

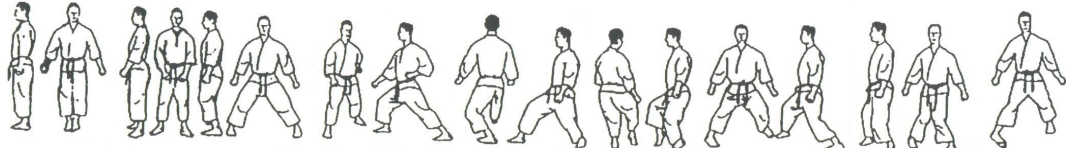
道場

DOJO  
(La palestra)

汲心流

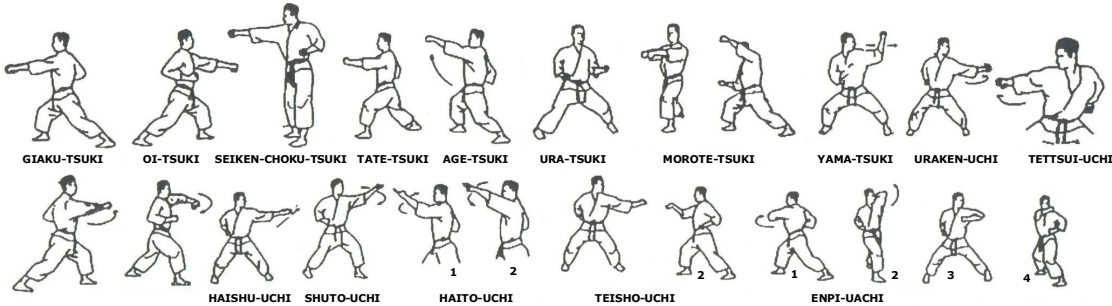
Dirigere lo spirito

**POSIZIONI**



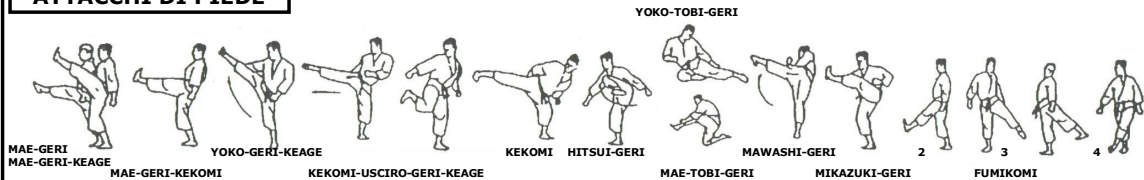
HEISOKU-DACHI HACHIJI-DACHI KIBA-DACHI ZENKUTSU-DACHI KOKUTSU-DACHI NEKO-ASHI-DACHI SOOCHIN-DACHI SOOCHIN-DACHI HANGETSU-DACHI

**ATTACCHI DI MANO**



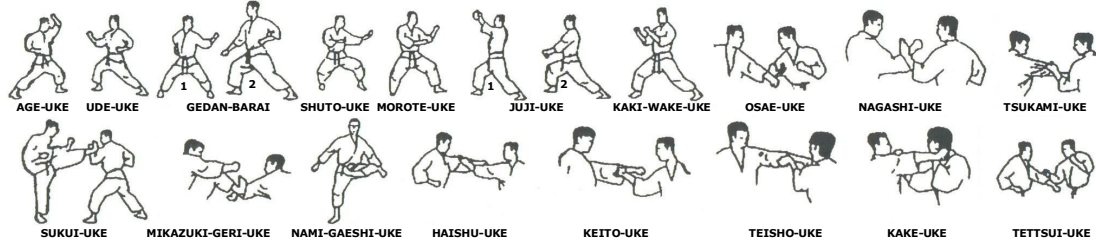
GIAKU-TSUKI OI-TSUKI SEIKEN-CHOKU-TSUKI TATE-TSUKI AGE-TSUKI URA-TSUKI MOROTE-TSUKI YAMA-TSUKI URAKEN-UCHI TETSUI-UCHI  
HAISHU-UCHI SHUTO-UCHI HAITO-UCHI TEISHO-UCHI ENPI-UCHI

**ATTACCHI DI PIEDE**



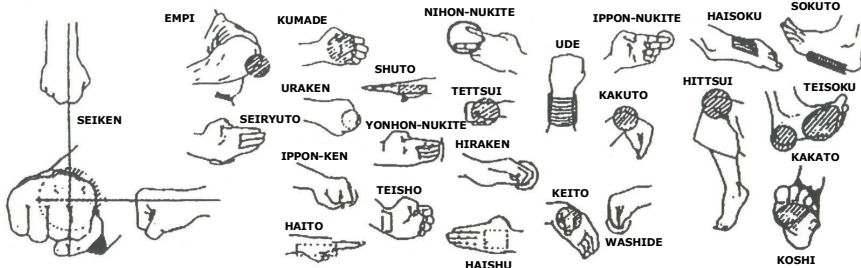
MAE-GERI MAE-GERI-KEAGE MAE-GERI-KEKOMI YOKO-GERI-KEAGE KEKOMI-USCIRO-GERI-KEAGE KEKOMI HITSUI-GERI MAE-TOBI-GERI MAWASHI-GERI MIKAZUKI-GERI FUMIKOMI

**TECNICHE DI PARATA**



AGE-UKE UDE-UKE GEDAN-BARAI SHUTO-UKE MOROTE-UKE JUJI-UKE KAKI-WAKE-UKE OSAE-UKE NAGASHI-UKE TSUKAMI-UKE  
SUKUI-UKE MIKAZUKI-GERI-UKE NAMI-GAESHI-UKE HAISHU-UKE KEITO-UKE TEISHO-UKE KAKE-UKE TETSUI-UKE

**PUNTO DI IMPATTO**



**PUNTI VITALI**

