



GERIS / KERIS



極真會館



極真會館

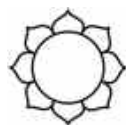


TABLE OF CONTENTS

ABOUT GERIS/ KERIS OR KICKS

JAPANESE AND ENGLISH TEXT



リベラ 道場

リベラ 道場 RIVERA DŌJŌ



CHUSOKU -
BALL OF
FOOT



用意立

YOI
DACHI -
READY
STANCE



前上

MAE
KEAGE -
FRONT
HIGH
KICK



用意立

YOI
DACHI -
READY
STANCE



前上

MAE
KEAGE -
FRONT
HIGH
KICK



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



中段前蹴

CHÜDAN
MAE
GERI -
MIDDLE
FRONT
SNAP KICK



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



中段前蹴

CHÜDAN
MAE
GERI -
MIDDLE
FRONT
SNAP KICK

MAE GERIS 前蹴 (FRONT KICKS)



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



下段前
踵返蹴

GEDAN
MAE
KAKATO
GERI -
FRONT
LOW
HEEL
KICK



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



下段前
踵返蹴

GEDAN
MAE
KAKATO
GERI -
FRONT
LOW
HEEL
KICK



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



上段前蹴

JÖDAN
MAE
GERI -
FRONT
HIGH
SNAP
KICK



用意立

YOI
DACHI -
READY
STANCE



膝上

HIZA
UE -
KNEE
UP



上段前蹴

JÖDAN
MAE
GERI -
FRONT
HIGH
SNAP
KICK

SUNE



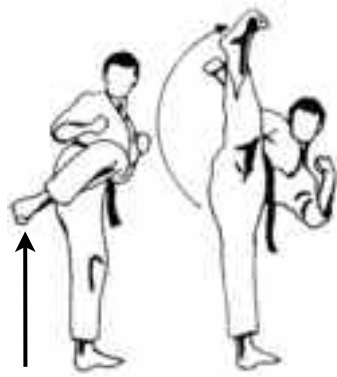
ドウ



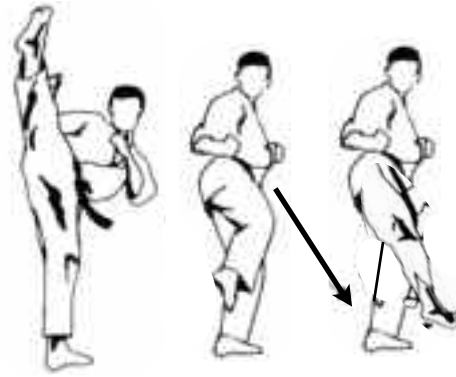
用意立



膝上

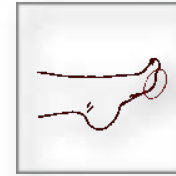


上段 廻蹴



上段 閉足 廻蹴

CHUSOKU



HAIKOKU



閉足

MAWASHI GERIS

廻蹴

SUNE



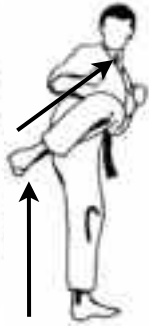
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用意立



膝上



中段 廻蹴



CHŪDAN (SUNE)
MAWASHI GERI

SUNE



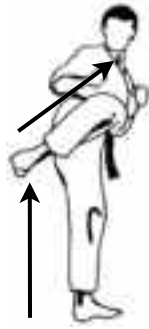
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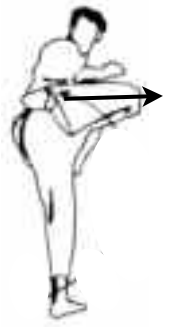
用意立



膝上



下段 廻蹴



GEDAN (SUNE)
MAWASHI GERI

上段 JŌDAN 中段 CHŪDAN 下段 GEDAN

上段 UPPER 中段 MIDDLE 下段 LOWER

YOI DACHI -
READY STANCE

HIZA UE -
KNEE UP

JŌDAN
(CHUSOKU)
MAWASHI GERI

JŌDAN
(HAIKOKU)
MAWASHI GERI

SUNE

ドウ

SUNE

ドウ

YOI DACHI -
READY STANCE

HIZA UE -
KNEE UP

GEDAN (SUNE)
MAWASHI GERI

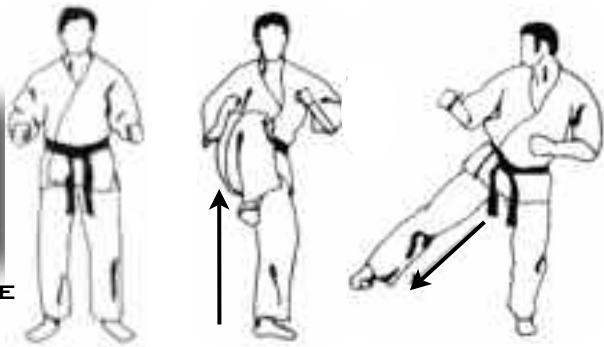
上段 JŌDAN 中段 CHŪDAN 下段 GEDAN

上段 UPPER 中段 MIDDLE 下段 LOWER

足刀



KNIFE-EDGE OF FOOT



用意立

YOI DACHI - READY STANCE

膝上

HIZA UE - KNEE UP

下段横蹴

GEDAN YOKO GERI - LOW SIDE SNAP KICK

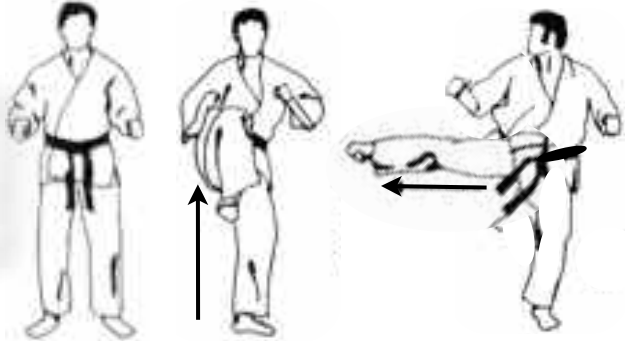
横蹴



踵返



HEEL OF FOOT



用意立

YOI DACHI - READY STANCE

膝上

HIZA UE - KNEE UP

中段横蹴

CHÜDAN YOKO GERI - MIDDLE SIDE SNAP KICK

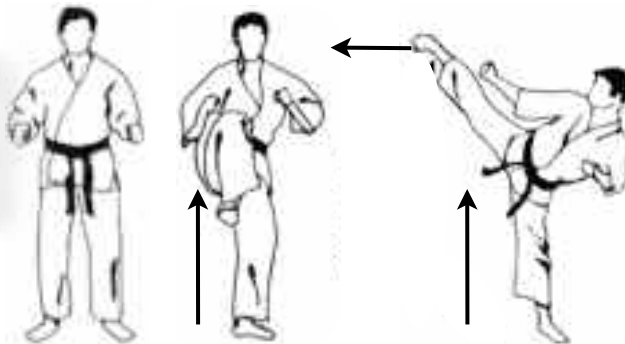
横蹴



踵返



HEEL OF FOOT



用意立

YOI DACHI - READY STANCE

膝上

HIZA UE - KNEE UP

上段横蹴

JÖDAN YOKO GERI - UPPER SIDE SNAP KICK

横蹴



YOI DACHI - READY STANCE

下段前膝蹴

GEDAN MAE HIZA GERI

膝蹴

中段前膝蹴

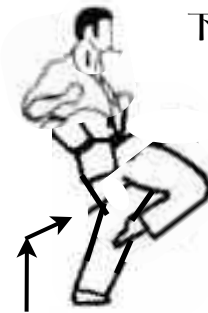
CHÜDAN MAE HIZA GERI

下段前内前膝蹴

GEDAN MAE UCHI HIZA GERI

膝上

HIZA UE - KNEE UP



LOWER FRONT KNEE KICK

MIDDLE FRONT KNEE KICK

LOWER FRONT INSIDE KNEE KICK

後蹴



用意立

YOI DACHI -
READY STANCE



膝上

HIZA UE -
KNEE UP



回天

KAITEN -
ROLL/
REVERSE



USHIRO GERI -
BACK KICK

後蹴後蹴



用意立

YOI DACHI -



膝上

HIZA UE -



回天

KAITEN -
ROLL/
REVERSE



USHIRO MAWASHI
GERI -
BACK STRAIGHT LEG
ROUNDHOUSE KICK

後廻蹴

後力ヶ廻蹴



用意立

YOI DACHI -
READY
STANCE



膝上

HIZA UE -
KNEE UP



回天

KAITEN -
ROLL/
REVERSE



力ヶ
踵返

KAKE/
KAKATO -
HOOK/HEEL



USHIRO MAWASHI
KAKE GERI -
BACK ROUNDHOUSE
HOOK KICK

後力ヶ廻蹴

KNEE
PAST
POINT
OF
IMPACT
OR
TARGET



合わせ技

AWASE WAZA -
COUNTER TECHNIQUE

KNEE
PAST
POINT
OF
IMPACT
OR
TARGET

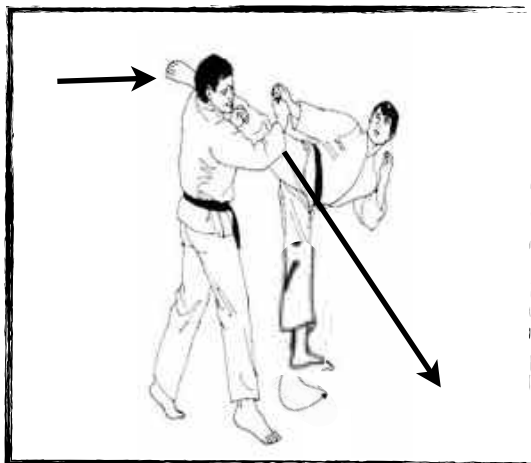


袈裟蹴

JODAN KESA GERI -
UPPER DIAGONAL KICK

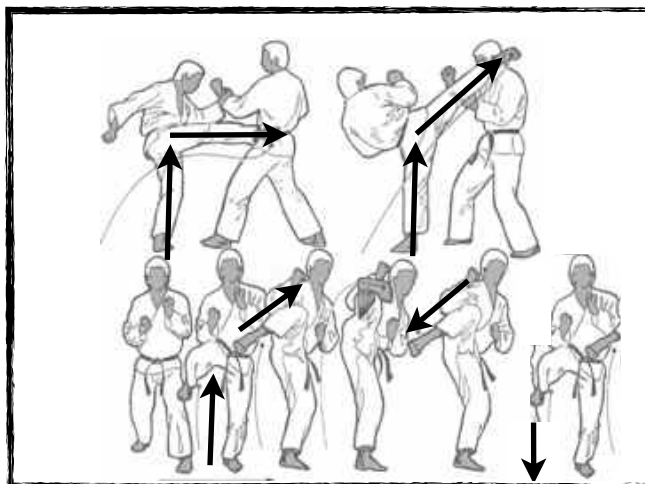
JODAN MAWASHI GERI -
UPPER
ROUNDHOUSE KICK

上段廻蹴



MAWASHI GERI -
ROUNDHOUSE KICK

廻蹴



SUNE UKE -
SHIN BLOCK



ドウ受け



USHIRO GERI -
BACK KICK

後蹴

