Kashima-no-tachi

Etikette, Positionen, Kata der 1. Serie

Kihon-tachi

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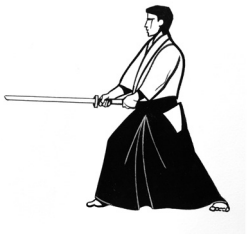
Die Positionen

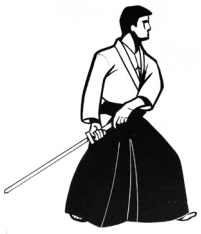
Mu-gamae



Segan-no-gamae (migi-hanmi)

Hasso-no-gamae (kami-hasso)

Jodan-no-gamae



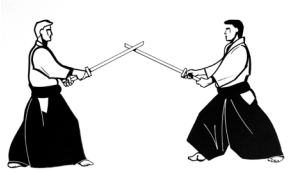
shimo-hasso

Die Etikette

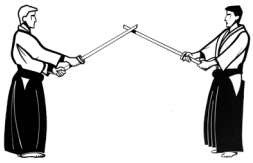
Sankaku-dai Rei 4m Distanz, Schwert horizontal an der rechten Seite, Verbeugung

Sankaku-dai Schwert senkrecht in der Mitte

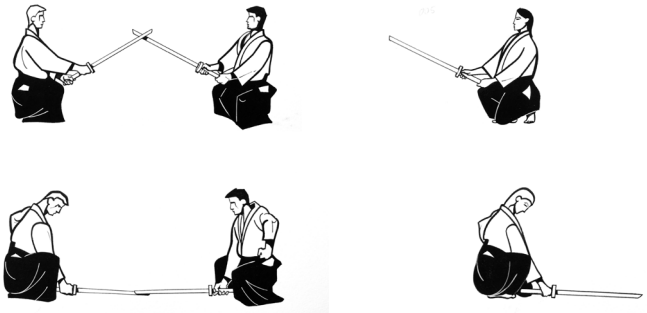
Sankaku-dai Schwert horizontal links



Segan-no-gamae (migi-hanmi) Schwert ziehen, mit Schritt zusammenkommen

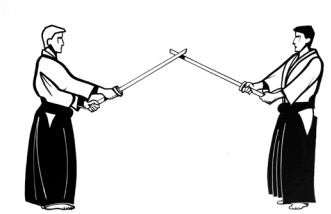


Sankaku-dai Schwert Segan

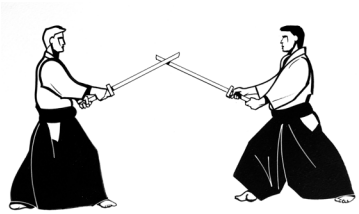


Rei Kniestand und Verbeugung der Herren (links) und Damen (rechts)

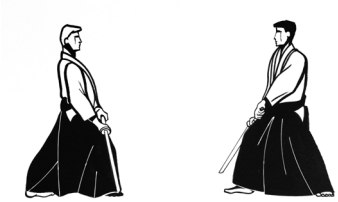
Kihon-tachi
1.Kata: Kesa-Giri



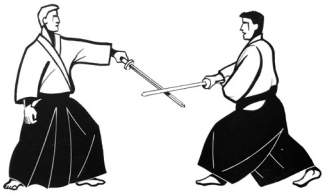
Sankaku-dai Schwert Segan



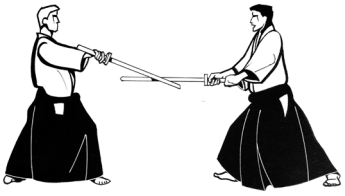
Segan-no-gamae (migi-hanmi)



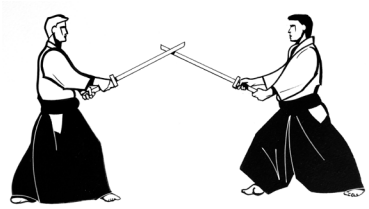
Mu-gamae



Kesa-giri hidari (hon-kesa)

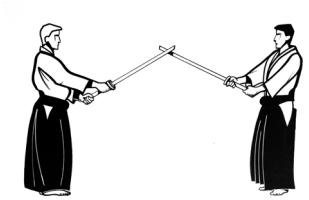


Kesa-giri migi (gyaku-kesa)

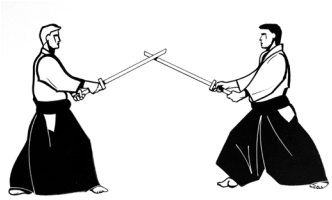


Segan-no-gamae Position vor dem Zurücklaufen zu Sankaku-dai

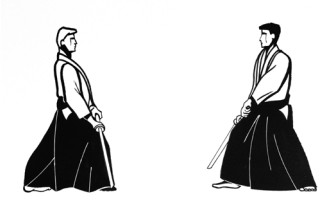
Kihon-tachi
2.Kata: Ashi-barai-ukibune



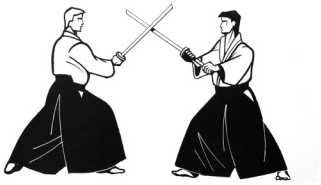
Sankaku-dai Schwert Segan



Segan-no-gamae (migi-hanmi)

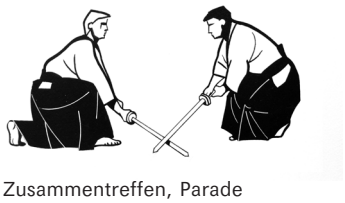


Mu-gamae

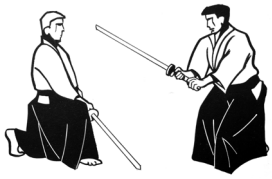


Kiri-musubi zus.kommen in Kurai-dachi

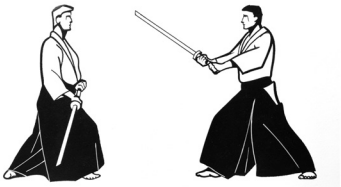
Zwischenposition. Uchi-tachi: Yoko-uchi gedan, Shi-tachi: Jodan vor Parade



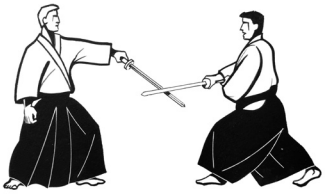
Zusammentreffen, Parade



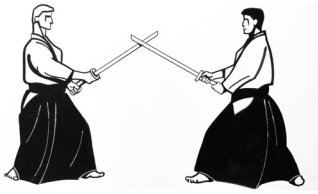
Aufrichten des Schwertes, Kontrolle



Shi-tachi: Zwei Schritte vor.
Uchi-tachi: Mu-gamae

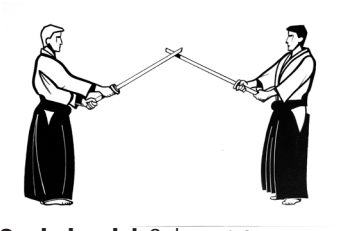


Kesa-giri hidari (hon-kesa)

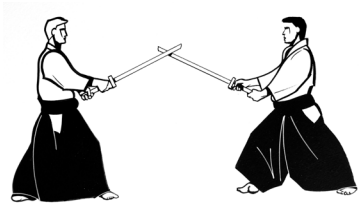


Segan-no-gamae (hidari-hanmi)
Position vor dem Zurücklaufen zu Sankaku-dai

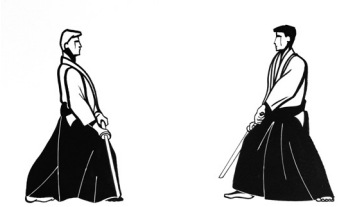
Kihon-tachi
3.Kata: kiri-wari



Sankaku-dai Schwert Segan

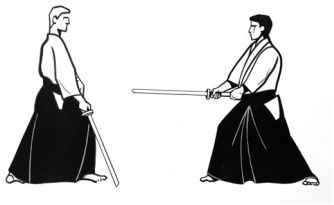


Segan-no-gamae (migi-hanmi)

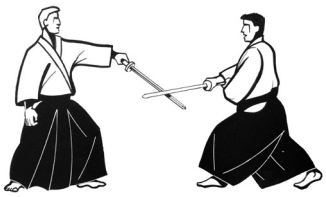


Mu-gamae

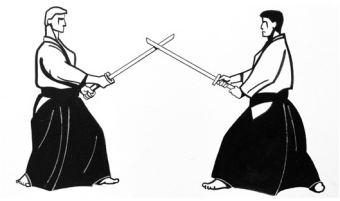
Kiri-wari Shomen-uchi wird pariert mit Shomen-uchi



Endposition. Uchi-tachi: Mu-gamae, Shi-tachi: Chudan-no-gamae

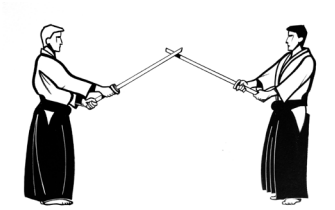


Kesa-giri hidari (hon-kesa)

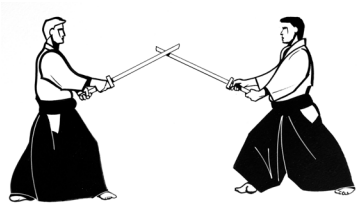


Segan-no-gamae (hidari-hanmi)
Position vor dem Zurücklaufen zu Sankaku-dai

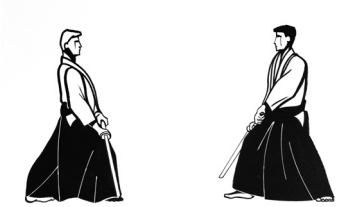
Kihon-tachi
4. Kata: wari-tsuki



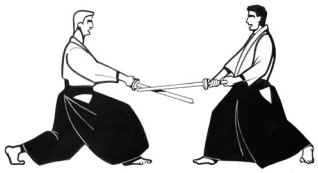
Sankaku-dai Schwert Segan



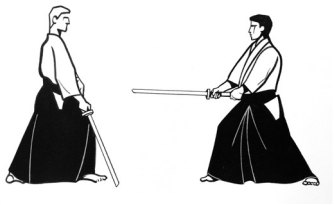
Segan-no-gamae (migi-hanmi)



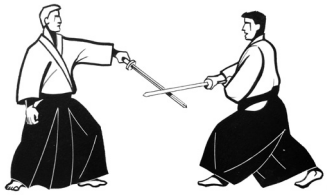
Mu-gamae



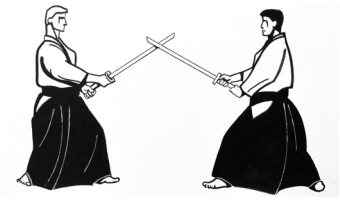
Wari-Tsuki Tsuki pariert mit Tsuki



Endposition. Uchi-tachi: Mu-gamae,
Shi-tachi: Chudan-no-gamae (Schwert nach links gedreht, Klinge nach rechts zeigend)

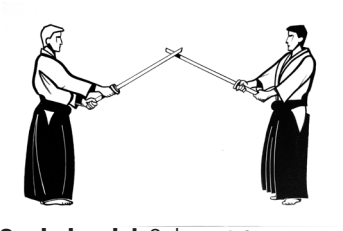


Kesa-giri hidari (hon-kesa)

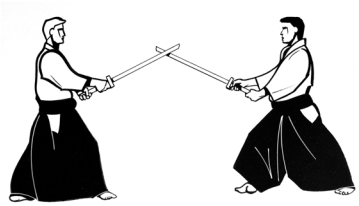


Segan-no-gamae (hidari-hanmi)
Position vor dem Zurücklaufen zu Sankaku-dai

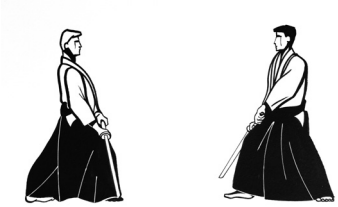
Kihon-tachi
5.Kata: kurai-dachi



Sankaku-dai Schwert Segan

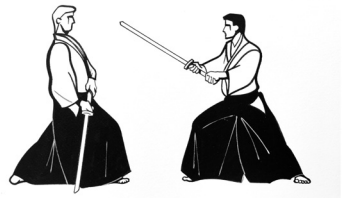


Segan-no-gamae (migi-hanmi)

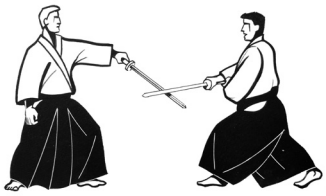


Mu-gamae

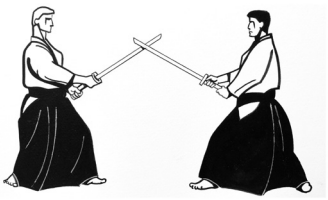
Kurai-dachi
Shomen pariert mit Kiri-musubi



Endposition. Uchi-tachi: Mu-gamae,
Shi-dachi: Kurai-tachi



Kesa-giri hidari (hon-kesa)



Segan-no-gamae (hidari-hanmi)
Position vor dem Zurücklaufen zu Sankaku-dai

Glossar

Rei Verbeugung bei der Etikette

Uchi-tachi Angreifer (Tori), Empfänger, Geworfener (Uke), Senior-Part
Shi-tachi Verteidiger, Sender, Werfer (Nage), Student-Part

Gamae Position
Hidari Rechts, Rechtsseitig
Migi Links, Linksseitig
Hanmi Stellung im Profil, Auslage (rechts- oder linksseitig vorn)
Sankaku-dai Dreiecks- oder V-Stand
Mu-gamae „Nicht"-Position, Position ohne Position
Segan-no-gamae Position: Schwert zeigt zum Auge des Partners
Jodan-no-gamae Position: Schwert wird über dem Kopf gehalten
Hasso-no-gamae (Kami-hasso) Position: Schwert rechtsseitig vom Kopf
Shimo-hasso Position in migi-hanmi: Schwert zeigt nach hinten unten

Jodan Körperbereich Kopf und darüber
Chudan Körperbereich Bauch / Zentrum
Gedan Körperbereich Beine
Men Gesicht
Kote Unterarm am Handgelenk

Kesa-giri hidari (hon-kesa) Diagonal-Schnitt von links oben nach rechts unten
Kesa-giri migi (gyaku-kesa) Diagonal-Schnitt von rechts oben nach links unten
Shomen-uchi Gerader Schnitt von oben zum Kopf (Gesicht)
Tsuki Stich
Yoko-uchi Seitlicher Schnitt zum Körper oder zu den Beinen

Kiri-musubi „Schneidend-kleben", verbinden, sich verbindende Schnitte
Kurai-tachi Position in hidari-hanmi: Schwert kontrolliert den Raum
Kasumi-(no-gamae) Position in migi-hanmi: Schwert kontrolliert den Raum