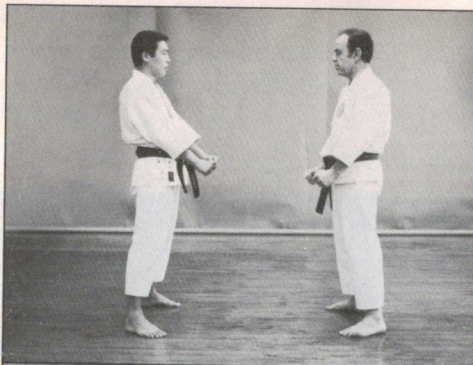


No. 1 ↓

No. 2 →



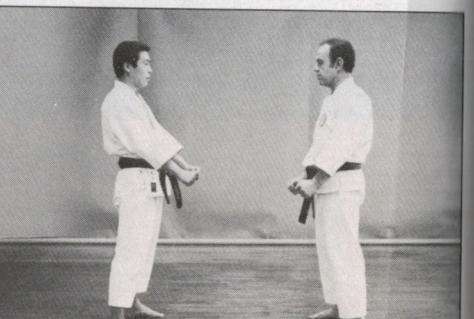
基本一本組手
上段追突

No. 1
右足を一步後方に捌きながら上段揚受、右肩腰を思い切り45度引く。腰の回転と受腕の捻りは同時、右肩腰の引きの反動を利用、中段逆突。



No. 2
右足を右後方45度に捌きながら後屈立、左上段縦手刀受、右手は肘で後方を打つ気持で引く。直ちに右脚を突張り、前屈立上段手刀打。

No. 1 ①上段揚受 ②逆突 ▶◀◀
No. 2 ①上段縦手刀受 ②手刀打 ▶◀◀



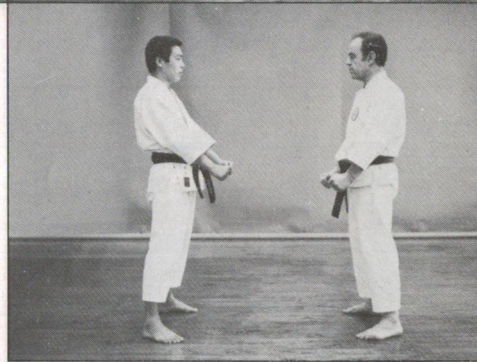
①

②

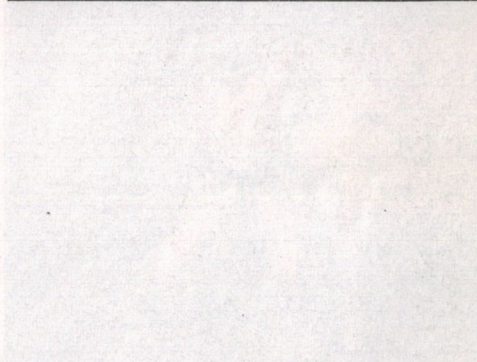


KIHON IPPON KUMITE
JŌDAN OI ZUKI

No. 1
Step back with the right foot. HIDARI JŌDAN AGE UKE. Rotation of the hips and twisting of the wrist are performed simultaneously. Use the reaction, CHŪDAN GYAKU ZUKI.



No. 2
Step back with the right foot at 45° KŌKUTSU DACHI, HIDARI JŌDAN TATE SHUTŌ UKE pulling the right elbow back as if hitting. Straighten the right leg and JŌDAN SHUTŌ UCHI in ZENKUTSU DACHI.



No. 1
Reculer le pied droit. HIDARI JŌDAN AGE UKE. La rotation des hanches et la rotation du poignet sont simultanées. En utilisant la réaction, CHŪDAN GYAKU ZUKI.

No. 2
Reculer le pied droit à 45°, KŌKUTSU DACHI, HIDARI JŌDAN TATE SHUTŌ UKE en tirant le coude droit comme pour donner un coup. Détendre

No. 1
① JŌDAN AGE UKE
② GYAKU ZUKI ▶◀◀

No. 2