

ABBIATEGRASSO 16/12/2012

Tai (Unione) – Da (Percossa)

GOSHIN TAI DA ICHI

ko chudan kamae

01 jodan oizuki

02 chudan gyakuzuki

03 ushiro kaeashi jodan harai uke

04 chudan uchikomi uke

05 chudan gyakuzuki

06 jodan urakenuchi

07 oikomi jodan zuki

08 chudan gyakuzuki

09 ko mae yoriashi jodan kizamizuki

10 ko mae tsugiashi chudan gyakuzuki

11 ko ushiro yoriashi jodan uchikomi uke

12 ko ushiro yoriashi gedanbarai uke

13 ko ushiro Yoriashi jodan uchikomi uke

14 ko ushiro Yoriashi gedanbarai uke

15 chudan gyakuzuki - chudan kamae

16 chudan maegeri - chudan kamae

17 ushiro kaeashi gedanbarai uke

18 chudan gyakuzuki

ko ura chudan kamae

19-36 ura waza

GOSHIN TAI DA NI

ko chudan kamae

- 01 maegeri - chudan kamae
- 02 jodan gyakuzuki
- 03 ushiro kaeashi gedanbarai uke
- 04 jodan uchikomi uke
- 05 chudan gyakuzuki - chudan kamae
- 06 maegeri
- 07 jodan kizamizuki
- 08 ushiro zenkutsudachi gedan nagashi teisho uke
- 09 ushiro zenkutsudachi jodan nagashi teisho uke
- 10 chudan gyakuzuki
- 11 jodan kizamizuki
- 12 oikomi jodan zuki
- 13 chudan gyakuzuki
- 14 ushiro kaeashi morote harai uke jodan
- 15 chudan uchikomi uke
- 16 chudan gyakuzuki
- 17 ushiro Kaeashi chudan mawashigeri
- 18 tsugiashi chudan gyakuzuki

ura ko chudan kamae

19-36 ura waza

GOSHIN TAI DA SAN

ko chudan kamae

- 1 jodan kizamizuki
- 2 tsugiashi chudan gyakuzuki
- 3 ushiro yoriashi jodan uchikomi uke
- 4 ushiro yoriashi gedanbarai uke
- 5 jodan urakenuchi
- 6 mae kaeashi jodan shutouchi
- 7 ushiro-yoko (diagonale) kaeashi +yoriashi naihanchidachi nagashi teisho uke
- 8 fumikomi
- 9 mae-yoko (diagonale) kaeashi hekodachi (ko naihanchidachi) jodan shutouchi

ura ko chudan kamae

10-18 ura waza

GOSHIN TAI DA YON

ko chudan kamae

- 1 jodan oizuki
- 2 chudan gyakuzuki
- 3 ushiro yoriashi uchikomi uke jodan
- 4 ushiro yoriashi gedanbarai uke
- 5 chudan gyakuzuki
- 6 mae tsugiashi jodan age empiuchi
- 7 ushiro-yoko (diagonale) kaeashi+yoriashi naihanchidachi nagashi
teisho uke
- 8 fumikomi
- 9 mae-yoko (diagonale) gyaku jodan haitouchi

ura ko chudan kamae

10-18 ura waza