



自由一本組手

後蹴

No.3

後足（右）を軸に、前足後方に擲く。
右手相受。直ちに左回転左後蹴。

①掬受 ②後蹴 ③残心構

JIYŪ IPPON KUMITE

USHIRO GERI

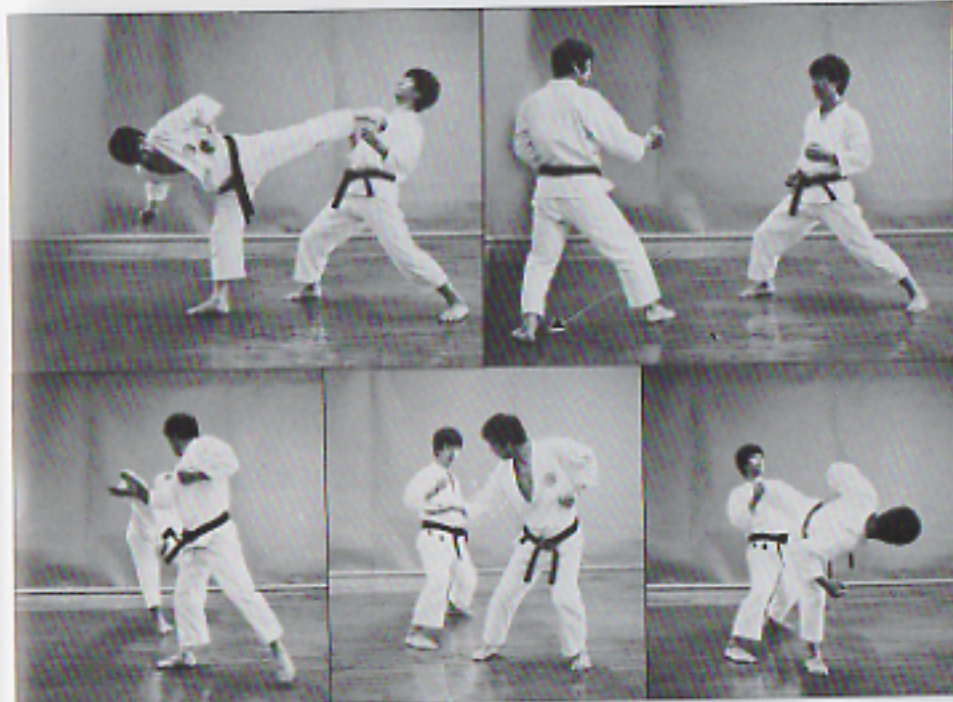
No.3

Using the rear foot as a pivot, simultaneously, step back with the front foot (left) MIGITE SUKUI UKE-HIDARI USHIRO GERI by turning counter-clockwise.

No.3

Le pied arrière étant le pivot, reculer le pied avant (gauche). Exécuter simultanément MIGITE SUKUI UKE-HIDARI USHIRO GERI en tournant dans le sens contraire des aiguilles d'une montre.

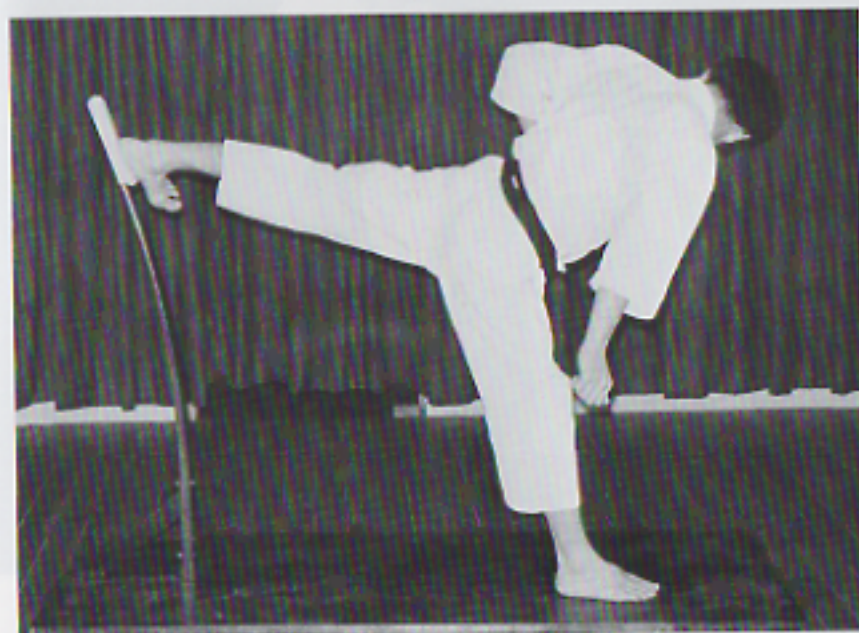
- ① SUKUI UKE
② USHIRO GERI ④
③ ZANSHIN GAMAE



①

②-A

②



後蹴 USHIRO GERI