

GOJU-RYU KATA SAIFA

WKF-SHITEI KATA

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www.berliner-karate-verband-ev.de

Grundstellungen



Musubi dachi



Heiko dachi



Sotohachi dachi



Shiko dachi



Sagi ashi dachi



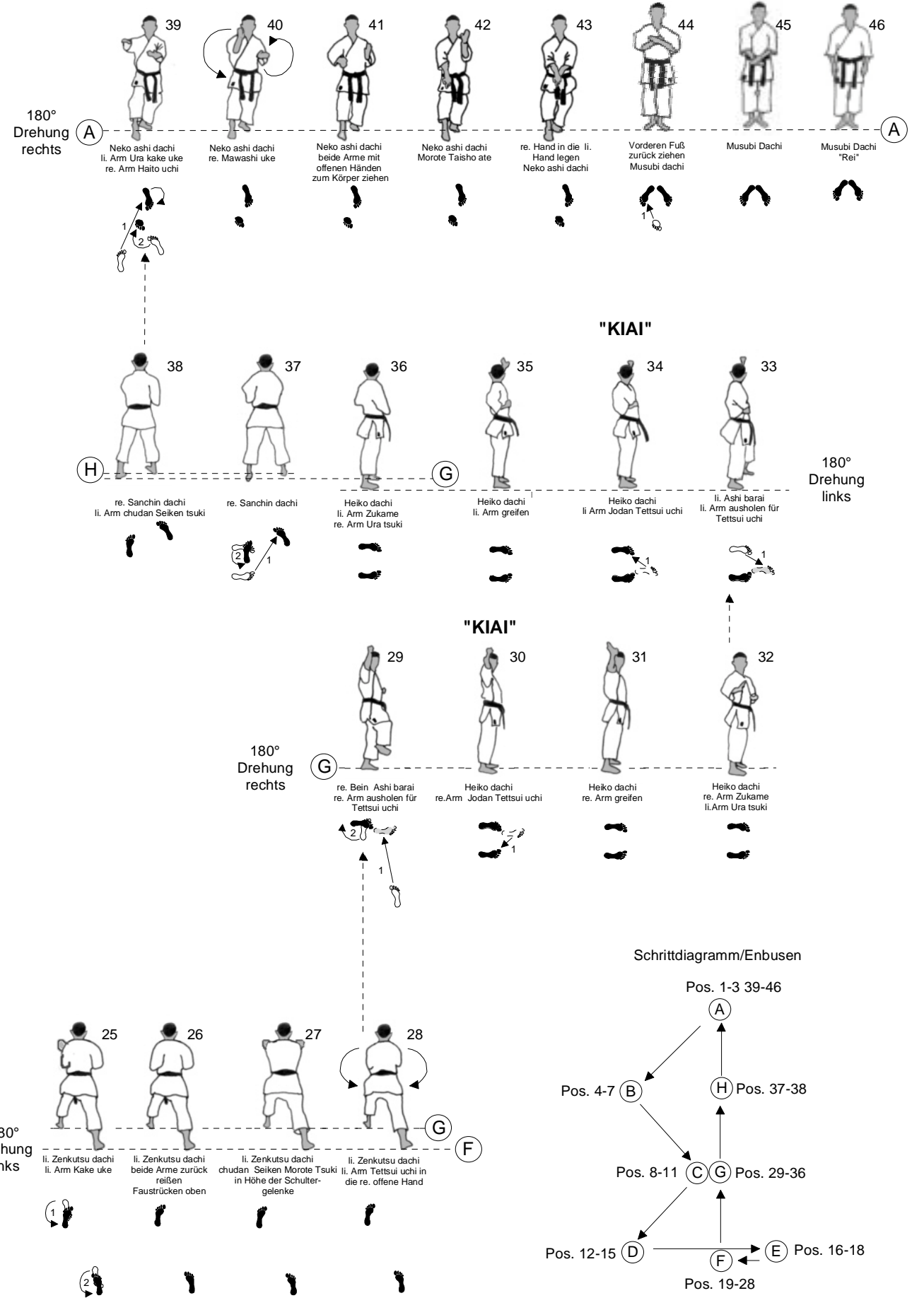
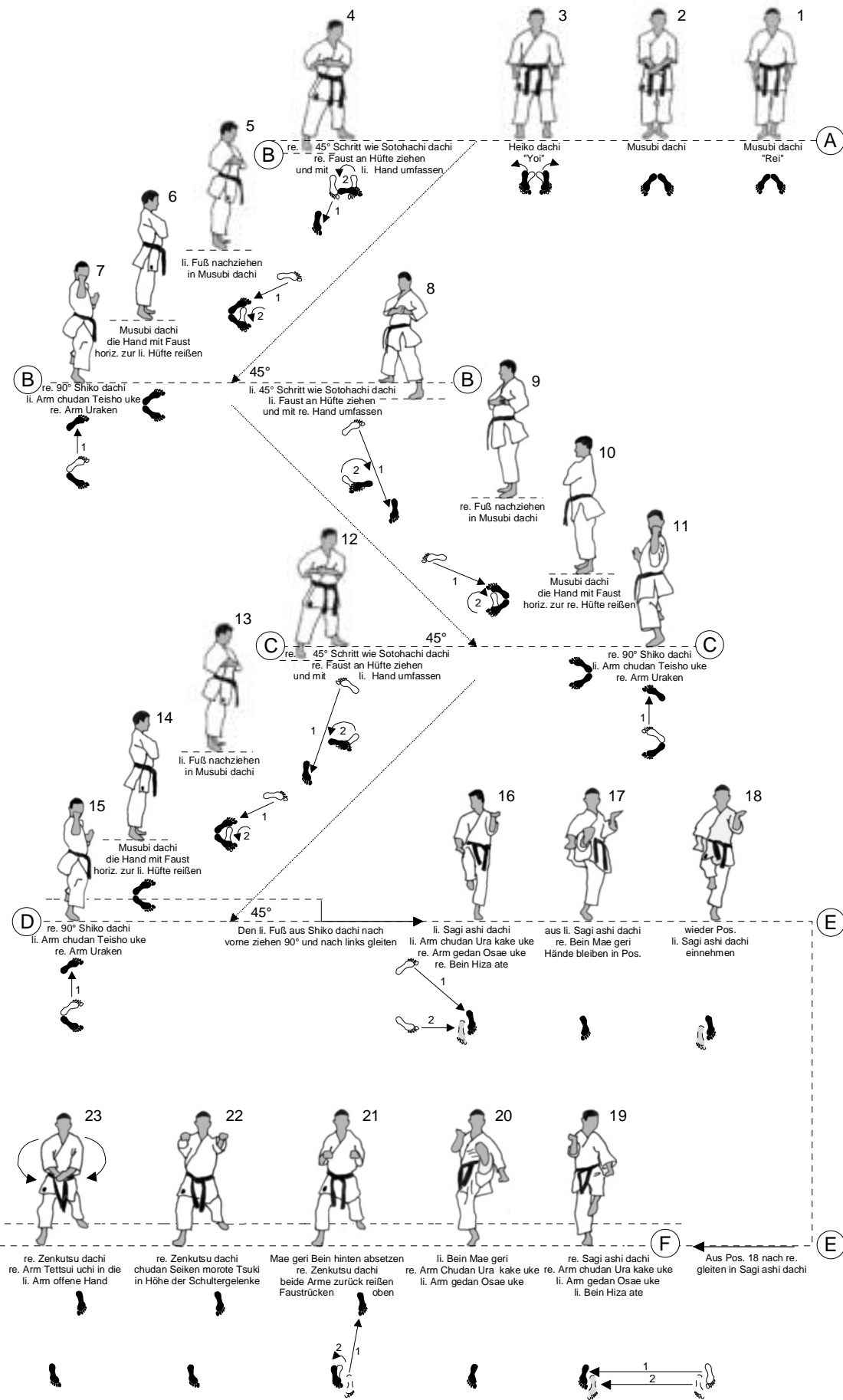
Zenkutsu dachi



Neko ashi dachi



Sanchin dachi



Schrittdiagramm/Enbusen

