

Bassai Dai

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"Yoi!" links Hand zum rechten Faust legen



Rechte linke Hand zusammen!

拔砦大



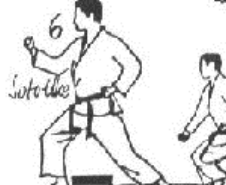
Uchi-Uke



Uchi-Uke (Gyaku-Hanmi)



linker Fuß Dreipunkt u. auf der Drehung "Sofo-Uke in Gyaku-Hanmi"



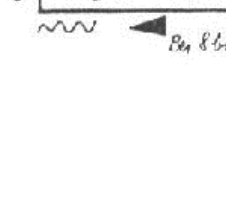
Sofo-Uke



Block mit Annimukawase (Gedan) nach rechts aufsteig.



linker Fuß Dreipunkt



senkrechter Handkantenblock



Bei 8 bis 13 die Füße auf ihrem Platz lassen!

Dauer etwa 50 Sek.!



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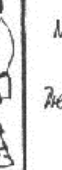
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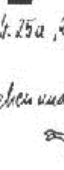
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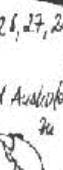
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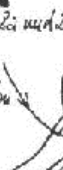
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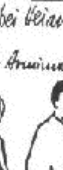
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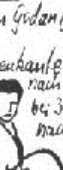
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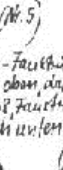
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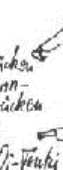
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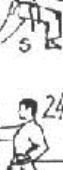
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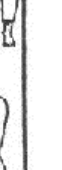
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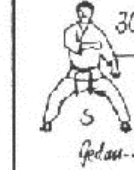
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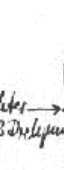
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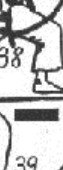
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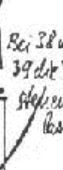
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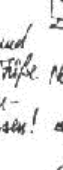
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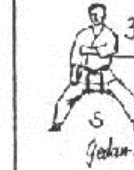
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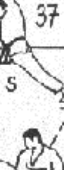
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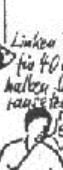
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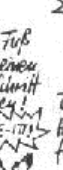
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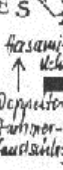
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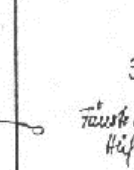
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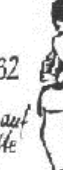
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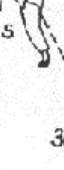
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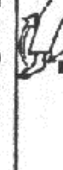
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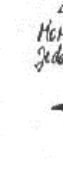
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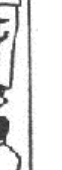
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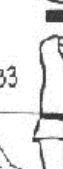
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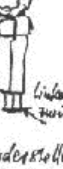
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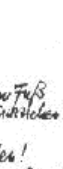
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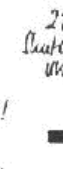
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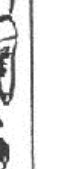
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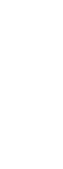
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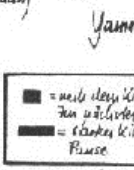
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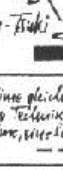
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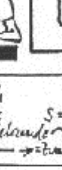
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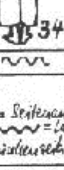
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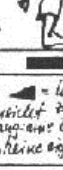
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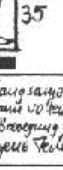
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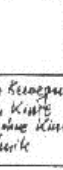
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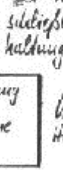
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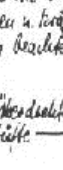
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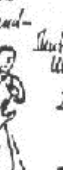
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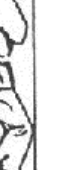
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