

Sagukawa Comprehensive

1 t/m 5



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Sagukawa Comprehensive

a: de persoon die in de foto links begint
b: de persoon die in de foto rechts begint

Sagukawa Comprehensive 1



Yoi
Rei



Chudan kamae



1 a. Hikake uke
b. Maede tsuki



2 a. Jodan uchi
b. Nakkai uke



3 a. Furiage uchi
b. Osae uke



4.1 a. Jodan kamae
b. Maede tsuki junbi



4.2 a. Harai uke, kosa dachi
b. Maede tsuki



5.1 a. Makiotoshi



5.2 a. Makiotoshi



6 a. Maede tsuki
b. Soto uke



7.1 a. Handen verpakken
b. Yoko uchi junbi



7.2 a. yoko uchi
b. Gyaku hikake / yoko uchi

Sagukawa Comprehensive 1



8.1 a. Yoko uchi junbi
b. Handen verpakken



8.2 a. Gyaku hikake / yoko uchi
b. yoko uchi



9 a. Osae hazuchi



10.1 a. Gedan tsuki (knie)



10.2 a. Gedan tsuki (knie)



Chudan kamae



naore



Rei

Sagukawa Comprehensive 2



Yoi



Rei



Chudan kamae



0 a. Jodan kamae



1 a. Jodan uchi
b. Soto uke, kosa dachi



2 a. Jodan soto uke,
meenemen naar hasso kamae
b. Maede tsuki



3 a. Gedan tsuki
b. Gedan uchi uke



4 a. Gedan uchi uke
b. Gedan tsuki



5 a. Gyaku yoko uchi
b. Bukken / ontwijken



6 a. Yoko uchi
b. Gyaku hikake, knielen



7 b. Makiotoshi



8 a. Gedan uchi uke /
jodan kamae, terugstappen
b. Gedan tsuki

Sagukawa Comprehensive 2



9 a. Jodan nuki tsuki
b. Soto uke



10 b. Maede tsuki



Chudan kamae



naore



Rei

Sagukawa Comprehensive 3



Yoi



Rei



Chudan kamae



1 a. Yoko uchi
b. Uchi uke



2 a. Yoko uchi
b. Uchi uke



3 a. Furiage uchi, yori ashi
b. Gyuake kake uke



4 b. Gyaku furiage uchi



Chudan kamae



naore



Rei

Sagukawa Comprehensive 4



Yoi



Rei



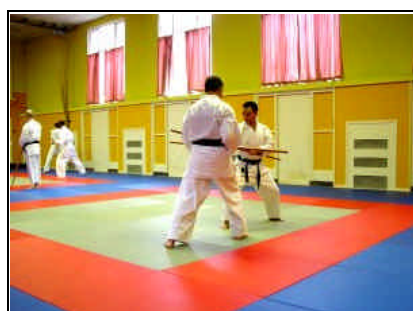
Chudan kamae



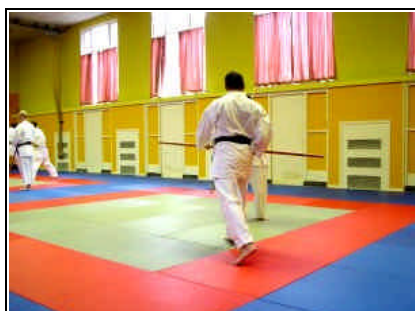
- 1 a. Gedan yoko uchi
b. Gedan uchi uke



- 2 a. Yoko uchi
b. Gyaku hikake / yoko uchi, inkomen



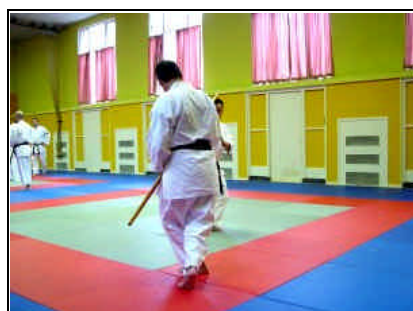
- 3 a. Gyaku yoko uchi
b. Afklemmen elleboog



- 4 a. Uchi uke, tsugi ashi
b. Yoko uchi, yori ashi



- 5 a. Soto uke
b. Nuki tsuki, Kosa dachi



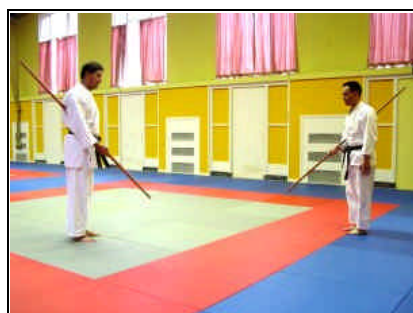
- 6 b. Maede tsuki (keel)



Chudan kamae



Naore



Rei

Sagukawa Comprehensive 5



Yoi



Rei



Chudan kamae



1 a. Maede tsuki
b. Hikake uke



2 a. Nakkai uke
b. Jodan uchi



3 a. Osae uke
b. Furiage uchi



4.1 a. Maede tsuki junbi
b. Jodan kamae



4.2 a. Maede tsuki
b. Harai uke



5.1 b. Makiotoshi



5.2 b. Makiotoshi



6.1 a. Soto uke
b. Jodan uchi



6.2 a. Soto uke
b. Jodan uchi

Sagukawa Comprehensive 5



7.1 a. Gedan uchi uke
b. Gedan yoko uchi,
glijdend verpakken



7.2 a. Gedan uchi uke
b. Gedan yoko uchi,
glijdend verpakken



8 a. Uchi uke
b. Gyaku uchi uke



9.1 a. Maede tsuki junbi
b. Jodan kamae,
glijdend verpakken



9.2 a. Maede tsuki
b. Harai uke, kosa dachi



10.1 b. Makiotoshi



10.2 b. Makiotoshi



11.1 b. Jodan uchi



11.2 b. Jodan uchi



Chudan Kamae



Naore



Rei