

上から相手の攻撃を

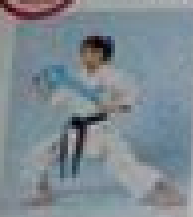


相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。



相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。

受けはタイミング



相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。相手の攻撃を止めるには、自分の体を構えて、相手の攻撃を止める。

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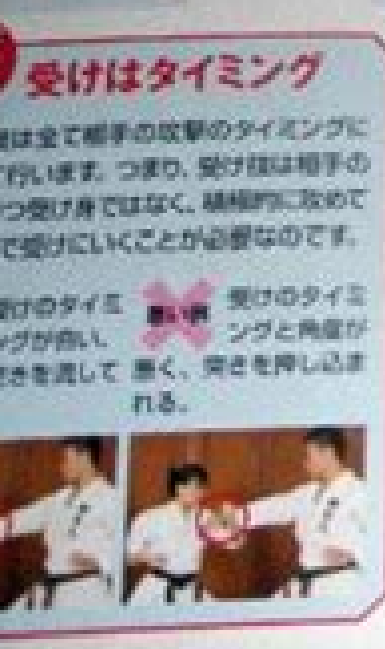
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Karate Training Manual

Ensheng Dong



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