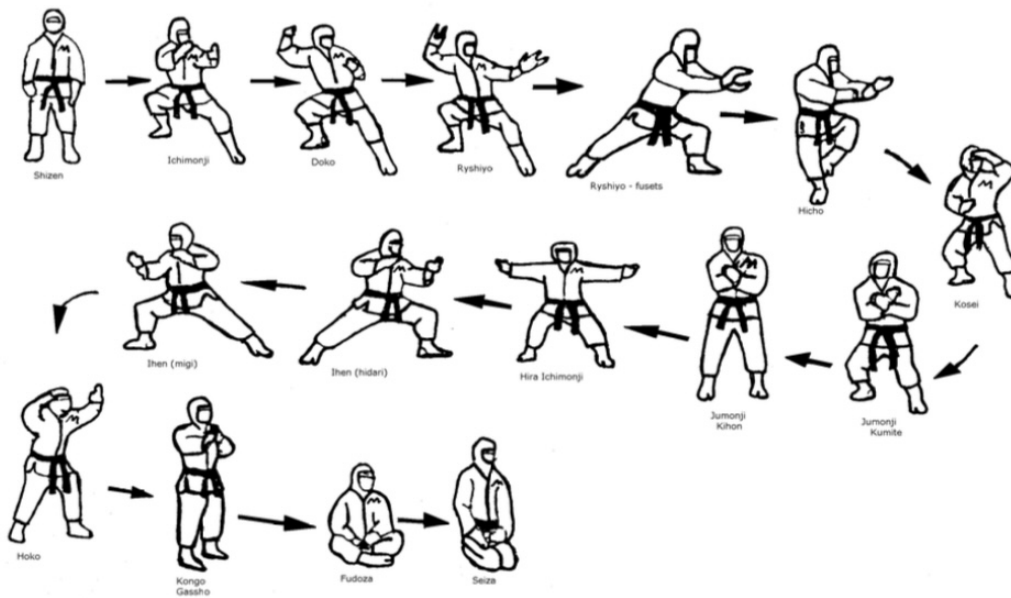


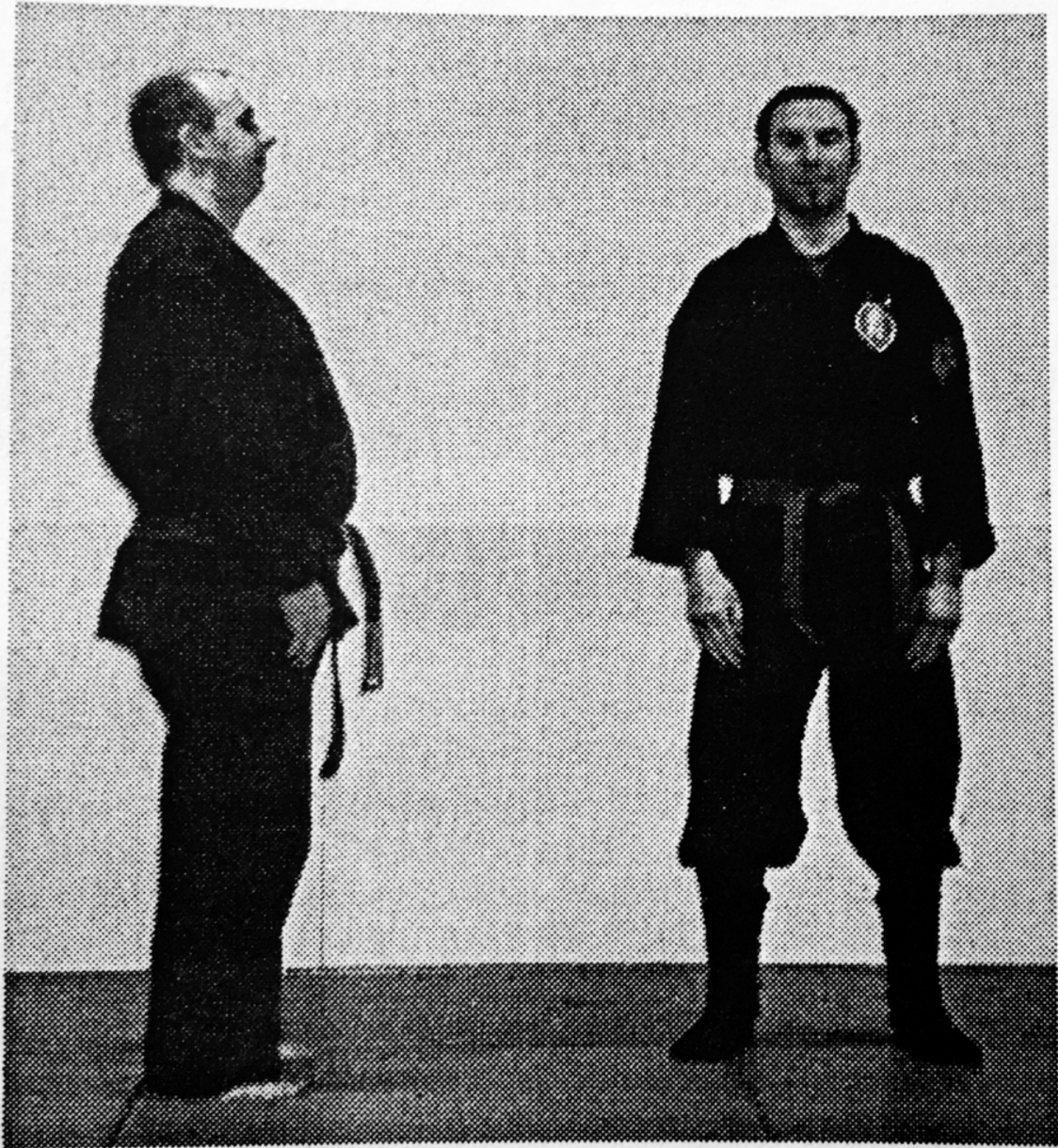
Kamae no Kata 1

Trainingsblatt – Übersicht und Einzelpositionen

Kamae no Kata 1

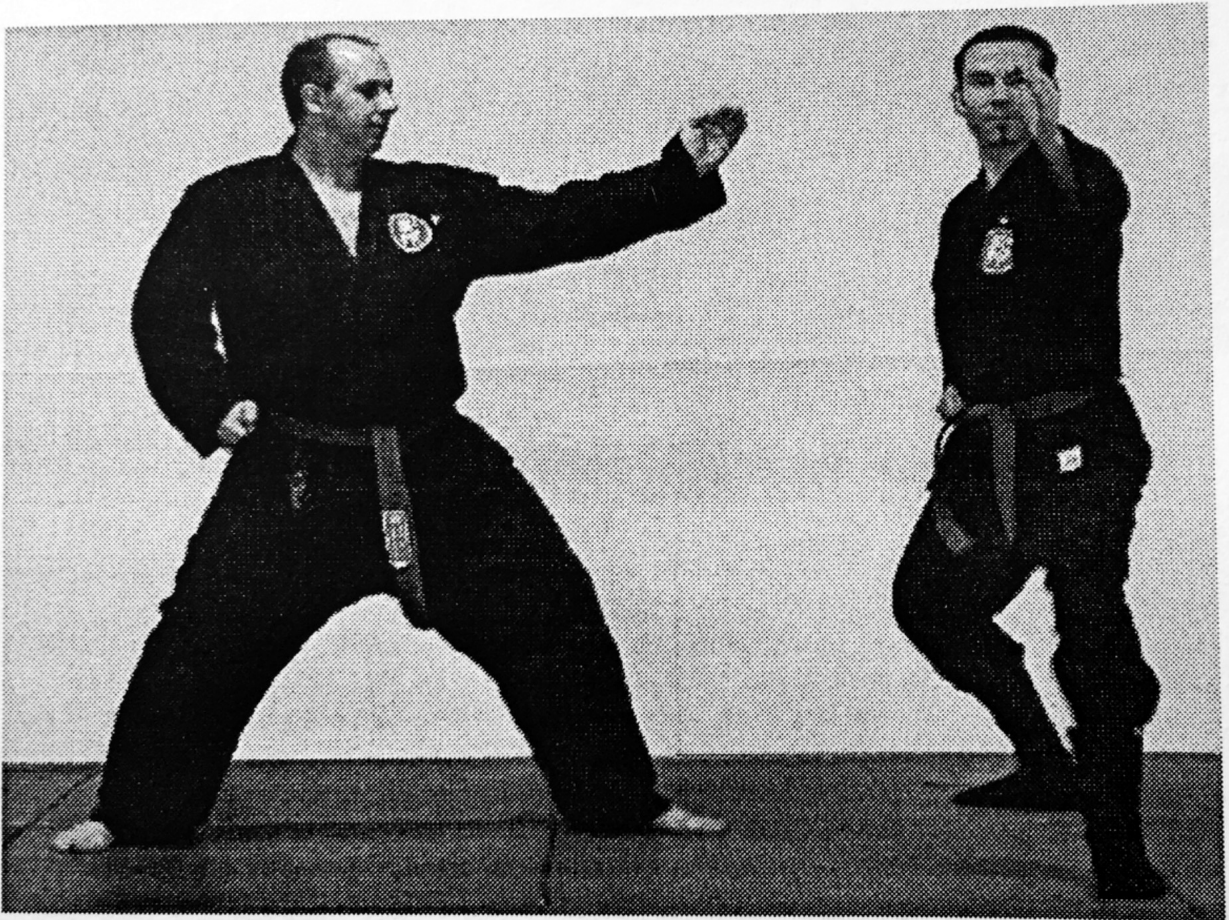


Shizen no kamae



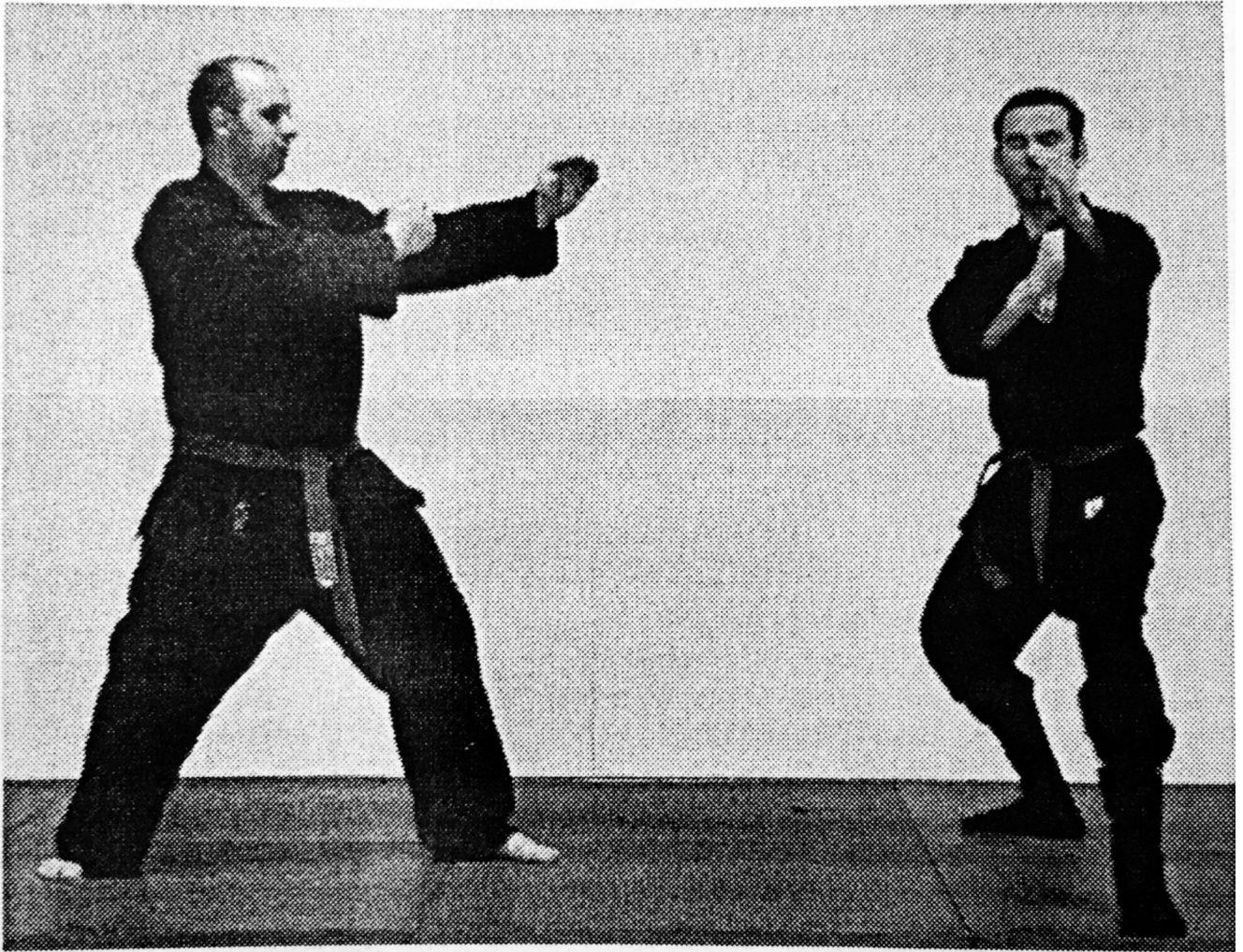
1) Shizen no kamae

Sanshin no kamae



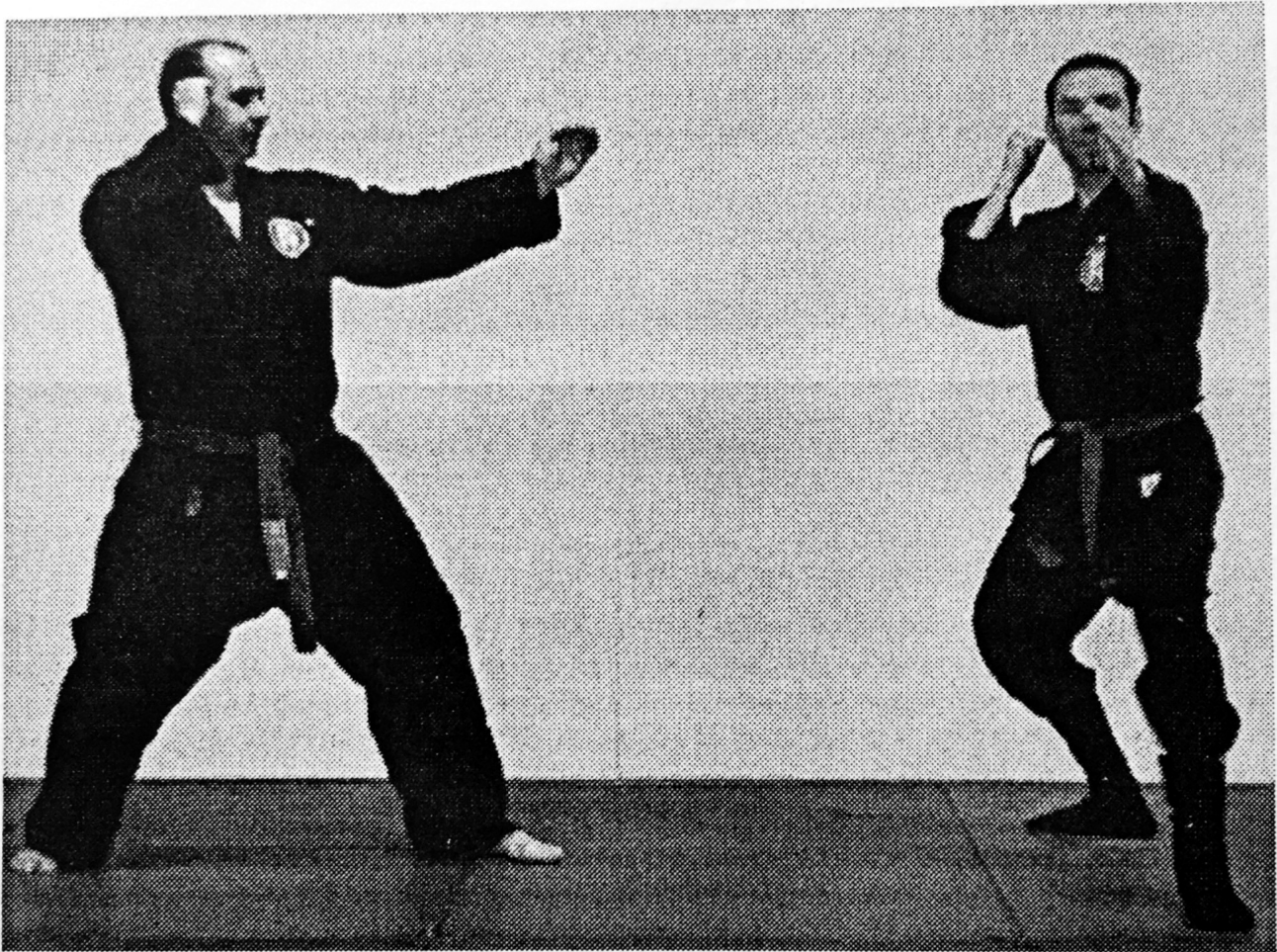
2) Sanshi no kamae

Ichimonji no kamae



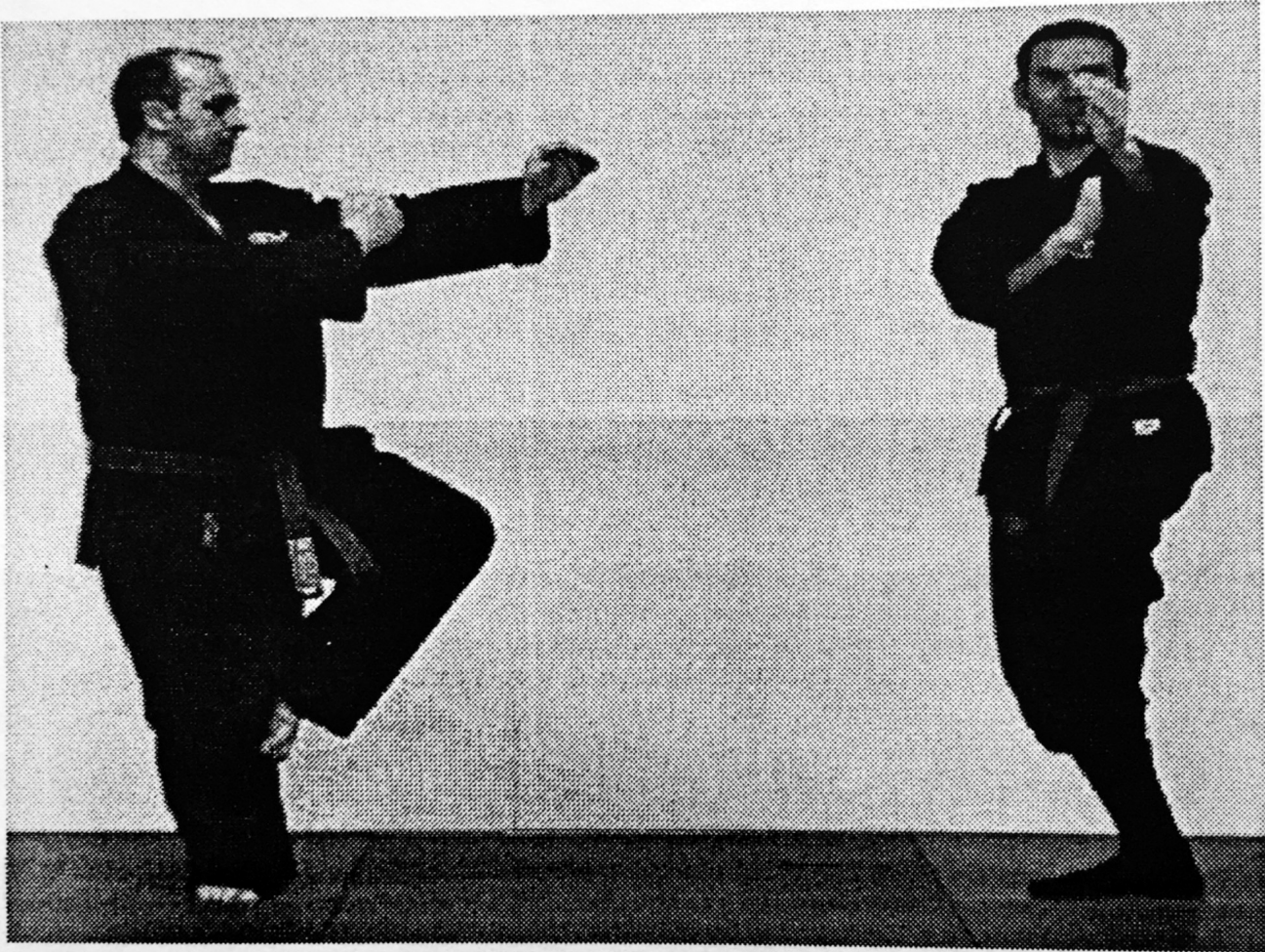
3) Ichimonji no kamae

Doko no kamae



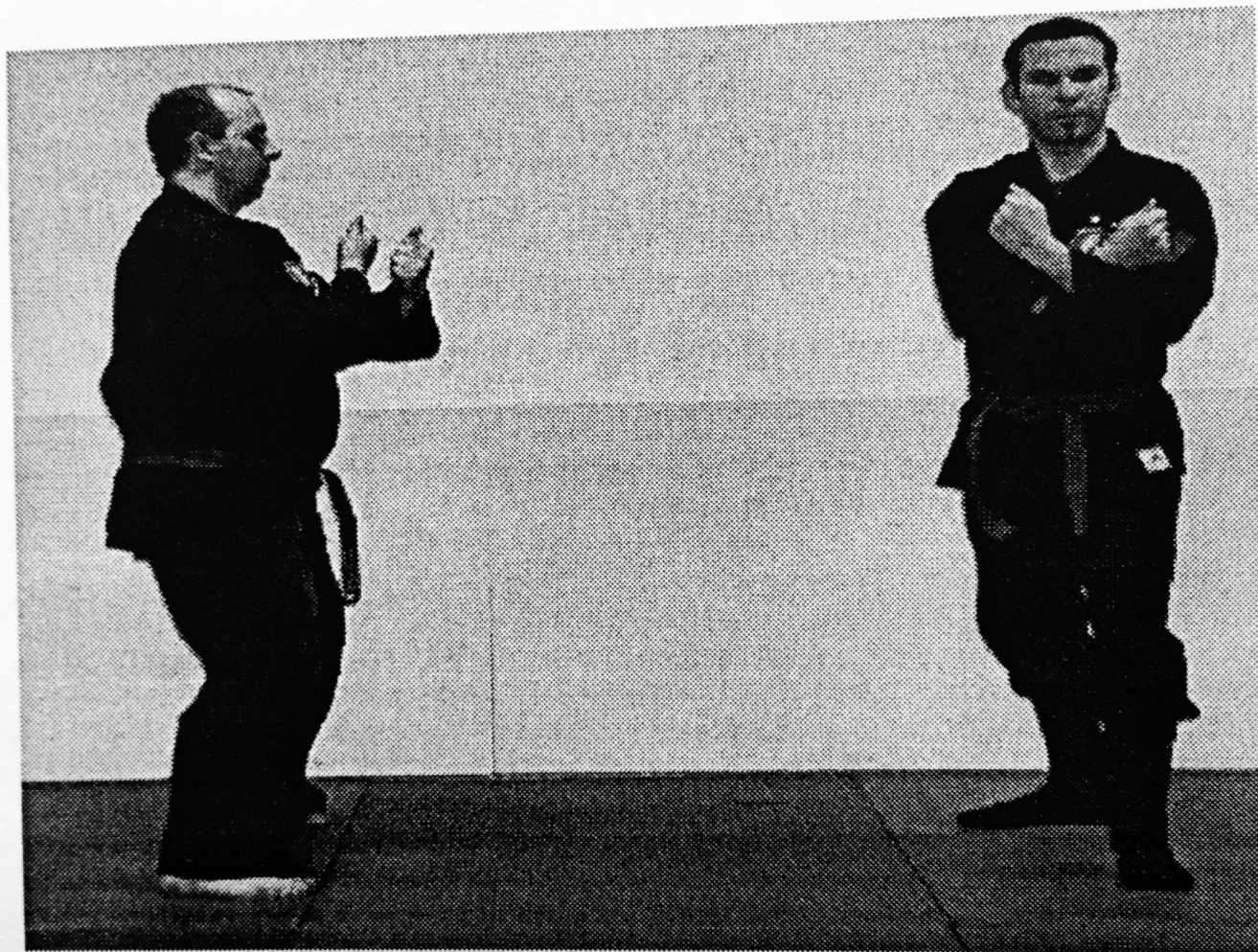
4) Doko no kamae

Hicho no kamae



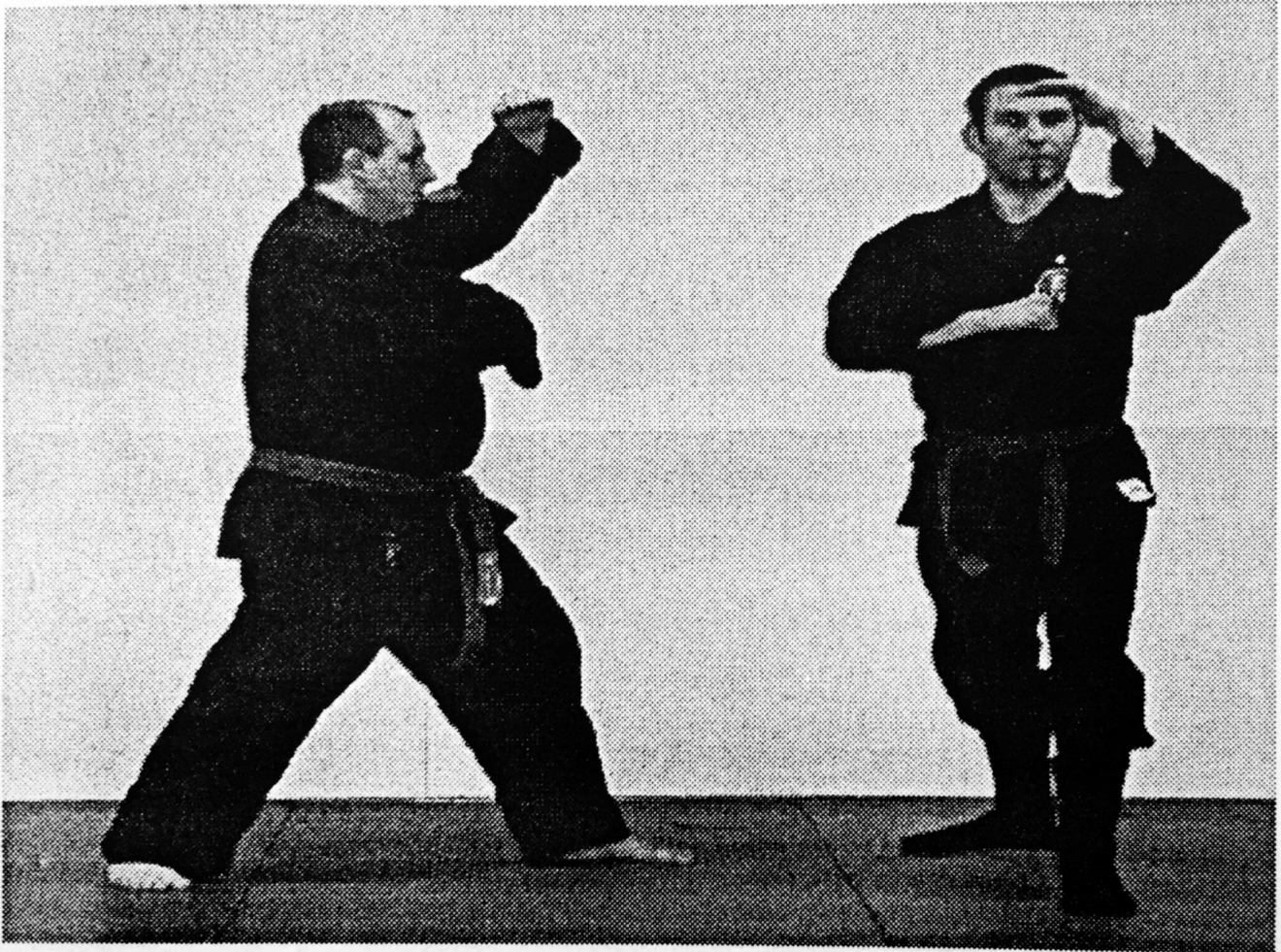
5) Hicho no kamae

Jumonji no kamae



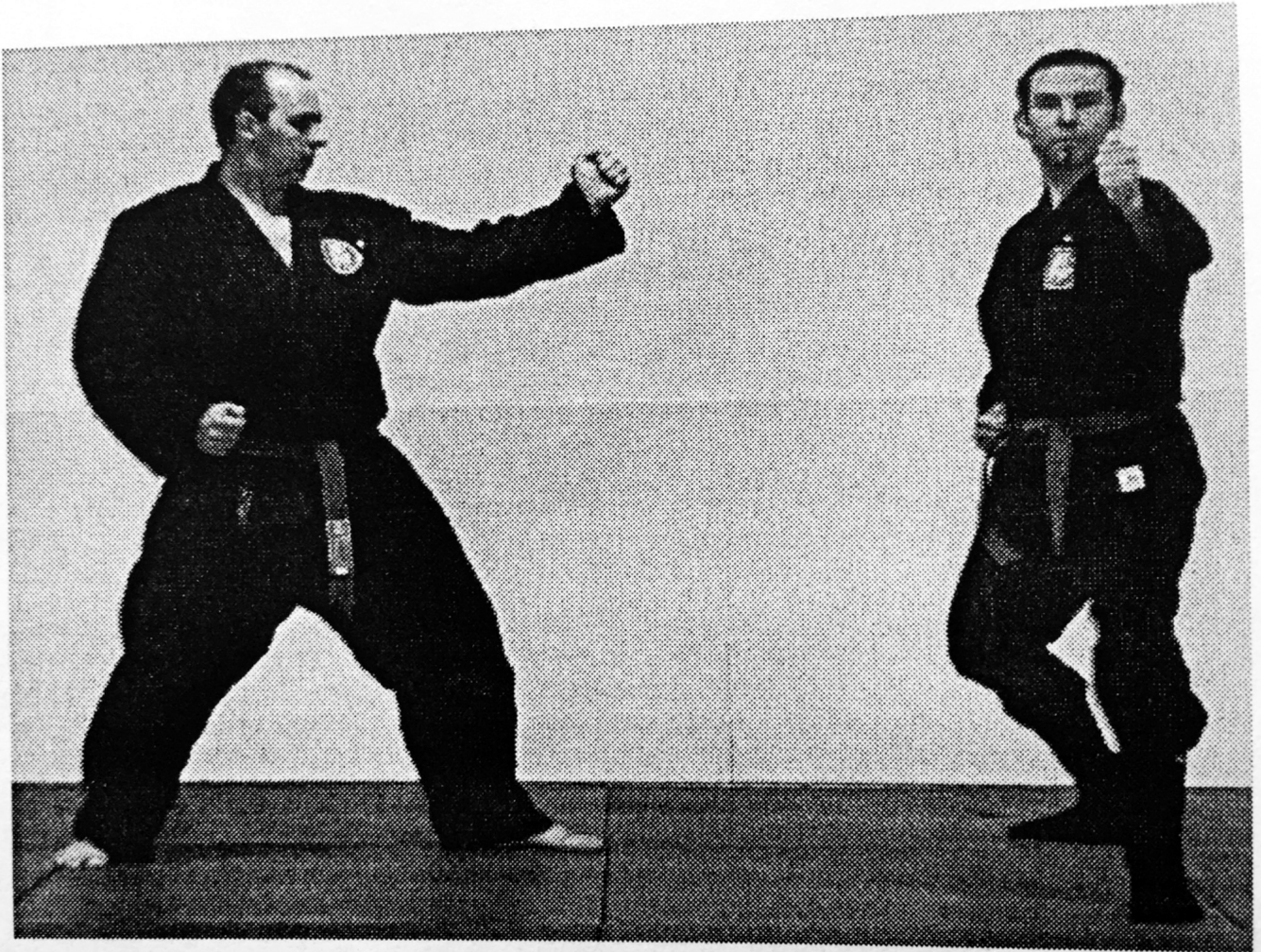
6) Jumonji no kamae

Kosei no kamae



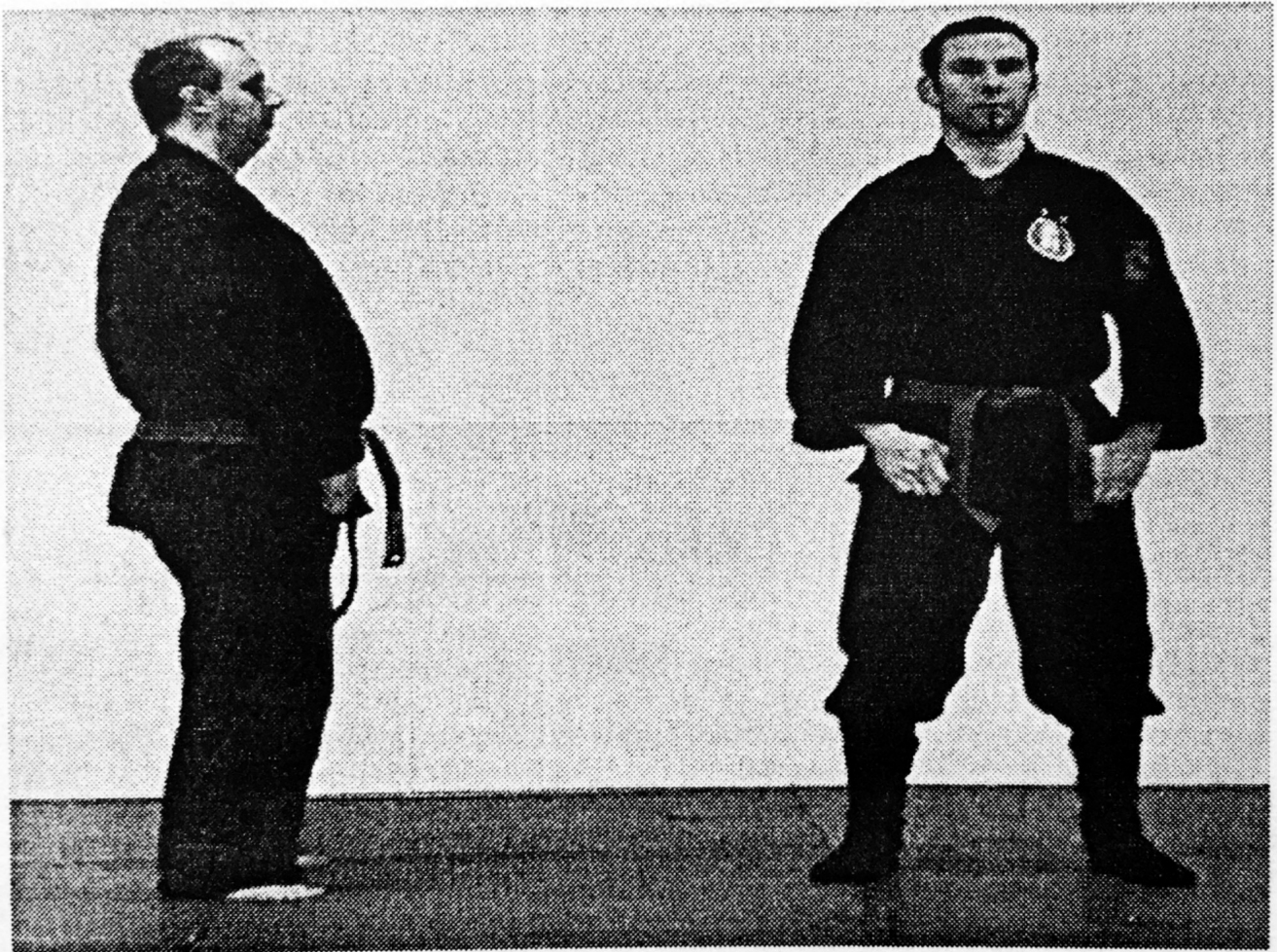
7) Kosei no kamae

Bobi no kamae



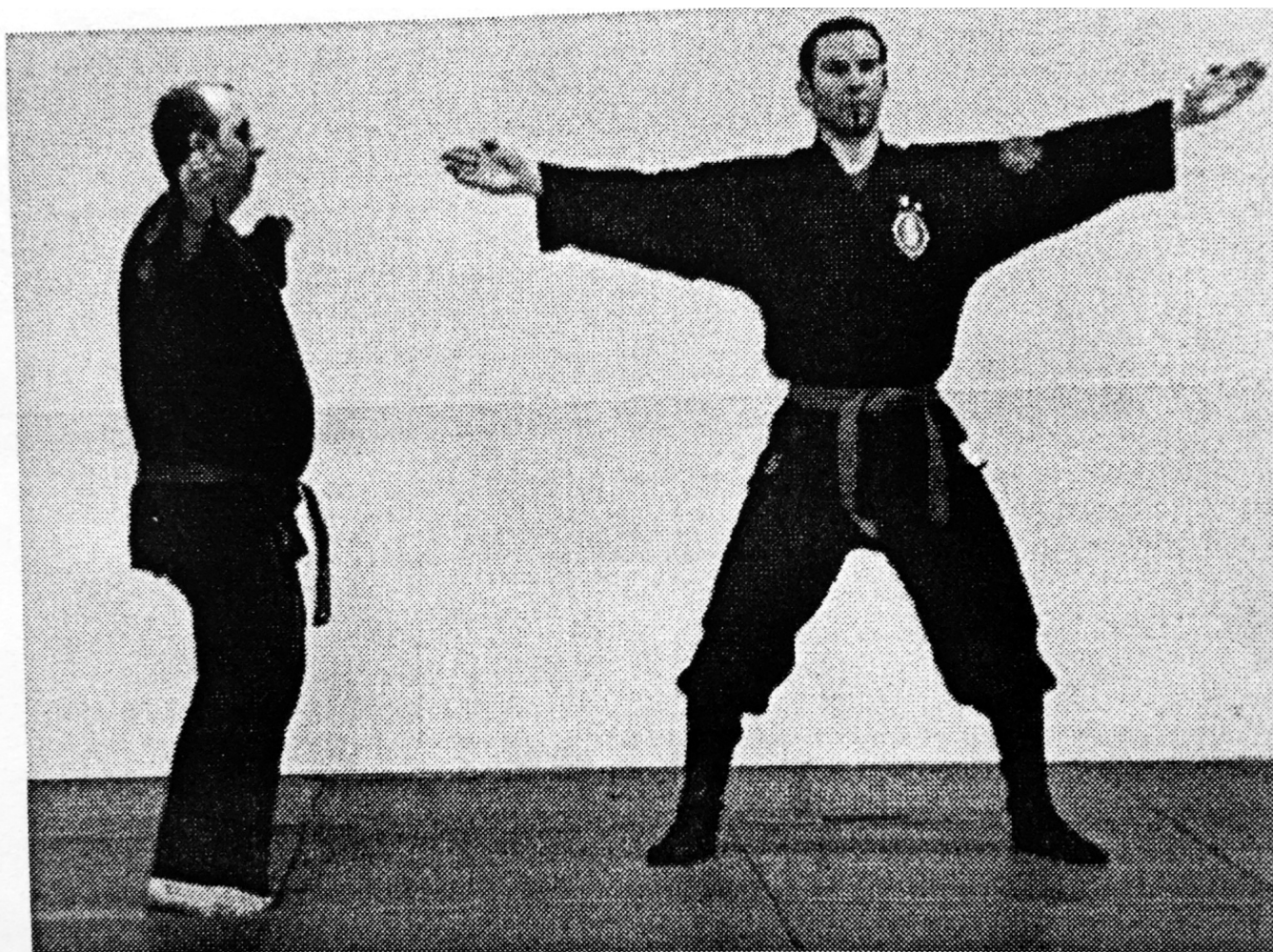
8) Bobi no kamae

Hira no kamae



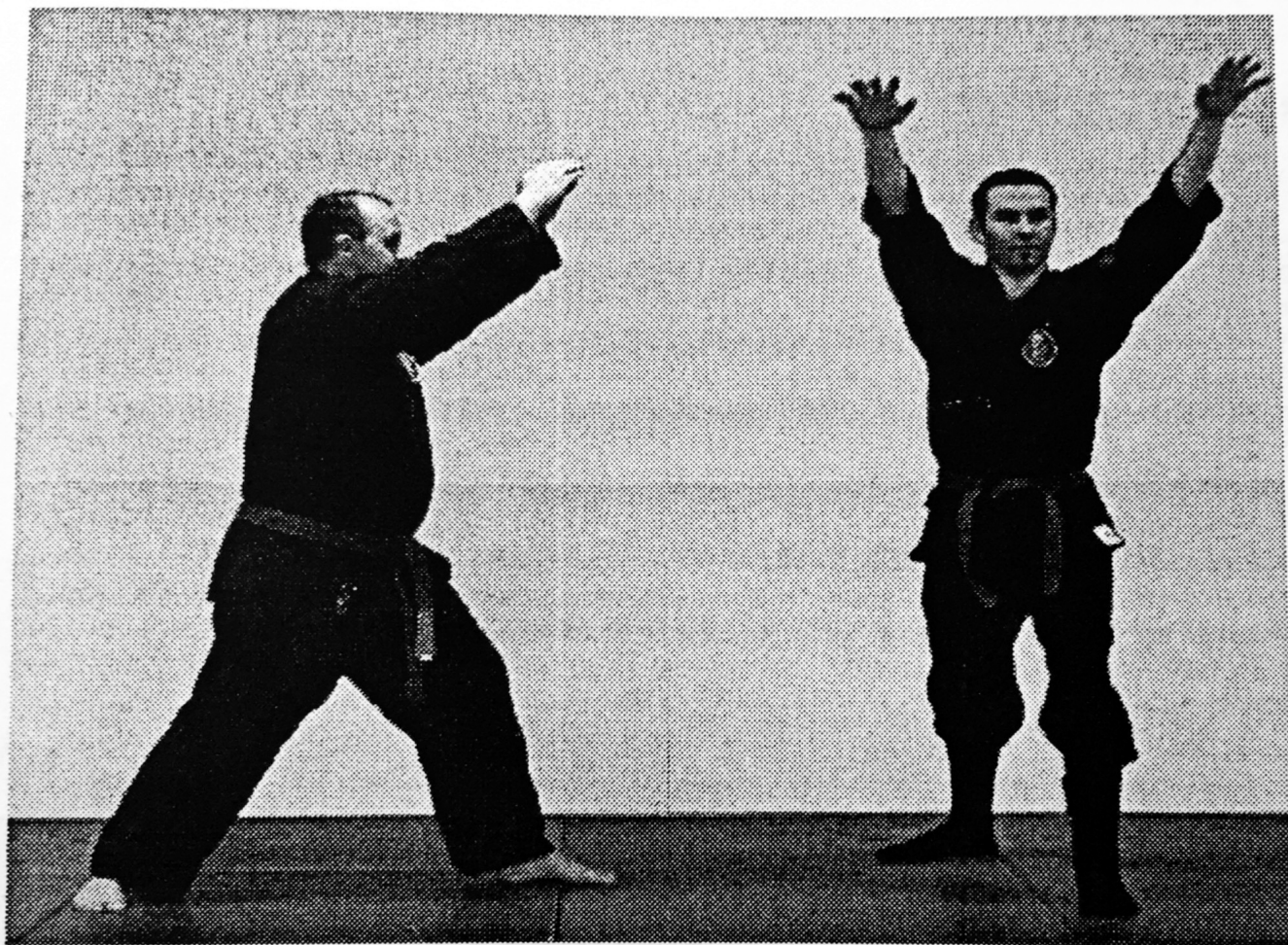
9) Hira no kamae

Hira Ichimonji no kamae



10) Hira Ichimonji no kamae

Hoko no kamae



11) Hoko no kamae