

NINDÔ-KAN



GOLPES E FUNDAMENTOS



Associação de Karatê Nindô-Kan

NIN (Invencibilidade)

Dô (Caminho)

KAN (Casa /Escola)

“Escola no Caminho da Invencibilidade”

Numeral Japonês

一

1 - ichi

六

6 - roku

二

2 - ni

七

7 - shichi

三

3 - san

八

8 - hachi

四

4 - shi

九

9 - kyu

五

5 - go

十

10 - ju

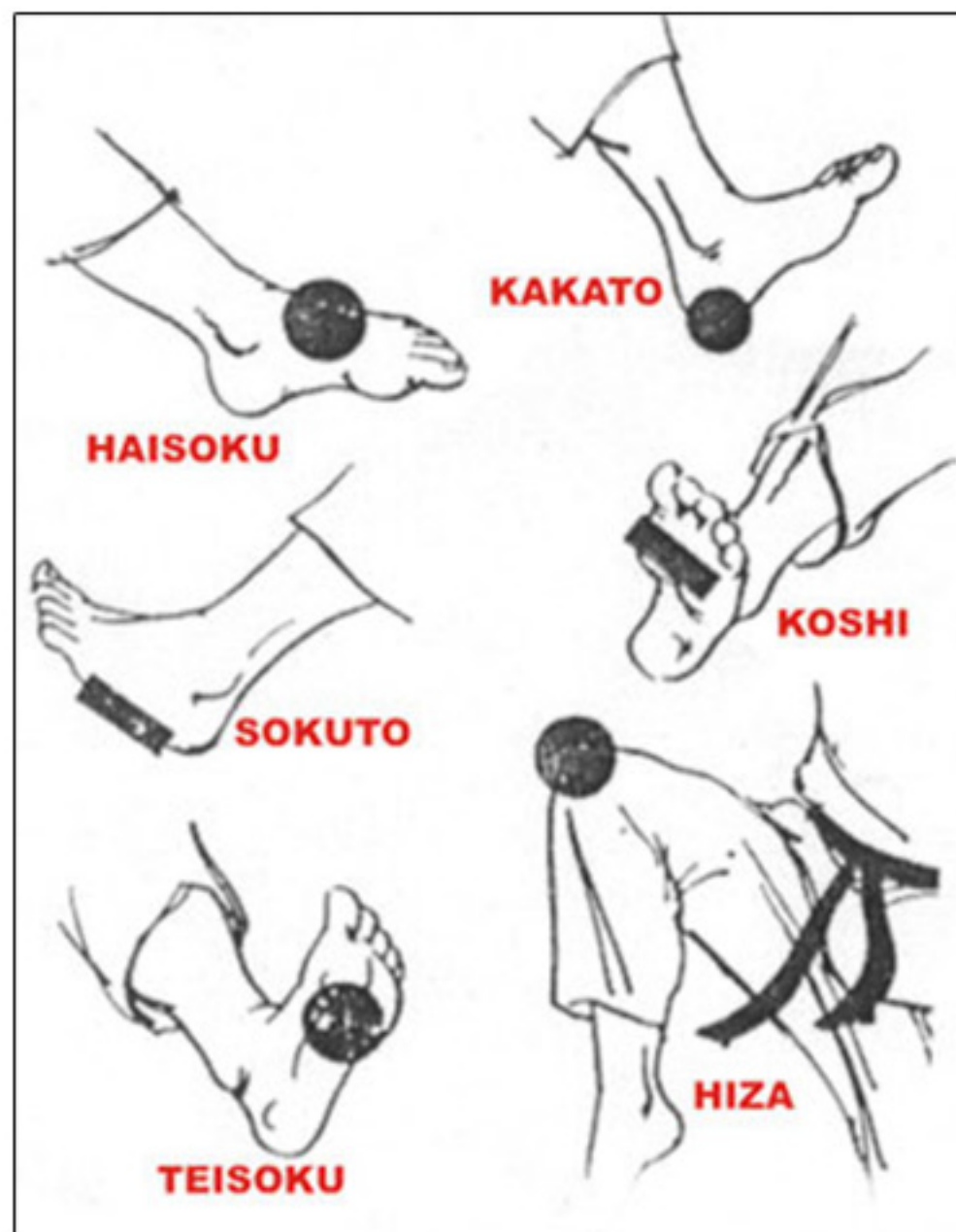
Posições do Karatê



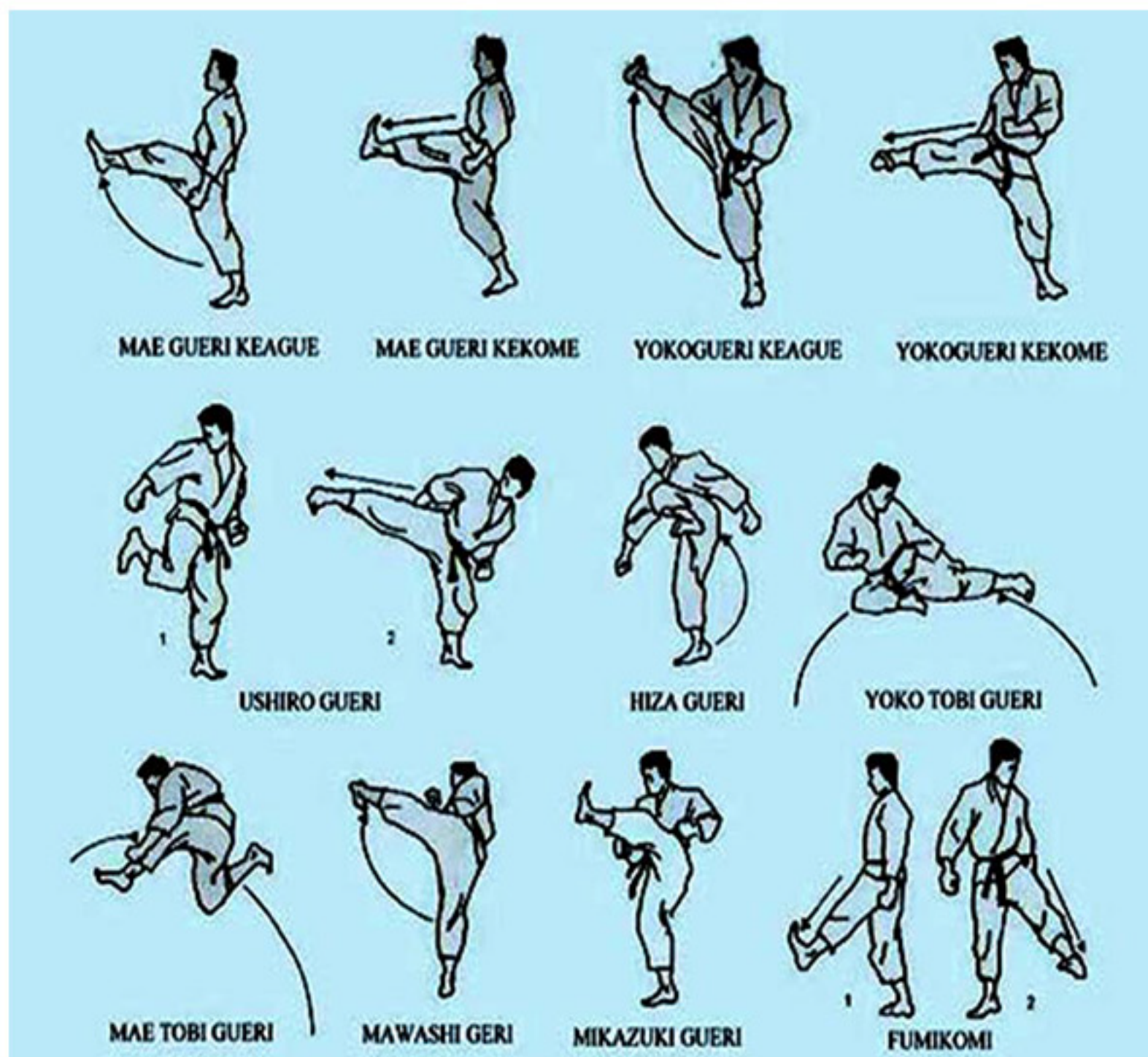
Golpes de Mão

				
UDE O KOTE	EMPI O HIJI	SEIKEN	URAKEN	HAISHU
				
NUKITE	SEIRYUTO	KENTSUI O TETSUI	TEISHO O SHOTEI	NAKADAKA KEN
				
IPPON KEN	KEITO	SHUTO	HAITO O URA SHUTO	HIRAKEN
				
KOKEN	KUMADE	BOSHIKEN	KEIKO	YUBI HASAMI

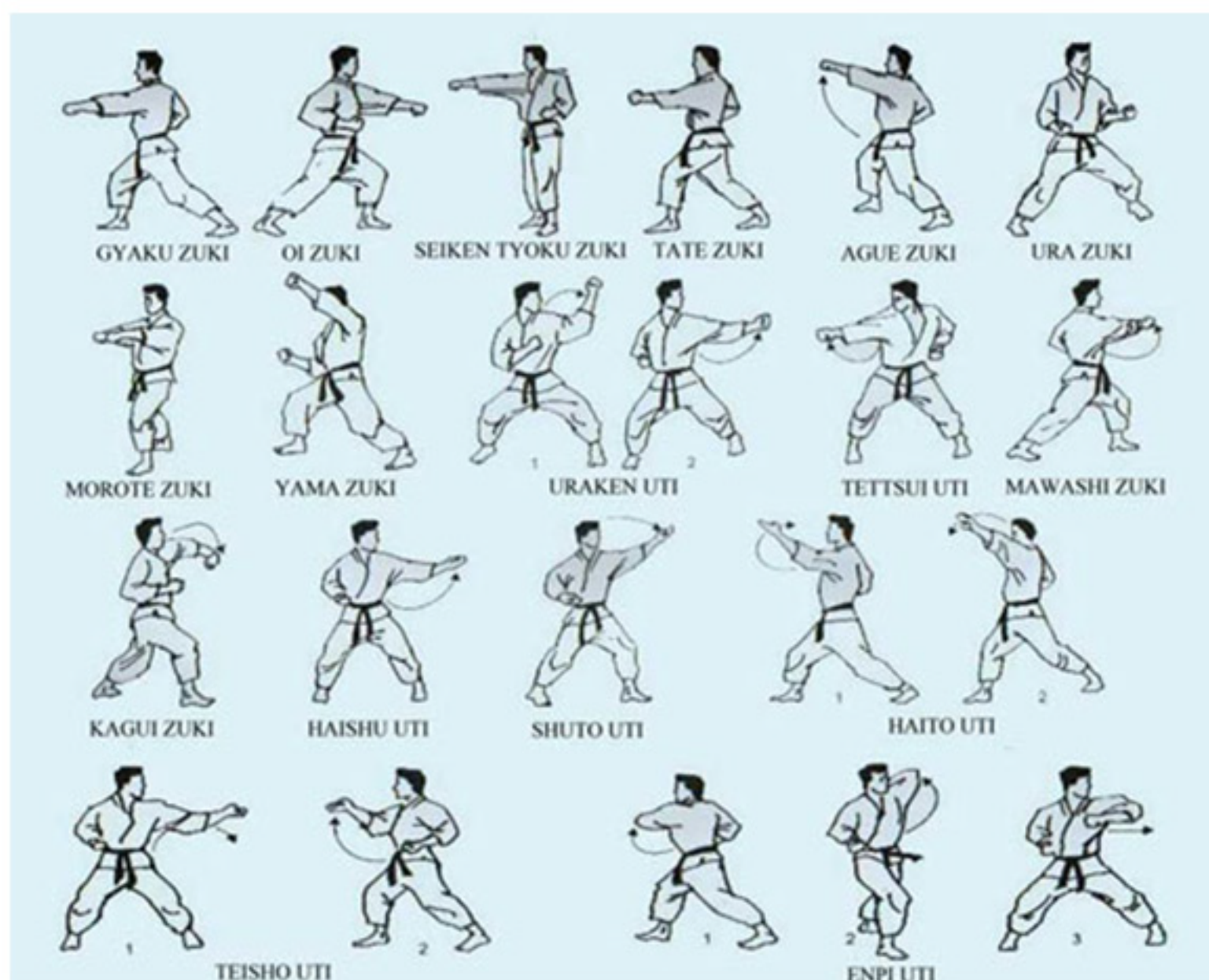
Técnicas com os Pés



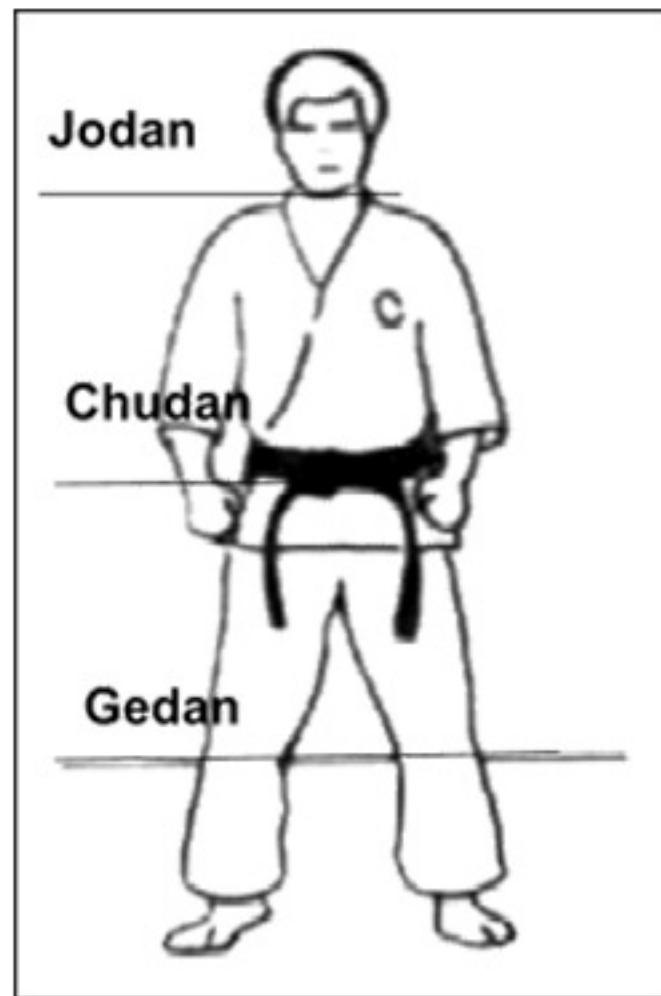
Chutes Gueri



Ataques Tsuki



Nivel de altura



Bases - Posições dos pés



HEISOKU DACHI
Informal Attention Stance



MUSUBI DACHI
Informal Attention Stance
(Toes Out)



HACHIJI DACHI
Open Leg Stance



HEIKO DACHI
Parallel Stance



RENOJI DACHI
L - Stance

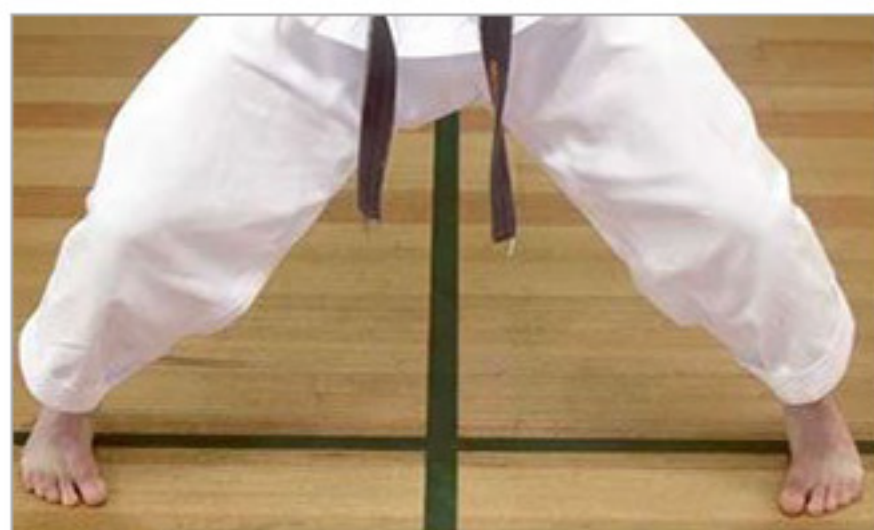


NEKO ASHI
DACHI
Cat Leg Stance



KOKUTSU DACHI

Back Stance

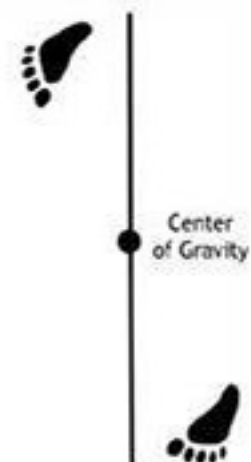


KIBA DACHI - Straddle Leg Stance

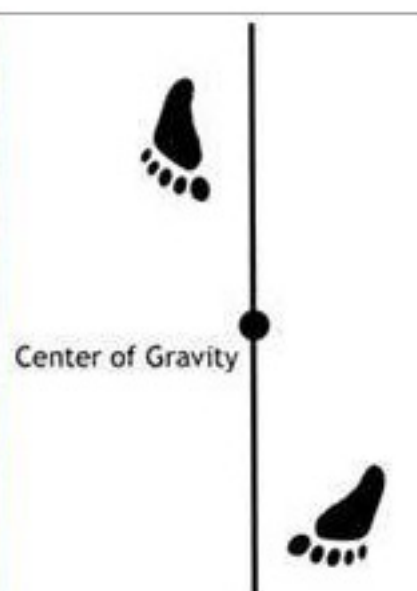


ZENKUTSU DACHI

Forward Stance



FUDO/SOCHIN
DACHI
Rooted Stance



HANGETSU
DACHI
Half Moon Stance



SANCHIN DACHI

Hourglass Stance

