

上から相手の頭を叩くように構える。



3

肘は伸ばす
のである。

受けと同時に
重心を移す。



肩甲骨と胸骨
はしっかりと
内凹させる。



2



一手ずつに
重心を移す。肘は
伸ばし、肩甲骨と
胸骨はしっかりと
内凹させる。



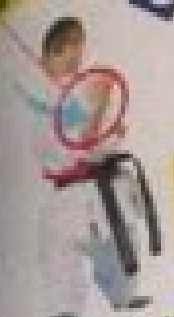
1



一手ずつに
重心を移す。肘は
伸ばし、肩甲骨と
胸骨はしっかりと
内凹させる。

上から相手の頭を叩くように構える。

ここがPoint
上から下へ、相手の
足元を突くように構える。
で構えを崩す。



3

受けと同時に
重心を移す。



肘は伸ばす
のである。



2



一手ずつに
重心を移す。肘は
伸ばし、肩甲骨と
胸骨はしっかりと
内凹させる。



1



一手ずつに
重心を移す。肘は
伸ばし、肩甲骨と
胸骨はしっかりと
内凹させる。

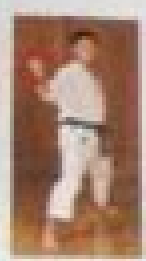
1
受けはタイミング

受けはタイミング

受けは全て相手の攻撃のタイミングに
合わせて行います。つまり、受けは相手の
攻撃を待つ受け身ではなく、積極的に攻めて
いく形で受けに行くことが必要なのです。

受けのタイミ
ングが悪い

受けのタイミ
ングと角度が
悪く、突きを押し込ま
れる。



悪い例

受け手が外へ
開き過ぎ。



悪い例

受け手が内
へ開き過ぎ。



悪い例

受け手が内
へ開き過ぎ。

1
正中線を守る

正中線を守る

正中線は自分の中心線。正中線は自分の中心
線を守る必要があります。そこから外へ
出ることは、バランスが崩れて敵の攻撃
を受けやすくなります。正中線を守る
ためには、姿勢と構えが重要です。



悪い例

正中線より
外へ出る。



悪い例

受け手の
姿勢が崩れる。



悪い例

受け手が内
へ開き過ぎ、バ
ランスが崩れ
ている。

受け手が内
へ開き過ぎ、バ
ランスが崩れ
ている。

Karate Training Manual

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Karate Training Manual:

Reviewing **Karate Traning Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Karate Traning Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Karate Traning Manual

1. Understanding the eBook Karate Traning Manual
 - The Rise of Digital Reading Karate Traning Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Karate Traning Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Karate Traning Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Karate Traning Manual
 - Personalized Recommendations
 - Karate Traning Manual User Reviews and Ratings
 - Karate Traning Manual and Bestseller Lists

5. Accessing Karate Training Manual Free and Paid eBooks
 - Karate Training Manual Public Domain eBooks
 - Karate Training Manual eBook Subscription Services
 - Karate Training Manual Budget-Friendly Options
6. Navigating Karate Training Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Karate Training Manual Compatibility with Devices
 - Karate Training Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Karate Training Manual
 - Highlighting and Note-Taking Karate Training Manual
 - Interactive Elements Karate Training Manual
8. Staying Engaged with Karate Training Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Karate Training Manual
9. Balancing eBooks and Physical Books Karate Training Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Karate Training Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Karate Training Manual
 - Setting Reading Goals Karate Training Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Karate Training Manual
 - Fact-Checking eBook Content of Karate Training Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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