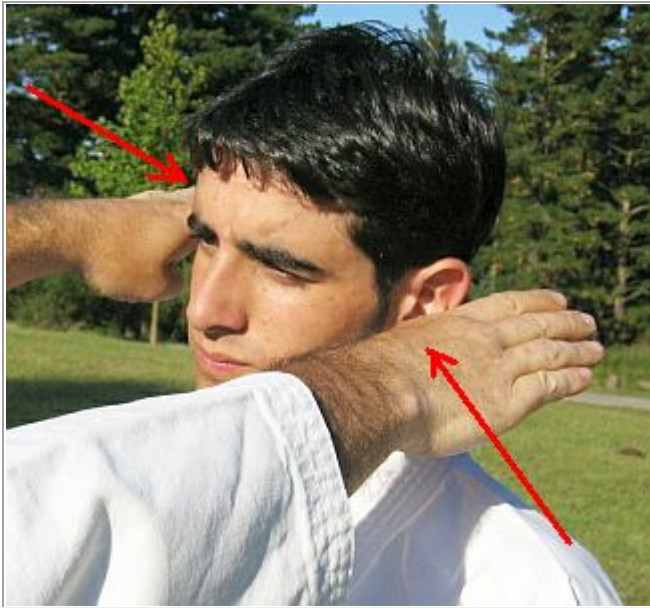
hasami-tetsui uchi



sho-uchi



keito-uchi



hasami-haito uchi



barate-uchi

Karatetechnisch woordenboek

Weringen

uke



gedan-barai (gedan-uke)



age-uke



age-uke-fumikomi



uchi-uke (uchi-ude-uke)



soto-uke (soto-ude-uke)



shuto-uke



morote-uke



sho-morote-uke



gedan-juji-uke



jodan-juji-uke



tekubi-kake-uke



kakuto-uke



sho-nagashi-uke



osae-uke



teisho-uke



ryo-teisho-uke



tsukami-uke



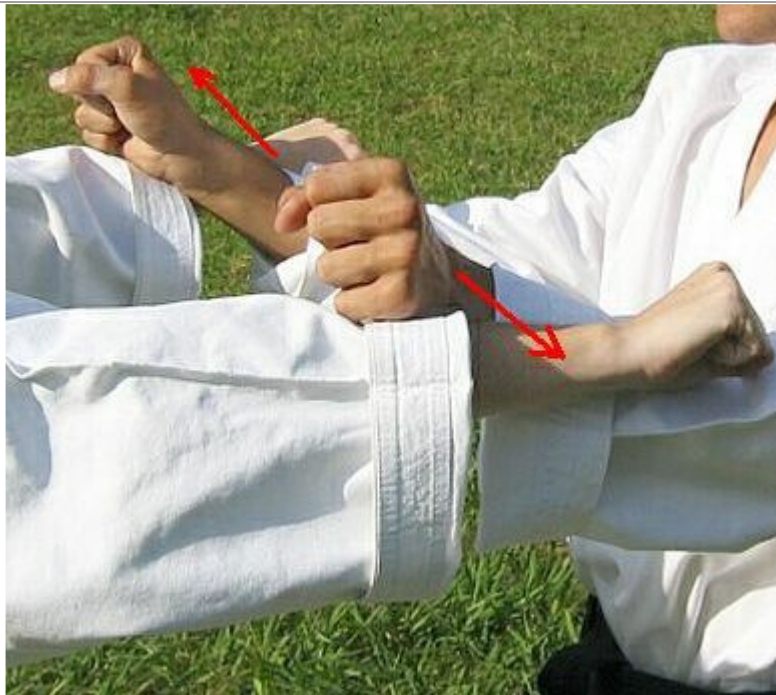
ryo-sho-tsukami-uke



gedan-kake-uke



otoshi-uke



kakiwake-uke



haisu-uke



haito-uke



shuto-age-uke



kake-te-uke



empi-uke



uraken-uke



haiwan-sokumen jodan uke+ yoko-kamae



tsuki-uke



ashibo-kake-uke



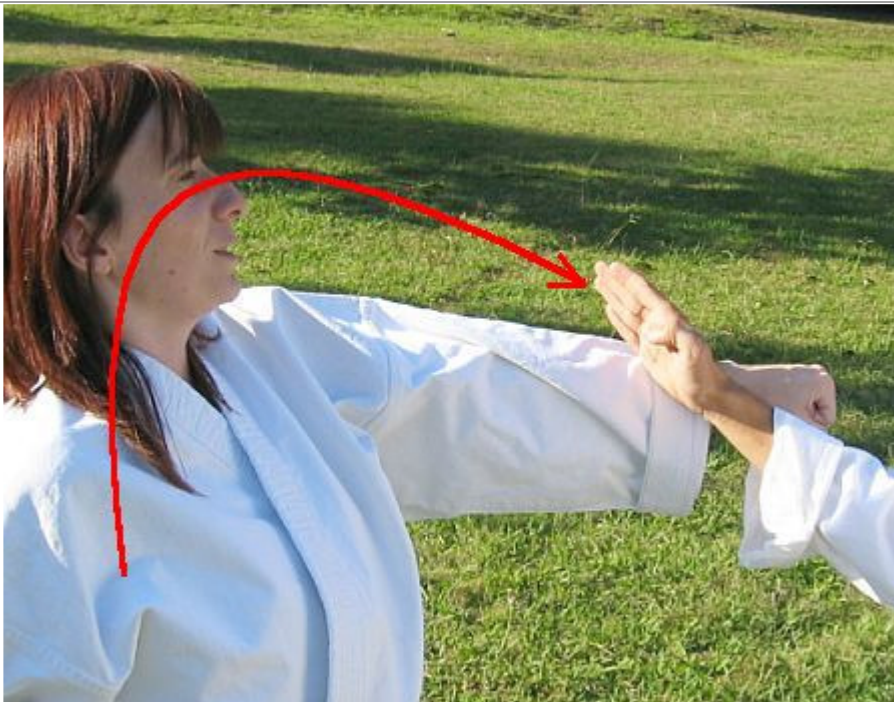
deai-osae-uke



shokuto-uke



mae-empi-uke



fukishuto-uke



nami-gaeshi

Karatetechisch woordenboek

Voettechniek



hiza



haisoku



koshi

kakato



sokuto



teisoku



mawashi-geri



mae-geri



yoko-geri-keage



yoko-geri-kekomi



mawashi-tobi-geri



ura-mawashi-geri



mikazuki-geri



ura-mikazuki-geri



kakato-geri



gyaku-mawashi-geri



mae-tobi-geri



yoko-tobi-geri



ushiro-geri-keage



oi-geri



mae-hiza-geri



mawashi-hiza-geri



mae-geri-fumikomi



yoko-geri-fumikomi



mae-geri-keage



yoko-geri-fumikiri