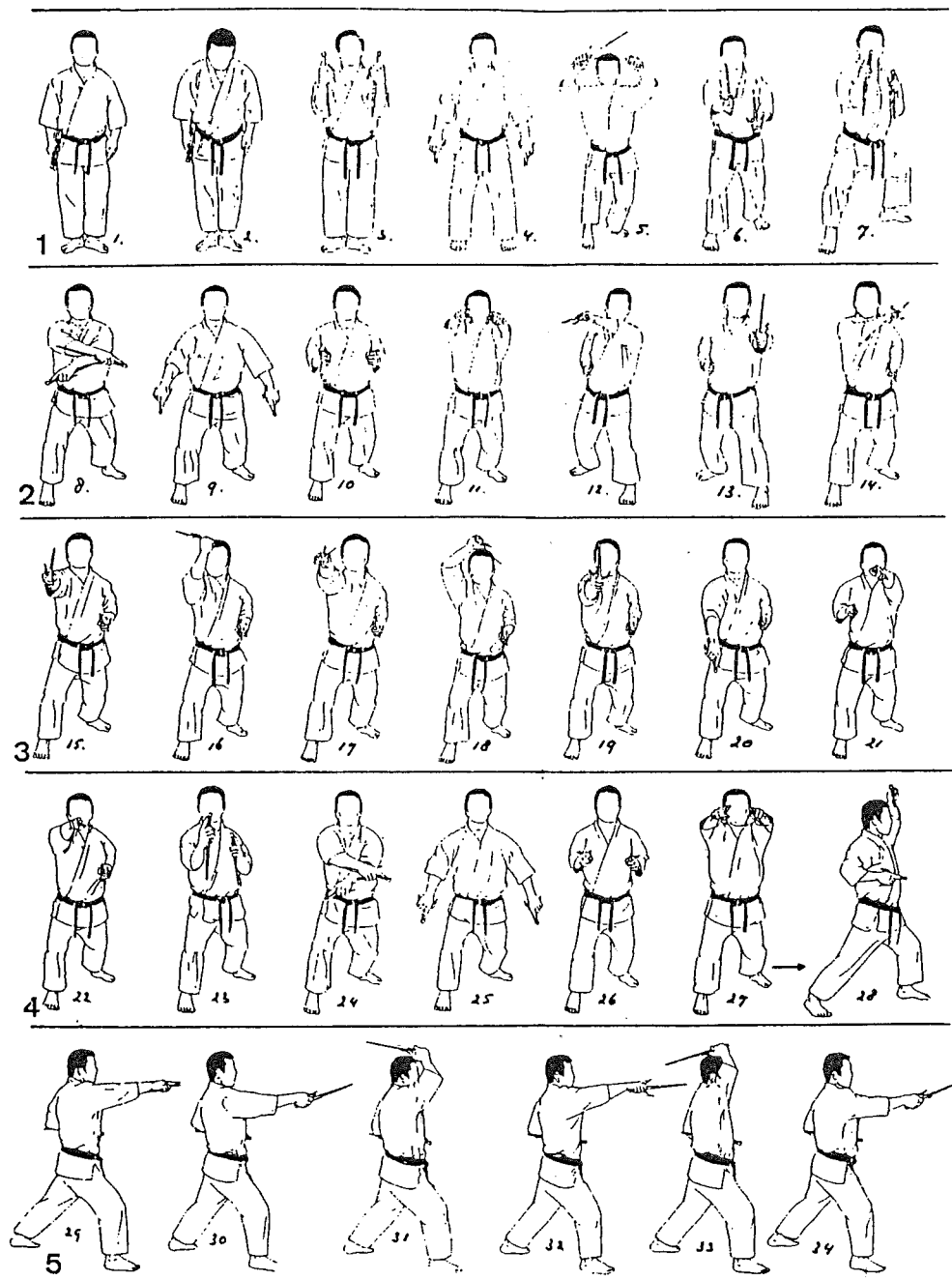


Hamahiga no sai

(Bewerkt door Dick Fieret)



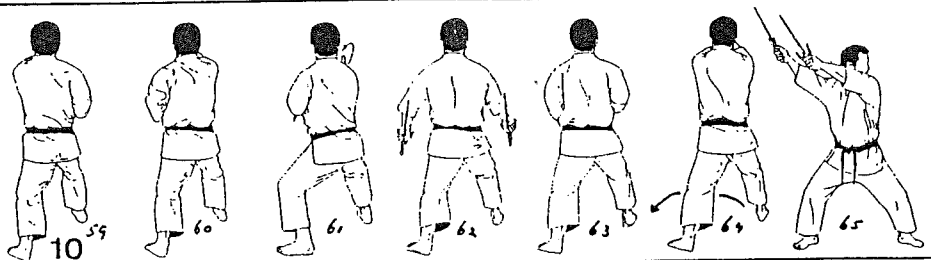
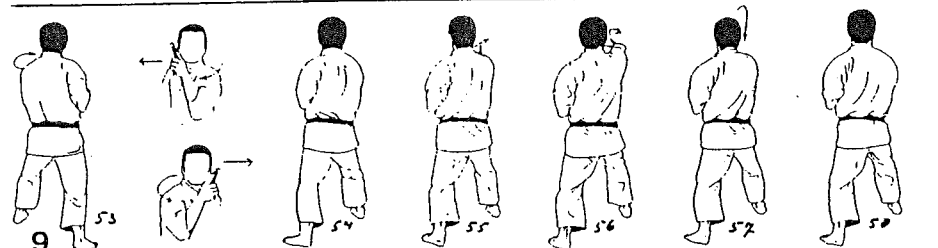
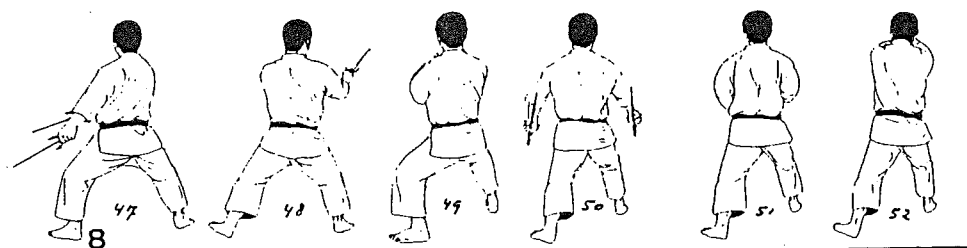
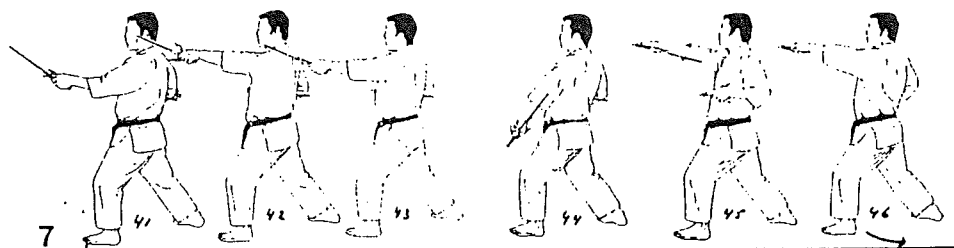
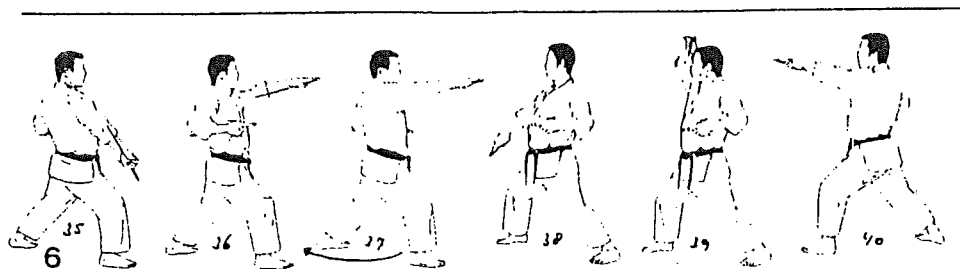
1.2.3.4. Rei, Yoi
 7. hikitori (flip back)
 11. morote jodan tsuki
 16.17. kaeshi uchi
 21. gyaku tsuki

5. hiraki uke
 8.9. morote gedan uke
 12.13. r. soto uke
 18.19. jodan uchi
 22. chudan tsuki

6. jodan uchi
 10. koshi hiki
 14.15. l. soto uke
 20. gedan uke
 23.24.25. kamae en morote gedan uke

Hamahiga no sai (vervolg)

(Bewerkt door Dick Fieret)



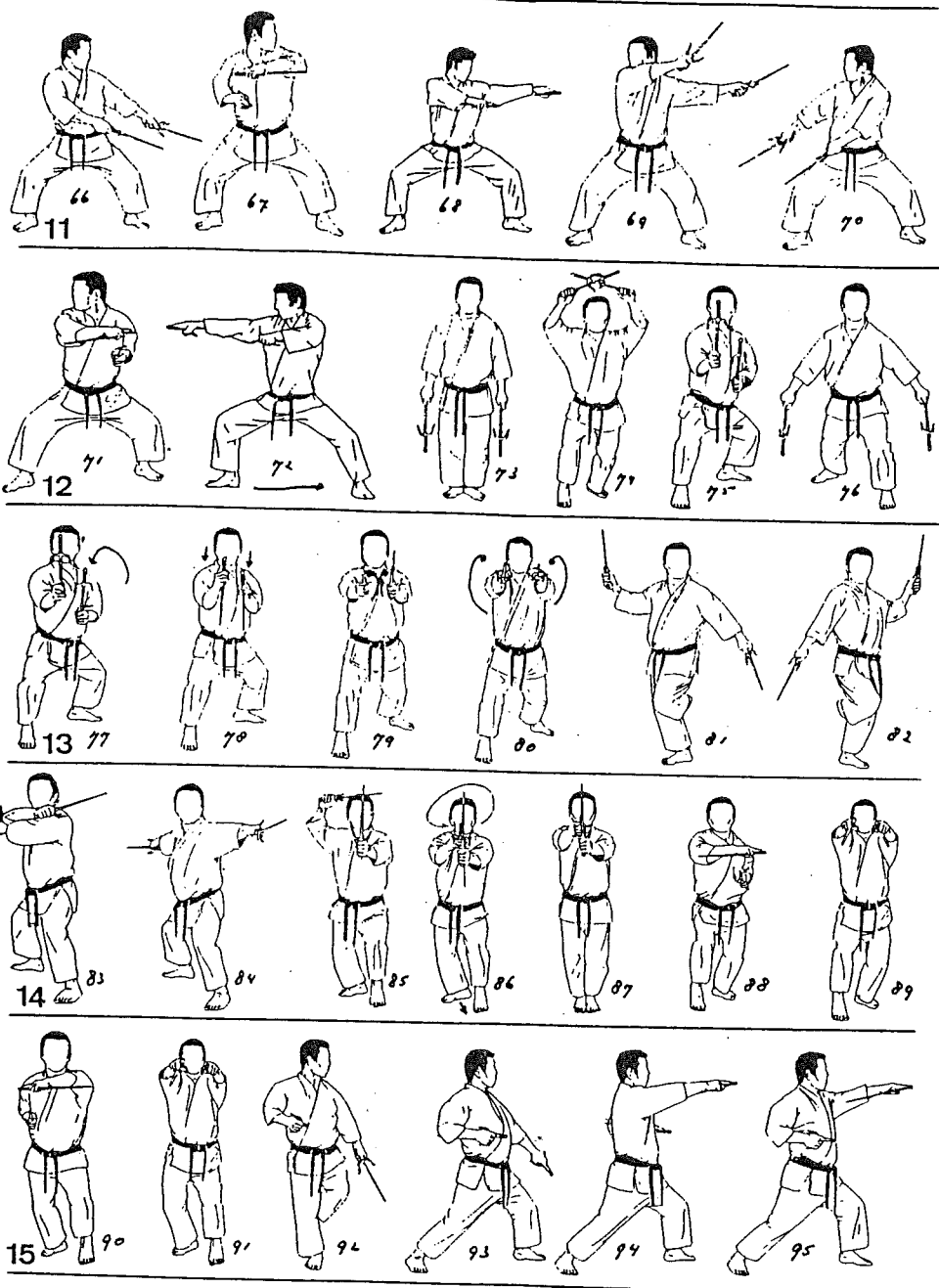
26. koshi hiki
29. r. tsuki
33.34. jodan uchi
37. chudan tsuki
40. l. chudan tsuki tsuki
43. jodan uchi
46. chudan tsuki
49. hikitori
52. morote tsuki
55. r. soto uke
58. gedan uke
61.62. kamae en morote gedan uke

27. morote jodan tsuki
30. soto uke
35. gedan uke
38. r. gedan uke
41. l. soto uke
44. gedan uke
47. kamae voor:
50. morote gedan uke
53. l. uchi uke
56. kaeshi uchi
59. gyaku tsuki
63. koshi hiki

28. l. jodan uke
31.32. kaeshi uchi
36. gyaku tsuki
39. r. jodan uke
42. kaeshi uchi
45. gyaku tsuki
48. morote uke
51. koshi hiki
54. r. uchi uke
57. jodan uchi
60. chudan tsuki
64. morote gedan tsuki

Hamahiga no sai (vervolg)

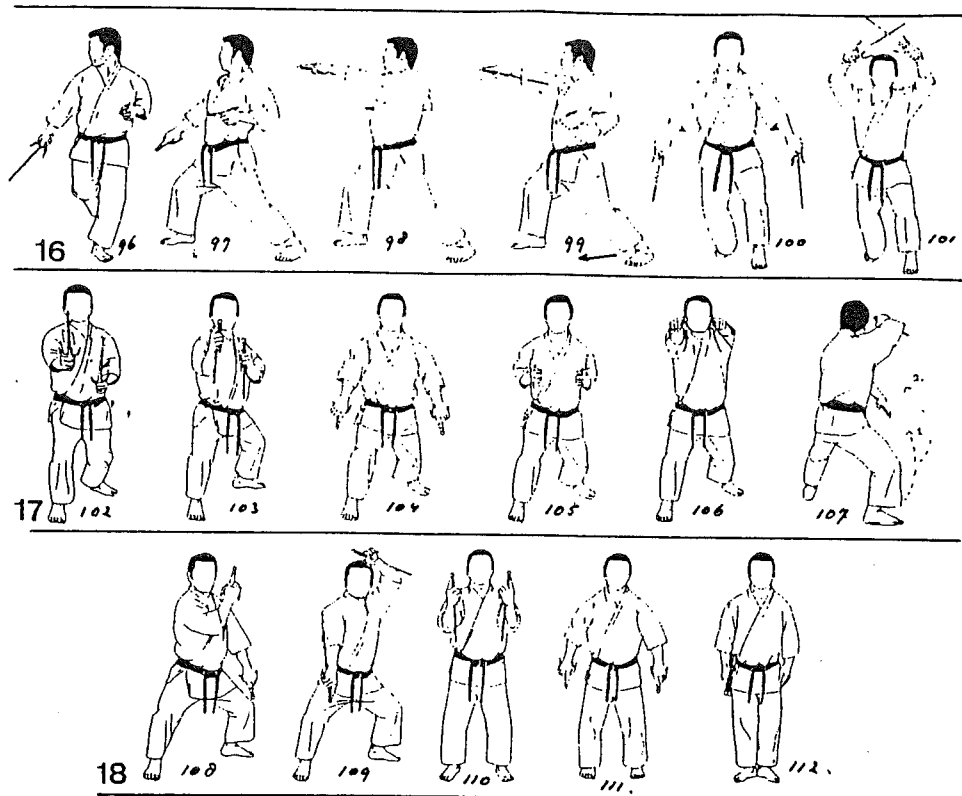
(Bewerkt door Dick Fieret)



- | | |
|--|---|
| 65. kamae voor: | 66. morote gedan uke |
| 67. koshi hiki | 68. morote tsuki |
| 69. kamae voor: | 70. morote gedan tsuki |
| 71. koshi hiki | 72. morote tsuki |
| 73. tokushu mochi | 74. hiraki uke (TM) |
| 75. jodan uchi (TM) | 76. l.voorw. morote ged.uke |
| 77. met cirkelbew. inhaken | 78. in handen laten zakken |
| 79. morote jod. uchi van binnen naar buiten | 80. morote jodan ura uchi (handrug boven) |
| 81. achterw. r.ippon dachi l. ged. uke r. jod. kamae | 82. achterw. l ippon dachi r. ged. uke l. jod. kamae |
| 83.84. achterw. morote yoko jod. uchi | 85.86. neko ashi dachi l. sai vertikaal r. sai cirkelt over hoofd |
| 87. bij aantikken l. sai, r. aansluiten. tsuki | 88. achterw NAD. koshi hiki |
| 89. morote chud. tsuki | 90. achterw. NAD. koshi hiki |
| 91. morote tsuki | 92. r ippon dachi. l. ged. uke |
| 93. gedan uke | 94. gyaku tsuki |
| | 95. chudan tsuki |

Hamahiga no sai (vervolg)

(Bewerkt door Dick Fieret)



96. l ippon dachi. r. ged. uke
 99. chudan tsuki
 102. r. jodan uchi
 105. koshi hiki
 108. r. uchi uke l. ged. uke

97. ged. uke
 100. kamae voor:
 103. hikitori
 106. morote tsuki
 109. r. ged. uke l. jod. uke

98. gyaku tsuki
 101. l. hiraki uke
 104. morote gedan tsuki
 107. voorbeweging, r-l doorstappen
 110.111.112 NAORE.Rei.