

古流唐手九級型

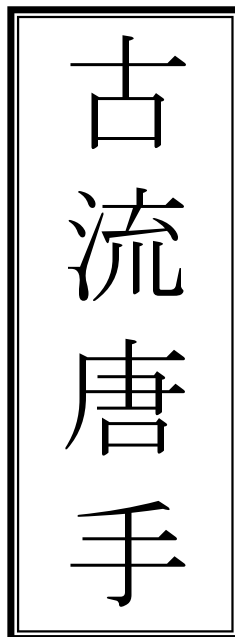
KO-RYU KARATE 9TH KYU PATTERNS

1. 礼法：REIHO

- (1) 正座礼：SEIZA-REI
- (2) 立礼：RITSU-REI
- (3) 立会礼：TACHIAI-REI
- (4) 師礼：SHI-REI
- (5) 神前礼：SHINZEN-REI

2. 受身方：UKEMI-KATA

- (1) 前方回転：ZENPO-KAITEN
- (2) 後方回転：KOHO-KAITEN
- (3) 側方回転：SOKUHO-KAITEN
- (4) 前方受身：ZENPO-UKEMI
- (5) 後方受身：KOHO-UKEMI
- (6) 側方受身：SOKUHO-UKEMI
- (7) 前方回転受身：ZENPO KAITEN UKEMI
- (8) 飛込回転受身：TOBIKOMI KAITEN UKEMI
- (9) 横転：OHTEN



3. 構え方：KAMAE-KATA

- (1) 自然の構：SHIZEN-NO-KAMAE

I. 基本：KIHON

自然体：SHIZENTAI

II. 変化：HENKA

右前：(MIGI-MAE)・左前：(HIDARI-MAE)・右後：(MIGI-USHIRO)・
左後：(HIDARI-USHIRO)・後：(USHIRO)・前：(MAE)

- (2) 植神之構：KIJIN-NO-KAMAE (日月之印、陰陽之構)

I. 陽之構 (右構)：YO-NO-KAMAE (MIGI-KAMAE)

①左足前：HIDARI ASHI MAE ②右足後：MIGIASHI USHIRO

II. 陰之構 (左構)：IN NO KAMAE (HIDARI KAMAE)

①右足前：MIGI ASHI MAE ②左足後：HIDARI ASHI USHIRO



4. 突き方：TSUKI KATA

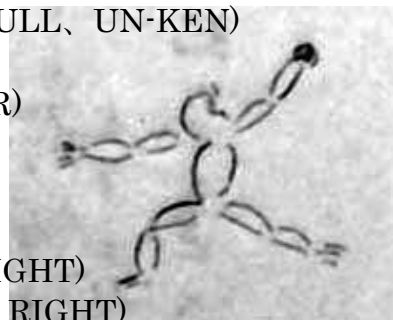
* その場突き。突き放し。云拳。(NO MOVE AND NO PULL、UN-KEN)

- (1) 上段突き(左右)：JODAN TUKI (LEFT AND RIGHT)
- (2) 中段突き(左右)：CHUDAN TUKI (LEFT AND RIGHTR)
- (3) 下段突き(左右)：GEDAN TUKI (LEFT AND RIGHT)

5. 蹴り方：KERI KATA

* その場蹴り。突き放し。(NO MOVE AND NO PULL)

- (1) 上段前蹴り(左右)：JODAN-MAE-GERI (LEFT AND RIGHT)
- (2) 中段前蹴り(左右)：CHUDAN- MAE-GERI (LEFT AND RIGHT)
- (3) 下段前蹴り(左右)：GEDAN- MAE-GERI (LEFT AND RIGHT)



6. 受け方：UKE KATA

* その場受け。受け放し。(NO MOVE AND NO PULL) (NO MOVE AND NO PULL)

- (1) 揚げ受け (上段・中段、左右)：AGE UKE (JODAN, CHUDAN, LEFT & RIGHT)
- (2) 内払い受け (上段・中段、左右)：UCHIHARAI UKE (JODAN, CHUDAN, L & R)
- (3) 下げ払い受け (下段、左右)：SAGE HARAI UKE (GEDAN, LEFT AND RIGHT)