



ASHI NO HAKOBI



極真会館

極真会館

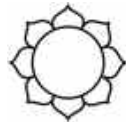


TABLE OF CONTENTS

BODY-PARTS - JAPANESE W/KANJI

FOOT POSITION - VISUALS

リベラ 道場

リベラ 道場 RIVERA DOJO

FOOT POSITION IN STANCES - VISUALS

TERMS
JAPANESE
&
ENGLISH



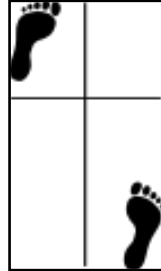
HAISOKU / HEISOKU DACHI - FOOT TOGETHER STANCE



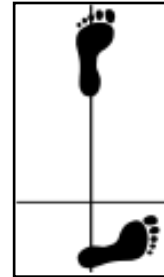
MUSUBI DACHI - OPEN TOED STANCE



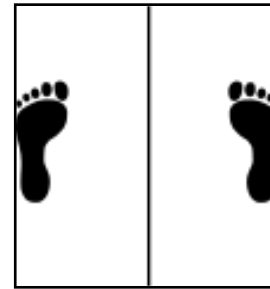
SANCHIN DACHI - CROOKED-FOOT STANCE (3 BATTLES STANCE)



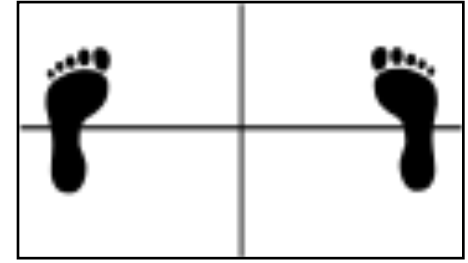
ZENKUTSU DACHI - FORWARD-LEANING STANCE



KOKUTSU DACHI - CAT STANCE



YOI / HEIKO DACHI - READY STANCE



KIBA DACHI - HORSE-BACK STANCE

後屈立

用意立 平行立

騎馬立

閉足立 平行立

結び立

三戦立

前屈立ち立

HIZA - KNEE



膝

SUNE - SHIN



ドウ

SOKUTO - KNIFE EDGE OF FOOT



足刀

KAKATO - HEEL OF FOOT



踵返

CHOSUKU - BALL OF FOOT



前足

TERMS
Katakana:
Kanji

I. CHUSUKO			
II. HAIKOKU			
III. HIZA			
IV. KAKATO			
V. SAKUTO			
VI. SUNE			

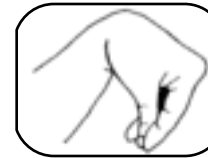
HAISOKU - TOP OF FOOT	閉足	CHOSUKU - BALL OF FOOT	前足
II		IV	
HIZA - KNEE	膝	KAKATO - HEEL OF FOOT	踵返
III		V	
		SOKUTO - KNIFE EDGE OF FOOT	足刀
VI	ドウ		
SUNE - SHIN			

BODY-
PARTS -
JAPANESE IN
KATAKANA
KANJI
カタ
カナ

BODY -
PARTS

KATAKANA
KANJI

NIHONGO GA
- ENGLISH



コケン

KOKEN -
WRIST



膝

HIJI OR
EMPI -
ELBOW



膝

HIZA -
KNEE



正拳

SEIKEN -
FIST

