



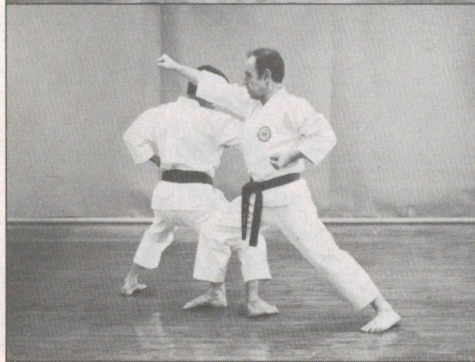
①



②



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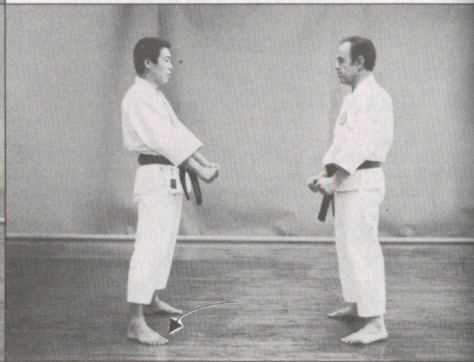
基本一本組手

上段追突

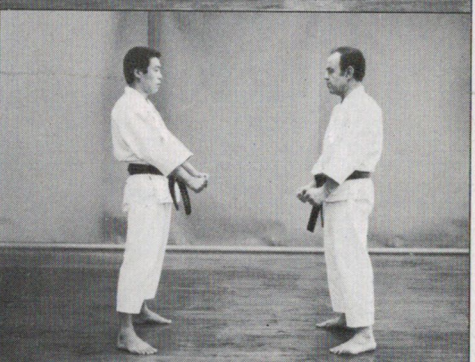
No.3

左後方に左足を開き、右足を引き寄せながら側面上段受、同時に横蹴、蹴足は思いきり相手の後ろ側に踏みこみ、騎馬立、横猿臂打。

①側面上段受 ②横蹴上 ③横猿臂打 ▶▶



②



KIHON IPPON KUMITE

JŌDAN OI ZUKI

No.3

Step back with the left foot to the rear left and slide the right foot close to the left HEISOKU DACHI SOKUMEN JŌDAN UKE. Then, YOKOGERI KEAGE and YOKO ENPI UCHI in KIBADACHI with the right leg behind the attacker's leg.

No.3

Reculer le pied gauche vers l'arrière gauche et glisser le pied droit à côté du gauche HEISOKU DACHI, SOKUMEN JŌDAN UKE. Puis YOKOGERI KEAGE et YOKO ENPI UCHI en KIBADACHI la jambe droite derrière celle de l'attaquant.

① SOKUMEN JŌDAN UKE

② YOKOGERI KEAGE

③ YOKO ENPI UCHI ▶▶

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③

TC