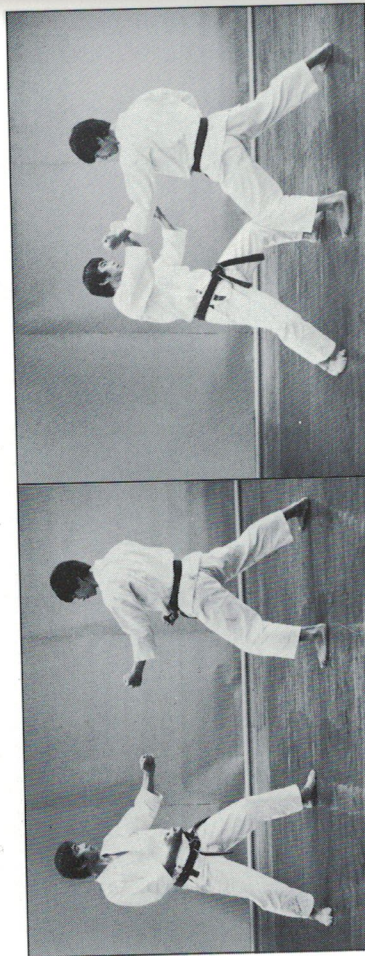




No. 2 → ①

自由一本組手

上段刻突

No. 2

上段平手払受と同時に足払。自分の払足が床に着くと同時に裏突。直ちに左底掌にて相手の腕の付根を突っ張り、体を捌く。

No. 3

後足を軸に、前足一步前進し、背腕流受裏拳打、不動立。直ちに体を捌く。

No. 2

①上段平手払受、同時足払

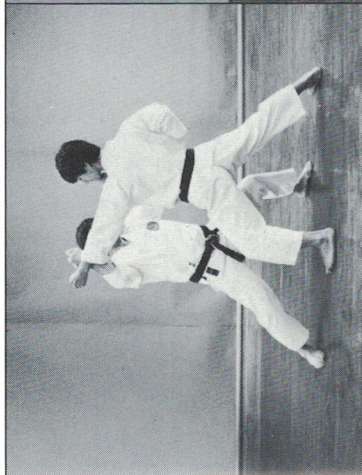
②中段裏突 ③引手構

No. 3

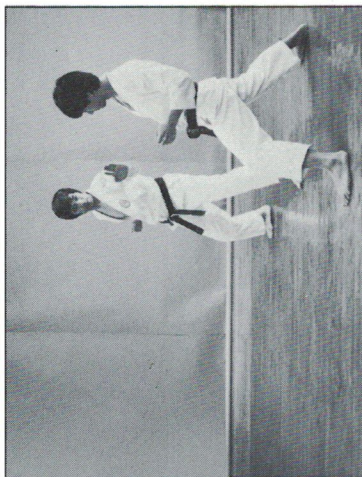
1-A ~ ①背腕流受、同時裏拳打

②引手構

①



②



① ②

JIYŪ IPPON KUMITE

JŌDAN KIZAMI ZUKI

No. 2

Execute simultaneously, *ASHI BARAI* and *JŌDAN HARAI UKE*, then *URA ZUKI* when the foot touches the floor. Immediately thrust the opponent away with the palm heel of the hand on the shoulder.

No. 3

Using the rear foot as a pivot, simultaneously step forward with the front foot (left) *HAIWAN NAGASHI UKE*, *URAKEN UCHI* in *FUDŌ DACHI*. Step away immediately.

No. 2

ASHI BARAI et *JŌDAN HARAI UKE* simultanés. Exécutez *URA ZUKI* à l'instant où le pied touche le sol. Repoussez tout de suite l'adversaire avec le talon de la paume gauche contre l'épaule.

No. 3

Le pivot étant le pied arrière, avancer simultanément le pied avant (gauche) *HAIWAN NAGASHI UKE*, *URAKEN UCHI* en *FUDŌ DACHI*. S'écarter immédiatement.

No. 2

① JŌDAN HIRATE HARAI UKE

DŌJI ASHI BARAI

② CHŪDAN URA ZUKI

③ HIKITE GAMAE

No. 3

1-A ~ ① HAIWAN NAGASHI UKE

DŌJI URAKEN UCHI

② HIKITE GAMAE