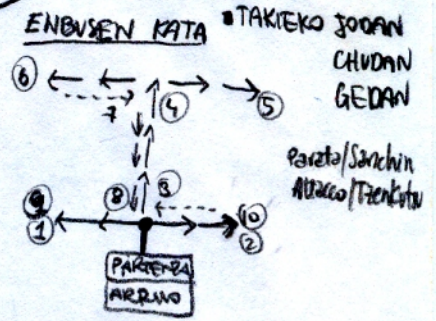


APPUNTI CINTURA BIANCA

KATA

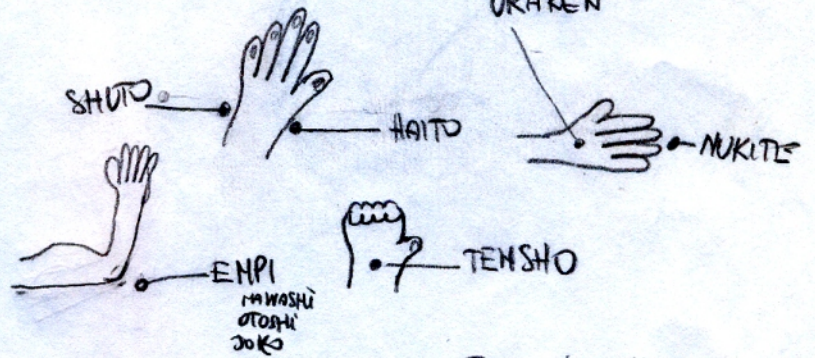
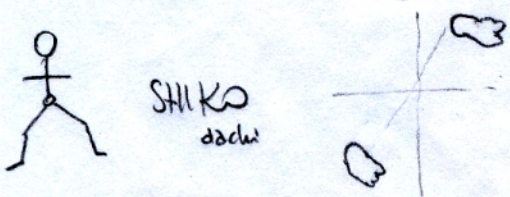
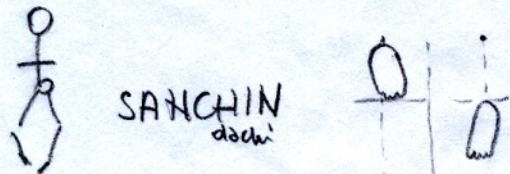
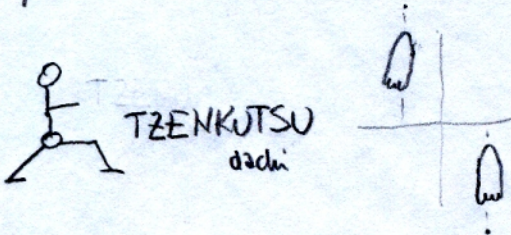
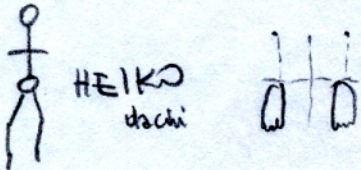
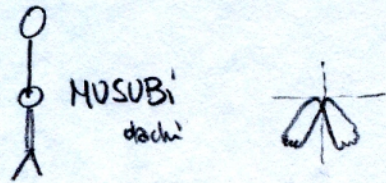


HIDARI
(sinistra)

MIGI
(destra)

101
Atten

DACHI (posizione)



difesa → UKE (parato)

attacco → UCHI (colpo)

JODAN alto
CHUDAN medio
GEDAN basso

TZUKI → OI (anteriore) ≙ KIZAMI
GIYAKU ("opposto"/posteriore)

GERI (calcio)

MAEGERI (frontale)

MAWASHI GERI (circolare)

URAMA WASHI GERI (circolare rovesciato)

JOKO GERI (Teglio del piede)

USHIRO GERI (calcio girato)

OTOBI GERI (calcio saltato)

KANSITSU GERI (calcio di taglio all'articolazione)

KAKATSU GERI (calcio ad ascia)

MAWATE
girare/dietro front

