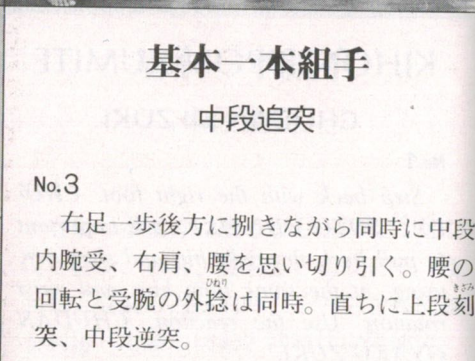
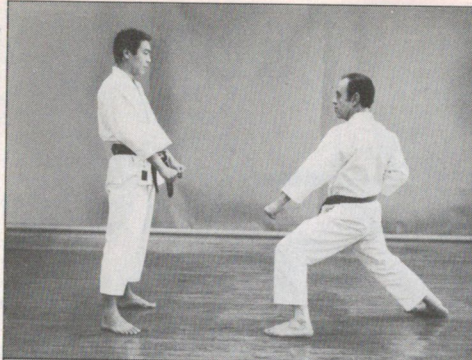


No. 4 →

No. 3 ↓



### 基本一本組手

#### 中段追突

No.3

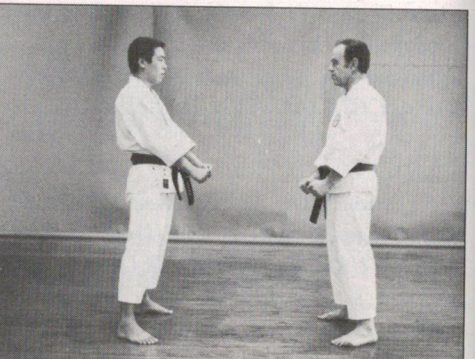
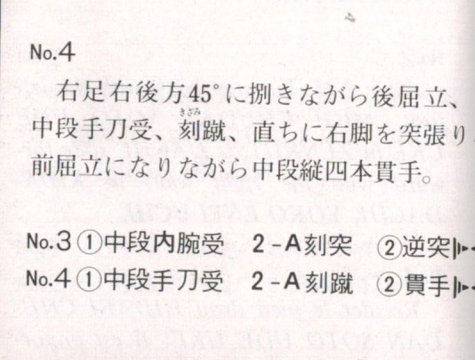
右足一步後方に捌きながら同時に中段内腕受、右肩、腰を思い切り引く。腰の回転と受腕の外捻は同時。直ちに上段刻突、中段逆突。

No.4

右足右後方45°に捌きながら後屈立、中段手刀受、刻蹴、直ちに右脚を突張り、前屈立になりながら中段縦四本貫手。

No.3 ①中段内腕受 2-A刻突 ②逆突 ▶◀

No.4 ①中段手刀受 2-A刻蹴 ②貫手 ▶◀



2-A

②



### KIHON IPPON KUMITE

#### CHŪDAN OI ZUKI

No.3

Step back with the right foot, CHŪDAN UCHI UDE UKE, Pull back the right hip and shoulder using at the same time, hips and wrist rotation JODAN KIZAMI ZUKI, CHŪDAN GYAKU ZUKI.

No.4

Step back with the right foot to the rear right CHŪDAN SHUTŌ UKE in KŌKUTSU DACHI, KIZAMI GERI then, straightening the right leg in ZENKUTSU DACHI, CHŪDAN TATE YONHON NUKITE.

No.3

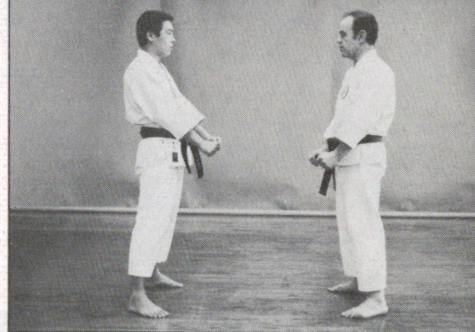
① CHŪDAN UCHI UDE UKE  
2-A KIZAMI ZUKI

② GYAKU ZUKI ▶◀

No.4

① CHŪDAN SHUTŌ UKE  
2-A KIZAMI GERI

② NUKITE ▶◀



No.3

Reculer le pied droit CHUDAN UCHI UDE UKE. tourner les hanches et tirer l'épaule droite en arrière. La rotation des hanches et du poignet s'exécute simultanément JODAN KIZAMI ZUKI, CHŪDAN GYAKU ZUKI.

No.4

Reculer le pied droit vers l'arrière droite CHŪDAN SHUTŌ UKE en KŌKUTSU DACHI, KIZAMI GERI. Redresser la jambe droite en ZENKUTSU DACHI, CHŪDAN TATE YONHON NUKITE.