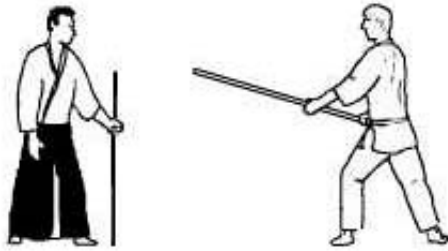


# Kumi Jo / Bunkai

## Kata de Jo en 31 Movimientos (1 Uke)

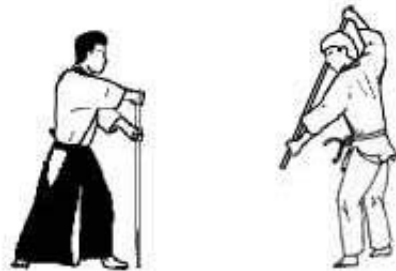


**TORI**

•Kamae.

**UKE**

•Chudan Kamae.



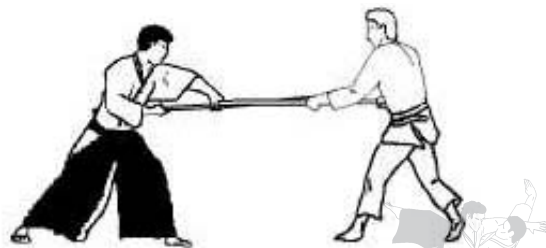
**TORI**

•Coge el Jo (Gaeshi).

**UKE**

•Carga el Jo.

①

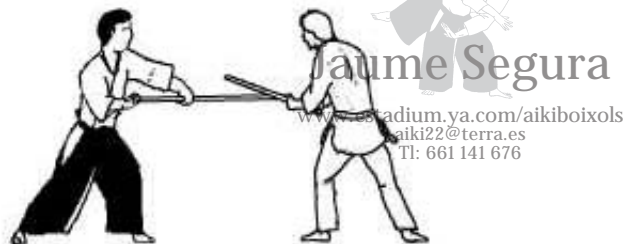


**TORI**

•Gaeshi Tsuki.

**UKE**

•Chudan Tsuki.



**UKE**

•Aparta el Jo de Tori.



**UKE**

•Carga el Jo.

②



**TORI**

•Parada en Gaeshi.

**UKE**

•Chudan Tsuki.



**TORI**

•Golpea el Jo de Uke.



**TORI**  
•Carga el Jo.

---

3



**TORI**  
•Gaeshi Tsuki.  
**UKE**  
•Parada.

---



**UKE**  
•Aparta el Jo de Tori.

---



**UKE**  
•Carga el Jo.

---

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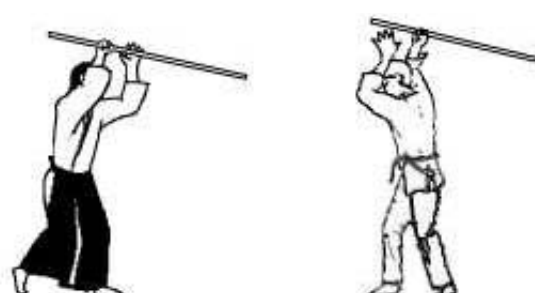
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Tel: 661 141 676

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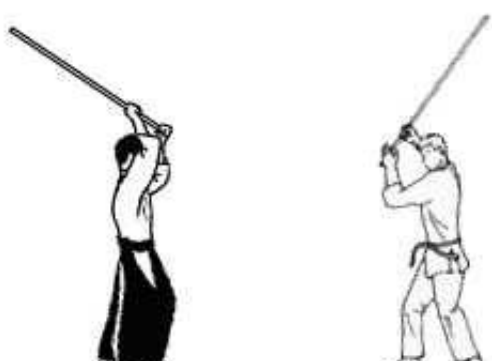
**TORI**  
•Parada en Gaeshi.  
**UKE**  
•Chudan Tsuki.

---



**TORI**  
•Prepara Yokomen Uchi.  
**UKE**  
•Ushiro hidari ashi.  
•Prepara Yokomen.

---



**TORI**  
•Irimi migi ashi.

---

Segura

5

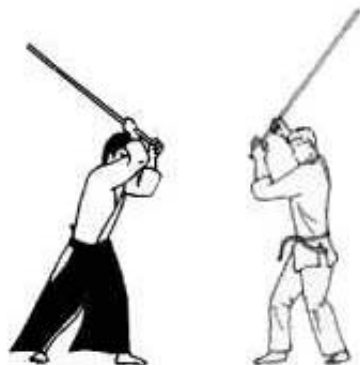


**TORI**

•Yokomen Uchi.

**UKE**

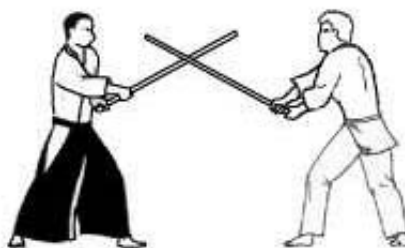
•Yokomen Uchi.



**TORI**

•Irimi migi ashi.

6



**TORI**

•Gyaku Yokomen Uchi.

**UKE**

•Ushiro migi ashi.

•Gyaku Yokomen Uchi.



**TORI**

•Tenkan.

7



**TORI**

•Yokomen Uchi.



**TORI**

•Irimi hidari ashi.

**UKE**

•Irimi migi ashi.

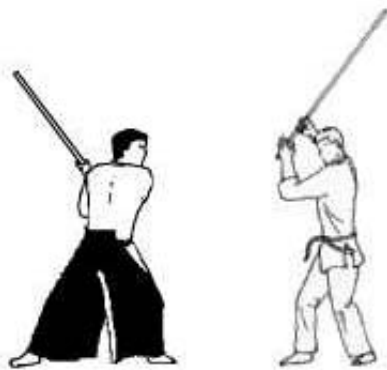
8



**TORI**

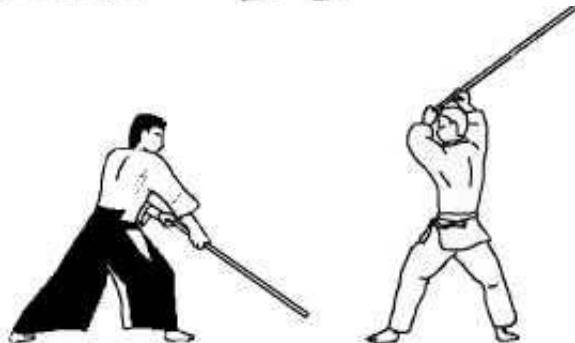
•Gyaku Yokomen Uchi.

*Segura*



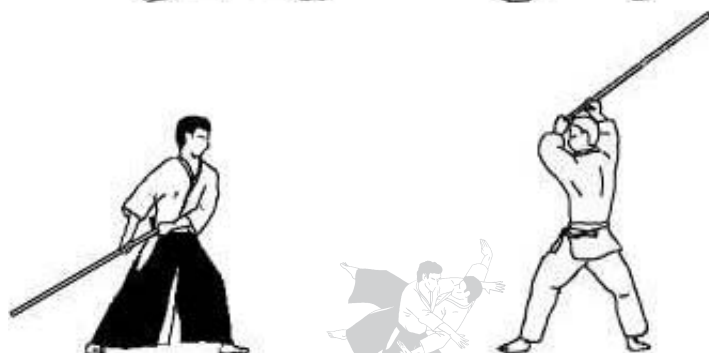
### TORI

- Tenkan.
- Prepara Ushiro Harai.



### UKE

- Ushiro migi ashi.
- Jodan Kamae.



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### TORI

- Ushiro migi ashi
- Ushiro Harai.

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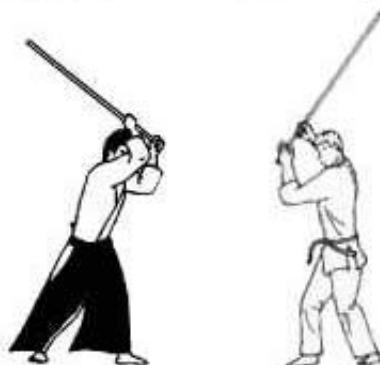
10

### TORI

- Irimi migi ashi..
- Ura Kote.

### UKE

- Irimi migi ashi.
- Shomen Uchi Komi.



### TORI

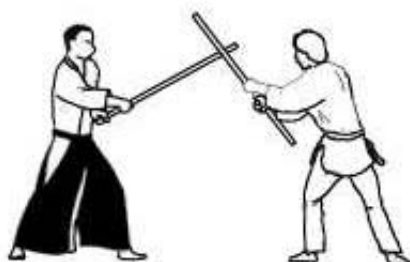
- Irimi hidari ashi.

### TORI

- Gyaku Yokomen Uchi.

### UKE

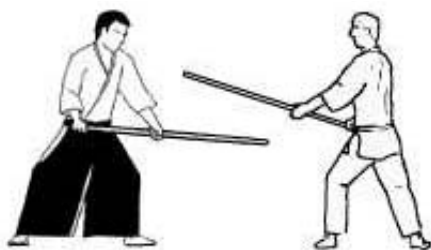
- Ushiro migi ashi.
- Parada cambiando las manos.



11

Segura

12



### TORI

- Chudan Kamae.
- Cambia las manos.

### UKE

- Chudan Kamae.



### TORI

- Carga el Jo.

13



### TORI

- Chudan Tsuki.

### UKE

- Parada.



### UKE

- Carga el Jo.

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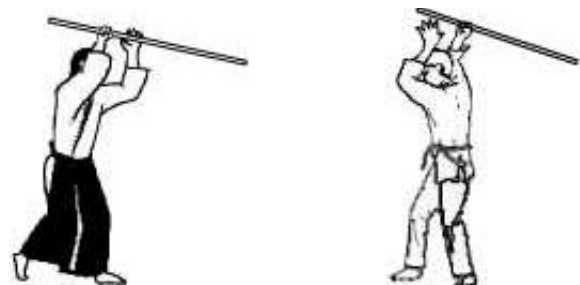


### TORI

- Parada.

### UKE

- Chudan Tsuki.



### TORI

- Prepara Yokomen Uchi.

### UKE

- Ushiro hidari ashi.
- Prepara Yokomen Uchi.

15



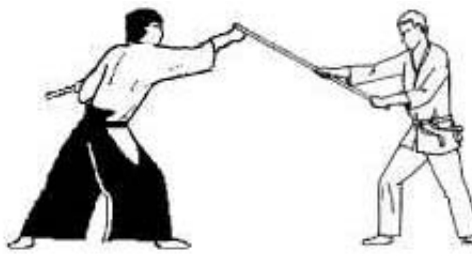
### TORI

- Irimi migi ashi.
- Yokomen Uchi.

### UKE

- Yokomen Uchi.

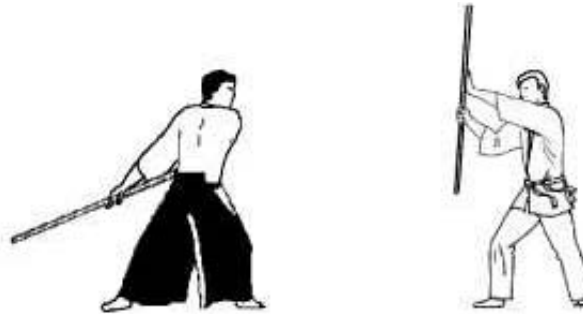
*Segura*



### TORI

- Prepara Ushiro Tsuki.

16



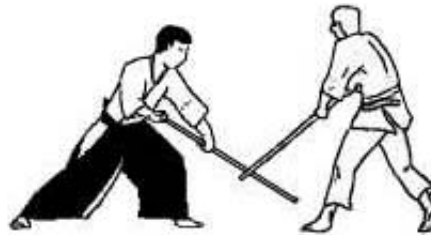
### TORI

- Ushiro Tsuki (Gedan).

### UKE

- Cambia las manos.

17



### TORI

- Irimi hidari ashi.
- Gedan Gaeshi.

### UKE

- Ushiro migi ashi.
- Parada.



### TORI

- Cambia las manos.

### UKE

- Carga el Jo.

18



### TORI

- Parada (Exterior).

### UKE

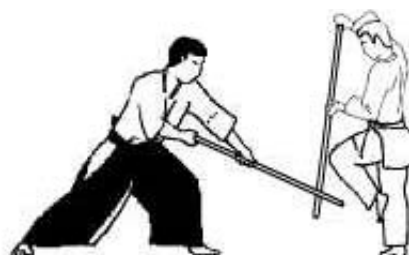
- Chudan Tsuki.



### TORI

- Carga el Jo.

19



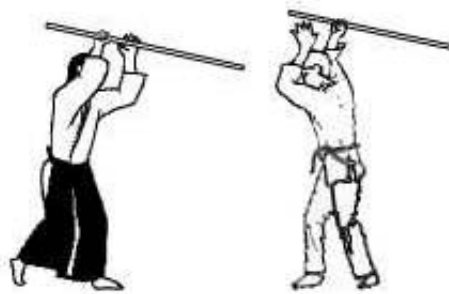
### TORI

- Hiza Tsuki.

### UKE

- Parada.





### TORI

•Prepara Yokomen Uchi.

### UKE

•Ushiro hidari ashi. (Triangulación).

•Prepara Yokomen Uchi.

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(20)



### TORI

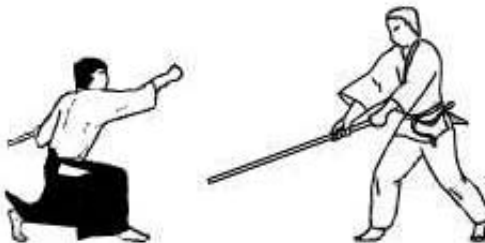
•Irimi migi ashi. (Triangulación).

•Yokomen Uchi (Gedan).

### UKE

•Parada en Yokomen Uchi.

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### TORI

•Za Ho.

•Prepara Ushiro Tsuki.

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(21)



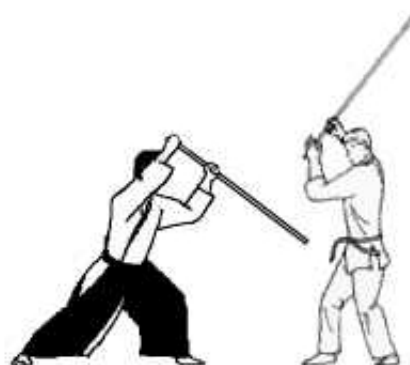
### TORI

•Ushiro Tsuki.

### UKE

•Carga para Shomen Uchi.

---



### TORI

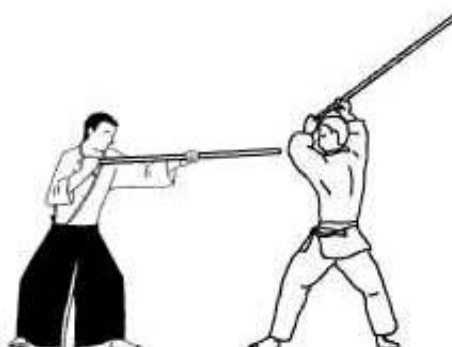
•Tachi.

•Irimi hidari ashi.

•Prepara Jodan Tsuki.

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(22)



### TORI

•Jodan Tsuki.

### UKE

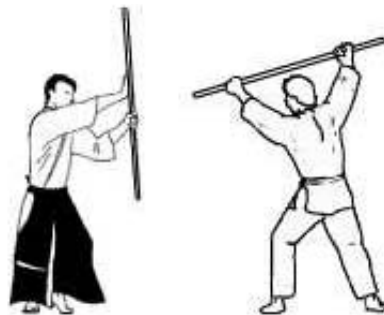
•Ushiro migi ashi.

•Jodan Kamae

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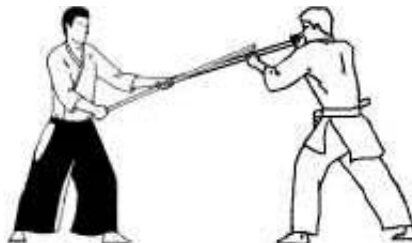
*Segura*

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**TORI**  
•Cambia las manos.  
**UKE**  
•Prepara Jodan Tsuki.

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**TORI**  
•Parada (Exterior).  
**UKE**  
•Jodan Tsuki.

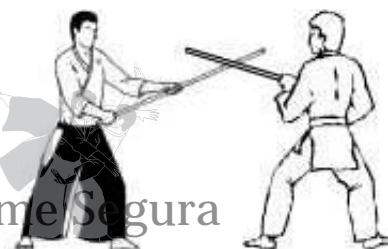
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**TORI**  
•Carga el Jo.

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**TORI**  
•Chudan Tsuki.  
**UKE**  
•Parada.

---



**TORI**  
•Carga el Jo.  
**UKE**  
•Cambia las manos.

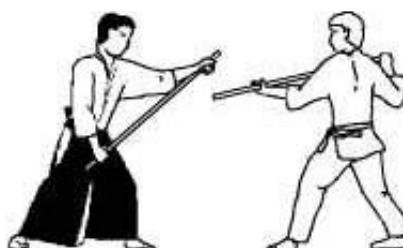
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25



**TORI**  
•Jodan Tsuki.  
**UKE**  
•Parada (Exterior).

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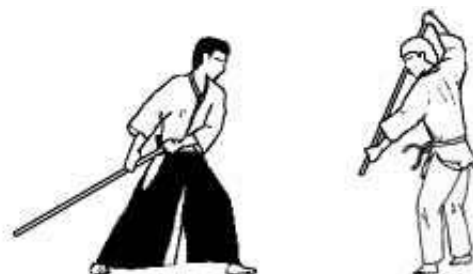


**TORI**  
•Prepara Ushiro Tsuki.  
**UKE**  
•Carga el Jo.

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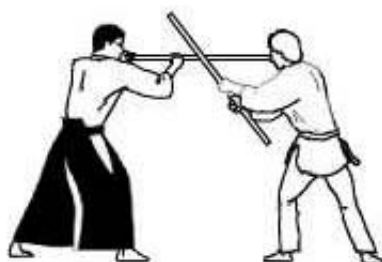
**TORI**  
•Ushiro Tsuki.

27

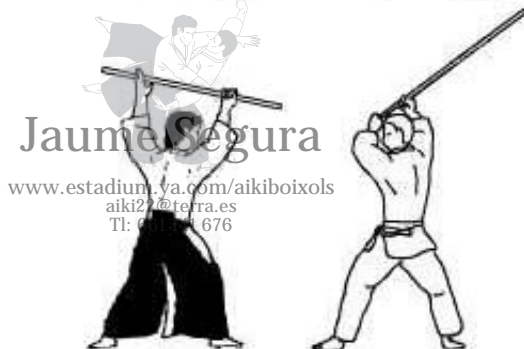


**TORI**  
•Irimi migi ashi.  
•Gedan Gaeshi.  
**UKE**  
•Ushiro hidari ashi.  
(Triangulación).  
•Parada cambiando las manos.

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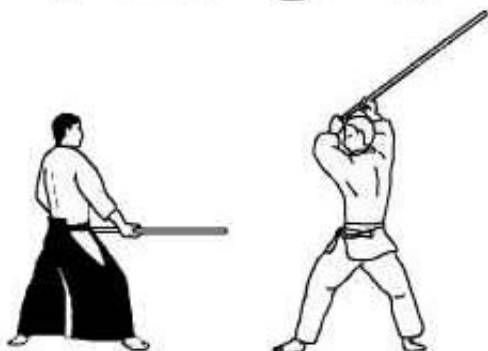


**TORI**  
•Jodan Tsuki.  
**UKE**  
•Ushiro migi ashi.  
(Triangulación).  
•Parada cambiando las manos  
(Exterior).



**TORI**  
•Volteo del Jo.  
**UKE**  
•Cambia las manos.  
•Jodan Kamae.

29



**TORI**  
•Kamae.



**TORI**  
•Carga el Jo.  
**UKE**  
•Ushiro hidari ashi.

*Segura*

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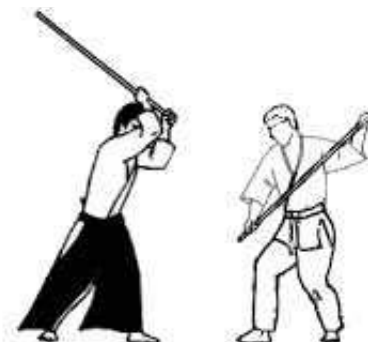
**TORI**

•Chudan Tsuki.

**UKE**

•Parada Shomen  
Uchi Komi.

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**TORI**

•Irimi hidari ashi.

•Carga el Jo.

**UKE**

•Carga el Jo.

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**TORI**

•Gyaku Yokomen  
Uchi.

---



**TORI**

•Kamae.

**UKE**

•Kamae.

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Fin de la Kata.