

UWE RICHERT

HARTES BRICHT

WING TSHUN SELBSTVERTEIDIGUNG
PRAKTISCHE ERFAHRUNGEN UND PHILOSOPHISCHE BETRACHTUNGEN



Im Streben nach Vollendung
finden wir uns selbst.

Zurückkehren zum eigenen Ursprung,
die eigenen Wurzeln ergründend,
um zu sein, was wir sind.

Buddha

Hartes Bricht Wing Tshun Selbstverteidigung

Eric Oram



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HARTES BRICHT Uwe Richert, 2015 *Selbstverteidigung für Frauen und Kinder* Martina Gürster, Eva Pasternak, 2011-03-16 Studienarbeit aus dem Jahr 2009 im Fachbereich Pädagogik Medienpädagogik Note 1,3
Fachhochschule Düsseldorf Sprache Deutsch Abstract Inhaltsverzeichnis 1 Einleitung 2 Definition Selbstverteidigung 3 Philosophie vom Wing Tsun 4 Notwendigkeit des Themas 5 Notwendigkeit der Praxisstunde 6 3 Phasen Modell 6 1 Phase 1 Grenzen ziehen 6 2 Phase 2 Grenzen bewachen 6 3 Phase 3 Grenzen verteidigen 7 Beschreibung der Praxisstunde 8 Beschreibung der Übungen 9 Festlegung und Begründung des Schwerpunktes Sechs Schritte zur Sicherheit 10 Auswertung und Bewertung der Praxisstunde 11 Literaturliste 1 Einleitung Wir haben das Thema Selbstverteidigung für Frauen und Kinder ausgewählt da wir denken dass es unter dem Gesichtspunkt des Themenschwerpunktes Gewalt eines der relevantesten Themen ist In der Praxisstunde bieten wir den Teilnehmern präventive und effektive Techniken um sich in unangenehmen Situationen selbst schützen zu können Mit Hilfe der Kampfkunst Wing Tsun und einer professionellen Trainerin dieser bringen wir den Anwesenden die praktischen Übungen näher 2 Definition Selbstverteidigung Selbstverteidigung ist eine verhältnismäßige Reaktion mit körperlichen Mitteln auf einen ungerechtfertigten Angriff Selbstverteidigung bedeutet in Notwehr zu handeln und alle notwendigen Mittel zu nutzen um eine Situation zu beenden aus der für den Verteidiger schwerwiegende körperliche oder seelische Verletzungen entstehen können Selbstverteidigung und somit eine eigene Anwendung von körperlicher Gewalt stehen immer als letztes einzusetzendes Mittel zur Verfügung M Korn 2006 S 15 3 Philosophie vom Wing Tsun Wing Tsun WT ist ein Kampfsystem dass vor über 250 Jahren in China von einer Nonne entwickelt wurde und nach ihrer ersten Schülerin Yim Wing Tsun benannt ist In Zeiten in denen Auseinandersetzungen meist mit dem Tod ausgingen war es besonders für Frauen wichtig sich als schwächere Person gegen eine Stärkere zu verteidigen Das Prinzip ist es die Kraft des Gegners für seine eigenen Zwecke zu nutzen und dabei auf Show und Akrobatik zu verzichten Bis heute ist die Grundidee die selbe geblieben Intelligente Technik besiegt rohe Kraft Heute ist WT weltbekannt und die kompromisslosen Techniken sind auf den alltäglichen Weg ausgerichtet worden Nun wird viel Wert darauf gelegt die richtige Gestik Mimik und das Einschätzen von gefährlichen Situationen zu trainieren **Wing Chun** Richard Guerra, 2020-09-10 A book on the the fighting arts of Wing chun Kung fu as taught to him by grandmaster Leung Ting the last student of the late Grandmaster IP MAN This is the second edition with new photos and Information as in the bow and string concept of punching **WTKEMA Wing Tsun/ WTKEMA Wing Tsun - Praktische Selbstverteidigung** Sifu Guido Kämmerling, 2020 WTKEMA Wing Tsun - Praktische Selbstverteidigung Sifu Guido Kämmerling, 2020 *Selbstverteidigung mit Köpfchen - Wing Tsung* Hans-Jörg Reimers, 2007 Modern Wing Chun Kung Fu Eric Oram, 2011 **Die weiche Form der chinesischen Selbstverteidigung, Wing Chun, für Frauen und Männer aller Altersgruppen**, 1991 **Basic Wing Chun Training** Sam Fury, 2015-07-05 Teach Yourself Wing Chun Adapted for

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