

上から相手の攻撃を



相手の攻撃を止めるには、頭と肩の位置を正しく保ち、体の中心を安定させることが重要です。また、足元のバランスも崩さないように注意してください。

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中段外側へ

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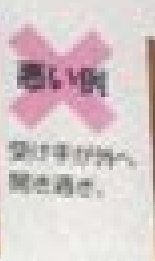
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受けはタイミング

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いる、受けのタイミングと向きが合わない、受けのタイミングと姿勢が崩れている。



正中線を守る

相手の攻撃の瞬間、正中線(体の中心)を守る意識が必要です。そこから崩れてバランスが崩れてしまうと、受けがうまくいきません。また、受けの瞬間に足元のバランスも崩さないように注意してください。

正しい姿勢で受けている、正しい姿勢で受けている、正しい姿勢で受けている。

悪い例

受けの瞬間に足元のバランスが崩れている、受けの瞬間に足元のバランスが崩れている、受けの瞬間に足元のバランスが崩れている。

受けの瞬間に足元のバランスが崩れている、受けの瞬間に足元のバランスが崩れている、受けの瞬間に足元のバランスが崩れている。

Karate Training Manual

M Walker

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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