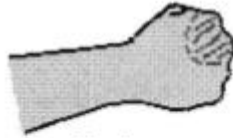


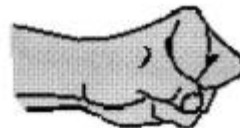
# Waffen des Karate



**Seiken**  
Vorderfaust



**Uraken**  
Fastrücken



**Nakadaka-Ken**  
In-der-Mitte- hohe-Einknöchelfaust



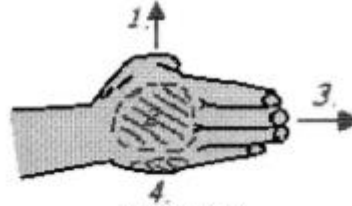
**Ippon-Ken**  
Ein-Knöchel-Faust



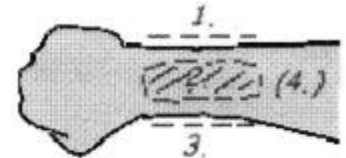
**Tettsui/ Kensui**  
Eisenhammer



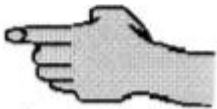
**Hiraken**  
Flache Faust



**Haito (1)**  
Schwertrücken  
**Haishu (2)**  
Handrücken  
**Nukite (3)**  
Speerhand  
**Shuto (4)**  
Schwerthand



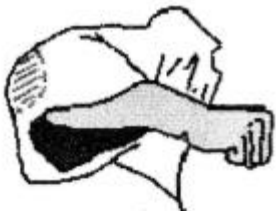
**Gaiwan (1)**  
Armaußenseite  
**Haiwan (2)**  
Arm Rücken  
**Naiwan (3)**  
Arminnenseite  
**Shuwan (4)**  
Armunterseite



**Ippon-Nukite**  
Einfingerspeerhand



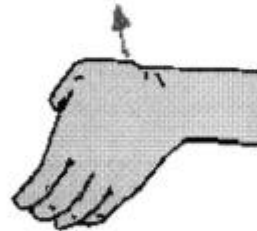
**Nihon-Nukite**  
Zweifingerspeerhand



**Empi/Hiji**  
Ellenbogen



**Hiza**  
Knie



**Keito**  
Hahnenkamm



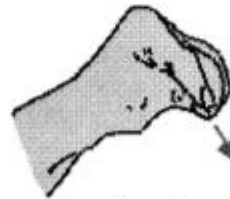
**Kumade**  
Bärenatze



**Haisoku/Ashi no ko**  
Spann



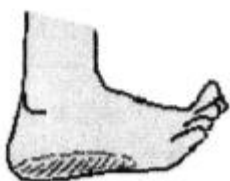
**Teisoku/Sokutei (1)**  
Fußsohle  
**Kakato (2)**  
Ferse



**Washide**  
Adlerhand



**Kakuto/Koken**  
Kranichkopf



**Sokuto**  
Fußkante



**Koshi**  
Fußballen



**Teisho/Shotei**  
Handballen



**Seiryuto**  
Säbel