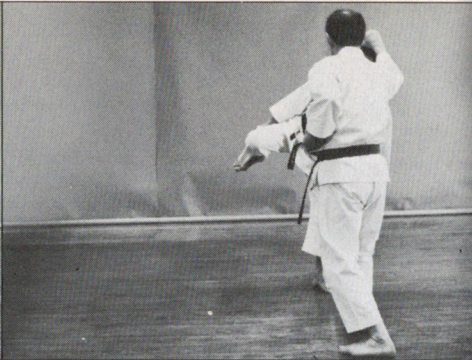


No. 3 ↓

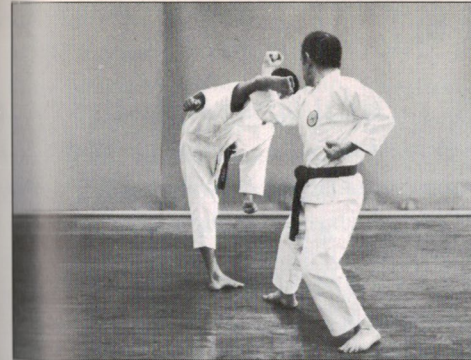
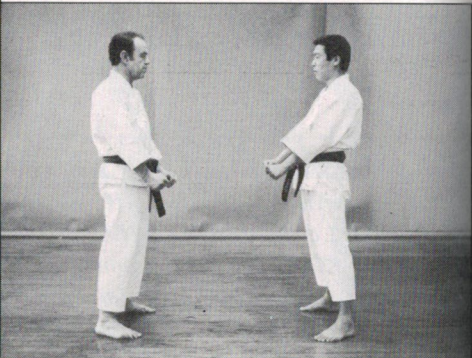


基本一本組手
回蹴

No.3
左足、右後方45度に轉身、後屈立、または騎馬立、上段外腕受、直ちに刻蹴（後屈立）、逆突（前屈立）。



①上段外腕受 ②刻蹴 ③逆突 ▶◀



KIHON IPPON KUMITE
MAWASHI GERI

No.3

Step back to the rear right with the left foot at 45°, JŌDAN SOTO UDE UKE in KIBADACHI or KŌKUTSU DACHI, KIZAMI GERI and CHŪDAN GYAKU ZUKI in ZENKUTSU DACHI.

No.3

Reculer le pied gauche vers l'arrière droite à 45° JŌDAN SOTO UDE UKE en KIBADACHI ou KŌKUTSU DACHI, KIZAMI GERI et CHŪDAN GYAKU ZUKI en ZENKUTSU DACHI.



- ① JŌDAN SOTO UDE UKE
- ② KIZAMI GERI
- ③ GYAKU ZUKI ▶◀