

基本一本組手

前蹴

No.1

右足一步後方に捌きながら同時に左下段払、右肩腰を思い切り45度引く。その反動回転を利用して中段逆突。

No.2

右足一步後方に捌きながら右逆下段払、受腕は下段前方45度で決める。直ちに左上段刻突、逆突。刻突、逆突は、充分に腰の回転を利かす。

No.1 ①下段払 ②逆突 ▶◀

No.2 ①逆下段払 ②刻突 ③逆突 ▶◀

No.1

① GEDAN BARAI

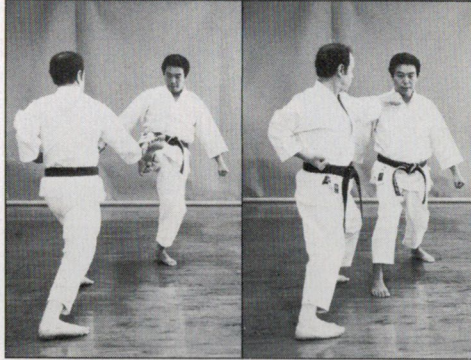
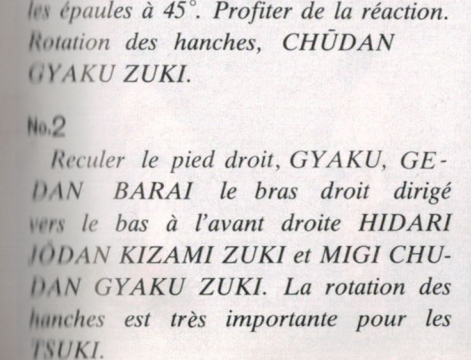
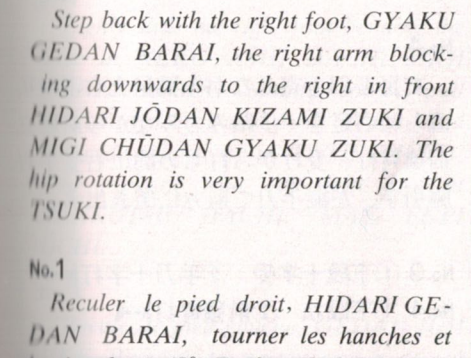
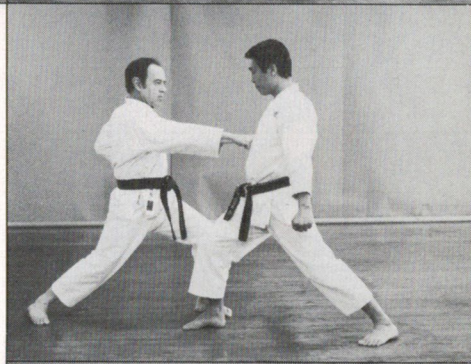
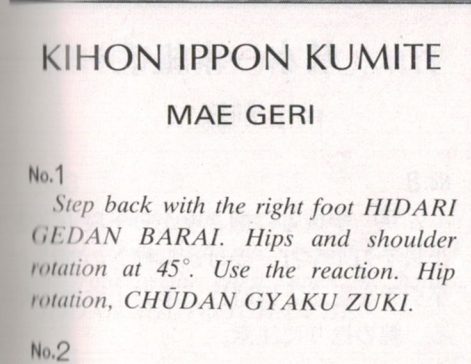
② GYAKU ZUKI ▶◀

No.2

① GYAKU GEDAN BARAI

② KIZAMI ZUKI

③ GYAKU ZUKI ▶◀



KIHON IPPON KUMITE

MAE GERI

No.1

Step back with the right foot HIDARI GEDAN BARAI. Hips and shoulder rotation at 45°. Use the reaction. Hip rotation, CHŪDAN GYAKU ZUKI.

No.2

Step back with the right foot, GYAKU GEDAN BARAI, the right arm blocking downwards to the right in front HIDARI JŌDAN KIZAMI ZUKI and MIGI CHŪDAN GYAKU ZUKI. The hip rotation is very important for the TSUKI.

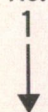
No.1

Reculer le pied droit, HIDARI GEDAN BARAI, tourner les hanches et les épaules à 45°. Profiter de la réaction. Rotation des hanches, CHŪDAN GYAKU ZUKI.

No.2

Reculer le pied droit, GYAKU, GEDAN BARAI le bras droit dirigé vers le bas à l'avant droite HIDARI JŌDAN KIZAMI ZUKI et MIGI CHŪDAN GYAKU ZUKI. La rotation des hanches est très importante pour les TSUKI.

No. 1



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