

Sakugawa no sho



Rei



1. Kamae



Kamae



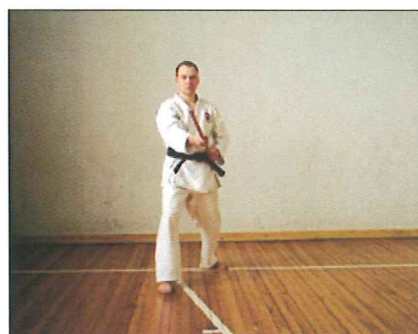
Kamae



Kamae



Jodan kamae



2. Jodan uchi



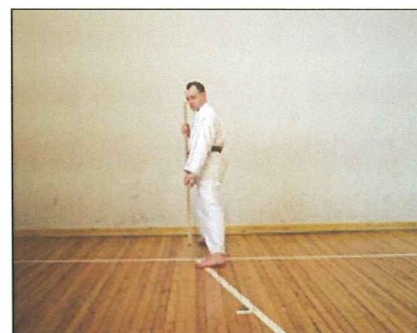
3. Jodan Maede Tsuki



4. Chudan kamae



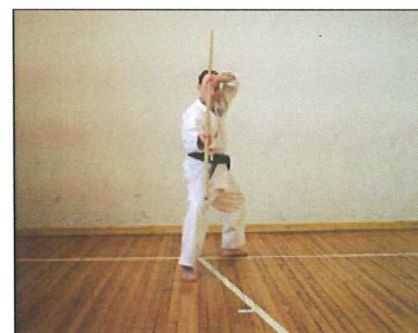
Neko-ashi Dachi



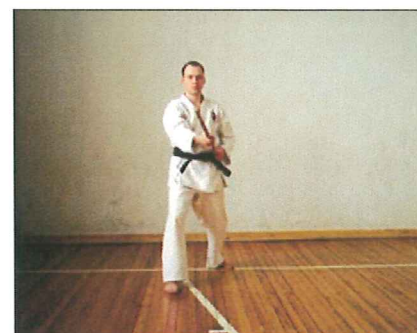
5. Gedan uke



6. Gedan tsuki



7. Mamori



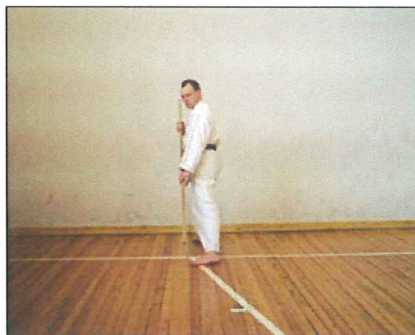
8. Jodan uchi



9. Chudan kamae



Neko-ashi dachi



10. Gedan uke



11. Gedan tsuki



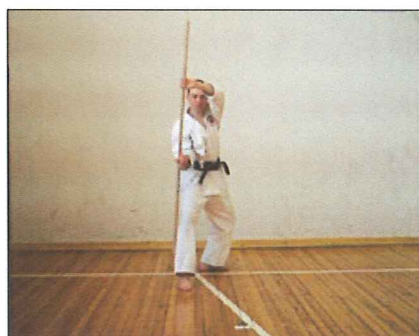
12. Hikkake uke



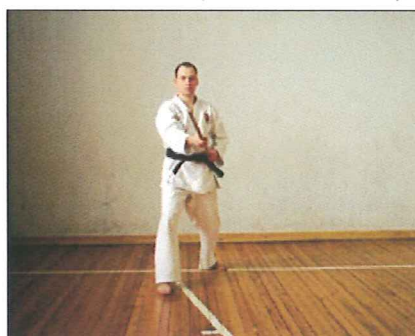
Makiotoshi (Bo üleheide)



13. Gedan tsuki



14. Harai uke



15. Jodan uchi



16. Jodan maede tsuki



17. Chudan kamae



18. Harai uke



19. Jodan uchi



20. Furiage uchi



21. Jodan uchi



22. Jodan maede tsuki



23. Chudan kamae



24. Harai uke



25. Jodan uchi



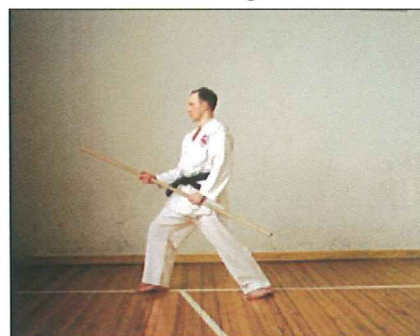
26. Furiage uchi



27. Jodan uchi



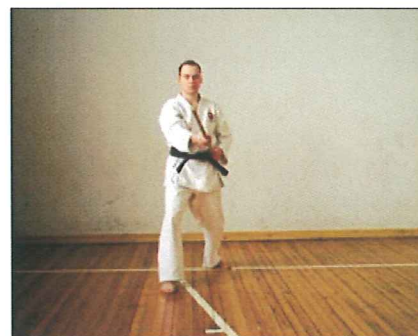
28. Jodan maede tsuki



29. Chudan kamae



30. Jodan kamae



31. Jodan uchi



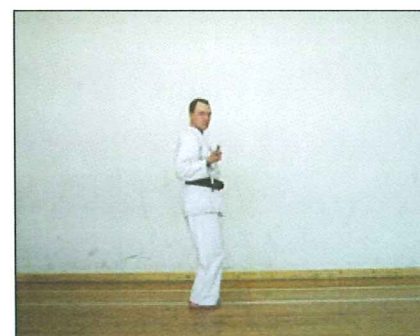
32. Bo rinnale



Surikomi



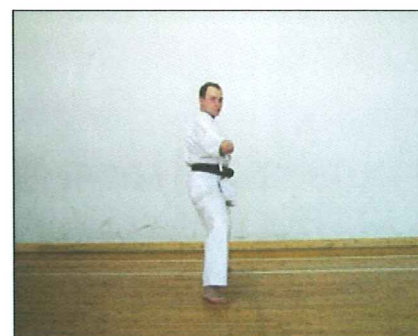
33. Chudan maede tsuki



34. Bo rinnale



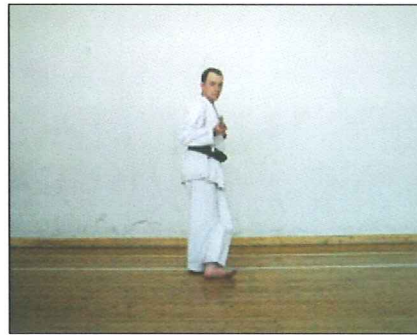
Surikomi



35. Chudan maede tsuki



36. Bo rinnae



Surikomi



37. Chudan maede tsuki



38. Tagasihüppega soto uke



39. Surikomi soto uke



40. Soto uke



41. Bo surve alla



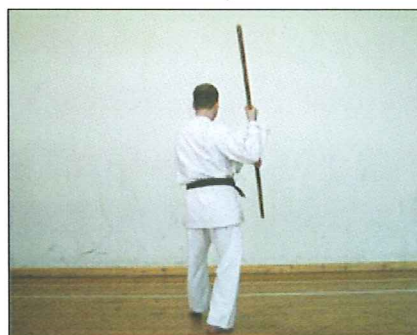
42. Jodan yoko uchi



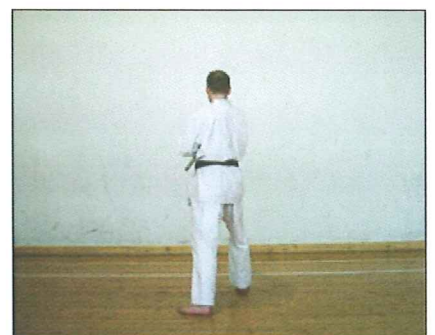
43. Surikomi nuki tsuki



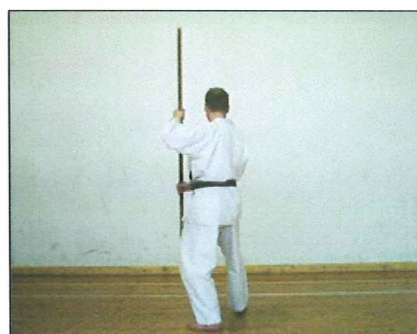
44. Jodan maede tsuki



Hasso kamae



45. Yoko uchi



Hasso kamae



46. Yoko uchi



47. Sukui uke (-45°)



48. Jodan maede tsuki



49. Chudan kamae



Neko-ashi dachi



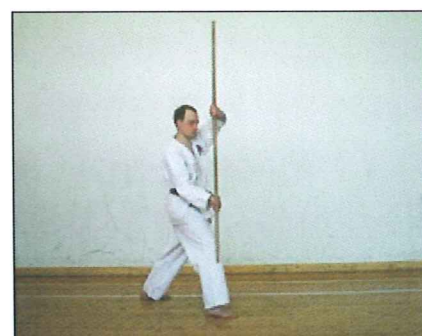
50. Gedan uke



51. Gedan tsuki



Hasso kamae (-45°)



52. Hikkake uke



Jodan kamae



53. Jodan uchi



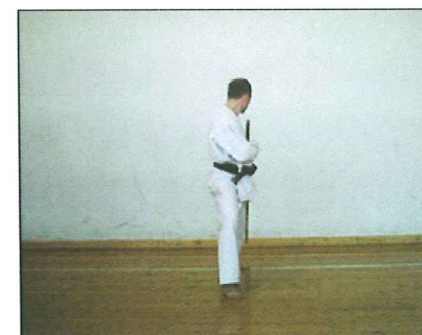
54. Chudan kamae



Neko-ashi dachi



55. Gedan uke



56. Gedan tsuki



57. Hikkake uke



58. Jodan uchi



59. Nuki tsuki



60. Chudan kamae



Waki kamae



Rei