

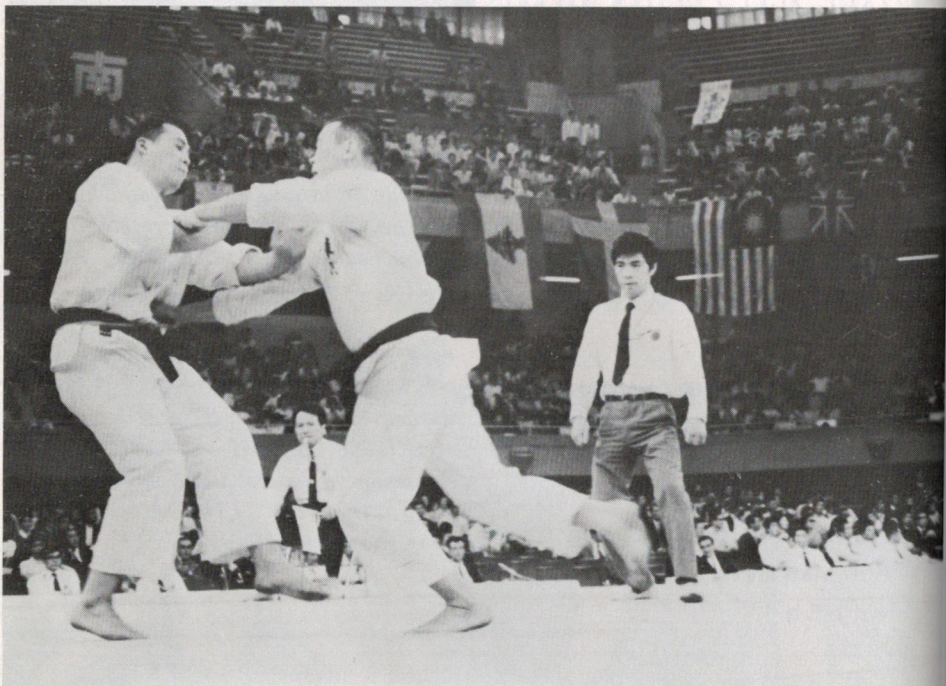
基本一本組手

中段追突

No.5

右足後方に揃きながら騎馬立、中段肘受、直ちに右足(後側)を180度右転身と同時に一步前進。騎馬立、後回猿臂打。

①中段肘受 ②後回猿臂打 ▶◀



昭和46年世界大会、審判中の著者
J.K.A. International Championship. (1971). The author, (Referee)



KIHON IPPON KUMITE

CHŪDAN OI ZUKI

No.5

Step back with the right foot CHŪDAN HIJI UKE, pivot on the left foot, turn to the right (TENSHIN) USHIRO MAWASHI ENPI UCHI in KIBADACHI.

No.5

Reculer le pied droit CHŪDAN HIJI UKE, pivoter avec le pied gauche, tourner à droite (TENSHIN) USHIRO MAWASHI ENPI en KIBADACHI.

① CHŪDAN HIJI UKE

② USHIRO MAWASHI ENPI UCHI ▶◀

