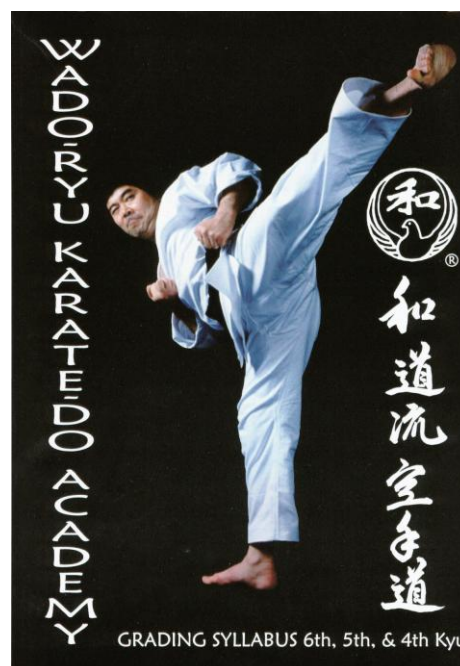


Wado-Ryu Karate-Do Academy

Libri a colori con spiegazioni in inglese complete delle tecniche, e delle nozioni previste per i vari gradi, disponibile presso i vostri insegnanti di palestra.



10th – 7th Kyu £18



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Possibile prenotarli e acquistarli scrivendo a:

alessandro@asyamashita.com

AYUMI ASHI JODAN NAGASHI JUNZUKI

3. RENZOKU WAZA

3.2 Ayumi Ashi Jodan Nagashi Junzuki



A. Hidari I Janmi Gamae.



B. Step forward Ayumi Ashi.



C. Turn into Jodan Nagashi Junzuki.



D. Pull back with body into Kanze. R.

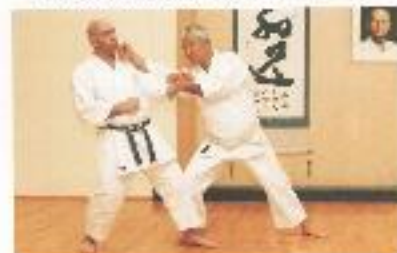
HOW TO PRACTISE



A. At Gamae (with both sides have the same leg in front). Take the correct distance (Maai).



B. Move forward with your body, keep your knees loose. Cover the opponent's front foot.



C. Step straight forward and over your body into Jodan Nagashi Junzuki. Look straight ahead.



D. Both sides then slide out with Okuri Ashi Tugai Ashi, keeping the correct Zanshin.