

2023武道講習会のポイント

打突部位

Kata's points



正拳突き
Seiken Zuki



Kakete



Tanben



Syuto



Keiko Tsuki



Sokuto

タスキのかけ方

Tasuki



審判・・・転倒とは？

Shinpan Fall down(Tento)



Throwing with hands is a foul! (Cyui)

Leg sweeping without using hands is OK.

Grabbing for more than 3 seconds is a foul.

Cyui!



場外と選手のガッツポーズ・観客の声援

Shinpan(審判) Point

場外 (Jyogai)



Jyogai Cyui ○Kai
2nd time =Wazaari



Cheering by spectators who abuse opponents is prohibited.