



Goshin Taikyoku Ichi :

Avanzando : Hidari Goshin Dachi : (Hidari Harai Uke Chudan - Migi Gyaku Tsuki Chudan)

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Avanzando : Hidari Goshin Dachi : (Hidari Harai Uke Chudan - Migi Gyaku Tsuki Chudan)

Indietreggiando : Migi Goshin Dachi : (Migi Uchikomi – Hidari Gyaku Tsuki Chudan)

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N.B.: Si torna in *Yoi No Kamae*, avanzando.



Goshin Taikyoku Ni :

Dal piano frontale:

SX 90° : Hidari Goshin Dachi : (Hidari Harai Uke Chudan - Migi Gyaku Tsuki Chudan)

Avanzando: Migi Goshin Dachi : (Migi Uchikomi - Hidari Gyaku Tsuki Chudan)

Mawate entrando : Migi Goshin Dachi : (Migi Harai Uke Jodan - Hidari Gyaku Tsuki Chudan)

Avanzando: Hidari Goshin Dachi : (Hidari Uchikomi - Migi Gyaku Tsuki Chudan)

Entrando SX 90° : Hidari Goshin Dachi : (Hidari Gedan Barai - Migi Gyaku Tsuki Chudan)

Avanzando: Migi Goshin Dachi : (Migi Harai Uke Chudan - Hidari Gyaku Tsuki Chudan)

Mawate entrando : Migi Goshin Dachi : (Migi Gedan Barai - Migi Gyaku Tsuki Chudan)

Avanzando: Hidari Goshin Dachi : (Hidari Harai Uke Chudan - Migi Gyaku Tsuki Chudan)

Avanzando: Migi Goshin Dachi : (Migi Uchikomi - Hidari Gyaku Tsuki Chudan)

Mawate : Hidari Goshin Dachi : (Hidari Harai Uke Jodan - Migi Gyaku Tsuki Chudan)

N.B.: Si torna in **Yoi No Kamae**, indietreggiando.



Goshin Taikyoku San :

Dal piano frontale:

SX 90° : Hidari Goshin Dachi : (Migi Gyaku Teisho Uke Chudan – Hidari Harai Haito Uke Chudan + Tsukami Uke)

Avanzando: Migi Goshin Dachi : (Hidari Gyaku Teisho Uke Chudan – Migi Harai Haito Uke Chudan + Tsukami Uke – Hidari Gyaku Tsuki Chudan – Migi Jun Tsuki Chudan)

Mawate entrando : Migi Goshin Dachi : (Hidari Gyaku Teisho Uke Chudan – Migi Harai Haito Uke Chudan + Tsukami Uke)

Avanzando: Hidari Goshin Dachi : (Migi Gyaku Teisho Uke Chudan – Hidari Harai Haito Uke Chudan + Tsukami Uke – Migi Gyaku Tsuki Chudan – Hidari Jun Tsuki Chudan)

Entrando SX 90° : Hidari Goshin Dachi : (Migi Gyaku Teisho Uke Chudan – Hidari Harai Haito Uke Chudan + Tsukami Uke)

Avanzando: Migi Goshin Dachi : (Hidari Gyaku Teisho Uke Chudan – Migi Harai Haito Uke Chudan + Tsukami Uke – Hidari Gyaku Tsuki Chudan – Migi Jun Tsuki Chudan)

Mawate entrando : Migi Goshin Dachi : (Hidari Gyaku Teisho Uke Chudan – Migi Harai Haito Uke Chudan + Tsukami Uke)

Avanzando: Hidari Goshin Dachi : (Migi Gyaku Teisho Uke Chudan – Hidari Harai Haito Uke Chudan + Tsukami Uke – Migi Gyaku Tsuki Chudan – Hidari Jun Tsuki Chudan)

Mawate entrando (135 ° non 180 °): Hidari Zenkutsu Dachi (quasi in linea) : (Hidari Gedan Barai – Migi Gyaku Tsuki Chudan – Hidari Jun Tsuki Chudan)

Avanzando: (Migi Mae Geri Chudan – Migi Zenkutsu Dachi : Migi Jun Tsuki Chudan)

Mawate entrando : Migi Zenkutsu Dachi (quasi in linea) : (Migi Gedan Barai – Hidari Gyaku Tsuki Chudan – Migi Jun Tsuki Chudan)

Avanzando: (Hidari Mae Geri Chudan – Hidari Zenkutsu Dachi : Hidari Jun Tsuki Chudan)

Entrando SX 90° : Hidari Zenkutsu Dachi (quasi in linea) : (Hidari Gedan Barai – Migi Gyaku Tsuki Chudan – Hidari Jun Tsuki Chudan)

Avanzando: (Migi Mae Geri Chudan – Migi Zenkutsu Dachi : Migi Jun Tsuki Chudan)

Mawate entrando : Migi Zenkutsu Dachi (quasi in linea) : (Migi Gedan Barai – Hidari Gyaku Tsuki Chudan – Migi Jun Tsuki Chudan)

Avanzando: (Hidari Mae Geri Chudan – Hidari Zenkutsu Dachi : Hidari Jun Tsuki Chudan)

N.B.: Si torna in Yoi No Kamae, avanzando.