

EMBUSEN HEIAN NIDAN (PINAN)

Best karate # 5

Paix et tranquillité 2				Peace and tranquility 2			
Origine d'Okinawa, date de création : 1907, auteur : maître Itosu				Origin of Okinawa, date created: 1907, author : master Itosu			
Hei: calme paisible, An: paix, tranquillité, Ni : 2 ^e , Dan : niveau.				Hei: quiet, peaceful, An: peace, tranquility, Ni: 2 ^e , Dan: level.			
Kata de vitesse « Shorin », Classification IKD: Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
26 mouvements - Kiai mouvements 11 et 26 Durée : 40 secondes				26 movements - Kia movements 11 and 26 Length : 40 seconds			
<u>Points importants:</u> Les principaux mouvements sont gedan-barai, age-uke, gyaku-zuki, shuto-uke et uchi-uke. On y aborde également les premières techniques de jambes : yoko-geri et mae-geri				<u>Important points:</u> The main movements are gedan-barai, age-uke, gyaku-zuki, shuto-uke and uchi-uke. We also encounter the first leg movements: yoko-geri and mae-geri.			
<u>Note:</u> Les kokutsu-dachi sont à 45 degrés. Les 4 dernières positions se font en hiza kussu dachi pour être en mesure de retourner au point de départ. Le principe de gyaku-hanmi doit être bien assimilé pour une meilleure protection du bas du corps; on retrouve gyaku-hanmi dans le kata Bassai-dai également.				<u>Note:</u> The kokutsu-dachi are at an angle of 45 degrees. The last 4 positions are in hiza kussu dachi-dachi in order to be able to return to the starting position. The basis of the gyaku-hanmi must be well acquired to properly protect the lower part of the body; we also find gyaku-hanmi in the kata Bassai-dai.			
Points de convergence *C* (où on repasse par le même point)				Points of convergence *C* (where one passes at the same point)			
Point	Mouvements	Point	Mouvements	Point	Movements	Point	Movements
● H-9	Début, 7, fin.	● I-9	Début, 22, 25, fin.	● H-9	Stat, 7, end.	● I-9	Start, 22, 25, end.

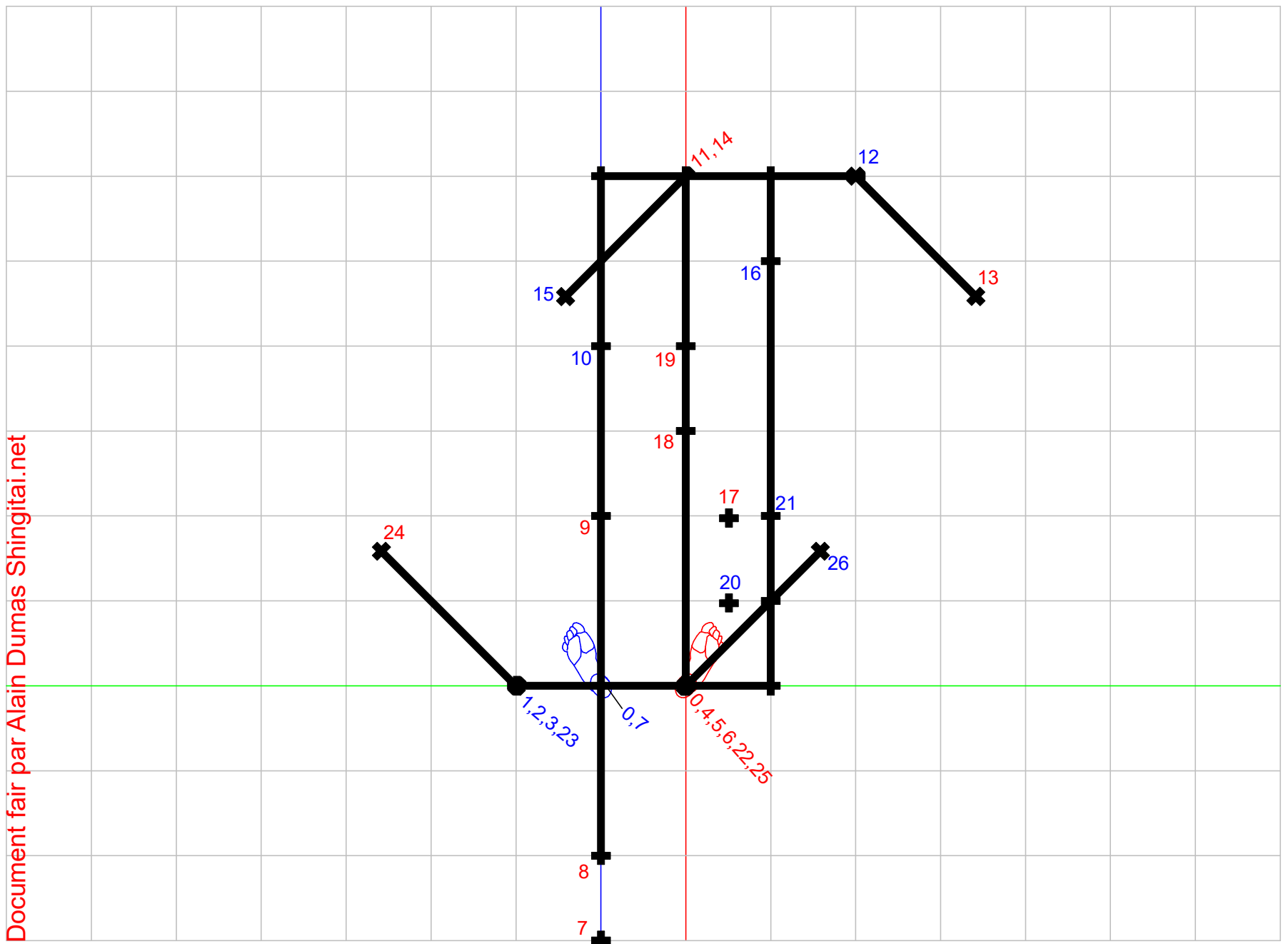
Par Alain Dumas 6^e dan, IKD 2021-02-02



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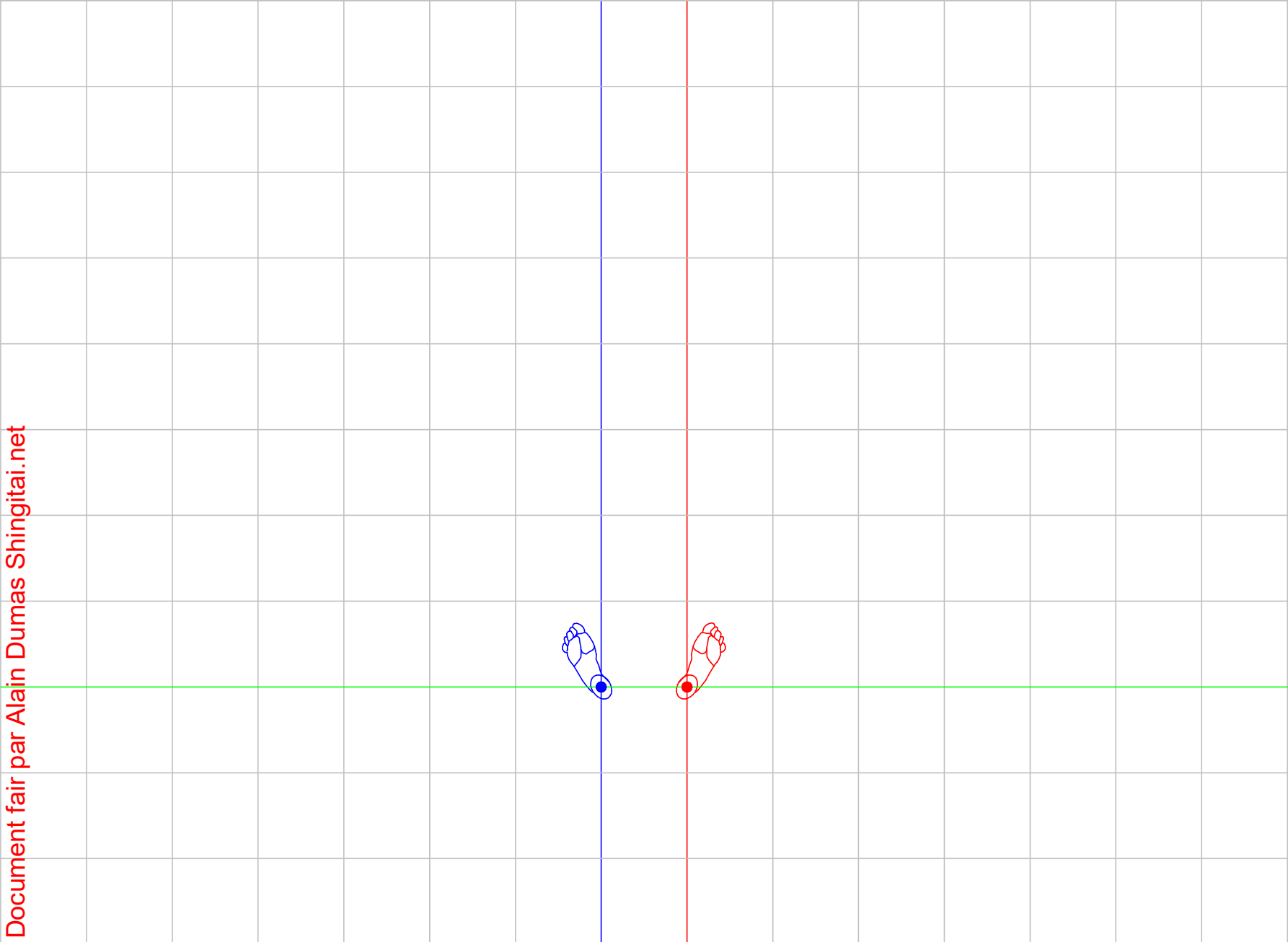
Embusen Heian Nidan

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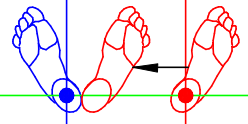
Shizen-tai



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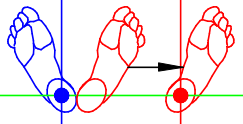


1a) Musubi-dachi

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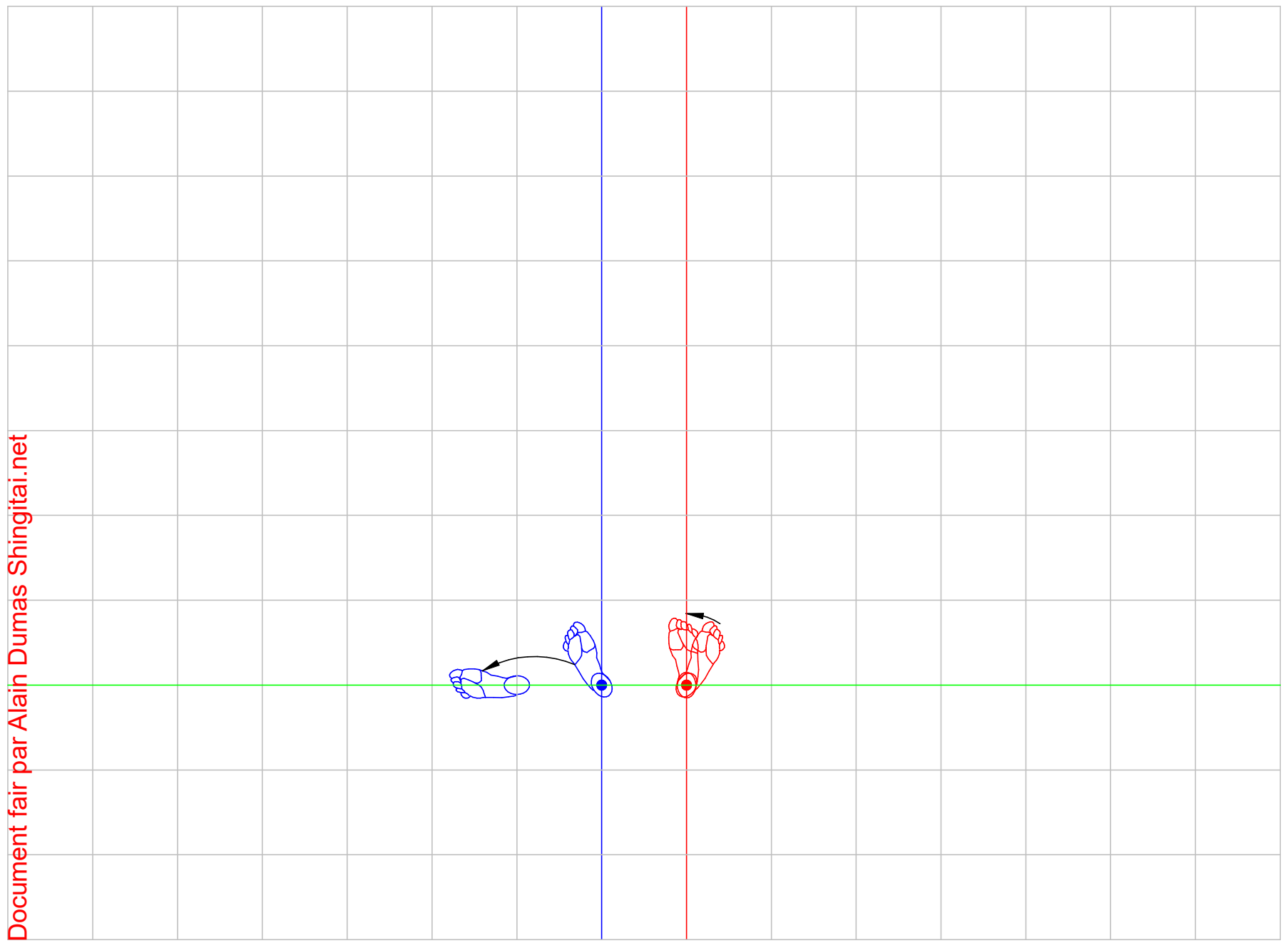


1b) Shizen-tai

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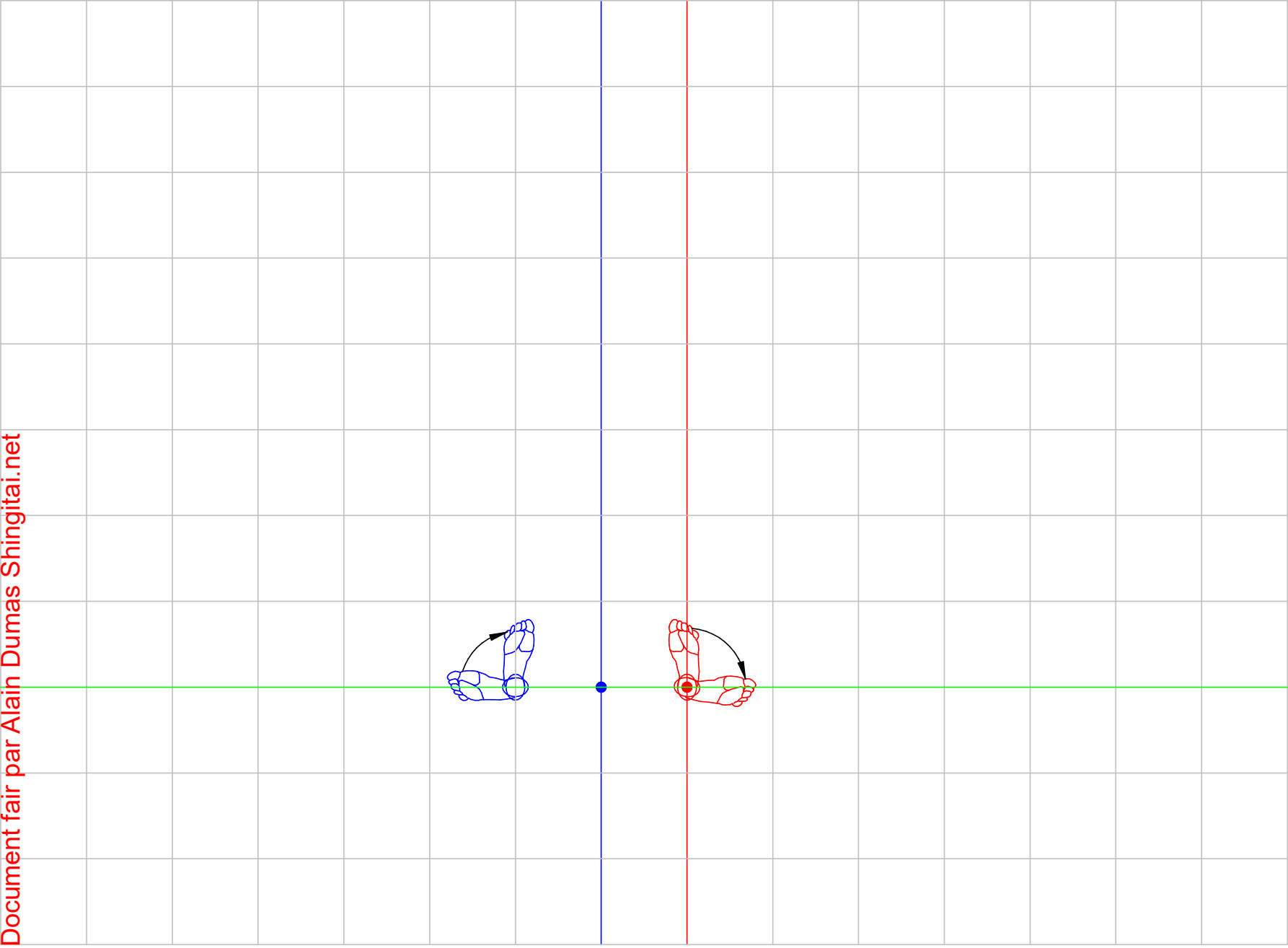


1c ...3) Kokutsu-dachi

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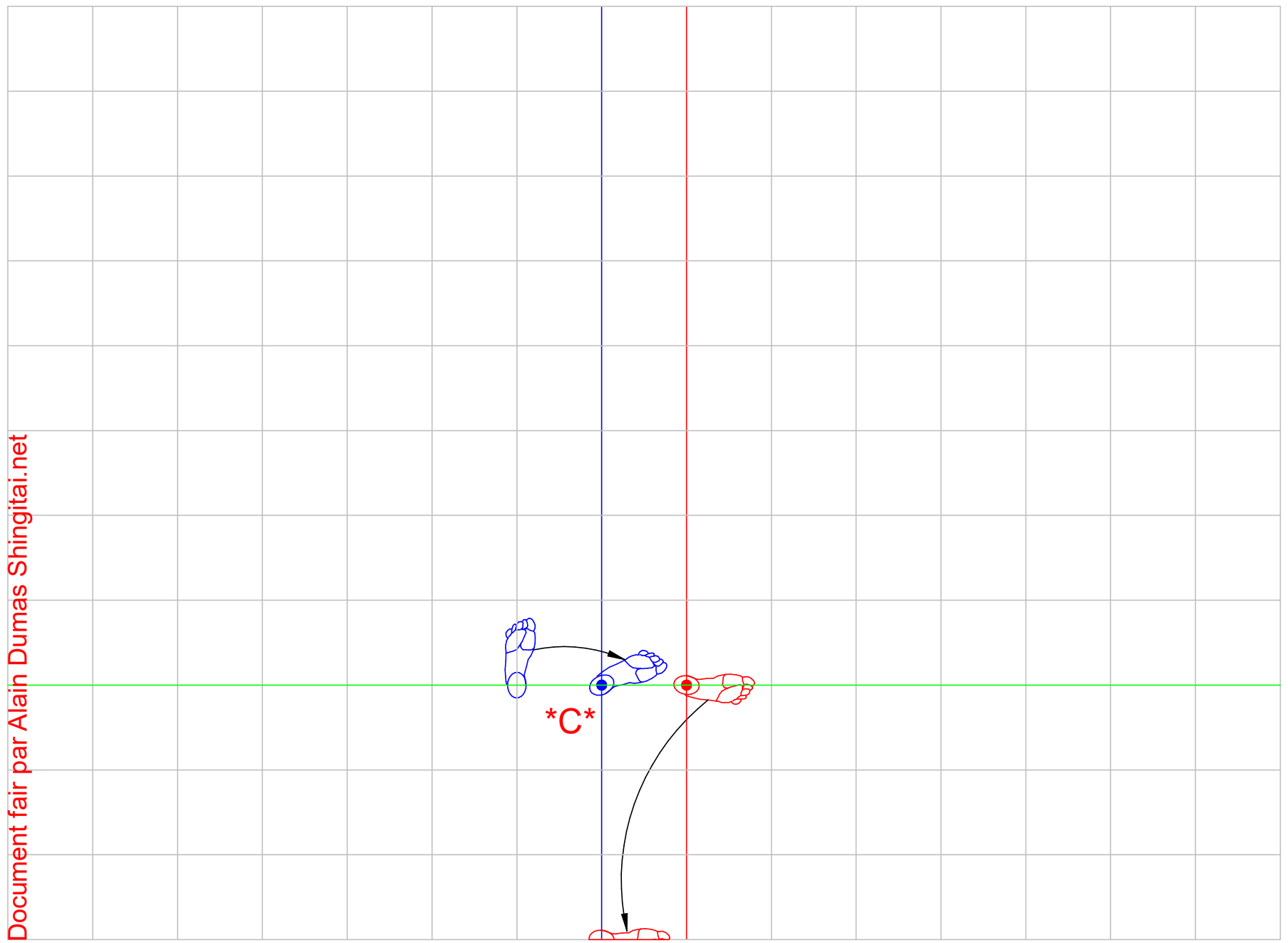


4 ...6) Kokutsu-dachi

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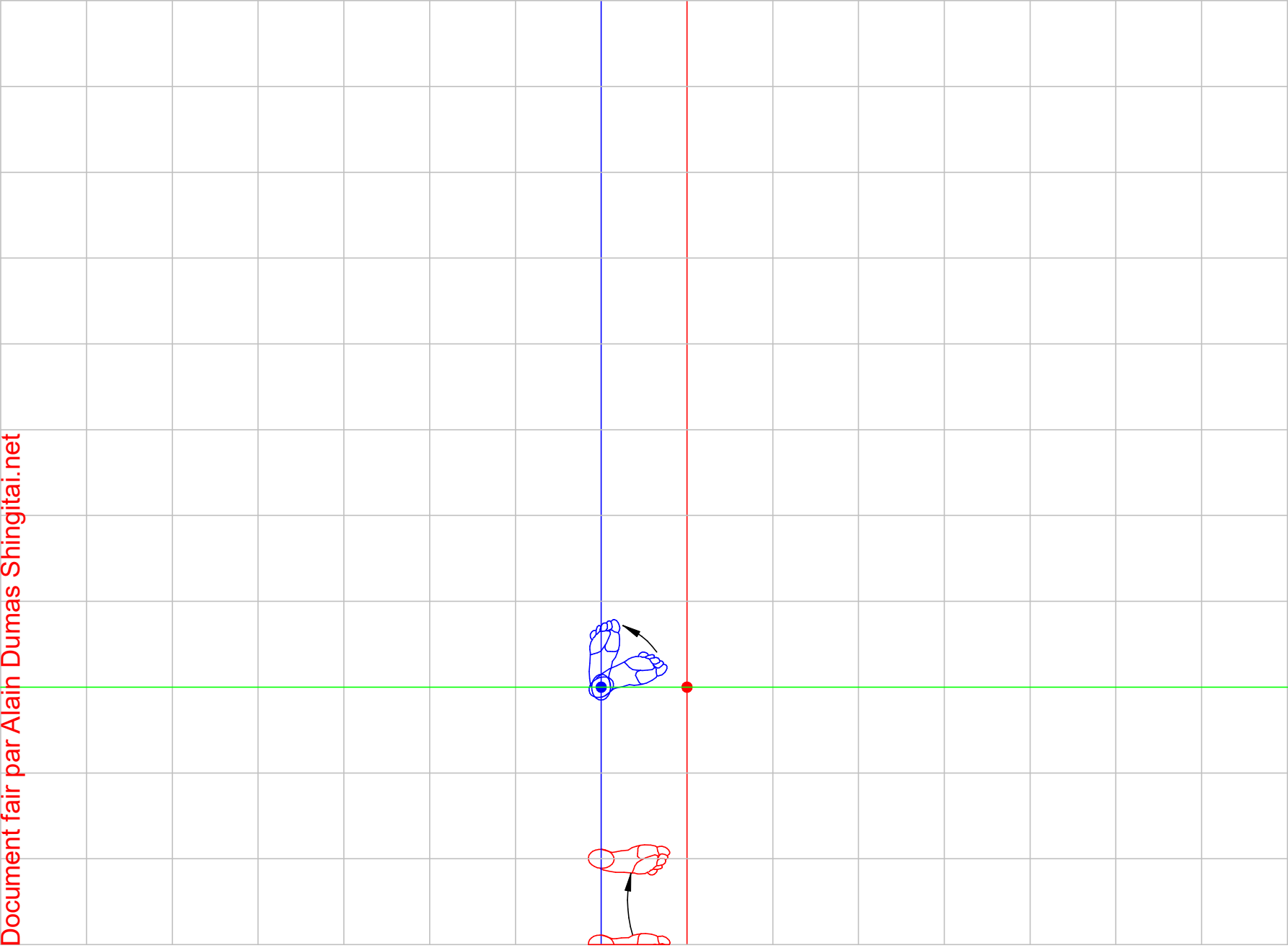


7) Ashi-dachi

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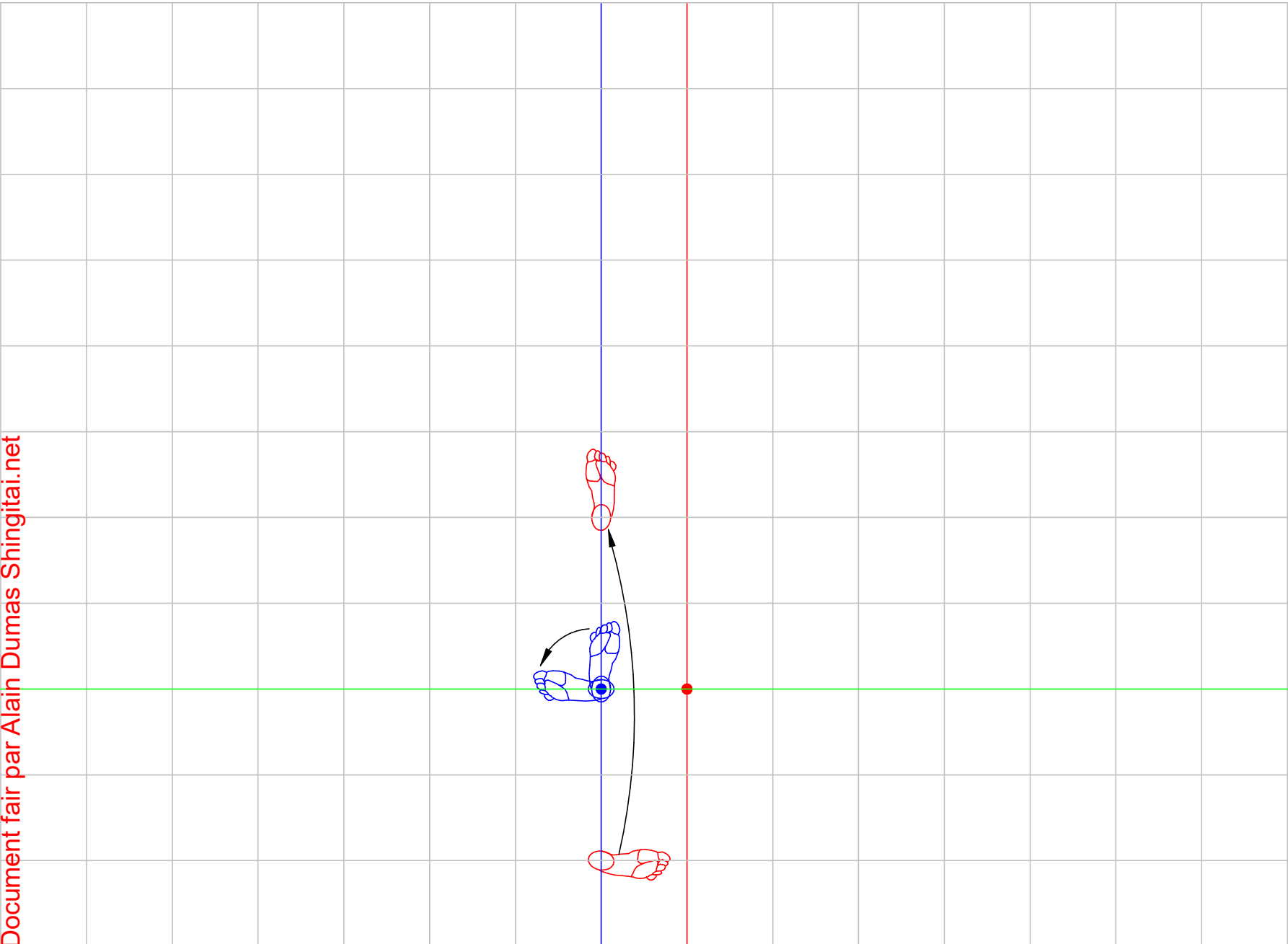


8) Kokutsu-dachi

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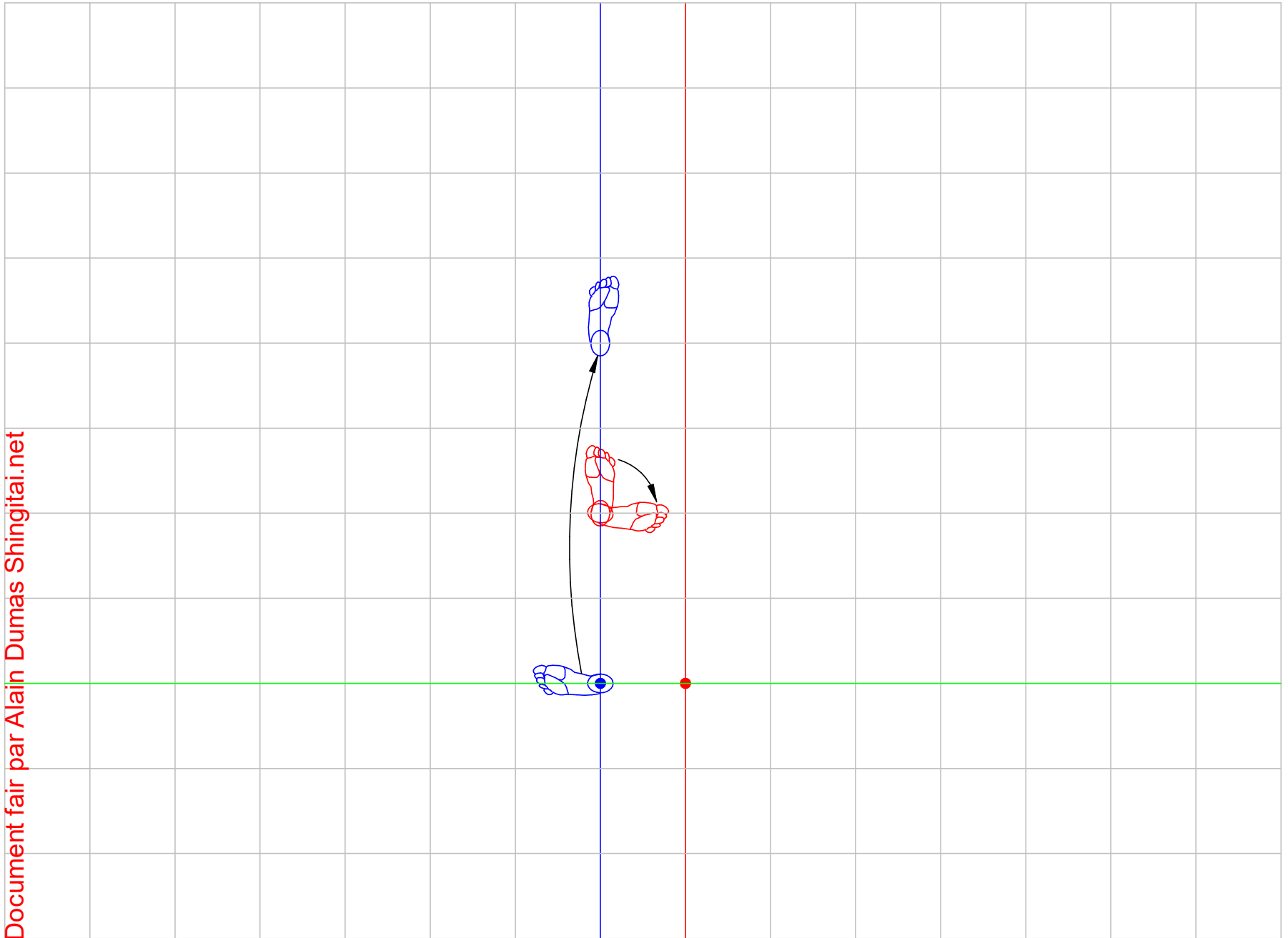


9) Kokutsu-dachi

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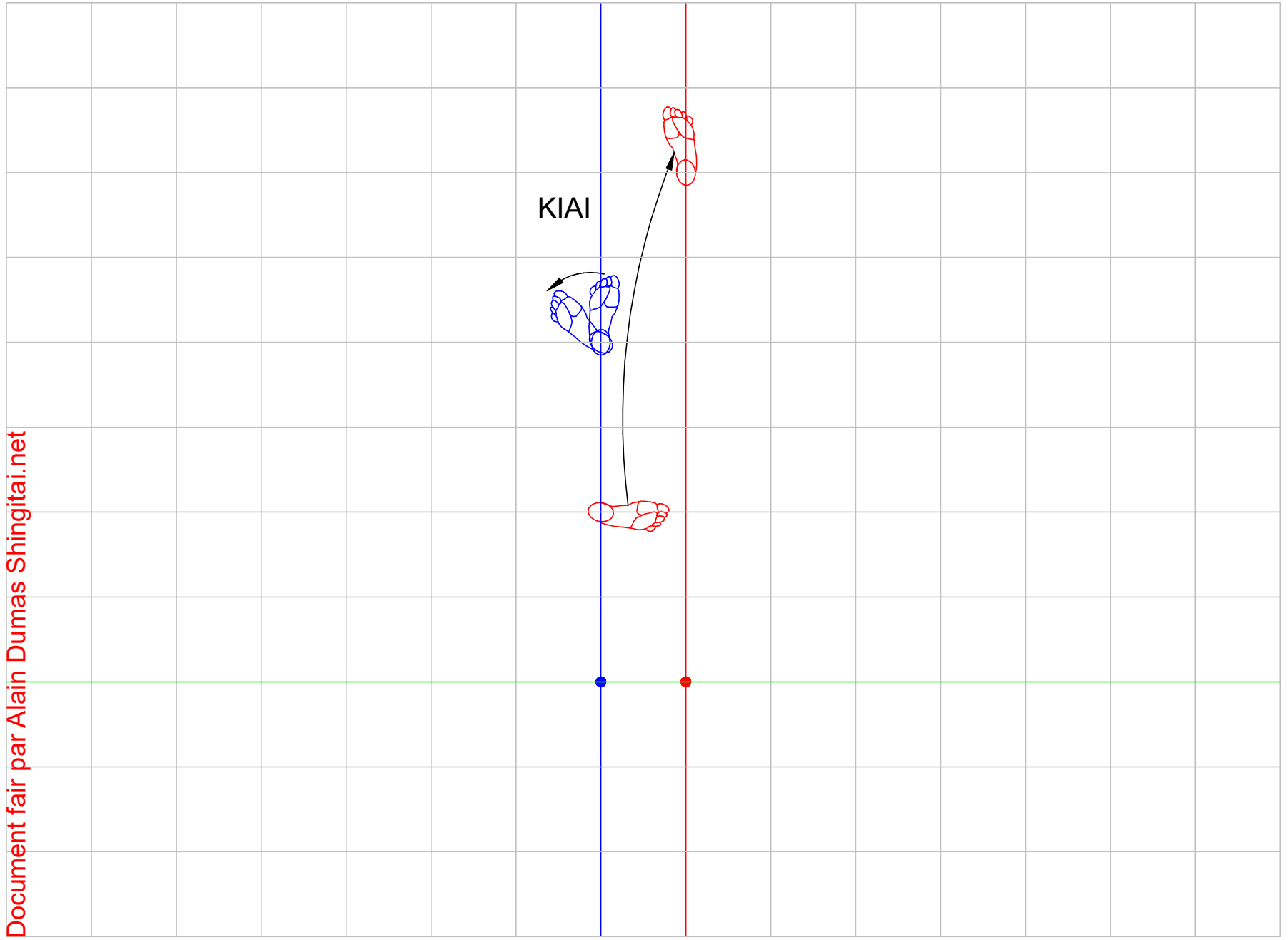


10) Kokutsu-dachi

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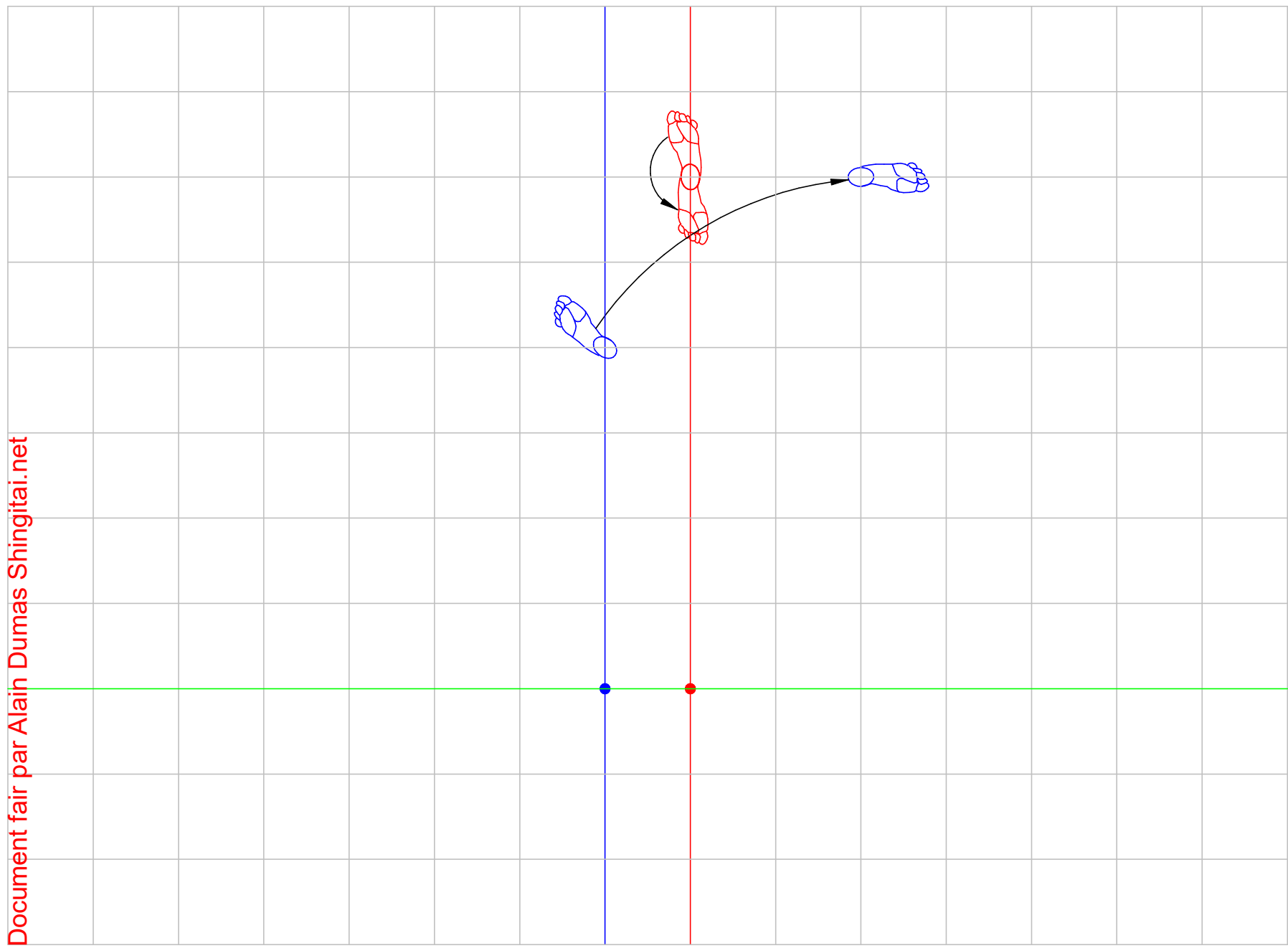
KIAI

11) Kokutsu-dachi

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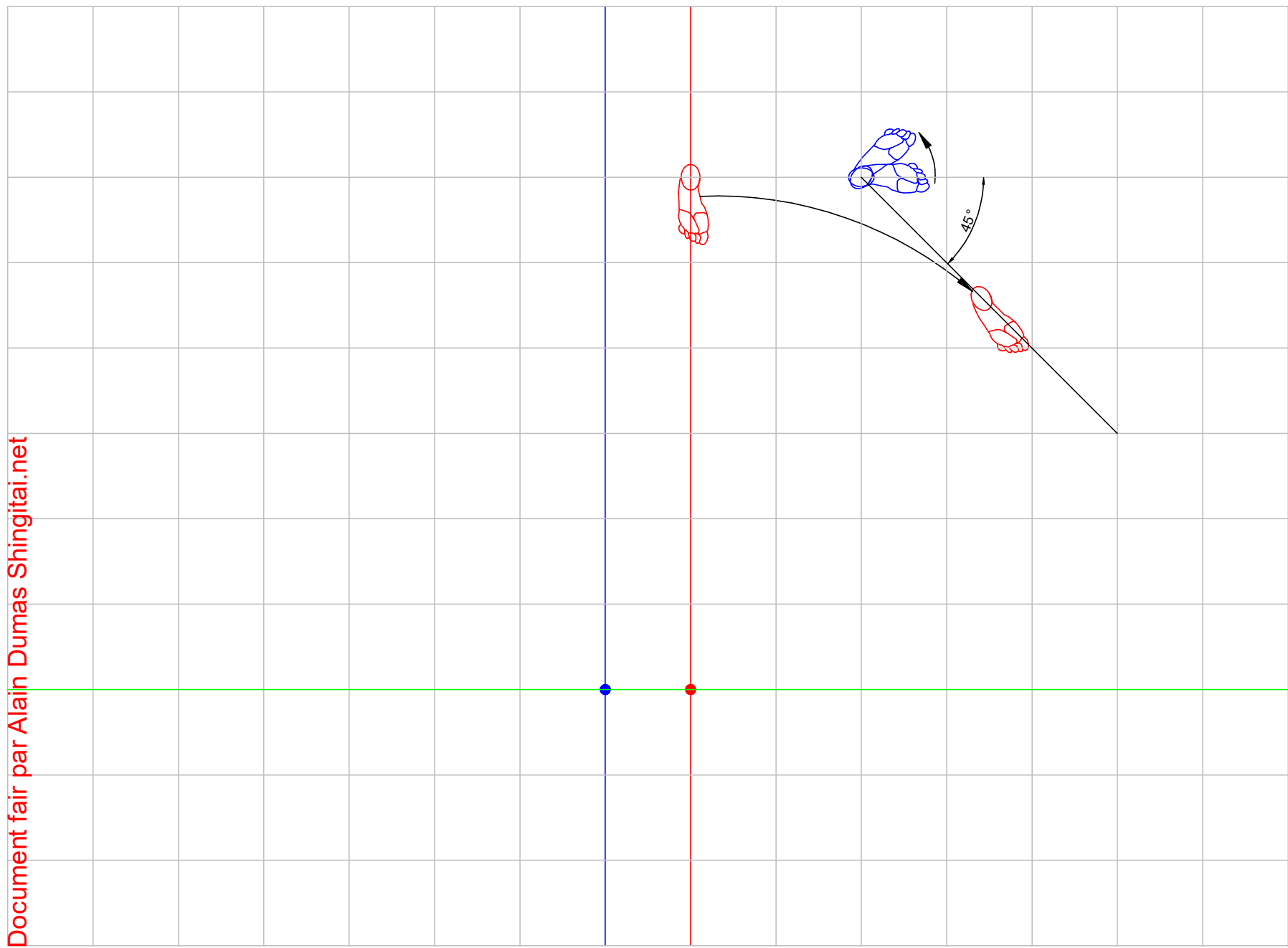


12) Kokutsu-dachi

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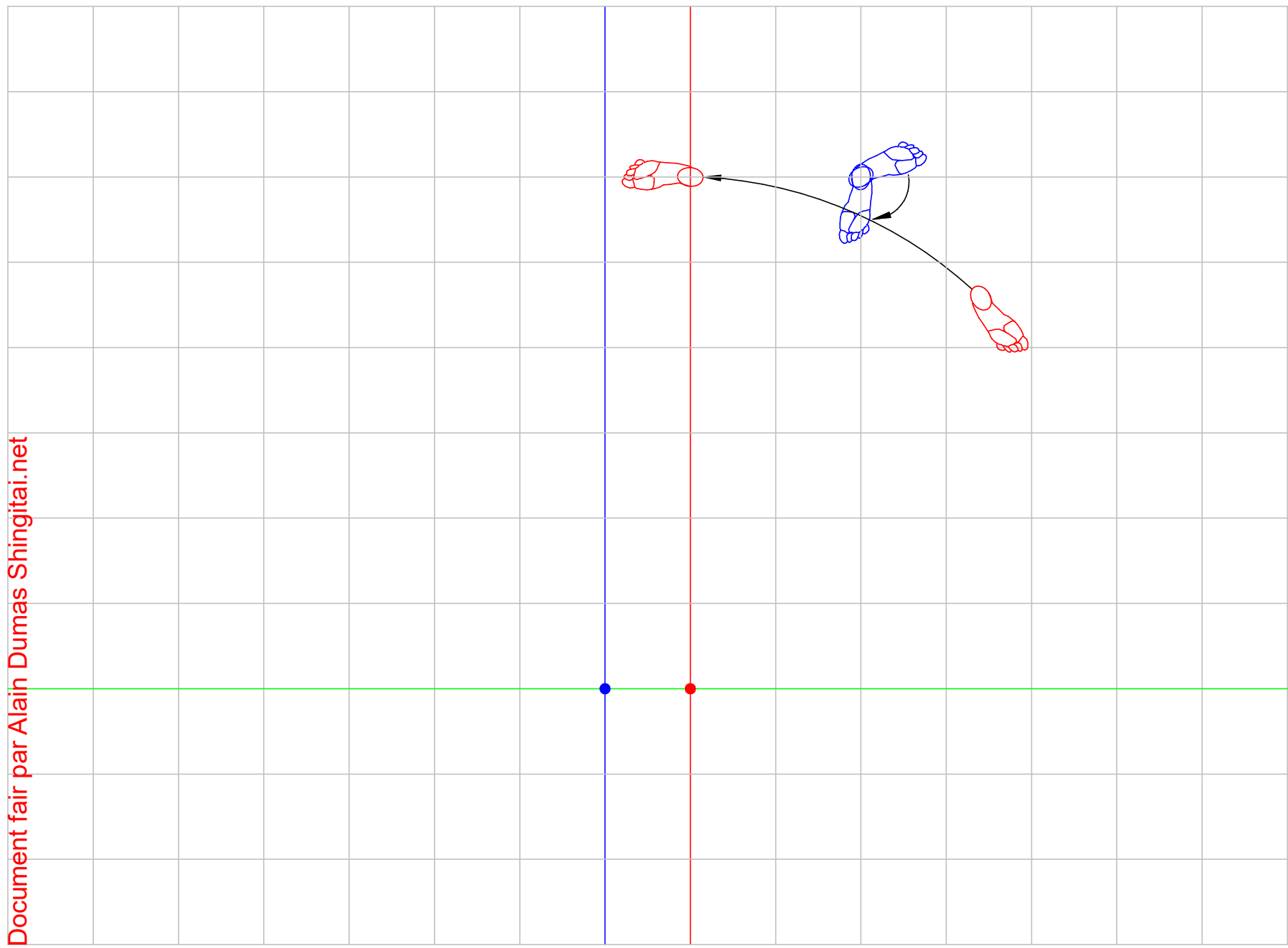


13) Kokutsu-dachi

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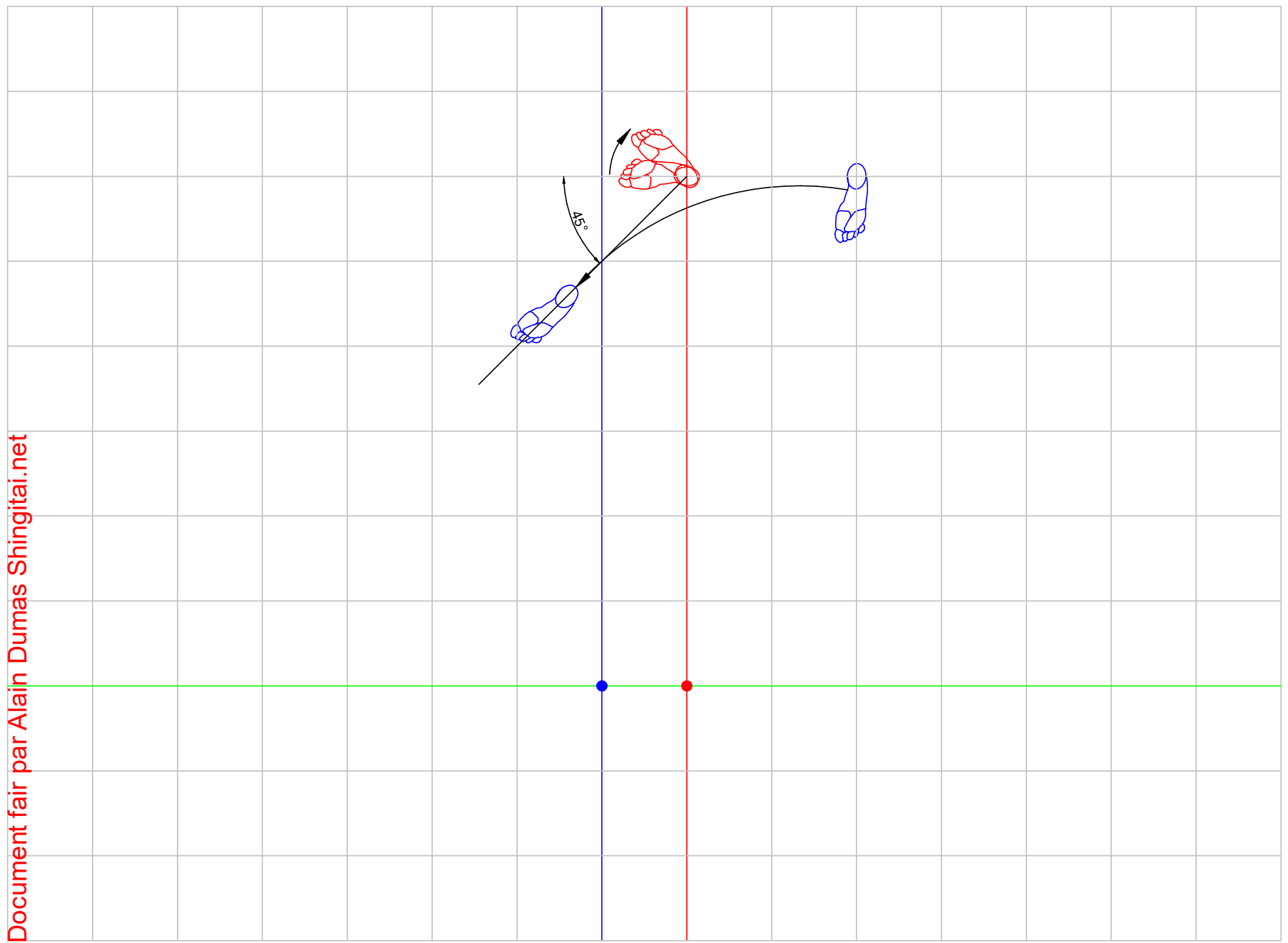


14) Kokutsu-dachi

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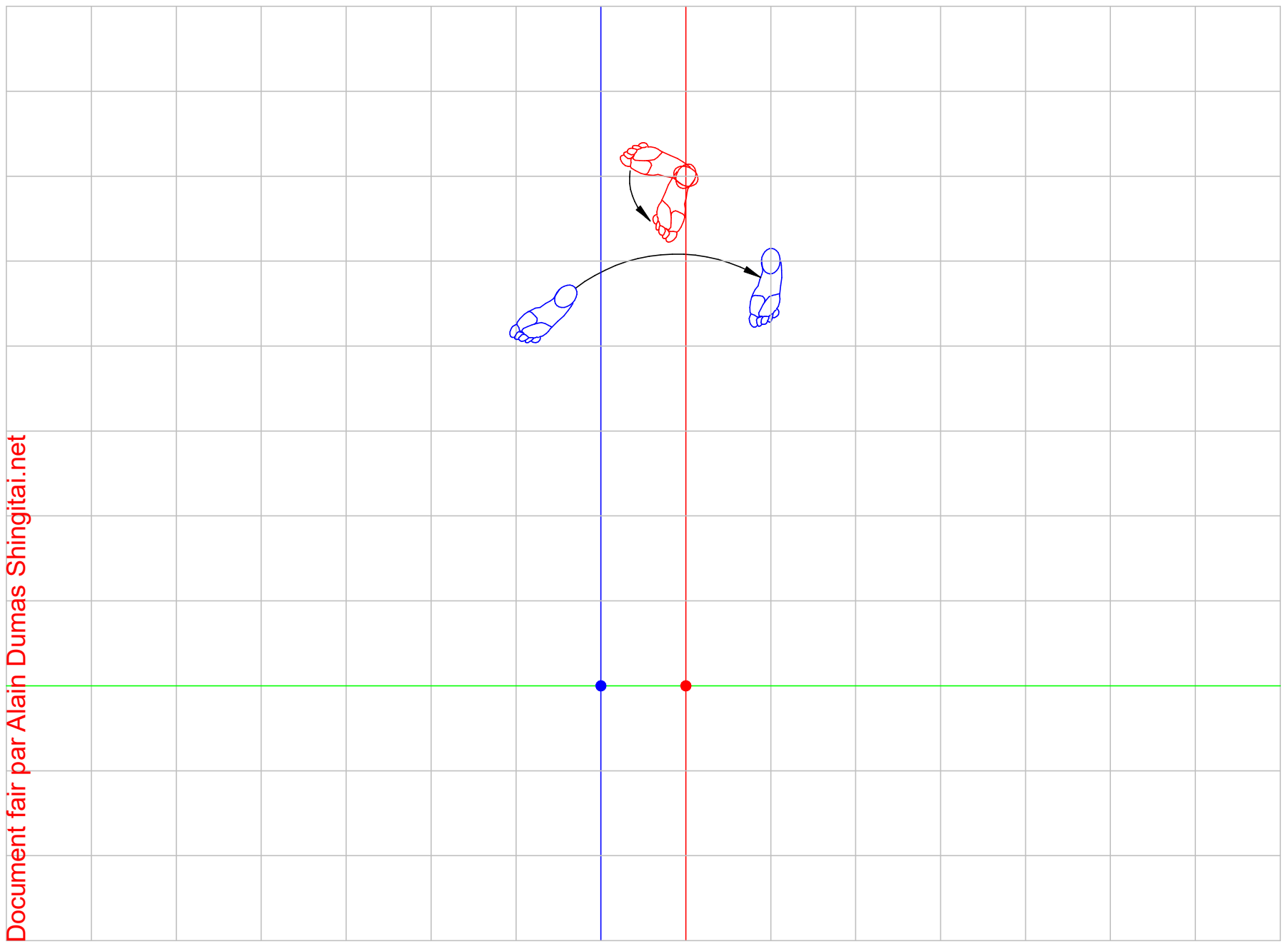


15) Kokutsu-dachi

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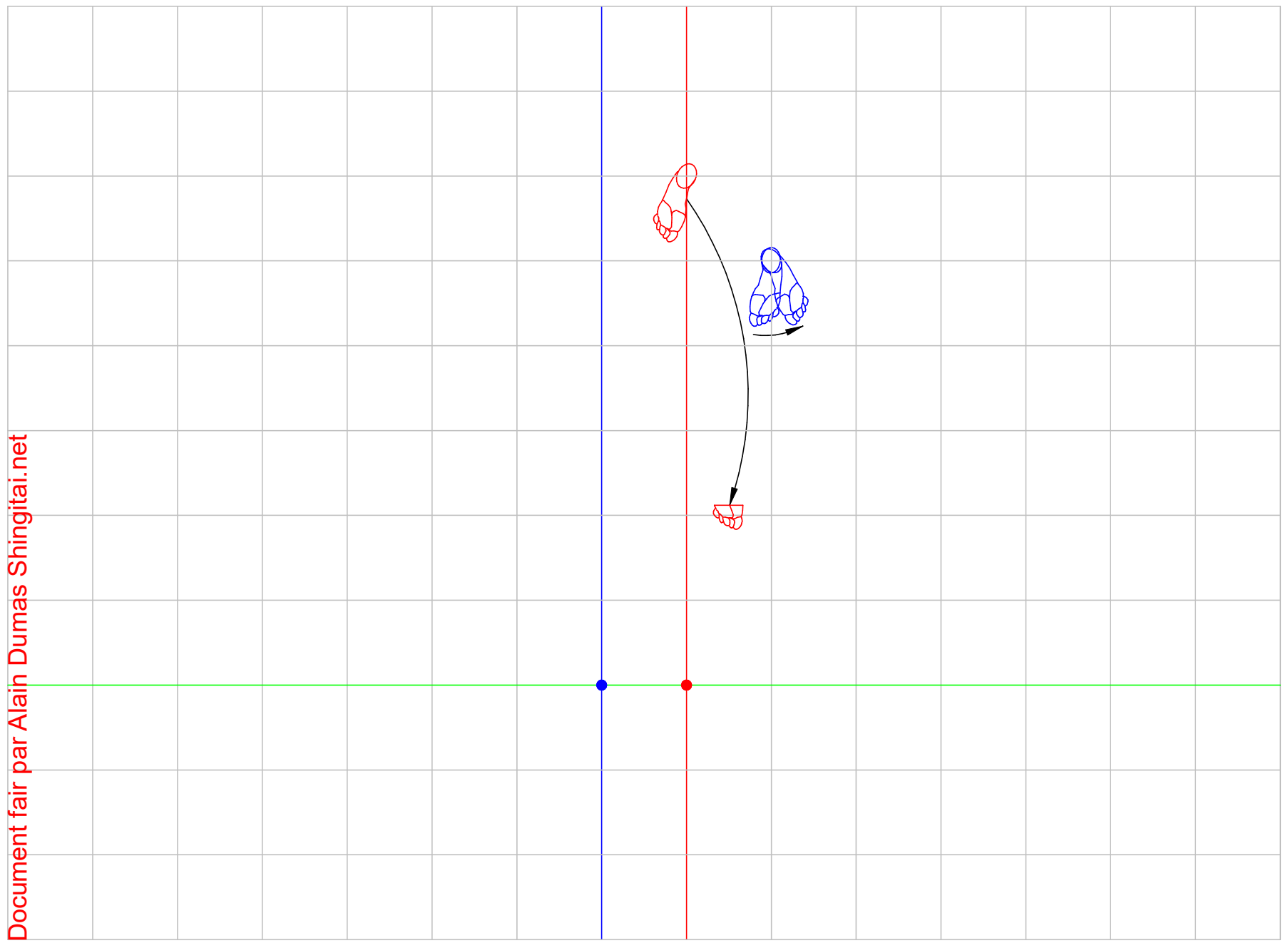


16) (1/2) Zenkutsu-dachi

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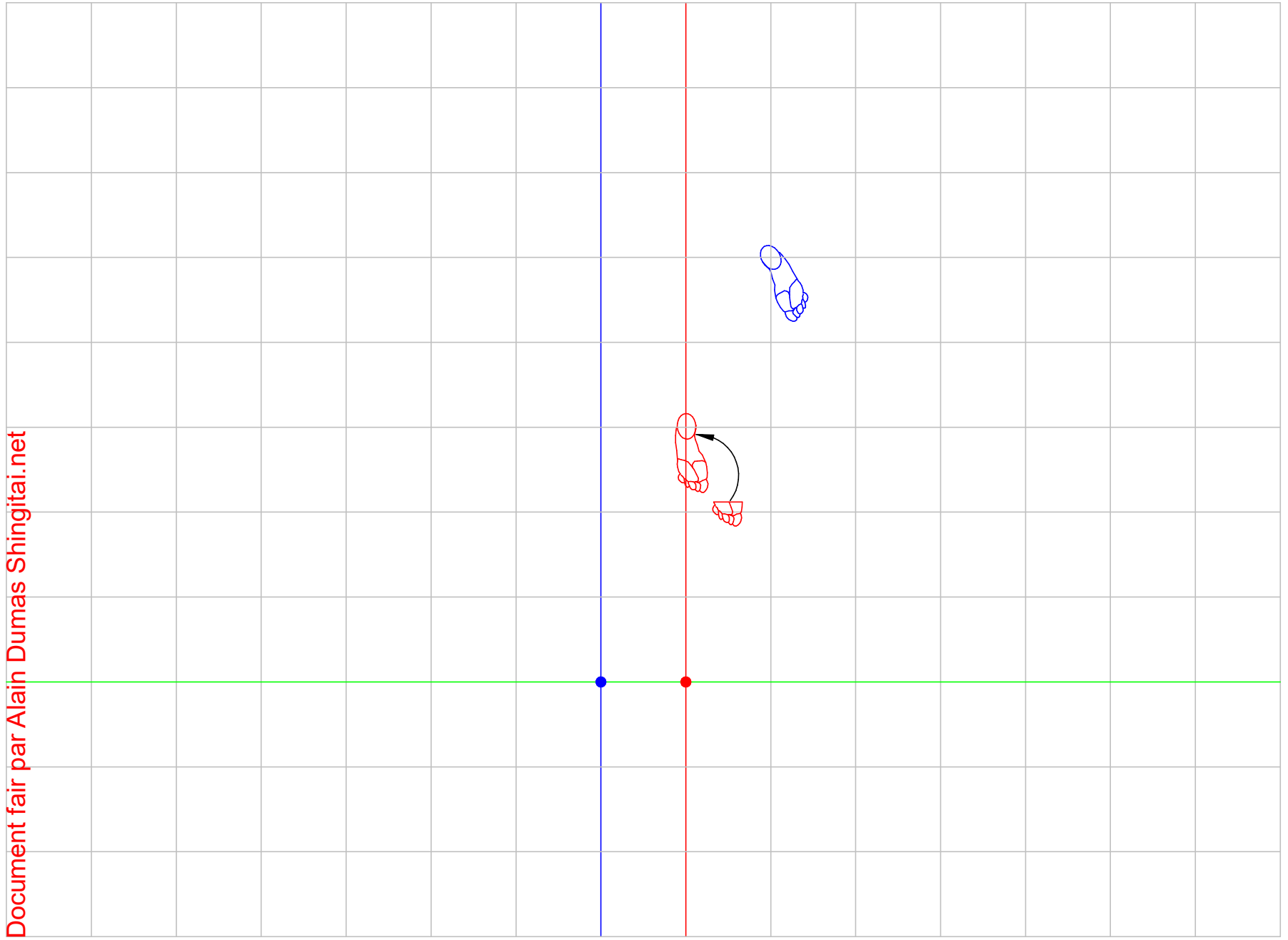


17) Ashi-dachi

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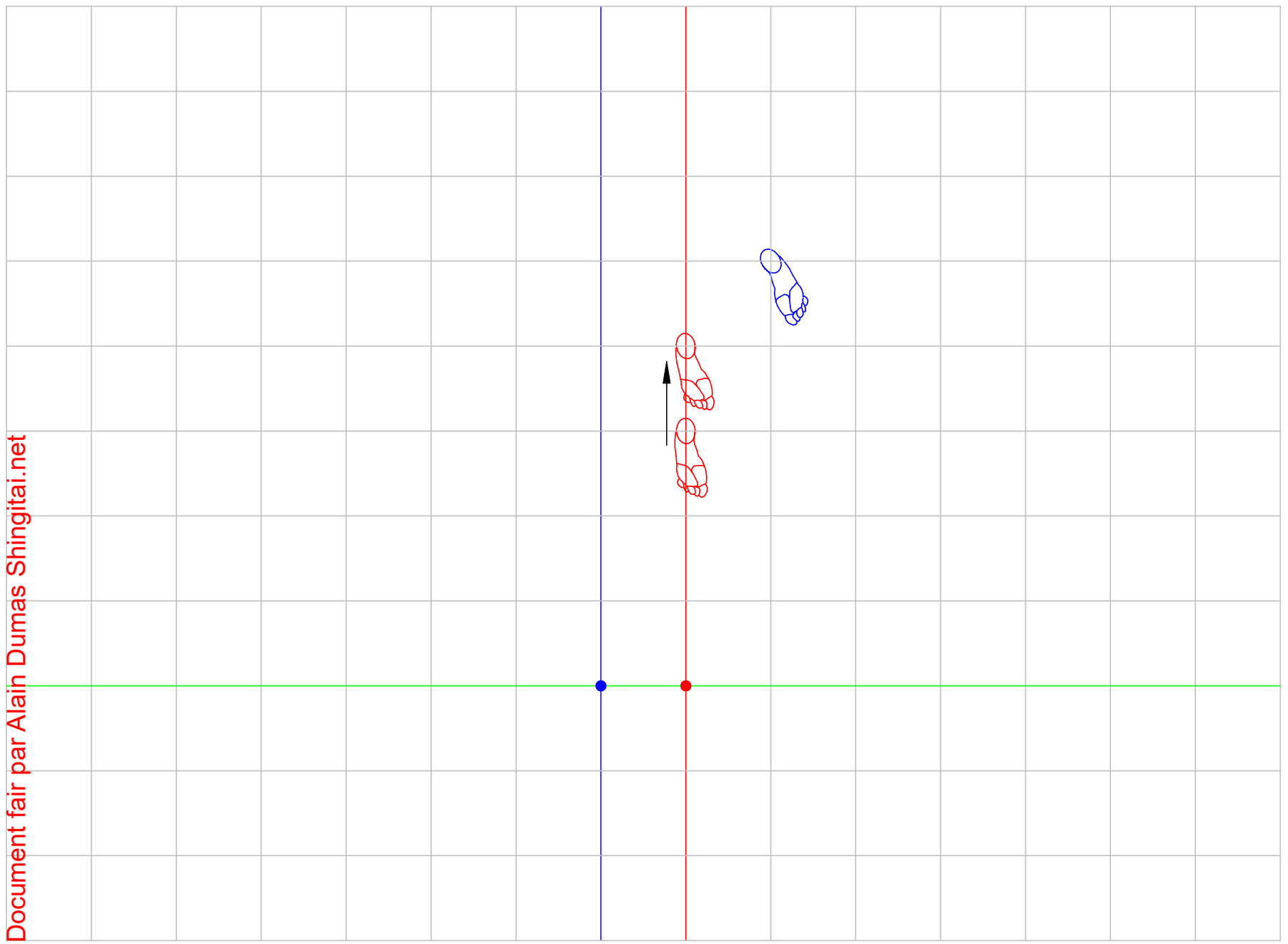


18) Zenkutsu-dachi

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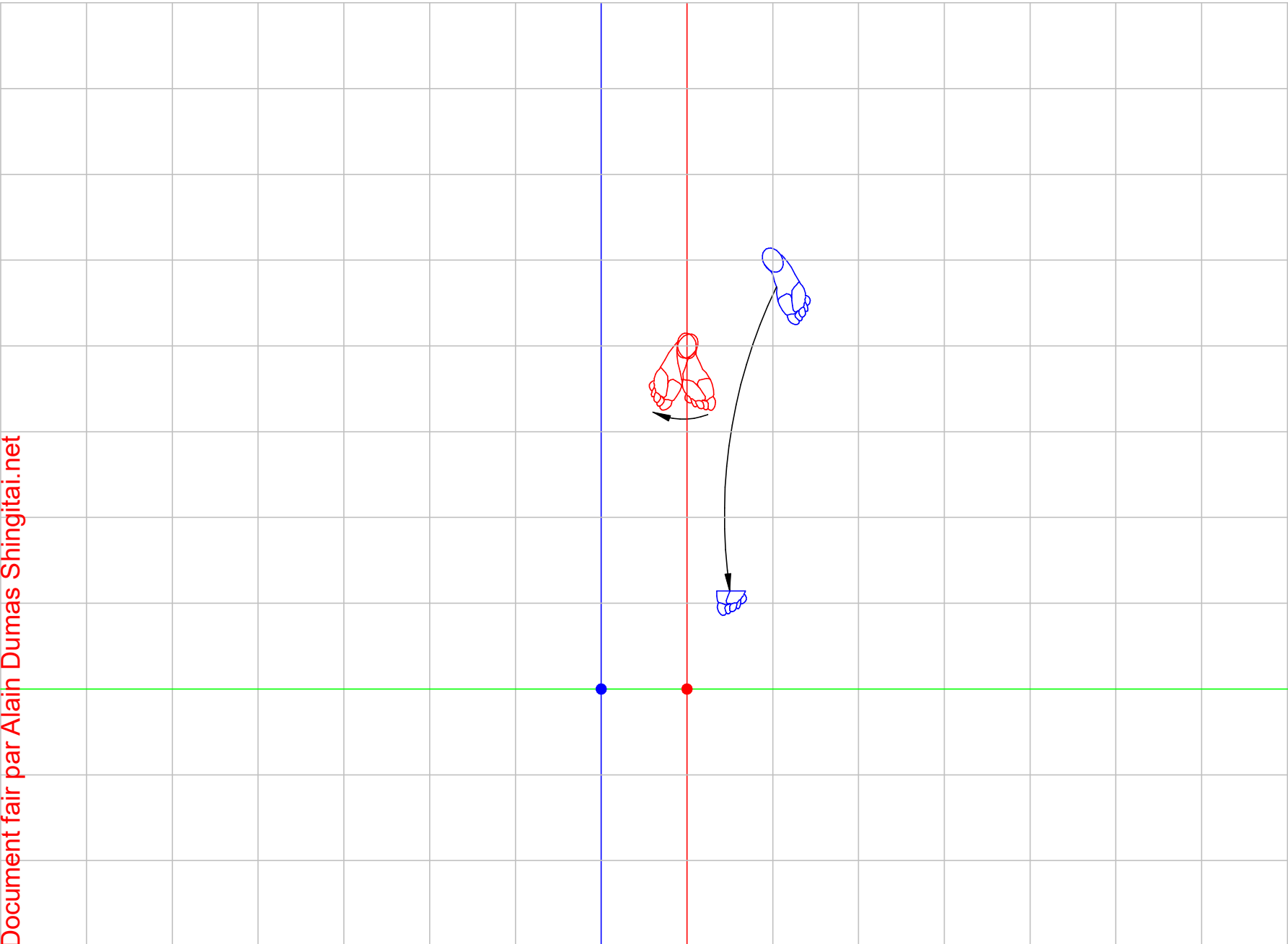


19) (1/2) Zenkutsu-dachi

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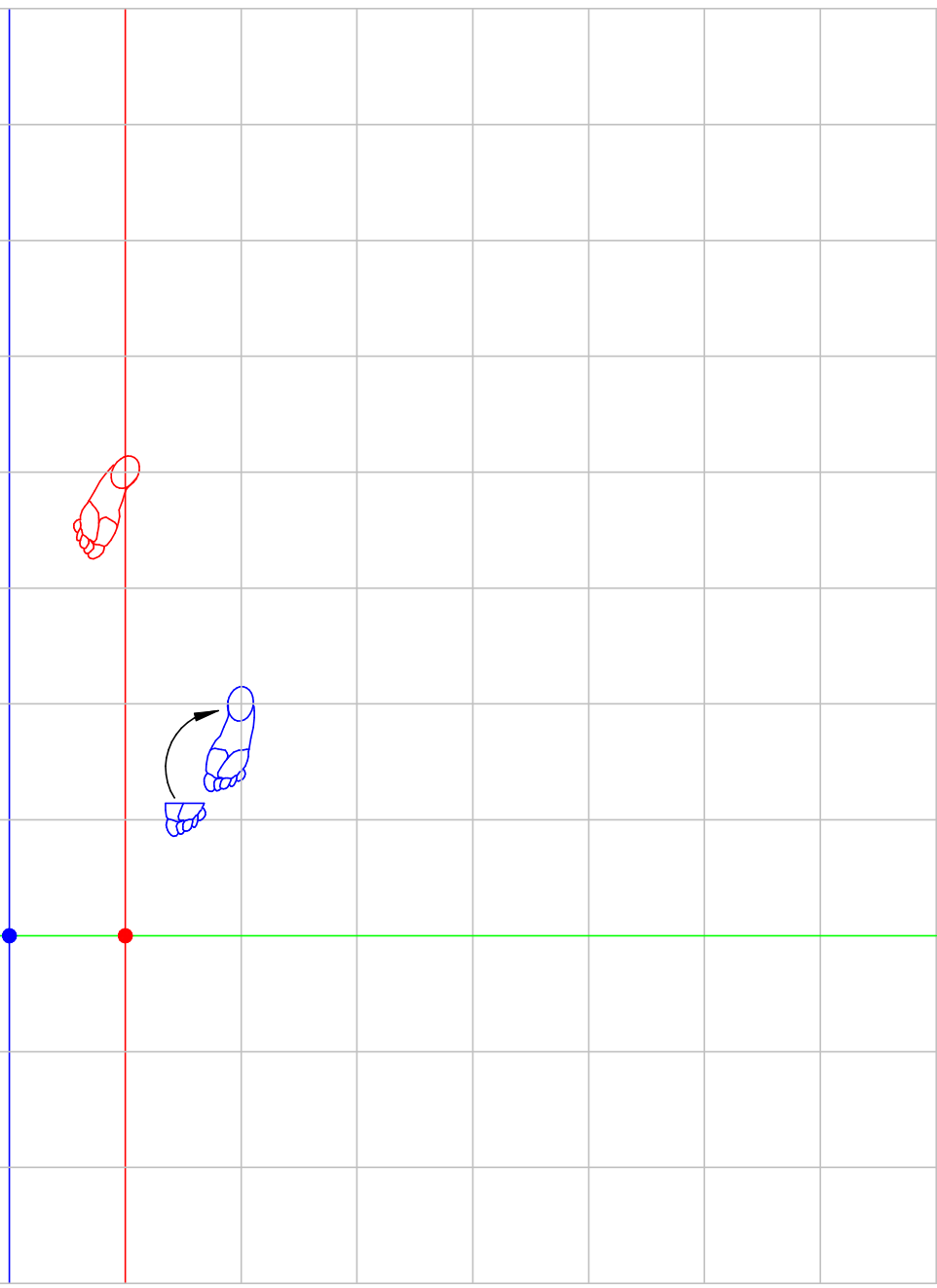


20) Ashi-dachi

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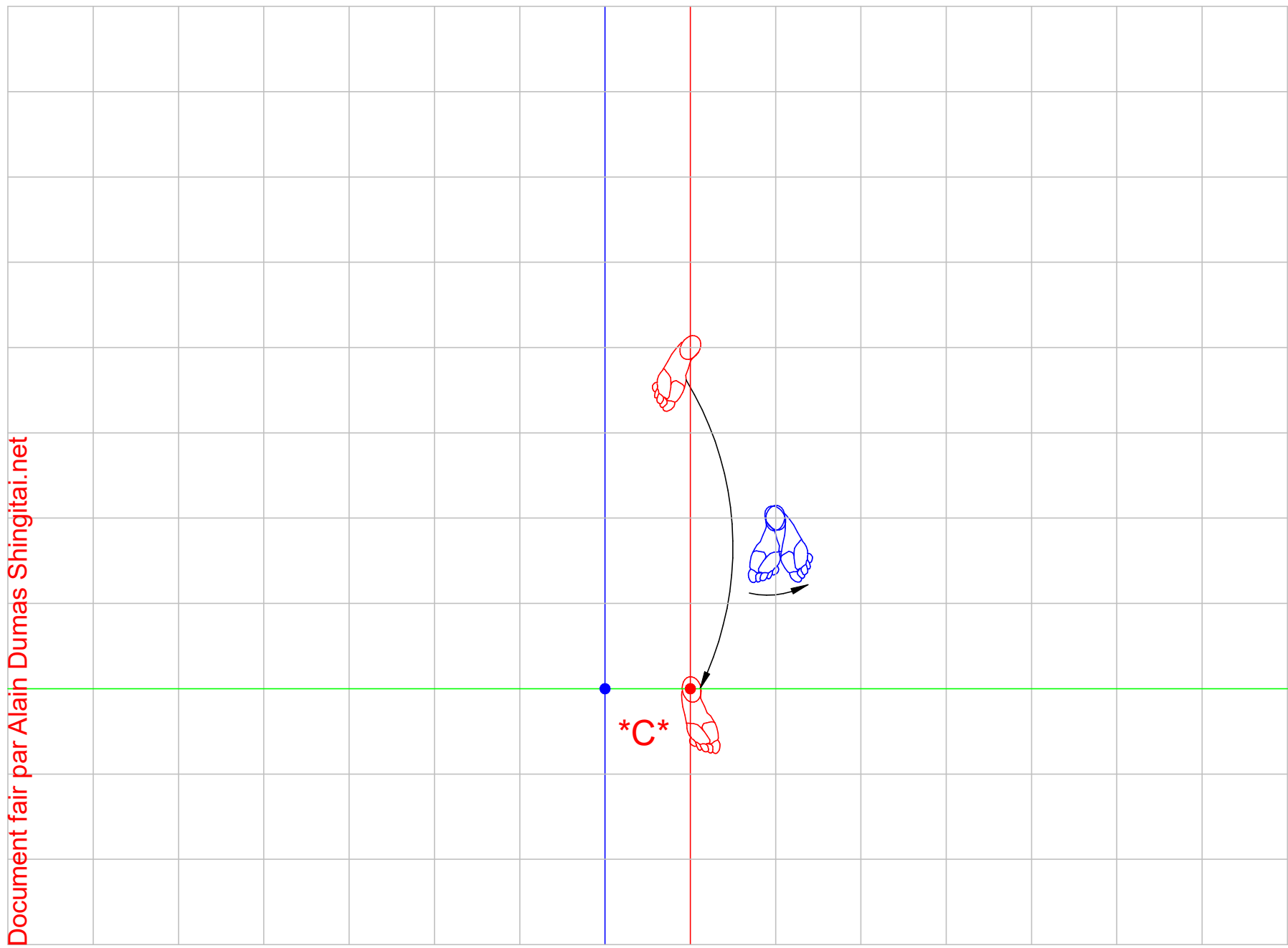


21) Zenkutsu-dachi

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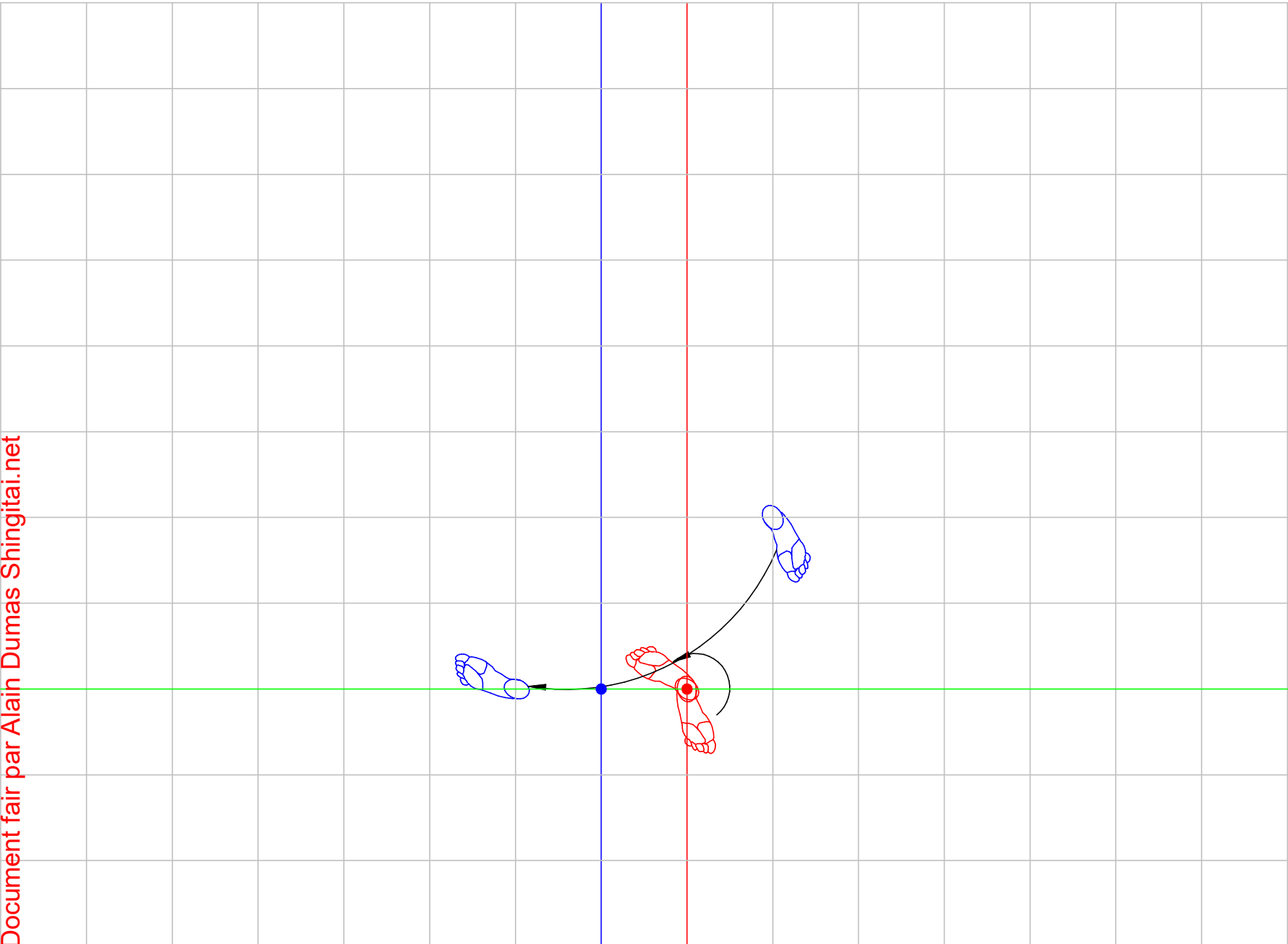


22) Zenkutsu-dachi

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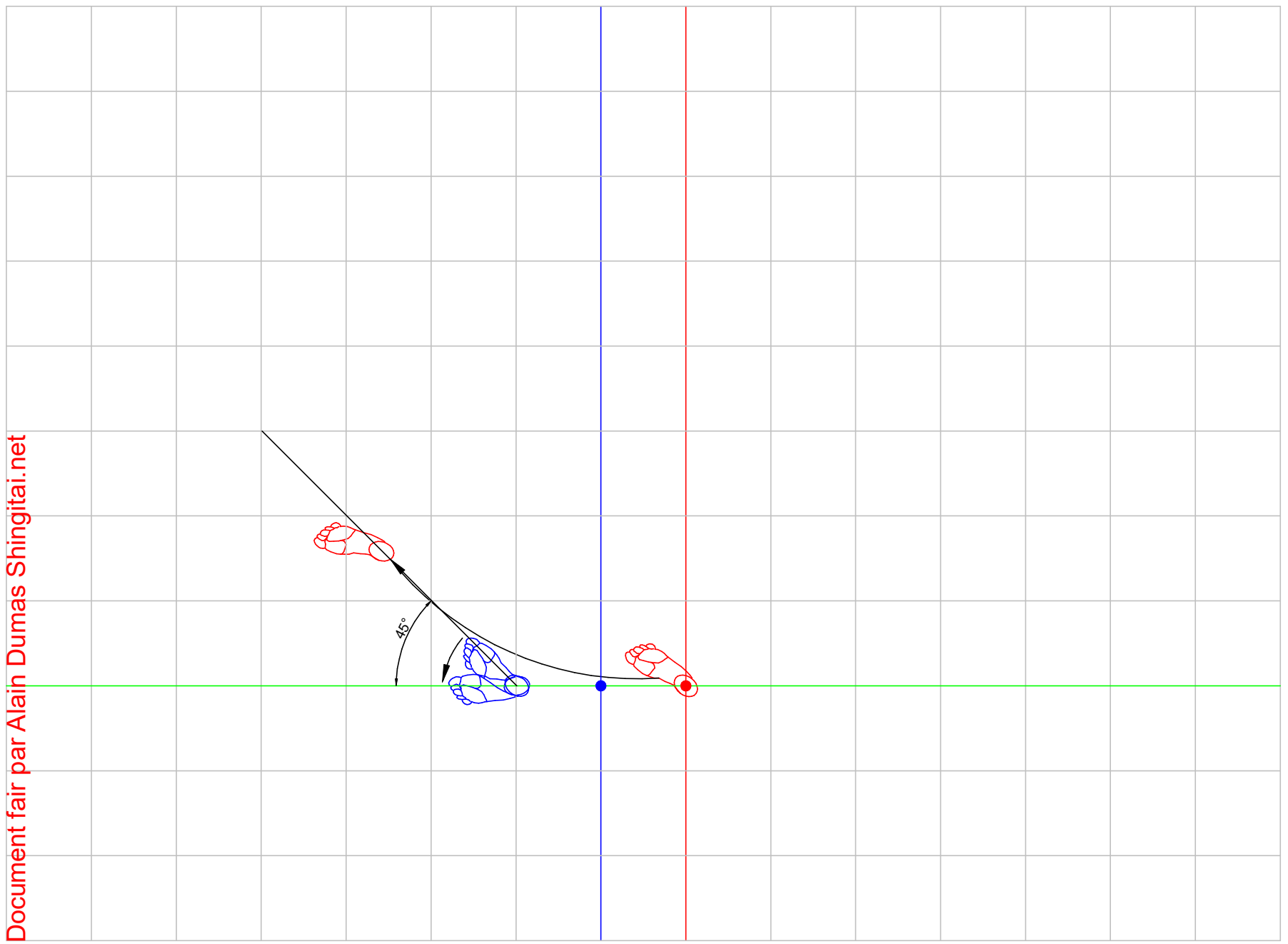


23) Hiza-kussu

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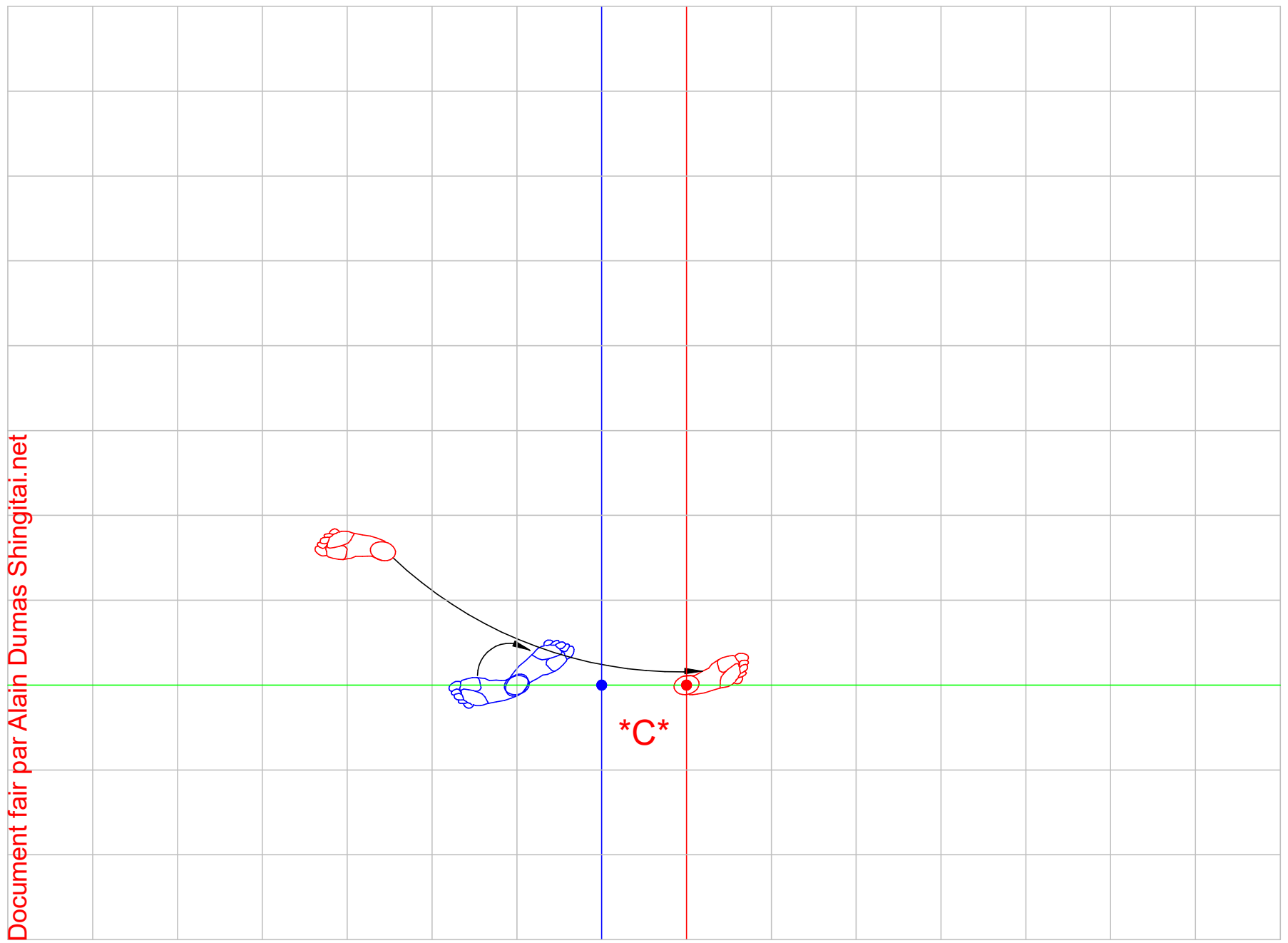


24 Hiza-kussu

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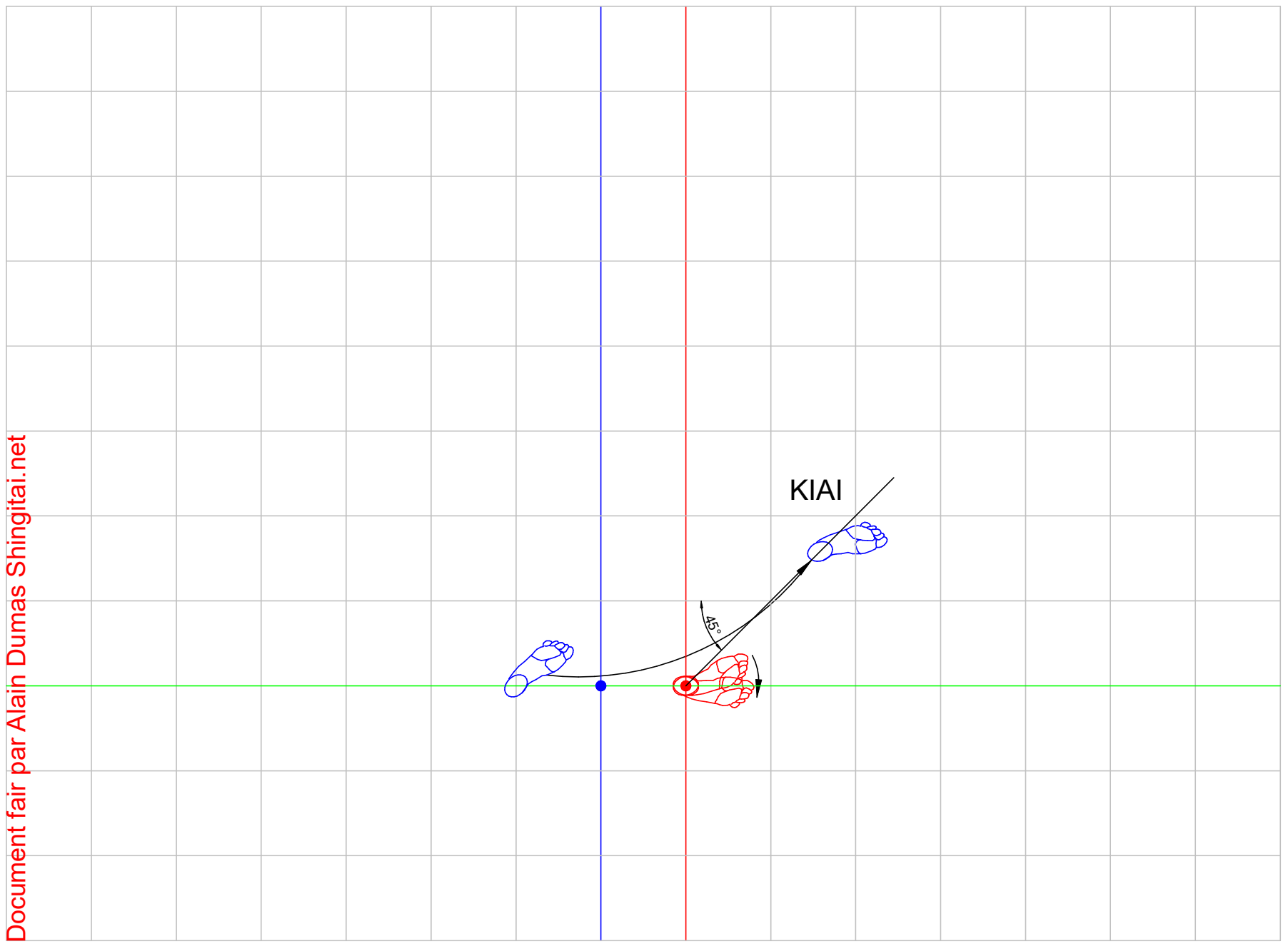


25) Hiza-kussu

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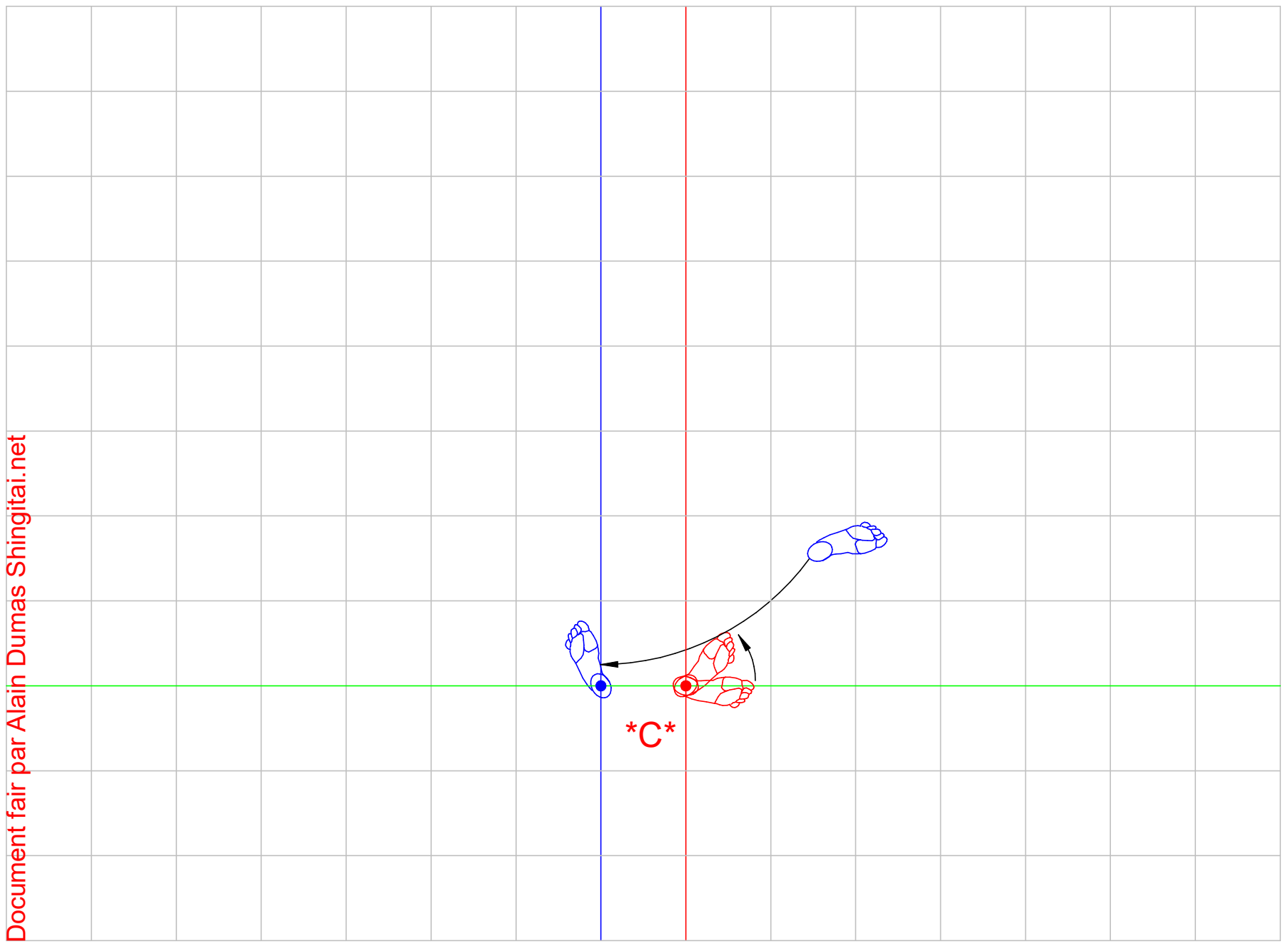


26) Hiza-kussu

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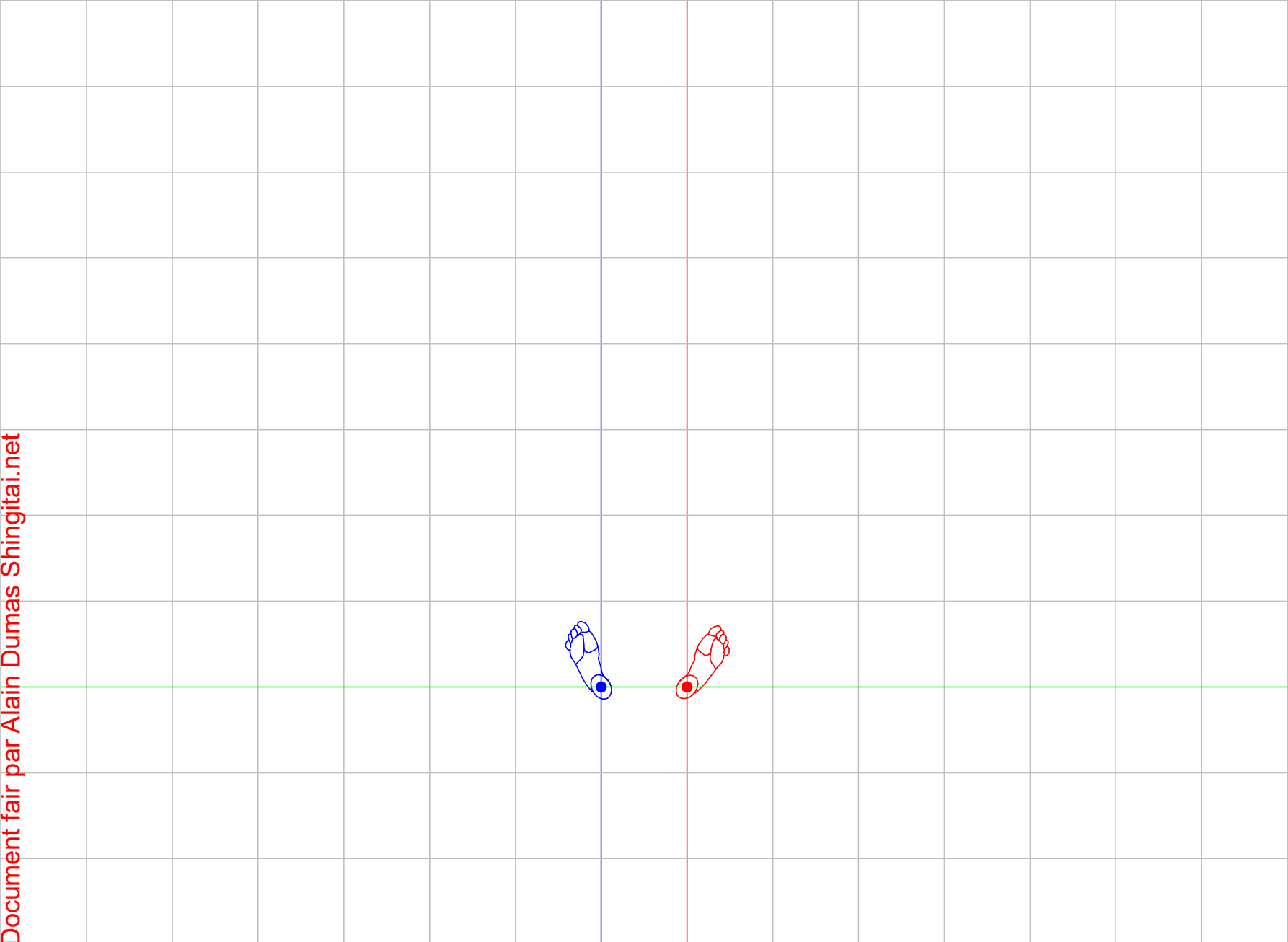


Shizen-tai

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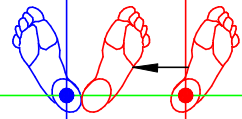


Shizen-tai

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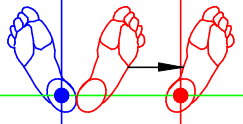


Musubi-dachi

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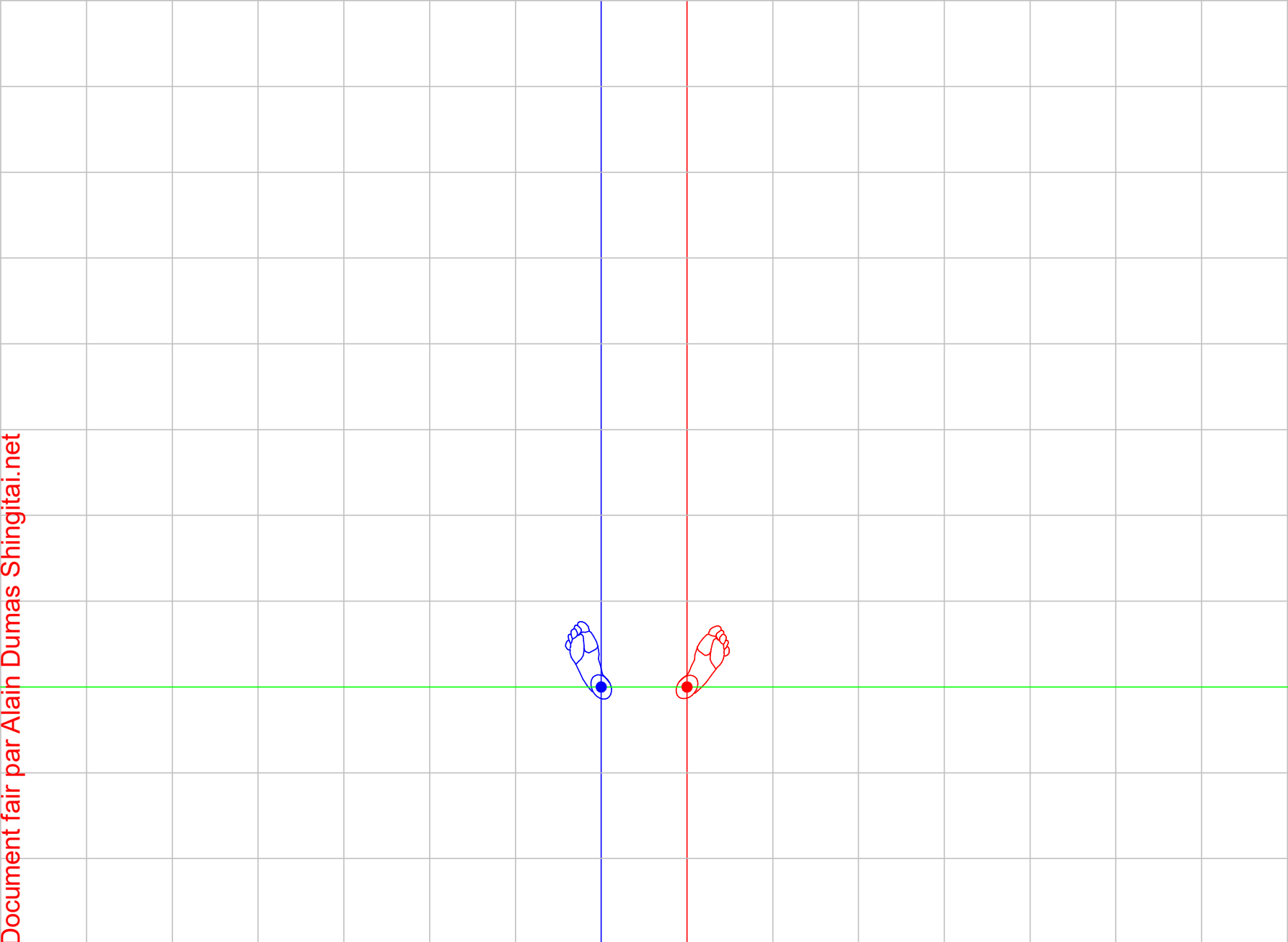


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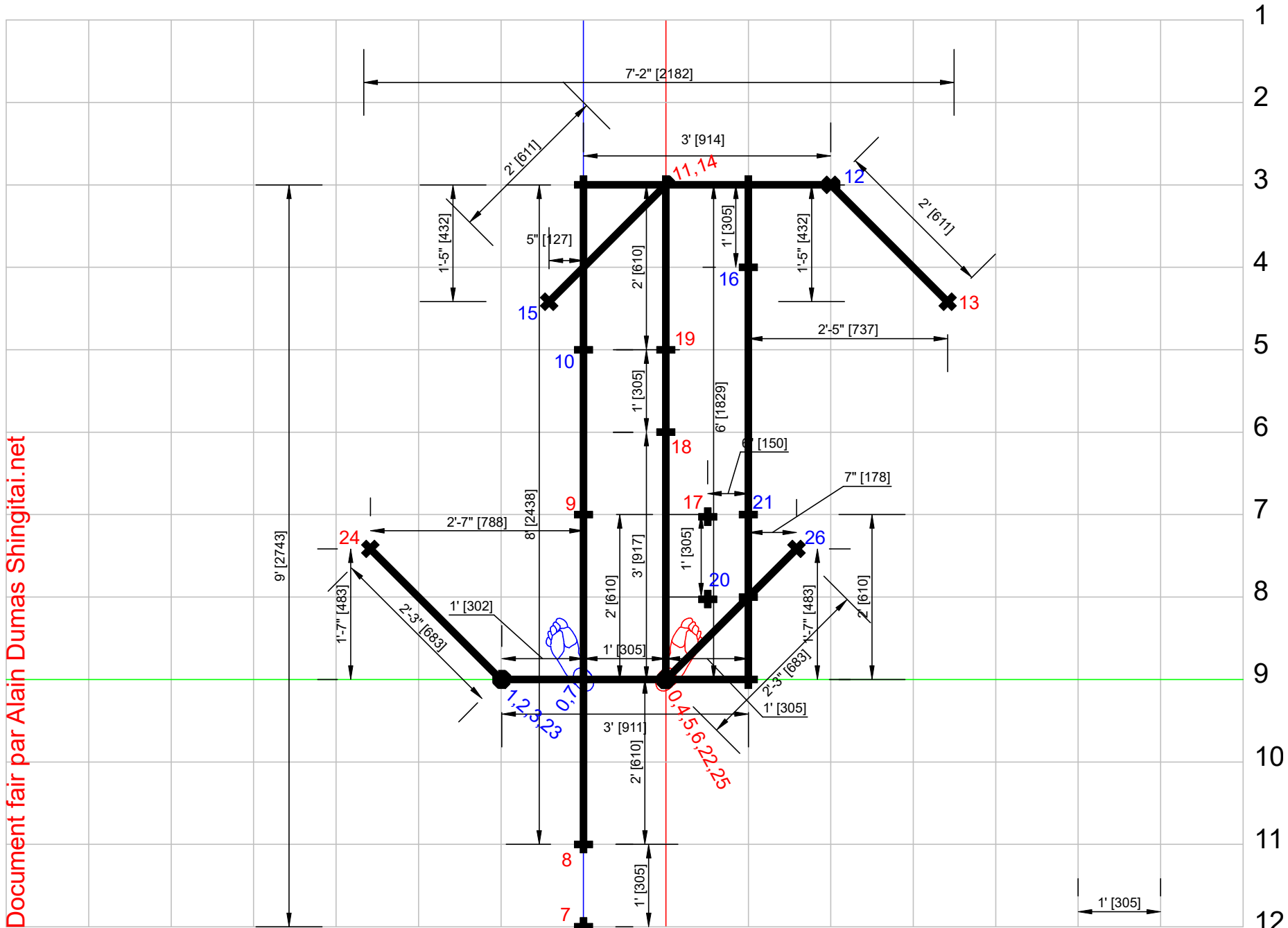
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Shizen-tai

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Embusen Heian Nidan (Largeur des hanches, Hip width) 12" x 12", (305mm X 305mm)

