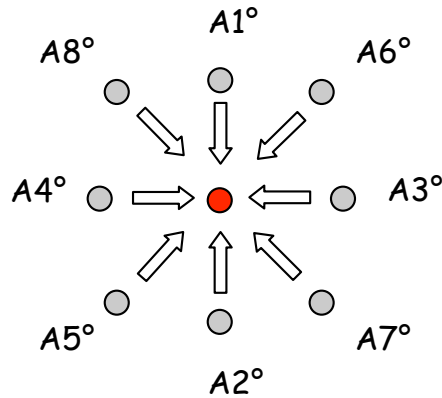


Goshin Taikyoku Yon

- (72 TECNICHE) -



n.b.: le gestualità sotto descritte non sono assolutamente esaustive, rappresentano solamente una traccia per la memorizzazione del

KATA

YOI

-A1°: sul posto : da hachiji-dachi no kamae a goshin-dachi sx (harai-uke chudan sx + uchikomi uke chudan sx + tsuki chudan dx)

indietro yoriashi goshin-dachi sx (uchikomi uke chudan sx + hiji-harai-uke chudan sx + tsuki chudan dx)

indietro kaeashi goshin-dachi dx (harai-uke chudan dx + uchikomi uke chudan dx + tsuki chudan sx)

indietro yoriashi goshin-dachi dx (uchikomi uke chudan dx + hiji-harai-uke chudan dx + tsuki chudan sx)

-A2°: mawatte : goshin-dachi sx (harai-uke jodan sx + uchikomi-uke chudan sx + tsuki chudan dx)

indietro yoriashi goshin-dachi sx (uchikomi-uke jodan sx + gedan-barai sx + tsuki chudan dx)

indietro yoriashi goshin-dachi sx (gedan-barai sx + uchikomi-uke jodan sx + tsuki chudan dx)

indietro kaeashi goshin-dachi dx (harai-uke jodan dx + uchikomi-uke chudan dx + tsuki chudan sx)

indietro yoriashi goshin-dachi dx (uchikomi-uke jodan dx + gedan-barai dx + tsuki chudan sx)

indietro yoriashi goshin-dachi dx (gedan-barai dx + uchikomi-uke jodan dx + tsuki chudan sx)

-A3°: (90 ° sx) ruotando sul posto goshin-dachi sx harai-uke jodan sx + gedanbarai interno sx (con spostamento e piccola rotazione) in fudo-dachi sx + tsuki chudan dx indietro (riallineandosi) yoriashi goshin-dachi sx (gedan-barai sx + harai-uke sx + tsuki chudan dx)

-A4°: mawatte: goshin-dachi dx harai-uke jodan dx + gedanbarai interno dx (con spostamento e piccola rotazione) in fudo-dachi dx + tsuki chudan sx indietro (riallineandosi) yoriashi goshin-dachi dx (gedan-barai dx + harai-uke dx + tsuki chudan sx)

-A5°:(diagonale 45° sx) goshin-dachi sx (teisho-uke chudan dx + haito-harai uke chudan sx + tsukami uke chudan sx + tsuki chudan dx)
indietro yoriashi 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)
indietro yoriashi goshin-dachi sx (teisho-uke chudan dx + haito-harai uke chudan sx + teisho-uke chudan sx + haito-harai uke chudan dx + tsukami-uke chudan dx + teisho-uchi chudan sx + tsuki chudan dx)

-A6°:) mawatte: goshin-dachi dx (teisho-uke chudan sx + haito-harai uke chudan dx + tsukami uke chudan dx + tsuki chudan sx)
indietro yoriashi goshin-dachi dx (teisho-uke chudan sx + haito-harai chudan uke dx + teisho-uke chudan sx + haito-harai uke chudan dx + tsukami-uke chudan dx + teisho-uchi chudan sx + tsuki chudan sx)
indietro yoriashi goshin-dachi dx (teisho-uke chudan sx + haito-harai uke chudan dx + teisho-uke chudan dx + haito-harai uke chudan sx + tsukami-uke chudan sx + teisho-uchi chudan dx + tsuki chudan sx)

-A7°: (90 °dx) goshin-dachi dx (gedan-barai dx + gyaku tsuki sx + jun tsuki dx)
avanzando mae geri sx + jun tsuki sx

-A8°: mawatte in kirikaeshi verso sx (gedan-barai sx + gyaku tsuki dx + jun tsuki sx)
avanzando mae geri dx + jun tsuki dx

risalendo hachiji-dachi shizen tai no kamae.

FINE