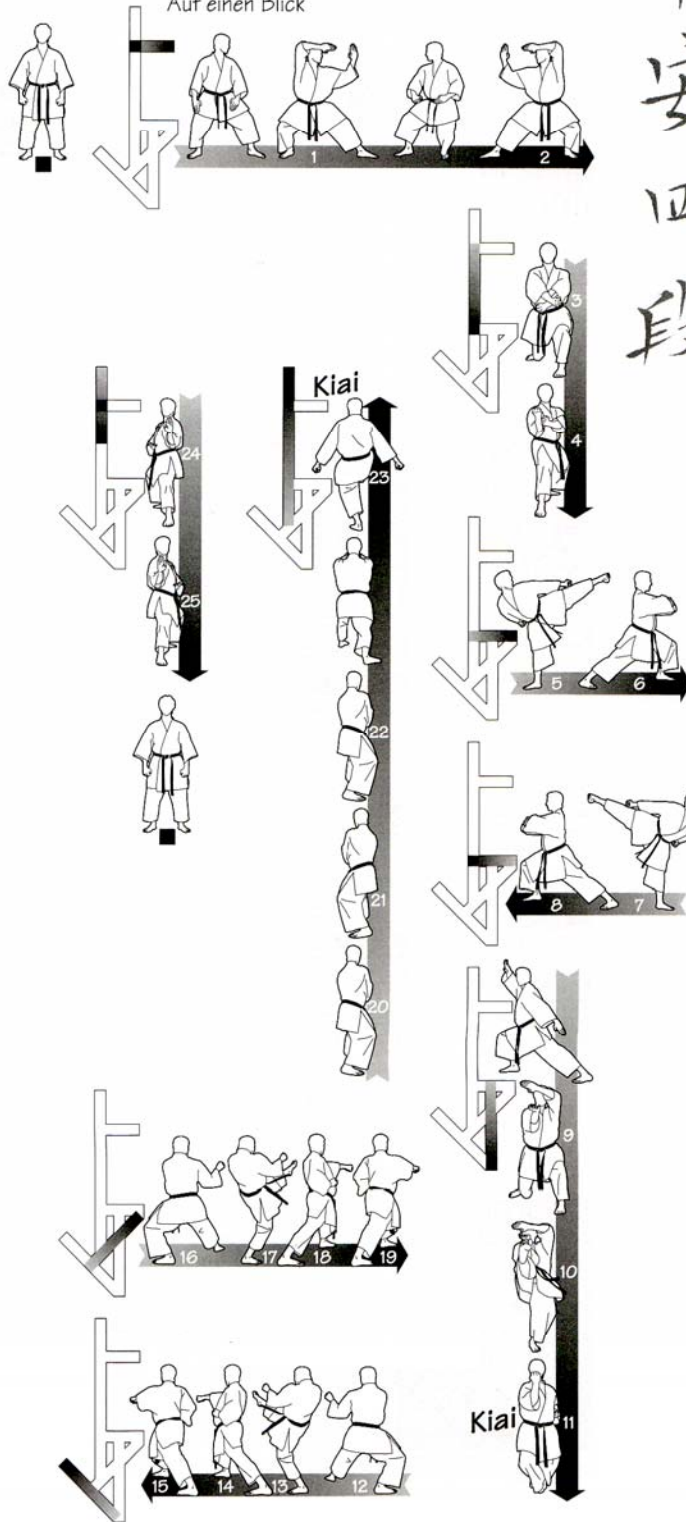


Heian yondan

平安四段

Auf einen Blick



平安 Heian yondan

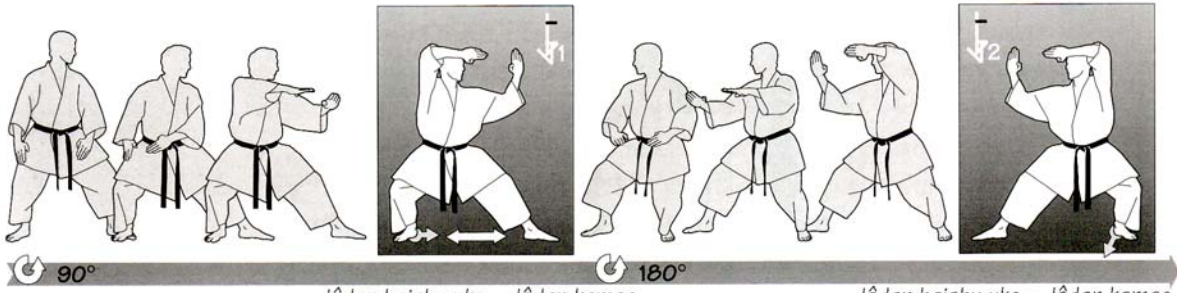
Enbusen

Frieden und Ruhe, 4. Stufe

平安
四
段

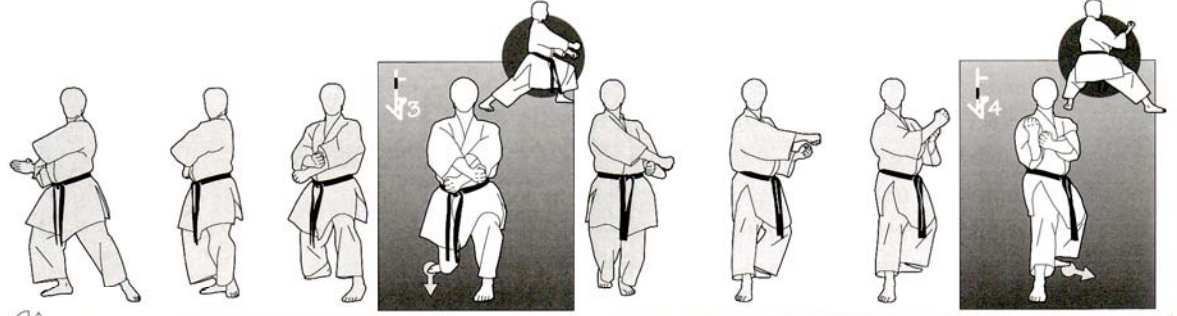


Yôï
Hachi ji dachi



Jôdan haishu uke – Jôdan kamae
Kôkutsu dachi

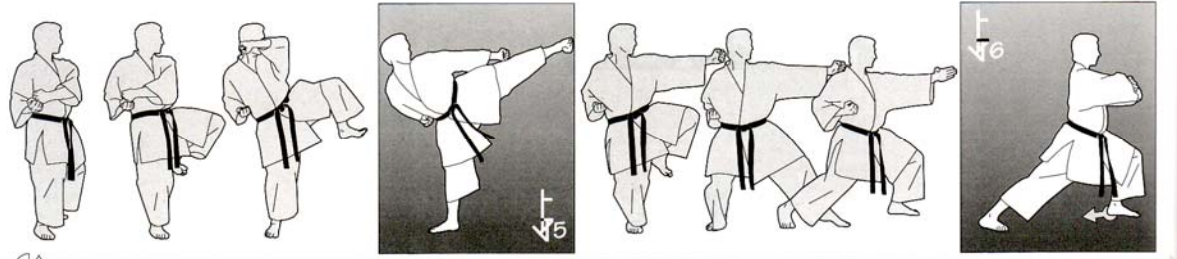
Jôdan haishu uke – Jôdan kamae
Kôkutsu dachi



Koshi kamae

Gedan jûji uke
Zenkutsu dachi

Chûdan morote uke
Kôkutsu dachi

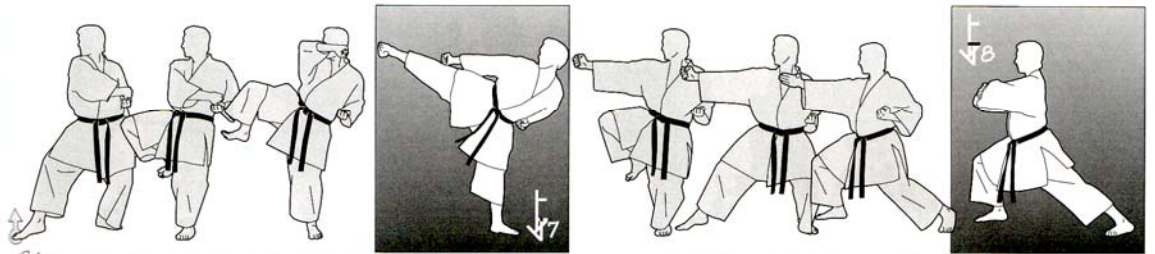


Koshi kamae

Jôdan uraken uchi
Jôdan yoko geri keage

Chûdan mae empi uchi
Zenkutsu dachi

Heian yondan

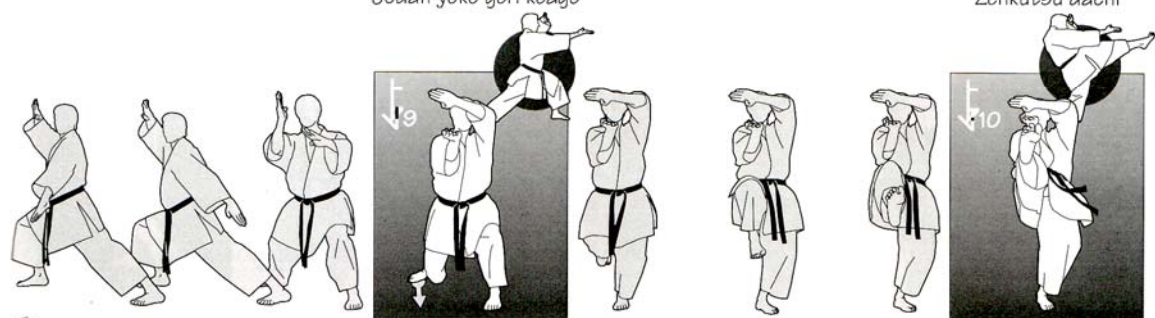


180°

Koshi kamae

Jōdan uraken uchi
Jōdan yoko geri keage

Chūdan mae empi uchi
Zenkutsu dachi

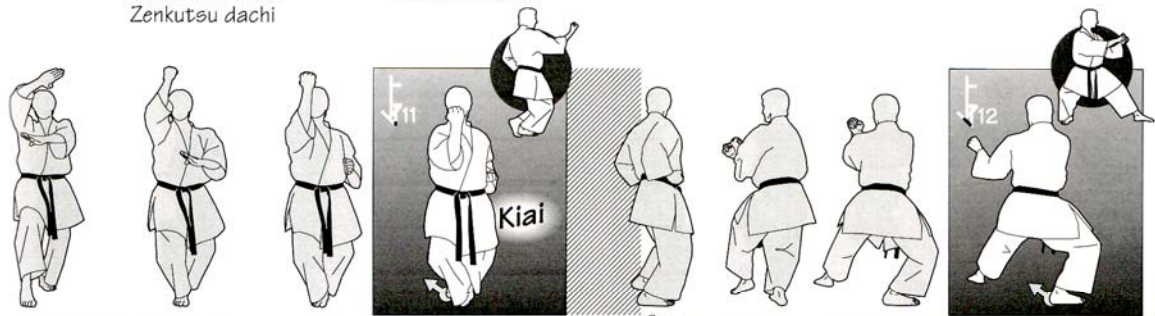


90°

Jōdan kamae –
Gedan shutō uke
Zenkutsu dachi

Jōdan shutō uchi – Age shutō uke
Zenkutsu dachi

Jōdan mae geri keage

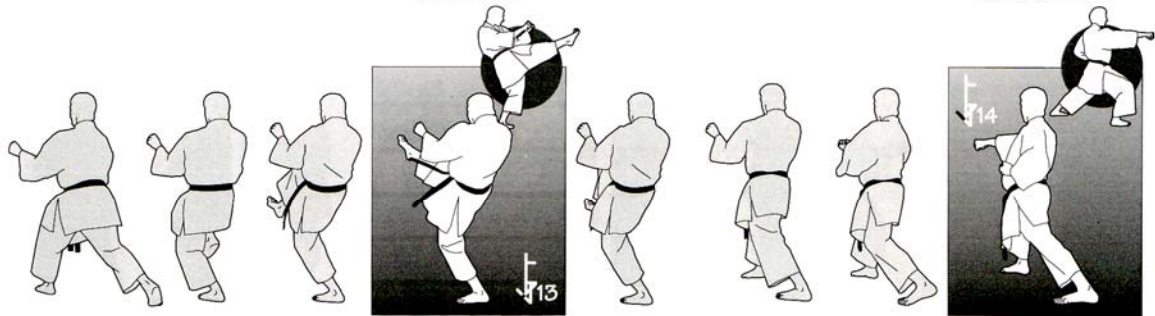


225°

Jōdan uraken uchi
Kōsō dachi

Koshi kamae

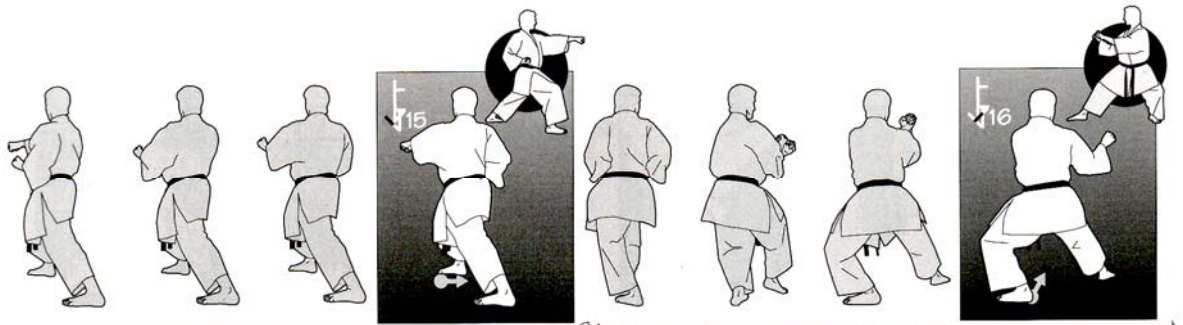
Kakiwake uke
Kōkutsu dachi



Chūdan mae geri keage

Chūdan oi zuki
Zenkutsu dachi

Heian yondan

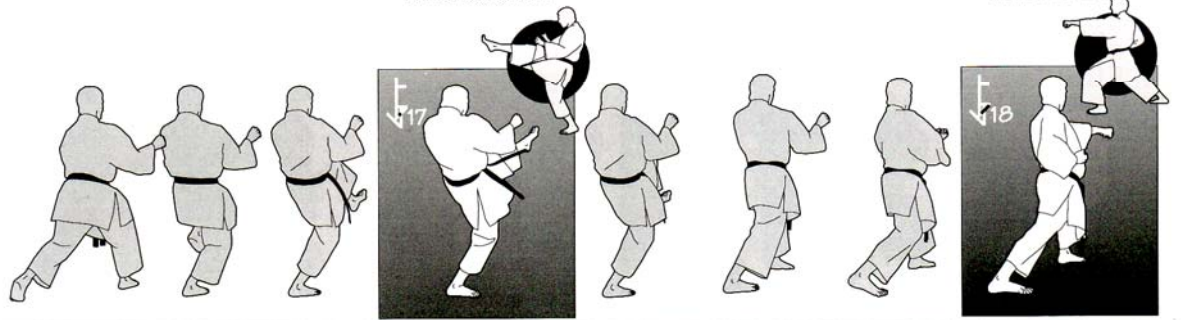


90°

Chûdan gyaku zuki
Zenkutsu dachi

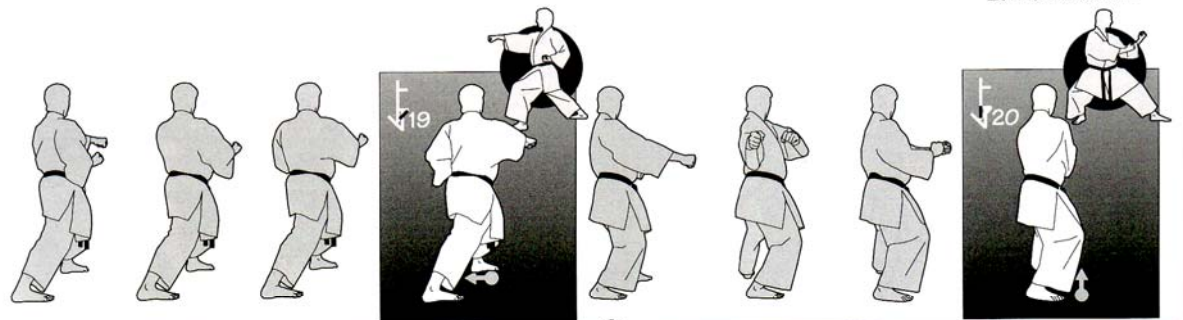
Koshi kamae

Kakiwake uke
Kôkutsu dachi



Chûdan mae geri keage

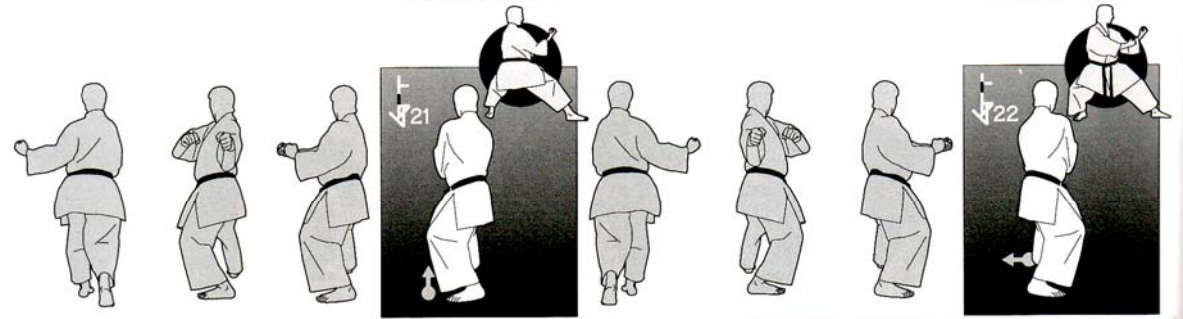
Chûdan oi zuki
Zenkutsu dachi



45°

Chûdan gyaku zuki
Zenkutsu dachi

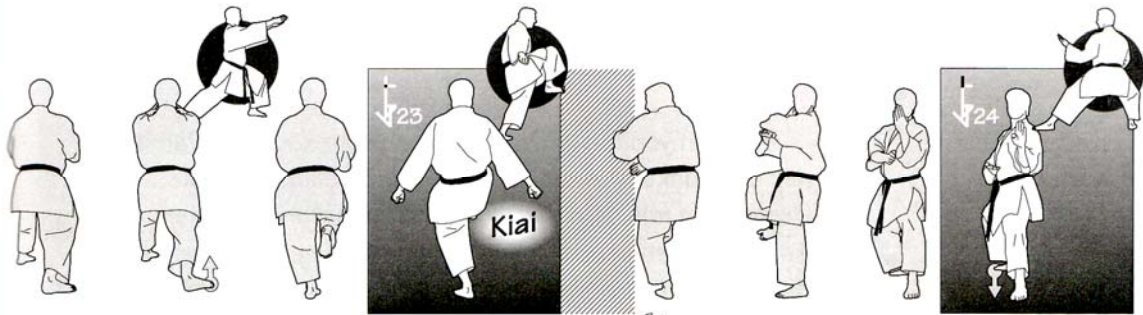
Chûdan morote uke
Kôkutsu dachi



Chûdan morote uke
Kôkutsu dachi

Chûdan morote uke
Kôkutsu dachi

Heian yondan

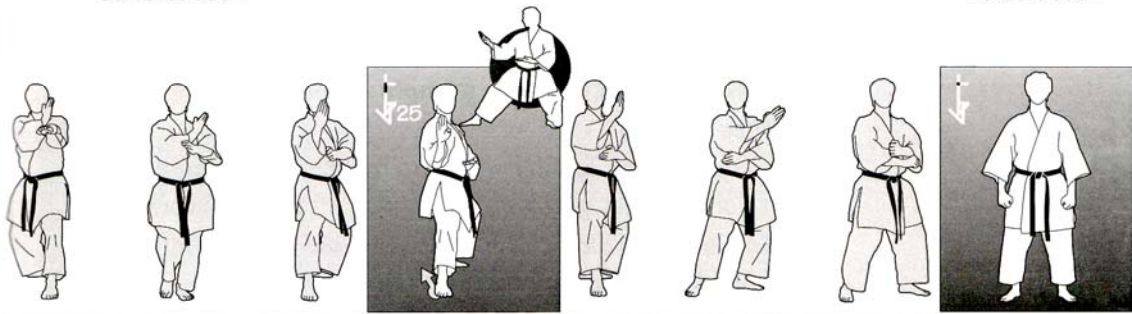


Tsukami yose
Zenkutsu dachi

Hiza geri

Shutô uke
Kôkutsu dachi

180°



Shutô uke
Kôkutsu dachi

Yame
Hachi ji dachi