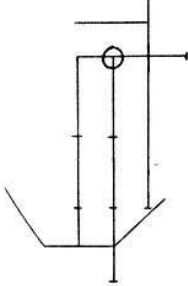




rechte Hand oben!



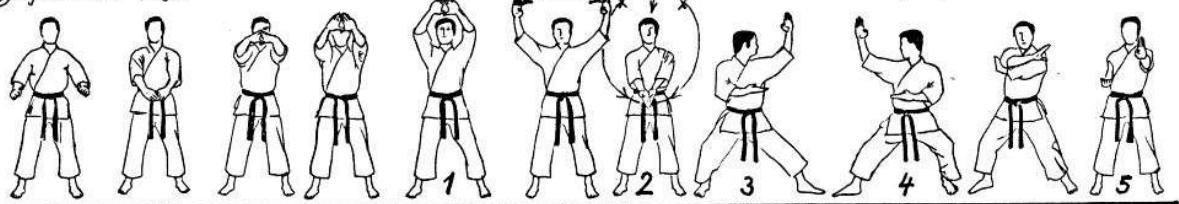
Embusen (Schrittdiagramm)

Kanku-Dai

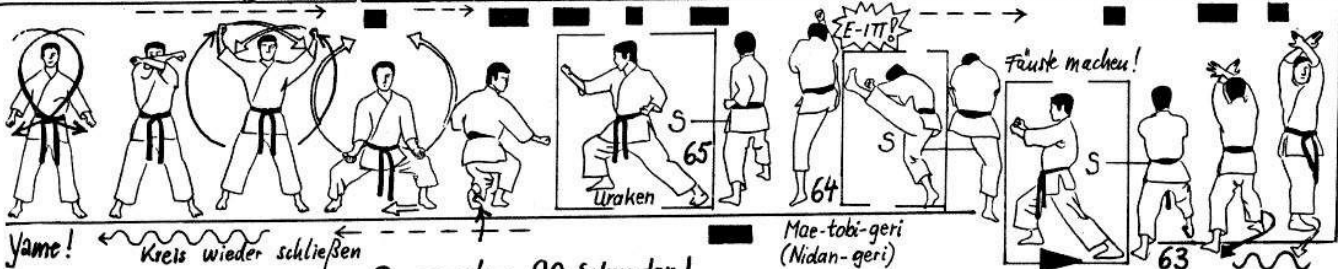
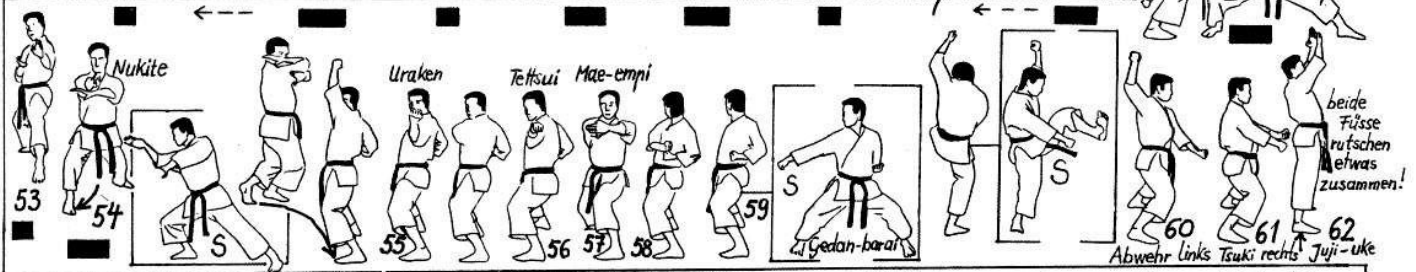
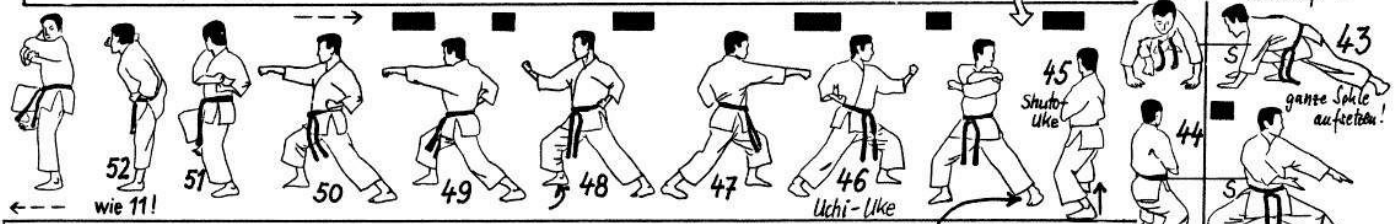
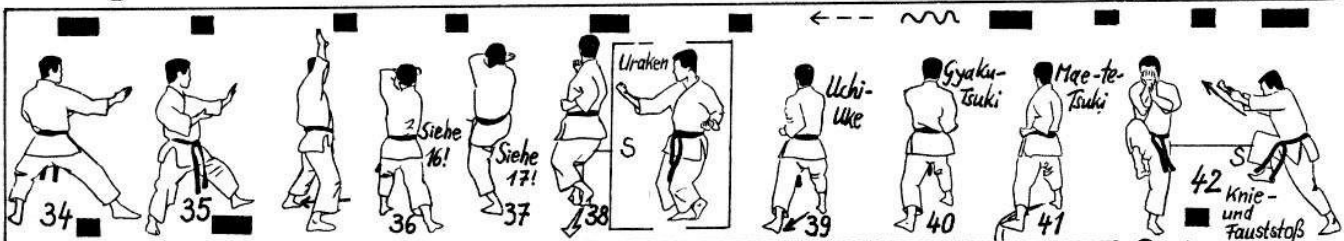
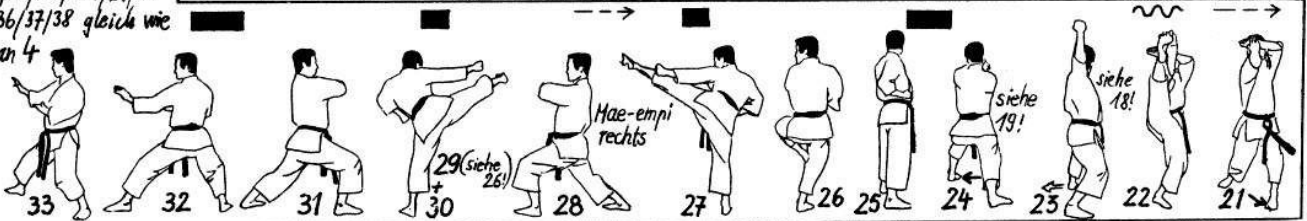
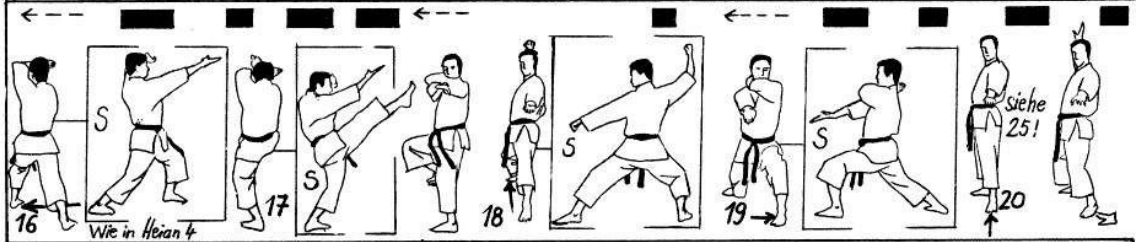
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Ursprünglich KUSHANKU. KANKU bedeutet „Himmelsdrain“ (siehe 18). Aus ihr wurden auf Okinawa von Meister JTOSU die 5 Heian (Pinan) Katas für den Unterricht an den Mittelschulen entwickelt.

Daumen zurückwinkeln! rechte Handkante in linke Handfläche!



16/17, 21/22, 26/27/28 und 36/37/38 gleich wie in Heian 4



Yame! Dauer etwa 90 Sekunden!