



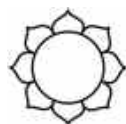
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TSUKIS 突き (PUNCHES)  
&  
ATE 肘 (STRIKES)



極真会館

極真会館



TSUKIS IN SANCHIN DACHI 突き 三戦立



ATES IN SANCHIN DACHI 肘 三戦立 イキ

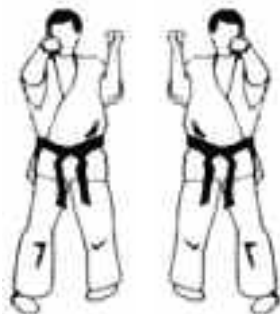
リベラ 道場

リベラ 道場 RIVERA DOJO



三戦立

SANCHIN DACHI  
-  
THREE BATTLES  
STANCE



三戦立

SANCHIN DACHI  
-  
SEIKEN AGO  
UCHI TSUKI



三戦立

SANCHIN DACHI  
-  
SEIKEN CHUDAN  
TSUKI



三戦立

SANCHIN DACHI  
-  
SEIKEN GEDAN  
TSUKI



三戦立

SANCHIN DACHI  
-  
SEIKEN JODAN  
TSUKI



正拳顎中段突

CHIN FIST PUNCH

正拳中段突

MIDDLE FIST PUNCH

正拳下段突

LOWER FIST PUNCH

正拳上段突

UPPER FIST PUNCH

裏拳 URAKEN - BACKFIST

三戦立

SANCHIN DACHI  
-  
SEIKEN SHITA  
TSUKI

三戦立

SANCHIN DACHI  
-  
SEIKEN FURI  
TSUKI

三戦立

SANCHIN DACHI  
-  
SEIKEN MOROTE  
TSUKI

三戦立

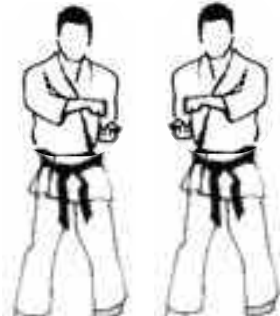
SANCHIN DACHI  
-  
SEIKEN URAKEN  
GAMMEN/  
SHOMEN UCHI

三戦立

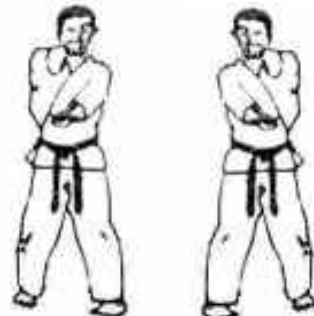
SANCHIN DACHI  
-  
SEIKEN URAKEN  
SAYU UCHI



SHITA TSUKI -  
UPPERCUT



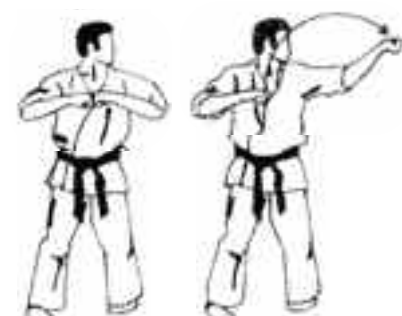
FURI UCHI -  
HOOK PUNCH



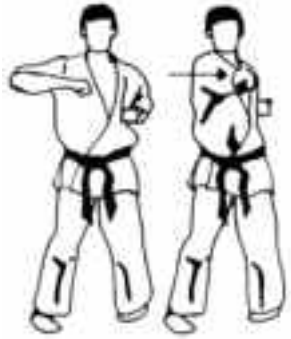
双手突き MOROTE  
-  
DOUBLE PUNCH



裏拳 URAKEN - BACKFIST



肘当 HIJI ATE

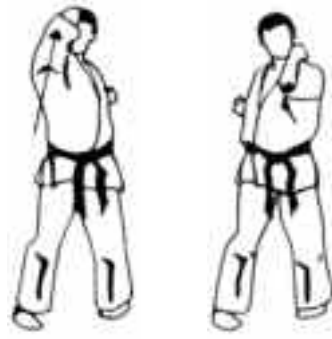


三戦立

SANCHIN DACHI -  
CHUDAN SOTO HIJI ATE

中段 肘

MIDDLE ELBOW STRIKE



三戦立

SANCHIN DACHI -  
JODAN MAE HIJI AGE

上段 肘 上げ

UPPER ELBOW STRIKE



三戦立

SANCHIN DACHI -  
JODAN SOTO HIJI ATE

上段 肘

UPPER ELBOW STRIKE

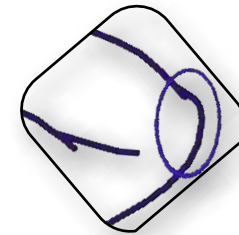
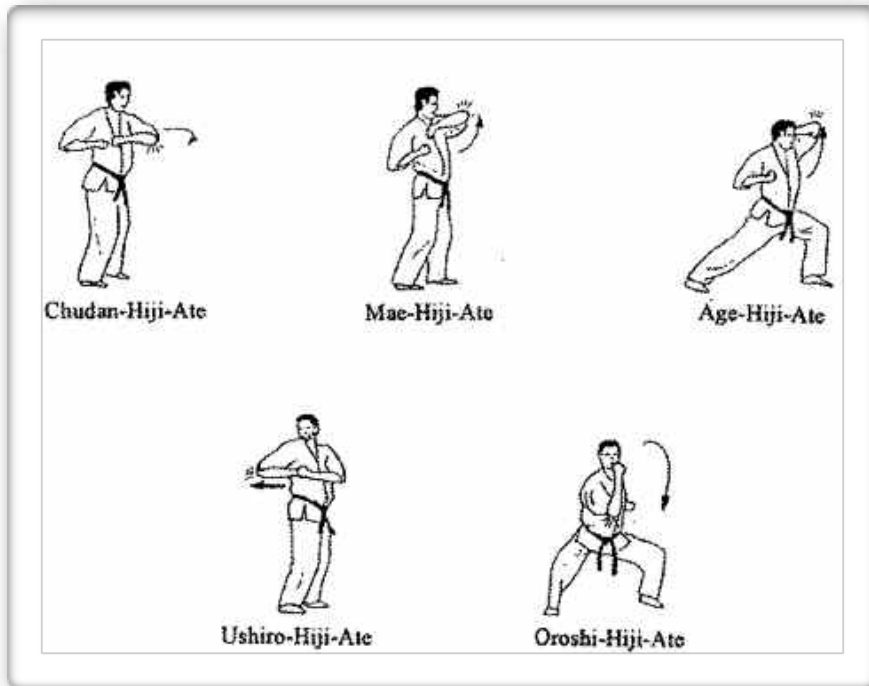


三戦立

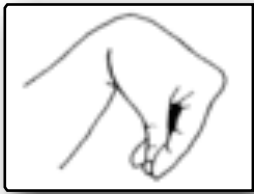
SANCHIN DACHI -  
GEDAN HIJI OROSHI ATE

下段 肘

LOWER ELBOW STRIKE



肘 HIJI OR 猿臂 EMPI



リスト WRIST - KOKEN



三戦立

SANCHIN DACHI - CHUDAN KOKEN



三戦立

SANCHIN DACHI - GEDAN KOKEN



三戦立

SANCHIN DACHI - JODAN KOKEN



ソウ手 PALM HAND - SHOTEI

騎馬立

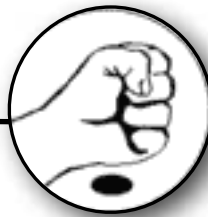
KIBA DACHI - JODAN YOKO TETTSUI

騎馬立

KIBA DACHI - JODAN YOKO TETTSUI

騎馬立

KIBA DACHI - JODAN YOKO TETTSUI



鉄槌 TETTSUI - HAMMERFIST



三戦立

SANCHIN DACHI - JODAN UCHI TETTSUI



三戦立

SANCHIN DACHI - GEDAN HIZO TETTSUI



三戦立

SANCHIN DACHI - JODAN GAMMEN TETTSUI



三戦立

SANCHIN DACHI - SHOMEN TETTSUI

