

# 17 Aufwärmtechniken

Sanchin-Dachi, rechts beginnend

## Armtechniken

- 1 r Seiken-Oi-Tsuki-Jodan
- 2 l Seiken-Oi-Tsuki-Chudan
- 3 r Seiken-Oi-Tsuki-Gedan
- 4 l Seiken-Ago-Uchi
- 5 r Uraken-Ganmen-Uchi
- 6 l Uraken-Sayu-Uchi
- 7 r Uraken-Hizo-Uchi
- 8 l Uraken-Oroshi-Uchi
- 9 r Uraken-Mawashi-Uchi
- 10 l Shuto-Sakosu-Uchi
- 11 r Shuto-Yoko-Ganmen-Uchi
- 12 l Shuto-Uchkomi
- 13 r Shuto-Hizo-Uchi
- 14 l Seiken-Jodan-Uke
- 15 r Seiken-Chudan-Uchi-Uke
- 16 l Seiken-Chudan-Soto-Uchi
- 17 r Seiken-Mae-Gedan-Barai

## Beintechniken 17

- 1 r Hiza-Ganmen-Geri
- 2 l Kin-Geri
- 3 r Chudan-Mae-Geri-Chusoku
- 4 l Jodan-Mae-Geri-Chusoku
- 5 r Mae-Chusoku-Keage
- 6 l Teisoku-Mawashi-Soto-Keage
- 7 r Haisoku-Mawashi-Uchi-Keage
- 8 l Sokuto-Yoko-Keage
- 9 r Gedan-Mawashi-Geri-Chusoku
- 10 l Chudan-Mawashi-Geri-Chusoku
- 11 r Jodan-Mawashi-Geri-Chusoku
- 12 l Kansetsu-Geri-Sokuto
- 13 r Chudan-Yoko-Geri-Sokuto
- 14 l Jodan- Yoko-Geri-Sokuto
- 15 r Ushiro-Geri-Gedan
- 16 l Ushiro-Geri-Chudan
- 17 r Ushiro-Geri-Jodan

## Beintechniken 21

- 1 r Hiza-Ganmen-Geri
- 2 l Hiza-Mawashi-Geri links seitl.
- 3 r Kin-Geri
- 4 l Chudan-Mae-Geri-Chusoku
- 5 r Jodan-Mae-Geri-Chusoku
- 6 l Mae-Chusoku-Keage
- 7 r Teisoku-Mawashi-Soto-Keage
- 8 l Haisoku-Mawashi-Uchi-Keage
- 9 r Sokuto-Yoko-Keage
- 10 l Gedan-Mawashi-Geri-Chusoku
- 11 r Chudan-Mawashi-Geri- Chusoku
- 12 l Jodan-Mawashi-Geri-Chusoku
- 13 r Kansetsu-Geri-Sokuto
- 14 l Kansetsu-Geri-Sokuto links - mae
- 15 l Chudan Yoko-Geri-Sokuto
- 16 r Chudan-Yoko-Geri-Sokuto rechts-mae
- 17 r Jodan- Yoko-Geri-Sokuto
- 18 l Jodan- Yoko-Geri-Sokuto links-mae
- 19 r Ushiro-Geri-Gedan
- 20 l Ushiro-Geri Chudan
- 21 r Ushiro-Geri-Jodan