



Bubishi: An der Quelle des Karatedô (German Edition)

Roland Habersetzer

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Die Bibel der Kampfkunst mit bloßer Hand. - In der südchinesischen Provinz Fujian (Fukien) entstand vor Jahrhunderten der Kampfstil des Weißen Kranichs, als Fang Jin Jang, Tochter eines Shaolinmeisters, die Kampfkunst ihres Vaters mit Haltungen und Bewegungen des Kranichs verknüpfte. Dieser Stil wird im Bubishi beschrieben, einem illustrierten Manuskript, das für jene bestimmt war, die Meister im Kampf ohne Waffen werden wollten. Es zeigt sich, daß die beschriebenen Techniken nichts weniger darstellen als jene Urformen, aus denen sich so unterschiedliche moderne Kampfkünste wie Karate, Jûjutsu, Jûdô, Aikidô oder Wingchun entwickelt haben. Alle Geheimnisse der waffenlosen Kampfkünste sind hier bereits offenbart. Es werden die 48 Nahkampftechniken des Bubishi, die Kunst des Dianxue (die geheimnisumwitterten Vitalpunkttechniken der „vergifteten Hand“), die Geschichte des Kampfstils des „Weißen Kranichs“ sowie Geschichte und Technik der Kata Hakufa und Happoren vorgestellt. Die vorliegende Neuauflage des Bubishi enthält zudem eine umfassende Darstellung der „32 Formen des Boxens des Kaisers Song Taizu“. Hierbei handelt es sich um ein vollständiges Kapitel des chinesischen Klassikers Ji Xiao Xin Shu von General Qi Jiguang, der 1564 erschien. Der japanische Karatemeister Ôtsuka Tadahiko, Lehrer und Freund Roland Habersetzers, analysiert die darin vorgestellten 32 Kampfpositionen. Der in China lebende Wushu-Experte Maik Albrecht übersetzte und kommentierte die Einleitung dieses Werkes, das erstmals einer nichtasiatischen Leserschaft zugänglich gemacht wird. Dem Leser werden auf diese Weise tiefe Einblicke in die faszinierende Welt der waffenlosen Kampfkünste im alten China gewährt.

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