



緊張

左	右	左右前後	前/後	左/右	合計																	
<table><tr><td>-0.1</td><td>0</td></tr><tr><td colspan="2">-0.1</td></tr></table>	-0.1	0	-0.1		<table><tr><td>0</td><td>-0.1</td></tr><tr><td colspan="2">0</td></tr></table>	0	-0.1	0		<table><tr><td>-0.1</td><td>-0.1</td></tr><tr><td>-0.1</td><td>0</td></tr></table>	-0.1	-0.1	-0.1	0	<table><tr><td>-0.2</td></tr><tr><td>-0.1</td></tr></table>	-0.2	-0.1	<table><tr><td>-0.2</td><td>-0.1</td></tr></table>	-0.2	-0.1	<table><tr><td>-0.4</td></tr></table>	-0.4
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左	右	左右前後	前/後	左/右	合計																	
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右

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右捻

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左捻

左		右		左右前後		前/後	左/右		合計
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-0.1		0		-0.1	0	-0.1	-0.4	-0.1	-0.4

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左	右	左右前後	前/後	左/右	合計																	
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片足(右)

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