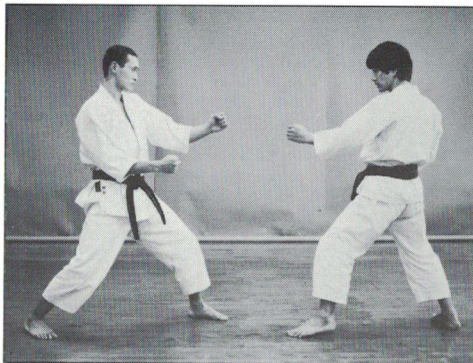


C → ①

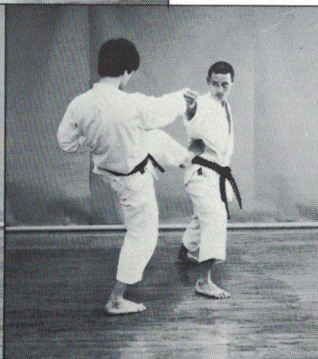


B ↓

①



②



送自由一本組手

第一攻撃

B-① ●中段追突 ○上段刻突 (右足外側に捌く) ②○残心構

第二攻撃

B-③ ●裏拳打 (右足相手側に運足) ○背手受

④○中段前蹴 ⑤○残心構

第一攻撃

C-① ●中段追突 ○青竜刀下段逆受 (左足一步後退)

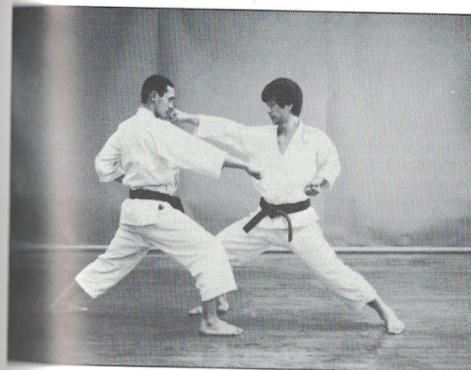
②○上段突 ③○残心構

第二攻撃

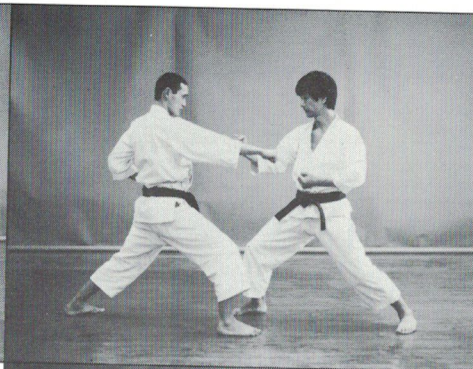
④●回蹴 ○体捌 ⑤○刻回蹴

⑥ 残心構

②



③

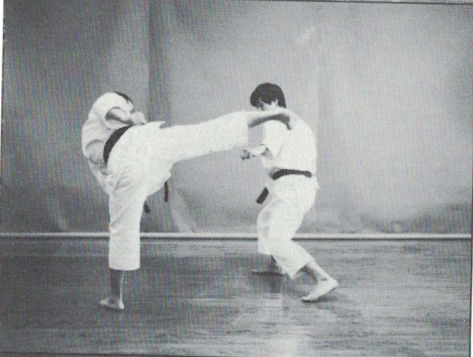


OKURI JIYŪ IPPON

—B—

- ① ● CHŪDAN OI ZUKI
- JŌDAN KIZAMI ZUKI
- ⦿ moving the right foot to the outside
- ⦿ déplaçant le pied droit à l'extérieur
- ② ○ ZANSHIN GAMAE
- ③ ● URAKEN UCHI
- ⦿ advancing the right foot towards the opponent
- ⦿ avançant le pied droit vers l'adversaire
- HAISHU UKE
- ④ ○ CHŪDAN MAE GERI
- ⑤ ○ ZANSHIN GAMAE

④



⑤



—C—

- ① ● CHŪDAN OIZUKI
- SEIRYUTŌ GEDAN GYAKU UKE
- ⦿ stepping back with the left foot
- ⦿ reculant avec le pied gauche
- ② ○ JŌDAN ZUKI
- ③ ○ ZANSHIN GAMAE
- ④ ● MAWASHI GERI
- ⑤ ○ TAI SABAKI
- ⑥ ○ KIZAMI MAWASHI GERI
- ⑦ ○ ZANSHIN GAMAE