

上から相手の攻撃を



相手の攻撃を止めるには、頭と肩の位置を高く保ち、相手の攻撃を止める。また、足はしっかりと踏み、体の中心を保つ。このようにして、相手の攻撃を止めることができる。

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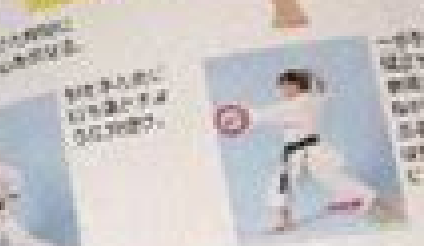
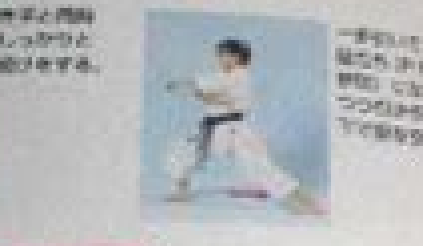
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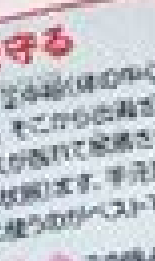
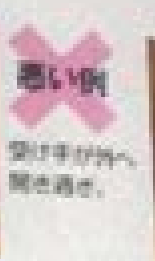
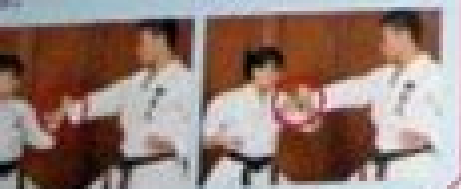
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受けはタイミング

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ずれて、受けが通る。



正中線を守る。相手の攻撃は、正中線（体の中心）を守る必要があります。そこから外れて、バランスが崩れて、受けが通る。正しい位置で受けている。

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

Minjie Lin



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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 Traning Manual Free and Paid eBooks
 - Karate Traning Manual Public Domain eBooks
 - Karate Traning Manual eBook Subscription Services
 - Karate Traning Manual Budget-Friendly Options
6. Navigating Karate Traning 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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