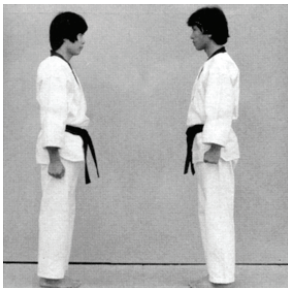
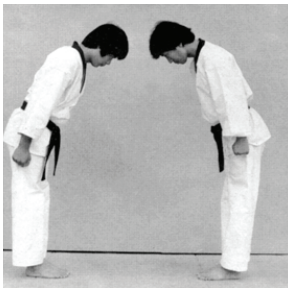
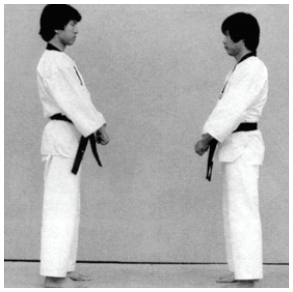
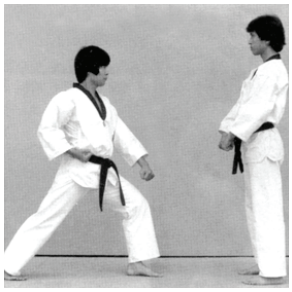
國技院三步對拆(中段)
Kukkiwon Three-Time Kyorugi (Trunk)


1.立正


2.敬禮


3.準備

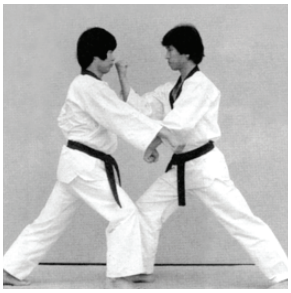

4.攻擊準備及防禦準備(攻擊者喊聲後防禦者喊聲)

A

5.左腳向後移成左三七步，右手中段防禦

6.右腳向後移成右三七步，左手中段防禦

7.左腳後移成左三七步，右手中段防禦


8.換成弓步用左手防禦，然後用右拳攻擊對方上段要害

B

1.右腳後移成右三七步，左手刀中段內側防禦

2.左腳後移成左三七步，右手刀中段內側防禦

3.右腳後移成右三七步，左手刀中段內側防禦

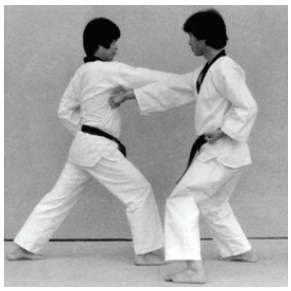
4.左腳左側移成左弓步，右拳中段擊

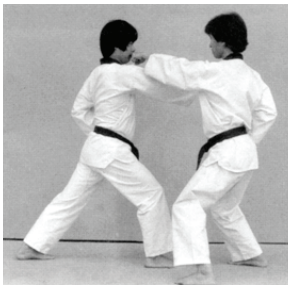
C

1.右腳後移成右三七步，左手刀中段內側防禦

2.左腳後移成左三七步，右手刀中段內側防禦

3.右腳後移成右三七步，左手刀中段內側防禦


4.左腳向左側移成馬步，右拳中段攻擊對方腋下


5.緊接着用左拳攻擊對方上段