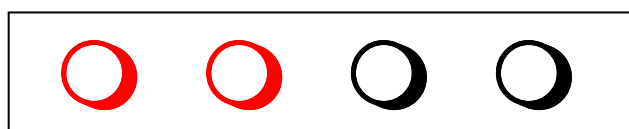


## ALCUNE COMBINAZIONI DI TECNICHE IN UNA BATTUTA DEL VALORE DI 4/4

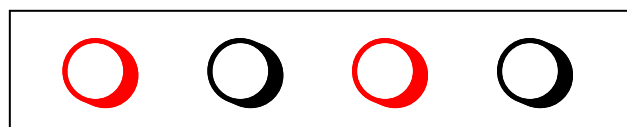
**TECNICA**  Valore 1/4      **ZANSHIN**  Valore 1/4

### Modalità esecutive:

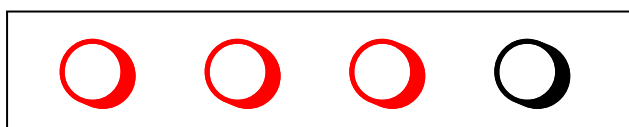
- Da posizione naturale a gambe divaricate
- Iniziare da sinistra e al MAWATTE spostare la gamba destra; poi invertire partendo da destra
- Esecuzioni simmetriche nelle 4 direzioni cardinali SHIHO partenza da sinistra; poi invertire partendo da destra



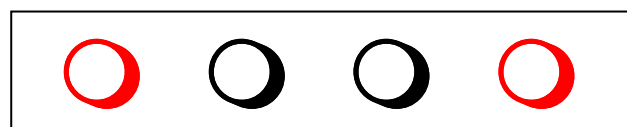
**Gedan Barai**      **Gyaku Tsuki**



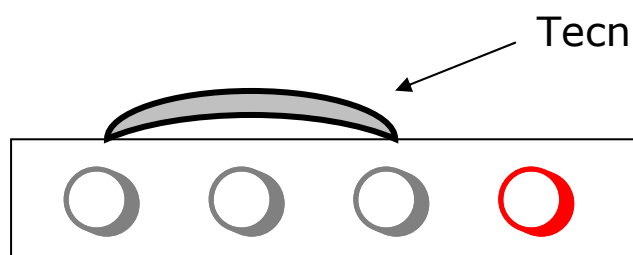
**Gedan Barai**      **Gyaku Tsuki**



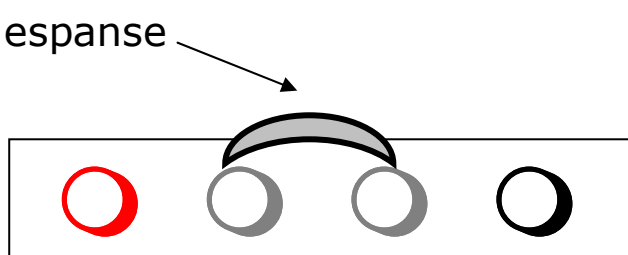
**Gedan Barai**      **Uchi Uke**      **Gyaku Tsuki**



**Gedan Barai**      **Gyaku Tsuki**



**Tate Shuto Uke**      **Gyaku Tsuki**



**Gedan Barai**      **Manji Uke**