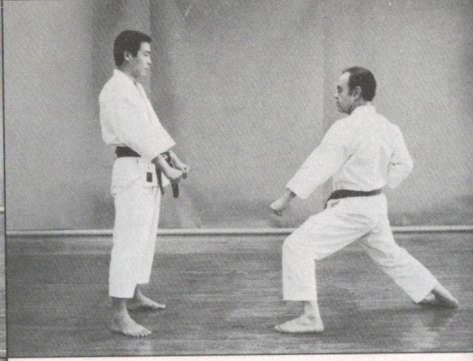
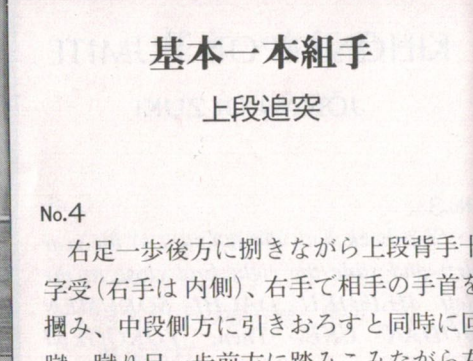


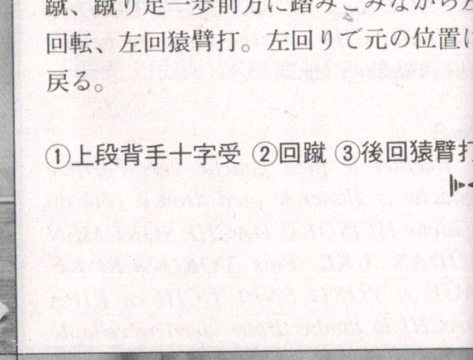
①



②



3  
|  
A



### 基本一本組手

#### 上段追突

No.4

右足一步後方に捌きながら上段背手十字受(右手は内側)、右手で相手の手首を掴み、中段側方に引きおろすと同時に回蹴、蹴り足一步前方に踏みこみながら左回転、左回猿臂打。左回りで元の位置に戻る。

①上段背手十字受 ②回蹴 ③後回猿臂打



### KIHON IPPON KUMITE

#### JŌDAN OI ZUKI

No.4

Step back with the right foot JŌDAN HAISHU (KAISHU) JŪJI UKE. Pull downwards to the rear right the attacker's wrist with the right hand, at the same time, MAWASHI GERI. Step forward with the right foot, and turn to the left, HIDARI USHIRO MAWASHI ENPI. Pivot on the left foot to return to the starting position.

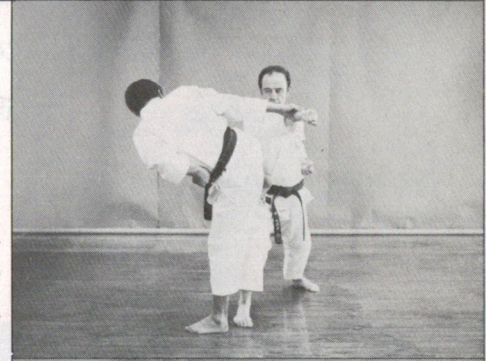
No.4

Reculer le pied droit JŌDAN HAISHU (KAISHU) JŪJI UKE. Tirer le poignet de l'attaquant à droite vers le bas en même temps que MAWASHI GERI. Poser le pied droit en avant, tourner à gauche HIDARI USHIRO MAWASHI ENPI. Pivoter sur le pied gauche pour revenir à la position initiale.

① JŌDAN HAISHU JŪJI UKE

② MAWASHI GERI

③ USHIRO MAWASHI ENPI UCHI



3  
|  
B  
↓

③

