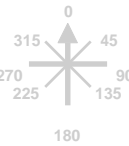





独自行精氣

Bo Gokyo no Kumite

Offensive 1 :

- 
- 1 (R) 0° (neko ashi dachi), (R) 0° (slip naar voren) + soto uke (R) 270°
 - 2 (R) 0°, morote zuki (R) 0°
 - 3 (R) 0°, -

Defensive 1 :

- 
- 1 (R) 180° (tsuru ashi dachi), -
 - 2 (R) 180°, (L) 315° + soto uke (R) 135° (neko ashi dachi)
 - 3 (R) 315°, morote zuki (R) 0°

Offensive 2 :

- 1 (R) 0° (tsuru ashi dachi), (L) 0° (oi ashi) + soto uke (L) 0° (jodan)
- 2 (L) 0°, yoko mawashi uchi (R) 0° (jodan)
- 3 (L) 0°, -

Defensive 2 :

- 1 (R) 0° (sotobiraki jigoatai dachi), -
- 2 (R) 0°, (L) 315° + (L) migi jodan hangeki kamaeuchi uke {(L) hand boven, (R) onder}
- 3 loop door in (R) 0° jodan shomen otoshi uchi {hoofd}
- 4 (R) 0°, (L) 45° {iets} + (L) gedan age ate uchi {kruis}
- 5 (R) 0°, (R) 0° jodan shomen otoshi oroshi {hoofd}

Offensive 3 :

- 1 (L) 0° (zenkutsu dachi), (R) 0° (ashi zenshin) + uchi age gedan (R) 0° {til bo tegenstander op}
- 2 (R) 0°, (L) 0° (oi ashi) + sune oi mawashi uchi (L) 0° (gedan) {knie}
- 3 (L) 0°, -

Defensive 3 :

- 1 (R) 180° (tsuru ashi dachi), shizen waki kamae
- 2 (R) 180°, (L) 315° (neko ashi) + hangeki kamae soto uke (R) 0°
- 3 (R) 180°, (L) 180° (fumikomi oi ashi) + hineri mawashi uchi (R) 0° {L-slaap}
- 4 (L) 180°, (L) 45° + uchi age ate gedan (L) 0° {kruis}
- 5 (L) 0°, breng gewicht op (L), vervolgens gewicht op (R) + gyaku te choku zuki (jodan) 0° {keel}

Offensive 4 :

- 1 (L) 0° (shizentai dachi), (L) slip naar 0° + age uchi (L) 0° (jodan)
- 2 (L) 0°, (R) 0° (oi ashi) + *tombo kaeshi* sune harai (L) {x, tegen, been, zweep}
- 3 (R) 0°, -

Defensive 4 :

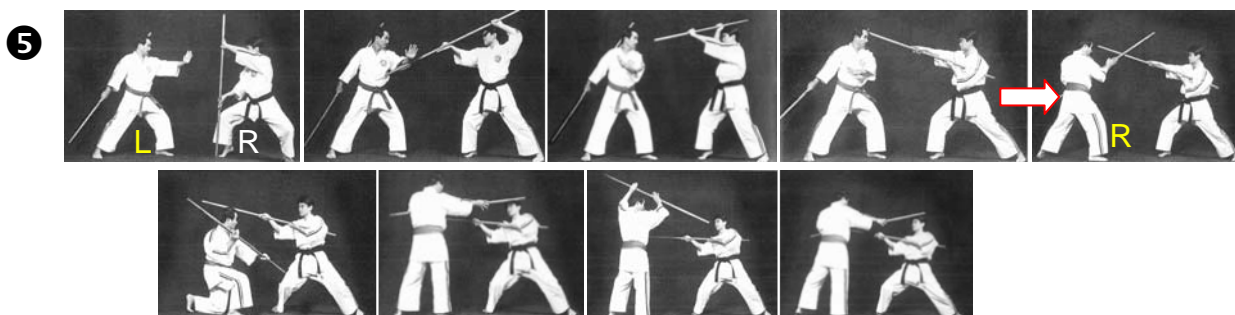
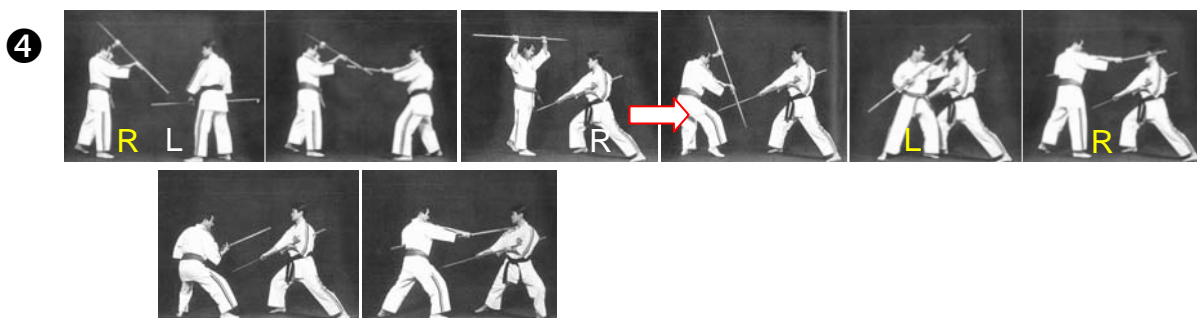
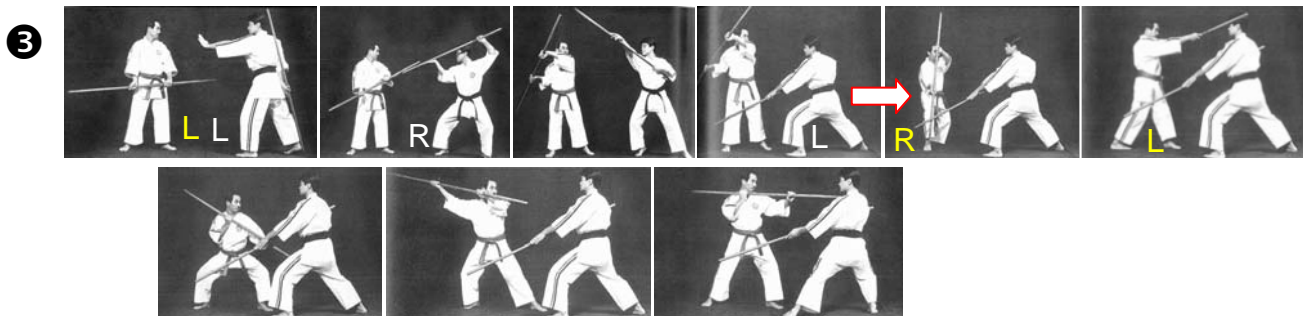
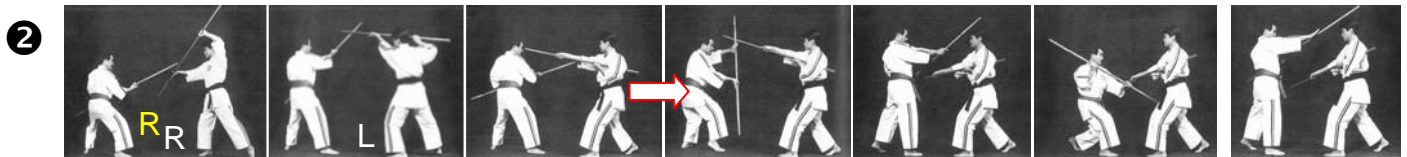
- 1 (R) 180° (tsuru ashi dachi) hangeko kamae (jodan)
- 2 (R) 180°, breng gewicht op (L) in neko ashi + uchi uke (R) 0° (gedan)
- 3 (R) 180°, (L) 180° (fumikomi oi ashi) + jodan uchi otoshi (L) 0° {L-slaap}
- 4 (L) 180°, ... (L) 0° ((tsuru ashi dachi) + mawashi uchi (R) 180° (jodan) {R-slaap}
- 5 (R) 180°, choku zuki (R) 180° (jodan) 0° {keel}

Offensive 5 :

- 1 (R) 0° (sotobiraki dachi), hangeki kamae (R) 0° (chudan)
- 2 (R) 0°, uchi age (R) 0°, *tombo kaeshi* uchi (R) 0° (jodan) (L-slaap)
- 3 -

Defensive 5 :

- 1 (L) 180°, (zenkutsu dachi), kakushi kamae (R) 180° (=bo in lage, verborgen verdediging)
- 2 (L) 180°, (R) 135° (iets), (L) 315° + *tombo kaeshi* uchi uke (R) 180° (jodan) ...
- 3 ... (L)-knie naar de grond + hineri uchi age (L) 180° {gericht tegen buitenkant (R)-knie}
- 4 (R) 180°, ga staan (shizenatai dachi) + yoko uchi (R) 180° ((L)-slaaphoofd)
- 5 (R) 180°, *tombo kaeshi* uchi (R) 180° (jodan) ((L)-slaaphoofd)





Shorinjiryu Kenkokan Karatedo

"spiritual development of individuality in mind and body"



独自行精氣

Bo Gokyo no Kumite - vs3

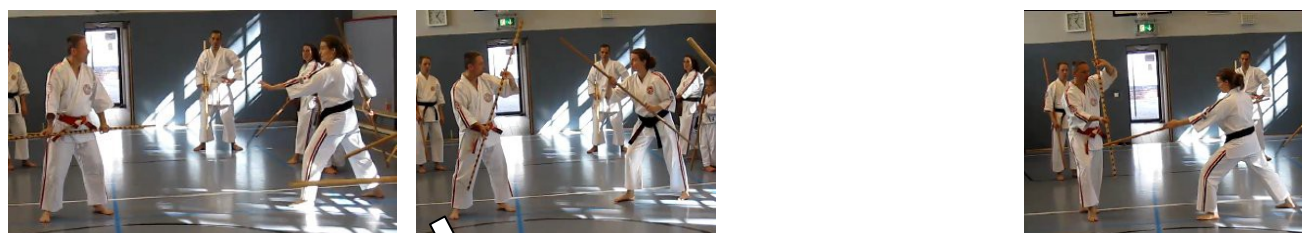
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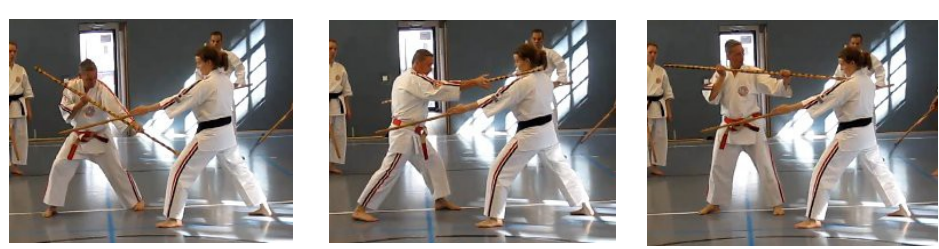
2



3



PAS OP : spiegelbeeld →





Shorinjiryu Kenkokan Karatedo

"spiritual development of individuality in mind and body"



独自行精氣

Bo Gokyo no Kumite- vs3

4

