



Koshiki Kata: Die klassischen Kata des Karate-do (German Edition)

Roland Habersetzer

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Die Koshiki Kata als unendlicher Schatz Die Kata der großen Stilrichtungen des Karate - Shôtôkan ryû, Gôjû ryû, Wadô ryû und Shitô ryû - besitzen eine gemeinsame Grundlage, die von der Insel Okinawa stammenden Koshiki Kata, die klassischen Kata des Karatedo. Diese hocheffizienten, verschlüsselten Kampfformen stellen auch ein wirksames Mittel für die geistige Entwicklung des Praktizierenden dar, einen Weg zu tiefer Selbsterkenntnis. Damit sind sie tatsächlich unerschöpfliche Fundgruben, unendliche Schätze. Roland Habersetzer schildert in diesem Buch Geschichte, Philosophie und Praxis der Koshiki Kata. Parallel dazu beschreibt er die Entwicklung vom Tôde über das Okinawa te zum modernen Karate und die Herausbildung der bedeutendsten Stilrichtungen des japanischen und okinawanischen Karatedô. 28 Koshiki Kata werden auf praktisch nachvollziehbare Weise in Wort und Bild vorgestellt: 105 Bildtafeln mit insgesamt mehr als 1700 Zeichnungen präsentieren klassische Versionen und Varianten der Kata Pinan (Heian), Kûshanku (Kankû), Passai (Bassai), Naihanchi (Tekki), Sanchin, Seisan (Hangetsu), Chintô (Gankaku), Sôchin, Ananko (Ananku), Wankan (Matsukaze), Rôhai (Meikyô), Wanshu (Enpi), Useishi (Gojushiho), Jion, Jitte (Jutte) und Happoren.

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