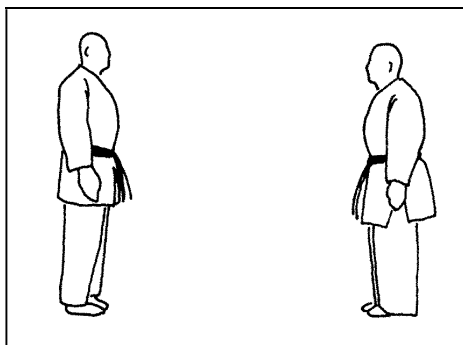
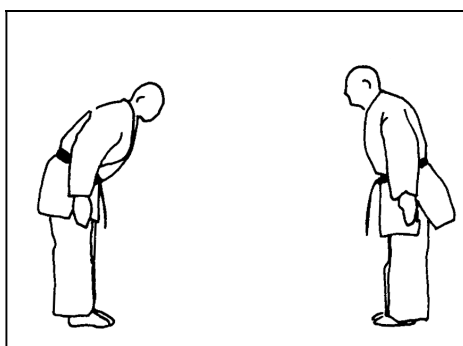


Itori Ipponme

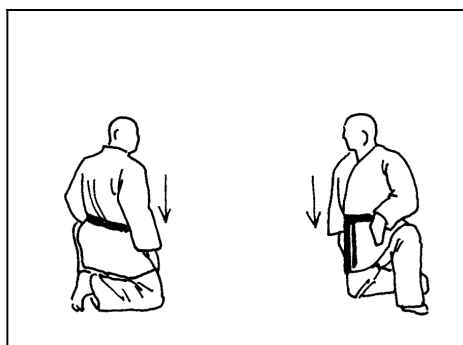


T e U:

- **Shizentai Musubidachi**

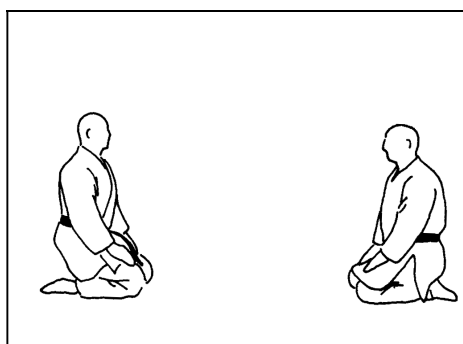


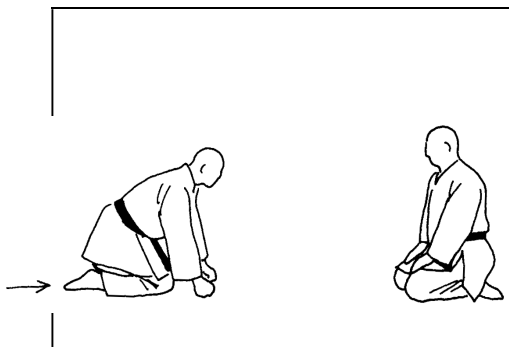
- **Rei**



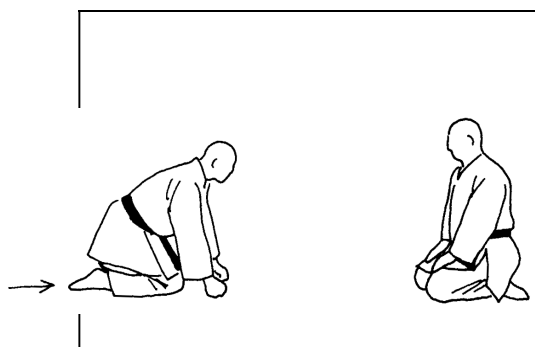
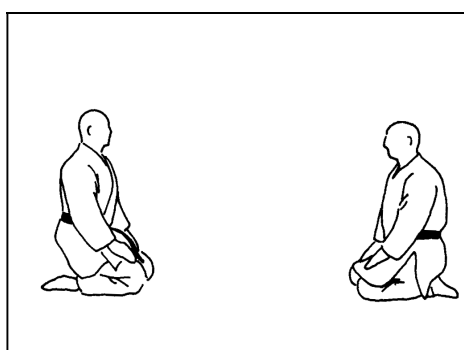
T e U: Scendono in ginocchio, prima
il dx poi il sx:

- **Seiza**

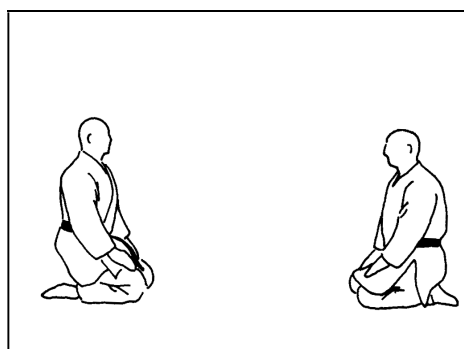


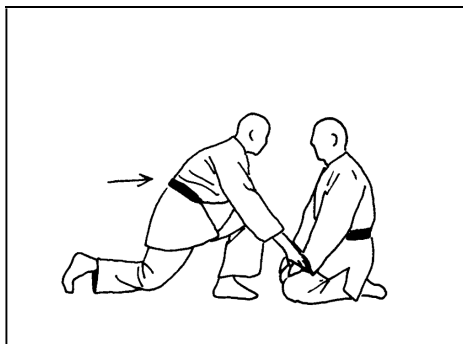


U: Si avvicina a T. poggiandosi sui pugni, cercando la distanza per l'attacco.

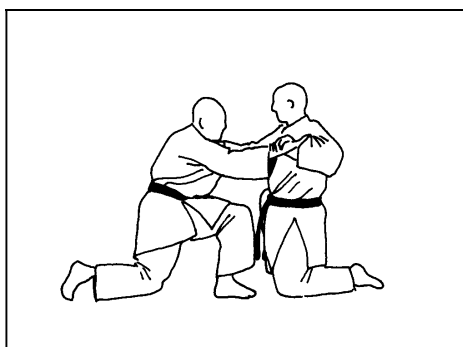


U: Si avvicina ancora, preparandosi all'attacco.

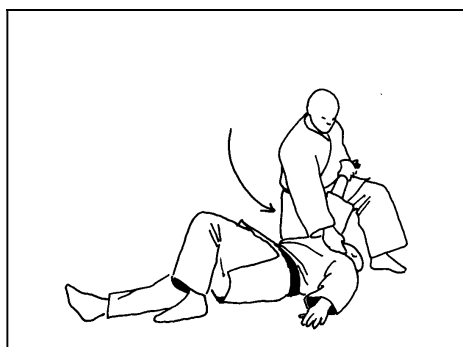




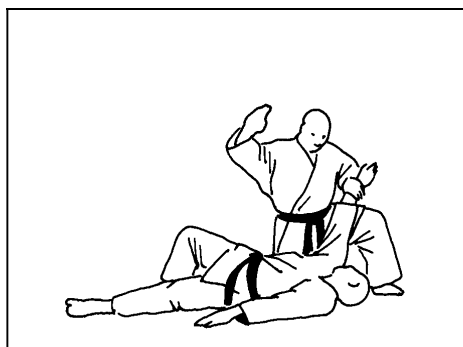
U: Avanza con il piede dx e afferra T. per i polsi.



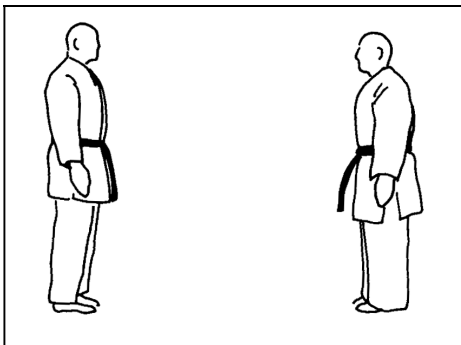
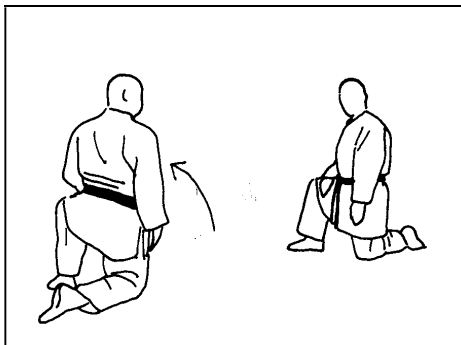
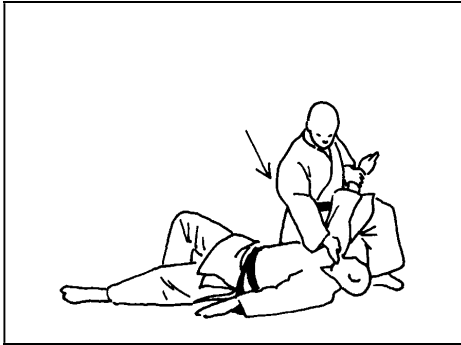
T: Si solleva, andando sul ginocchio sx e apre la gamba dx di 90°. Con movimento rotatorio dei polsi (verso l'esterno) si libera della presa, afferra con la mano sx il polso dx di U. e con la dx il suo collo.



T: Con movimento delle anche, ruota di 180° in senso antiorario andando sul ginocchio dx. Allo stesso tempo esercitando trazione sul braccio dx di U. e torsione sulla sua nuca, lo proietta a terra.



T: Mantenendo in trazioine il braccio sx di U. lo colpisce:
- **Migi Shuto**



T: Lascia la presa ed arretra di un passo rimanendo sul ginocchio sx (**Migi Kamae**).

U: Ruota sul fianco sx per andare in appoggio sul ginocchio dx (**Hidari Kamae**).

T e U: Si sollevano in piedi (**Shizentai**) e tornano sulla linea di partenza:

- **Shizentai Musubidachi**
- **Rei**