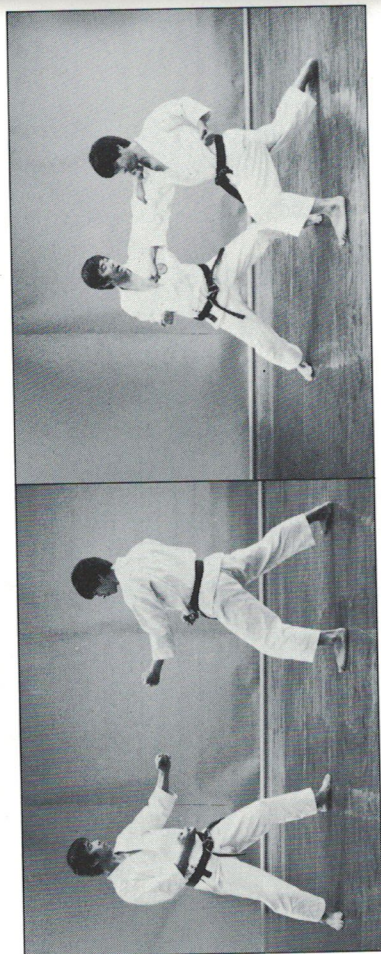




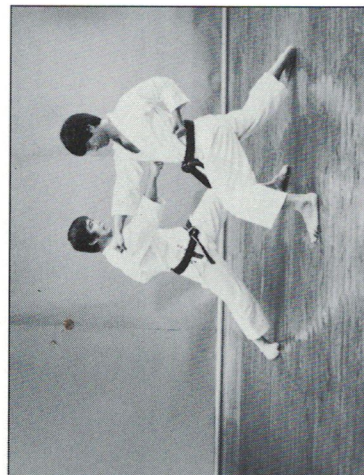
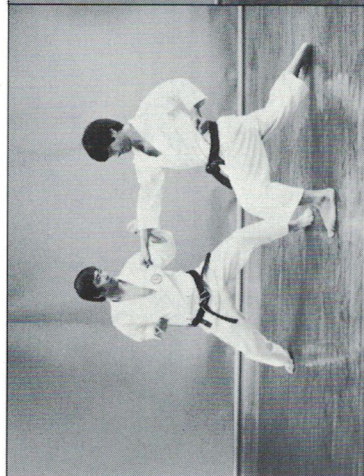
自由一本組手

中段逆突

No. 1

前足（左）を軸に、後足を左側45度に
捌きながら転身、同時に上段刻突、刻突
の肘は脇より離さない。逆突。

- ①上段刻突 2-A 構 ②中段逆突 ③突放構



JIYŪ IPPON KUMITE

CHŪDAN GYAKU ZUKI

No. 1

Using the front foot as a pivot, move
45° to the left the rear foot (right)
JŌDAN KIZAMI ZUKI, quickly pul-
ling the elbow close to the hip, then,
GYAKU ZUKI.

No. 1

Le pivot étant le pied avant, déplacer
le pied arrière (droit) à 45° vers la
gauche, JŌDAN KIZAMI ZUKI, et
ramener rapidement le coude près de la
hanche, puis, GYAKU ZUKI.

①

① JŌDAN KIZAMI ZUKI

2-A KAMAE

② CHŪDAN GYAKU ZUKI

③ TSUKI HANASHI GAMAE

