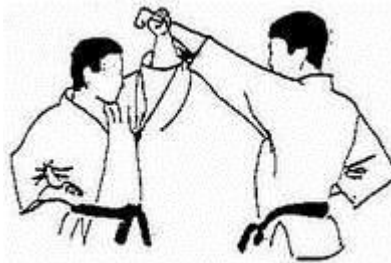


UKE (UKERU) = kryty

受ける

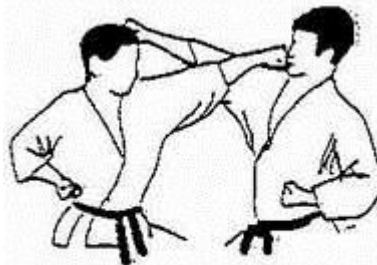
Jodan Age
Uke

上段挙げ受け



kryt horního pásma
(Jodan)

Cuki uke



Tsuki-Uke

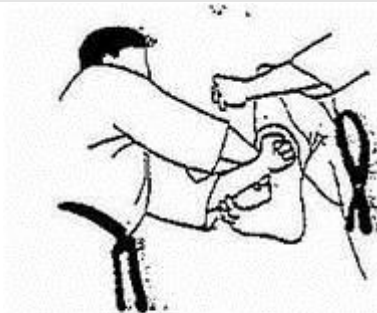
Gedan barai



Gedan-Barai

obrana spodního
pásma (Chudan)

Gedan Juji
Uke



Gedan-Juji-Uke

Gedan Uke

下段受け



Haiwan nagashi uke



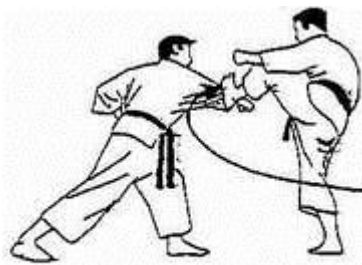
Jodan jui uke



Kakuto uke

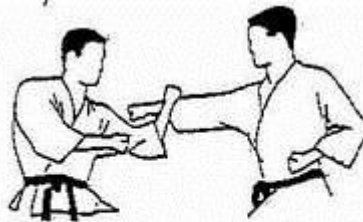


Mika cuki geri uke



Mika Cuki-Geri-Uke

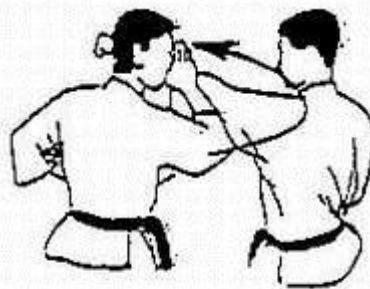
Morote uči uke



*Morote (= zwei Hände) - Uchi - Uke
dne 4. ucl*

obrana oběma
rukama současně

Nagashi uke



Nagashi - Uke

plynulý kryt s
odvedením útoku

Nami aši



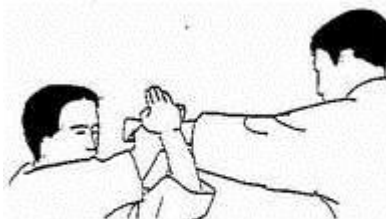
*Nami - Aši
(Nami - Gaeshi)*

Otoši uke



Otoši-Uke

Sokumen awase uke



Sokumen-Awase-Uke

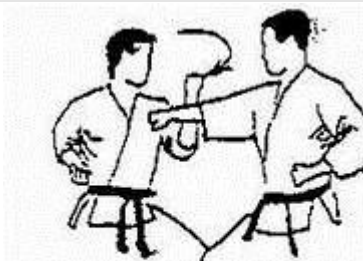
Sukui uke



Sukui-Uke

lopatový kryt

Soto ude uke

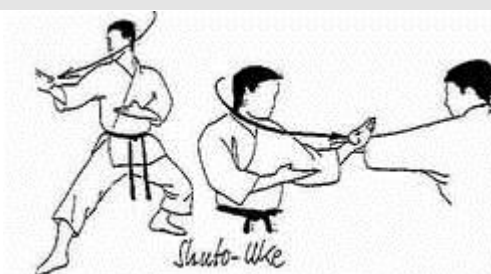


Soto-(Ude-)Uke

obrana středního pásma z venčí dovnitř

Šuto uke

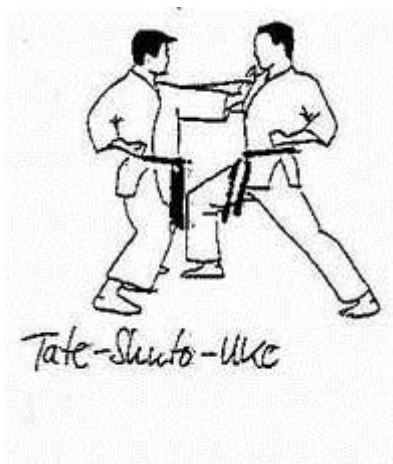
手刀受け



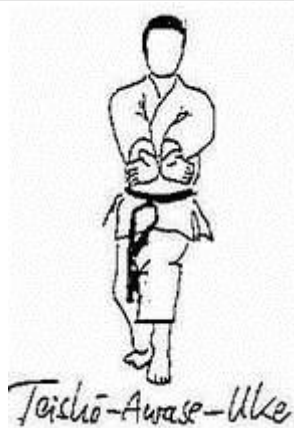
Šuto-Uke

obrana hranou ruky v Kokutsu-Dachi

Tate šuto uke

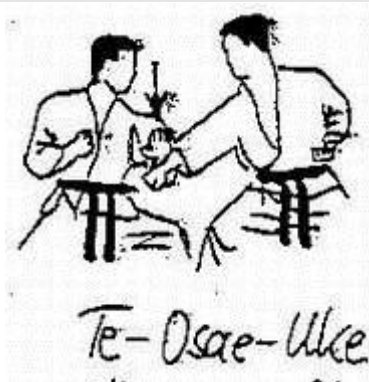


Teišo awase uke



obrana palcovou
hranou ruky

Te osae uke



Uči uke

内受け

