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基本一本組手 横蹴込

No.1

右足左後方45度に腰を切りながら捌くと同時に、左中段外腕受、直ちに中段逆突。

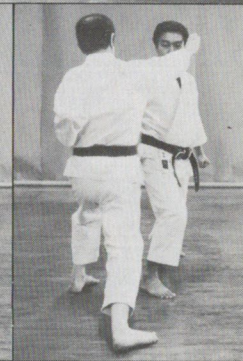
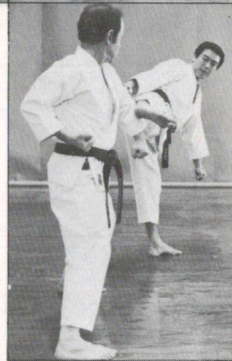
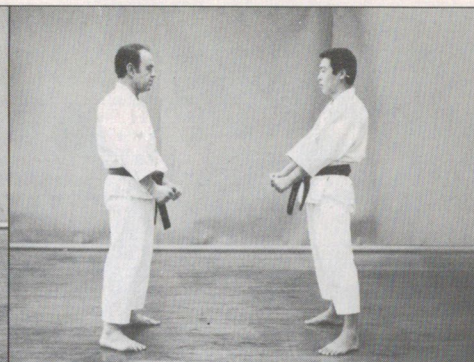
No.2

右足後方に捌きながら不動立、左中段背腕受、直ちに上段背刀打、(大きく腰の回転に合わせて振り打する。)

No.1 ①外腕受 ②逆突 ▶◀

No.2 ①背腕受 ②背刀打 ▶◀

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KIHON IPPON KUMITE YOKO KEKOMI

No.1

Step back with the right foot to the rear left, *HIDARI CHŪDAN SOTO UDE UKE, CHŪDAN GYAKU ZUKI.*

No.2

Step back with the right foot *HIDARI CHŪDAN HAIWAN UKE JŌDAN HAITŌ UCHI, The right hand moving in a wide circular motion with the rotation of the hips.*

No.1

① CHŪDAN SOTO UDE UKE

② GYAKU ZUKI ▶◀

No.2

① HAIWAN UKE

② HAITŌ UCHI ▶◀

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No.1

Reculer le pied droit vers l'arrière gauche *HIDARI CHŪDAN SOTO UDE UKE-CHŪDAN GYAKU ZUKI.*

No.2

Reculer le pied droit *HIDARI CHŪDAN HAIWAN UKE, JŌDAN HAITŌ UCHI* Le bras droit décrit un grand mouvement circulaire avec la rotation des hanches.