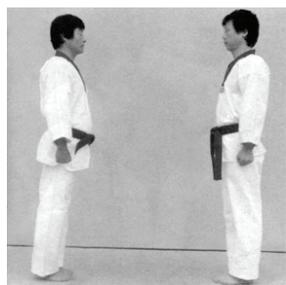
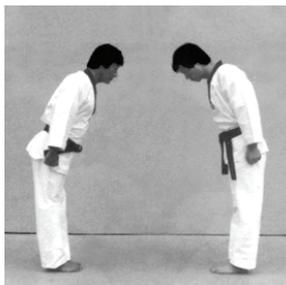


國技院一步對拆(上段)

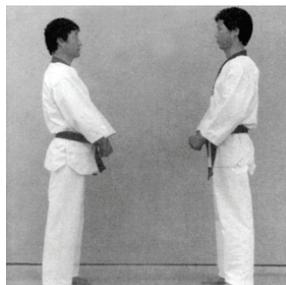
Kukkiwon One-Time Kyorugi (Face)



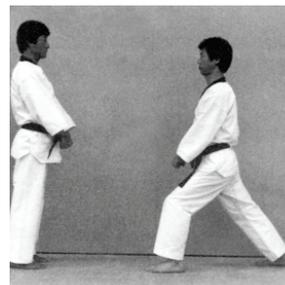
1.立正



2.敬禮

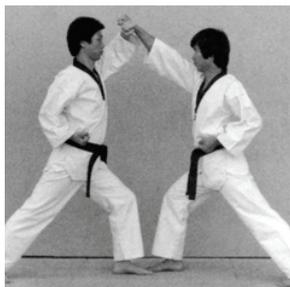


3.準備



4.攻擊準備及防禦準備(攻擊者喊聲後防禦者喊聲)

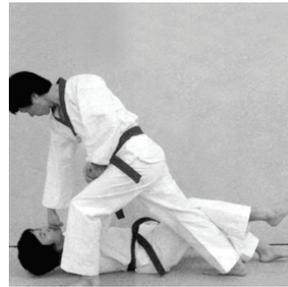
A



1.左腕上段防禦

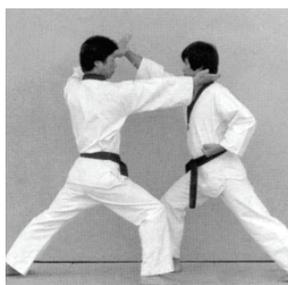


2.右腳上步絆倒對方，同時用右手壓住對方頸部

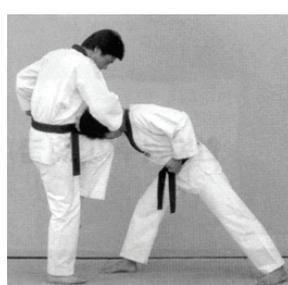


3.絆倒對方後用右拳攻擊

B

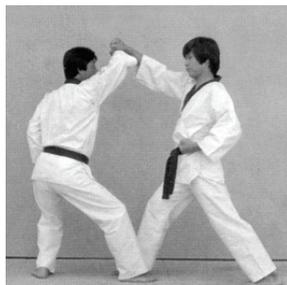


1.燕子手刀頸部攻擊

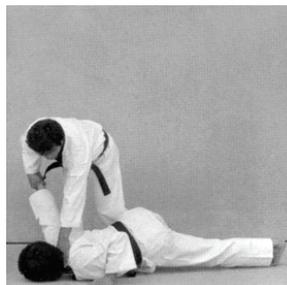


2.抓住對方左手腕，右手壓其後腦勺用膝攻擊

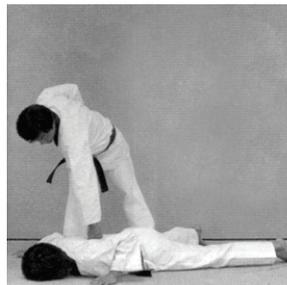
C



1.左三七步上段防禦

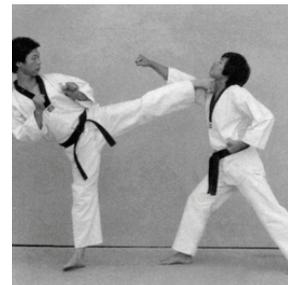


2.抓手腕轉到對方身後壓住其後頸部



3.左拳攻擊

D



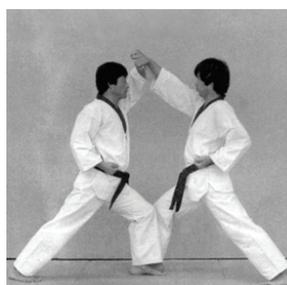
1.不防禦，直接做左腳側踢

E



1.不防禦，移右腳轉身用左腳後踢攻擊對方

F



1.左手上段防禦



2.抓對方的手腕，用手巴掌做下顎擊