



TABLE OF CONTENTS

UKES 受け (BLOCKS)

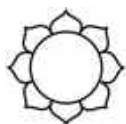
SANCHIN DACHI WITH SEIKEN UKES
三戦立 正拳 受 (FIST BLOCKS)



極真会館



極真会館



SANCHIN DACHI WITH SHUTŌ UKES
三戦立 酒盗 受 (KNIFE HAND BLOCKS)



リベラ 道場

リベラ 道場 RIVERA DŌJŌ



三戦立



三戦立



三戦立



三戦立



三戦立

前屈立ち ZENKUTSU DACHI - FORWARD LEANING STANCE

下段払い

上段受け

中段 内弟 受け



GEDAN BARAI, JODAN UKE, CHUDAN UCHI UKE:

LOWER PARRY, UPPER BLOCK, INSIDE TO OUTSIDE BLOCK

上段 受け

SANCHIN DACHI - JODAN UKE

THREE BATTLES STANCE - UPPER BLOCK

中段 内弟 受け

下段払い
SANCHIN DACHI - CHUDAN UCHI UKE

GEDAN BARAI
THREE BATTLES STANCE - INSIDE TO OUTSIDE LOWER PARRY BLOCK

中段 外弟 受け

SANCHIN DACHI - CHUDAN SOTO UKE

THREE BATTLES STANCE - OUTSIDE TO INSIDE BLOCK

下段払い

SANCHIN DACHI - GEDAN BARAI

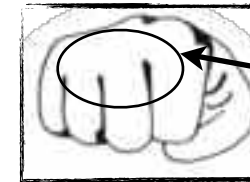
THREE BATTLES STANCE - LOWER PARRY BLOCK

中段 内弟 受け

SANCHIN DACHI - CHUDAN UCHI UKE

THREE BATTLES STANCE -

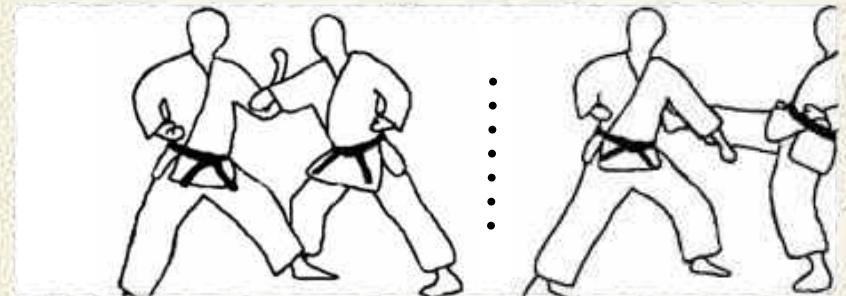
SEIKEN - FIST OR FIRST TWO KNUCKLES



正拳

CHUDAN SOTO UKE

GEDAN BARAI



中段外受

下段払い

OUTSIDE TO INSIDE BLOCK

LOWER PARRY



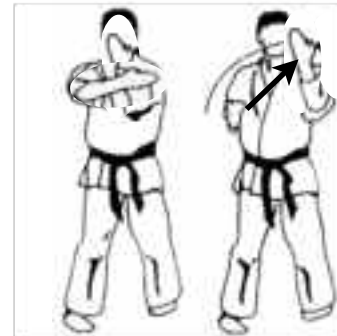
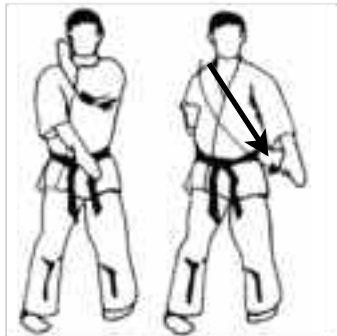
ドウ受け

SUNE UKE - SHIN BLOCK



酒盗

SHUTŌ - KNIFE EDGE OF HAND



三戦立

三戦立

三戦立

三戦立

酒盗
下段払い

酒盗
上段受け

酒盗
中段内弟
受け
下段払い

酒盗
中段内弟
受け

酒盗
外弟内弟
受け

SANCHIN
DACHI -
SHUTŌ
GEDAN
BARAI

SANCHIN
DACHI -
SHUTŌ
JODAN
UKE

SANCHIN
DACHI -
SHUTŌ
CHUDAN
UCHI UKE
GEDAN
BARAI

SANCHIN
DACHI -
SHUTŌ
CHUDAN
UCHI UKE

SANCHIN
DACHI -
SHUTŌ
CHUDAN
SOTO
UKE

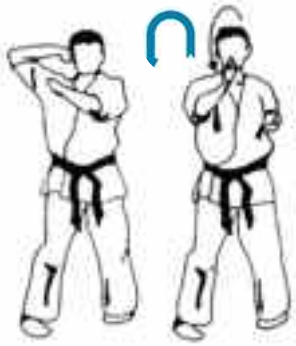
THREE
BATTLES
STANCE
-
LOWER
PARRY
BLOCK

THREE
BATTLES
STANCE
-
UPPER
BLOCK

THREE
BATTLES
STANCE
-
INSIDE
TO
OUTSIDE
LOWER
PARRY
BLOCK

THREE
BATTLES
STANCE
-
INSIDE
TO
OUTSIDE
BLOCK

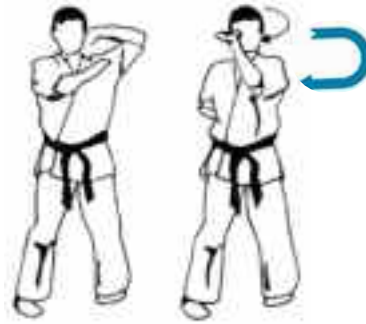
THREE
BATTLES
STANCE
-
OUTSIDE
TO
INSIDE
BLOCK



三戦立

SANCHIN DACHI -
SHUTŌ
SAKUTSO UCHI

THREE BATTLES STANCE -
KNIFE HAND TO COLLARBONE



三戦立

SANCHIN DACHI -
SHUTŌ
GAMMEN UCHI

THREE BATTLES STANCE -
KNIFE HAND TO TEMPLE



三戦立

SANCHIN DACHI -
SHUTŌ
SAKUTSO UCHIKOMI

THREE BATTLES STANCE -
KNIFE HAND STRAIGHT TO
COLALRBONE

THREE BATTLES STANCE -
KNIFE HAND TO KIDNEY

SANCHIN DACHI -
SHUTŌ
HIZO UCHI

三戦立



THREE BATTLES STANCE -
KNIFE HAND INSIDE BLOCK

SANCHIN DACHI -
SHUTŌ
UCHI UKE

三戦立

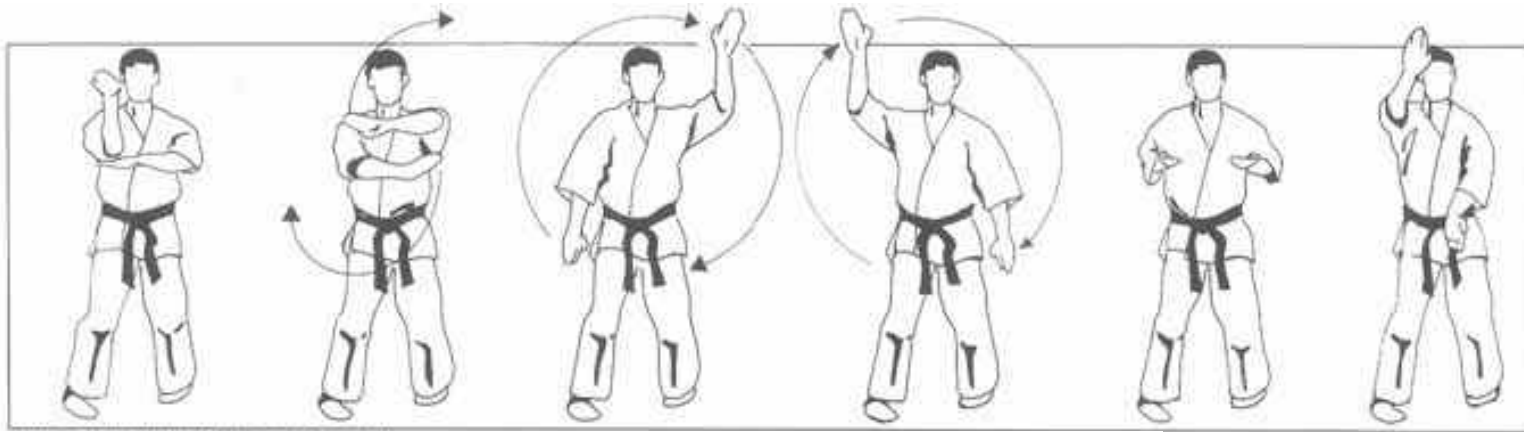


THREE BATTLES STANCE -
KNIFE HAND INSIDE STRIKE

SANCHIN DACHI -
SHUTŌ
UCHI UCHI

三戦立





SHUTŌ MAWASHI UKE

CIRCULAR BLOCK TURNING INTO A STRIKE TO CHIN OR FACE AND GROIN

