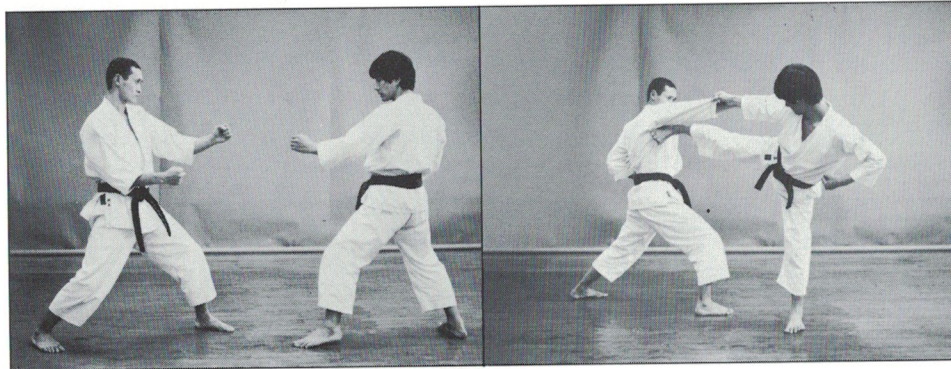


G → 1-A



送自由一本組手

第一攻撃

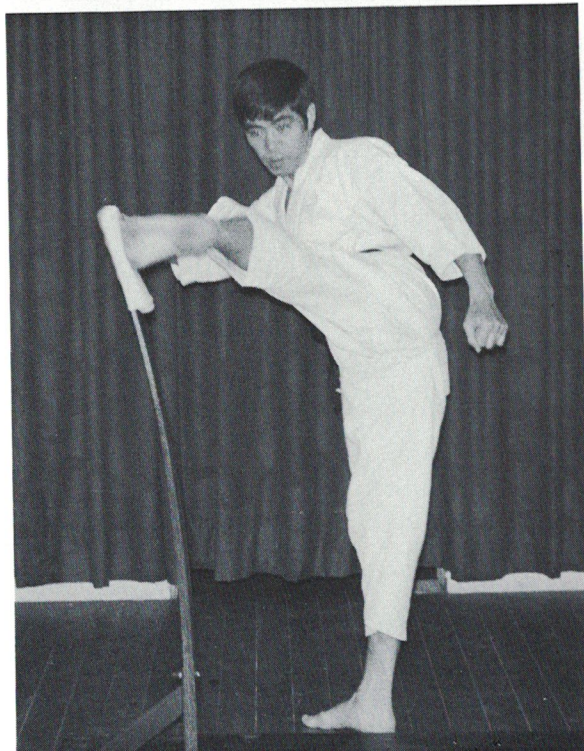
G1-A ● 上段追突 ○ 左足後方に半歩捌きながら、上段横受同時横蹴

- ① ○ 逆突 ② ○ 残心構

第二攻撃

③~④ ● 右足を相手の捌いた方向に更に踏み込み、左中段逆突

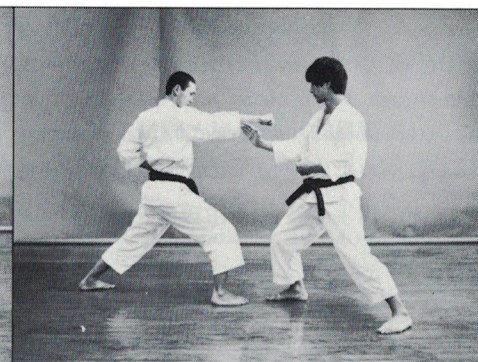
- 下段払同時刻回蹴
⑤ ○ 残心構



①



②



OKURI JIYŪ IPPON

— G —

- 1-A ◆ JŌDAN OI ZUKI
○ JŌDAN YOKO UKE - YOKO KEKOMI
※ simultaneously moving the left foot one half step to the rear left
* simultanément, en déplaçant d'un demi-pas le pied gauche vers l'arrière gauche.

- ① ○ GYAKU ZUKI
② ○ ZANSHIN GAMAE
③ ◆ HIDARI CHŪDAN GYAKU ZUKI
※ taking a further step with the right foot towards the opponent
* en avançant davantage le pied droit vers l'adversaire
④ ○ GEDAN BARAI KIZAMI MAWASHI GERI
※ simultaneously
* simultanément
⑤ ○ ZANSHIN GAMAE

③



④

