

# KOBUDO

## II. 棒術基本技

### THE BASIC TECHNIQUES

基本技 (BASIC)	構え方 5つ (5 POSTURES)	— 中段の構え	CHŪDAN-KAMAE
		— 下段の構え	GEDAN-KAMAE
		— 上段の構え	JŌDAN-KAMAE
		— 脇の構え	WAKI-KAMAE
		— 八相の構え	HASSŌ-KAMAE
	受け方 5つ (5 DEFENSES)	— 外受け	SOTO-UKE (OUTER BLOCK)
		— 内受け	UCHI-UKE (INNER BLOCK)
		— すくい受け	SUKUI-UKE (SLIDING UP BLOCK)
		— 下段受け	GEDAN-UKE (LOW BLOCK)
		— 払い受け	HARAI-UKE (SWEEPING BLOCK)
	攻め方 5つ (5 ATTACKS)	— 貫き突き	NUKI-TSUKI (SLIDING THRUST)
		— 前手突き	MAEDE-TSUKI (FRONT HAND THRUST)
		— 下段突き	GEDAN-TSUKI (LOW THRUST)
		— 上段打ち	JŌDAN-UCHI (OVERHEAD STRIKE)
		— 振上げ打ち	FURIAGE-UCHI (UPWARD STRIKE)
	— 横打ち	YOKO-UCHI (SIDE STRIKE)	
	— 裏打ち	URA-UCHI (BACK STRIKE)	

#### 1. 構え方の練習法 WAY OF PRACTICING 5 POSTURES (KAMAE)

##### A. 礼 REI (BOW)



①



②

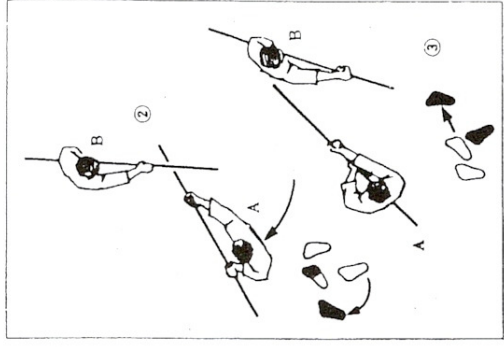


①

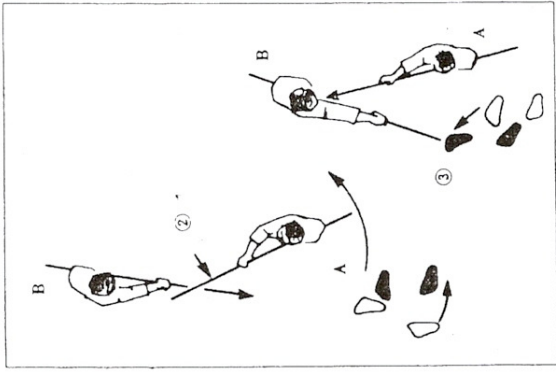


②

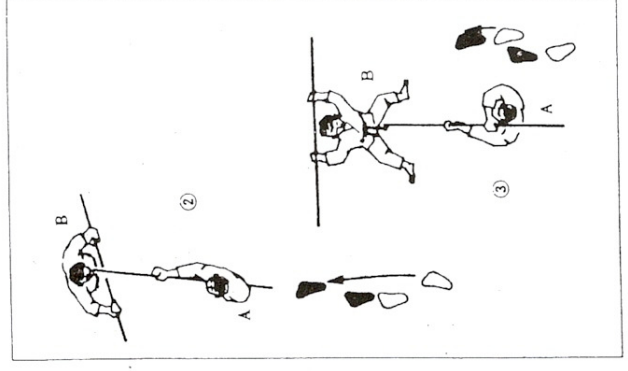
3. すくい受け組手 KUMITE OF SUKUI-UKE



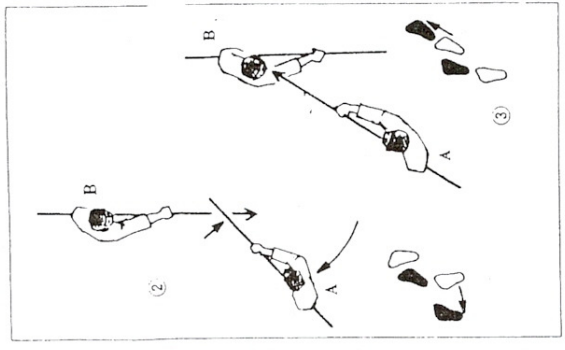
2. 内受け組手 KUMITE OF UCHI-UKE



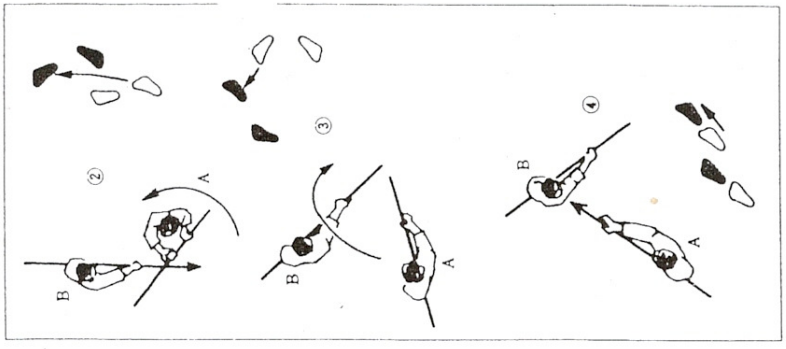
6. 振上げ打ち組手 KUMITE OF FURIAGE-UCHI



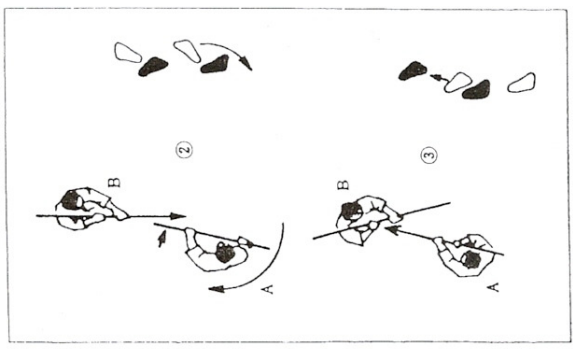
1. 外受け組手 KUMITE OF SOTO-UKE



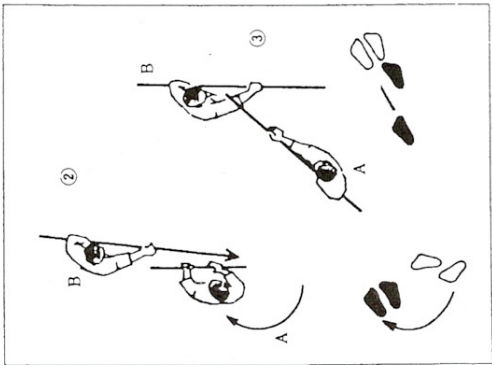
5. 払い受け組手 KUMITE OF HARAI-UKE



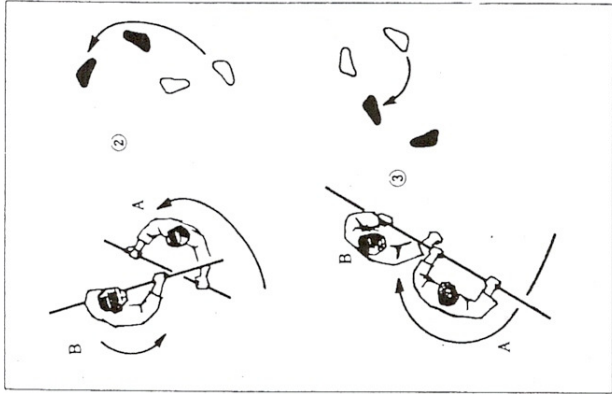
4. 下段受け組手 KUMITE OF GEDAN-UKE



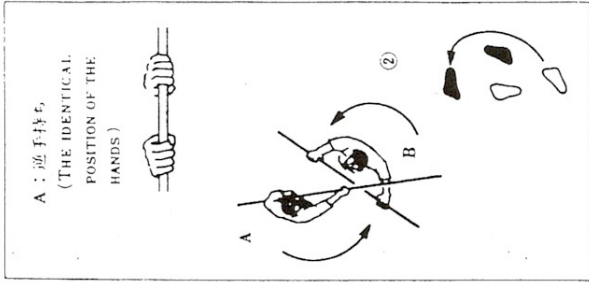
7. 引掛け打ち組手 KUMITE OF HIKKAKE-UCHI



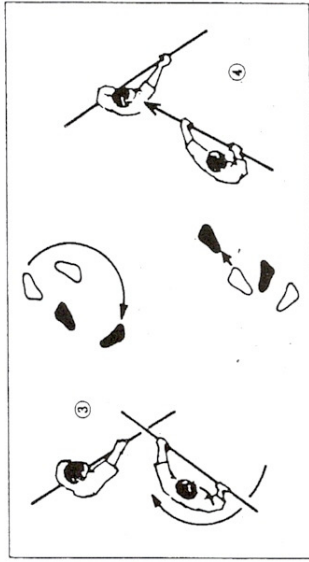
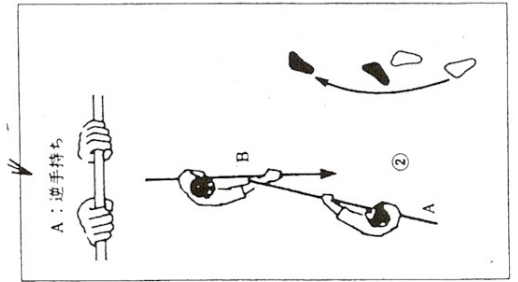
8. 押えはずし組手 KUMITE OF OSAEHAZUSHI

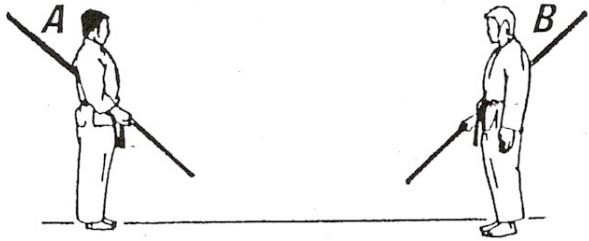


9. 押えはずし組手 K MITE OF OSAEHAZUSHI

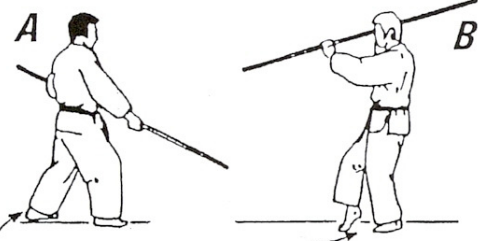


10. 流し打ち組手 KUMITE OF NAGASHI-UCHI

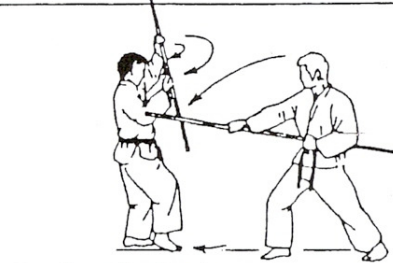
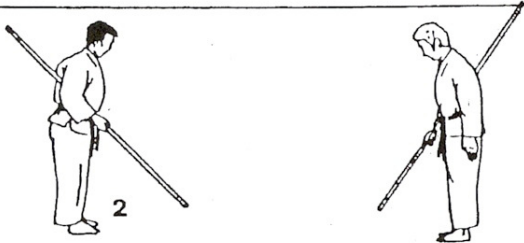




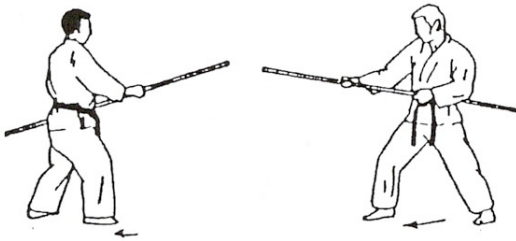
1. en 2. A B Rei



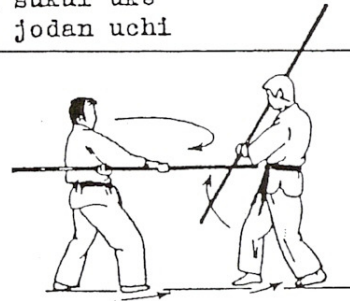
7. A gereed voor sukui uke  
B gereed voor jodan uchi



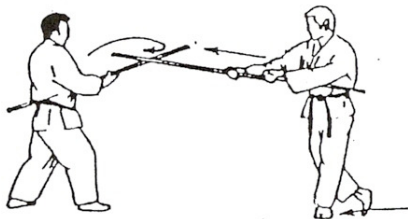
8. A sukui uke  
B jodan uchi



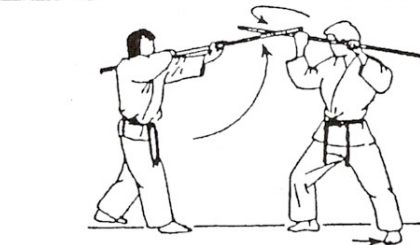
3. A B chudan kamae



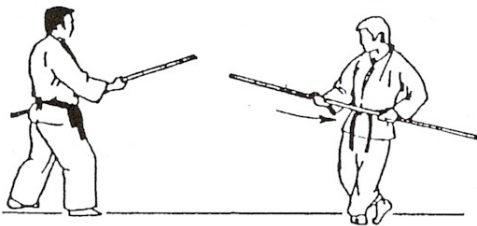
9. A ura uchi  
B Yoko uke



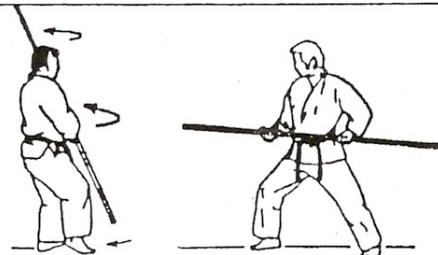
4. A soto uke  
B nuki tsuki



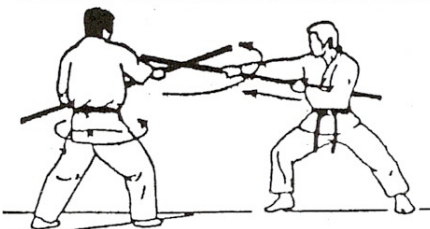
10. A furiage uchi  
B sukui uke



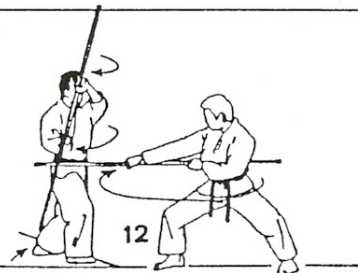
5. A gereed voor uchi uke  
B gereed voor tsuki



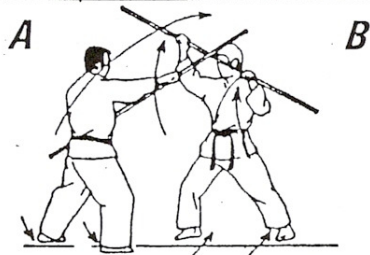
11. A gereed voor hikake uke  
B gereed voor tsuki



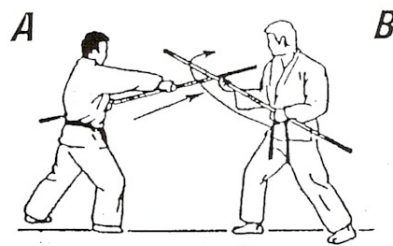
6. A uchi uke  
B mae de tsuki



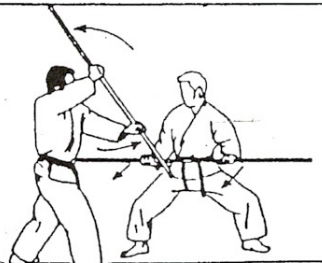
12. A hikake uke  
B mae de tsuki



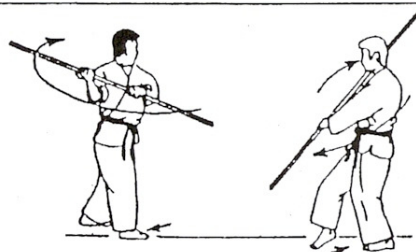
13. A jodan uchi  
B age uke



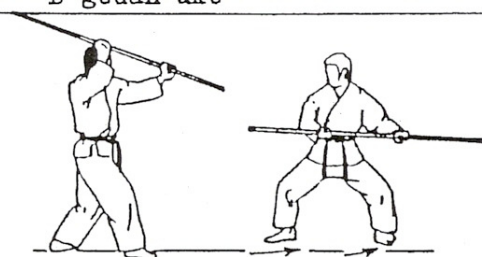
19. A mae de tsuki  
B soto uke



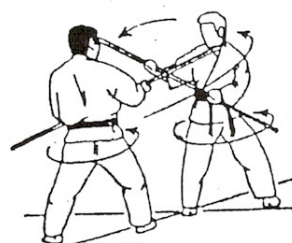
14. A furiage uchi  
B gedan uke



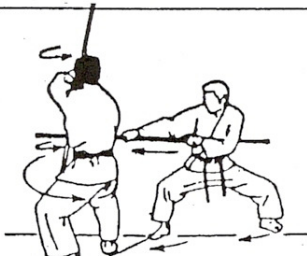
20. A gereed voor yoko uchi  
B gereed voor gyaku hikkake uke



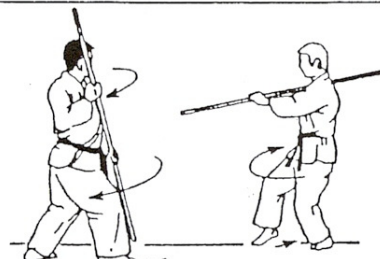
15. A gereed voor harai uke  
B gereed voor tsuki



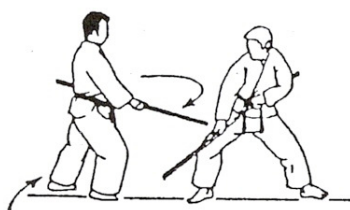
21. A yoko uchi  
B gyaku hikkake uke



16. A harai uke  
B mae de tsuki



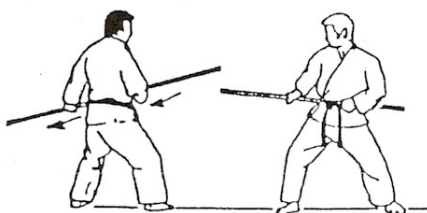
22. A gereed voor gyaku hikk. uke  
B gereed voor yoko uchi



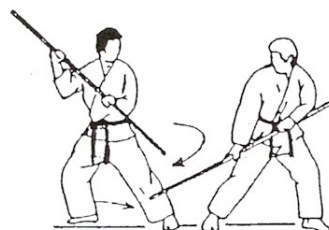
17. A makiotoshi



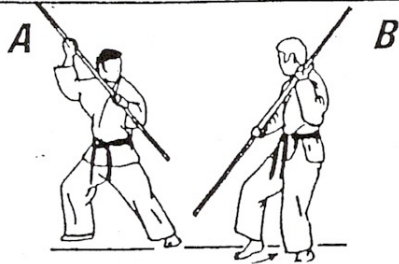
23. A gyaku hikkake uke  
B yoko uchi



18. A gereed voor tsuki  
B gereed voor soto uke



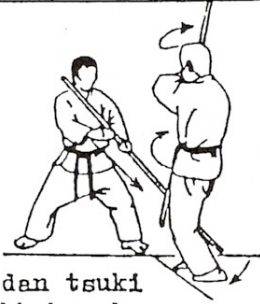
24. A osae hazushi



25. A gereed voor ged. tsuki  
B gereed voor hikkake uke



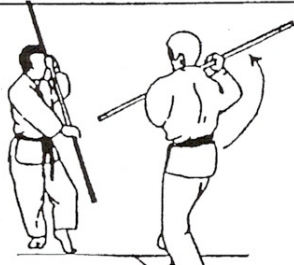
31. A gedan uke  
B gedan tsuki



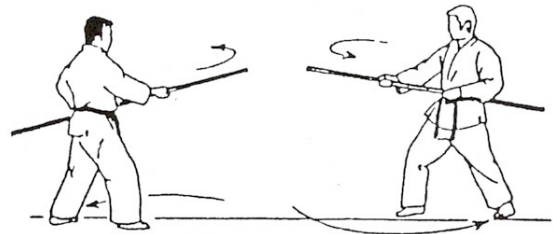
26. A gedan tsuki  
B hikkake uke



32. A gedan tsuki  
verpakken.



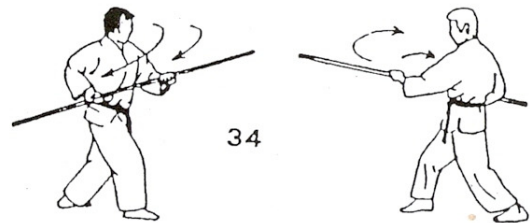
27. A verpakken voor nagashi uchi  
B gereed voor jodan uchi



33. A B links terugstappen  
chudan kamae



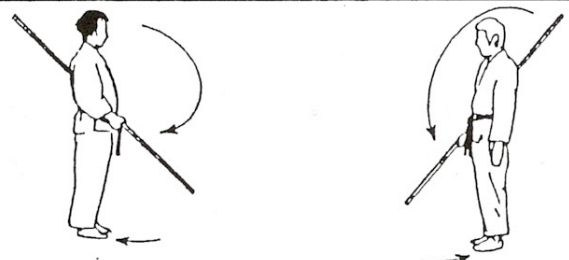
28. A nagashi uchi  
B jodan uchi.



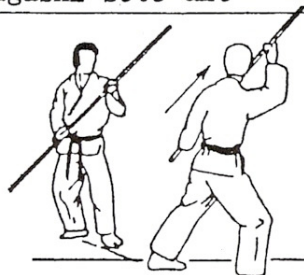
34



29. B rechts terugstappen  
nagashi soto uke



34 en 35 naore ( finish. )  
Rei.



30. A gereed voor gedan uke  
B gereed voor gedan tsuki