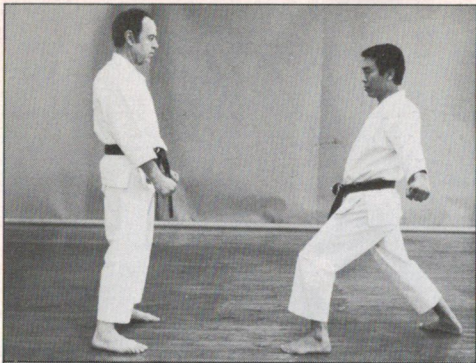


No. 5
↓



基本一本組手

前蹴

No.5

右足後方に捌き、後屈立、^{すくい受け}掬受、直ちに前屈立、中段逆突。

- ①掬受 ②逆突 ▶◀

KIHON IPPON KUMITE

MAE GERI

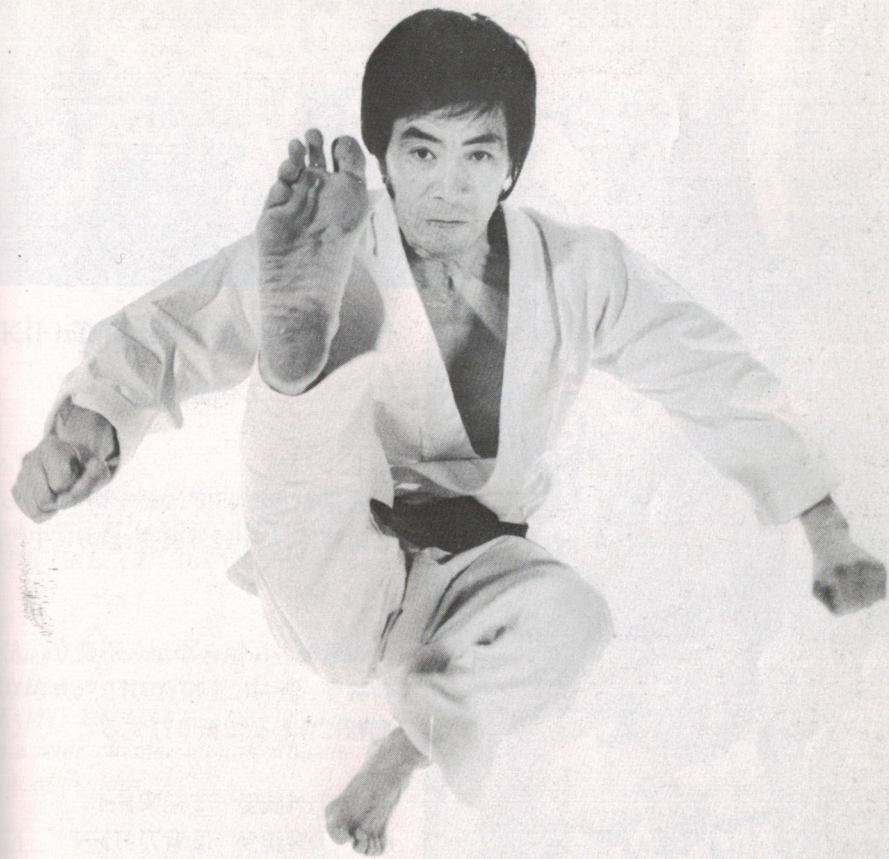
No.5

Step back with the right foot in KOKUTSU DACHI SUKUI UKE Then in ZENKUTSU DACHI CHUDAN GYAKU ZUKI.

No.5

Reculer le pied droit en KOKUTSU DACHI, SUKUI UKE Puis en ZENKUTSU DACHI, CHUDAN GYAKU ZUKI.

- ① SUKUI UKE ② GYAKU ZUKI ▶◀



二段蹴 NIDAN GERI

1
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A

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