

上から相手の攻撃を



3

ここがPoint
 ここから下へ、相手の足元を攻撃する意識で膝を振り下ろす。

2

1



3

相手の足元に意識を集中させる。



相手の足元に意識を集中させる。



相手の足元に意識を集中させる。

上から相手の攻撃を

3

2

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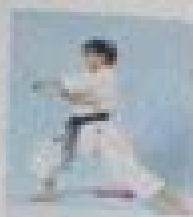


肘は伸ばすのである。

受けと同時に重心を移動させる。



自分の手と肘肘はしっかりと内側をさせる。



一手ずつに意識を集中させ、肘肘はしっかりと内側をさせる。



相手の足元に意識を集中させる。

受けはタイミング

受けはタイミング

受け技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、受け技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意識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ずれて向きを流して悪く、向きを押し込まれる。



悪い例
 受け手が外へ開き過ぎ。



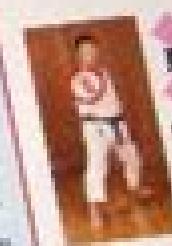
悪い例
 受け手が内へ開き過ぎ。



悪い例
 受け手が内へ開き過ぎ。

正中線を守る

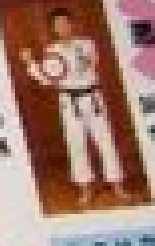
正中線守るの要諦は、正中線(体の中心)を守る意識が必要です。そこから両足でバランスが保たれて動きやすくなり、相手の攻撃をかわすことができます。手足はしっかりと、体幹と肩に使うのがベストです。



悪い例
 受け手の体の重心がずれる。



悪い例
 受け手が深く入り過ぎ、バランスが保たれていない。



Karate Training Manual

Julia Schneider



Karate Training Manual:

Decoding **Karate Traning Manual**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Karate Traning Manual**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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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 Training 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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