



Shito-ryu Shukokai Karatedo World Union

Shito-ryu Shukokai Karate Wien

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Seienchin

征遠鎮

糸
東
流
修
交
会
空
手

(CAVE: S. 11 Fehler in Nummerierung:
Schritt 26 wurde irrtümlich ein 2. Mal als Schritt 25 bezeichnet)

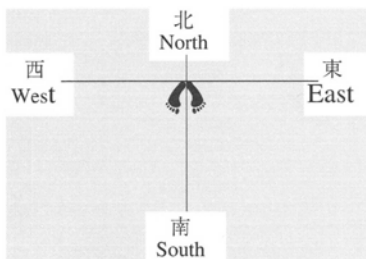
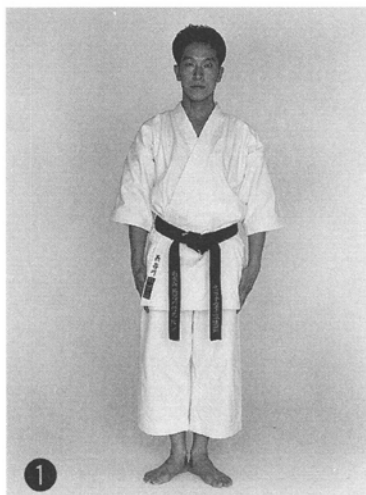
Quelle:

Karatedo Kata Model for Teaching Shiteigata

Japan Karatedo Federation

Tokyo, Japan; 1998

直立



足の動作●爪先を開き、両踵をつける。
立ち方●結び立ち。
手の動作●両手は開き、体の両側に伸ばす。

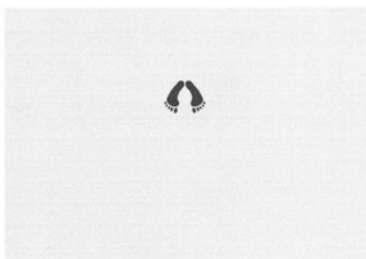
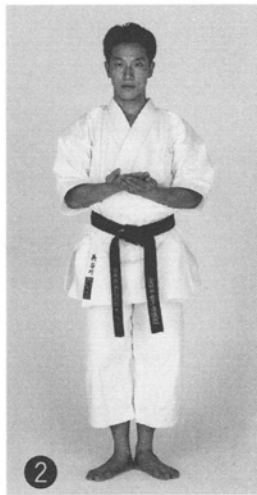
着眼点●南

Remarks

- 1:Feet
- 2:Stance
- 3:Hands
- 4:Point to see

- 1:Put heels together, with toes apart.
- 2:Musubidachi
- 3:Open hands and place them on both sides of body, with arms and fingers straight down.
- 4:South

用意 1



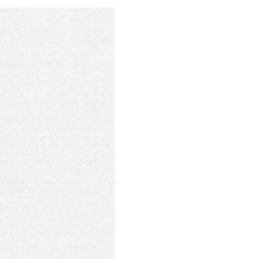
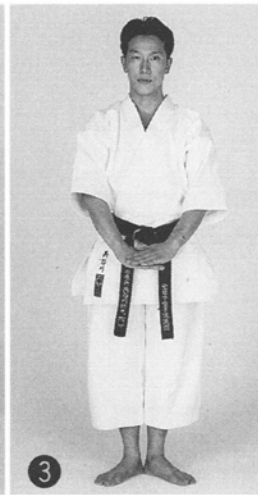
足の動作●①のまま。
立ち方●結び立ち。
手の動作●両手は開き、左手を上にして重ねて下腹部前で構える。

着眼点●南

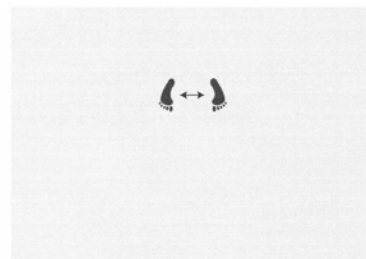
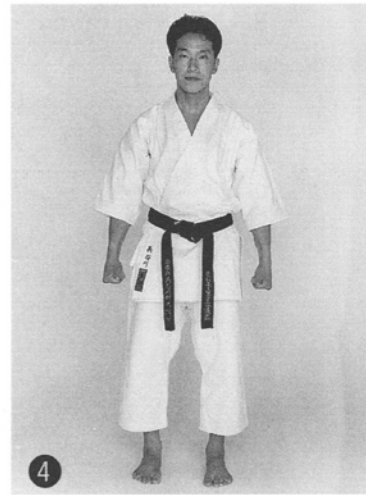
Remarks

- 1:Same as ①.
- 2:Musubidachi
- 3:Hold open hands in front of abdomen, with left hand on top.
- 4:South

用意 2



1 拳動

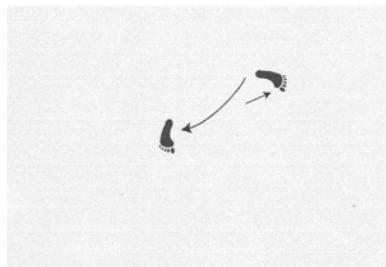
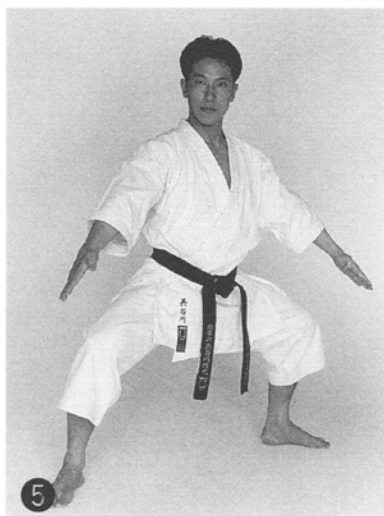


足の動作●両足の爪先を軸にして両足踵を爪先の間隔に開き両足を平行にする。
立ち方●平行立ち。
手の動作●左右の手は握って体側に開き、下にさげ、肩を十分さげて臍下丹田に力を入れる。

着眼点●南

- 1:Pivoting on tips of toes, move both heels until parallel.
- 2:Heikodachi
- 3:Gripping hands and stretch them down along side of body. Pull down shoulders deeply and concentrate power in abdomen.
- 4:South

2 拳動

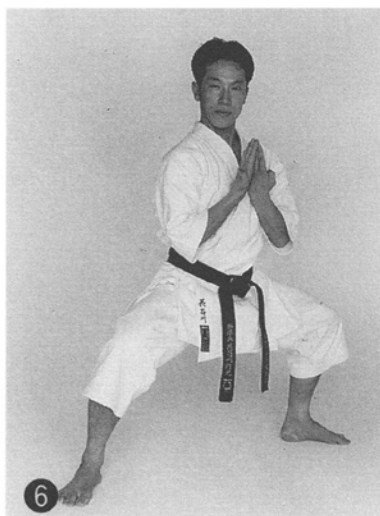


足の動作●右足を南西へ1歩円を描きながら踏み出す。
立ち方●四股立ち。
手の動作●両手は開いて甲を外に向け、両体側に自然に伸ばす。

着眼点●南

- 1: Take right foot a step toward southwest as if drawing a circle.
- 2: Shikodachi
- 3: Open both hands, back of hands facing outside, and stretch them naturally along side of body.
- 4: South

3 拳動



足の動作●⑤のまま。
立ち方●四股立ち。
手の動作●左右の手を掬うようにしてゆっくりとあげ、胸の前で両手の甲を合わせる。

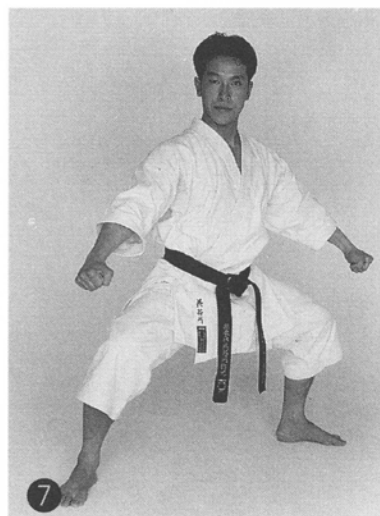
留意点●⑤～⑥への動作で肘の狭まりと手の掬い上げは連動すること。両手をあげるとき、肩をあげぬこと。両手と胸との間は、拳一握り分あける。

着眼点●南

- 1: Same as in ⑤.
- 2: Shikodachi
- 3: Pull up both hands slowly as if scooping, then, put both back of hands together in front of chest.
- 4: South

Point: While acting from ⑤ to ⑥ squeezing elbows and scooping up of hands must be done simultaneously. There should be fist space between both hands and breast.

4 拳動



足の動作●⑤のまま。
立ち方●四股立ち。
手の動作●両手を握りながら体の両側へ引っ張るようにゆっくりと下段払いを行う。

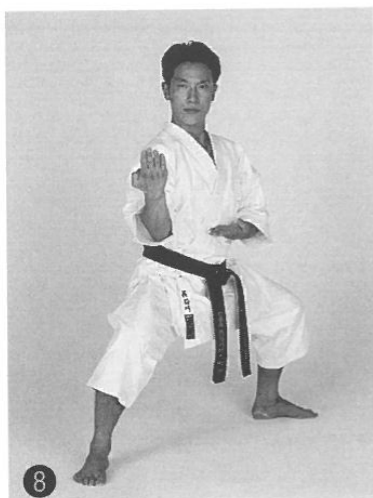
留意点●⑥～⑦への下段払いが掻き分けにならないように。

着眼点●南

- 1: Same as in ⑤.
- 2: Shikodachi
- 3: Gripping both hands, pull them away from each other slowly down along side of body and execute Gedan Barai.
- 4: South

Point: Gedan Barai from ⑥ to ⑦ must not be Kakiwake.

5 拳動



足の動作●⑤のまま。

立ち方●四股立ち。

手の動作●両手は開いて南へ中段外受け、左は甲を下にして水月前に構える。

留意点●中段外受けは正面(南)に対して行う。

着眼点●南

1:Same as in ⑤.

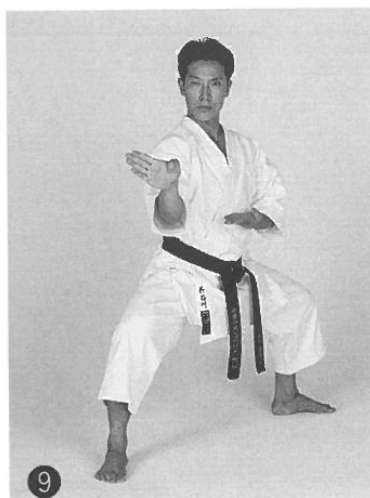
2:Shikodachi

3:Open both hands, execute Chudan Sotouke toward south with right palm, back of hand facing downward, and hold left palm, back of hand facing downward, in front of abdomen.

4:South

Point:Execute Chudan Sotouke toward south.

6 拳動



足の動作●⑤のまま。

立ち方●四股立ち。

手の動作●右手を返して掛手を行う。

留意点●⑦⑧の手の動作は連続する。右中段外受けからの掛け手は素早くする。肘・手が上下前後に動くのは不可。

着眼点●南

1:Same as in ⑤.

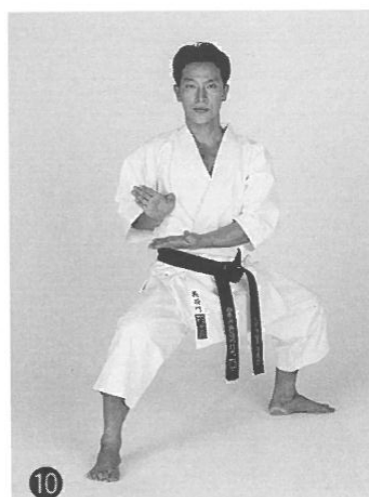
2:Shikodachi

3:Turn around right hand, back of hand facing upward, and execute Kaketeuke.

4:South

Point:Hands in ⑦ and ⑧ must be a continuous movement. Kakete from right Chudan Sotouke must act quickly. Movements of elbows and hands must not up and down or front and back.

7 拳動



足の動作●⑤のまま。

立ち方●四股立ち。

手の動作●掛けた右手を右脇へ引きながら左四本貫手にて南西方向へ突く。

留意点●動作はゆっくりと行う。引く右手は肘をさげるようにして肩をぜったいにあげぬこと。右貫手の方向は体面に沿って右肘下方向に突く。

着眼点●南

1:Same as in ⑤.

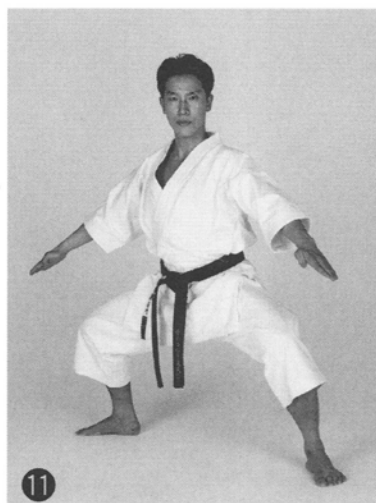
2:Shikodachi

3:While pulling back right hand, used for Kaketeuke, to right side of body, execute left hand strike toward southwest with Shihon Nukite.

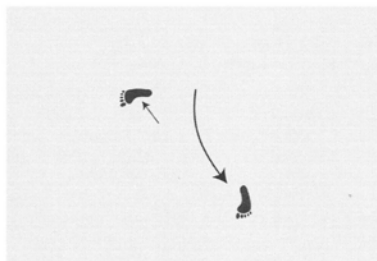
4:South

Point:Movements must be acted slowly. Keep right elbow low, when pulling back hand. Never raise right shoulder under any circumstances. The direction of right Nukite comes down toward right elbow along body.

8 拳動



11



足の動作●左足を南東へ円を描くようにして前へ出す。
立ち方●四股立ち。
手の動作●両手は開いて体の両側に自然に伸ばす。

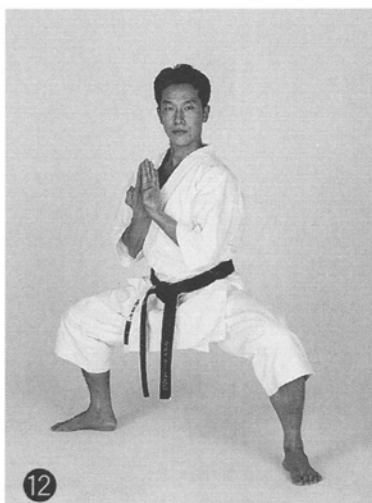
留意点●前進の運足は柔らかい円運動で進める。

着眼点●南

- 1: Step left foot forward to southeast as if drawing a circle.
- 2: Shikodachi
- 3: Open both hands and stretch them naturally along side of body.
- 4: South

Point: Stepping forward should be moved gently as if drawing a circle.

9 拳動



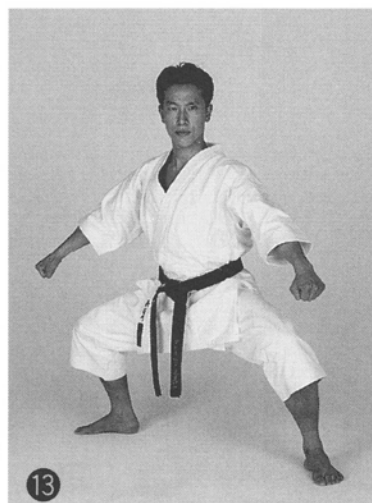
12

足の動作●11のまま。
立ち方●四股立ち。
手の動作●左右の手を揃うようにしてゆっくりとあげ、両手の甲を胸の前で合わせる。

着眼点●南

- 1: Same as in 11.
- 2: Shikodachi
- 3: Lift up both hands slowly as if scooping, then, put both back of hands together in front of chest.
- 4: South

10 拳動



13

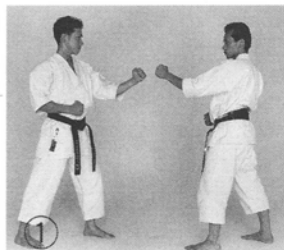
足の動作●11のまま。
立ち方●四股立ち。
手の動作●両手を握りながら体の両側へ引っ張るようにゆっくりと下段払いをする。

着眼点●南

- 1: Same as in 11.
- 2: Shikodachi
- 3: Gripping both hands, pull them away from each other slowly down alongside of body and execute Gedan Barai.
- 4: South

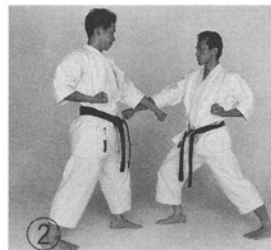
拳動の分解 2 ~ 19 Seienchin Kumite in detail

構え姿勢。



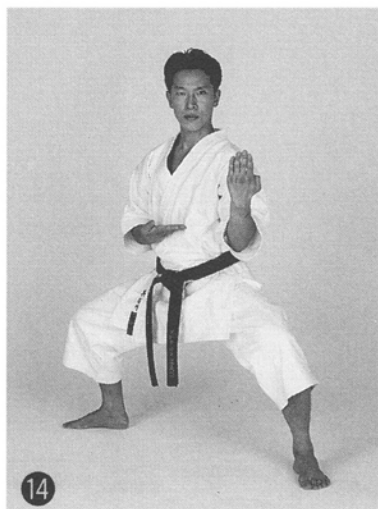
Kamae posture

い。中段突きを、左手下段払い。

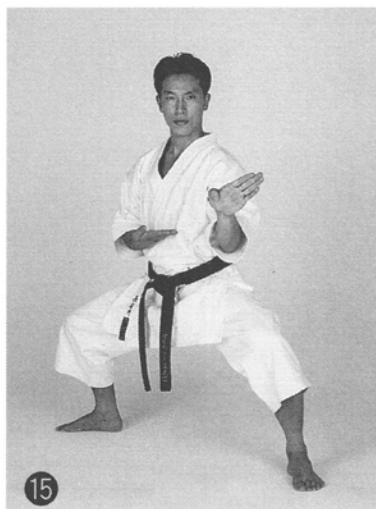


Withdrawing body toward right diagonally against opponent's right Chudan Tsuki, execute Gedan Barai with left fist.

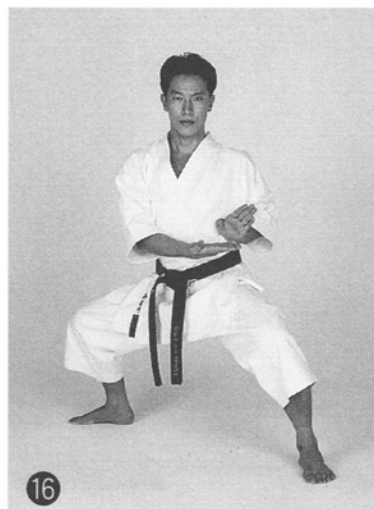
11 拳動



12 拳動



13 拳動



足の動作●⑪のまま。

立ち方●四股立ち。

手の動作●両拳を開いて左中段外受け、右手は水月前に構える。

着眼点●南

1: Same as in ⑪.

2: Shikodachi

3: Open both hands, execute right Chudan Sotouke, and hold left palm in front of abdomen.

4: South

足の動作●⑪のまま。

立ち方●四股立ち。

手の動作●左手を返して掛け手を行う。

着眼点●南

1: Same as in ⑪.

2: Shikodachi

3: Turn around left hand and execute Kakete.

4: South

足の動作●⑪のまま。

立ち方●四股立ち。

手の動作●左手は左脇へ引きつけながら右四本貫手で南東方向へ突く。

着眼点●南

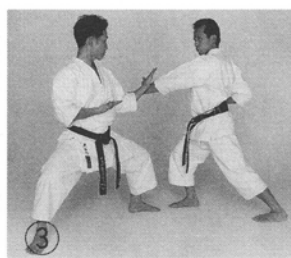
1: Same as in ⑪.

2: Shikodachi

3: While pulling back left hand to left side of body, execute right hand strike toward southeast with right Shihon Nukite.

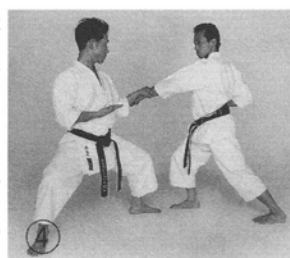
4: South

中段逆突きを、四股立ちになり、中段外受け。



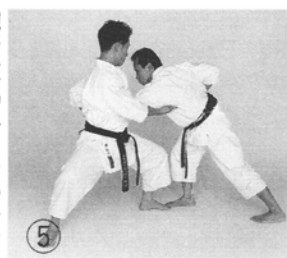
Block his further left Chudan Gyakutsuki with Chudan Sotouke at Shihondachi by drawing back left foot.

掌をかえして相手の腕を捕る。



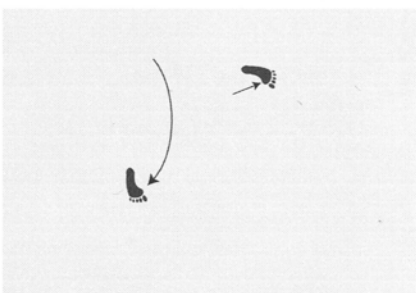
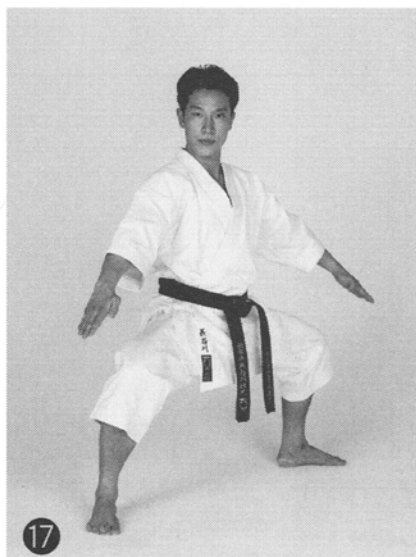
Turn around blocking left palm and grab his left arm.

腕を左脇へ引きつけて、脇腹を右拳で裏突きする。



Pull his left arm toward left side of body, then, execute Uratsuki to his left side of body with right fist.

14 拳動



足の動作●右足を南西へ円を描きながら1歩進める。

立ち方●四股立ち。

手の動作●両手は開いて、体側へ自然に伸ばす。

着眼点●南

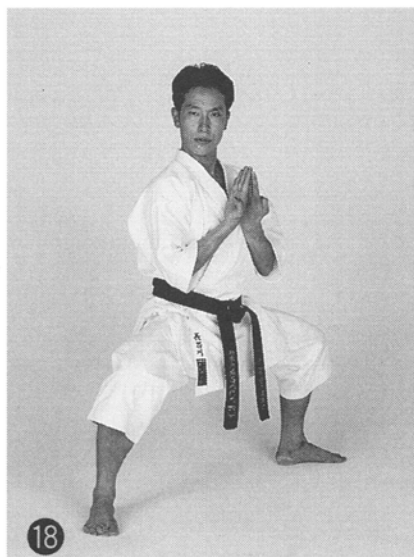
1: Step right foot forward to southwest as if drawing a circle.

2: Shikodachi

3: Open both hands, stretch them naturally along side of body.

4: South

15 拳動



足の動作●17のまま。

立ち方●四股立ち。

手の動作●左右の手を掬うようにゆっくりあげ、胸の前で両手の甲を合わせる。

着眼点●南

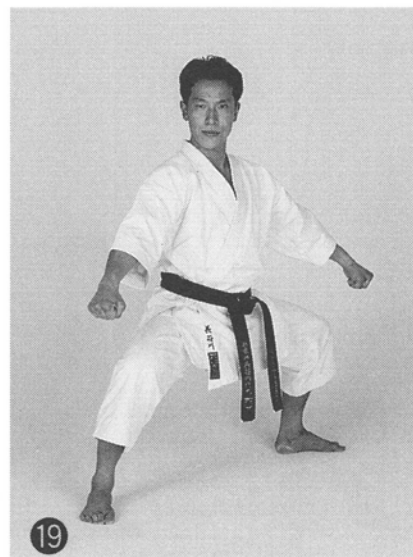
1: Same as in 17.

2: Shikodachi

3: Pull up both hands slowly as if scooping, then, put both back of hands together in front of chest.

4: South

16 拳動



足の動作●17のまま。

立ち方●四股立ち。

手の動作●両手を握りながら左右に引っ張るようにしてゆっくり下段払いを行う。

着眼点●南

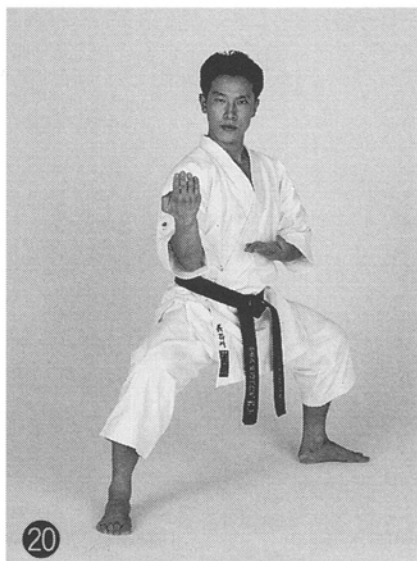
1: Same as in 17.

2: Shikodachi

3: Gripping both hands, pull them away from each other slowly down along side of body and execute Gedan Barai.

4: South

17拳動

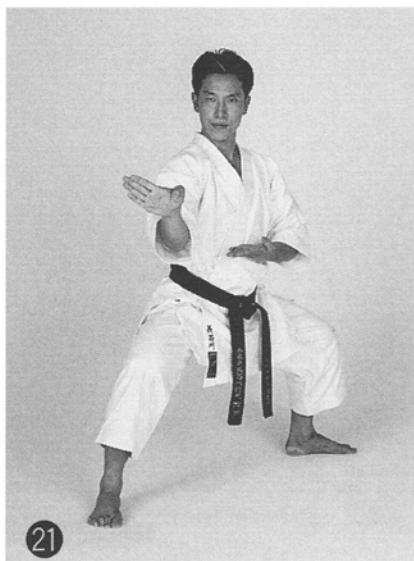


足の動作●17のまま。
立ち方●四股立ち。
手の動作●両手は開き右中段外受け、左手は水月前に構える。

着眼点●南

- 1:Same as in 17.
- 2:Shikodachi
- 3:Open both hands, execute right Chudan Sotouke, and hold left palm, back of hand facing downward in front of abdomen.
- 4:South

18拳動

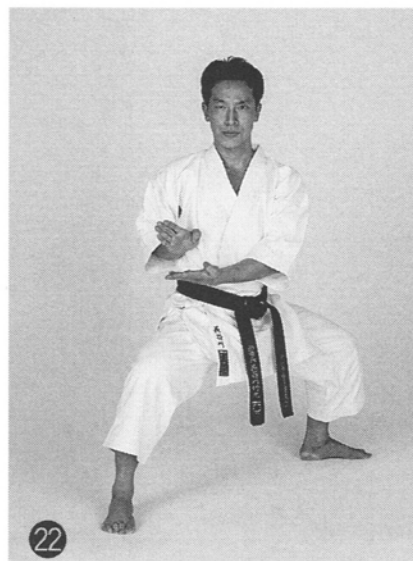


足の動作●17のまま。
立ち方●四股立ち。
手の動作●右手は返して掛け手をする。

着眼点●南

- 1:Same as in 17.
- 2:Shikodachi
- 3:Turn around right hand, and execute Kaketeuke.
- 4:South

19拳動



足の動作●17のまま。
立ち方●四股立ち。
手の動作●右手は右脇へゆっくり引きながら左四本貫手で南西方向を突く。

着眼点●南

- 1:Same as in 17.
- 2:Shikodachi
- 3:While pulling back right hand slowly to right side of body, execute left hand strike toward southwest with Shihon Nukite.
- 4:South

20 拳動



23



24

【23を西から見る】

23 seen from right side.



足の動作●左足に右足を引きつけて片足で立つ。

立ち方●

手の動作●左手は開いて掌を上にして水月前に引き、左掌の上に右拳の甲を下にして乗せる。

留意点●22～23への移りで「足の動作」の立ちと、左右の手は連動すること。ただし、左右の手は自然に水月前に構える。

着眼点●南

1: Pull right foot to left foot and stand on left foot.

2: Standing on left foot.

3: Pull back left hand in front of abdomen, with palm facing upward, then, place right fist, back of hand facing downward on top of left palm.

4: South

Point: While moving from 22 to 23 standing or foot in Action of Foot and both hands should be moved simultaneously. In this case hold both hands in front of abdomen.

21 拳動



25



26

【25を西から見る】

25 seen from right side.



足の動作●右足を前（南）へ踏み込み、左足を寄せる。

立ち方●基立ち。

手の動作●右拳および左手を返して南へ押し込むように突く。

着眼点●南

1: Step right foot in forward (toward south) and draw up left foot.

2: Motodachi

3: While turning around right fist and left palm, strike them forward to south as if pushing.

4: South

拳動の分解20～23 Seienchin Kumite in detail



6

Being grabbed by the collar from front.



7

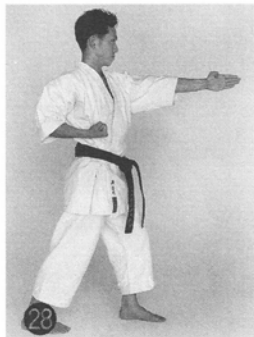
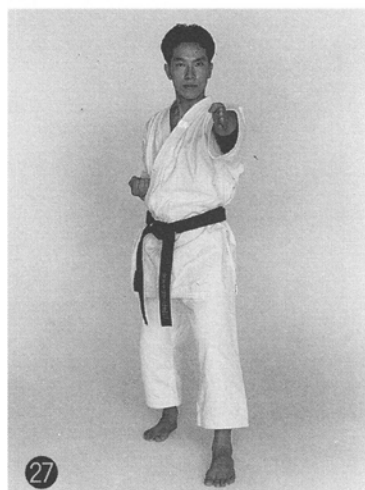
Open left hand, place it in front of abdomen, then, put right fist, back of hand facing downward on top of left palm.



8

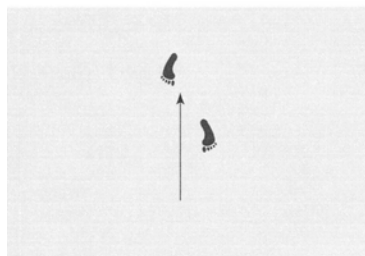
Turn around right fist and left palm, then, press them against center part of opponent.

22 拳動



【27を西から見る】

27 seen from right side.



足の動作●右足を後方へ1歩引く。

立ち方●基立ち。

手の動作●右拳は脇へ引き、左手は掌を内に向けて左体側へ伸ばす。

着眼点●南

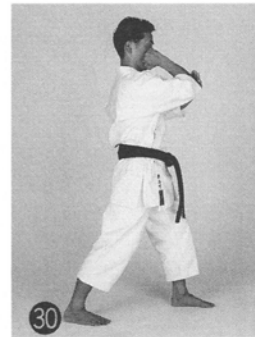
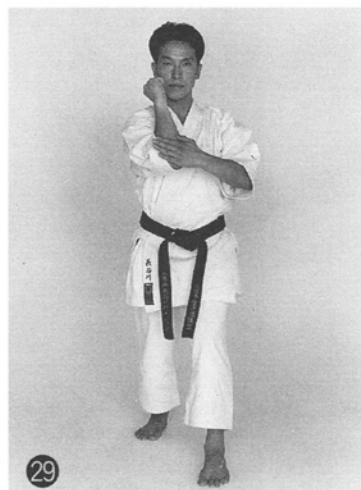
1: Pull right foot a step backward.

2: Motodachi

3: Pull back right fist to right side of body and stretch left hand straight along left side of body, with palm facing inside.

4: South

23 拳動



【29を西から見る】

29 seen from right side.

足の動作●27のまま

立ち方●基立ち。

手の動作●左手を中に入れ掌に対し右中段肘当てを行う。

留意点●肘当てのとき、腰を入れる。肘当てが高くならぬよう留意すること。体の中央部に肘当てを行う。

着眼点●南

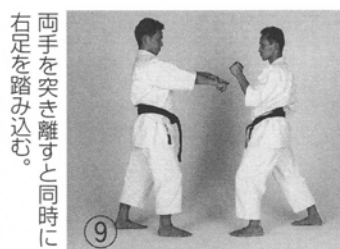
1: Same as in 27.

2: Motodachi

3: Pull left hand inside and execute right Chudan elbow attack against left palm.

4: South

Point: When executing elbow attack, move right hip in. Pay attention that Hijiate is executed not at upper but centre part of body.



While pushing him away with both hands, step right foot in.

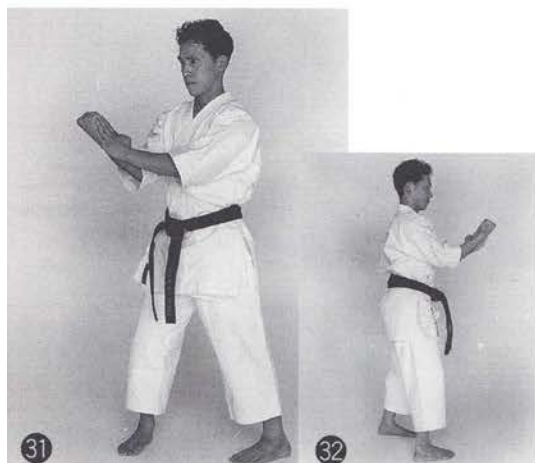


When opponent comes back with Chudan Tsuki, withdraw front foot and block with left Kote.



Grabbing his right arm with blocking left hand and pulling him together, strike toward his Chudan with right elbow.

24 拳動



【31を北西から見る】

31 seen from right side.

足の動作●左足を軸にして右足を南西へ円を描きながら運ぶ。

立ち方●三戦立ち。

手の動作●左手は開いて右拳槌部に添えて右手で中段外受けを行う。(拳支え受け)

着眼点●南西

- 1:Pivoting on left foot, bring right foot to southwest as if drawing a circle.
- 2:Sansendachi
- 3:Put left hand beside right Kentsui and execute Chudan Sotouke. (Ken Sasae Uke).
- 4:Southwest

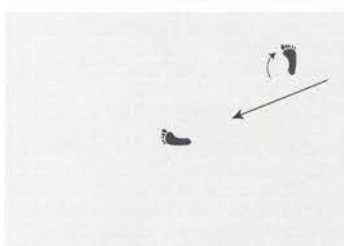
拳動の分解24～29 Seienchin Kumite in detail



中段突きを、右中段拳支え受け。

Block opponent's right Chudan Tsuki with right Chudan Kensasaeuke, while drawing front foot toward left diagonally.

25 拳動



足の動作●左足を南西方向へ1歩踏み出す。

立ち方●四股立ち。

手の動作●左拳槌で下段へ打ち込み、右拳は脇へ引く。

着眼点●南西

- 1:Take left foot a step toward southwest.
- 2:Shikodachi
- 3:As if executing Gedan Uke with left fist, strike through shortest distance, while pulling back right fist to right side of body.
- 4:Southwest



手首を捕ると同時に、四股立ちとなり、左拳槌で急所に当てる。

While taking his right wrist with right hand, step left foot in to become Shikodachi, then, strike his groin with left Kentsui.

25 拳動



足の動作●左足を後方へ1歩引く。

立ち方●四股立ち。

手の動作●右下段払いを行い左拳は脇へ引く。

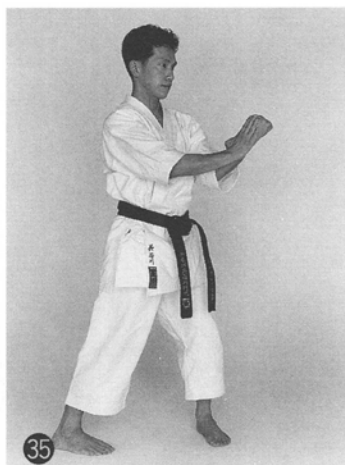
留意点●最短距離で左拳打込みが極ったら、直ぐに左足を引いて四股立ち、右下段払いを行う。

着眼点●南西

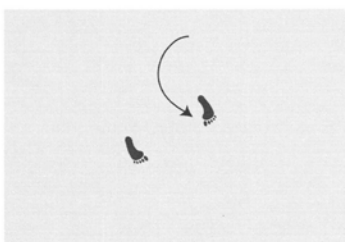
- 1:Pull left foot a step backward.
- 2:Shikodachi
- 3:Execute Gedan Barai with right fist and pull back left fist to left side of body.
- 4:Southwest

Point:Immediately after finishing straight Kenuchi with left fist,Shikodachi by pulling back left foot and execute right Gedan Barai.

27 拳動



35



足の動作●右足を軸にして左足で円を描くようにして南東方向へ左足を1歩運ぶ。

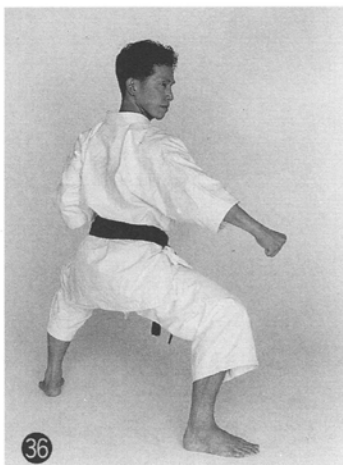
立ち方●三戦立ち。

手の動作●右手は開いて左拳拳槌部に添えて中段外受けを行う。(拳支え受け)

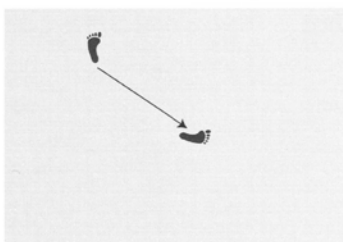
着眼点●南東

- 1:Pivoting on right foot, take left foot a step toward southeast as if drawing a circle.
- 2:Sansendachi
- 3:Opening right hand, put it beside left Kentsui and execute Chudan Uke. (Ken Sasaeuke)

28 拳動



36



足の動作●前(左)足を軸にして南東方向へ右足を1歩踏み出す。

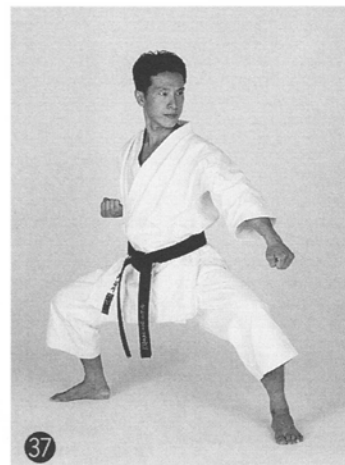
立ち方●四股立ち。

手の動作●右拳槌で下段へ打ち込み左拳は脇へ引く。

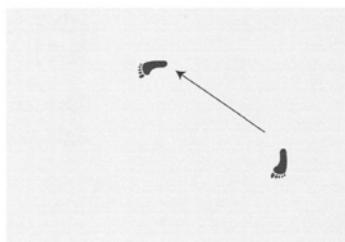
着眼点●南東

- 1:Pivoting on front (left) foot, take right foot a step toward southeast and lower hips.
- 2:Shikodachi
- 3:Strike toward lower by right Kentsui, pull back left fist to side of body.
- 4:Southeast

29 拳動



37



足の動作●右足を後方へ1歩引く。

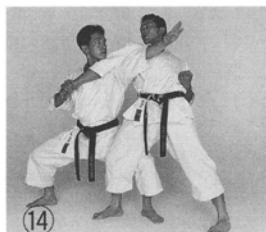
立ち方●四股立ち。

手の動作●左下段払い、右拳は左脇へ引く。

着眼点●南東

- 1:Pull right foot a step backward.
- 2:Shikodachi
- 3:Execute Gedan Barai with left fist and pull back right fist to right side of body.
- 4:Southeast

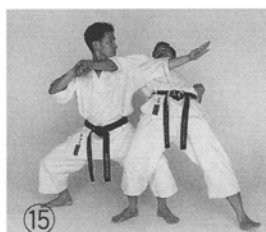
左手を首にかけ。



14

After striking, bring up left hand and put it on his neck.

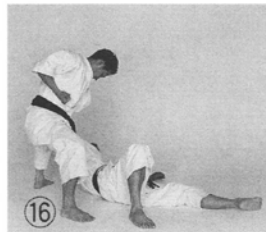
左手を後方へ大きく振る。



15

Swing left hand backward.

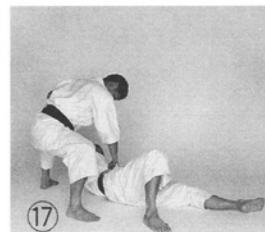
相手を後方へ投げる。



16

Throw down opponent backward.

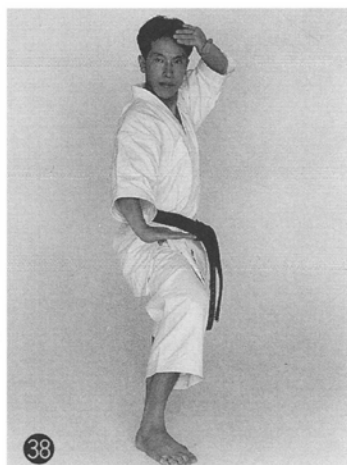
突く。



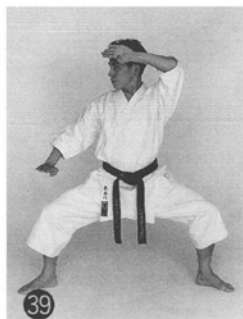
17

Lower hips and finish with Tsuki.

30 拳動



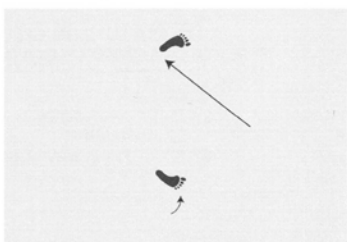
38



39

【38を東から見る】

38 seen from right side.



足の動作●後（右）足を軸にして左足を北方向直線上に引く。

立ち方●四股立ち。

手の動作●両拳を開いて体の前面で交差させながら左手は額の前へ、右手は掌底で下へ押さえるようにゆっくり下段受けする。

留意点●手・足・腰は連動。（足が完全に極まって上段・下段の手だけが動かないこと）

着眼点●南

1:Pivoting on hind (right) foot, pull back left foot toward north on a straight line with right foot.

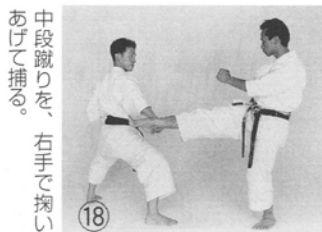
2:Shikodachi

3:Opening fists, cross them in front of body, then, bring left hand in front of forehead, while executing Gedan Uke slowly with right hand as if pushing downward with Shotei.

4:South

Point:Actions of hands,feet and hips are in a linked manner.(When feet actions are finished,don't move hands only at Jyodan and or Gedan).

拳動の分解30、31 Seienchin Kumite in detail



18

中段蹴りを、
あげて捕る。
右手で掬い

when opponent attacks with Chudan Geri, grab his right foot with right hand as if scooping.

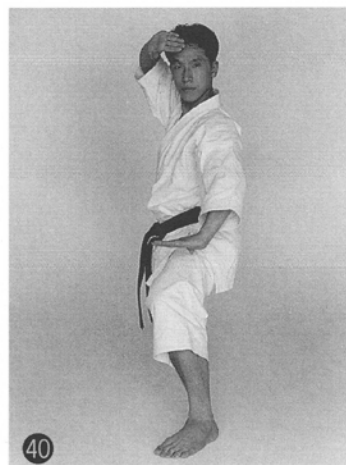


19

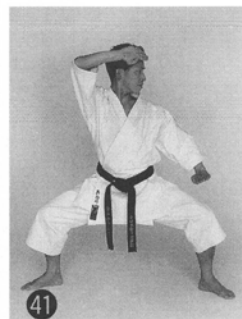
上段突きを
腕を捕り。
揚げ受けし、

When he attacks further with Jyodan Tsuki, grab his right wrist with left hand.

31 拳動



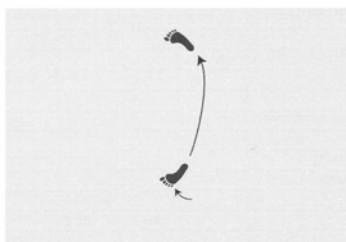
40



41

【40を西から見る】

40 seen from front.



足の動作●前（右）足を後方（北）直線上1歩引く。

立ち方●四股立ち。

手の動作●両手を体の前で交差しながらゆっくりと、左手は掌底で下段を押さえ右手は掌を外に向けて額の前に引く。

留意点●手・足・腰は連動。（38に同じ）

着眼点●南

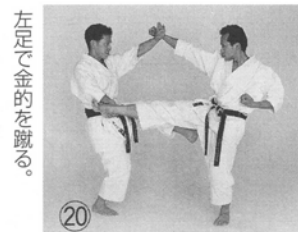
1:Pull front (right) foot a step backward (toward north) on a straight line with left foot.

2:Shikodachi

3:After crossing both hands in front of body, control Gedan slowly with left Shotei and pull right hand upward in front of forehead, with palm facing outside.

4:South

Point:Hands,feet and hips move in a linked manner.

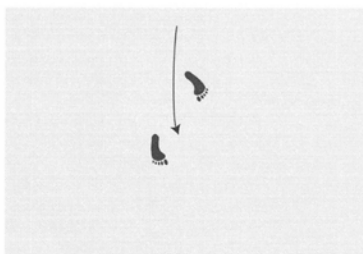
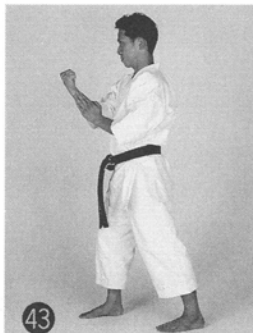
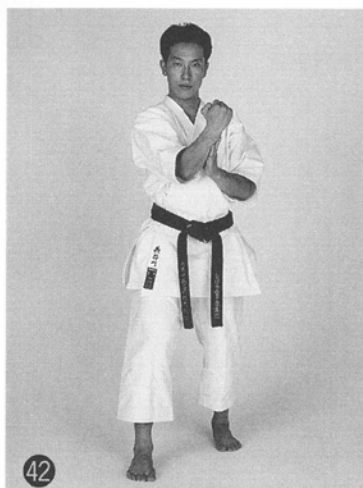


20

左足で金的を蹴る。

Finish by kicking Kinteki (groin) with left foot.

32 拳動



【42を東から見る】

42 seen from left side.

足の動作●右足を前（南）へ1歩踏み出す。

立ち方●基立ち。

手の動作●左手は開いて体の前へ出し、右内受けを左掌に当てる

着眼点●南

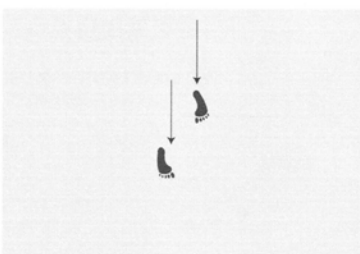
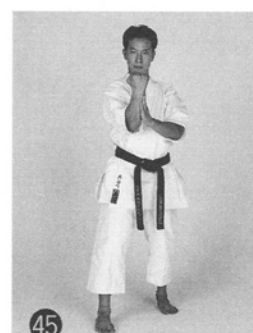
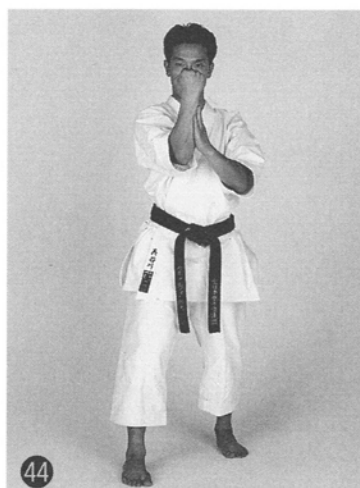
1:Take right foot a step forward (toward south).

2:Momodachi

3:Put left hand open in front of body, hit it against right Uchiuke.

4:South

33 拳動



【44を東から見る】

44から直ちに肩の高さに引く

44 seen from left side.

足の動作●前へ寄り足にて進む。

立ち方●基立ち。

手の動作●右裏拳にて上段を打つ。

着眼点●南

1:Step forward with drag.

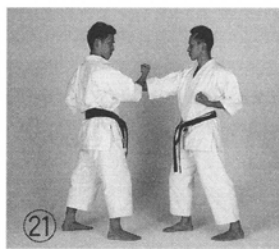
2:Motodachi

3:Hit toward Jyodan with right Uraken, and pull back toward shoulder height immediately.

4:South

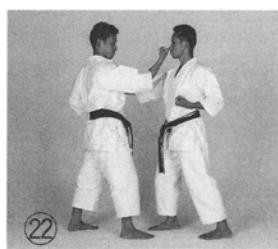
拳動の分解32、33 Seienchin Kumite in detail

中段突きしてくるのを、前足を後方へ引くと同時に、右中段内受け



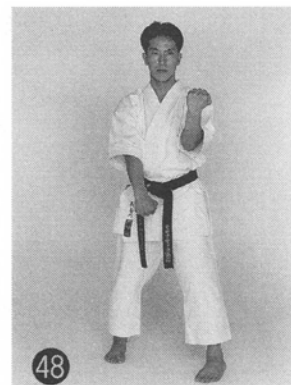
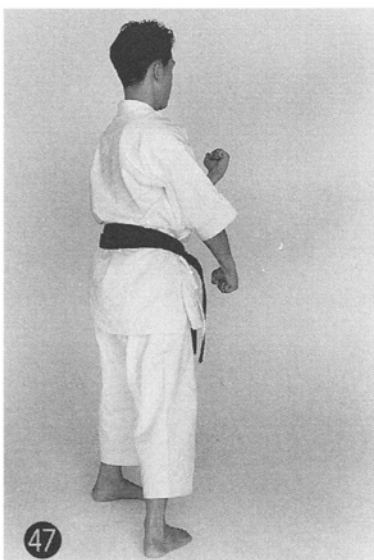
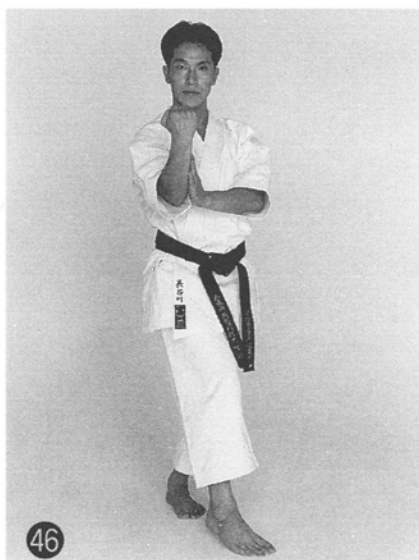
Hitting opponent's Chudan Tsuki sideways with Chudan Uchiuke, while withdrawing front foot.

ただちに右拳で顔面へ裏打ちする。



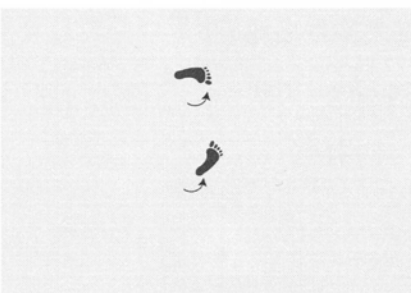
Counter with right Urauchi to his face.

34 拳動



【47を北東から見る】

47 seen from front.



足の動作●前足（右）を左足前に移動する。

立ち方●

手の動作●33のまま。

足の動作●体を北東へ回す。

立ち方●三戦立ち。

手の動作●左中段外受け、右手は体の下方（正中線）へ伸ばして構える。

着眼点●北東

1: Bring front (right) foot in front of left foot.

2: Sansendachi

3: Same as in 33.

4: South

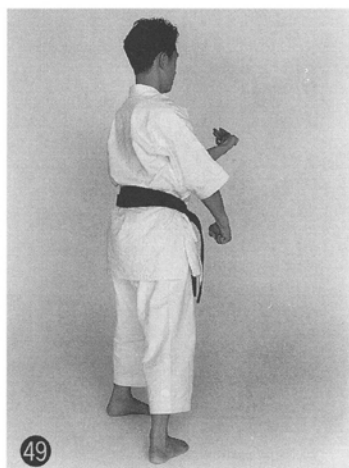
1: Turn body toward northeast.

2: Sansendachi

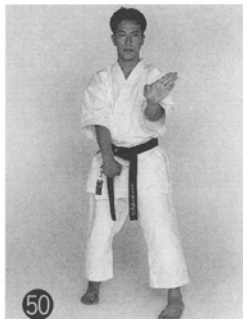
3: While executing Chudan Soto uke with left fist, stretch right hand toward lower part of body and hold there. (Seichusen)

4: Northeast

35 拳動



49



50

【49を北東から見る】

49 seen from front.

足の動作●47のまま。
立ち方●三戦立ち。
手の動作●左手を開いて掌を
前に向けて掛け手をする。

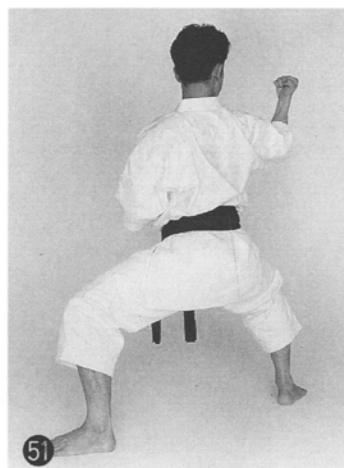
留意点●左中段外受けから左
掛け手に移るとき左手は上下
動させないこと。

着眼点●北東

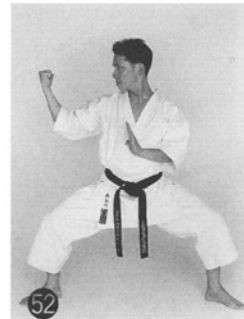
- 1: Same as in 47.
- 2: Sansendachi
- 3: Open left hand and execute
Kakate, with palm facing forward.
- 4: Northeast

Point: Don't move left
hand up and down
while executing
from left Chudan
Sotouke to left
Kakete.

36 拳動



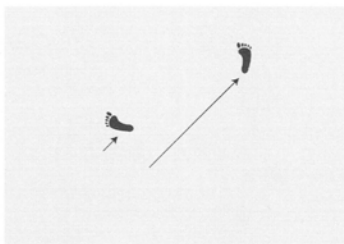
51



52

【51を西北から見る】

Agetsuki in 51, as seen
from front.



足の動作●右足を北東へ1歩運ぶ。

立ち方●四股立ち。

手の動作●右拳で上段揚突き、左手は開いて手首を立て掌
を外に向けて水月前に構える。

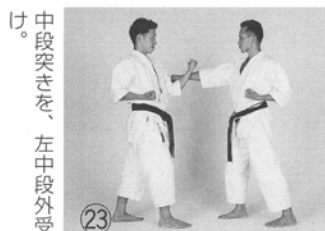
備考●揚突きは相手の顎（あご）のあたりに当てる。揚突
きした拳は直ちに肩の高さに引く。

着眼点●北東

- 1: Take right foot a step toward northeast.
- 2: Shikodachi
- 3: Execute Agetsuki with right fist, while bending wrist upward,
hold left hand in front of abdomen, with palm facing forward.
- 4: northeast

Note: Agetsuki should hit around opponent's jaw. After Agetsuki,
fist should be pulled back to shoulder height immediately.

拳動の分解34～39・42～47 Seienchin Kumite in detail



中
段
突
き
を
、
左
中
段
外
受
け。
23

Block opponent's right Chudan
Tsuki with left Chudan Uke
from inside, while withdrawing
front foot.



相
手
の
手
首
を
捕
り、
24

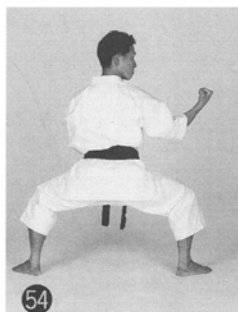
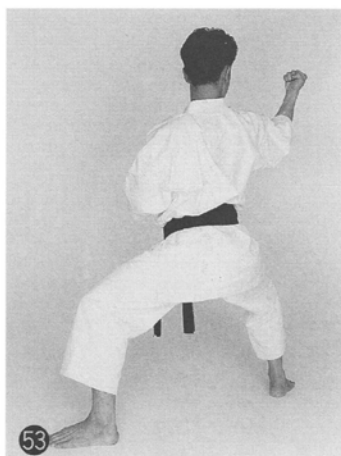
After Chudan Uke, turn
around left wrist to grab his
right wrist.



四
股
立
ち
に
な
り
右
手
を
下
に
引
き
つ
け、
同
時
に
右
拳
で
顎
（
あ
ご
）
に
揚
げ
突
き
す
る。
25

While pulling his right hand
downward at Shikodachi,
execute Agetsuki to his jaw
with right fist.

37 拳動



【53を南東から見る】
裏打ちした拳は直ちに
肩の高さに引く

53 seen from front.

足の動作●51のまま。
立ち方●四股立ち。
手の動作●右上段裏打ち。

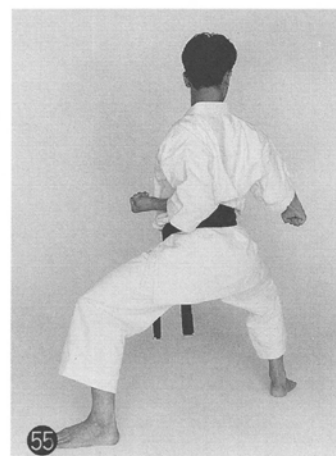
留意点●揚突きから上段裏打ち・下段払いの時上体が前後に振れないこと。

着眼点●北東

- 1: Same as in 51.
- 2: Shikodachi
- 3: Hit Jyodan Urauchi.
- 4: Northeast

Point: While executing from Agetsuki to Jyodan Urauchi and Gedan Barai, don't move up and down of upper body.

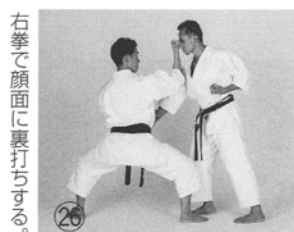
38 拳動



足の動作●51のまま。
立ち方●四股立ち。
手の動作●右手で下段払いをする。水月前の左手は脇へ引く。

着眼点●北東

- 1: Same as in 51.
- 2: Shikiodachi
- 3: Execute Gedan Barai with right fist. Pull back left hand in front of abdomen to left side of body.
- 4: Northeast



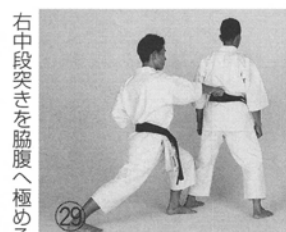
After Agetsuki, execute Urauchi to his face with right fist.



Block his further Chudan Tsuki with right Gedan Uke by hitting his left hand sideways.

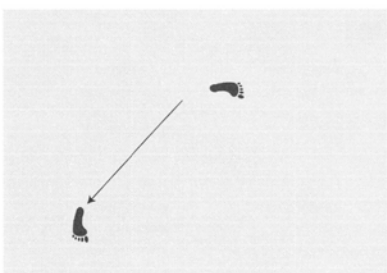
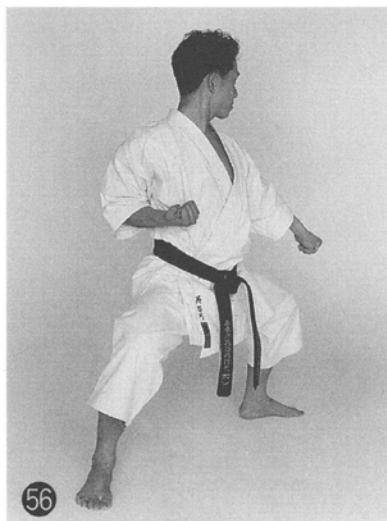


Block his further left Chudan Geri with left Gedan Uke, while withdrawing front foot.



Finish with right Chudan Tsuki to his left side of body.

39 拳動

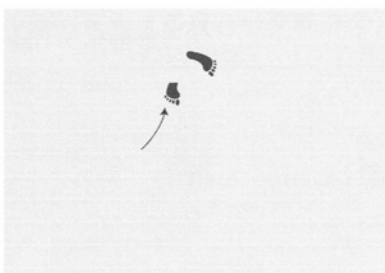
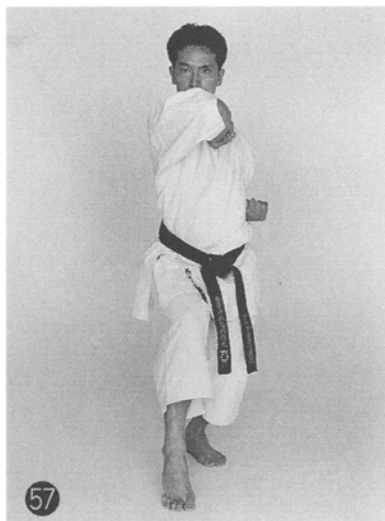


足の動作●右足を南西へ引く。
立ち方●四股立ち。
手の動作●左下段払いを行い、
右拳は脇へ引く。

着眼点●北西

- 1: Pull back right foot toward southwest.
- 2: Shikodachi
- 3: Execute Gedan Uke with left fist.
Pull back right fist to right side of body.
- 4: Northwest

40 拳動

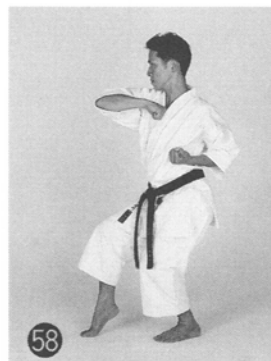


足の動作●右足を左足の前へ
引き、更に右足を少し引いて
踵をあげる。
立ち方●猫足立ち。
手の動作●両手の肘を前後に
引くようにして、右肘は腕を
肩の高さにあげ、左肘は後方
へ当てる。

着眼点●南

- 1: Pull back right foot in front of left foot, then, pull back right foot a little more and lift up its heel.
- 2: Nekoashidachi
- 3: Pulling both elbows apart from each other, lift right elbow up to shoulder height and push left elbow backward.
- 4: South

拳動の分解40、41・48、49 Seienchin Kumite in detail



【57を東から見る】

57 seen from left side.

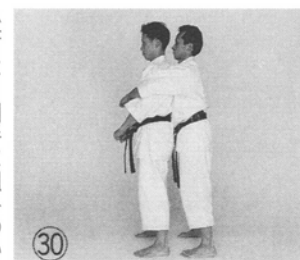
留意点●前の肘はハズシ技であるからコースに留意。(当ての動作にならないこと)

備考●普通の猫足立ちよりやや腰を落とし、尻を後ろへ出すようにする。

Point: Front elbow is an evading technique and its moving route should be careful. (Don't take hitting action)

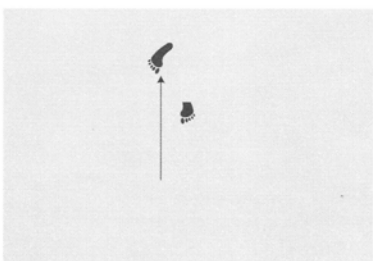
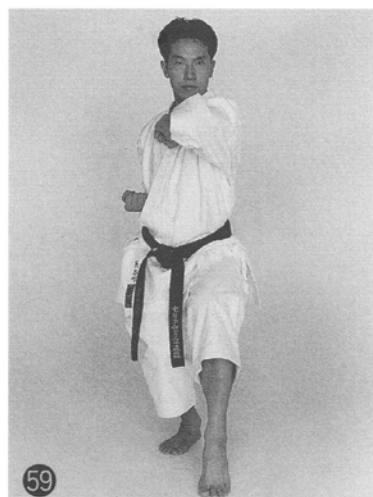
Note: Hips are lower than usual Nekoashidachi and push buttocks slightly backward.

後方より相手に組みつかれる。



Being held from behind.

41 拳動



足の動作●右足を後ろ（北）へ引き、左足はすこし引いて踵をあげる。

立ち方●猫足立ち。

手の動作●左腕は肘を前にして肩の高さにあげ、右肘は後方へ当てる。

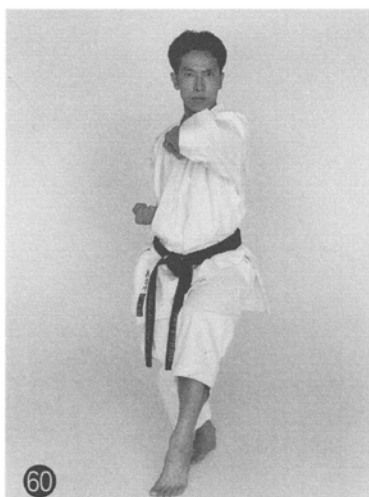
着眼点●南

1: Pull right foot backward (toward north) and lift left heel up, after pulling back left foot slightly.

2: Nekoashidachi

3: While lifting left arm until elbow comes to shoulder height and facing forward, execute right elbow attack backward with right arm.

4: South



足の動作●前足（左）を内、右足前に移動する。

立ち方●

手の動作●59のまま。

着眼点●南

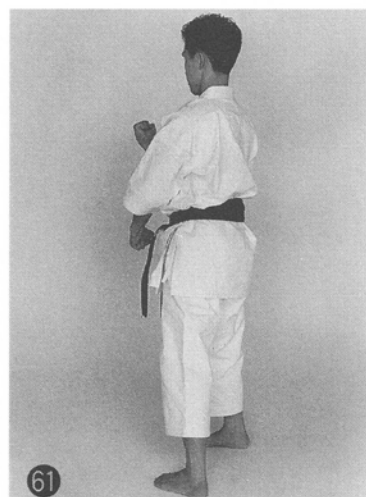
1: Bring front (left) foot toward inside and in front of right foot.

2: Nekoashidachi

3: Same as in 59.

4: South

42 拳動



足の動作●体を北西に向ける。

立ち方●三戦立ち。

手の動作●右手は中段外受けを行い、左手は伸ばして体の下方（正中線）に構える。

着眼点●北西

1: Turn body toward northwest.

2: Sansendachi

3: While executing Chudan Soto uke with right fist, stretch left hand toward lower part of body and hold there.

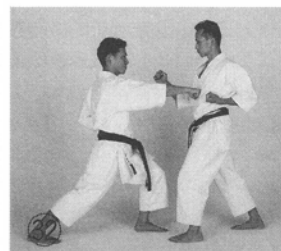
4: Northwest

猫足立ちのよつに腰を落とし、尻を後ろへ出し、右腕は肩の高さにあげて相手の腕をはずし、左肘当て。



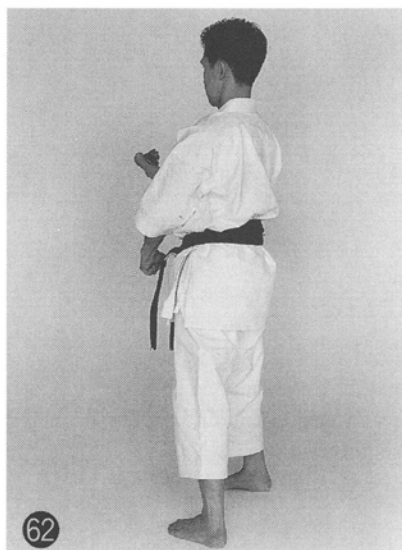
Lowering hips and pushing buttocks backward like Nekoashidachi, lift right arm until shoulder height to unlock opponent's arm and hit backward with left elbow.

後方へ向き中段突き。

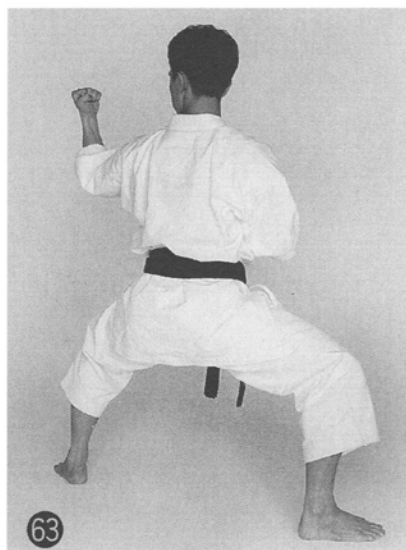


Turn around immediately and finish with right Chudan Tsuki.

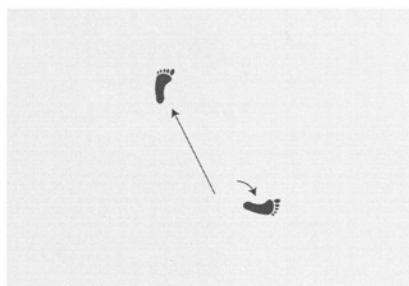
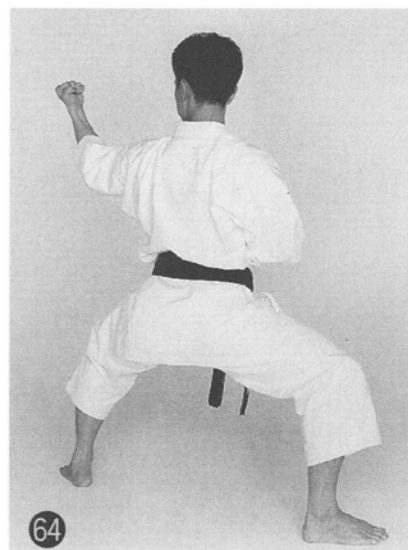
43 拳動



44 拳動



45 拳動



足の動作●61のまま。

立ち方●三戦立ち。

手の動作●中段受けした右手を開き、掌を前に向けて掛け手をする。

着眼点●北西

足の動作●左足を北西へ1歩進め、腰を落とす。

立ち方●四股立ち。

手の動作●左拳で揚突きを行い、右手は開いて手首を立て、掌を前に向けて水月前に構える。

着眼点●北西

足の動作●63のまま。

立ち方●四股立ち。

手の動作●左上段裏打ちを行う。

着眼点●北西

1:Same as in 61.

2:Sansendachi

3:Opening right hand after finishing Chudan Uke, execute Kaketeuke, with palm facing forward.

4:Northwest

1:Take left foot a step toward northwest and lower hips.

2:Shikodachi

3:Execute Agetsuki with left fist, while bending wrist upward, hold right hand in front of abdomen, with palm facing forward.

4:Northwest

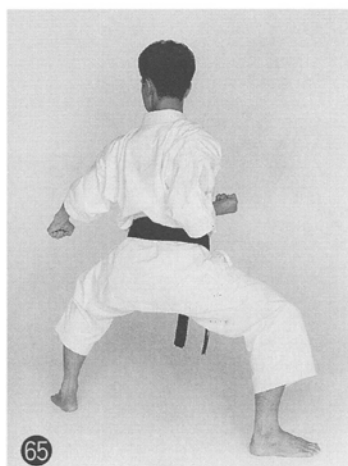
1:Same as in 63.

2:Shikodachi

3:Execute left Jyodan Urauchi.

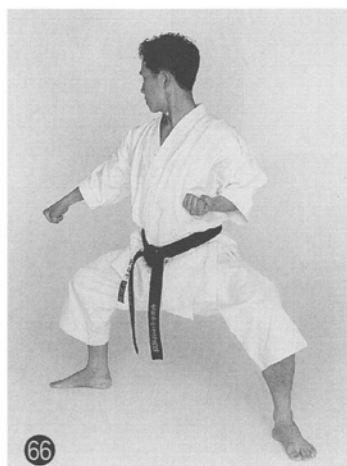
4:Northwest

46 拳動



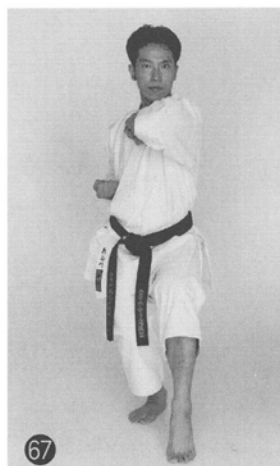
65

47 拳動



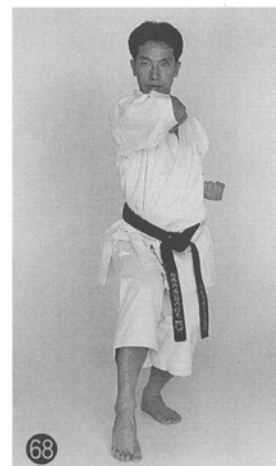
66

48 拳動

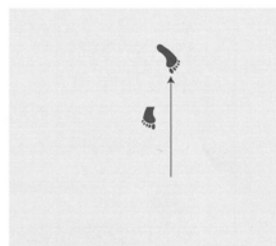
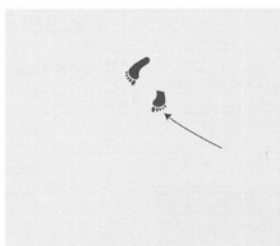
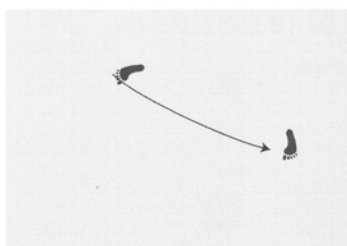


67

49 拳動



68



足の動作●63のまま。

立ち方●四股立ち。

手の動作●左下段払いを行い、右拳は脇へ引く。

着眼点●北西

足の動作●右足を軸にして左足を後方（南東）へ引く。

立ち方●四股立ち。

手の動作●右下段払い。左手は脇へ引く。

着眼点●北西

足の動作●左足を右足前に引いて踵をあげて腰を落とす。

立ち方●猫足立ち。

手の動作●左手は肘を前にして肩の高さにあげ、右手は後方へ肘当てをする。

着眼点●南

足の動作●左足を後方（北）へ引き、右足は少し引いて踵をあげる。

立ち方●猫足立ち。

手の動作●右腕は肘を前にして肩の高さにあげ、左肘で後方へ当てる。

着眼点●南

1:Same as in 63.

2:Shikodachi

3:Execute Gedan Barai with left fist. Pull back right fist to right side of body.

4:Northwest

1:Pivoting on right foot pull left foot backward (toward southeast).

2:Shikodachi

3:Execute Gedan Barai with right fist. Pull back left fist to left side of body.

4:Northwest

1:Pull back left foot in front of right foot, then, lift left heel and lower hips.

2:Nekoashidachi

3:While lifing left arm until elbow is shoulder height and facing forward, execute elbow attack backward with right arm.

4:South

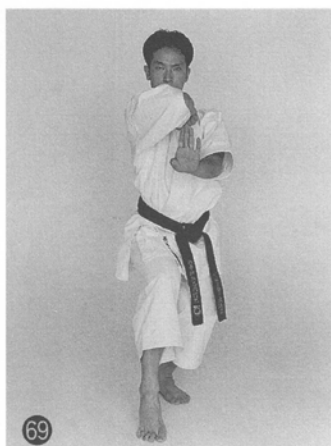
1:Pull left foot backward (toward north) and draw back right foot a little and lift right heel.

2:Nekoashidachi

3:While lifing right arm until elbow comes to shoulder height and facing forward, execute elbow attack backward with left arm

4:South

50 拳動



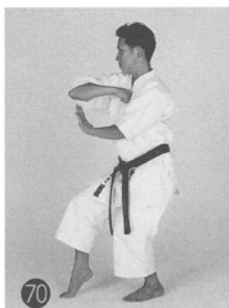
足の動作●68のまま。
立ち方●猫足立ち。
手の動作●左手を開いて手首を立てて右手の上より掌底にて中段を押さえる。

留意点●左掌底押さえた所から動かないこと。

着眼点●南

- 1: Same as in 68.
- 2: Nekoashidachi
- 3: Open left hand and bend wrist upward on top of right fist, then, press Chudan with Shotei.
- 4: South

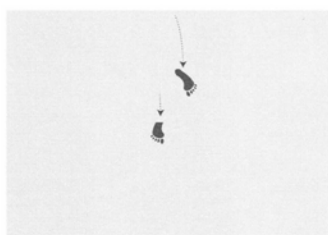
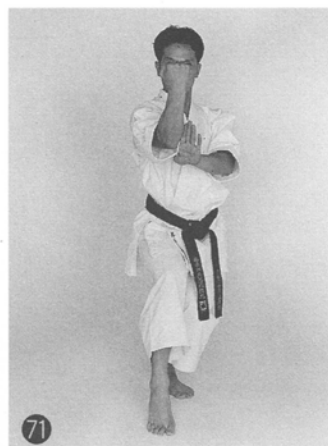
Point: Don't move from where left Shotei is executed.



【69を東から見る】

69 seen from left side.

51 拳動



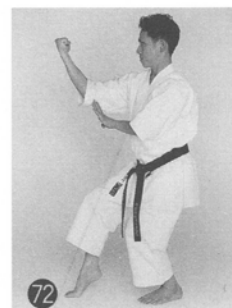
足の動作●猫足立ちのまま前足(踵から)より波足で前に進む。

立ち方●猫足立ち。

手の動作●波足で進みながら上段に右拳で裏打ちをし、直ちに肩の高さへ引く。

着眼点●南

- 1: With the same Nekoashidachi stance, stop forward with drag, from front foot first.
- 2: Nekoashidachi
- 3: While stepping with drag, execute Urauchi toward Jyodan with right fist, then, pull back it to shoulder height immediately.
- 4: South

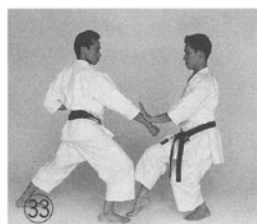


【71を東から見る】

71 seen from left side.

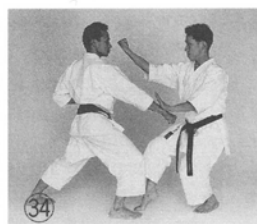
拳動の分解50~52 Seienchin Kumite in detail

中段突きを、猫足立ち左手掌底にて下に押さえる。

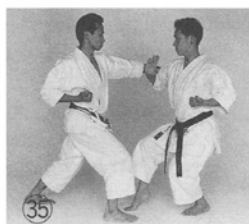


To counter opponent's right Chudan Tsuki, withdraw front foot to become Nekoashidachi and, at the same time, pressing downward with left Shotei, execute Urauchi to his face with right fist.

右拳にて顔面へ裏打ち。

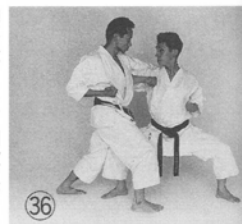


空いた脇へさらに中段突きしてくるのを、内側より肘を入れて受ける。



Block his further left Chudan Tsuki to the open side of body with right elbow from inside. (Hiji Kuri Uke)

腰を落として四股立ちとなり、脇を肘当てで極める。



Lower hips to become Shikodachi and finish with right elbow attack to his left side of body.

52 拳動



【73を東から見る】

73 seen from left side.

足の動作●右足を後方（北）へ引く。

立ち方●猫足立ちになる途中。

手の動作●裏打ちの状態から右手を引いて両肘を合わせるようにし。

着眼点●南

1: Pull right foot backward (toward north).

2: On the way to stand Nekoashidachi.

3: Pull both hands toward face and put both elbows together.

4: South



足の動作●ひき続き右足を引き、左足の踵をあげる。

立ち方●猫足立ち。

手の動作●両肘を体の前で合わせ、さらに両肘を左右に張る。両掌は合わせ山型となる。(肘繰り受け)

留意点●猫足立ちに極まってからの肘繰り受け、両肘は繰り受けのコースを通すこと。

備考●71の右裏打ちから、右足を引いて左猫足立ち、肘繰り受けの動作は連動のこと。

着眼点●南

1: Next, Pulling back right foot, then, lift left up heel.

2: Nekoashidachi

3: Face both elbows in front of body and spread both elbows to both sides of body, and tips of hands touching, form a "mountain" with palms. (Hiji Kuri Uke)

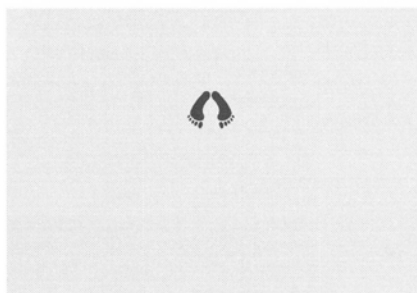
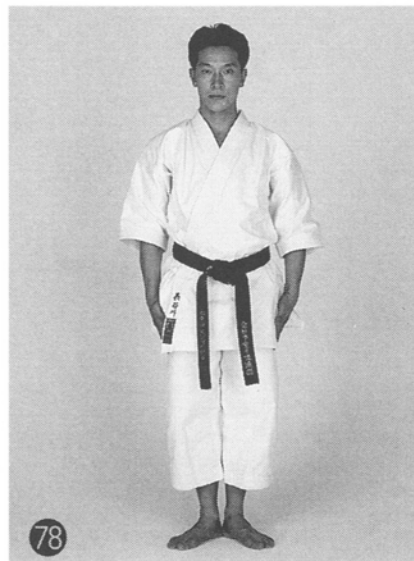
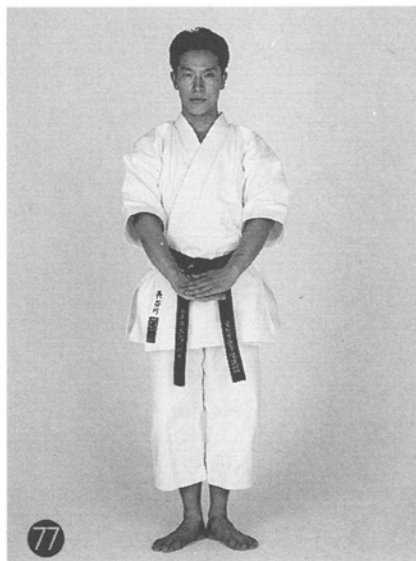
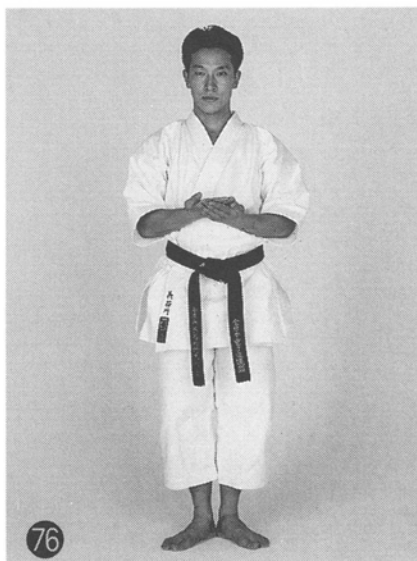
4: South

Point: At performance of Hijikuriuke after finishing Nekoashidachi, both elbows should follow the Uke route.

Note: Actions from right Urauchi of 71 to left Nekoashidachi by pulling back right foot and Hijikuriuke should be in a linked way.

止め

直立



足の動作●左足を右足に引きつける。
立ち方●結び立ち。

手の動作●両手を合わせたまま下腹前におろす。

着眼点●南

足の動作●76のまま。
立ち方●結び立ち。

手の動作●両手をそれぞれ体の両側に伸ばす。

着眼点●南

1: Pull left foot to right foot.
2: Musubidachi

3: With both hands together, place them in front of lower abdomen.
4: South

1: Same as in 76
2: Musubidachi
3: Stretch hands on both sides of body, with arms and fingers straight down.
4: South