

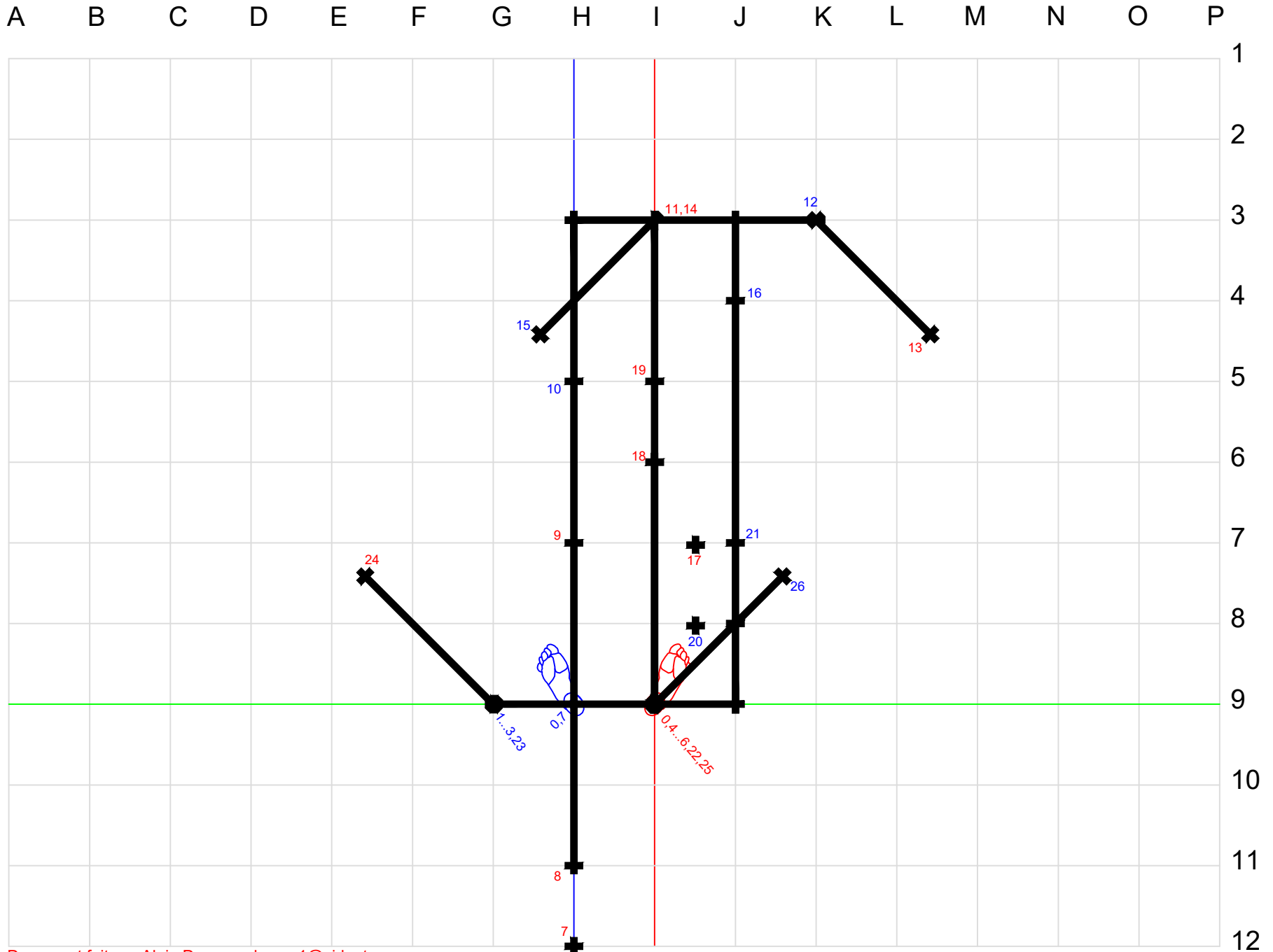
EMBUSEN HEIAN NIDAN (PINAN)

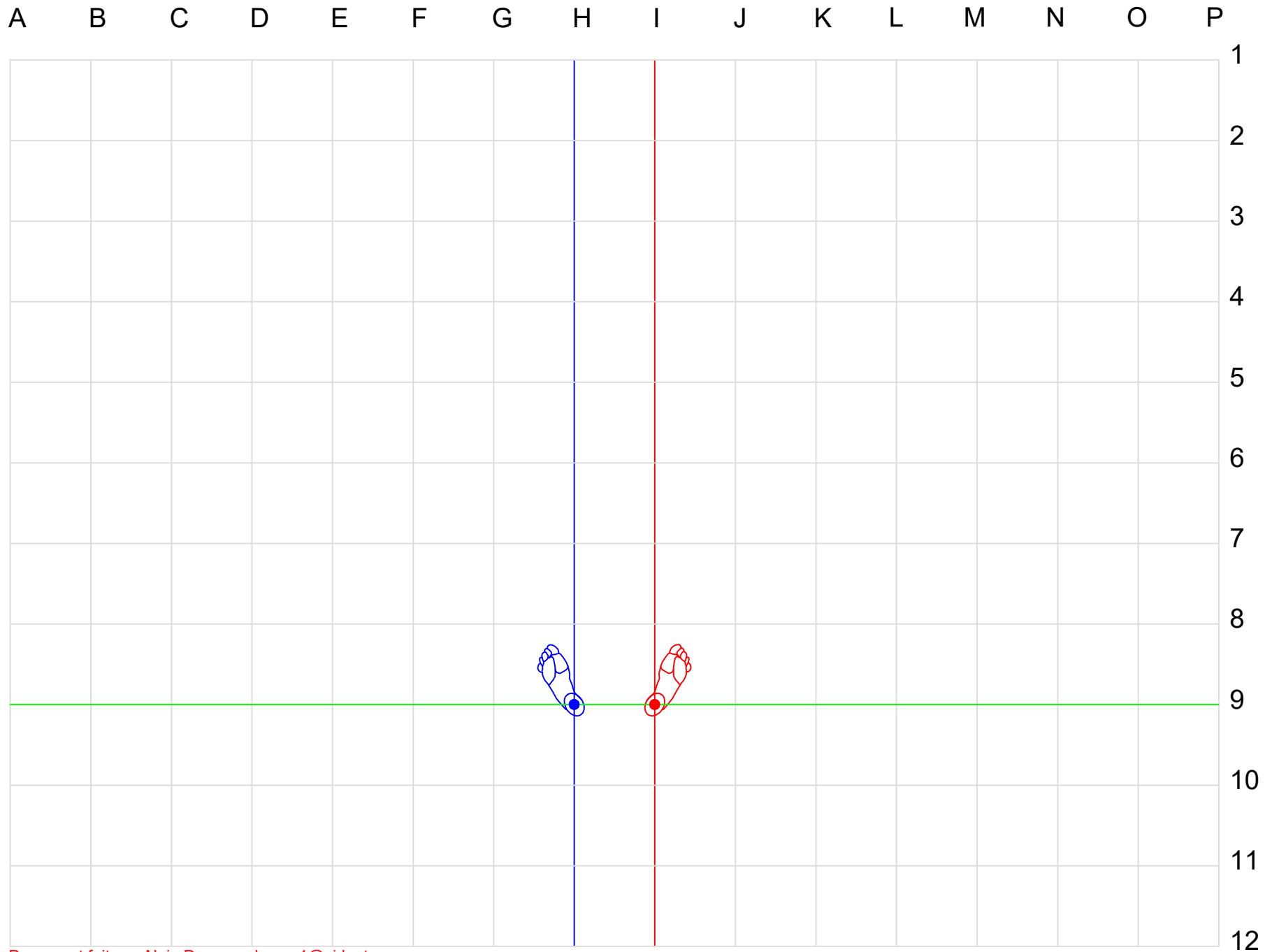
Best karate # 5

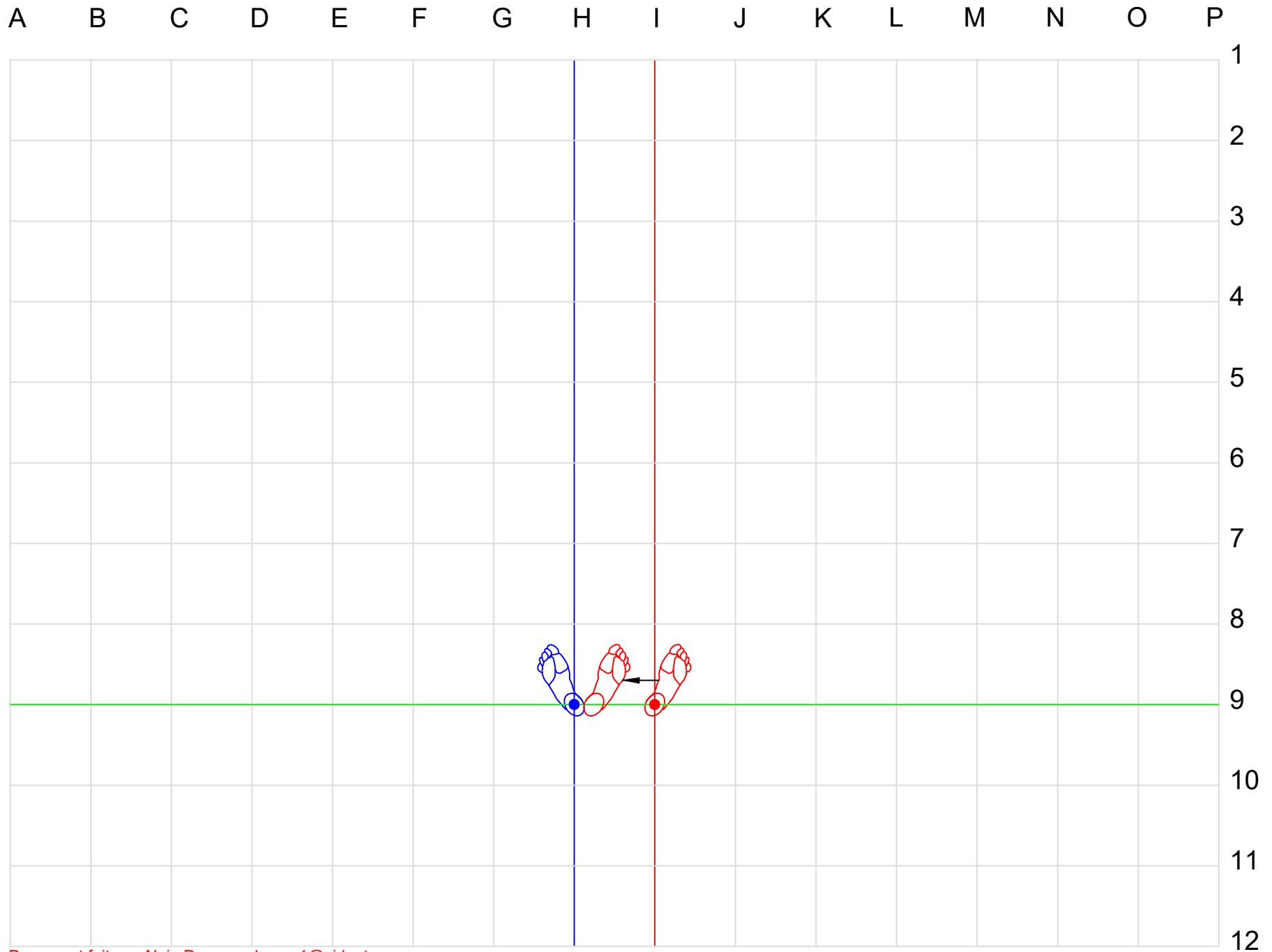
Paix et tranquillité 2				Peace and tranquility 2			
Origine d'Okinawa, date de création : 1907, auteur : maître Itosu				Origin of Okinawa, date created: 1907, author : master Itosu			
Hei : calme, paisible, Sho : 2 ^e niveau, An : paix tranquillité				Hei : quiet, peaceful, Ni : 2 ^e level, An : peace tranquility			
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.

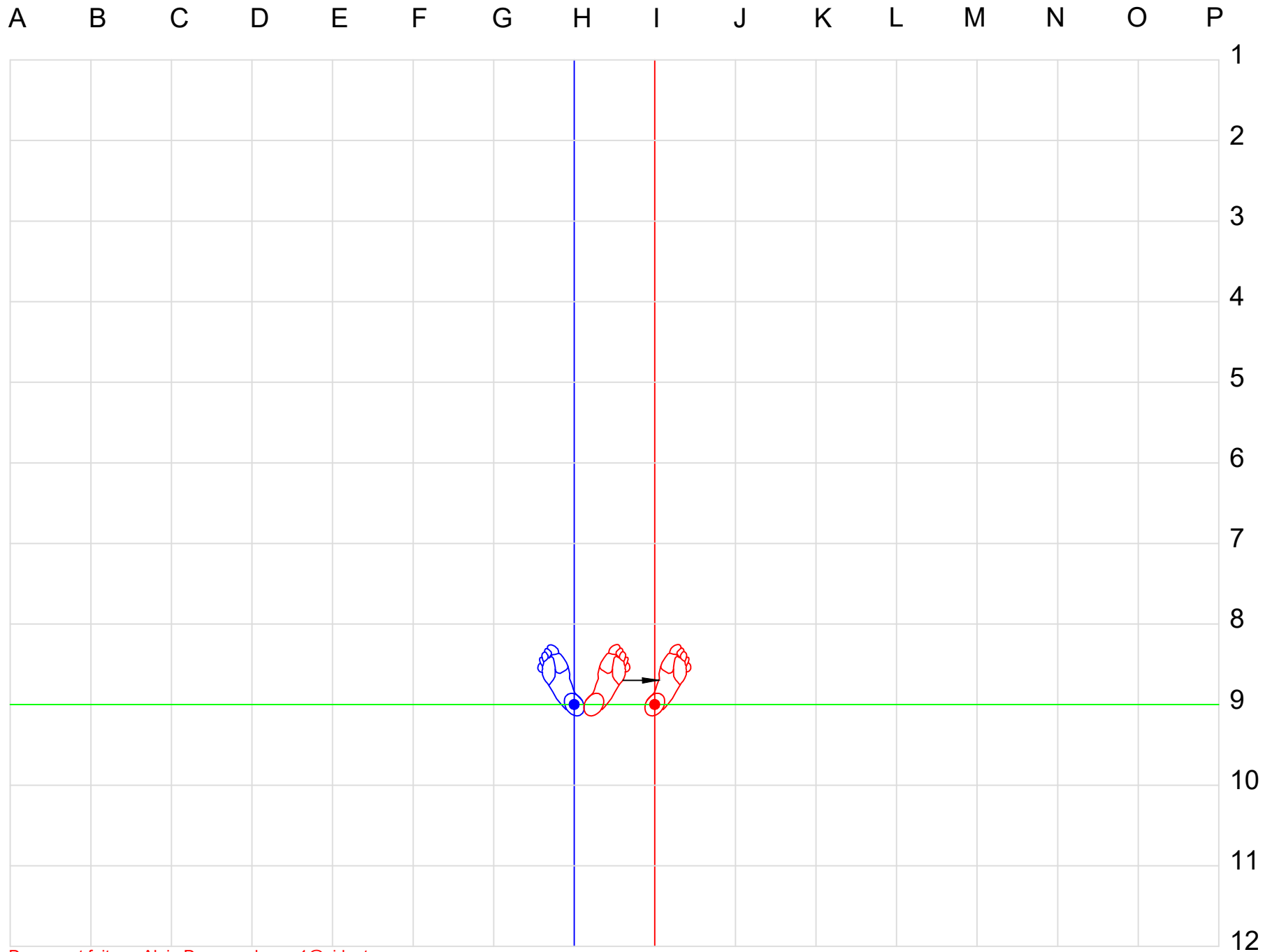
Par Alain Dumas 6^e dan, IKD 2019-04-23

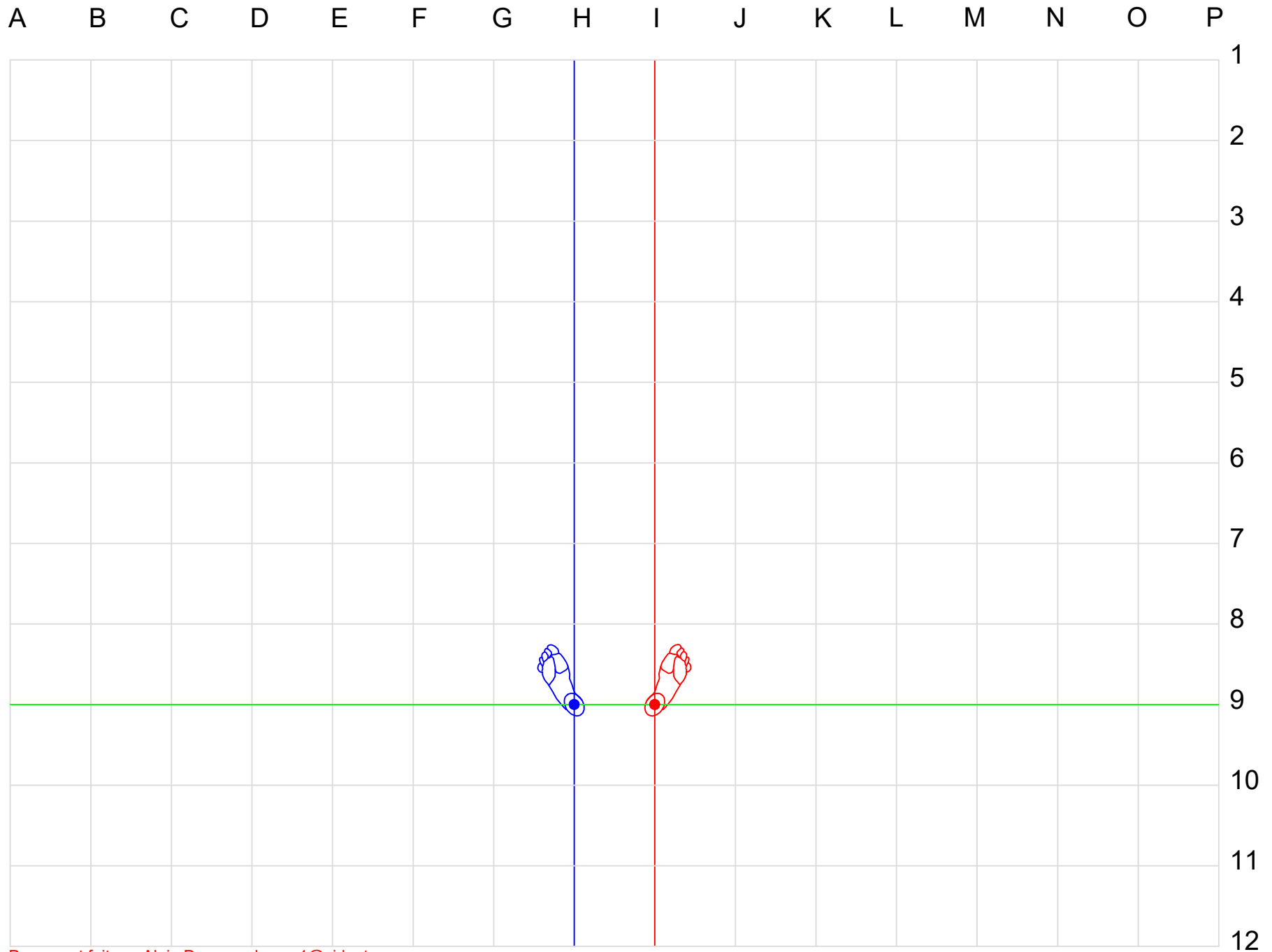


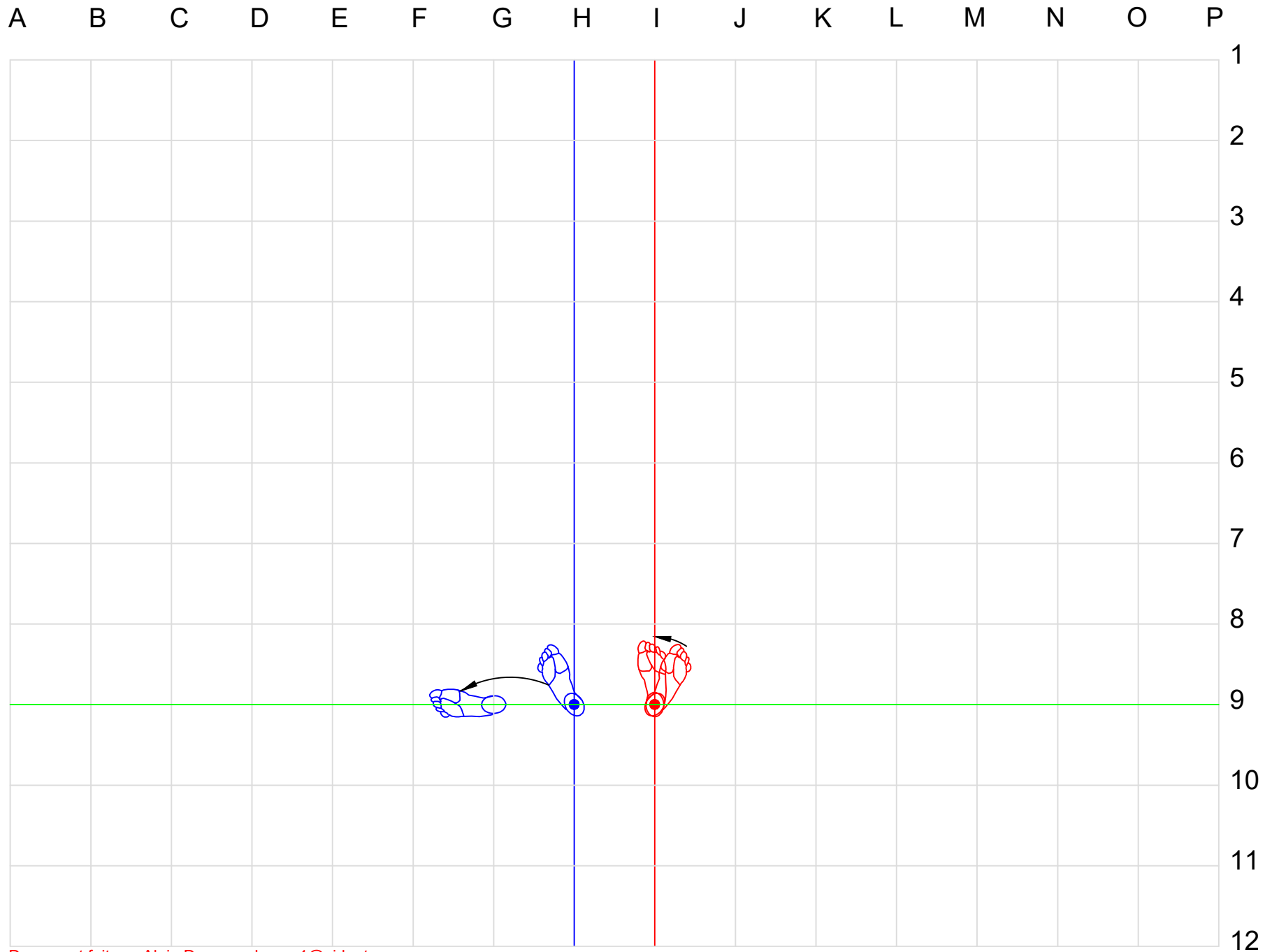


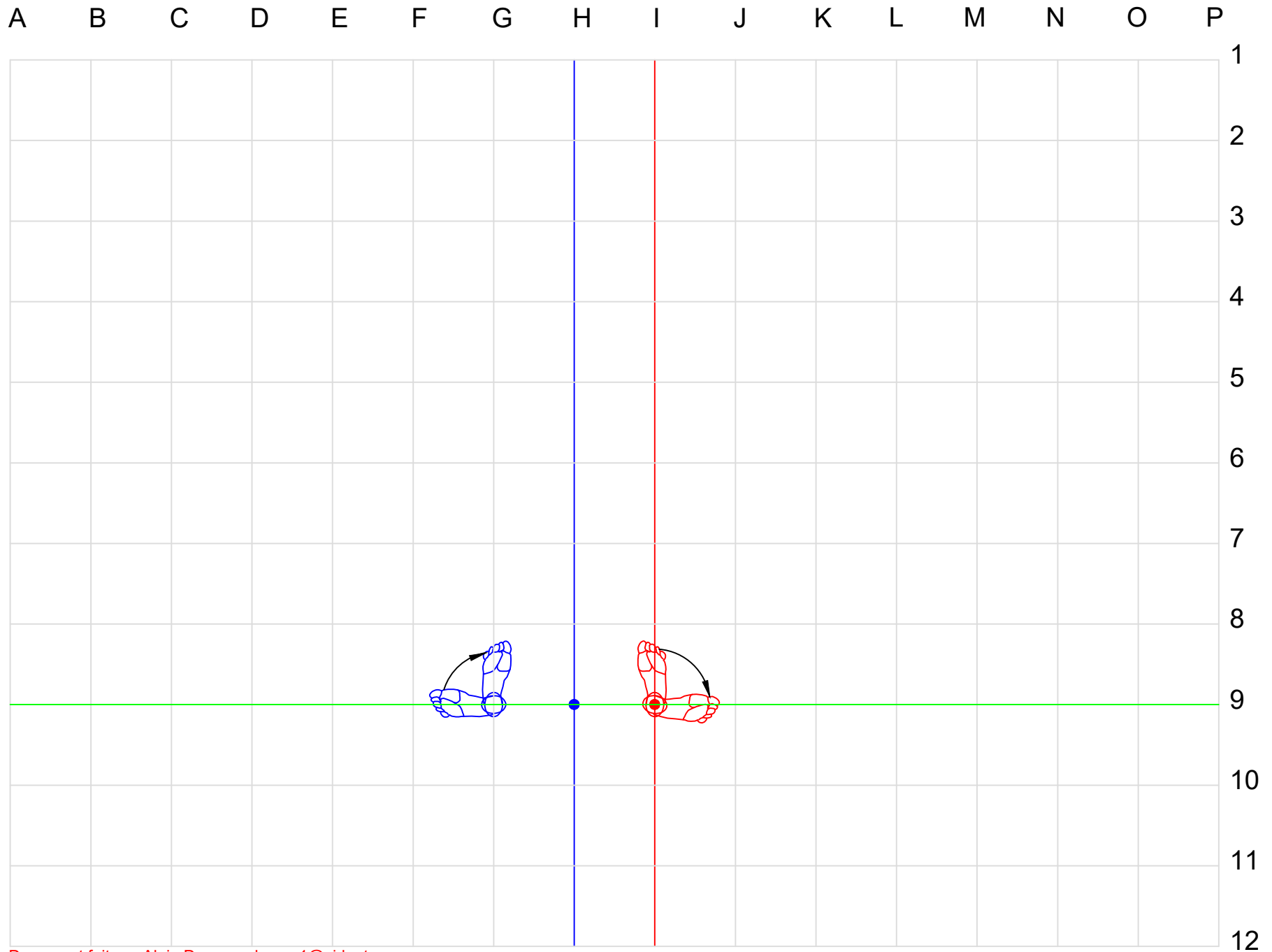


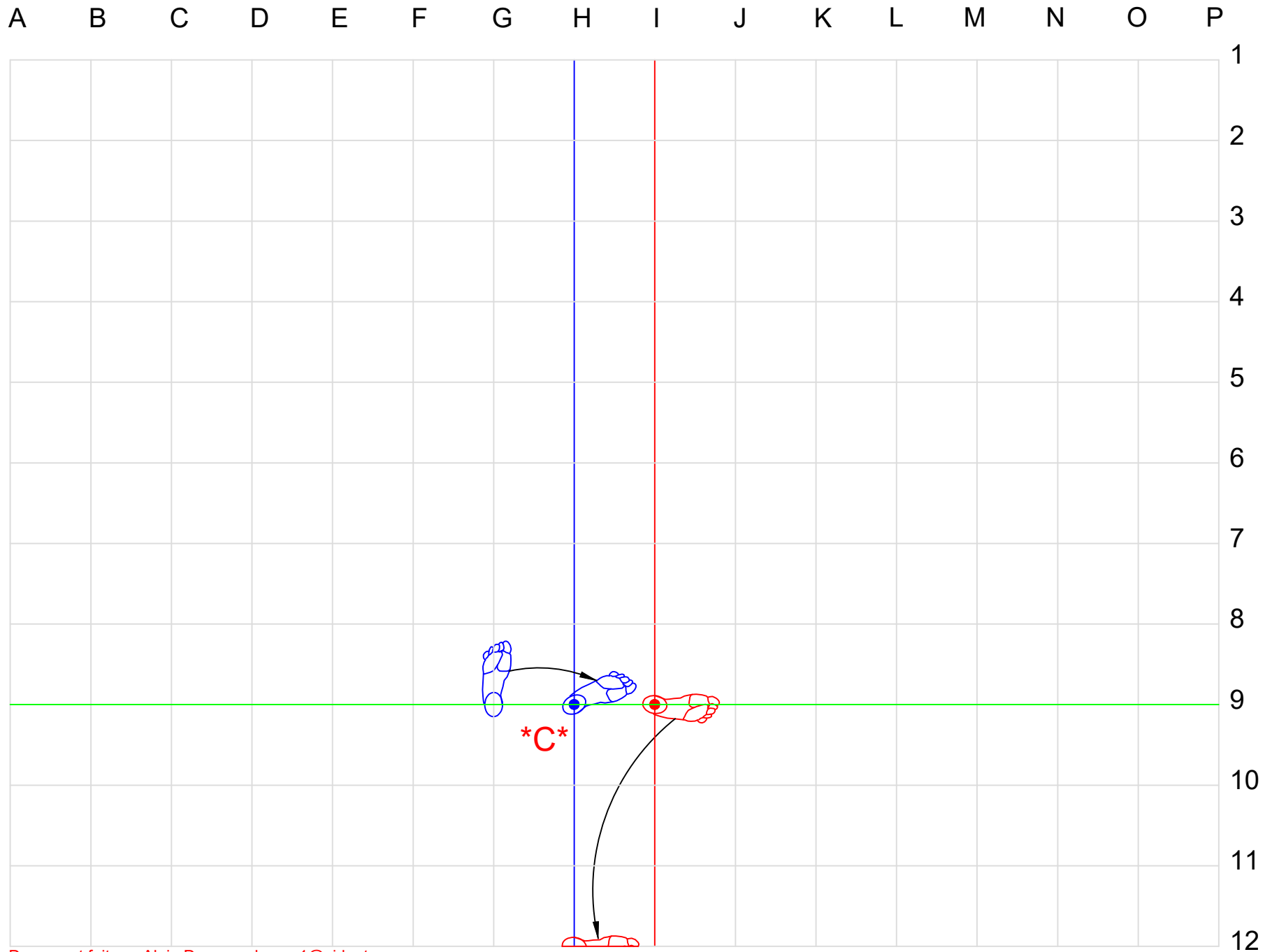


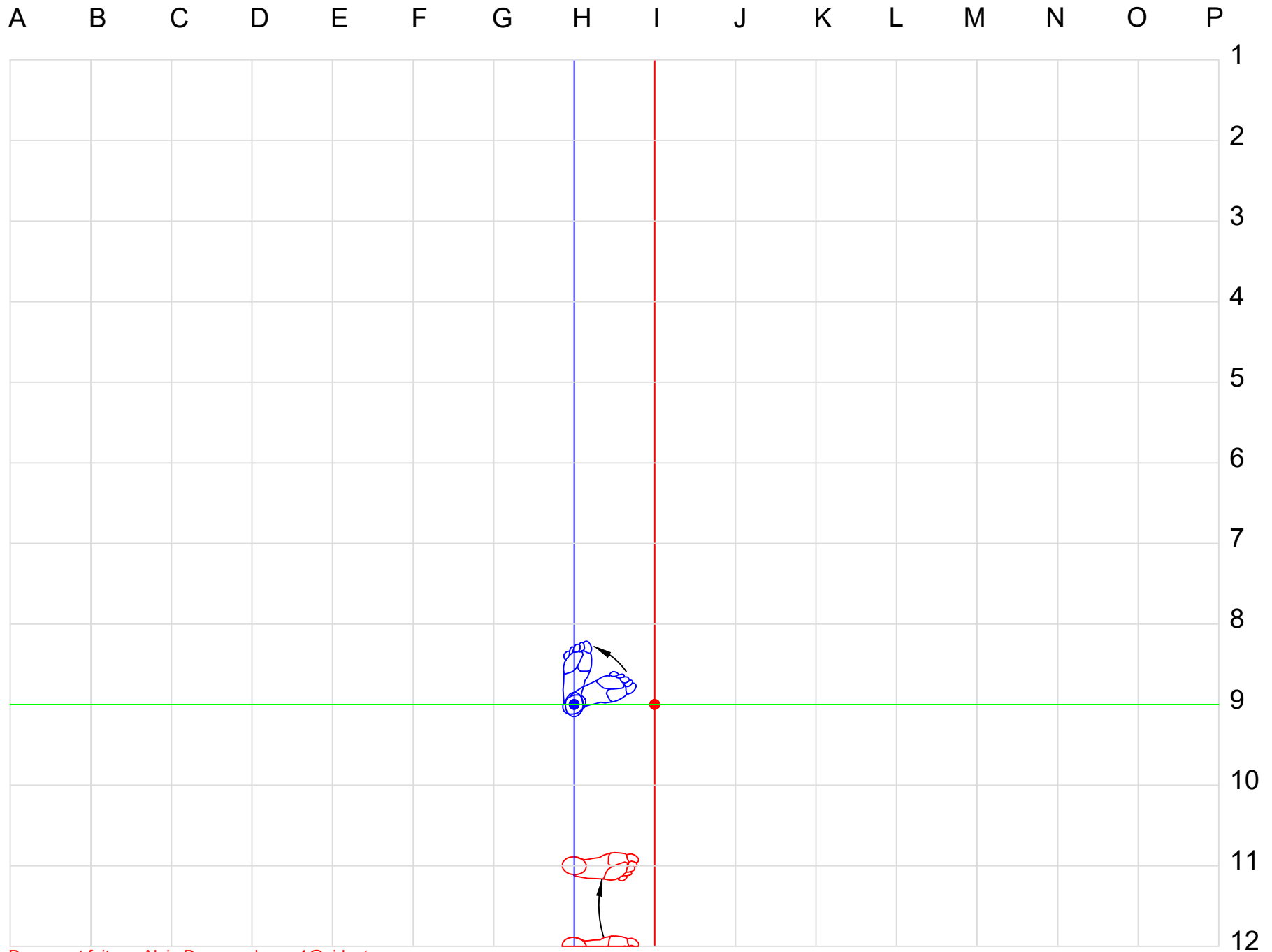


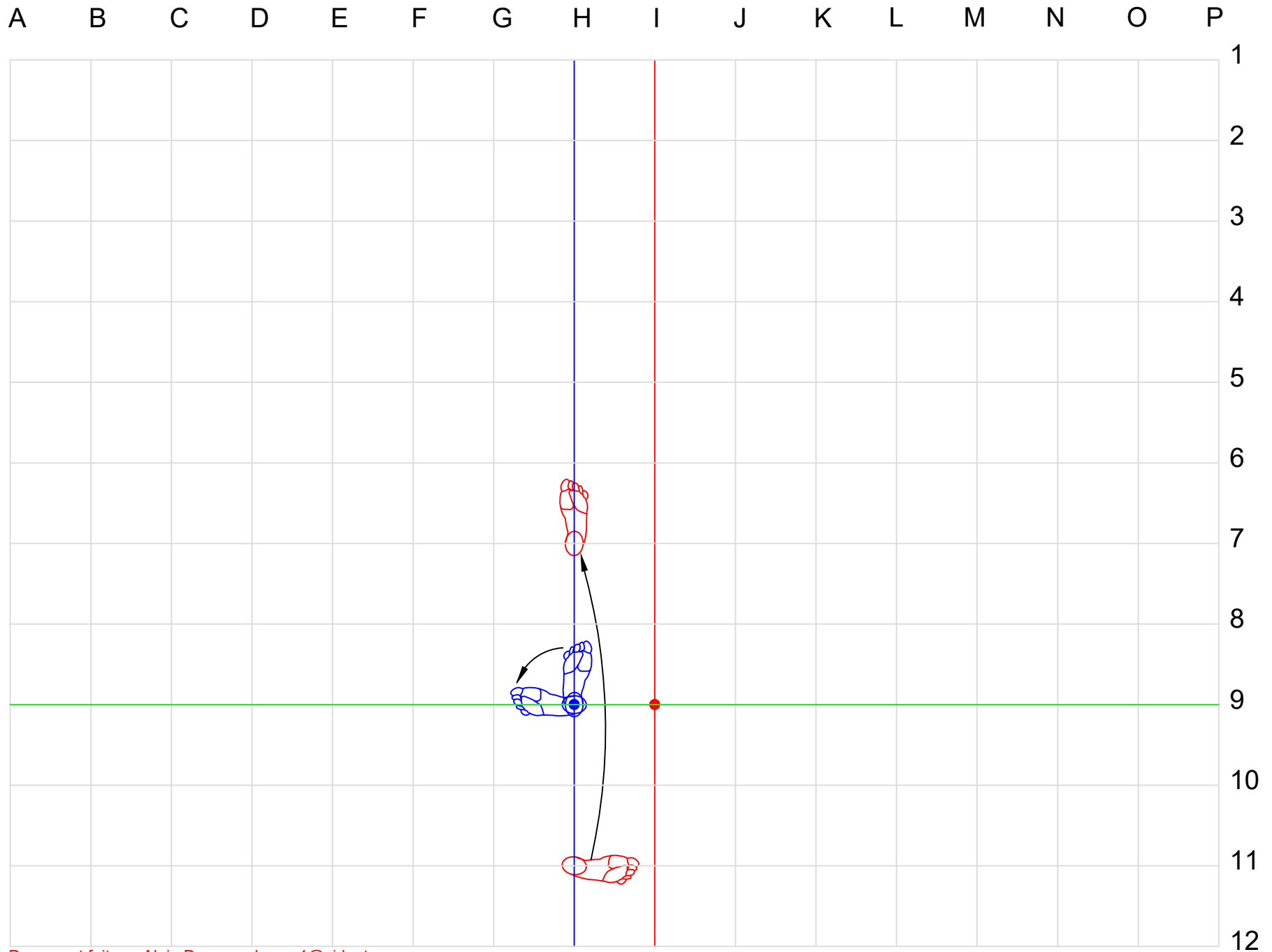


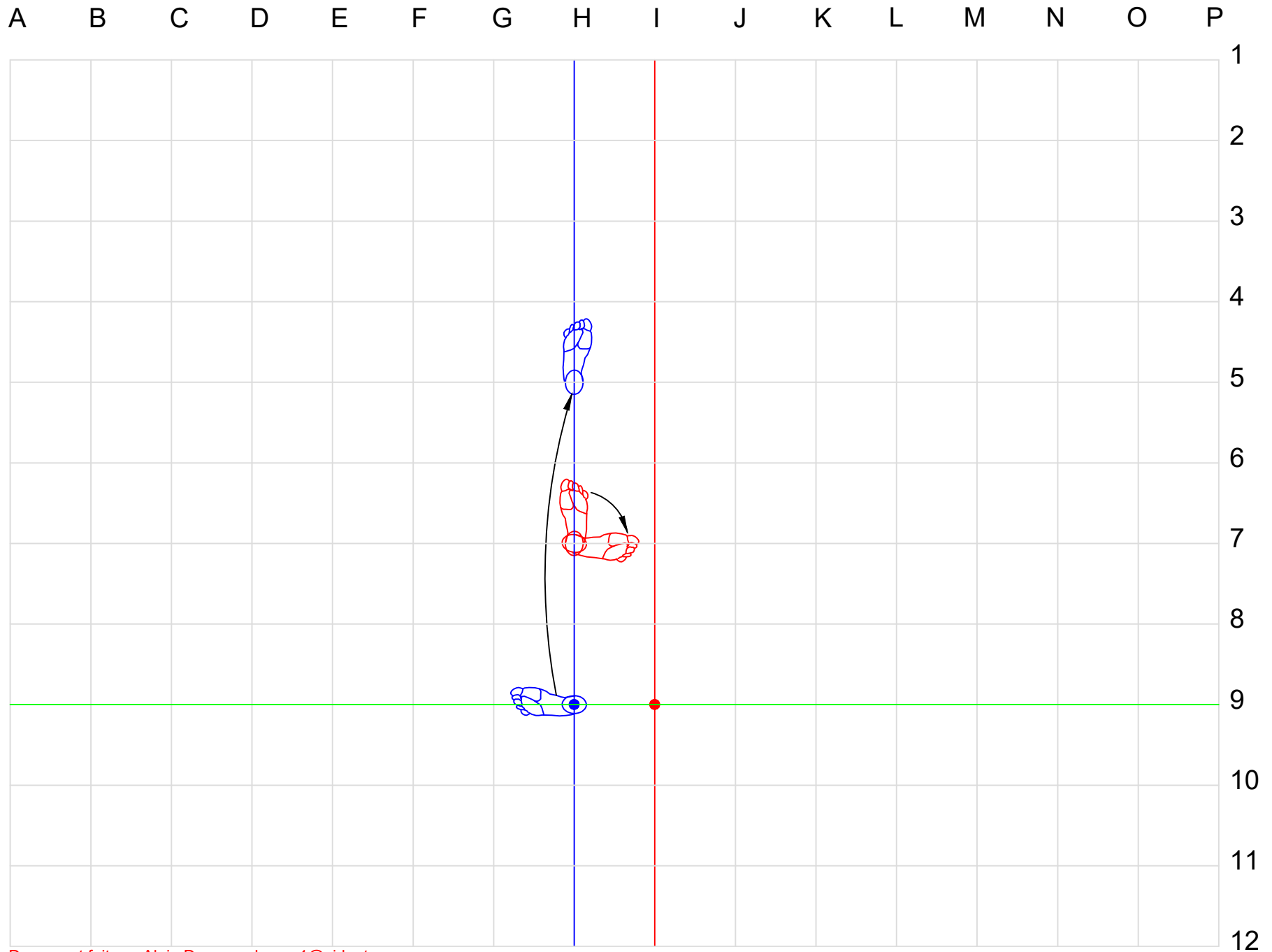


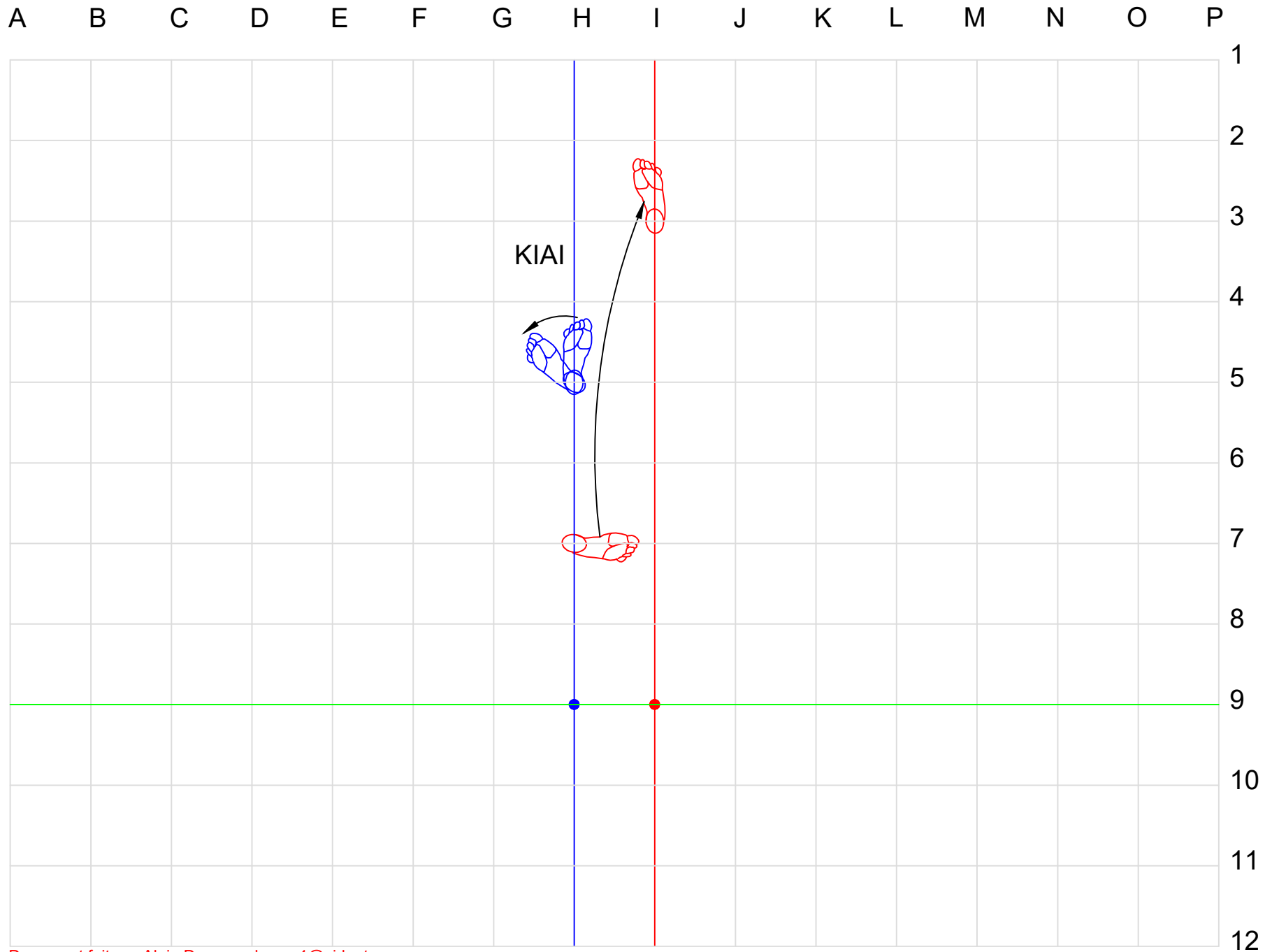


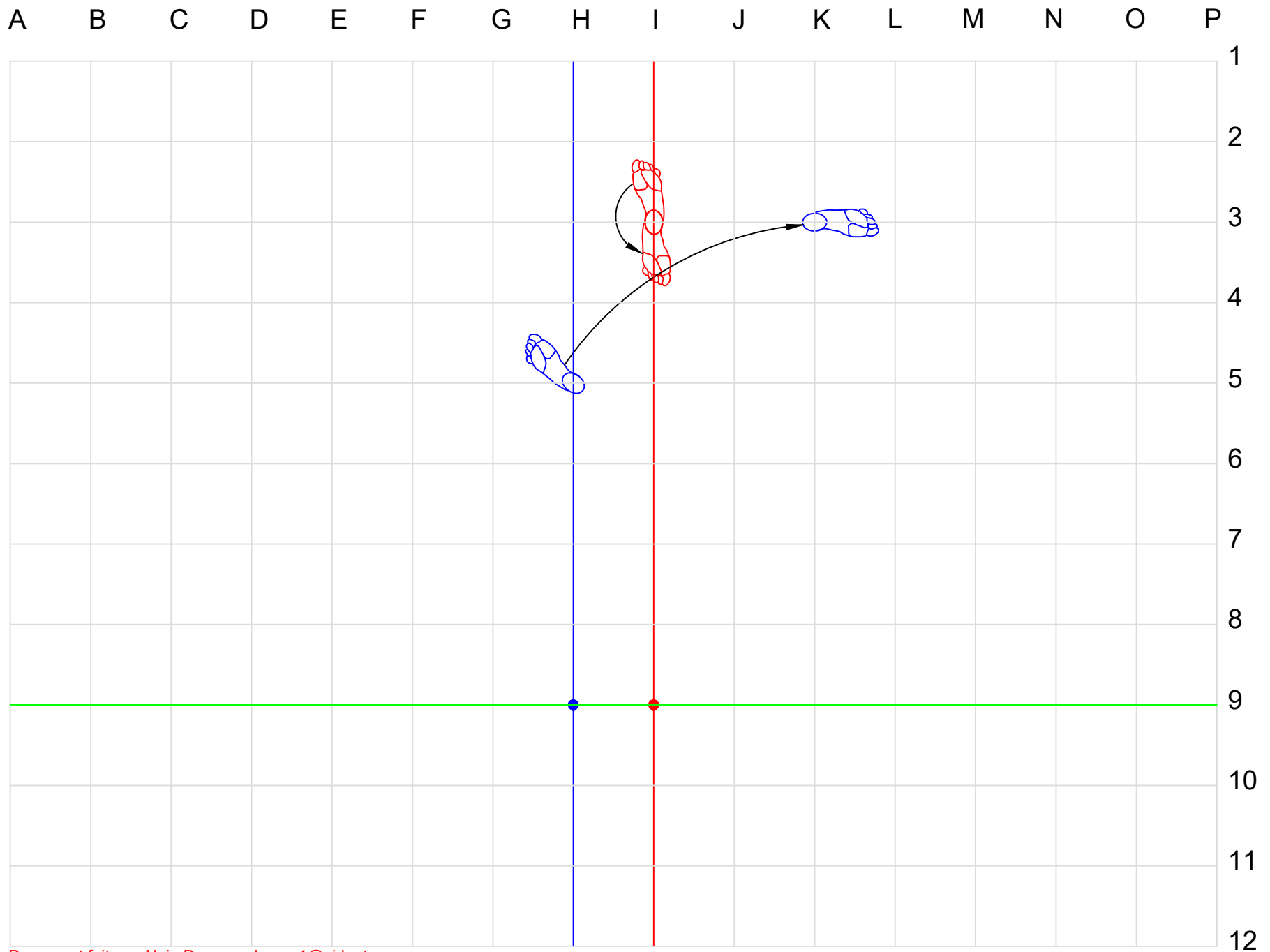


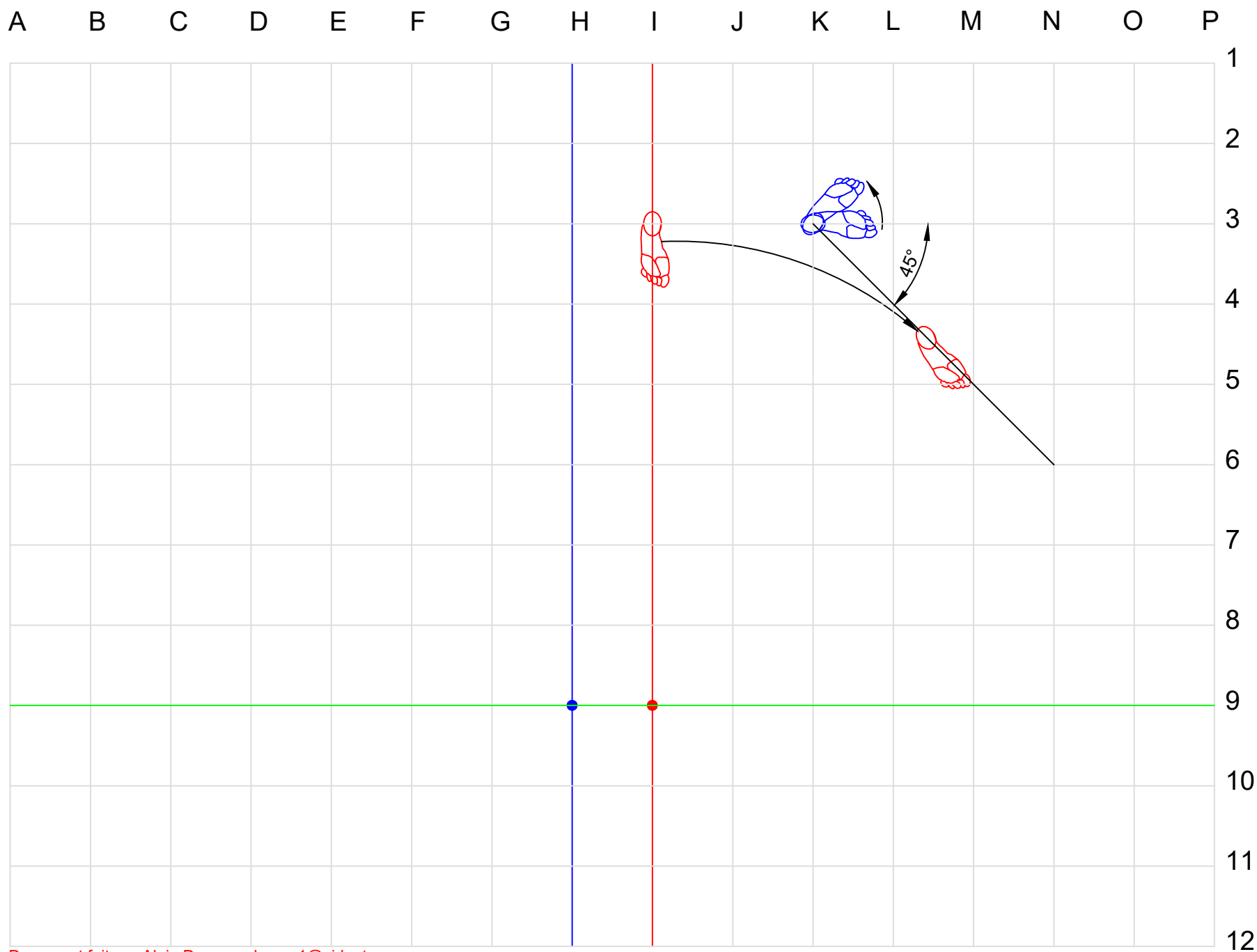


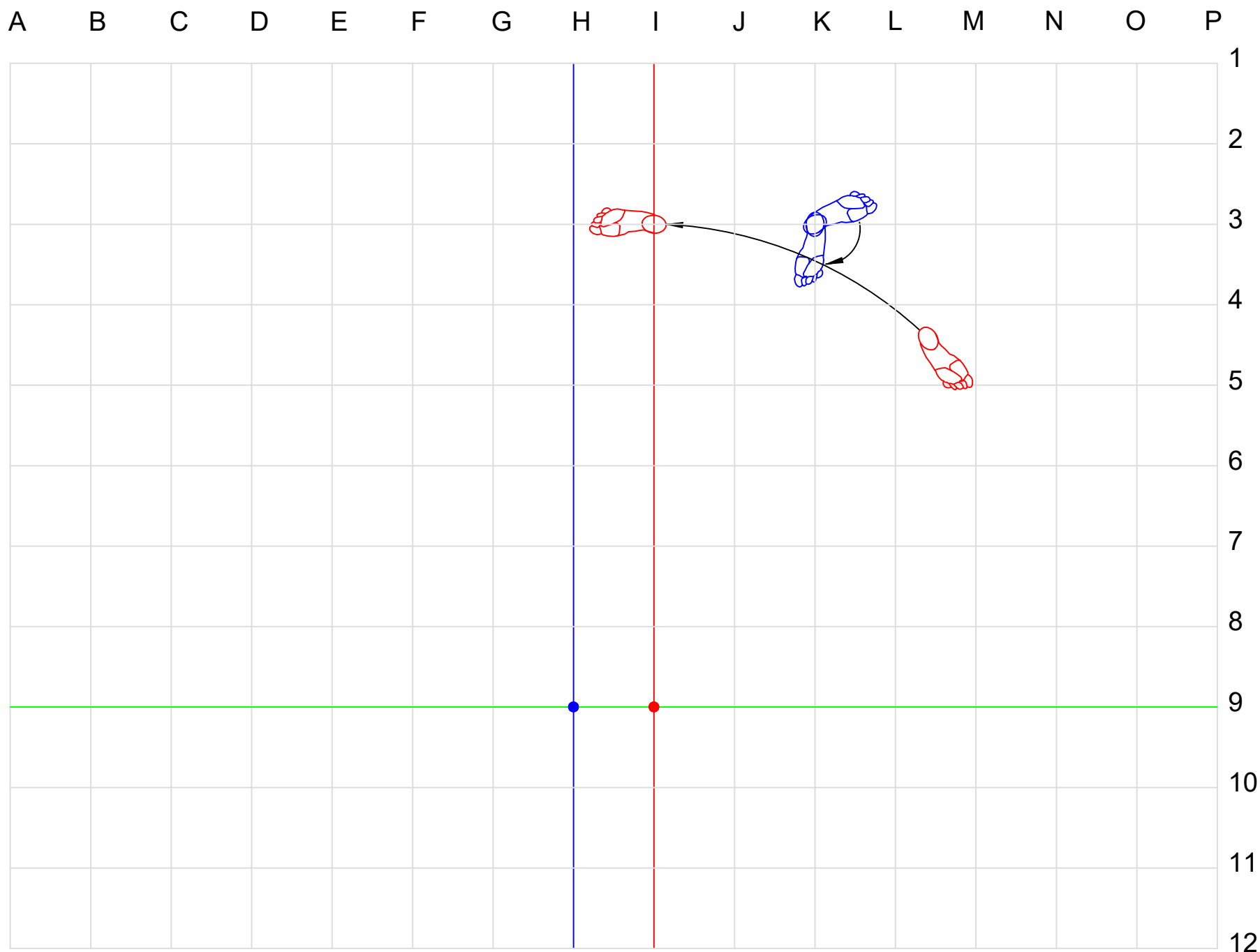


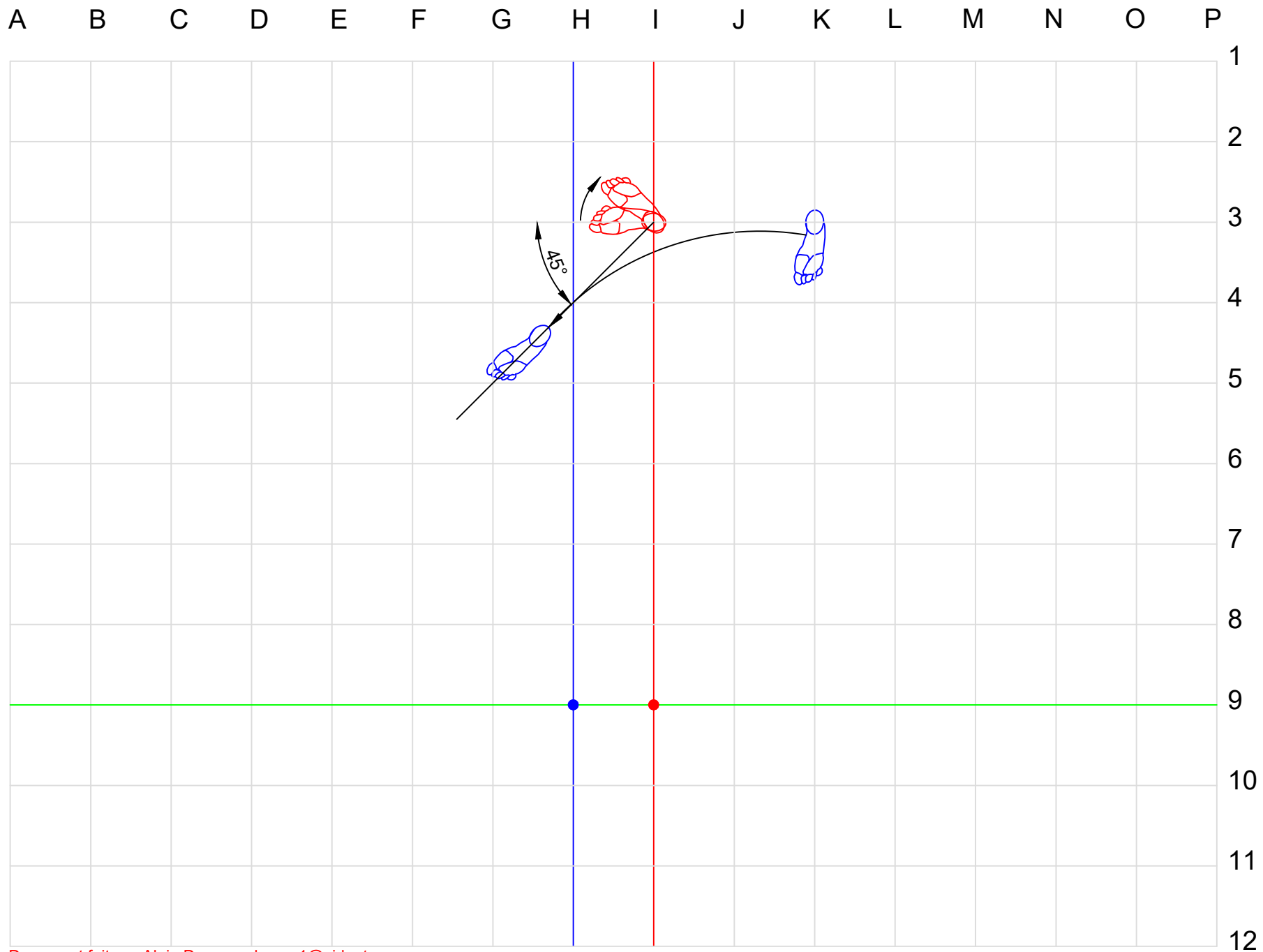


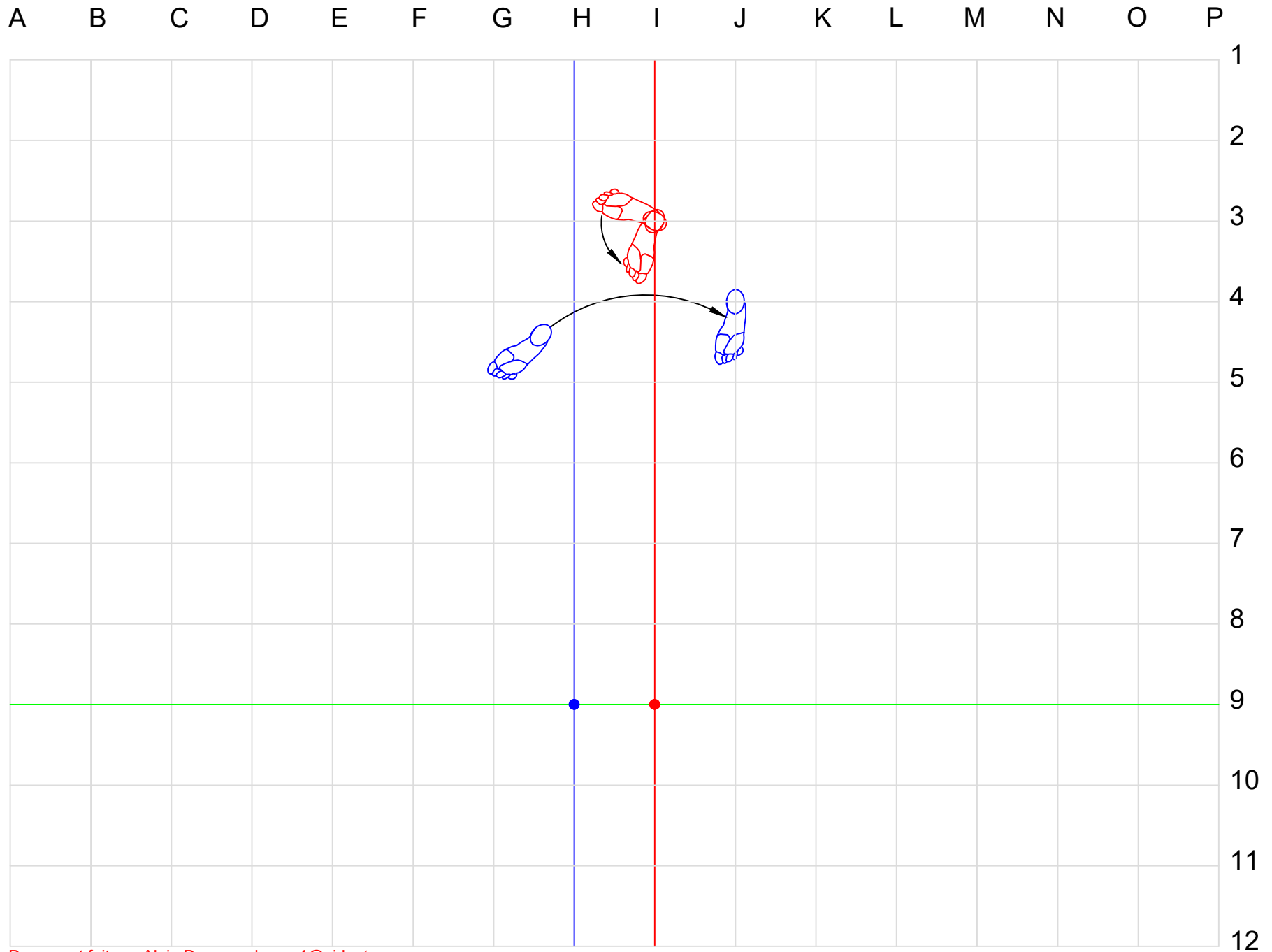


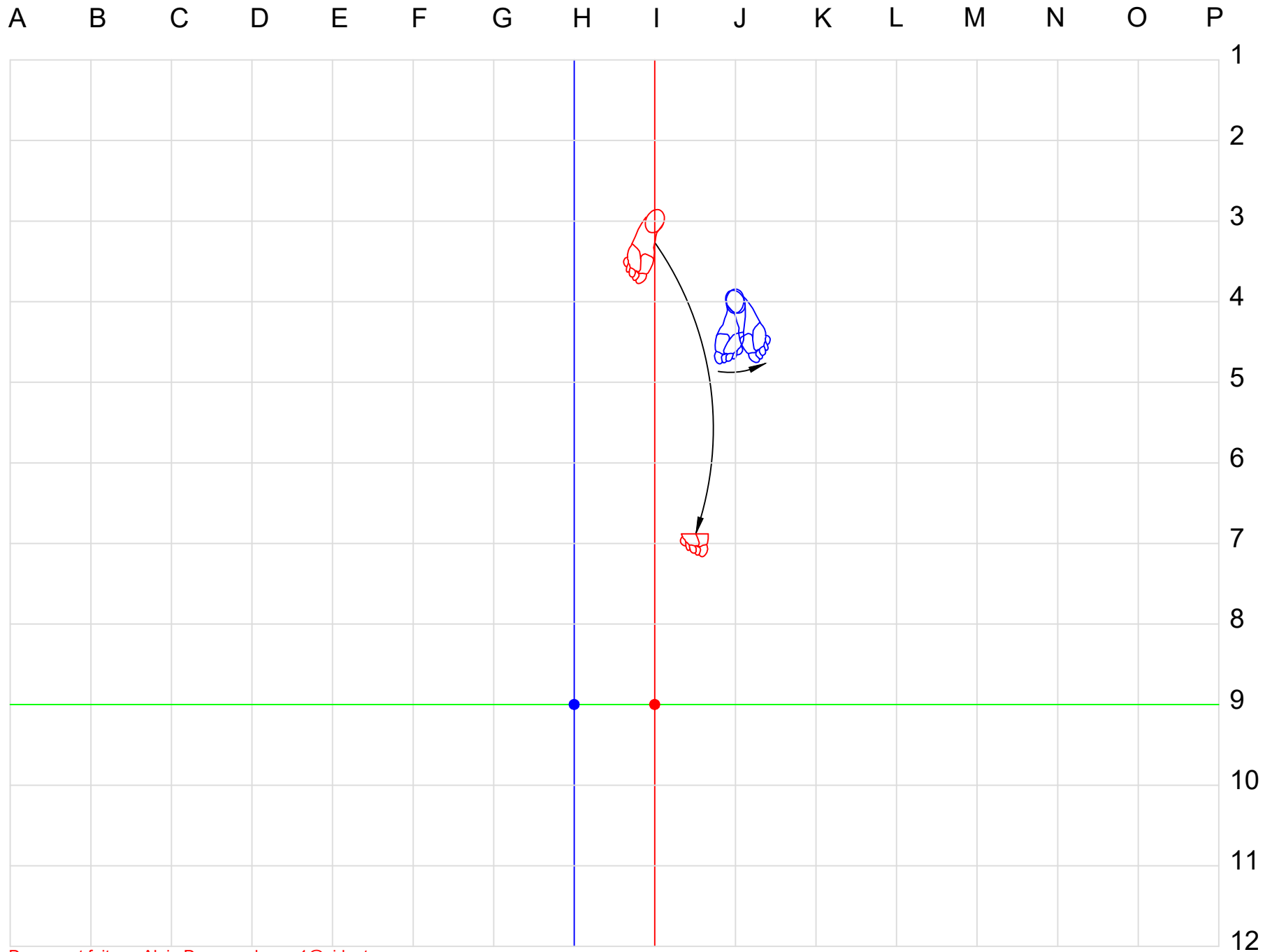




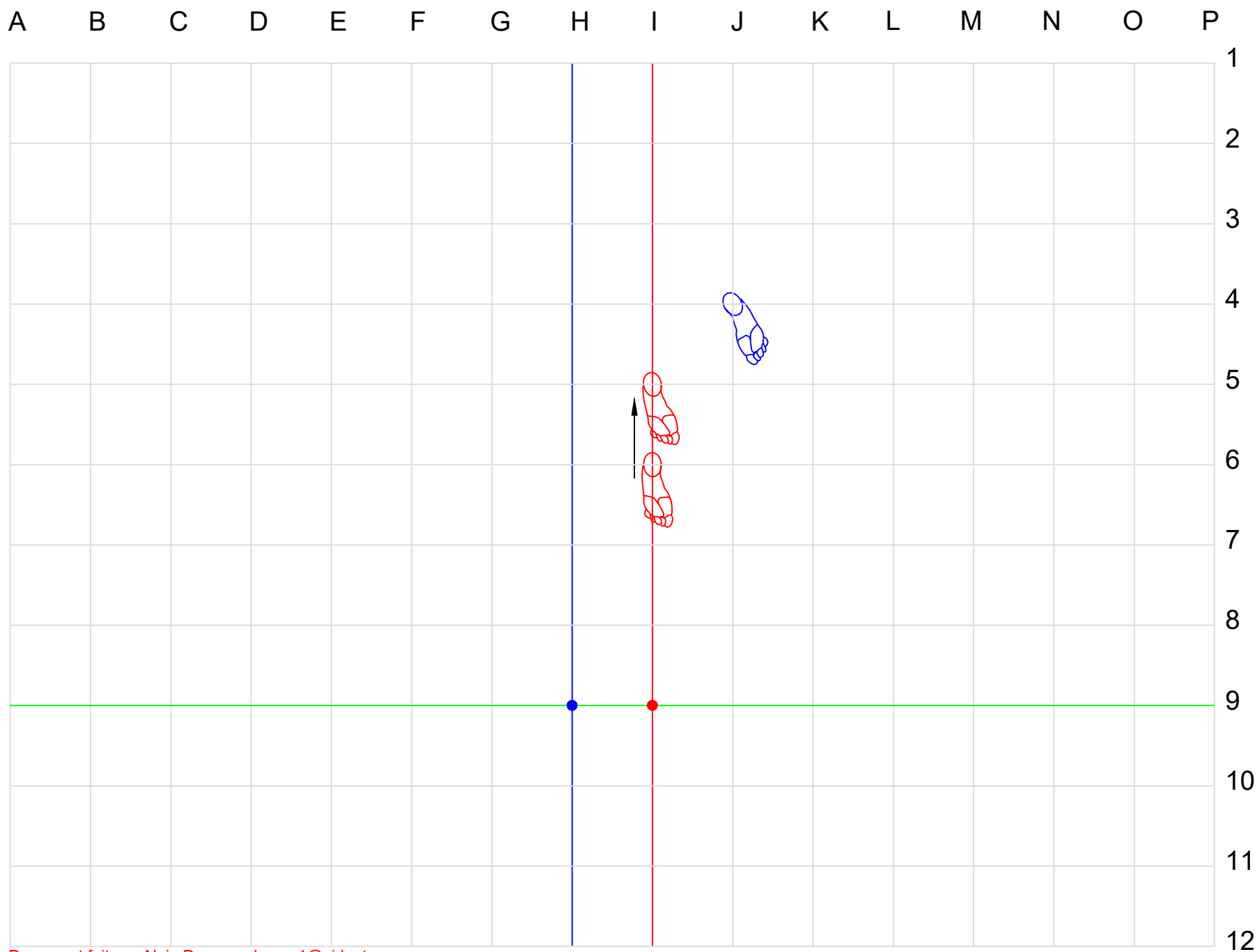


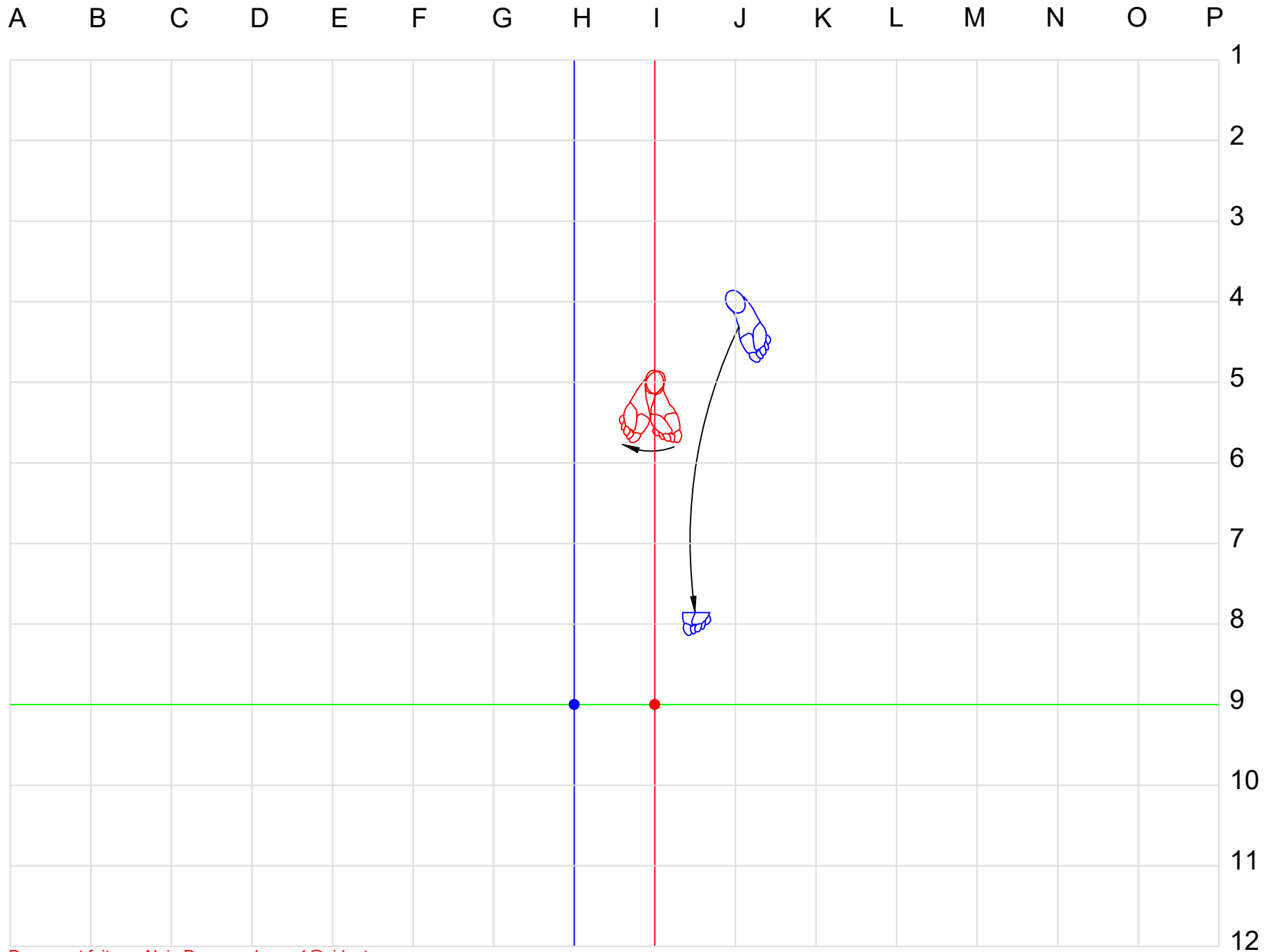


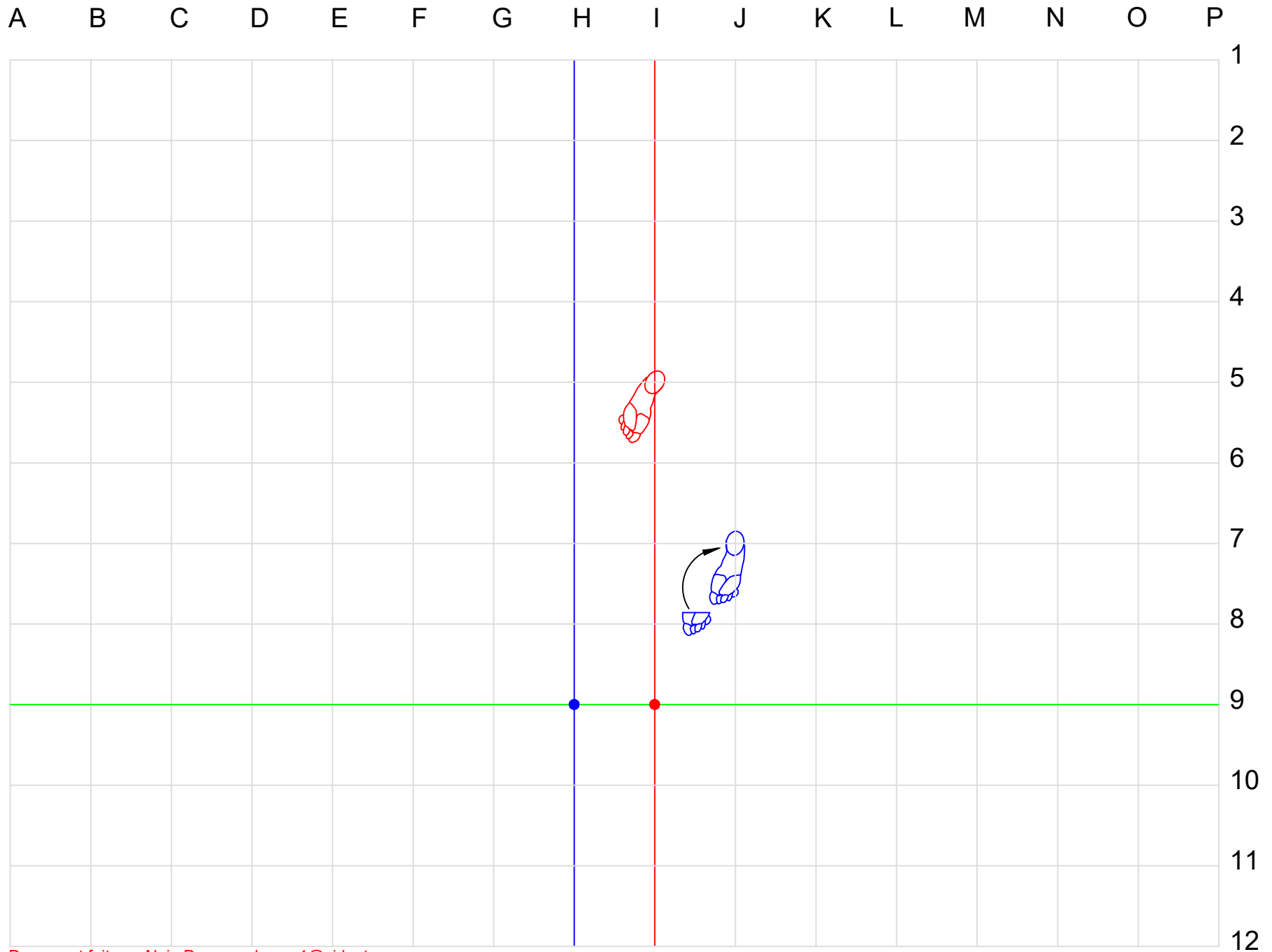


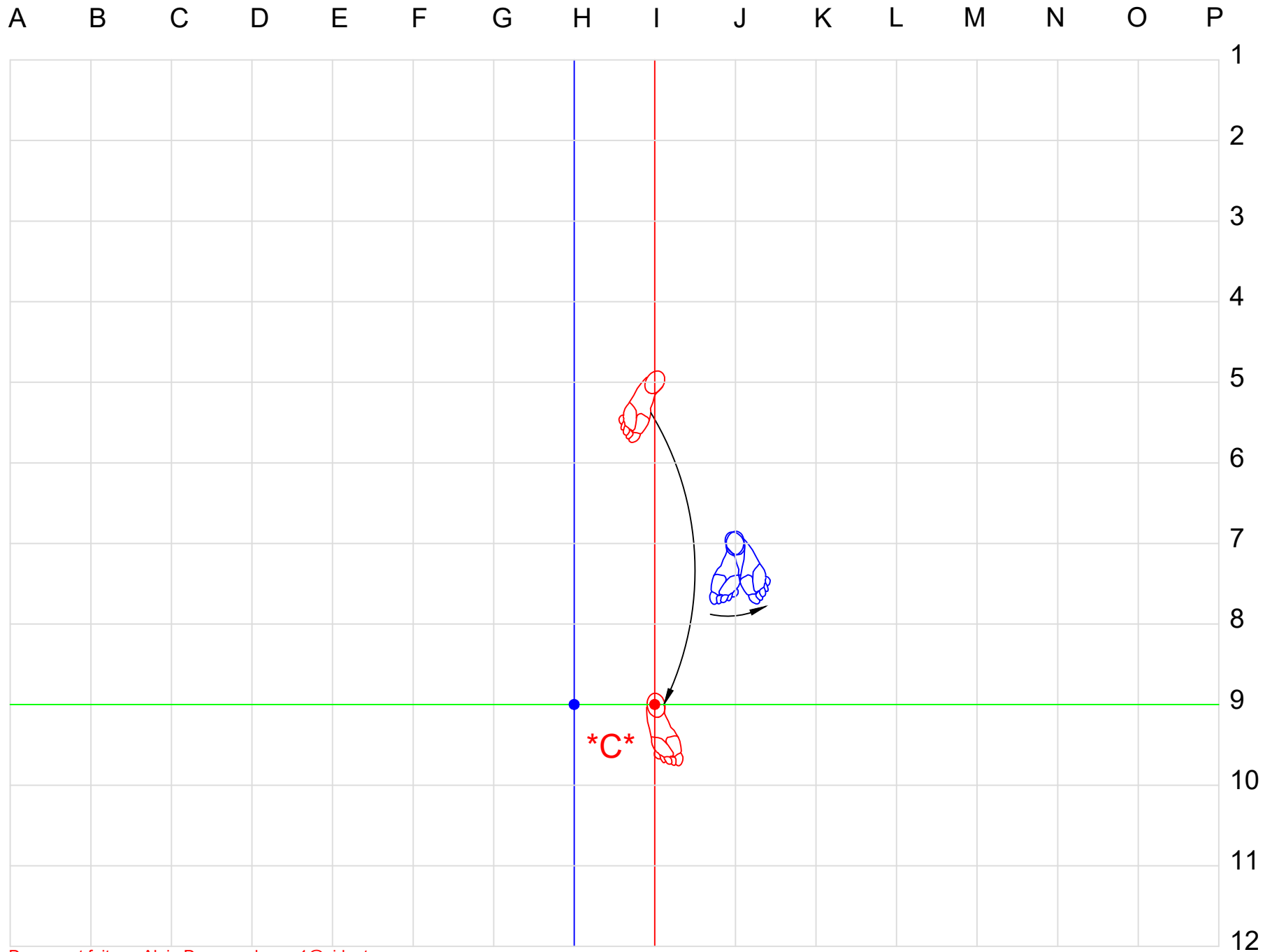


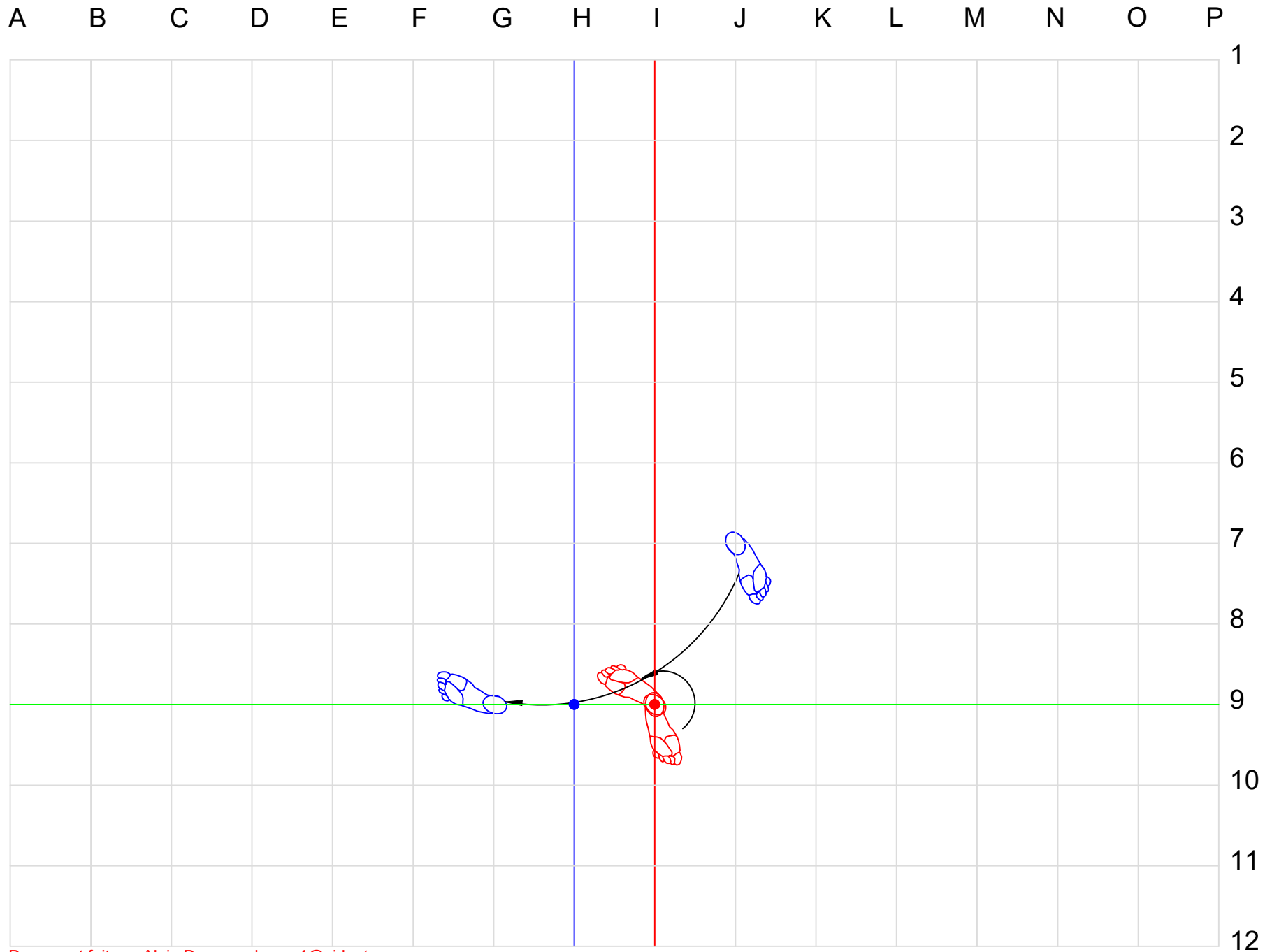


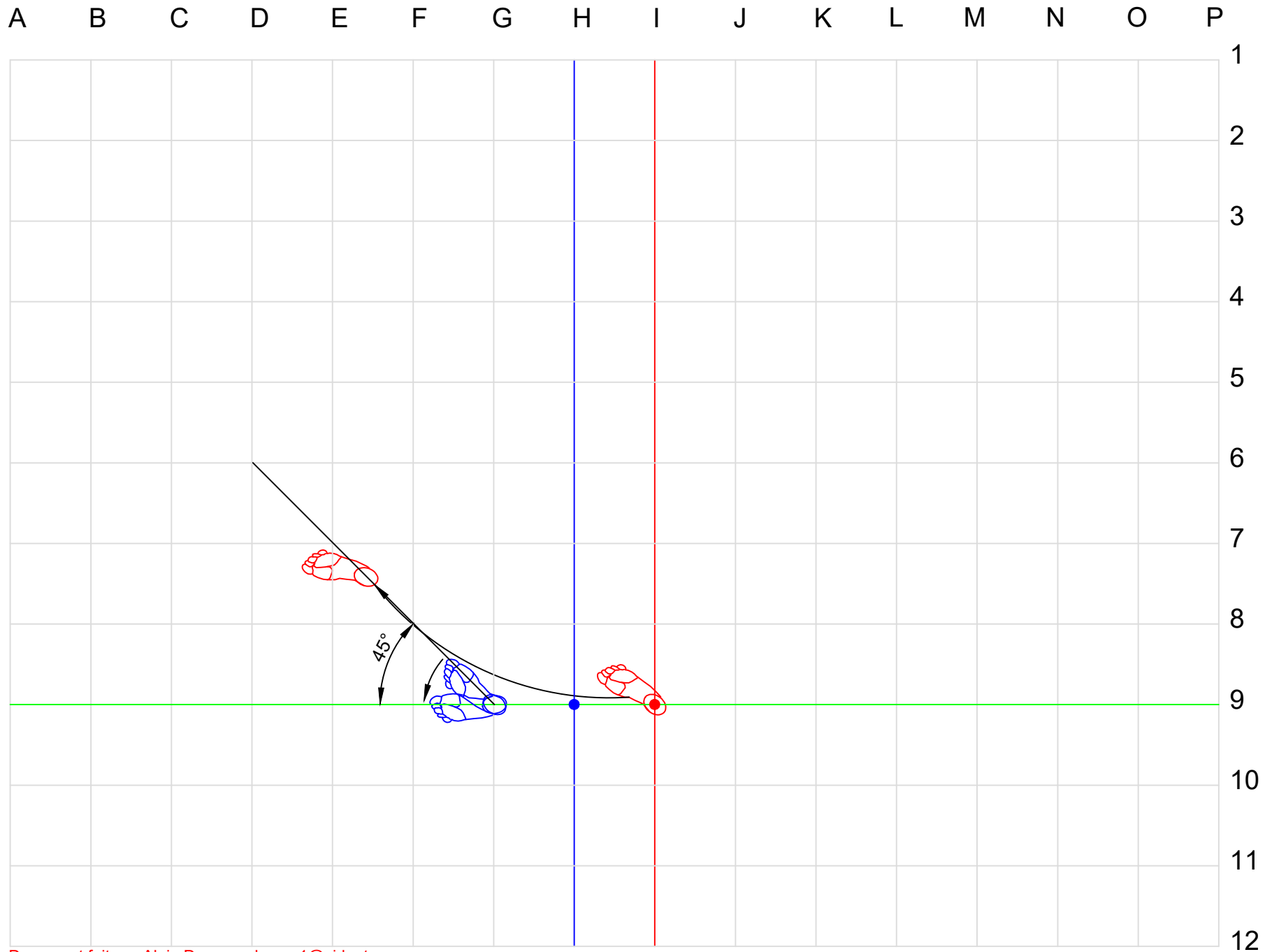


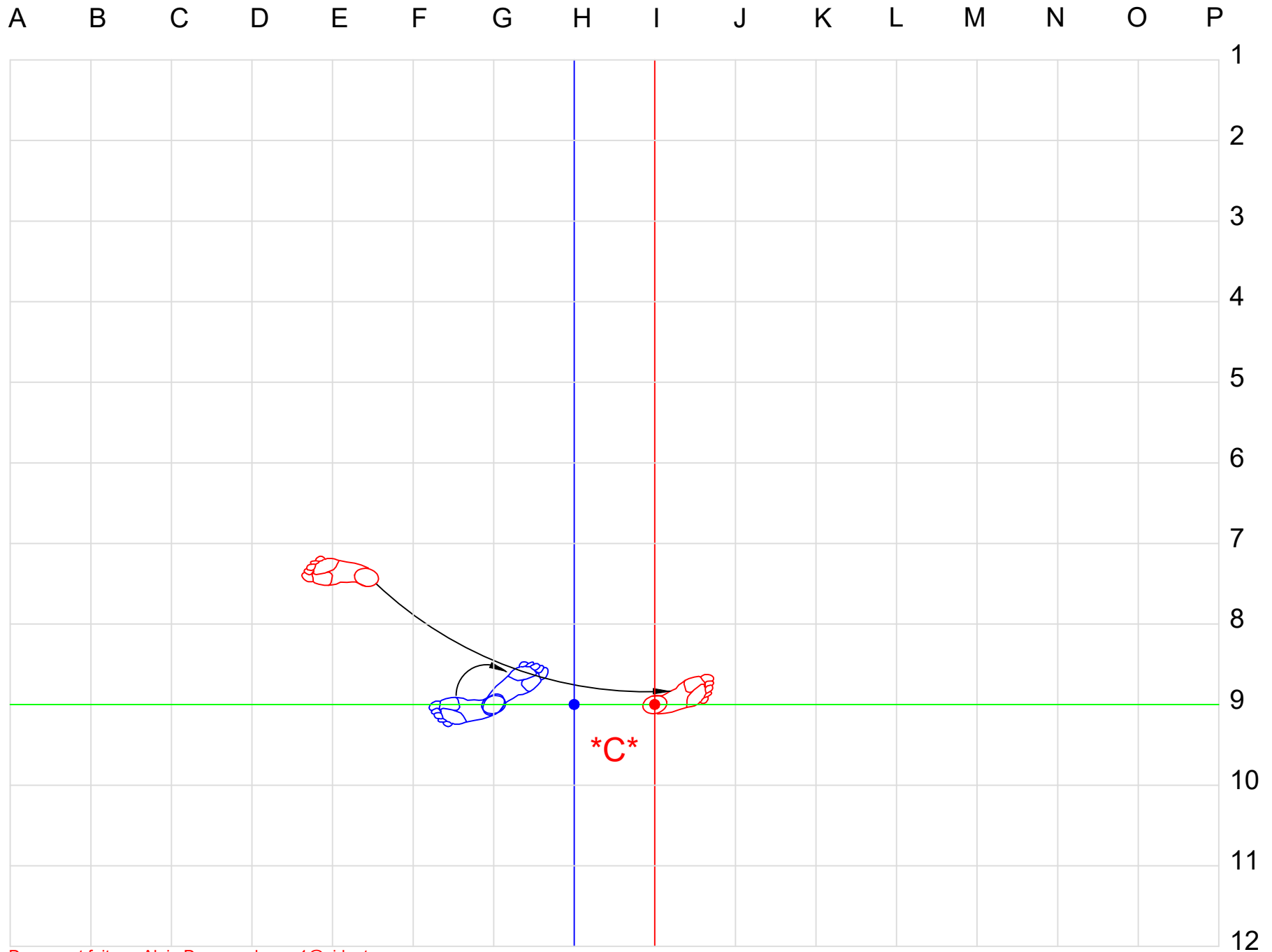


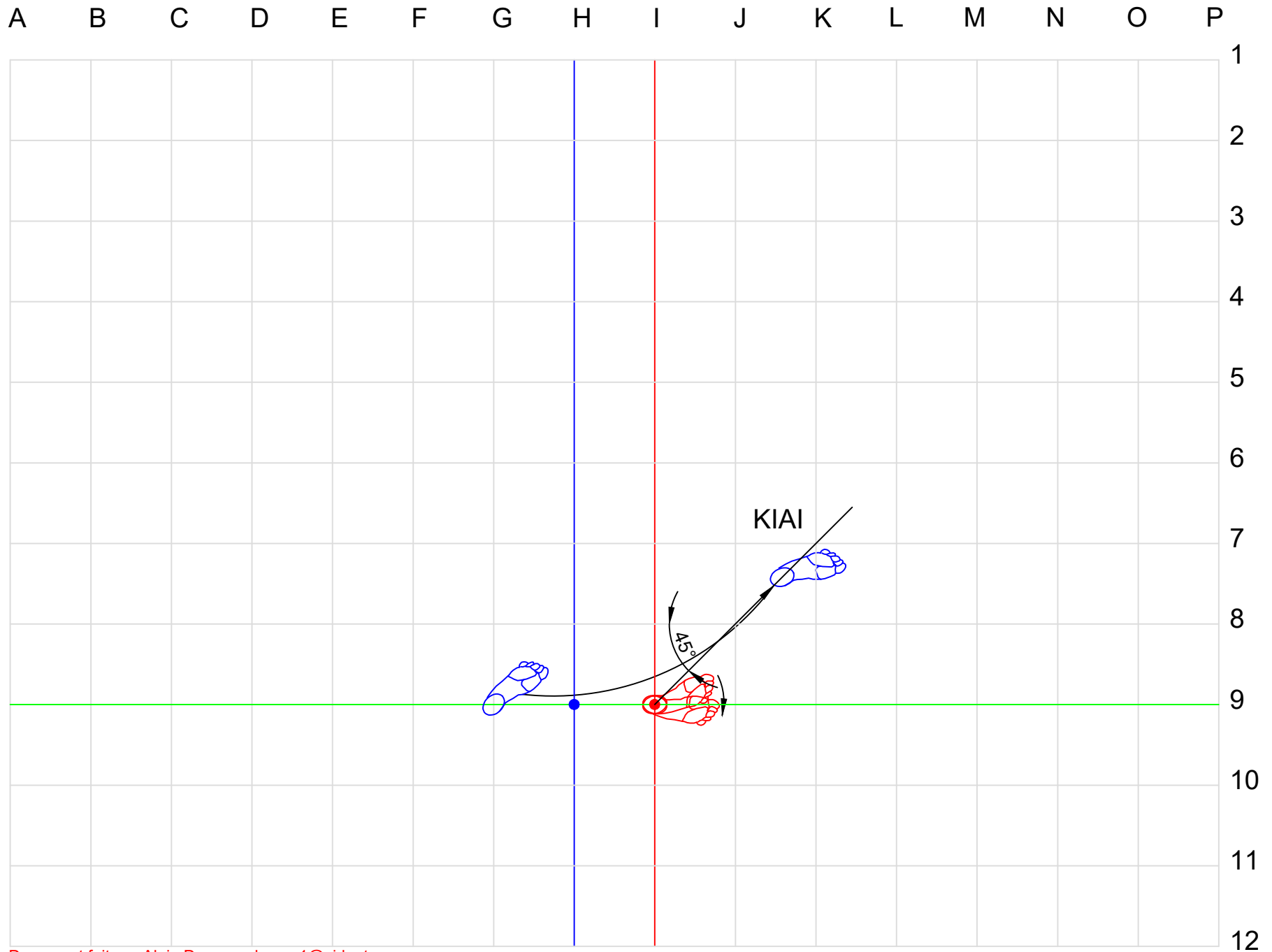


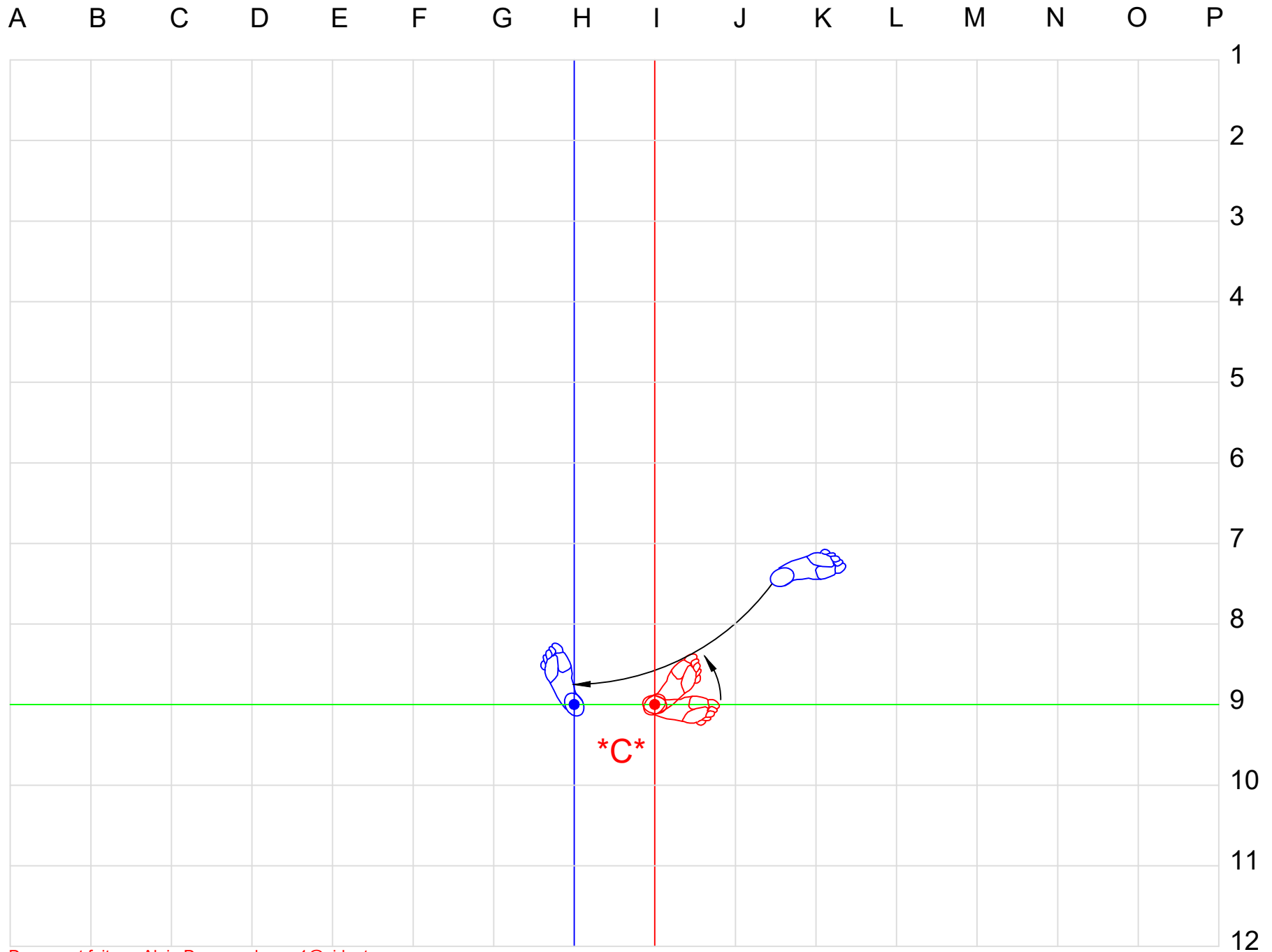


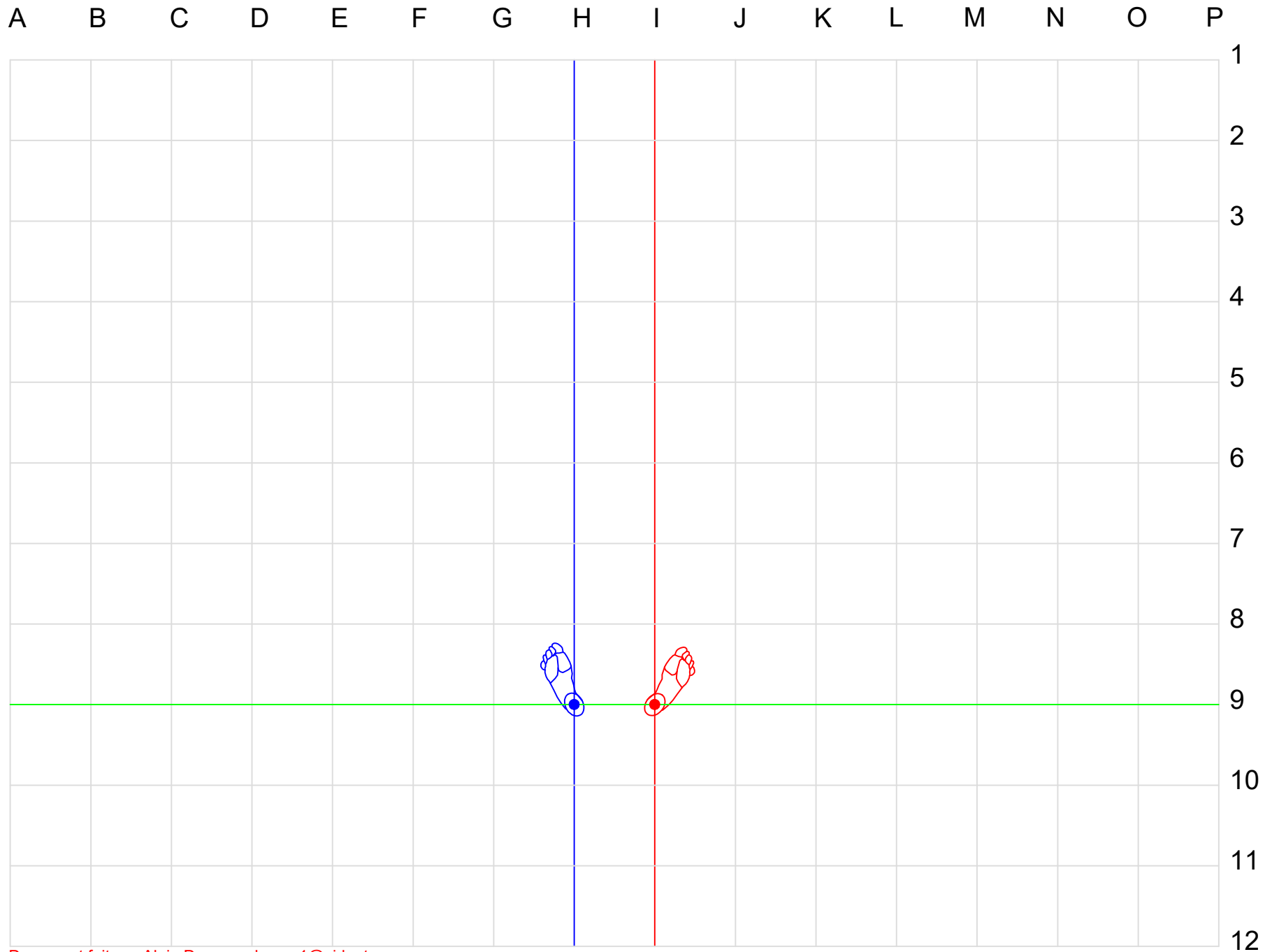


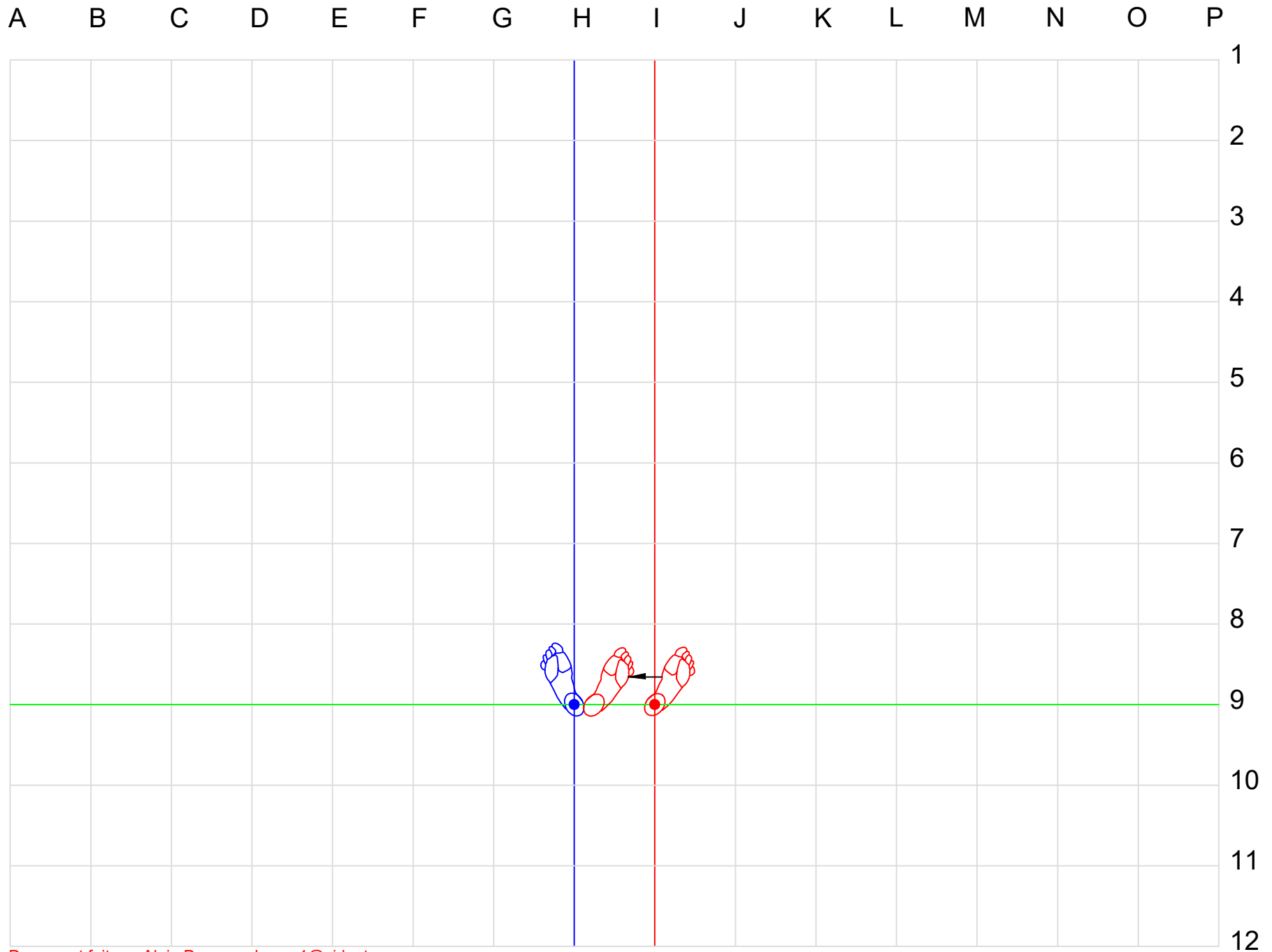


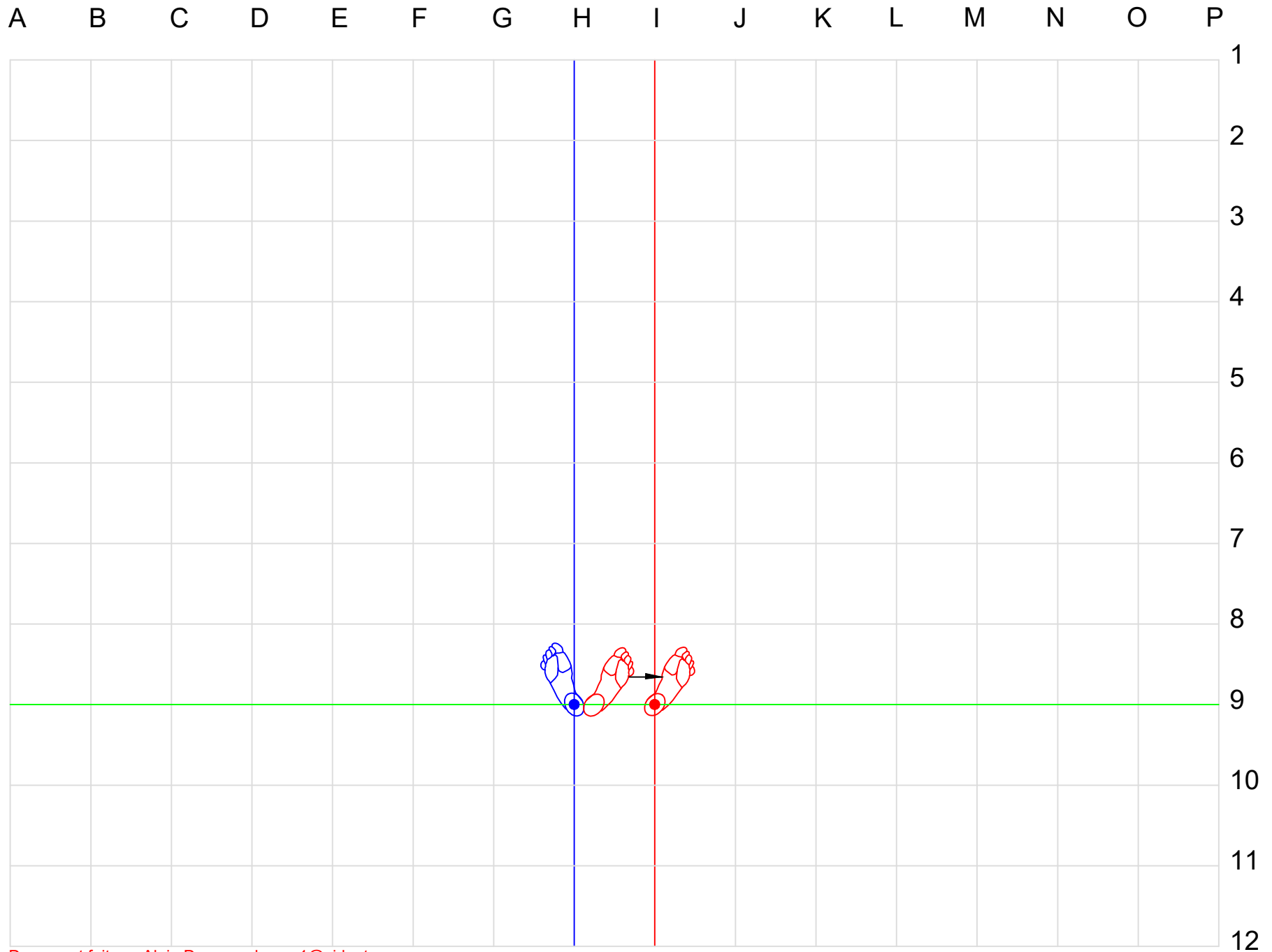


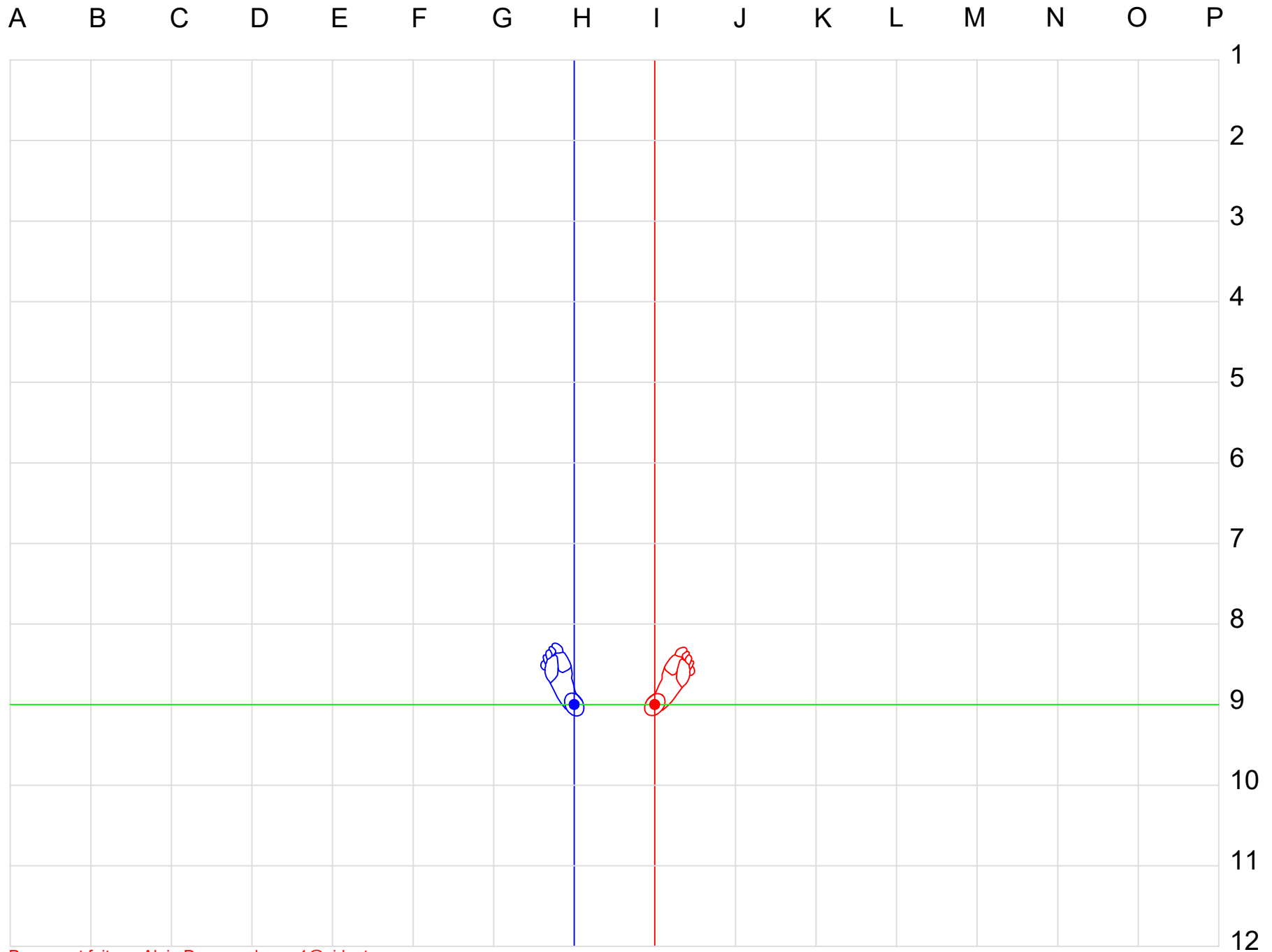






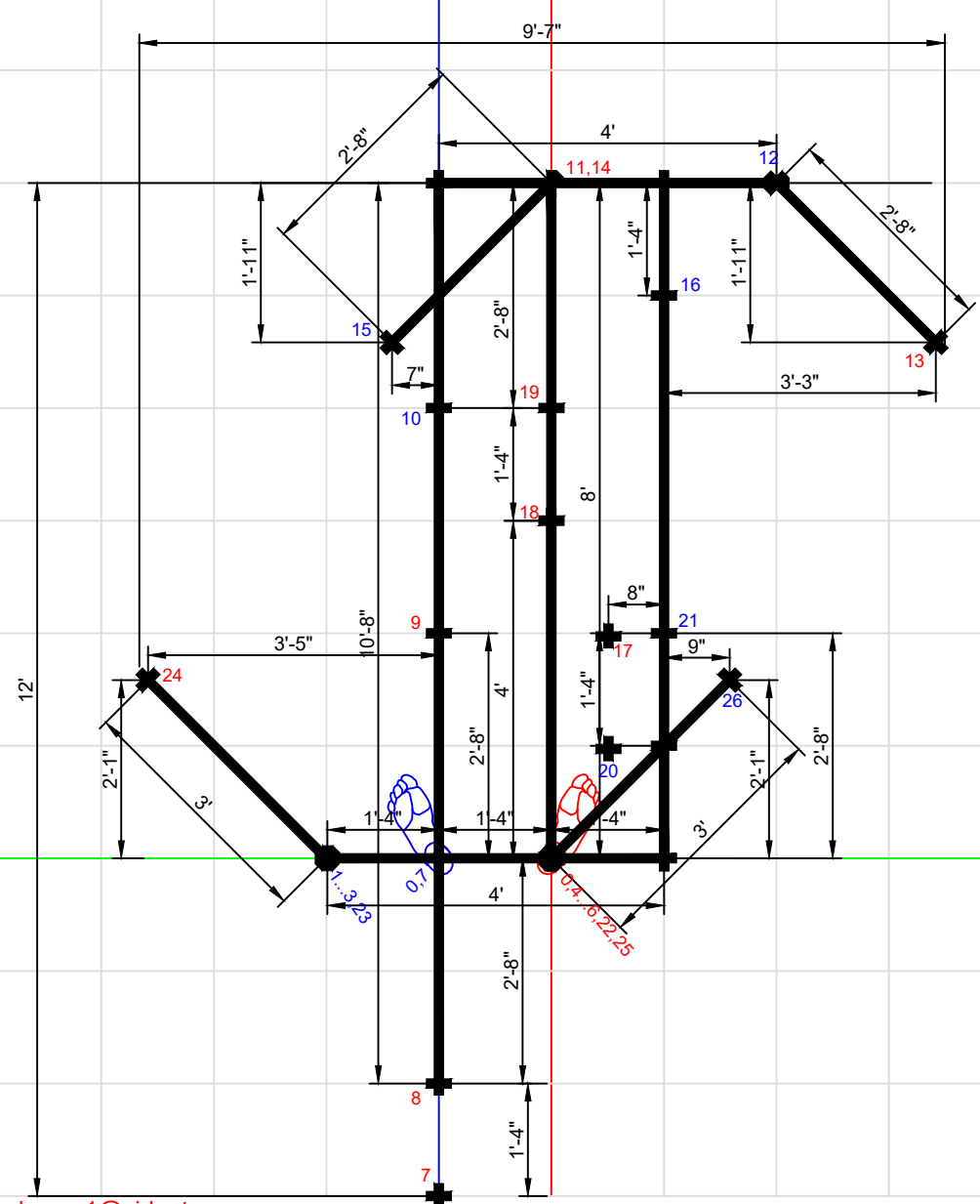






A B C D E F G H I J K L M N O P

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A B C D E F G H I J K L M N O P

