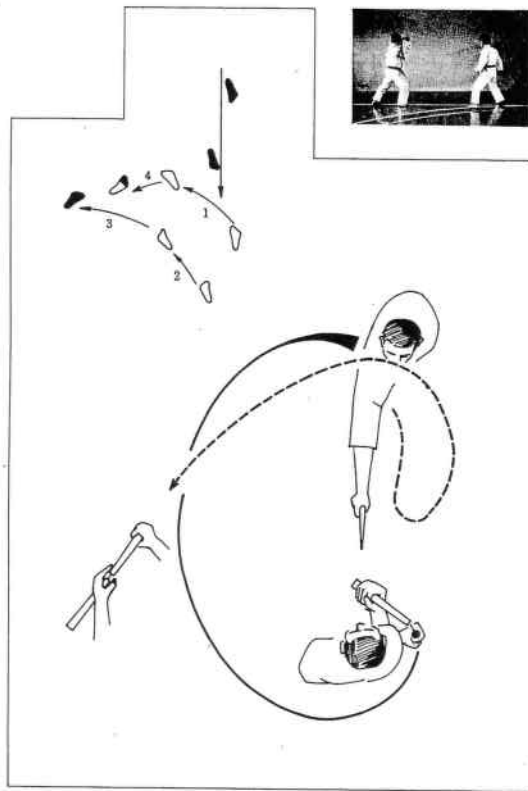


2. 逆手打ち組手 GYAKUTE-UCHI KUMITE

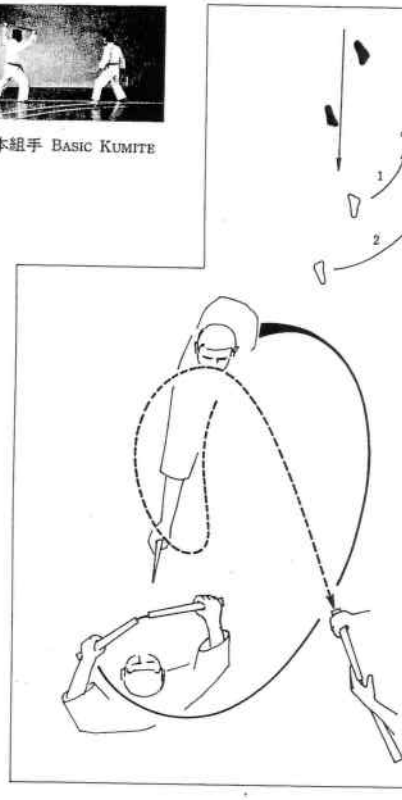


189

1. 本手打ち組手 HONTE-UCHI KUMITE

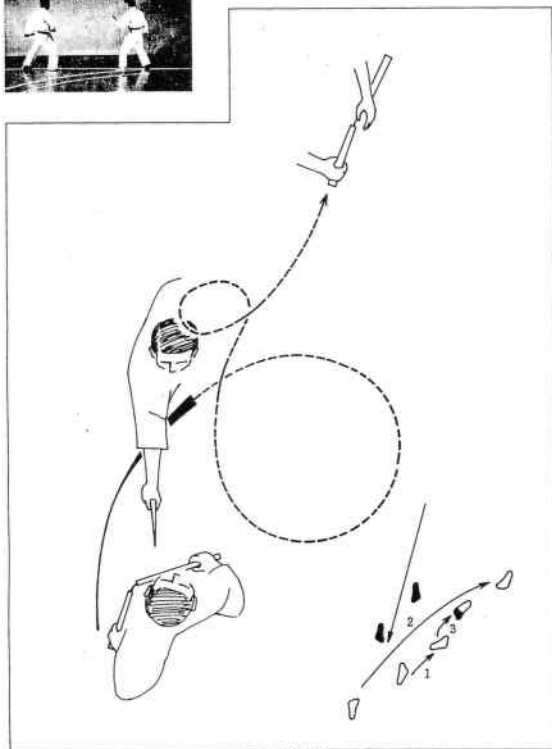


基本組手 BASIC KUMITE



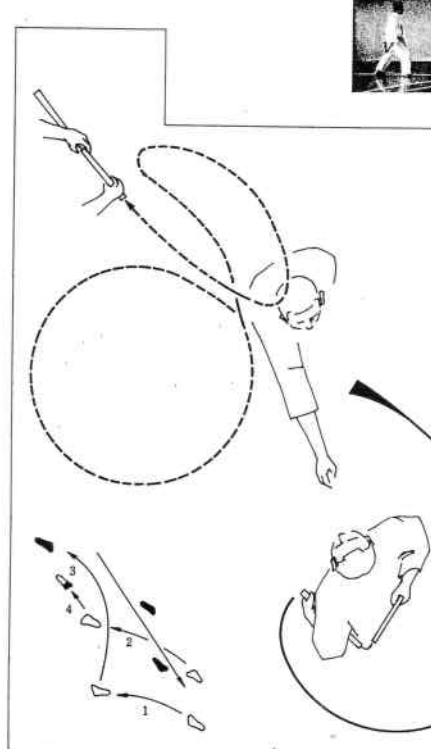
188

4. 内すれ違い打ち組手 UCHI SURECHIGAI-UCHI KUMITE



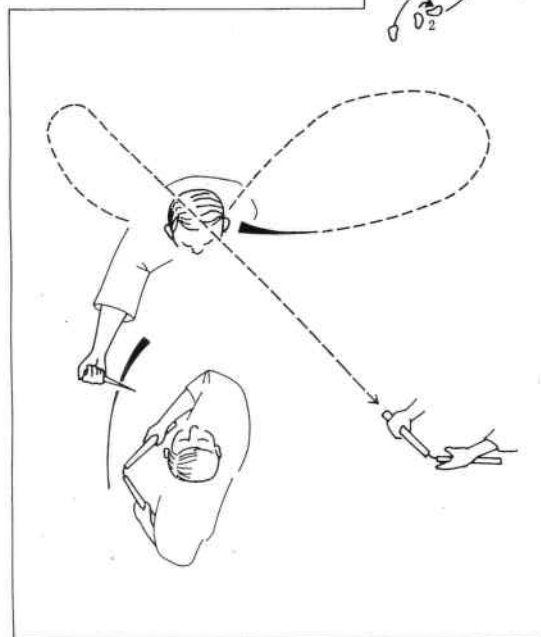
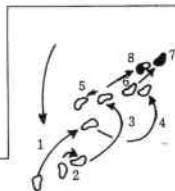
191

3. 外すれ違い打ち組手 SOTO SURECHIGAI-UCHI KU



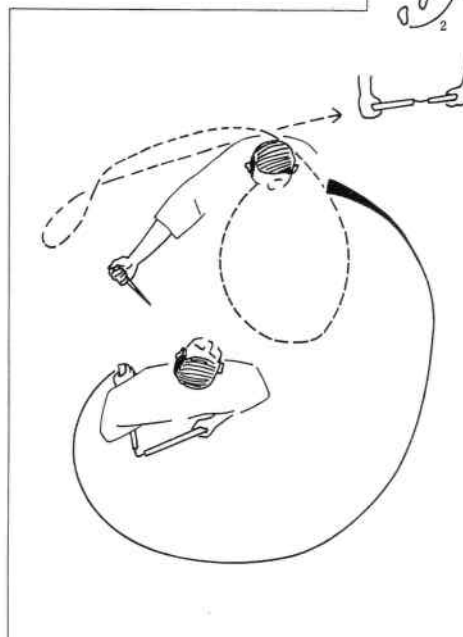
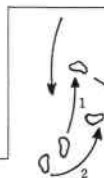
190

6. 外振り上げ打ち組手 SOTO FURIAGE-UCHI KUMITE



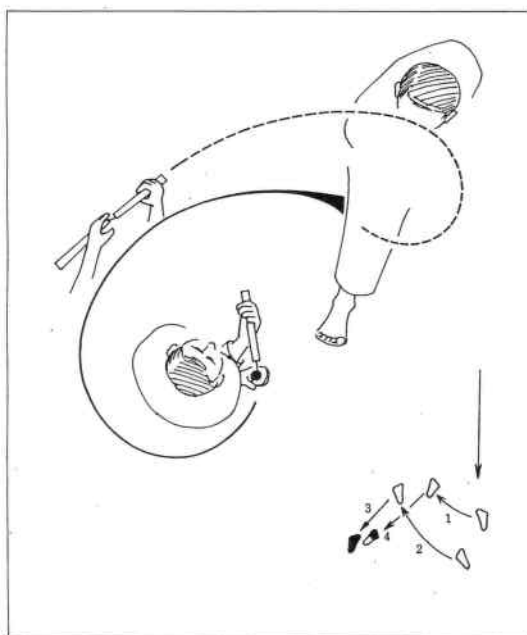
193

5. 内振り上げ打ち組手 UCHI FURIAGE-UCHI KUMITE



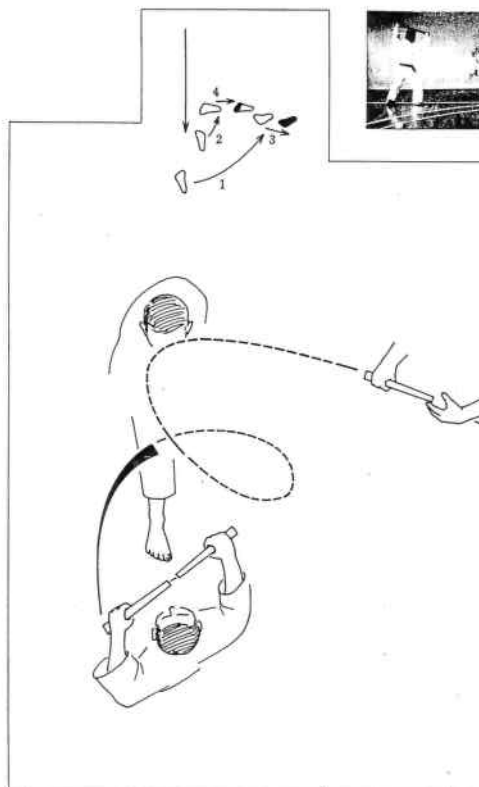
192

8. 下段払い打ち組手 GEDAN HARAI-UCHI KUMITE



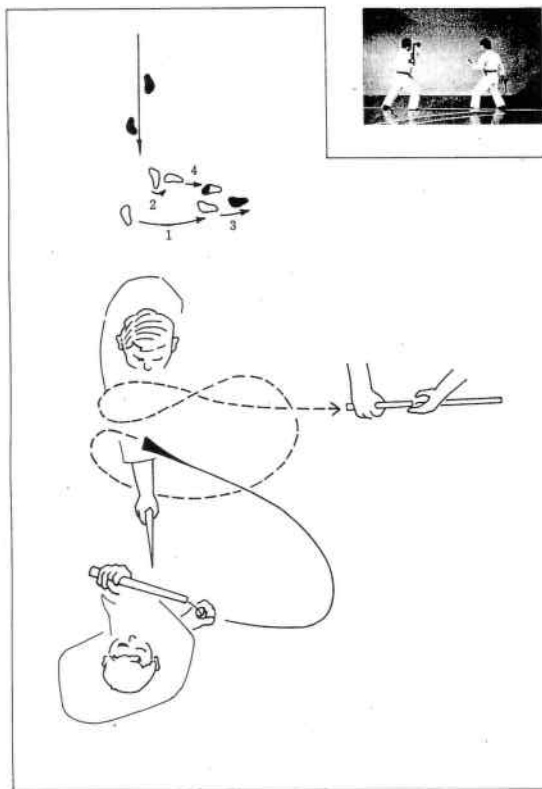
195

7. 打ち落とし組手 UCHIOTOSHI KUMITE



194

10. 逆手打ち組手 GYAKUTE-UCHI KUMITE



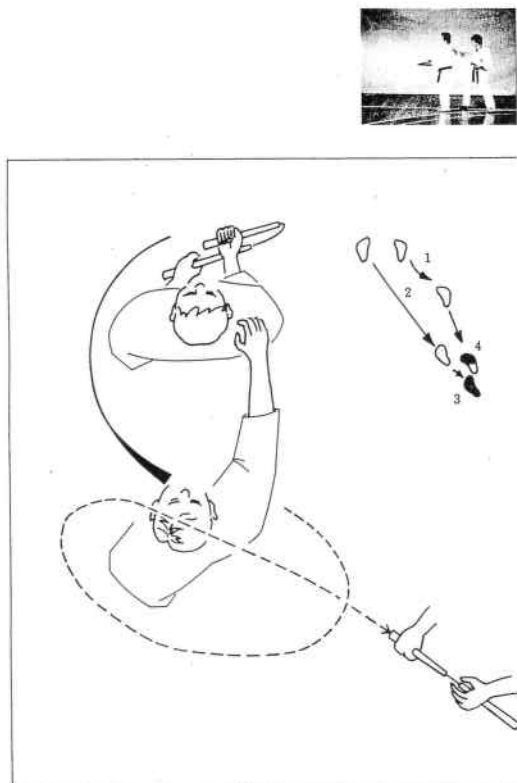
197

9. 本手打ち組手 HONTE-UCHI KUMITE



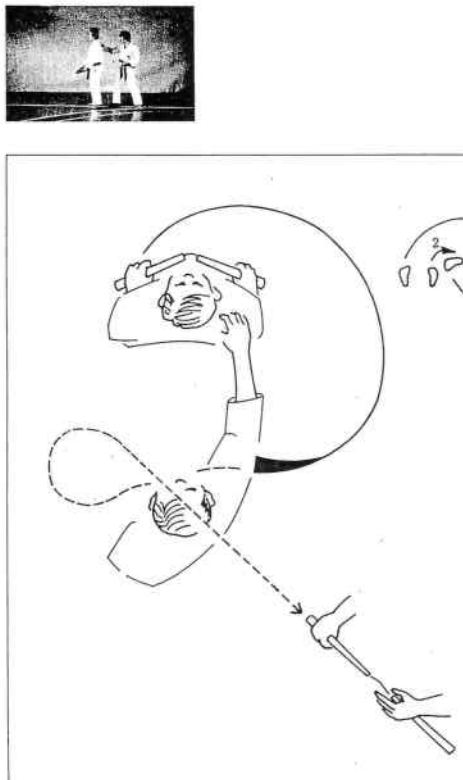
196

12. 内回り後ろ打ち組手 UCHI MAWARI USHIRO-UCHI KUMITE



199

11. 外回り後ろ打ち組手 SOTO MAWARI USHIRO-UCHI KUMITE



198