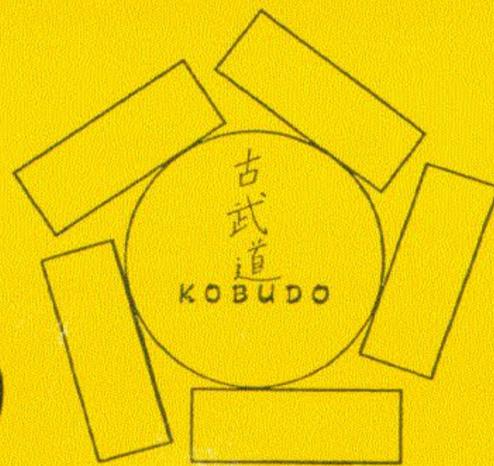


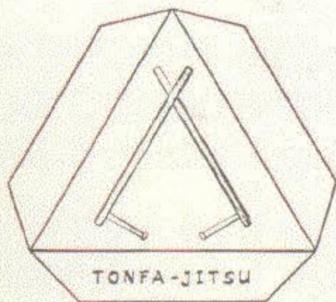
Okinaawa

KOBU DO



Serie

Nr.: B5-1a



Kata

Tonfa: Renshuho-shodan

von Dr. Georg Stiebler

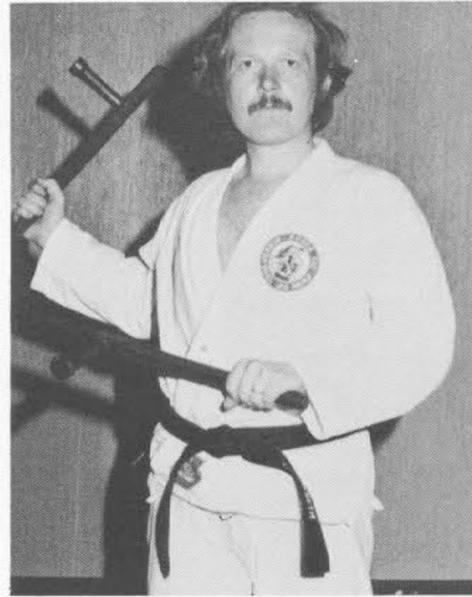
Hrsg.: Erich W. Hüggenberg

MOCHI

Folgende TONFA-Griffhaltungen gibt es:

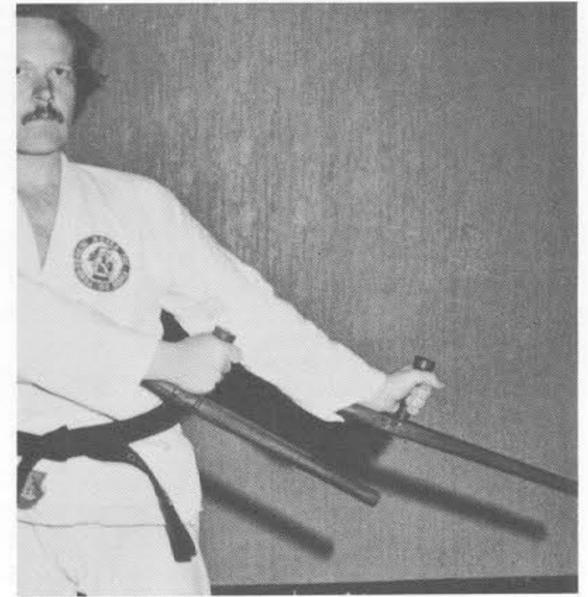
TOKU MOCHI

Der TONFA wird am MONOUCHI festgehalten.



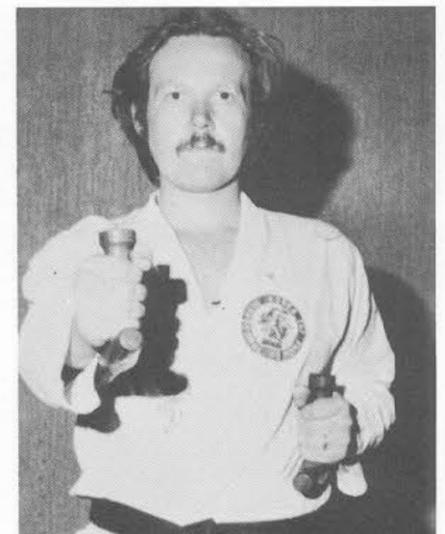
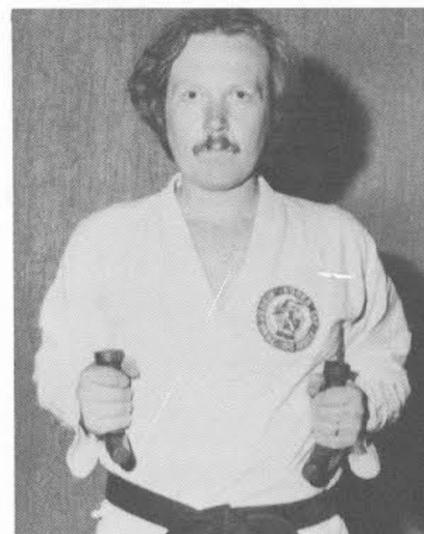
HONTE MOCHI

Hierbei wird der TONFA am TSUKA gefaßt.
(Werden beide TONFA's eingesetzt, bezeichnet man eine solche Technik als „MOROTE“, hier: MOROTE-GEDAN-SOTO-UKE).

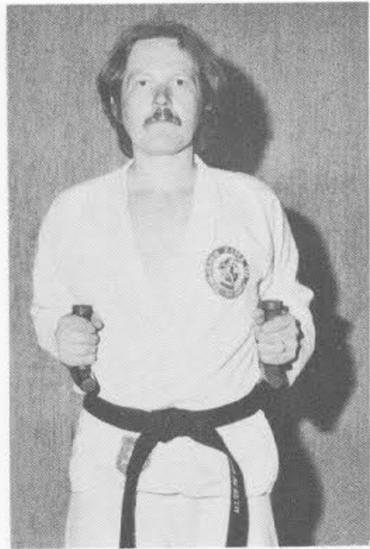
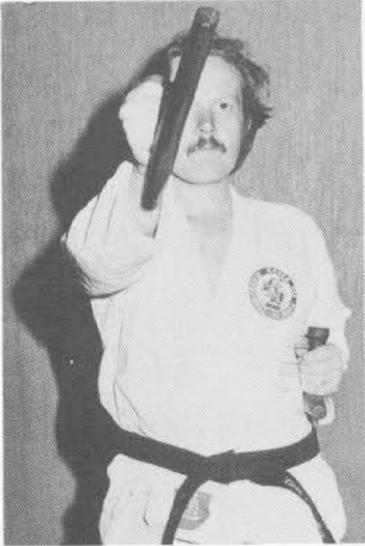


GYAKUTE MOCHI

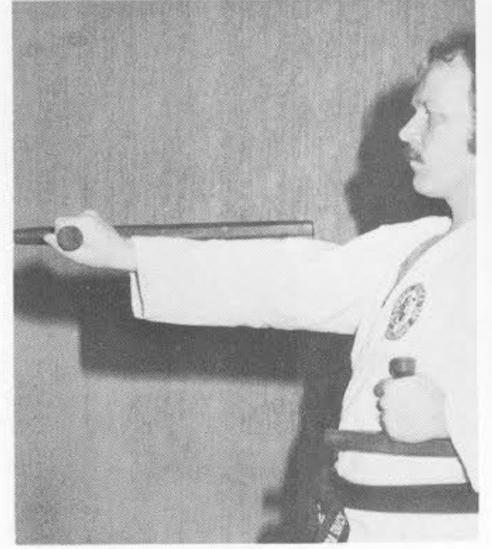
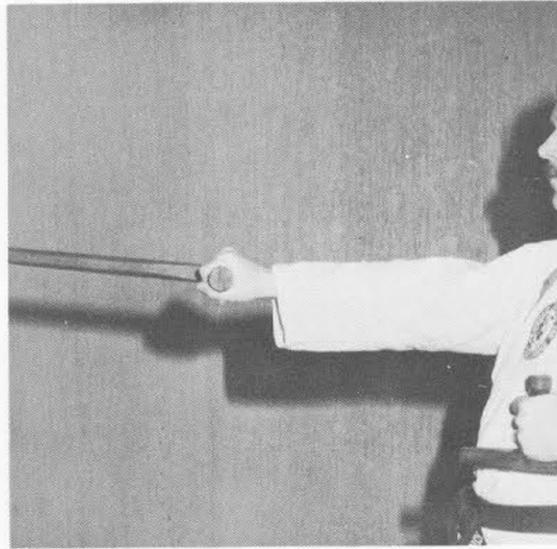
Wie beim HONTE-MOCHI, wird beim GYAKUTE-MOCHI der Tonfa am TSUKA gehalten, nur liegt bei dieser MOCHI der SHOMEN zum Schutz des Unterarmes fest an denselben an.



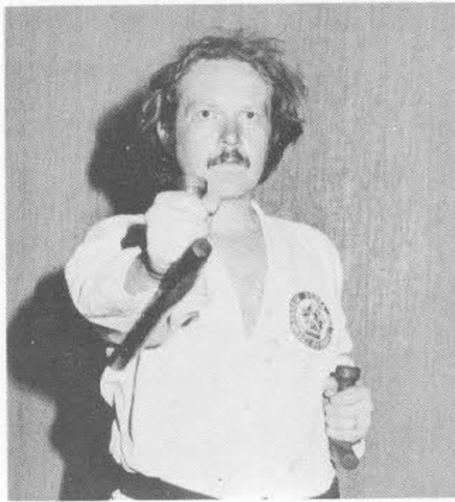
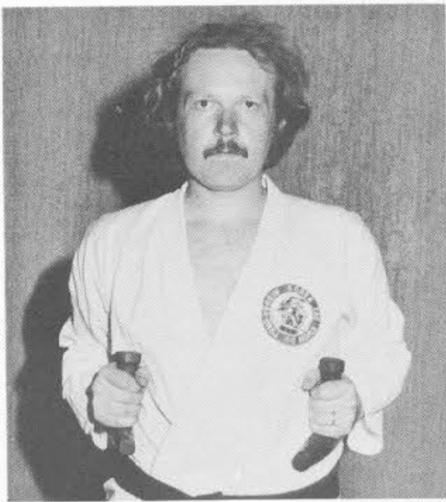
KIHON



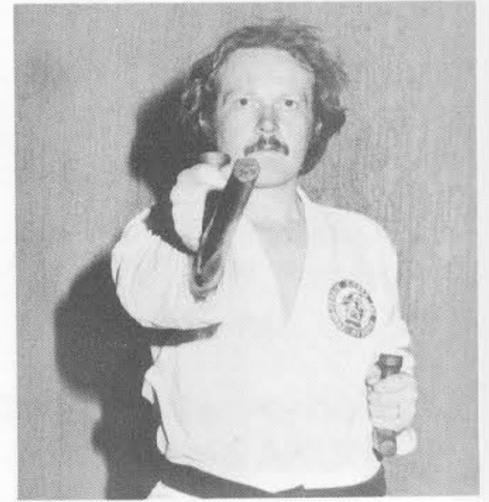
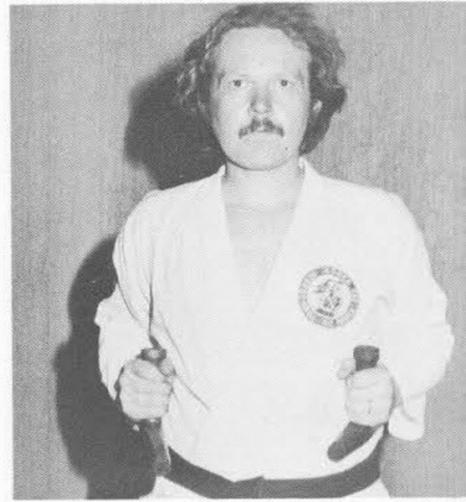
KAZUGI-HIKITORI



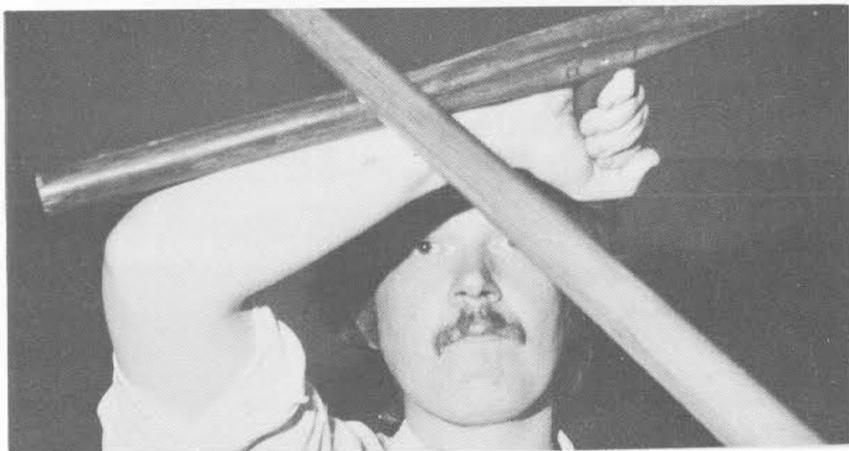
KOSHI-HIKITORI



TSUKI
(Gyakute)



TSUKI
(Honte)

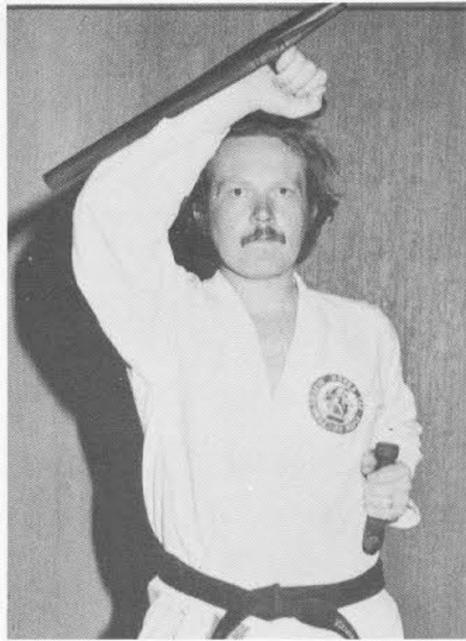


Hier soll am Beispiel der Technik UWA-UKE demonstriert werden, wie der TONFA beim Abwehren richtig zu halten ist. Der TONFA liegt fest am Arm an, wichtig ist dabei seine richtige Position.

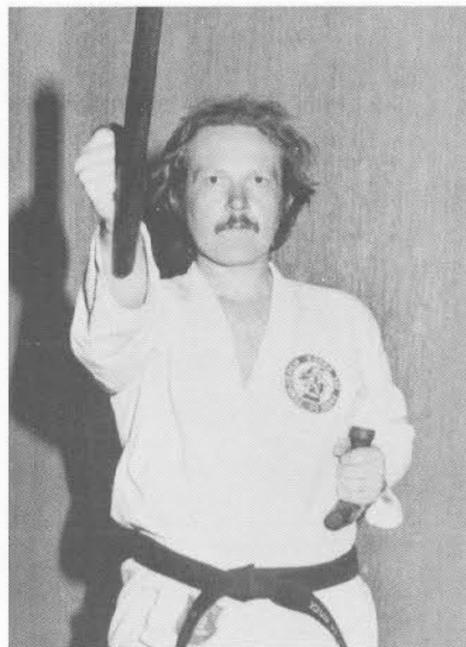
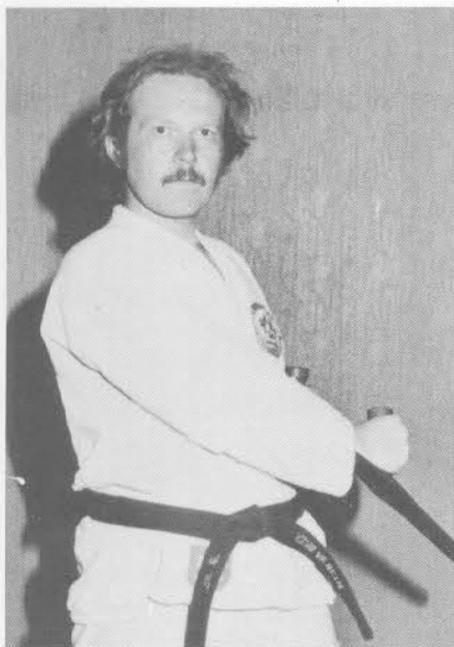
Die unteren beiden Fotos geben zwei falsche Tonfa-Haltungen wieder, die zu Verletzungen führen würden.

Was für die Technik „UWA-UKE“ gilt, trifft im Prinzip für alle UKE-GYAKUTE-Techniken zu.

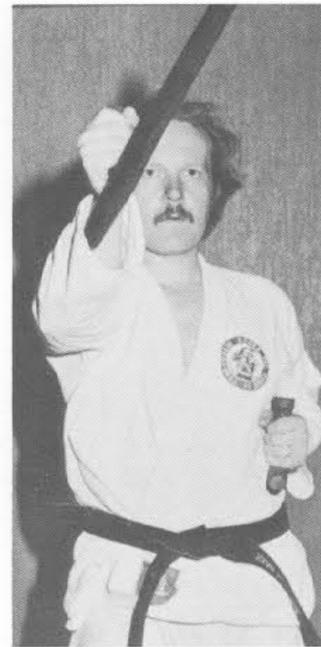




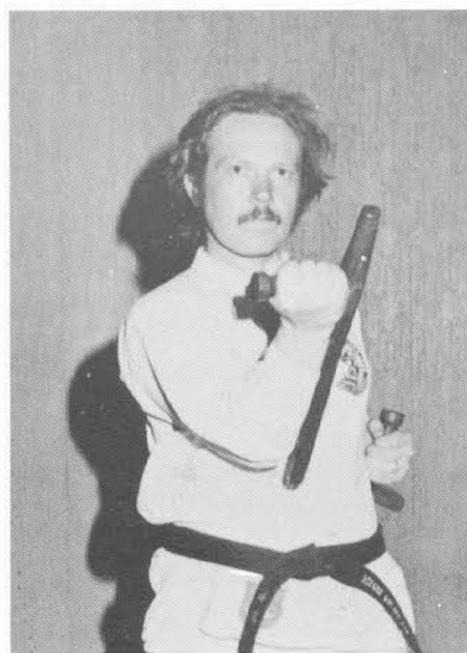
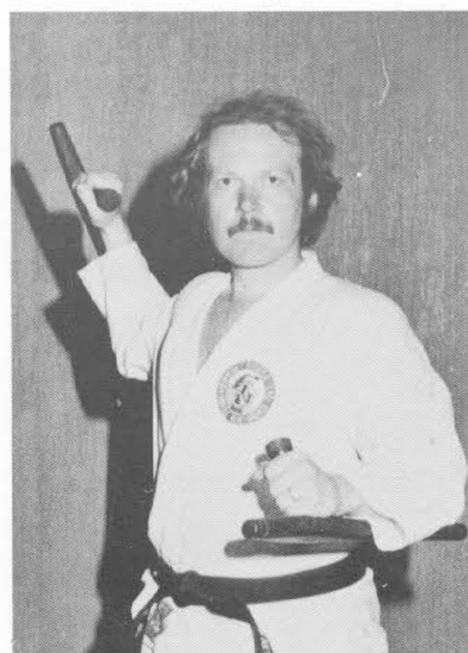
UWA-UKE



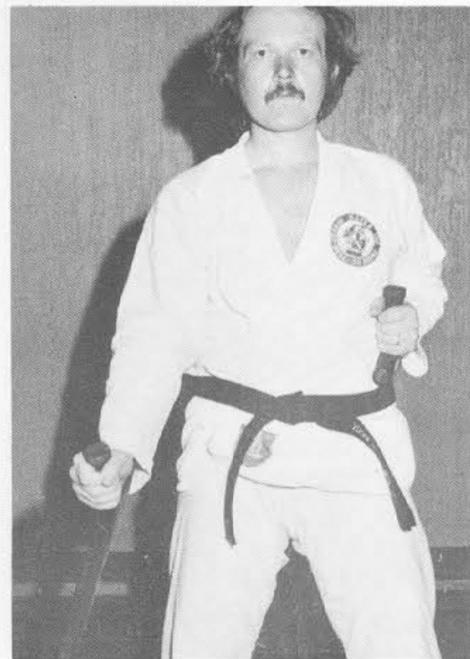
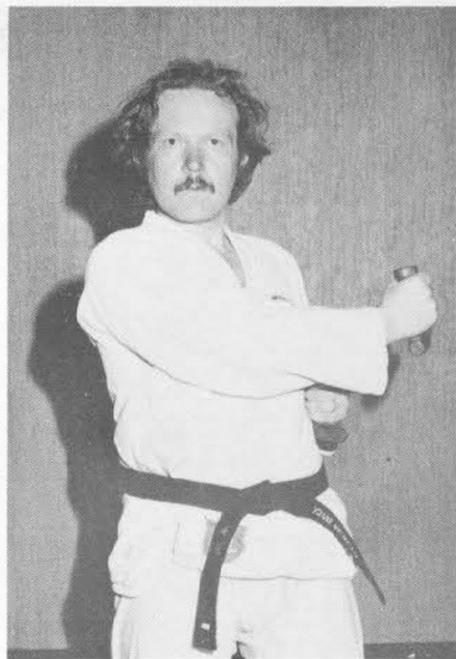
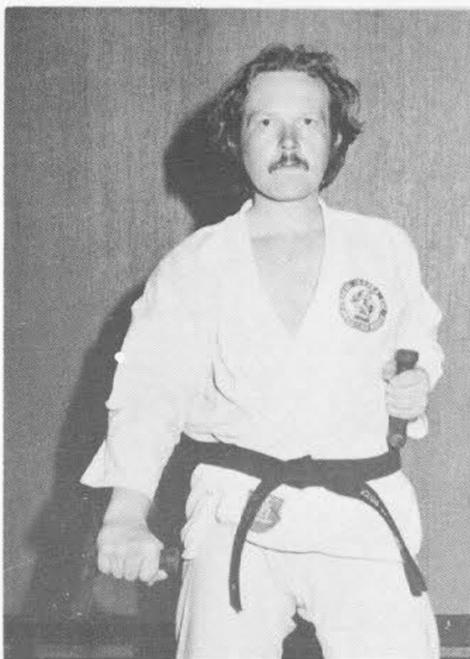
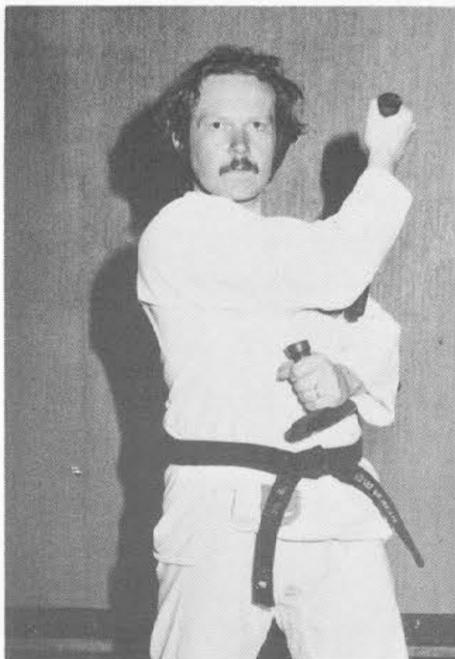
SOTO-UKE
(Honte)



UCHI-UKE
(Honte)

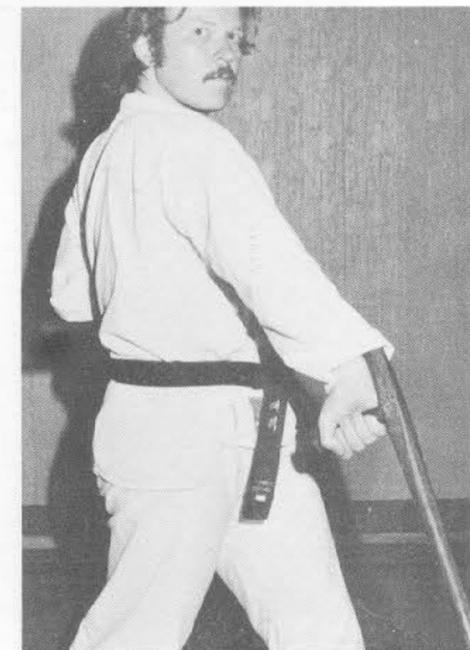
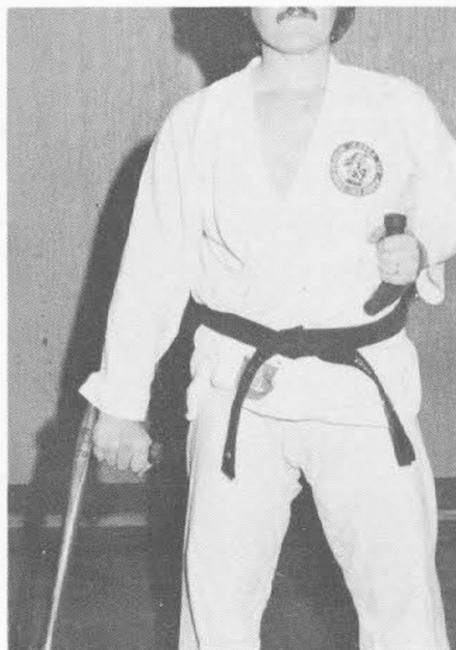
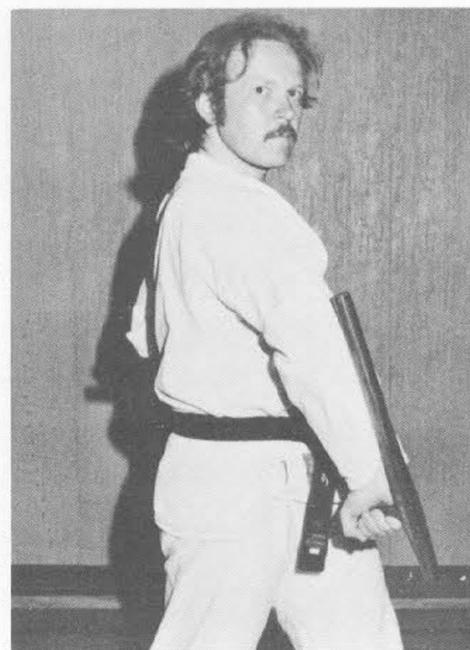
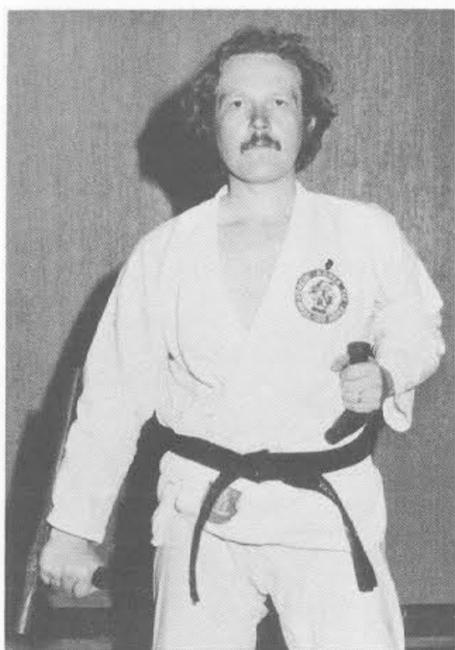


UCHI-UKE
(Gyakute)



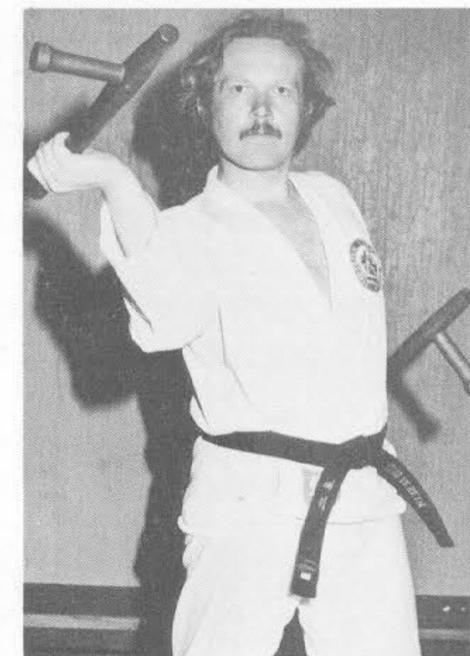
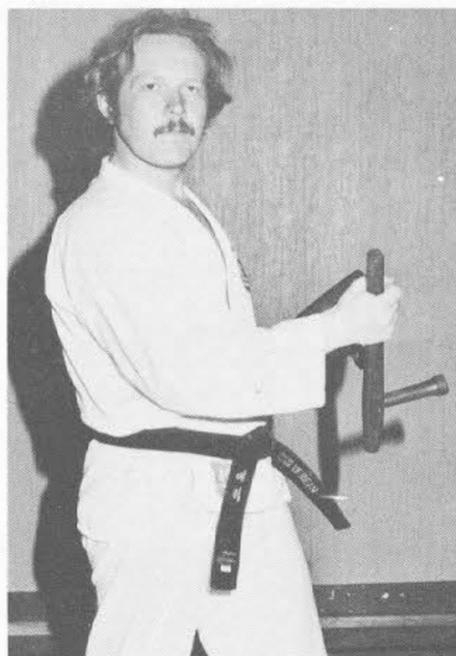
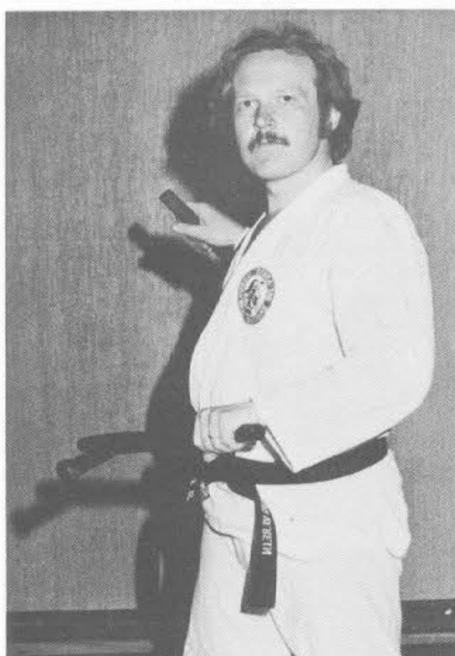
GEDAN-BARAI-UKE
(Gyakute)

GEDAN-BARAI-UKE
(Honte)



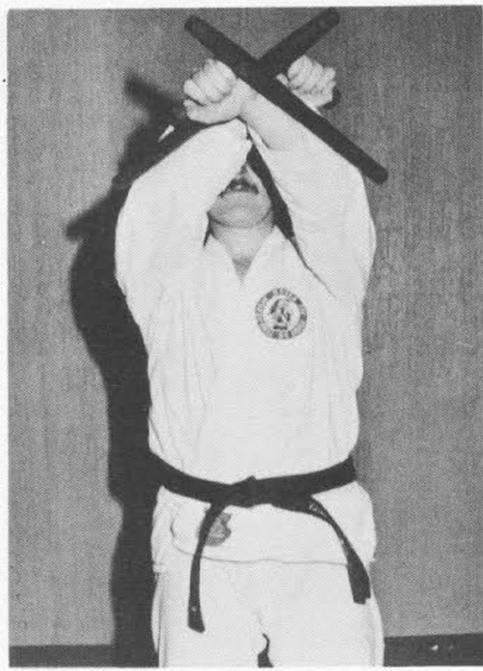
GYAKU-GEDAN-BARAI-UKE
(Gyakute)

GYAKU-GEDAN-BARAI-UKE
(Honte)



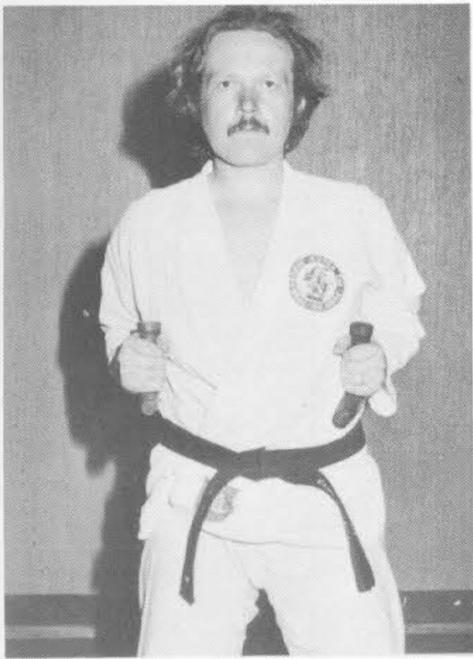
UCHI-UKE
(Toku)

SOTO-UKE
(Toku)

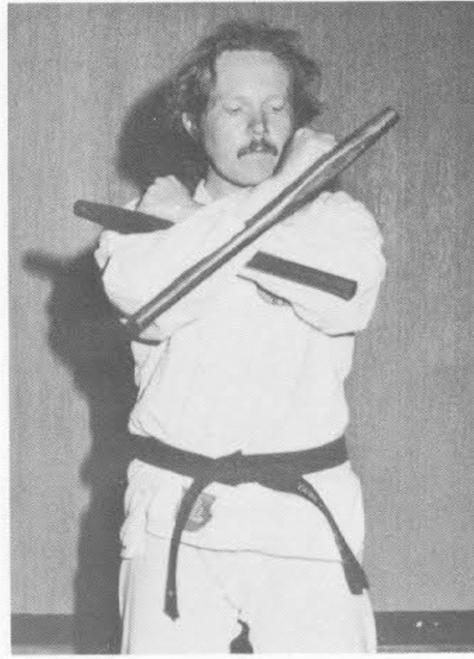


a

JODAN-KOSA-UKE



KOSHI-HIKITORI
Zwischenstellung für
Techniken: a, b, c, d

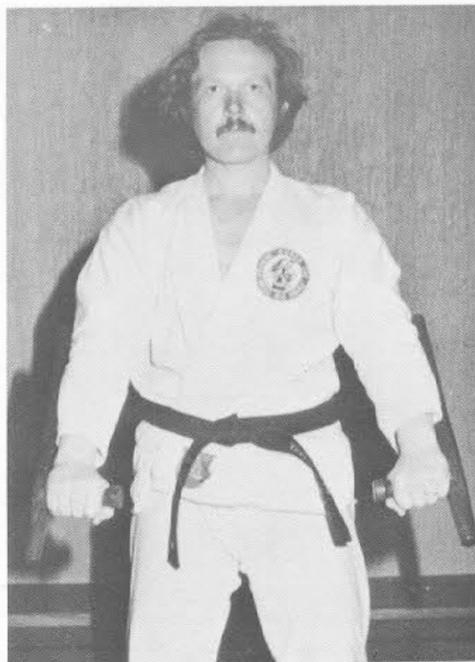


ZWISCHENSTELLUNG



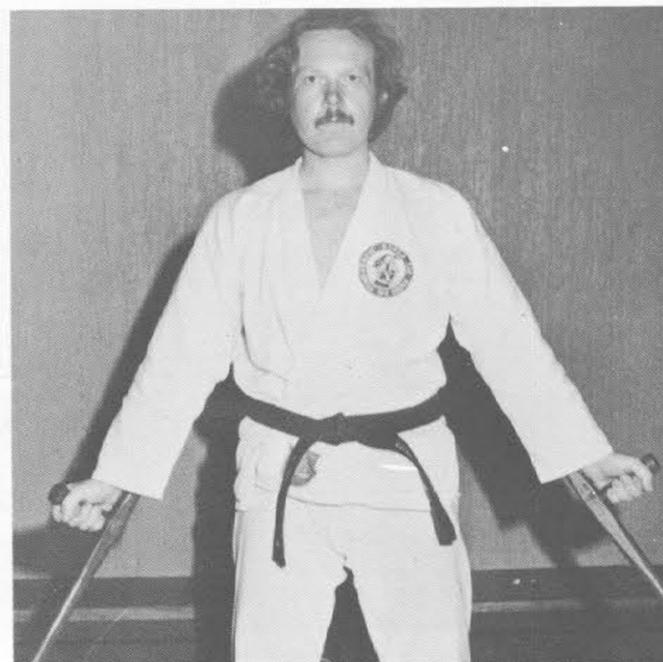
b

MOROTE-SOTO-UKE



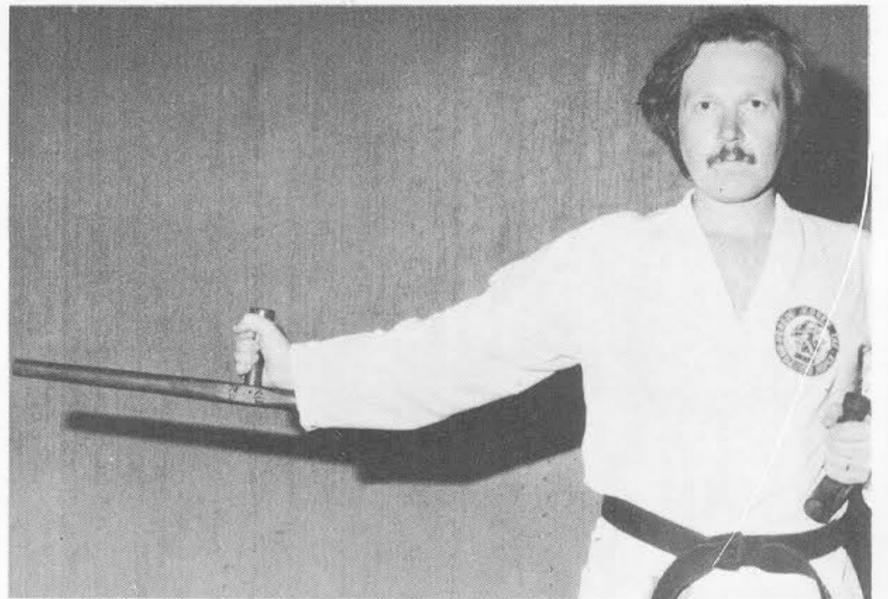
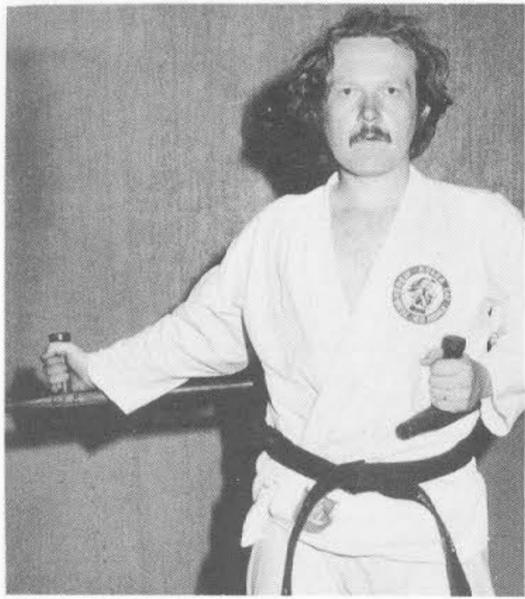
c

MOROTE-GEDAN-BARAI-
UKE (Gyakute)



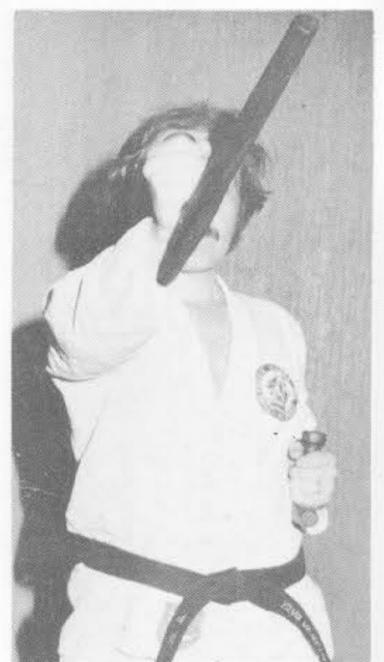
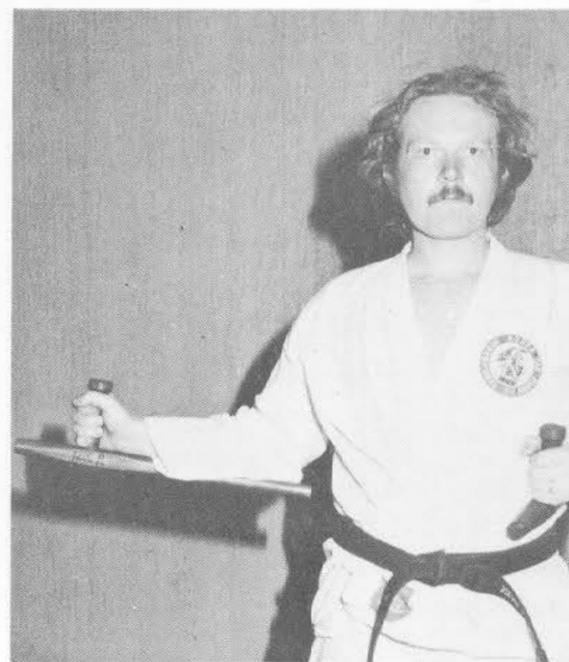
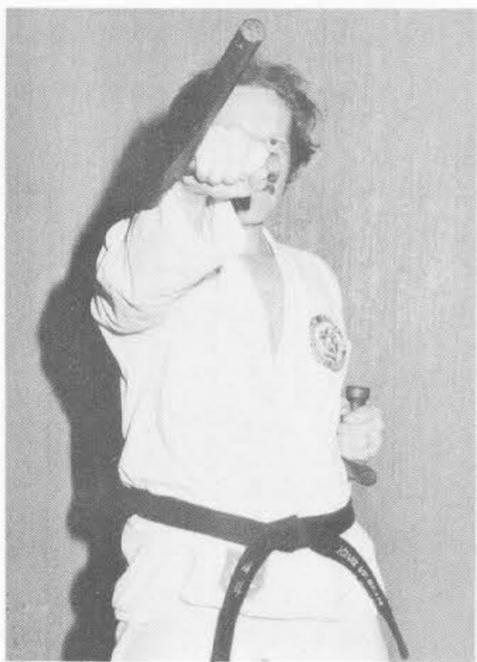
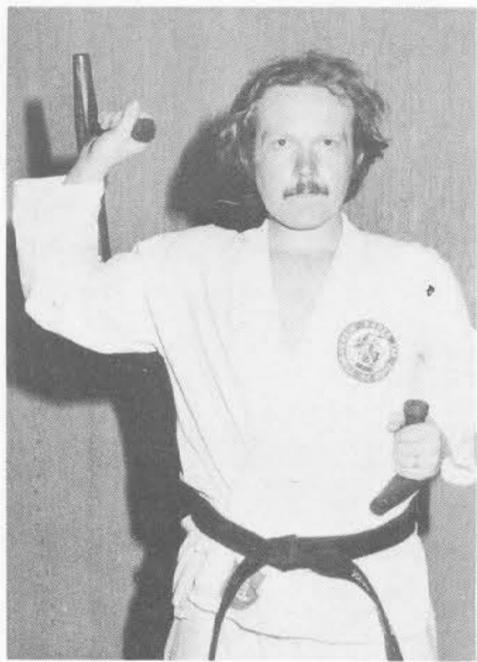
d

MOROTE-GEDAN-BARAI-UKE
(Honte)



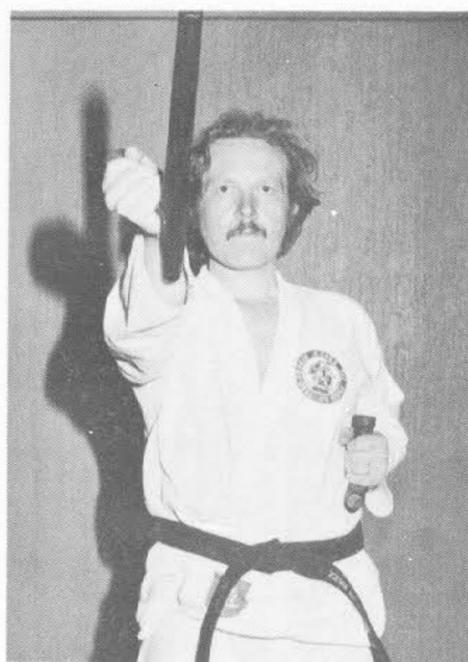
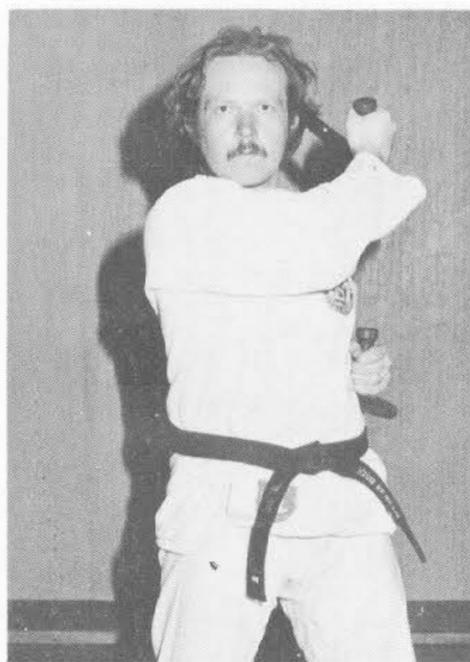
UCHI-MAWASHI-UCHI

zurück:
SOTO-MAWASHI-UCHI



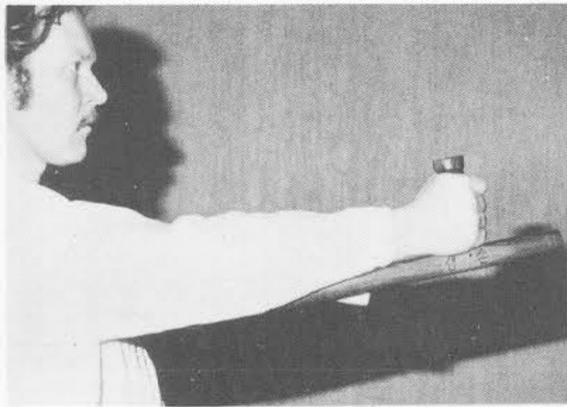
JODAN-UCHI

YOKO-UCHI



URA-UCHI

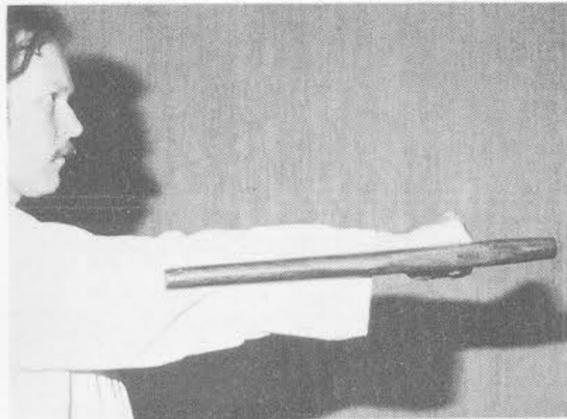
1



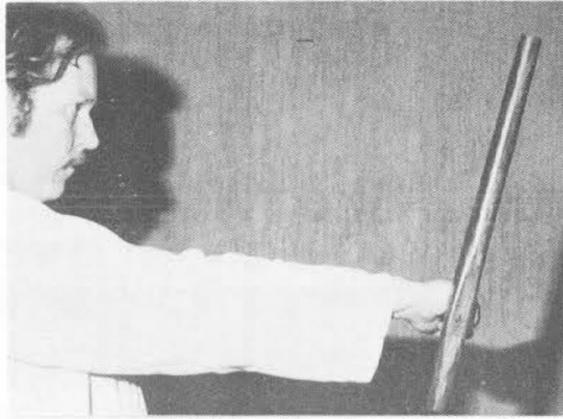
KIHON-FURI

Übungssequenz a

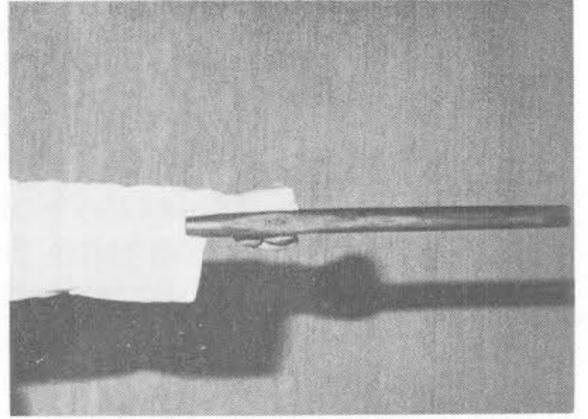
2



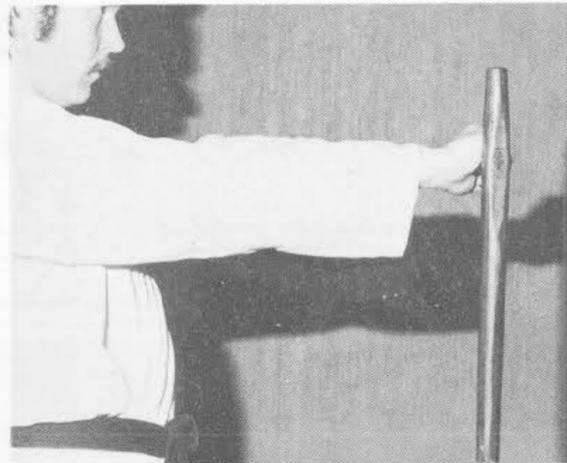
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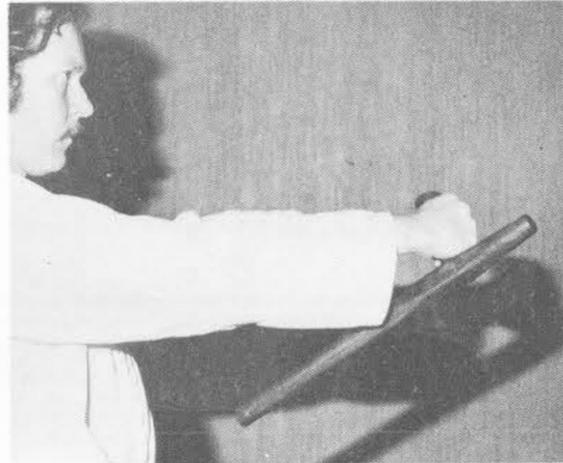
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5



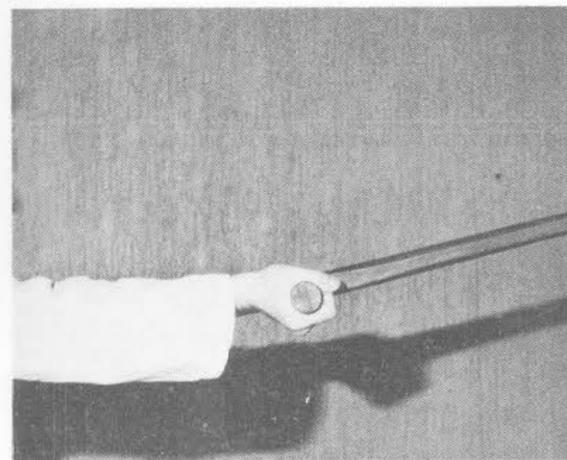
6



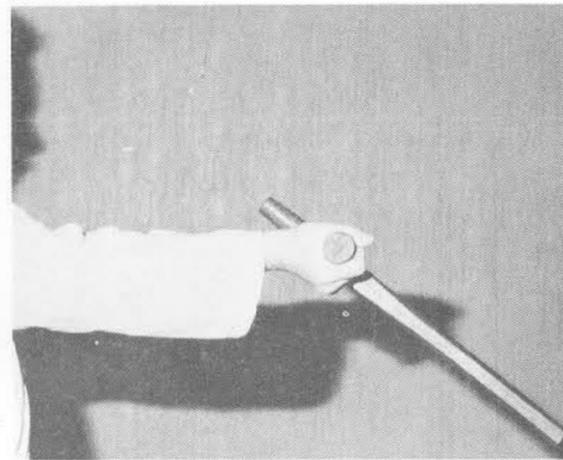
7



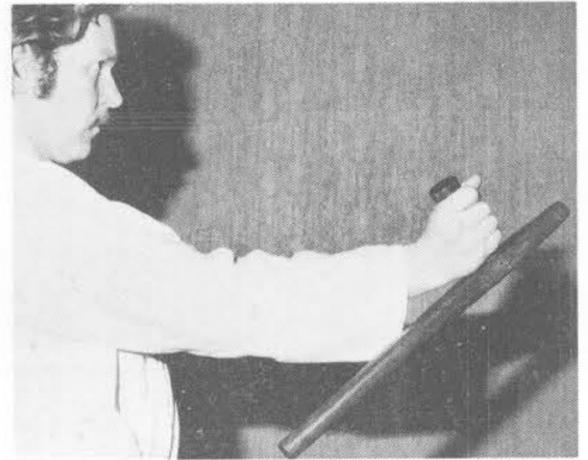
8



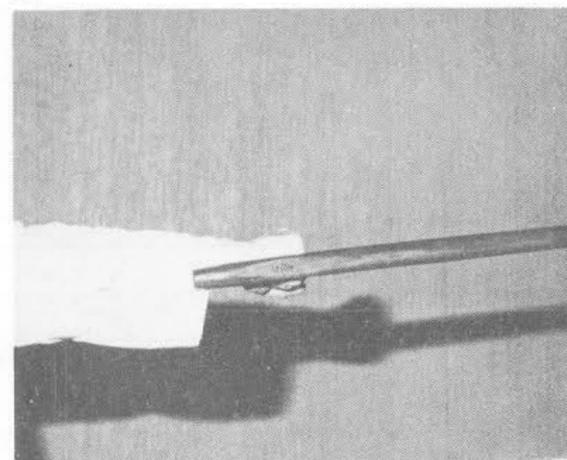
9



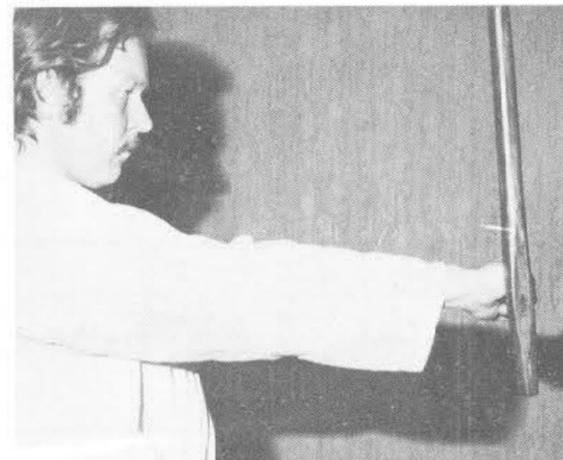
10



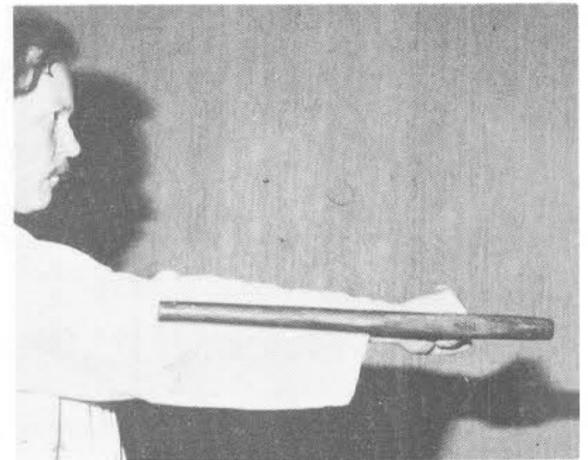
11



12



13



Zur Illustration der Kata: FOTOS und SCHRITTDIAGRAMME

Die Kata ist durchgehend von einem Standpunkt aus aufgenommen worden.

Schrittdiagramme erklären den Ablauf und die Position der Stellungen von einer zur anderen; dabei geben die SCHWARZEN Fußabbildungen die letzte Position wieder.

Fotos und Schrittdiagramme stehen in einem spiegelbildlichen und seitenverkehrten Zusammenhang zueinander.

Renshuho-Shodan

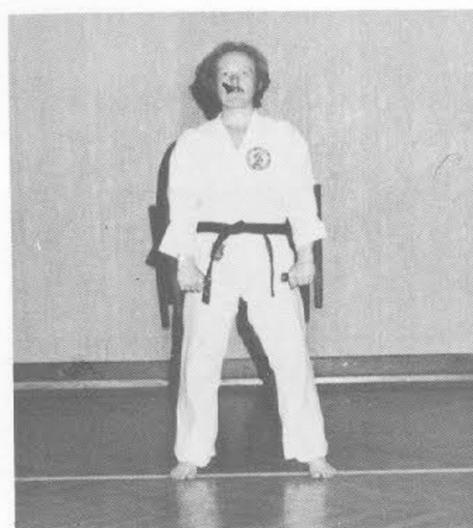


a



rei

MUSUBI DACHI

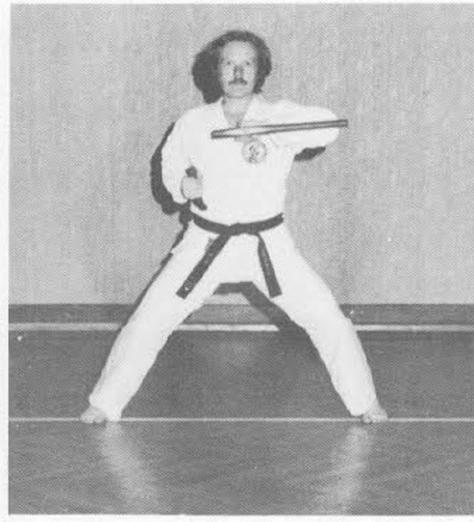


d



hajime

HACHIJI DACHI



1

2

3

4



uwa-uke

gyakute-tsuki

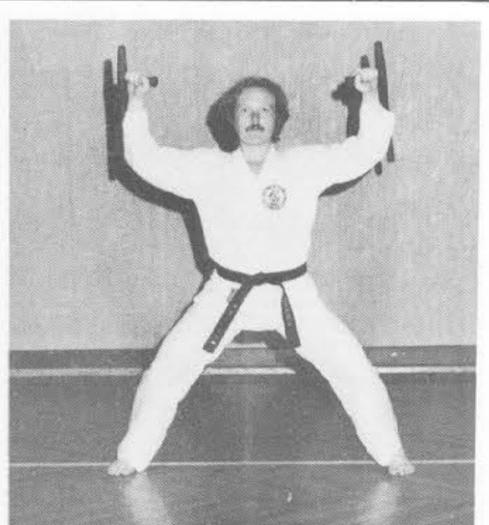
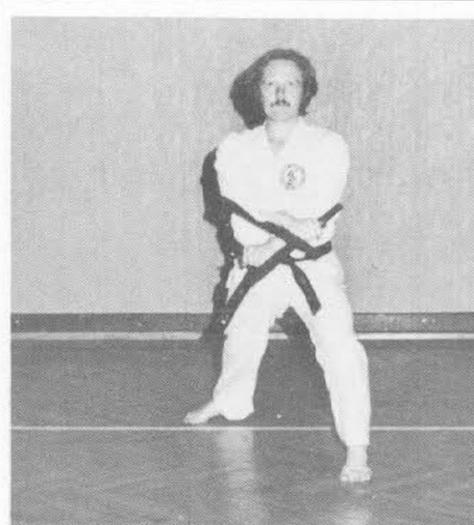
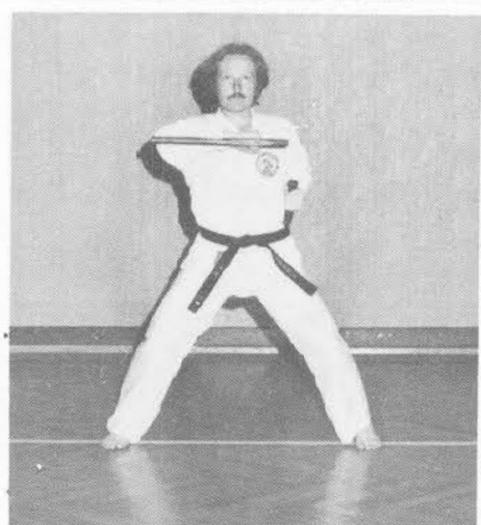
empi-uchi

gedan-barai-uke

ZENKUTSU DACHI

KIBA DACHI

ZENKUTSU DACHI

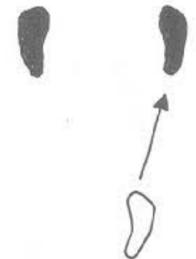


5

6

7

8



jodan-tsuki
gyakute

empi-uchi

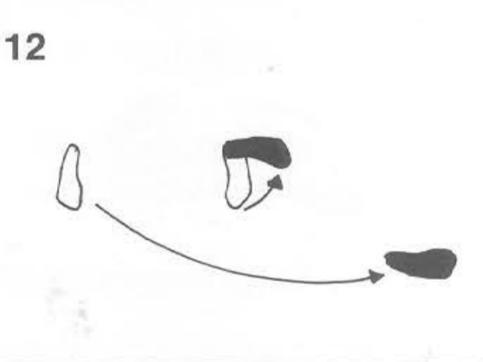
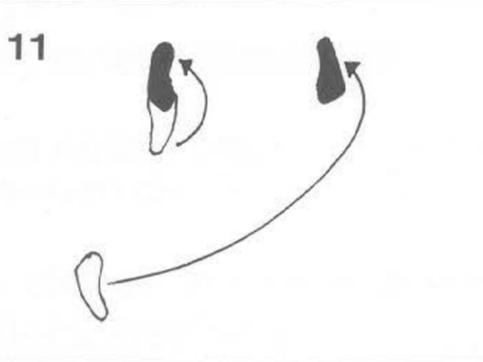
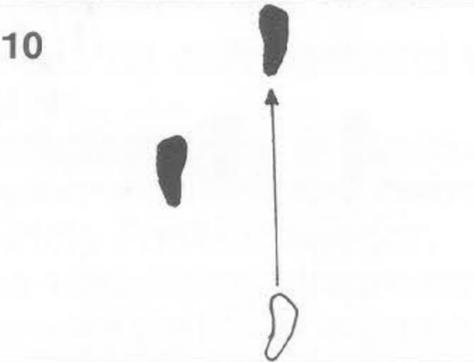
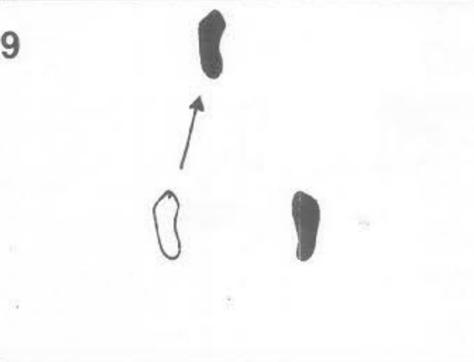
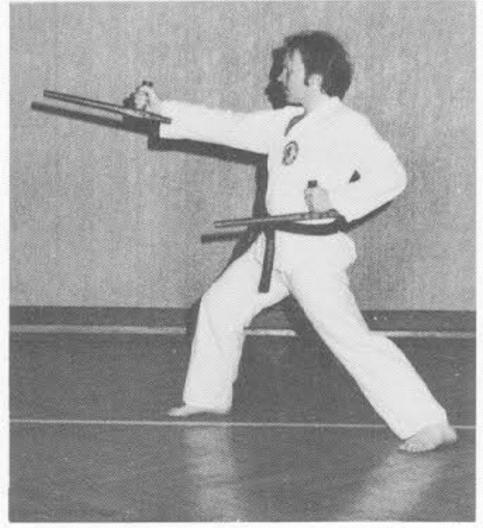
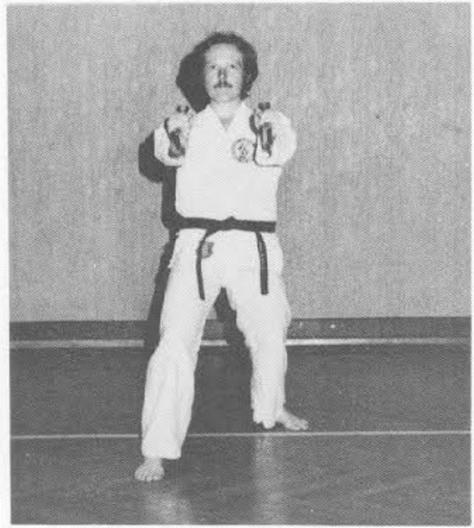
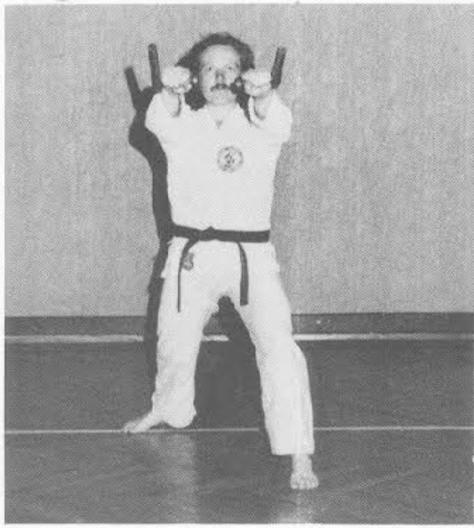
gedan-kosa-uke

morote-soto-uke

KIBA DACHI

ZENKUTSU DACHI

KIBA DACHI



morote-jodan-uchi

morote-chudan
tsuki

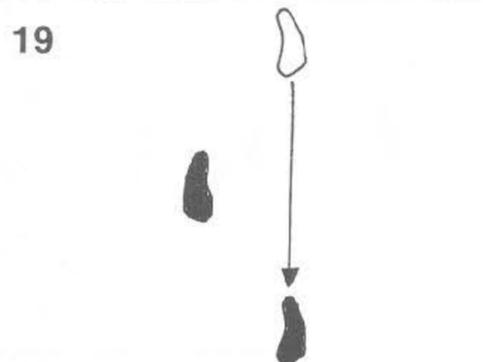
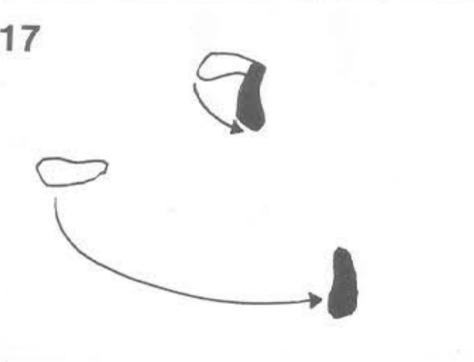
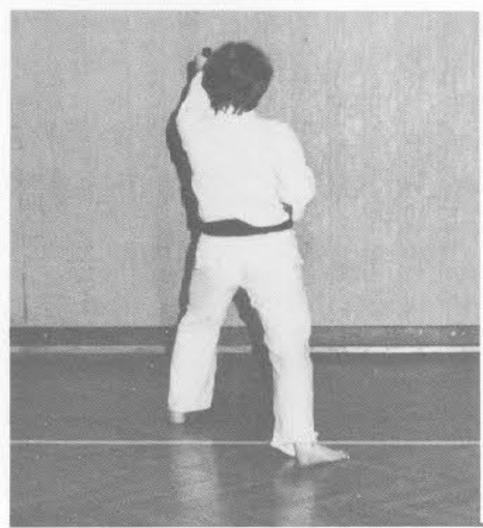
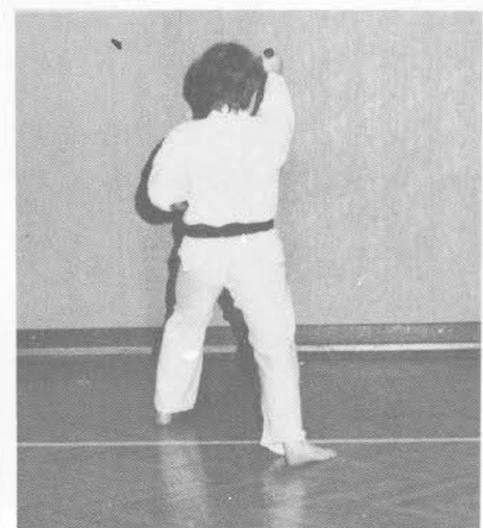
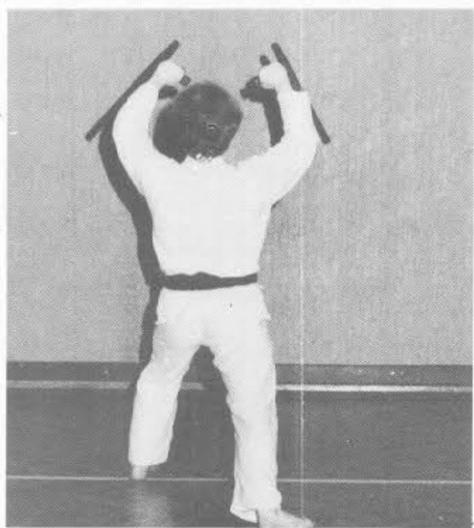
ura-uchi

yoko-uchi

ZENKUTSU DACHI

KIBA DACHI

ZENKUTSU DACHI

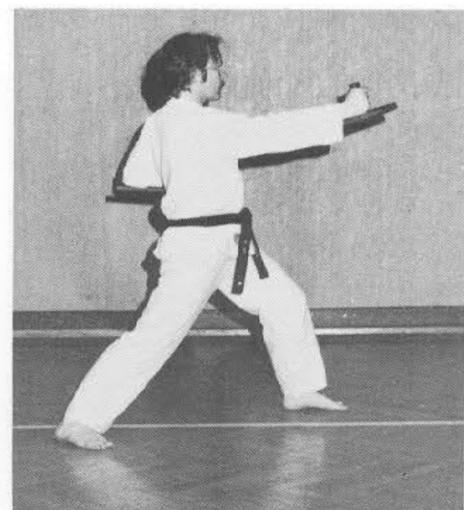


morote-uwa-uke

morote-gedan-barai
uke (honte)

gyakute-tsuki

gyakute-tsuki



13

14

15

16



tsuki

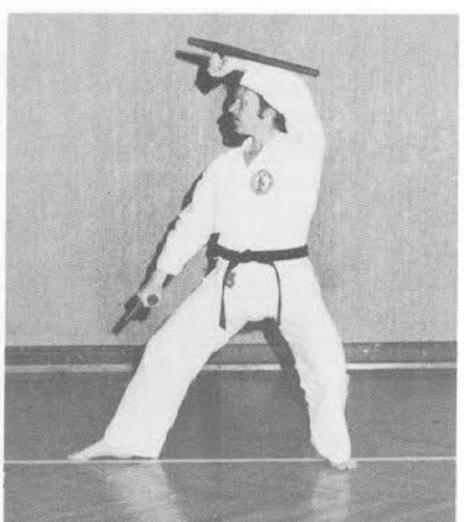
ura-uchi

yoko-uchi

tsuki

KIBA DACHI

ZENKUTSU DACHI

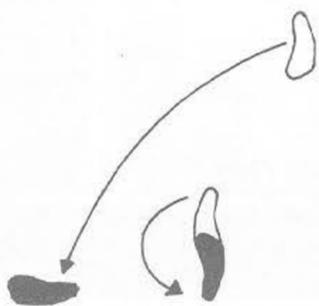


21

22

23

24



gyakute-tsuki

l.: gedan-barai-uke
r.: uwa-uke

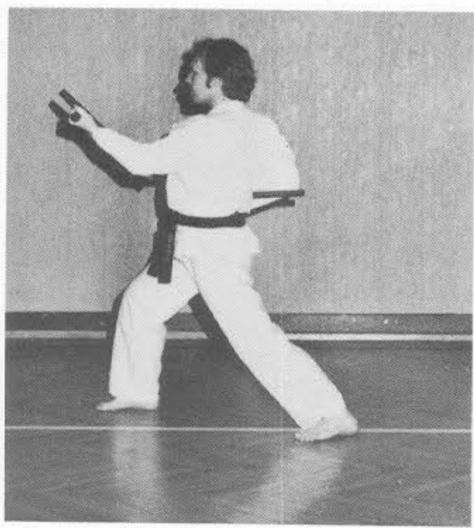
uchi-uke

r.: gedan-barai-uke
l.: uwa-uke

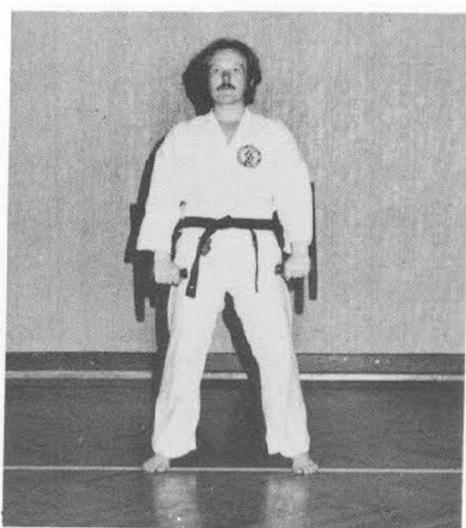
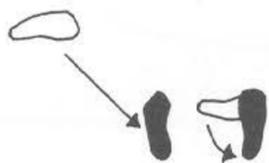
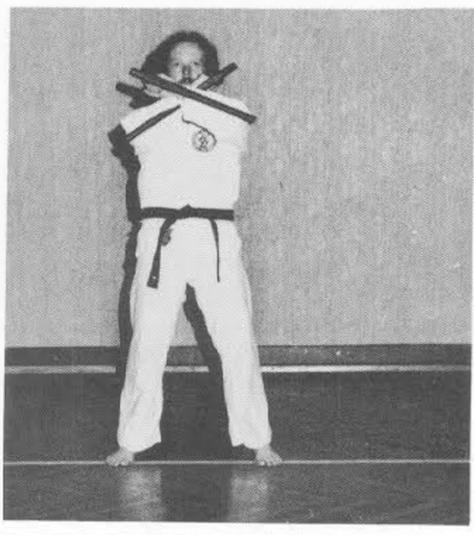
KOKUTSU DACHI

ZENKUTSU DACHI

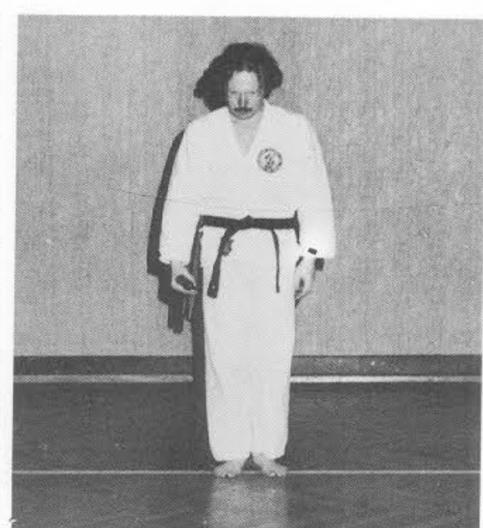
KOKUTSU DACHI



25



26



27



uchi-uke

Zwischenstellung

naore

rei

ZENKUTSU DACHI

HACHIJI DACHI

HACHIJI DACHI

MUSUBI DACHI

TSUKAGASHIRA

TSUKA

ZEN ATAMA

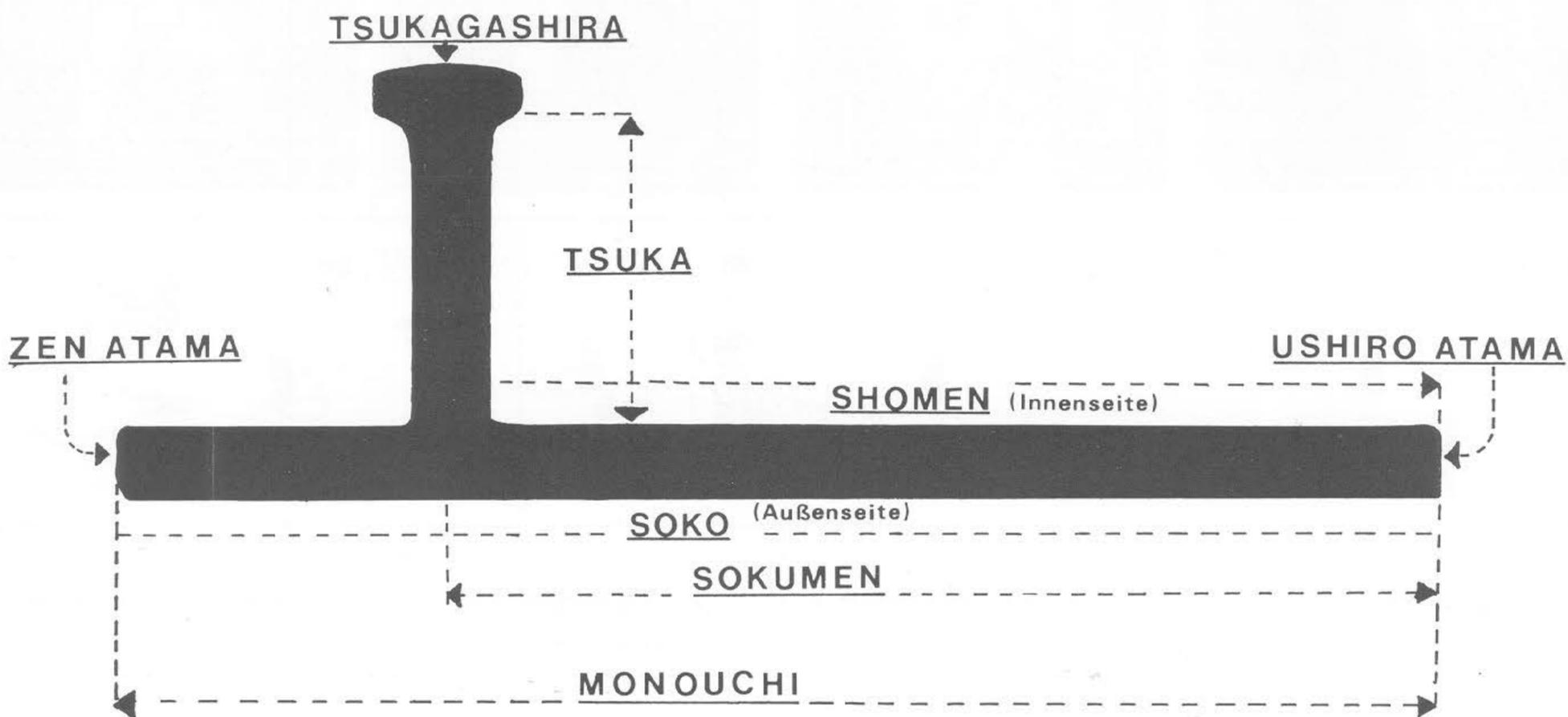
USHIRO ATAMA

SHOMEN (Innenseite)

SOKO (Außenseite)

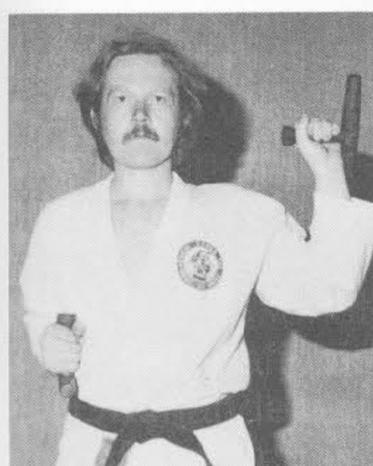
SOKUMEN

MONOUCHI

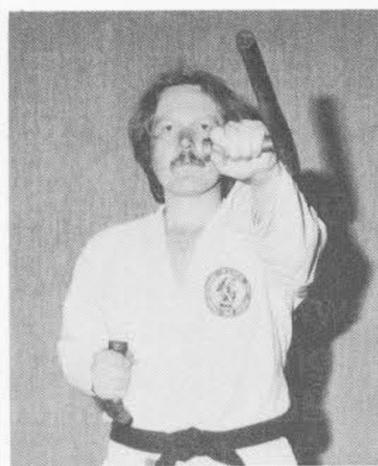


FURI Übungssequenz (b)

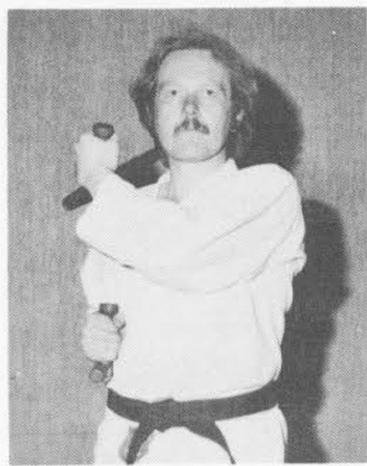
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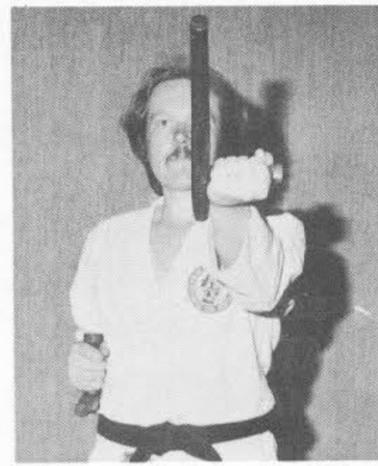
Vorbereitung der nächsten Technik



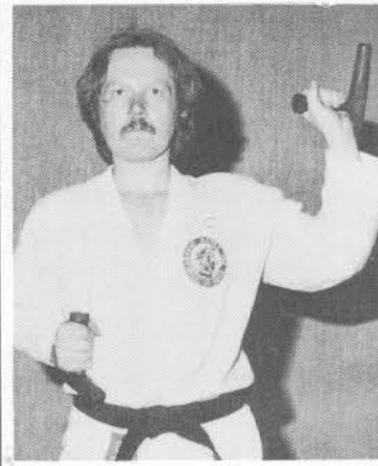
JODAN-UCHI



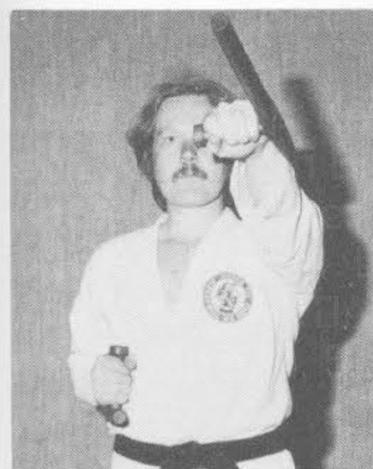
Vorbereitung der nächsten Technik



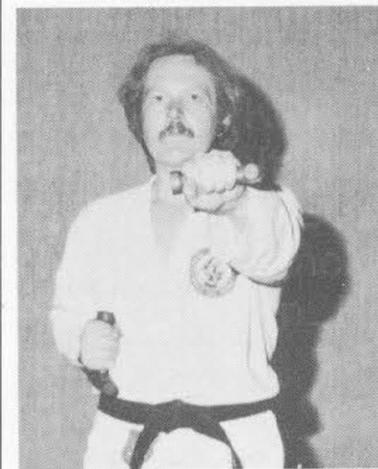
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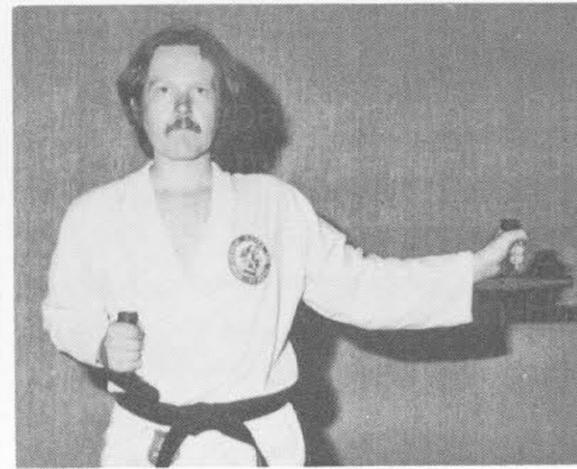
Vorbereitung der nächsten Technik



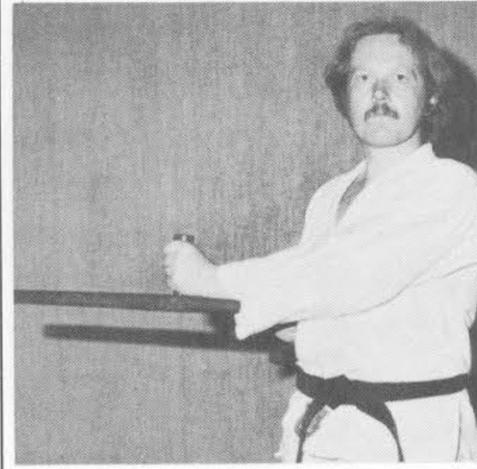
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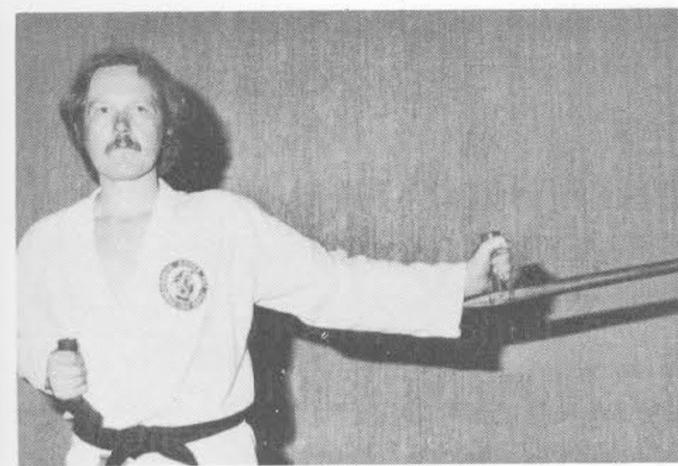
KAZUGI-HIKITORI



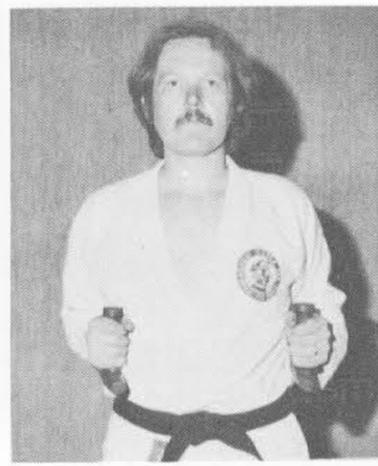
Vorbereitung der nächsten Technik



UCHI-MAWASHI-UCHI



SOTO-MAWASHI-UCHI



KOSHI-HIKITORI