

自由一本組手

後蹴

No.1

後足(右)軸に右後方45度に、前足を腰の回転で捌きながら、逆掬受回突。

No.2

前足(左)を相手の支足めかけて踏み出しながら、逆腕受。騎馬立と同時に左足払、体を抱い上げる。床に落して逆突。

No.1 ①逆掬受②上段回突③引手構

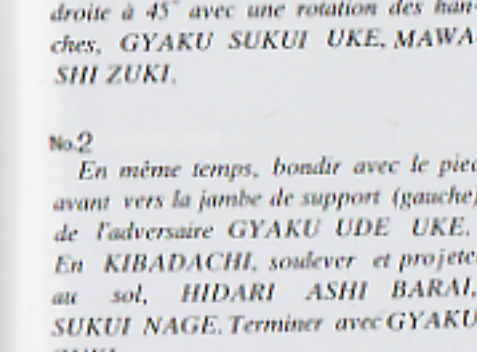
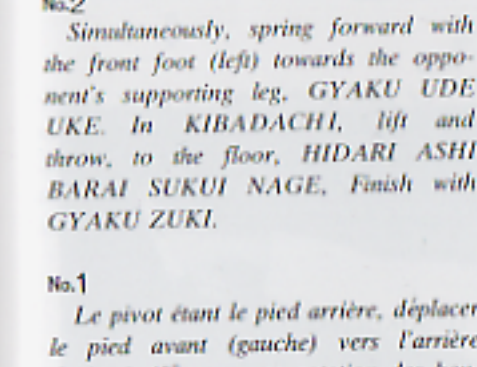
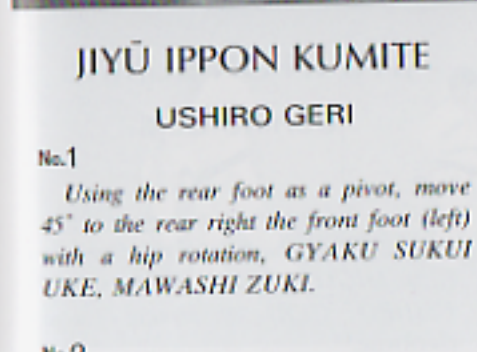
No.2 1-A~①逆腕受 ①~2-A前腕掬受→同時足払掬投 ②逆突③引手構

No.1

①GYAKU SUKUI UKE
②JÖDAN MAWASHI ZUKI③
③HIKITE GAMAE

No.2

1-A~①GYAKU UDE UKE
①~2-A MAE UDE SUKUI UKE →
DÖJI ASHIBARAI SUKUI NAGE
②GYAKU ZUKI③
③HIKITE GAMAE



JIYÜ IPPON KUMITE

USHIRO GERI

No.1

Using the rear foot as a pivot, move 45° to the rear right the front foot (left) with a hip rotation, GYAKU SUKUI UKE, MAWASHI ZUKI.

No.2

Simultaneously, spring forward with the front foot (left) towards the opponent's supporting leg, GYAKU UDE UKE. In KIBADACHI, lift and throw, to the floor, HIDARI ASHI BARAI SUKUI NAGE. Finish with GYAKU ZUKI.

No.1

Le pivot étant le pied arrière, déplacer le pied avant (gauche) vers l'arrière droite à 45° avec une rotation des hanches, GYAKU SUKUI UKE, MAWASHI ZUKI.

No.2

En même temps, bondir avec le pied avant vers la jambe de support (gauche) de l'adversaire GYAKU UDE UKE. En KIBADACHI, soulever et projeter au sol, HIDARI ASHI BARAI, SUKUI NAGE. Terminer avec GYAKU ZUKI.