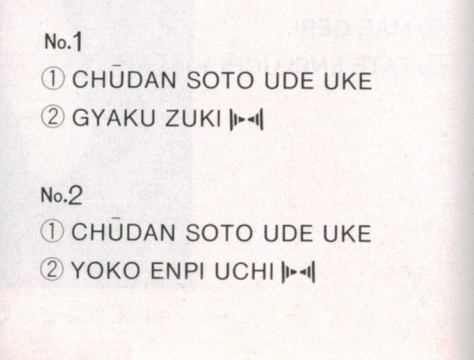
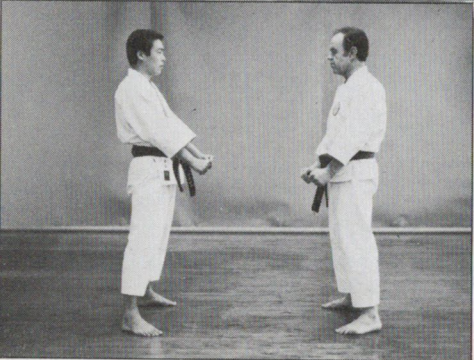
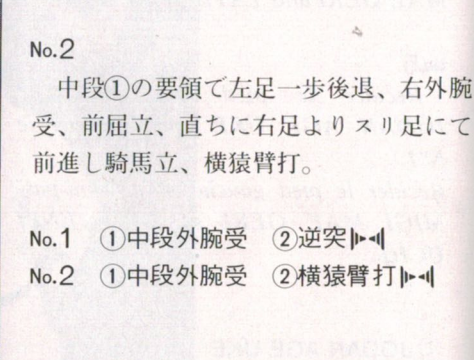


①

②



基本一本組手

中段追突

No.1

右足一步後方に捌きながら同時に左中段外腕受、右肩、腰を思い切り引く。腰回転と受腕の内捻同時、その引きの反動を利用して腰の回転と同時に中段逆突。

No.2

中段①の要領で左足一步後退、右外腕受、前屈立、直ちに右足よりスリ足にて前進し騎馬立、横猿臂打。

No.1 ①中段外腕受 ②逆突 ▶◀

No.2 ①中段外腕受 ②横猿臂打 ▶◀

No.1

① CHŪDAN SOTO UDE UKE

② GYAKU ZUKI ▶◀

No.2

① CHŪDAN SOTO UDE UKE

② YOKO ENPI UCHI ▶◀



KIHON IPPON KUMITE

CHŪDAN OI ZUKI

No.1

Step back with the right foot. CHŪDAN SOTO UDE UKE. It is important to pull back the right hip and shoulder, using, at the same time hips and wrist rotation. Use the reaction, CHŪDAN GYAKU ZUKI.

No.2

As in N°1, but step back with the left foot, MIGI CHŪDAN SOTO UDE UKE in ZENKUTSU DACHI, slide forward with the right foot, in KIBADACHI, YOKO ENPI UCHI.

No.1

Reculer le pied droit HIDARI CHŪDAN SOTO UDE UKE. Il est important de tirer la hanche et l'épaule droite en arrière, la rotation des hanches et du poignet sont simultanées. Utiliser la réaction, CHŪDAN GYAKU ZUKI.

No.2

Comme dans le N°1, mais reculer le pied gauche MIGI CHUDAN SOTO UDE UKE en ZENKUTSU DACHI, glisser le pied droit en avant en KIBADACHI et même temps YOKO ENPI UCHI.

