

GANKAKU ENGI BUNKAI (54 Kyodo)

N.B.: PRESTARE ATTENZIONE ALLA TECNICA NR. 23 IN QUANTO E' STATA MODIFICATA

ESECUZIONE DEL KATA

TECNICHE DA APPLICARE

	Yoi - Hachijidachi		
		1	Ryote Jodan Sokumen Awase Uke
		2	Ryote Tsukami Osae
		3	dx Chudan Urazuki
		4	dx/sx Tsukami
		5	dx Hizageri (Kiai)
		6	dx/sx Hiki Nage
7	dx Sokumen Gedanbarai		
8	Jodan Kosa uke - Ryoken Chudan Jyuji Kamae		
9	Nidangeri - Gedan Jyujiuke		
10	Gedan Jyujiuke		
		11	dx Gedanbarai
		12	sx Kamae
		13	sx Gedan Shutouke
		14	sx Sho Osae - dx Chudan Gyakuzuki (Kiai)
15	Ryote Chudan Kakiwakeuke		
16	Ryote Chudan Uchi Kakiwakeuke		
17	Ryoken Gedan Kamae		
18	sx/dx Gedan/Jodan Morote Kamae		
19	dx/sx Gedan/Jodan Morote Kamae		
20	sx/dx Gedan/Jodan Morote Kamae		
		21	Gedan Jyujiuke
		22	sx Jodan Gyaku Sho Nagashiuke - dx Junzuki
		23	sx Sho Gedan Kake - dx Sho Jodan Kake - Nage
		24	dx Gedanzuki (Kiai)
25	Ryoken Chudan Uchi Kakiwakeuke		
26	Ryoken Gedan Kamae		
27	Ryoken Koshi Hiji Hari Kamae		
28	dx Hiji Uke		
29	sx Hiji Uke		
30	Ryoken Chudan Uchi Kakiwakeuke		
		31	sx Gedanbarai - dx Jodan Kamae
		32	sx Jodan Sotouke
		33	sx Yokogeri
		34	sx Jodan Urakenuchi
		35	dx Tsugiashi Gyakuzuki (Kiai)
36	dx Chudan Oizuki (Kiai)		
37	dx/sx Gedan/Jodan Morote Kamae		
38	sx Ryoken Koshi Kamae		
39	dx Jodan Urakenuchi - dx Chudan Yokogeri Keage		
40	sx Chudan Gyakuzuki		
41	sx/dx Gedan/Jodan Morote Kamae		
42	dx Ryoken Koshi Kamae		
43	sx Jodan Urakenuchi - sx Chudan Yokogeri Keage		
44	dx Chudan Gyakuzuki		
		45	dx Jodan Shutouke
		46	sx Jodan Tate Hijiate
		47	Gedan Ryote Tsukami
		48	dx Jodan Uraken Uchi
		49	Gedan Ryote Tsukami Uke
		50	Kaiten Gyaku Nage Waza
		51	sx Gedanzuki (Kiai)
52	dx Ryoken Koshi Kamae		
53	sx Jodan Urakenuchi - sx Chudan Yokogeri Keage		
54	dx Chudan Oizuki (Kiai)		
	Yame Rei Naotte		

dx = destra

sx = sinistra