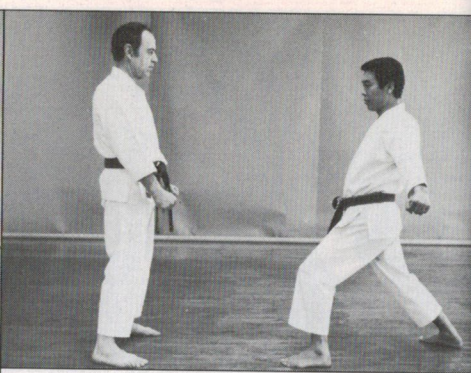


①



基本一本組手

横蹴込

No.3

左足を左横に捌き左前屈立、下段払、直ちに左前屈立のまま中段横蹴込、横猿臂打、騎馬立。

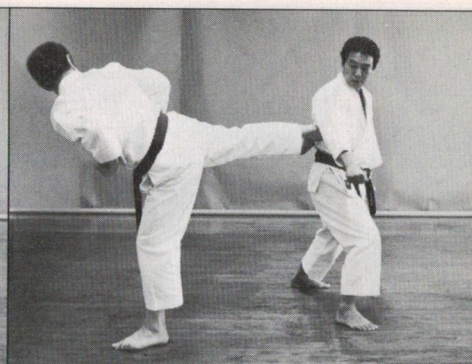
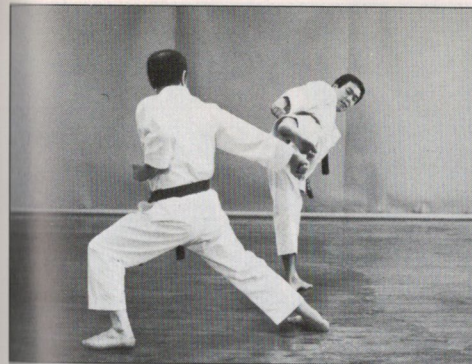
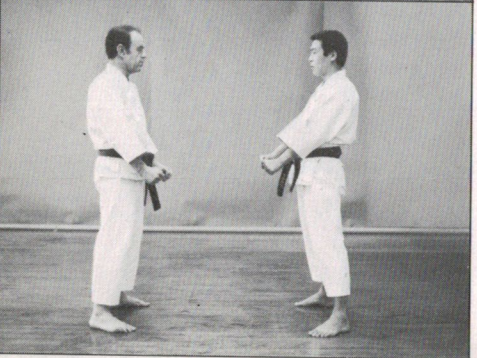
①後下段払 ②横蹴込 ③横猿臂打



②



③



KIHON IPPON KUMITE

YOKO KEKOMI

No.3

Step to the left with the left foot USHIRO GEDAN BARAI in ZENKUTSU DACHI. CHŪDAN YOKO KEKOMI and YOKO ENPI UCHI in KIBADACHI.

No.3

Déplacer le pied gauche vers la gauche USHIRO GEDAN BARAI en ZENKUTSU DACHI. CHŪDAN YOKO KEKOMI et YOKO ENPI UCHI en KIBADACHI.

① USHIRO GEDAN BARAI

② YOKO KEKOMI

③ YOKO ENPI UCHI



③