

GOJIUSHO SHO ENGI BUNKAI – 63 Kyodo –

Yoi (Rei Gojiusho -Shoi Engi Bunkai Kamae)

ESECUZIONE DEL KATA		TECNICHE DA APPLICARE	
	Yoi		
1	dx Jodan Tate Uraken Uchi sx Kamae		
2	sx Morote Kakiwake Uke		
		3	Ryowan Jodan Kake Uke
		4	dx Jodan Kizamizuki sx Chudan Gyakuzuki
		5	sx Chudan Tate Shuto Uke
		6	dx Chudan Gyakuzuki
		7	dx Maegeri
		8	dx Oizuki
9	dx Chudan Tate Shuto Uke		
10	Chudan Renzuki		
11	sx Maegeri	Â	
12	sx Oizuki		
13	dx Age Hiji Ate		
		14	sx Jodan Kaisho Harai Uke - Nekoashi Dachi
		15	dx Chudan Shuto Nagashi Kake Uke sx Kamae
		16	dx Tsukami sx Chudan Nukite * Gedan Shuto Uke
		17	dx Gyakuzuki Nukite
		18	sx Tsukami dx Oizuki Nukite
		19	sx Osae Uke
		20	dx Tsugi Ashi Junzuki Nukite
21	dx Chudan Shuto Nagashi Kake Uke sx Kamae		
22	sx Gedan Shuto Uke dx Chudan Kamae dx Oizuki Nukite		
23	Chudan Renzuki Nukite		
		24	Kaiten sx Gedan Haito Uke dx Kamae
		25	dx Tsukami Awase Uke
		26	dx Hiza Ate
		27	Hikite Kamae
28	dx Gedan Haito Uke sx Kamae		
29	Spostamento Kosa Dachi		
30	dx Tsukami Awase Uke	Â	
31	dx Chudan Shuto Nagashi Kake Uke sx Kamae		

32	sx Gedan Shuto Uke dx Chudan Kamae dx Oizuki Nukite	
33 Chudan Renzuki Nukite		
		34 dx Gyaku Jodan Shuto Uchikomi Uke
		35 dx Jodan Shuto Ura Uchi
		36 sx Chudan Gyakuzuki
37	sx Gyaku Jodan Shuto Uchi	Â
38	sx Jodan ShutoÂ Ura Uchi	
39	dx Chudan Uchi Uke	
40	dx Maegeri	
41	sx Gedanzuki	
42	dx Gedanbarai	
43	dx Chudan Shuto Nagashi Kake Uke sx Kamae	
44	sx Gedan Shuto Uke dx Chudan Kamae dx Oizuki Nukite	
45	Chudan Renzuki Nukite	
	Â Â Â	
		47 sx Tate Shuto UkeÂ
		48 sx Tsukami dx Gyakuzuki
49	dx Gedan Haito Uke sx Kamae	
50	Spostamento Kosa Dachì	
51	sx Chudan Tate Shuto Uke dx Chudan Zuki	
		52 sx Chudan Otoshi Uke dx Jodan Tate Uraken Uchi
		53 sx Chudan Kentsui Uchi
		54 dx Chudan Gyakuzuki
		55 dx Oizuki
56	Morotezuki	
57	Morote Kentsui Uchi	
58	Hiji Hari Kamae	
59	Zenkutsu Dachì Hiji Hari Kamae	
		60 Nekoashi Dachì sx Gedan Shuto Uke sx Chudan Keito Uke
		61 dx Keito Uke
		62 dx Maegeri dx Seryuto Uchi sx Kamae
63	dx Chudan Shuto Nagashi Kake Uke sx Kamae	
Yame Rei Naotte - dx = destra - sx = sinistra		* si precisa che la tecnica nr 16 Chudan Nukite Â" intesaÂ come parata (Gedan Shuto Uke)

[Tabella Bunkai](#) - [Tabella Video](#) - [Tabella Esercizi](#)