

182.4, 2-4. 岩井,

Records : Ak-209

5.55555

W mix.

I. $H, \dot{R}, \overset{\uparrow}{L}, \overset{\downarrow}{R}, \text{Rev}, \text{Rep}, \text{Rev},$

↑ ↓
L, R,
体重移動
ほとんど同じ
techに近い

$\overrightarrow{H, R, \underset{\text{lift}}{L}, L, R, H, L, \text{Rep}}$

IIにうつるときは
4.1節までから

II. $H, R, L, R, H, L, R, L, R, H, L, R, L, R, H, L, R, H, L, R$
 (H, R) loop (H, R) (H, R) (H, R)

$$H, \dot{R}, H, H, \dot{L}, \hat{r}, \dot{L}, H, \dot{R}, H, H, \dot{L}, \hat{r}, \dot{L}$$

III. Rep(II, 1-4)

$\left\{ \begin{array}{l} \sigma \quad \overset{\circ}{H}, \overset{\uparrow}{R}, \downarrow, \overset{\uparrow}{H}, H, \overset{\circ}{L}, \overset{\circ}{R}, \overset{\circ}{L}, \overset{\circ}{H}, \overset{\circ}{R}, \downarrow, \overset{\uparrow}{H}, H, \overset{\circ}{L}, \overset{\circ}{R}, \overset{\circ}{L}, \\ \text{H内n.} \\ \text{right} \end{array} \right.$