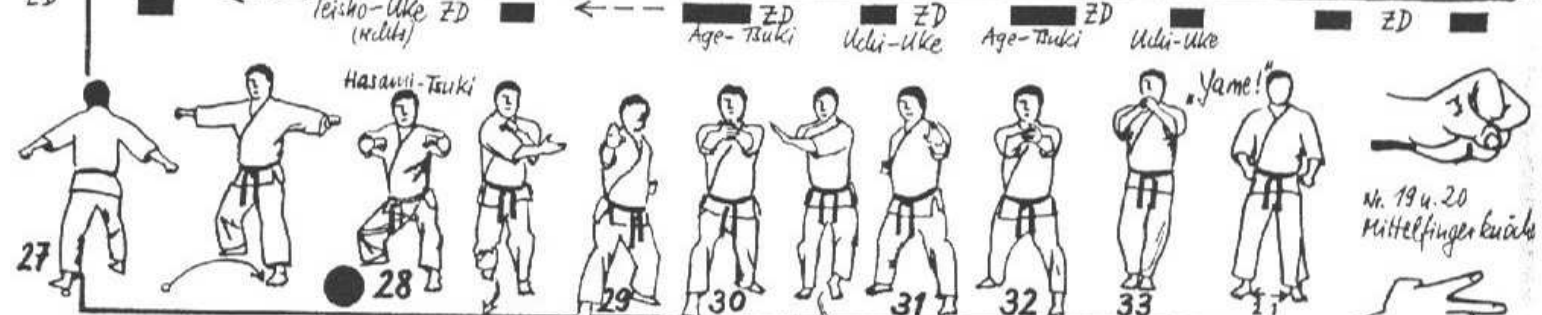
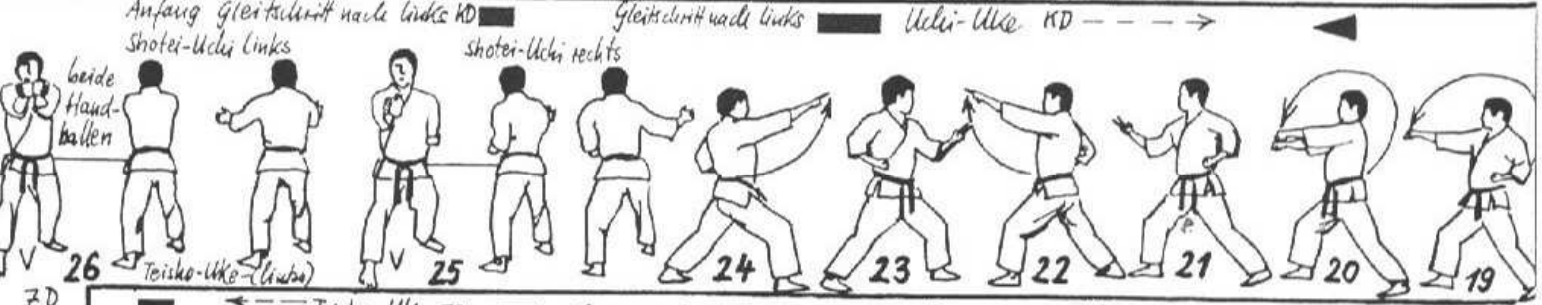
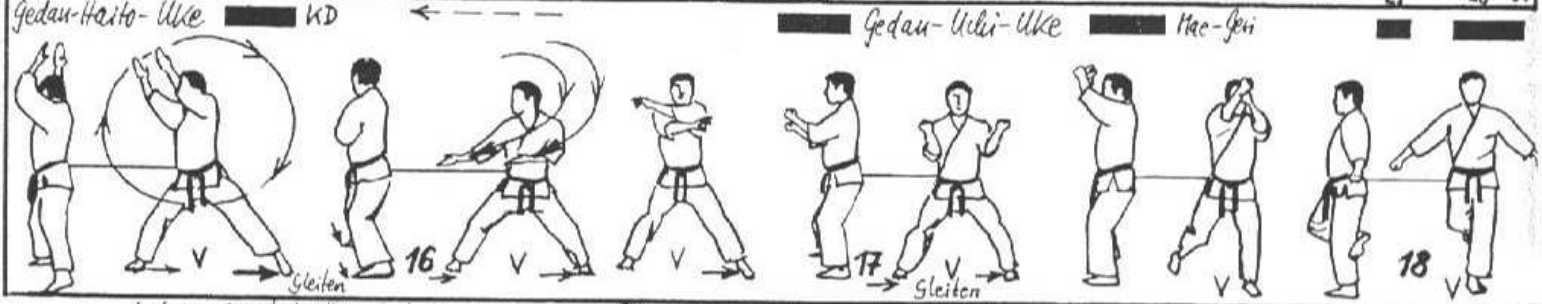
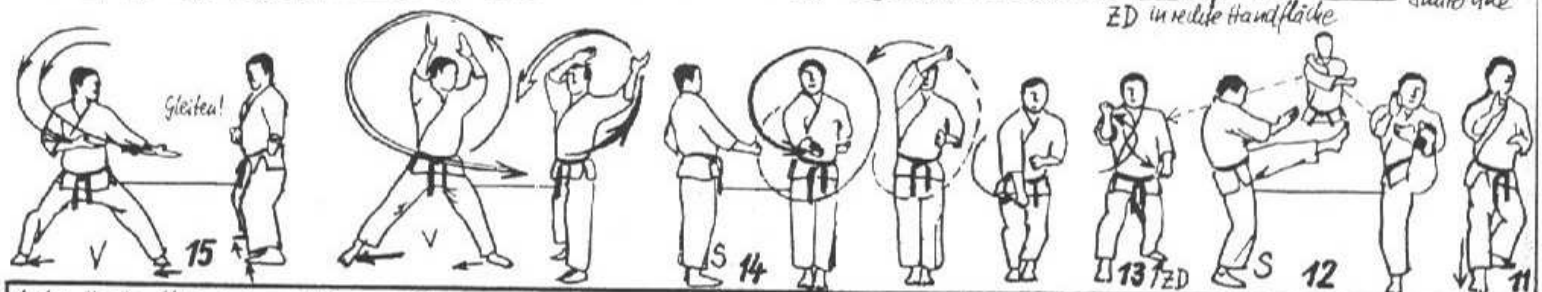
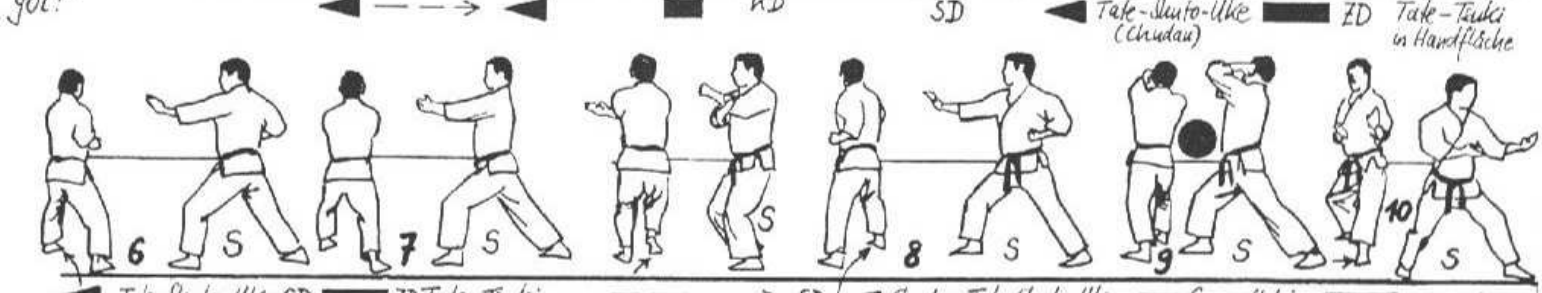
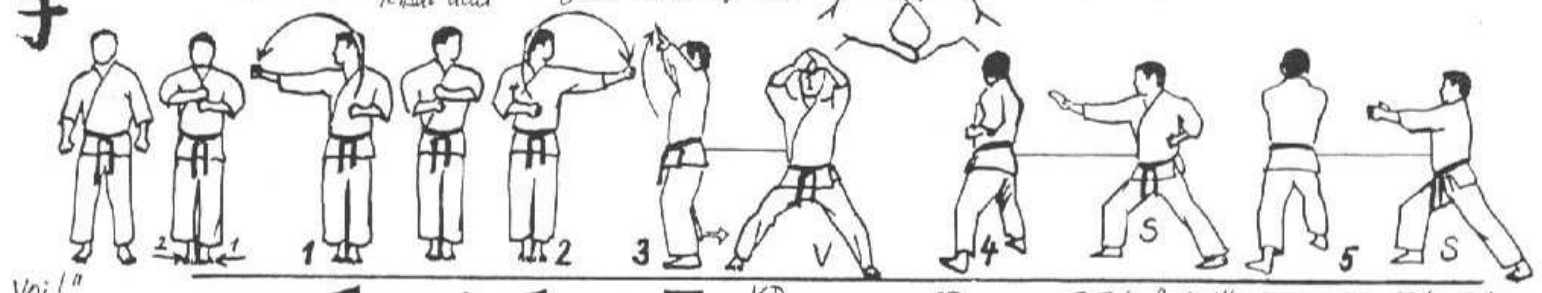


# 珍手 Chinte

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Nr. 4-7 genau gleich wie Nr. 29-32



◀ = langsame Anspannung zum vollen Kieme  
 ■ = nach dem Kieme gleich weiter  
 ■ = 2-facher Kieme, eine sekunde Pause

---> Zwischenzeit  
 S = Seitenausrichtung  
 V = Vorderausrichtung  
 KD = Kiwa-Dachi

ZD = Zeitkuzen-Dachi  
 SD = Sochin-Dachi  
 ● = KIAI!  
 Von 32 drei immer kleiner werdende Sprünge zurück zum Ausgangspunkt

