

# **JKF GOJU KAI KIHON**

# 基本の立ち方

Basic stance



閉足立ち  
Heisokudachi  
(Parallel Closed Stance)



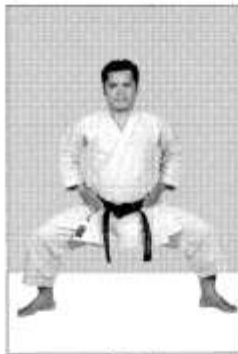
結び立ち  
Musubidachi  
(Open Toes Stance)



平行立ち  
Heikodachi  
(Parallel Stance)



外八字立ち  
Soto-HachiJidachi  
(Figure of Eight Stance)



四股立ち  
Shikodachi  
(Square Stance)



三戦立ち  
Sanchindachi  
(Hour Glass Stance)



猫足立ち  
Nekoashidachi  
(Cat Stance)



猫足立ち  
Nekoashidachi  
(Cat Stance)



前屈立ち  
Zenkutsudachi  
(Forward Leaning Stance)



後屈立ち  
Kokutsudachi  
(Back Leaning Stance)



弁足立ち  
Bensokudachi  
(Turning Cross Leg Stance)

## 基本の技 (受け技) Basic Waza (Uke-Waza)



上げ受け 1  
Age-Uke (Upper Block) 1



上げ受け 2  
Age-Uke (Upper Block) 2



横受け 1  
Yoko-Uke (Side Block) 1



横受け 2  
Yoko-Uke (Side Block) 2



内受けの準備 1  
Prepare Uchi-Uke 1



内受け 2  
Uchi-Uke (Inner Block) 2



払い受け  
Harai-Uke (Low Block)



掛け受け 1  
Kake-Uke (Hook Block) 1



掛け受け 2  
Kake-Uke (Hook Block) 2



裏掛け受け  
Ura-Kake-Uke  
(Back Hand Hook Block)



掬い裏掛け受け  
Sukui-Ura-Kake-Uke



右回し受けの準備 1  
Prepare Right-Mawashi-Uke 1



回し受け 2  
Mawashi-Uke  
(Round House Block)



交差受け 1  
Kosa-Uke (Cross Block) 1



交差受け 2  
Kosa-Uke (Cross Block) 2

## 基本の技 (攻め技) Basic Waza (Seme-Waza)



前突き (順突き)  
Mae-Tsuki  
(Jantsuki) (Straight Punch)



前突き (逆突き)  
Mae-Tsuki (Gyakutsuki)  
(Reverse Punch)



裏突き  
Ura-Tsuki (Close Punch)



上げ突き  
Age-Tsuki (Rising Punch)



後ろ突き  
Ushiro-Tsuki (Back Punch)



寸突き  
Sun-Tsuki (Short Punch)



平行突き  
Heiko-Tsuki (Parallel Punch)



合わせ突き  
Awase-Tsuki ('U' Punch)



裏拳打ち  
Ura-Ken-Uchi  
(Back Fist Snap Strike)



左横受け右振り打ち  
Left-Yoko-Uke Right-Furi-Uchi  
(Left Side Block Right Body Strike)



拳槌打ち  
Kentsui-Uchi  
(Hammer Fist Strike)



手刀打ち  
Shuto-Uchi  
(Knife Hand Strike)



手刀外回し打ち  
Shuto-Soto-Mawashi-Uchi  
(Knife Hand Roundhouse Circle Strike)



手刀打ち  
Shuto-Uchi  
(Knife Hand Strike)



裏手刀外回し打ち  
Ura-Shuto-Soto-Mawashi-Uchi  
(Inverse Knife Hand Roundhouse Circle Strike)



前肘当て  
Mae-Hiji-Ate  
(Front Elbow Strike)



回し肘当て  
Mawashi-Hiji-Ate (Elbow Roundhouse Circle Strike)



横肘当て  
Yoko-Hiji-Ate  
(Side Elbow Strike)



後ろ肘当て  
Ushiro-Hiji-Ate  
(Back Elbow Strike)



下肘当て  
Shita-Hiji-Ate  
(Lower Elbow Strike)



両掌底当て  
Ryo-Shotei-Ate  
(Palm-Heel Strike)



膝当て  
Hiza-Ate  
(Kneeling)



前蹴り  
Mae-Keri  
(Front Kick)



足刀蹴り  
Sokuto-Keri  
(Front Angle Side Kick)



回し蹴り  
Mawashi-Keri  
(Round House Kick)



関節蹴りの準備 1  
Prepare Kansetsu-Keri 1



関節蹴り 2  
Kansetsu-Keri 2  
(Joint Kick)