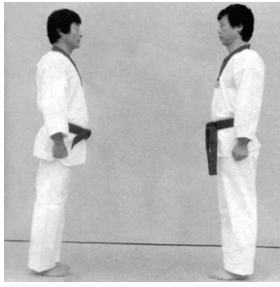
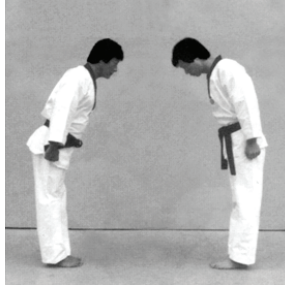


國技院一步對拆(中段)

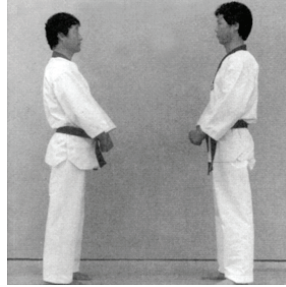
Kukkiwon One-Time Kyorugi (Trunk)



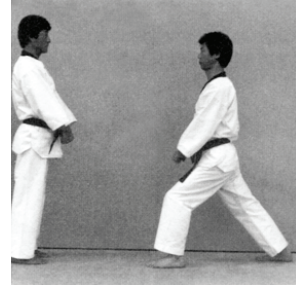
1.立正



2.敬禮



3.準備



4.攻擊準備及防禦準備(攻擊者喊聲後防禦者喊聲)

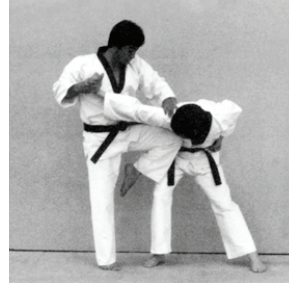
A



1.左三七步右手刀中段內側防禦



2.用防禦的手擰轉對手腕



3.抓住對方肩膀用左膝攻擊

B



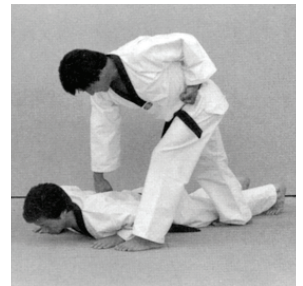
1.左三七步右手刀中段內側防禦



2.左腳向後撤

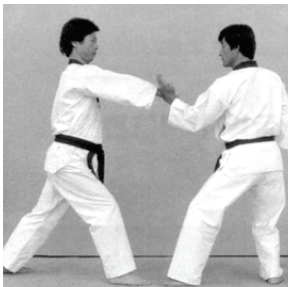


3.抓對方肩膀，用右腳絆倒

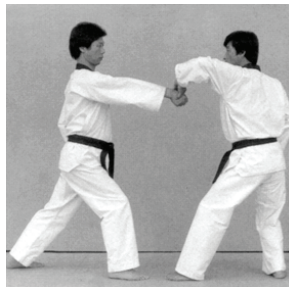


4.攻擊對方背部

C



1.左手刀中段內側防禦



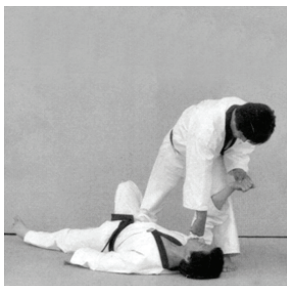
2.用防禦的手扭轉對方手腕



3.右手對準對方頸部



4.壓對方頸部



5.壓倒對方後用正拳擊上段

D



1.右手刀斜外側防禦



2.右手抓住對方手腕，右腳做中段橫踢