

GOJU RYU

SD = Sanchin-Dachi ZkD = Zenkutsu-Dachi ShD = Shiko-Dachi ND = Neko-Ashi-Dachi ☉ = Kiai

TAIKYOKU JODAN ICHI:

SD: Age Uke → SD: Jodan Oizuki →
SD: Age Uke → SD: Jodan Oizuki →
SD: Age Uke → SD: Jodan Oizuki (3x) ☉ →
SD: Age Uke → SD: Jodan Oizuki →
SD: Age Uke → SD: Jodan Oizuki →
SD: Age Uke → SD: Jodan Oizuki (3x) ☉ →
SD: Age Uke → SD: Jodan Oizuki →
SD: Age Uke



TAIKYOKU JODAN NI:

SD: Age Uke → ZkD: Jodan Oizuki →
SD: Age Uke → ZkD: Jodan Oizuki →
SD: Age Uke → ZkD: Jodan Oizuki (3x) ☉ →
SD: Age Uke → ZkD: Jodan Oizuki →
SD: Age Uke → ZkD: Jodan Oizuki →
SD: Age Uke → ZkD: Jodan Oizuki (3x) ☉ →
SD: Age Uke → ZkD: Jodan Oizuki →
SD: Age Uke

TAIKYOKU CHUDAN ICHI:

SD: Yoko Uke → SD: Chudan Oizuki →
SD: Yoko Uke → SD: Chudan Oizuki →
SD: Yoko Uke → SD: Chudan Oizuki (3x) ☉ →
SD: Yoko Uke → SD: Chudan Oizuki →
SD: Yoko Uke → SD: Chudan Oizuki →
SD: Yoko Uke → SD: Chudan Oizuki (3x) ☉ →
SD: Yoko Uke → SD: Chudan Oizuki →
SD: Yoko Uke

TAIKYOKU CHUDAN NI:

SD: Yoko Uke → ZkD: Chudan Oizuki →
SD: Yoko Uke → ZkD: Chudan Oizuki →
SD: Yoko Uke → ZkD: Chudan Oizuki (3x) ☉ →
SD: Yoko Uke → ZkD: Chudan Oizuki →
SD: Yoko Uke → ZkD: Chudan Oizuki →
SD: Yoko Uke → ZkD: Chudan Oizuki (3x) ☉ →
SD: Yoko Uke → ZkD: Chudan Oizuki →
SD: Yoko Uke

TAIKYOKU GEDAN ICHI:

ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki (3x) ☉ →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki (3x) ☉ →
ShD: (45 Grad): Harai Otoshi Uke → ShD (45 Grad): Chudan Oizuki →
ShD: (45 Grad): Harai Otoshi Uke

TAIKYOKU GEDAN NI:

ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki →
 ShD:(45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki →
 ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki (3x) ☺ →
 ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki →
 ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki →
 ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki (3x) ☺ →
 ShD: (45 Grad):Harai Otoshi Uke → ShD (90 Grad): Chudan Oizuki →
 ShD: (45 Grad):Harai Otoshi Uke

TAIKYOKU KAKE-UKE ICHI:

SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi (3x) ☺ →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi (3x) ☺ →
 SD: Kake Uke → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 SD: Kake Uke

TAIKYOKU KAKE-UKE NI:

NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi (3x) ☺ →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi (3x) ☺ →
 NaD: Kake Uke (3x / zurück-vor-zurück*) → ZkD: (Kombination) Mae Geri / Age Empi Uchi →
 NaD: Kake Uke (3x / zurück-vor-zurück*)

* Bewegung ähnlich wie bei Gekisai Dai Ni, nur im NaD

TAIKYOKU MAWASHI UKE-ICHI:

SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki (3x) ☺ →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki (3x) ☺ →
 SD: Mawashi Uke → ShD (45 Grad)(Kombination) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 SD: Mawashi Uke

TAIKYOKU MAWASHI-UKE NI:

NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki (3x) ☺ →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki (3x) ☺ →
 NaD: Mawashi Uke (3x**) → ShD (45 Grad:) Mae Empi Uchi/Uraken Uchi/Tetsui Uchi/Gyaku Zuki →
 NaD: Mawashi Uke (3x**)

** Bewegung ähnlich wie bei Taikyoku Kake-Uke Ni

Erhard Kell



TAIKYOKU - KATA

Das EMBUSEN wird bei dieser Technik-Auflistung als bekannt vorausgesetzt – die Wendungen und die Winkel der Richtungsänderungen werden hier nicht beschrieben!
KIAI jeweils bei der dritten Technik der „Dreier-Länge“

SHOTOKAN - RYU

ZkD = Zenkutsu-Dachi

KkD = Kokutsu-Dachi

☺ = Kiai

TAIKYOKU SHODAN:

ZkD: Gedan Barai → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Chudan Oizuki (3x) ☺ →
ZkD: Gedan Barai → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Chudan Oizuki (3x) ☺ →
ZkD: Gedan Barai → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Chudan Oizuki →



TAIKYOKU NIDAN:

ZkD: Gedan Barai → ZkD: Jodan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki (3x) ☺ →
ZkD: Gedan Barai → ZkD: Jodan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki (3x) ☺ →
ZkD: Gedan Barai → ZkD: Jodan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki →

TAIKYOKU SANDAN:

KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →
KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki (3x) ☺ →
KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →
KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →
ZkD: Gedan Barai → ZkD: Jodan Oizuki (3x) ☺ →
KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →
KkD: Chudan Uchi Uke → ZkD: Chudan Oizuki →