

# GOJU-RYU KATA

# SEIPAI

WKF-SHITEI KATA

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www.berliner-karate-verband-ev.de

## Grundstellungen



Musubi dachi



Heiko dachi



Shiko dachi



Sagi ashi dachi



Zenkutsu dachi



Neko ashi dachi



Sanchin dachi

## Schrittdiagramm/Enbusen

