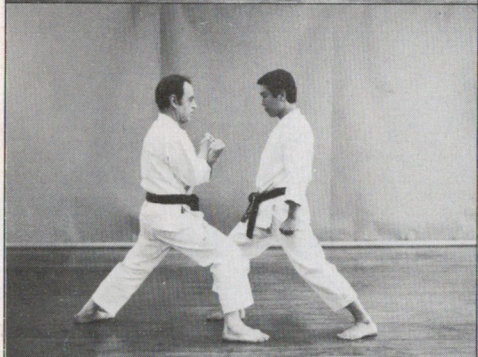


基本一本組手
前蹴

No.3
左足一步後方に捌きながら下段十字受、上段手刀十字打、受けから打ちの間に十字引手をとると同時に、手刀十字打に入る。腕の捻りに注意。



No.4
右足を引き寄せながら猫足立右下段払、直ちに右足を一步踏みこみながら前屈立前猿臂打、受けから打ちの間に右受手右脇引手、左縦手刀で前方に突き出す。

No.3 ①下段十字受 ②手刀十字打▶◀
No.4 ①下段払 ②前猿臂打▶◀



KIHON IPPON KUMITE
MAE GERI

No.3

Step back with the left foot, GEDAN JŪJI UKE. Bring the crossed fists back in front of the chest, open the hands, JŌDAN SHUTŌ JUJI UCHI.

No.4

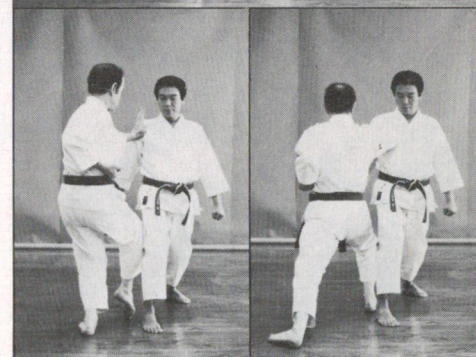
Lightly slide the right foot bending the knee in NEKO ASHI DACHI, MIGI GEDAN BARAI. Simultaneously, pull the right fist back and push the left hand forward, shaped as in TATE SHUTŌ. Step forward with the right foot in ZENKUTSU DACHI, MAE ENPI UCHI.

No.3

Reculer le pied gauche, GEDAN JŪJI UKE, Ramener les poings croisés devant la poitrine. Ouvrez les mains, JŌDAN SHUTŌ JŪJI UCHI.

No.4

Glisser légèrement le pied droit en pliant le genou en NEKO ASHI DACHI MIGI GEDAN BARAI. Simultanément, ramener le poing droit et pousser vers l'avant la main gauche en forme de TATE SHUTŌ. Avancer le pied droit en ZENKUTSU DACHI, MAE ENPI UCHI.



② 2-A

②

No.3

①GEDAN JŪJI UKE
②SHUTŌ JŪJI UCHI▶◀

No.4

①GEDAN BARAI
②MAE ENPI UCHI▶◀