

VALGE VÖÖ

Liikumised matil:

Ayumi-ashi: <https://www.youtube.com/watch?v=BRwMbjCzh-U>

Tsugi-ashi (kolm erinevat suunda): <https://www.youtube.com/watch?v=gZJvqTwWhHI>

Tai-sabaki – kogu keha liikumised pööretega:

https://www.youtube.com/results?search_query=mae+sabaki

Mae-sabaki

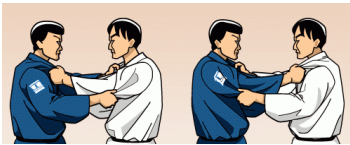
Ushiro-sabaki

Mae-mawari-sabaki

Ushiro-mawari-sabaki

Kihon-dosa – seisud:

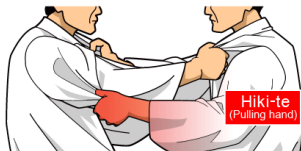
Aiyotsu



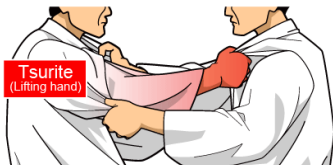
Kenka-yotsu:



Hikite – tõmbekäsi



Tsurite – tõstekäsi



Heite faasid:

Kuzushi- tasakaalu lõhkumine

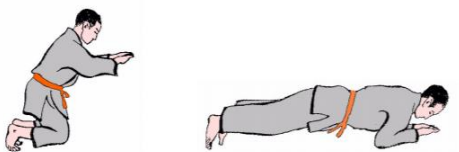
Happo no kuzushi – tasakaalu lõhkumine kaheksas eri suunas

Tsukuri – heitesse sisse minek

Kake – vastase maha panemine (lõppfaas)

Ukemi-kukkumised:

Mae ukemi – ette kukkumine



Ushiro ukemi – taha kukkumine



Yoko ukemi – küljele kukkumine



Mae mawari ukemi – rullumine



**KORREKTSelt VÖÖ SIDUMINE
KIMONO KOKKU PAKKIMINE**

