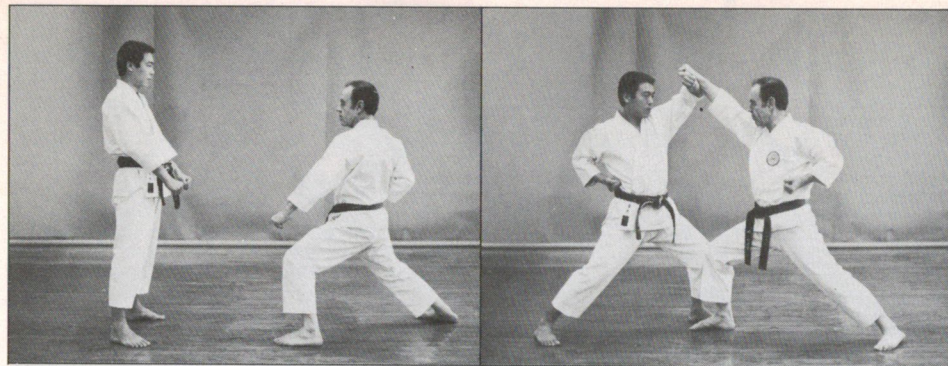


No. 5 →

①



基本一本組手

上段追突

No.5

上段①と同様に左前屈立、上段揚受、
左足を半歩引き寄せ、右前蹴縦猿臂打。

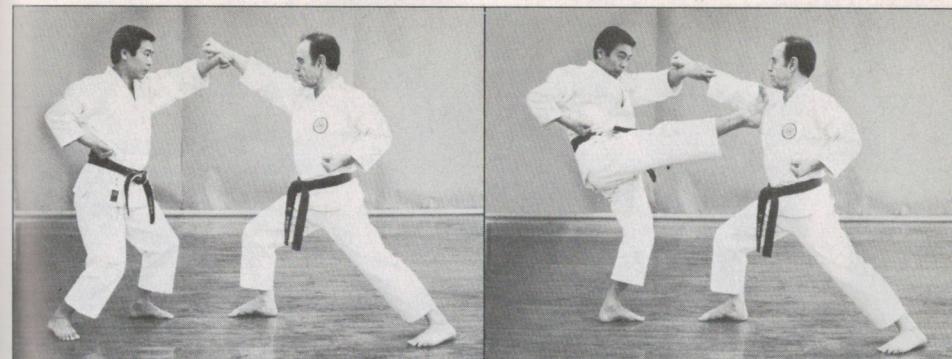
①上段揚受 ②前蹴 ③縦猿臂打 ▶◀



中段後回猿臂 ●S. パトリックと。(フランスS. K. I.)

QUJ-DAN USHIRO MAWASHI ENPI

2-A



KIHON IPPON KUMITE

JÔDAN OI ZUKI

No.5

Step back with the right foot, HIDARI
JÔDAN AGE UKE as in N°1. With-
draw the left foot a half step, MIGI
MAE GERI and TATE ENPI UCHI.

No.5

Reculer le pied droit HIDARI
JÔDAN AGE UKE comme dans le
N°1.

Reculer le pied gauche d'un demi-pas,
MIGI MAE GERI et TATE ENPI
UCHI.

① JÔDAN AGE UKE

② MAE GERI

③ TATE ENPI UCHI ▶◀

