

## ENPI ENGI BUNKAI ( 45 Kyodo)

ESECUZIONE DEL KATA		TECNICHE DA APPLICARE	
	Yoi		Yoi / dx Shizentai kamae
		1	<b>dx Gedan Barai</b>
		2	<b>Shizentai Kamae Hikite</b>
		3	<b>dx Gedan Barai</b>
		4	<b>sx Kagizuki / Gyakuzuki</b>
5	<b>sx Gedan Barai</b>		
6	<b>dx Jodan Agezuki</b>		
7	<b>sx Gedanzuki</b>		
8	<b>dx Gedan Barai</b>		
9	<b>sx Gedan Barai</b>		
		10	<b>dx Jodan Agezuki</b>
		11	<b>dx Tsukami</b>
		12	<b>dx Hiza Geri</b>
		13	<b>sx Gedanzuki</b>
		14	<b>dx Junzuki</b>
15	<b>sx Gedan Barai</b>		
		16	<b>sx Jodan Haito Uke</b>
		17	<b>sx Uchi Mawashigeri</b>
		18	<b>sx Jodan Sho Harai Uke sx Tsukami</b>
		19	<b>dx Jodan Soto Uchi Komi</b>
		20	<b>dx Hiza Geri</b>
		21	<b>sx Gyakuzuki</b>
22	<b>sx Chudan Tate Shuto Uke</b>		
23	<b>dx Chudan Renzuki</b>		
24	<b>sx Gedan Barai</b>		
25	<b>dx Jodan Agezuki</b>		
26	<b>dx Shuto Uke</b>		
27	<b>sx Shuto Uke</b>		
28	<b>dx Gyakuzuki</b>		
29	<b>dx Shuto Uke</b>		
30	<b>sx Gedan Barai</b>		
31	<b>dx Jodan Agezuki</b>		
32	<b>sx Gedanzuki</b>		
33	<b>dx Gedan Barai</b>		
34	<b>sx Gedan Barai</b>		
35	<b>dx Chudan Teisho Uke</b>		
36	<b>dx Chudan Teisho Uke sx Gedan Teisho Osae Uke</b>		
37	<b>sx Chudan Teisho Uke dx Gedan Teisho Osae Uke</b>		
		38	<b>dx Chudan Teisho Uke dx Tsukami</b>
		39	<b>sx Chudan Teisho Uchi</b>
		40	<b>dx Junzuki</b>
		41	<b>sx Sho Gedan Kake dx Sho Jodan Kake Nage</b>
		42	<b>dx Gedanzuki</b>
43	<b>dx Gedan Tsukami Uke sx Jodan Tsukami Uke</b>		
44	<b>dx Shuto Uke</b>		
45	<b>sx Shuto Uke</b>		
	<b>Yame Rei Naotte</b>		
	<b>dx = destra      sx = sinistra</b>		