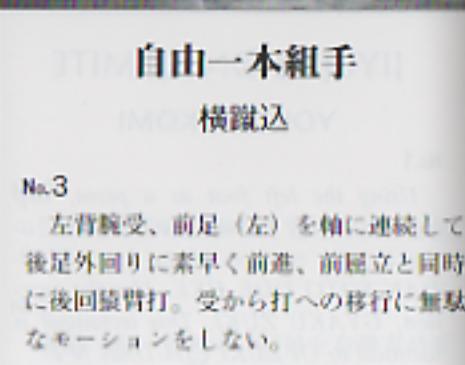
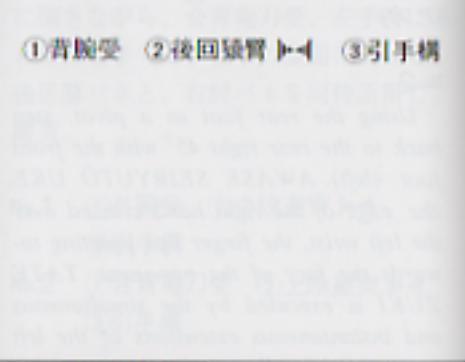


No.
3
↓
①

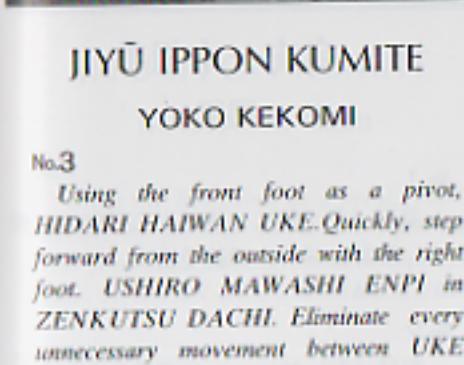
No.3

左背腕受、前足（左）を軸に連続して後足外回りに素早く前進、前屈立と同時に後回旋臂打。受から打への移行に無駄なモーションをしない。

①背腕受 ②後回旋臂打 ③引手構



②



No.3

Using the front foot as a pivot, HIDARI HAIWAN UKE. Quickly, step forward from the outside with the right foot. USHIRO MAWASHI ENPI in ZENKUTSU DACHI. Eliminate every unnecessary movement between UKE and UCHI.

No.3

Le pivot étant le pied avant, HIDARI HAIWAN UKE. Avancer rapidement le pied droit vers l'extérieur, USHIRO MAWASHI ENPI en ZENKUTSU DA CHI. Éliminer tout mouvement inutile entre UKE et UCHI.

① HAIWAN UKE

② USHIRO MAWASHI ENPI

③ HIKITE GAMAE