

BASSAI SHO ENGI BUNKAI - 36 Kyodo -

Yoi (Rei "Bassai-Sho Engi Bunkai" Kamae)

| Â ESECUZIONE DEL KATA | | TECNICHE DA APPLICARE | |
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| Yoi | | | |
| | | 1 | Gedan Ryosho Awase Harai Uke |
| | | 2 | Jodan Ryosho Awase Harai Nagashi - Jodan Ryosho Nukite |
| | | 3 | dx Jodan Shuto Uchi |
| | | 4 | sx Tatezuki |
| 5 | Jodan Ryosho Tsukami Uke - Kamae | | |
| 6 | dx Gedan Kaisho Kake Uke - Gedan Kamae | | |
| | | 7 | Ryosho Tsukami Uke |
| | | 8 | Gyakute Waza |
| | | 9 | dx Chudan Tatezuki |
| | | 10 | sx Jodan Shuto Ura Uchi |
| | | 11 | dx Jodan Shuto Jun Uchi |
| 12 | sx Chudan Kamae | | |
| 13 | dx Jodan Haito Uchi dx Chudan Yoko Geri Keage | | |
| 14 | sx Chudan Tate Shuto Uke | | |
| 15 | dx Chudan Renzuki | | |
| 16 | sx Gedan dx Jodan Morote Kamae | | |
| 17 | dx Gedan sx Jodan Morote Kamae | | |
| 18 | dx Shuto Uke | | |
| 19 | sx Shuto Uke | | |
| 20 | dx Shuto Uke | | |
| | | 21 | sx Shuto Uke |
| | | 22 | sx Nukite dx Tsukami |
| | | 23 | Ryote Tsukami - dx Gedan Fumikomi |
| | | 24 | Ryowan Jodan Kake Uke |
| | | 25 | sx Jodan Kizamizuki dx Chudan Gyakuzuki |
| | | 26 | dx Maegeri |
| | | 27 | Kosa Dachi - Ryoken Koshi Kamae |
| | | 28 | Morotezuki |
| 29 | sx Chudan Kentsui Uchi | | |
| 30 | dx Chudan OizukiÂ | | |

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| 31 | dx Jodan Gedan Harai Kake Uke Ryoken kamae - Morotezuki | | |
| 32 | sx Jodan Gedan Harai Kake Uke Ryoken kamae - Morotezuki | | |
| 33 | dx Jodan Gedan Harai Kake Uke Ryoken kamae - Morotezuki | | |
| | | 34 | dx Jodan Kaisho Harai sx Harai Kake Uke - sx Nukite |
| | | 35 | dx Chudan Gyakuzuki |
| 36 | Kaisho Harai Kake Uke | | |
| Yame Rei Naotte sx = sinistra - dx = destra | | | |

[Tabella Bunkai](#) - [Tabella Video](#) - [Tabella Esercizi](#)