# 琉球古武道信武館

RYÛKYÛ KOBUDÔ SHINBUKAN

## 棒基本 – Bô Kihon – Bô Grundübungen

| | Technik | | Stellung |
|---|---|---|---|
| 1. | shômen uchi | 正面打ち | shiko dachi |
| 2. | chûdan tsuki | 中段突き | shiko dachi |
| 3. | shômen uchi | 正面打ち | shiko dachi |
| | chûdan tsuki | 中段突き | shiko dachi |
| 4. | gedan uke | 下段受け | kôkutsu dachi |
| | gedan nuki | 下段抜き | kôkutsu dachi |
| | gedan barai | 下段払い | shiko dachi |
| | shômen uchi | 正面打ち | shiko dachi |
| 5. | jôdan nuki | 上段抜き | zenkutsu dachi |
| | chûdan tsuki | 中段突き | shiko dachi |
| 6. | chûdan ura uchi | 中段裏打ち | shiko dachi |
| | chûdan yoko uchi | 中段横打ち | shiko dachi |
| 7. | migi chûdan gyaku yoko uchi | 右中段逆横打ち | zenkutsu dachi |
| | hidari chûdan gyaku yoko uchi | 左中段逆横打ち | zenkutsu dachi |
| 8. | (shi kô) | (四攻) | |
| | age uchi | 上げ打ち | zenkutsu dachi |
| | kaeshi uchi | 返し打ち | kôkutsu dachi |
| | yoko uchi | 横打ち | neko ashi dachi |
| | shômen uchi | 正面打ち | shiko dachi |
| 9. | (gyaku mochi) | (逆持ち) | |
| | chûdan uchi | 中段打ち | shiko dachi |
| | chûdan tsuki | 中段突き | shiko dachi |
| | (kaeri) | (返り) | shiko dachi |
| | chûdan tate uke | 中段縦受け | shiko dachi |
| | mawashi barai | 回し払い | shiko dachi |
| | shômen uchi | 正面打ち | shiko dachi |
| 10. | jôdan ura uke | 上段裏受け | shiko dachi |
| | jôdan nuki | 上段抜き | zenkutsu dachi |
| | jôdan mawashi uke | 上段回し受け | zenkutsu dachi |
| | kaeshi uchi | 返し打ち | kôkutsu dachi |

**Extras:**

| | | | |
|---|---|---|---|
| 11. | hidari age uke | 左上げ受け | shiko dachi |
| | migi age uke | 右上げ受け | shiko dachi |
| 12. | renzoku shômen uchi | 連続正面打ち | shiko dachi |
| 13. | chûdan soto uke | 中段外受け | shiko dachi |

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