

UNSU ENGI BUNKAI (45 kido)

ESECUZIONE DEL KATA

TECNICHE DA APPLICARE

	Yoi		
1	Morote Teisho Uke-Morote Tate Shuto Uke		
		2	sx Sho Harai Uke dx Chudan Keito Kake Uke
		3	dx Gedan Ippon Nukite
		4	dx Sho Jodan Kake Nage
		5	dx Gedanzuki
6	sx Morote Chudan Keito Uke sx Gedan Ippon Nukite		
7	dx Morote Chudan Keito Uke dx Gedan Ippon Nukite		
8	sx Chudan Tate Shuto Uke		
9	dx Chudan Gyakuzuki		
10	dx Chudan Tate Shuto Uke		
11	sx Chudan Gyakuzuki		
12	sx Chudan Tate Shuto Uke		
13	dx Chudan Gyakuzuki		
		14	dx Chudan Tate Shuto Uke
		15	sx Chudan Gyakuzuki
		16	sx Mawashi Geri
		17	dx Mawashi Geri
18	dx Morote Tate Shuto Uke		
19	sx Chudan Keito Uke dx Gedan Teisho Uke		
20	dx Chudan Keito Uke sx Gedan Teisho Uke		
21	sx Jodan Haito Uchi		
22	sx Maegeri		
23	dx Jodan Soto Uke sx Chudan Gyakuzuki		
		24	sx Jodan Tsukami Uke dx Jodan Haito Uchi
		25	dx Maegeri
		26	sx Jodan Soto Uke dx Chudan Gyakuzuki
		27	dx Tsukami-Gedan Morote Kamae
28	dx Jodan Kensei dx Gedan Zuki		
29	sx Gedan Uke Zuki		
30	dx Gedan Uke Zuki		
		31	sx Chudan Tate Shuto Uke
		32	sx Chudan Teisho Uke-dx Teisho Uchi
		33	dx Gedan Kakato Geri
		34	sx Chudan Gyakuzuki dx Junzuki
35	dx Gedanbarai		
36	sx Jodan Haito Uke		
37	sx Shuto Gedanbarai		
38	dx Jodan Haito Uke		
39	sx Chudan Gyakuzuki		
		40	sx Chudan Tate Shuto Kamae
		41	Tobi Kaiten Geri Fushi Kamae
		42	sx Mawashi Tekubi Kake Uke dx Teisho Zuki
			sx Chudan Urazuki
		43	sx Jodan Teisho Zuki dx Chudan Teisho Ura Zuki
		44	sx Jodan Ageuke
		45	dx Chudan Gyakuzuki
	Yame Rei Naotte		

dx = destra

sx = sinistra