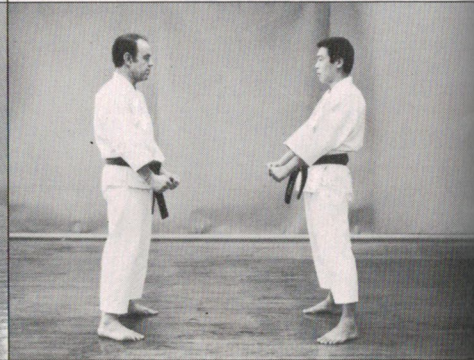
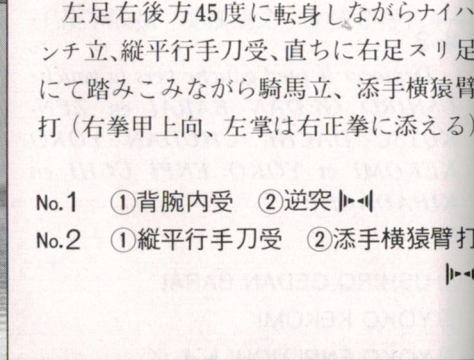
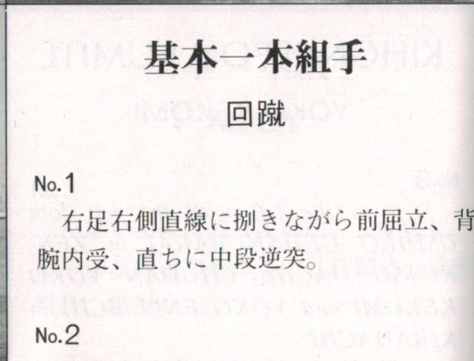
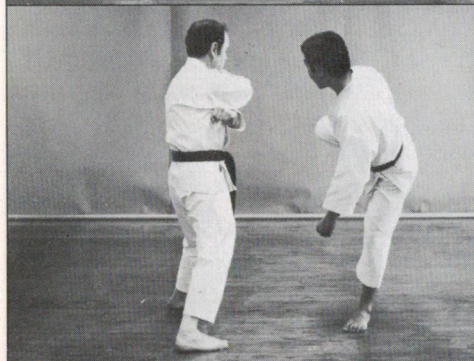


No. 2 →

No. 1 ↓



### 基本一本組手

#### 回蹴

No.1

右足右側直線に捌きながら前屈立、背腕内受、直ちに中段逆突。

No.2

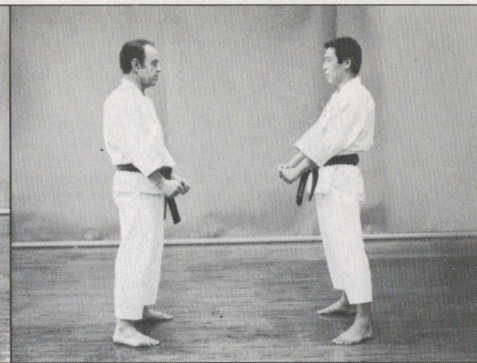
左足右後方45度に轉身しながらナイハンチ立、縦平行手刀受、直ちに右足スリ足にて踏みこみながら騎馬立、添手横猿臂打(右拳甲上向、左掌は右正拳に添える)。

No.1 ①背腕内受 ②逆突 ▶◀

No.2 ①縦平行手刀受 ②添手横猿臂打 ▶◀

①

②



### KIHON IPPON KUMITE

#### MAWASHI GERI

No.1

Move the right foot to the right side ZENKUTSU DACHI HAIWAN UCHI UKE, CHŪDAN GYAKU ZUKI.

No.2

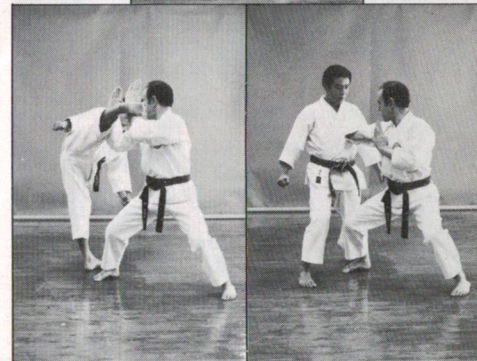
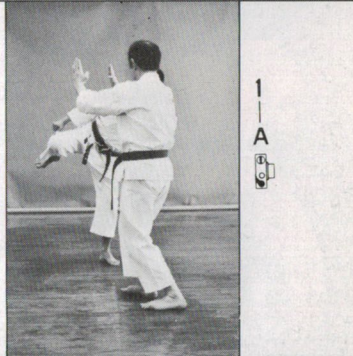
Step back to the rear right at 45° with the left foot TATE HEIKO SHUTŌ UKE in NAIHANCHI DACHI. Slide with the right foot, SOETE YOKO ENPI UCHI in KIBADACHI, the palm of the left hand pushing the right fist (thumb downwards) for a stronger technique.

No.1

Déplacer le pied droit vers la droite HAIWAN UCHI UKE en ZENKUTSU DACHI-CHŪDAN GYAKU ZUKI.

No.2

Reculer le pied gauche vers l'arrière droite à 45° TATE HEIKŌ SHUTŌ UKE en NAIHANCHI DACHI, glisser avec le pied droit SOETE YOKO ENPI UCHI en KIBADACHI, la paume de la main gauche pousse le poing droit (pouce vers le bas) pour augmenter la puissance de la technique.



①

②

No.1

- ① HAIWAN UCHI UKE
- ② GYAKU ZUKI ▶◀

No.2

- ① TATE HEIKŌ SHUTŌ UKE
- ② SOETE YOKO ENPI UCHI ▶◀