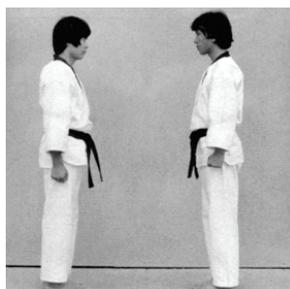
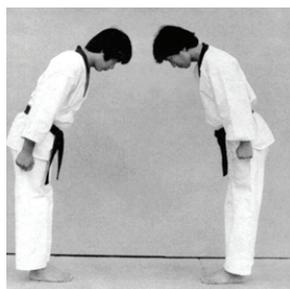


國技院三步對拆(上段)

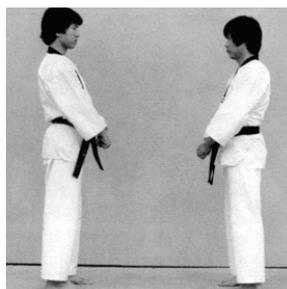
Kukkiwon Three-Time Kyorugi (Face)



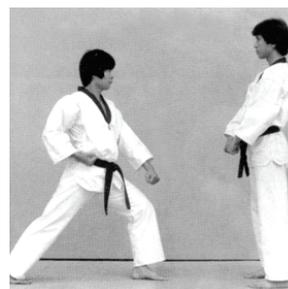
1.立正



2.敬禮

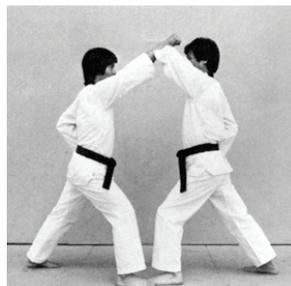


3.準備



4.攻擊準備及防禦準備(攻擊者喊聲後防禦者喊聲)

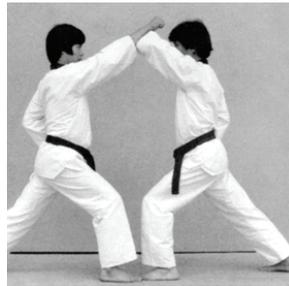
A



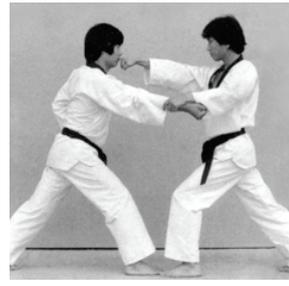
1.右腳向後移成左弓步，
左手上段防禦



2.左腳後移成右弓步，右
腕上段防禦



3.右腳後移成左弓步，左
腕上段防禦

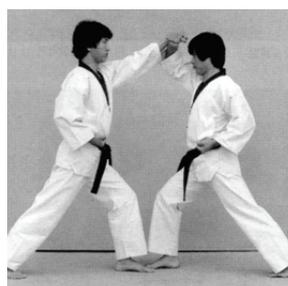


4.用上段防禦的手，抓住對
方攻擊的手，然後用右拳
擊其上段要害

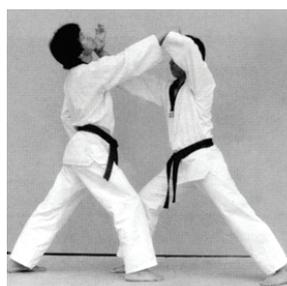
B



1.右腳後移成左弓步，左
腕上段防禦



2.左腳後移成右弓步，右
腕上段防禦



3.兩個胳膊稍右移成左腕
上段防禦，手巴掌擊對
方顎

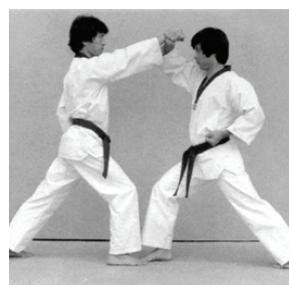
C



1.左腳後移成右弓步，右
外腕上段防禦



2.右腳後移成左弓步，左
外腕上段防禦



3.左腳後移成右弓步，右
腕上段內側防禦



4.擰着手腕壓對方肩膀



5.左腳上步，用左肘攻擊
對方的背部