

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  
重心を移し、  
肘を伸ばし、  
つづいて  
下で足を交差



1



このように  
構えることが  
大切である。

上から相手の攻撃を



3



受けと同時に  
重心を移す。



肘を伸ばし、  
つづいて  
下で足を交差



2



一手ずつに  
重心を移し、  
肘を伸ばし、  
つづいて  
下で足を交差



1



このように  
構えることが  
大切である。

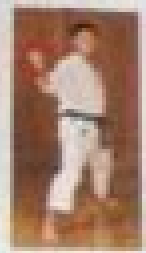
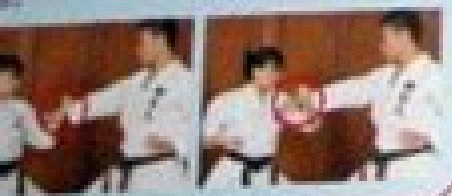
1  
受けの型

# 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態度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  
受けの型

# 正中線を守る

受けの型は、正中線(体の中心)を守る姿勢が必要です。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。また、受けの型は、正中線を守る姿勢で構えることが大切です。



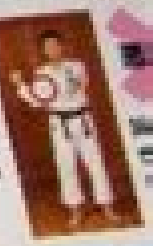
悪い例

受け手の脚の  
位置がずれる。



悪い例

受け手が深く  
入り過ぎ、バ  
ランスが崩れ  
ている。



悪い例

受け手が深く  
入り過ぎ、バ  
ランスが崩れ  
ている。



悪い例

受け手が深く  
入り過ぎ、バ  
ランスが崩れ  
ている。

# Karate Training Manual

**M Woodhall**



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