

Goshindo

Kihon – 2° livello

(45 tecniche)

da hachiji-dachi shizen tai no kamae a o renoji-dachi shizen tai no kamae sx

1: da o renoji-dachi shizen tai no kamae sx a goshin-dachi sx (shuto-harai-uke jodan sx + shuto-uchikomi-uke chudan sx + tate-shuto jodan sx + tsuki chudan dx)
avanzando goshin-dachi dx shuto-uchi jodan dx

o renoji-dachi shizen tai no kamae dx

2: da o renoji-dachi shizen tai no kamae dx a goshin-dachi dx (shuto-uchikomi-uke jodan dx + shuto-barai gedan dx + shuto-uchi jodan dx + tsuki chudan sx)
avanzando goshin-dachi sx shuto-uchi jodan sx

o renoji-dachi shizen tai no kamae sx

3: da o renoji-dachi shizen tai no kamae sx a goshin-dachi sx (haito-harai uke chudan sx + shuto-uchikomi uke chudan sx + tate-shuto jodan sx + tsuki chudan dx)
avanzando goshin-dachi dx shuto-uchi jodan dx

o renoji-dachi shizen tai no kamae dx

4: da o renoji-dachi shizen tai no kamae dx a goshin-dachi dx (shuto-uchikomi-uke chudan dx shuto-barai gedan dx + shuto-uchi jodan dx + tsuki chudan sx)
avanzando goshin-dachi sx shuto-uchi jodan sx

o renoji-dachi shizen tai no kamae sx

5: da o renoji-dachi shizen tai no kamae sx a goshin-dachi sx (shuto-barai gedan sx + shuto-harai-uke jodan sx + shuto-uchi jodan sx + tsuki chudan dx)
avanzando goshin-dachi dx shuto-uchi jodan dx

o renoji-dachi shizen tai no kamae dx

6: da o renoji-dachi shizen tai no kamae dx a goshin-dachi dx (shuto-barai gedan dx, + shuto-uchikomi uke chudan sx + tate-shuto jodan sx + tsuki chudan dx)

avanzando goshin-dachi sx shuto-uchi jodan sx

o renoji-dachi shizen tai no kamae sx

7: da o renoji-dachi shizen tai no kamae sx a goshin-dachi sx (teisho-uke chudan dx + haito-harai uke chudan sx + teisho-uke chudan dx + haito-harai uke chudan sx + tsukami-uke chudan sx + teisho-uchi chudan dx + tsuki chudan dx)
avanzando goshin-dachi dx shuto-uchi jodan dx

o renoji-dachi shizen tai no kamae dx

8: da o renoji-dachi shizen tai no kamae dx a goshin-dachi dx (shuto-barai gedan dx + shuto-harai uke jodan dx + shuto-uchikomi uke chudan dx + tate-shuto jodan dx + tsuki chudan sx)
avanzando mae geri sx + goshin dachi shuto-uchi jodan sx + tsuki chudan sx + avanzando mae geri dx + goshin dachi shuto-uchi jodan dx

da o renoji-dachi shizen tai no kamae dx a hachiji-dachi shizen tai no kamae.

fine