

## EMBUSEN HEIAN SANDAN (PINAN)

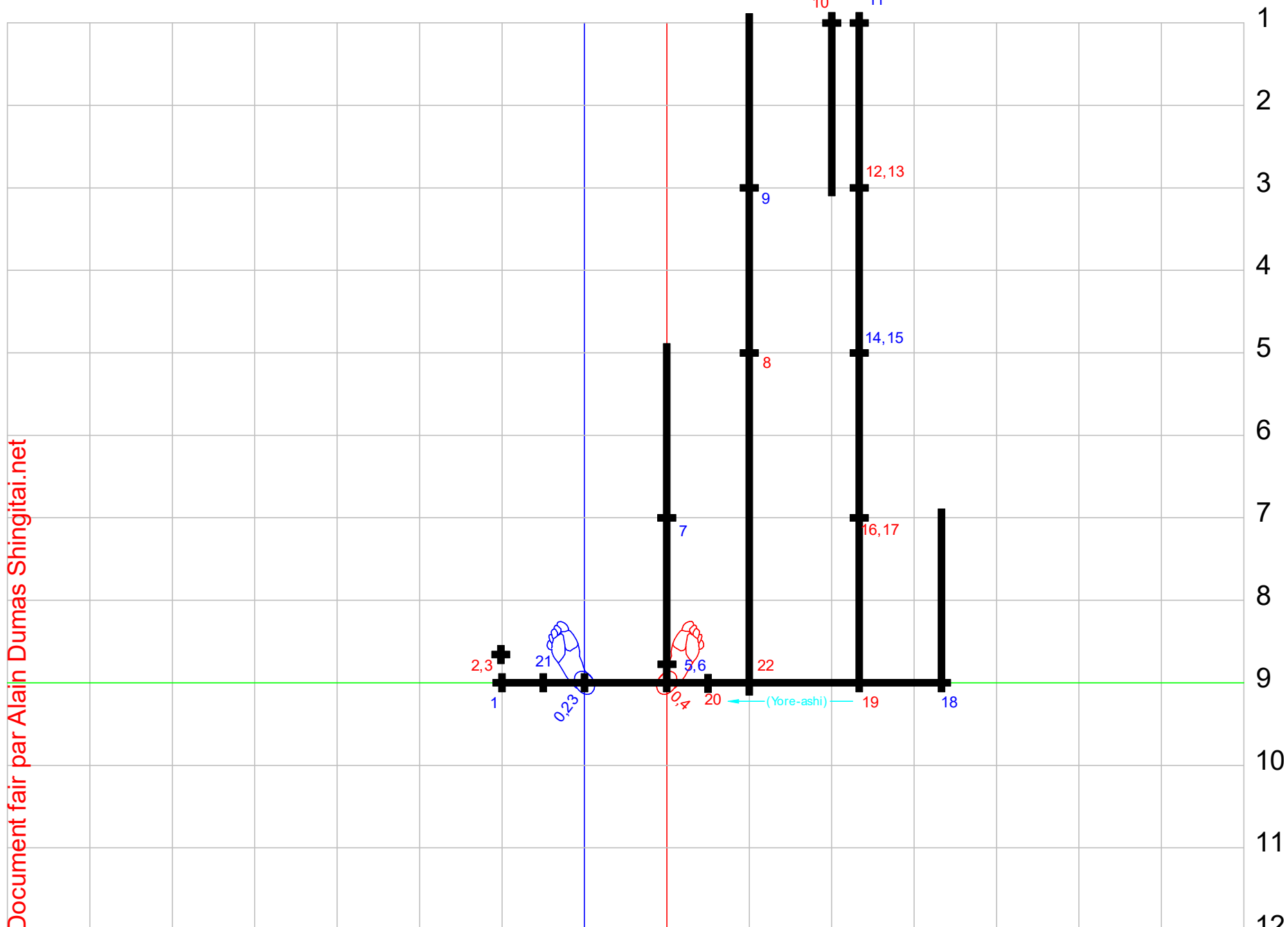
Best karate # 5

<b>Paix et tranquillité 3</b>				<b>Peace and tranquility 3</b>			
Origine : Okinawa, date de création 1907, auteur : maître Itosu				Origin : Okinawa, date created : 1907, author : Master Itosu			
<b>Hei:</b> calme paisible, <b>An:</b> paix, tranquillité, <b>San :</b> 3 <sup>e</sup> , <b>Dan :</b> niveau.				<b>Hei:</b> quiet, peaceful, <b>An:</b> peace, tranquility, <b>San:</b> 3 <sup>e</sup> , <b>Dan:</b> level.			
Kata de vitesse « Shorin » - Classification IKD : Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
20 mouvements - Kiai mouvements 10 et 20 - Durée : 40 secondes				20 movements - Kiai movements 10 and 20 - Length : 40 seconds			
<p style="text-align: center;"><u>Points importants:</u></p> Ce kata est basé sur la position kiba-dachi et il semble inspiré du kata <b>Jion</b> . On y aborde les blocages uchi-uke, morote-uke et empi-uke, les attaques uraken, fumikomi et ushiro-empi, des techniques de combat rapproché ainsi que plusieurs techniques de dégagement.				<p style="text-align: center;"><u>Important points:</u></p> This kata is based on the kiba-dachi stance and seems to be inspired from the kata Jion. It includes the blocking techniques uchi-uke, morote-uke and empi-uke, the striking techniques uraken, fumikomi and ushiro-empi, some close combat techniques as well as many freeing techniques.			
<p style="text-align: center;"><u>Note:</u></p> Pour la position heisoku-dachi, il faut bien coller les pieds. Aux mouvements 1 à 7, il est important de coller les coudes pour les doubles blocages (contraction, extension). Pour le nukite, on plie le majeur de la main droite pour une plus grande puissance du corps. Pendant l'exécution de la technique de jambe fumikomi, on pointe le genou vers la cible.				<p style="text-align: center;"><u>Note:</u></p> For the heisoku-dachi stance, feet must be tight together. For movements 1 to 7, it is important to have the elbows close to the body during the double blocking (contraction, extension). For the nukite, the right hand middle finger must be bent to increase power. During the leg technique fumikomi, the knee must be bent toward the target.			
<u>Points de convergence *C*</u> (où on repasse par le même point)				<u>Points of convergence *C*</u> (where one passes at the same point)			
Point	Mouvements	Point	Mouvements	Point	Mouvements	point	Movements
● H-9	Début, fin.	● I-9	Début, 4, fin.	● I-9	Stat, end.	● H-9	Start, 4, end.

Par Alain Dumas 6<sup>e</sup> dan, IKD 2021-02-02



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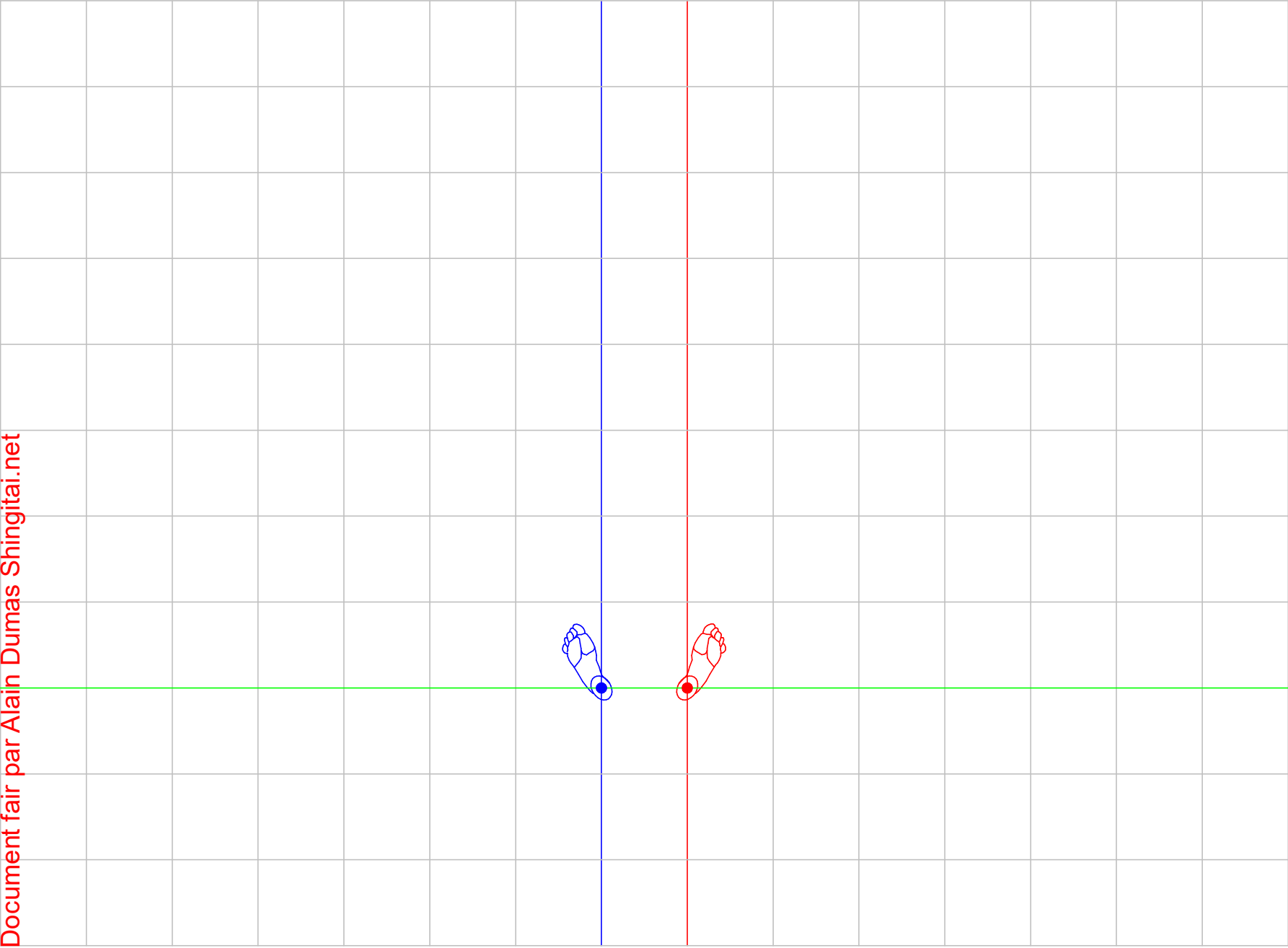
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Embusen Heian Sandan

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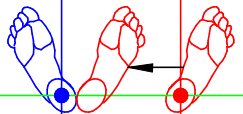


Shizen-tai

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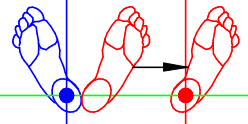


1a) Musubi-dachi

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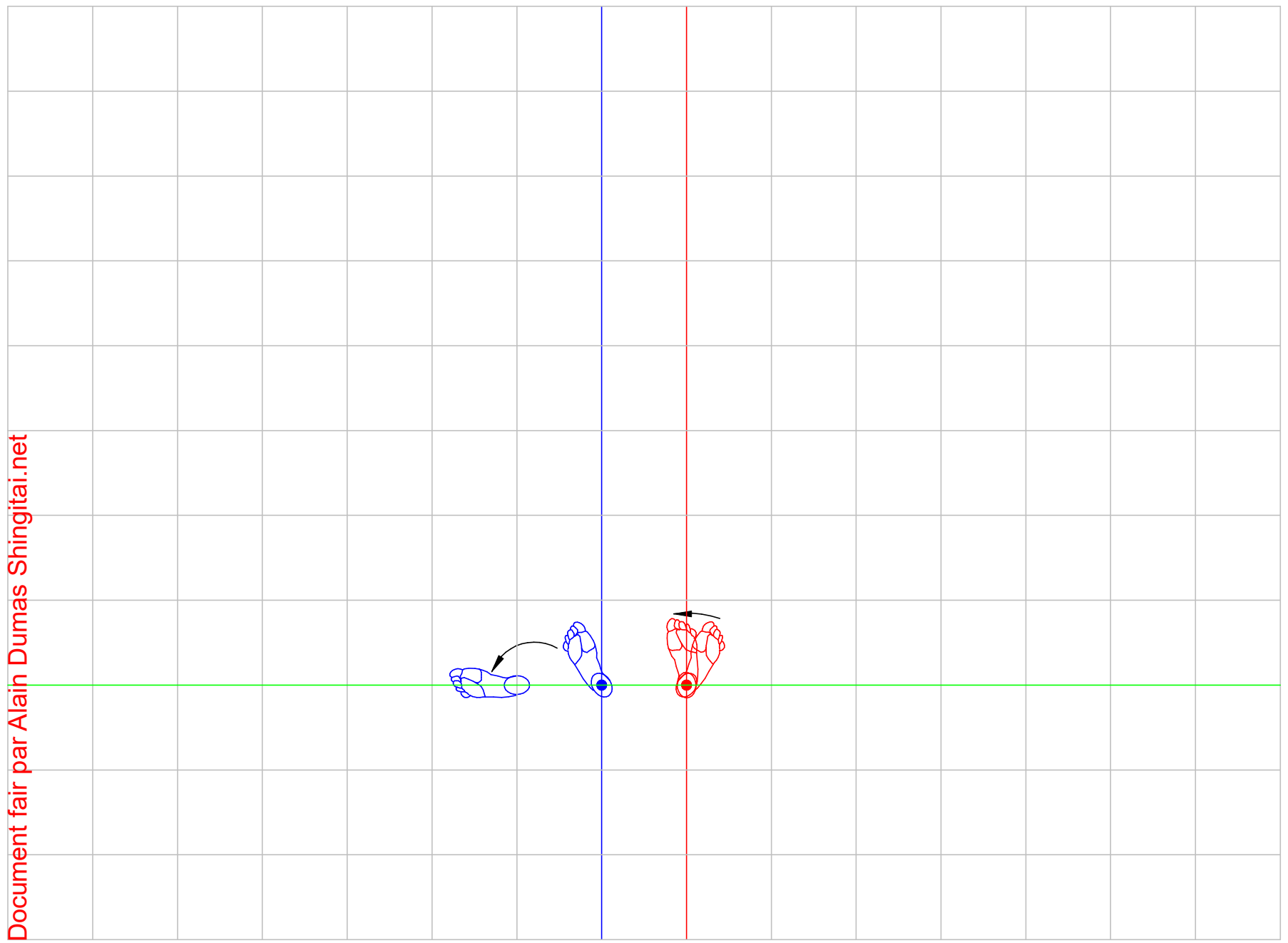


1b) Shizen-tai

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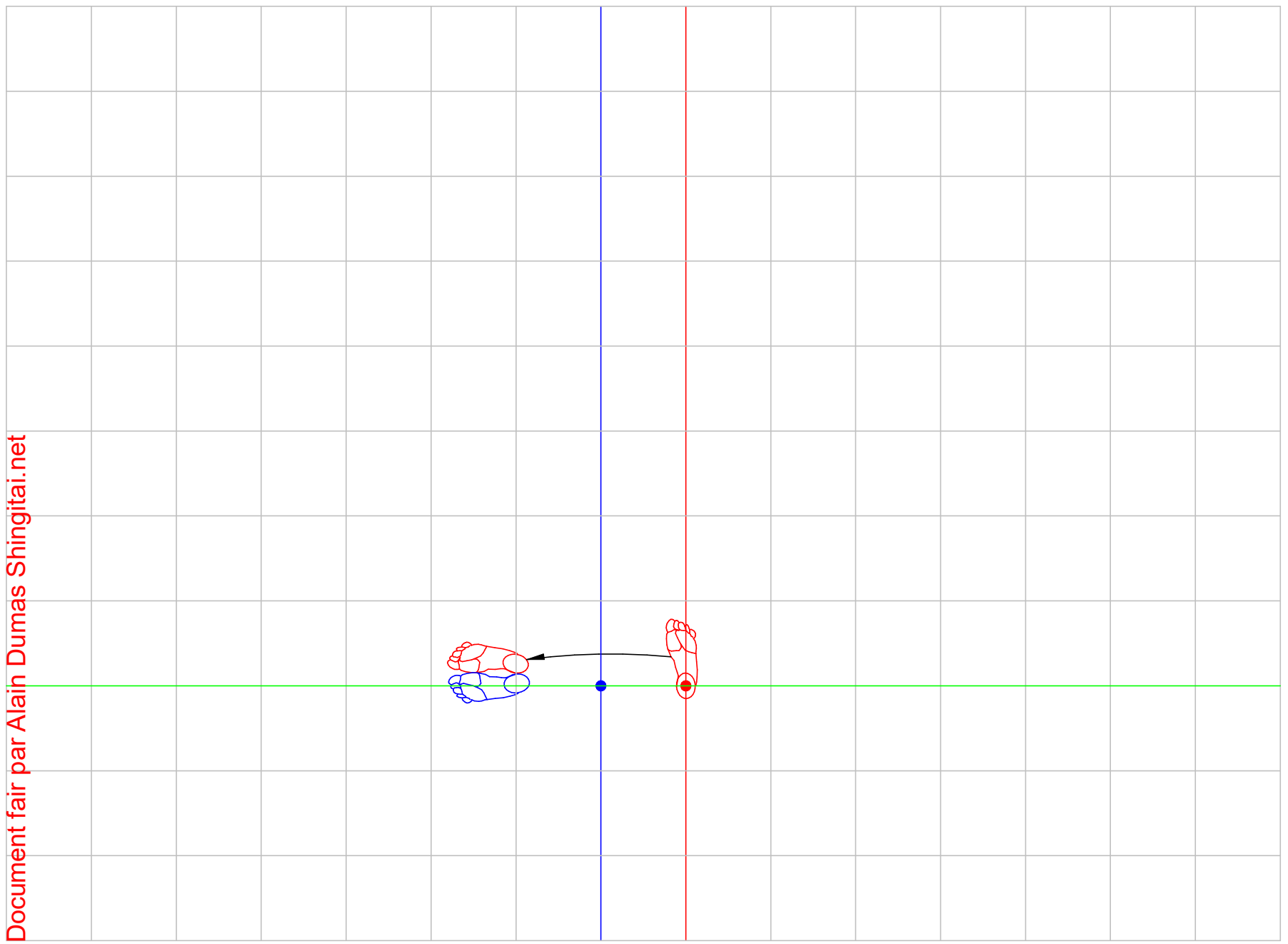


1c) Kokutsu-dachi

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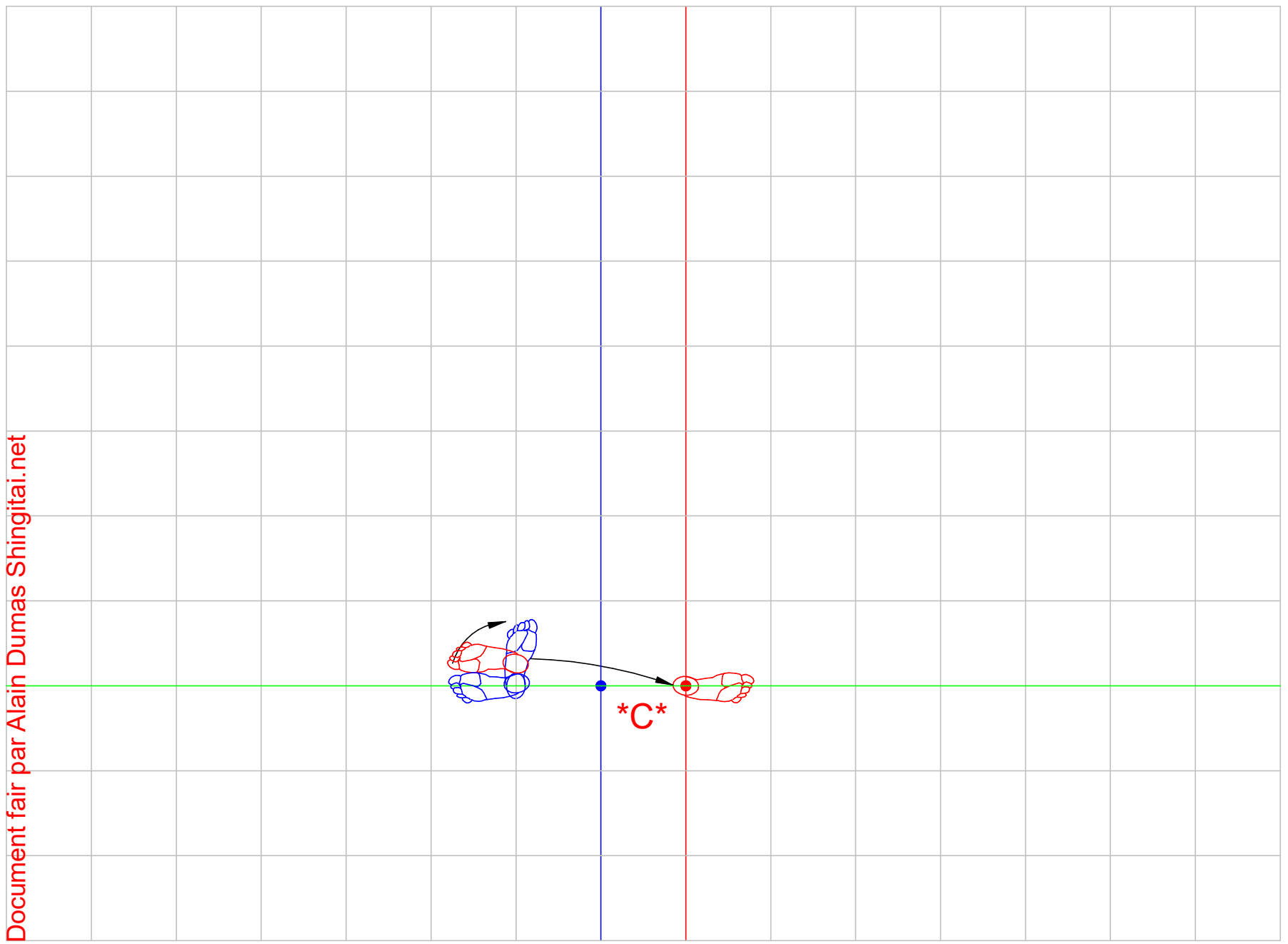


2, 3) Heisoku-dachi

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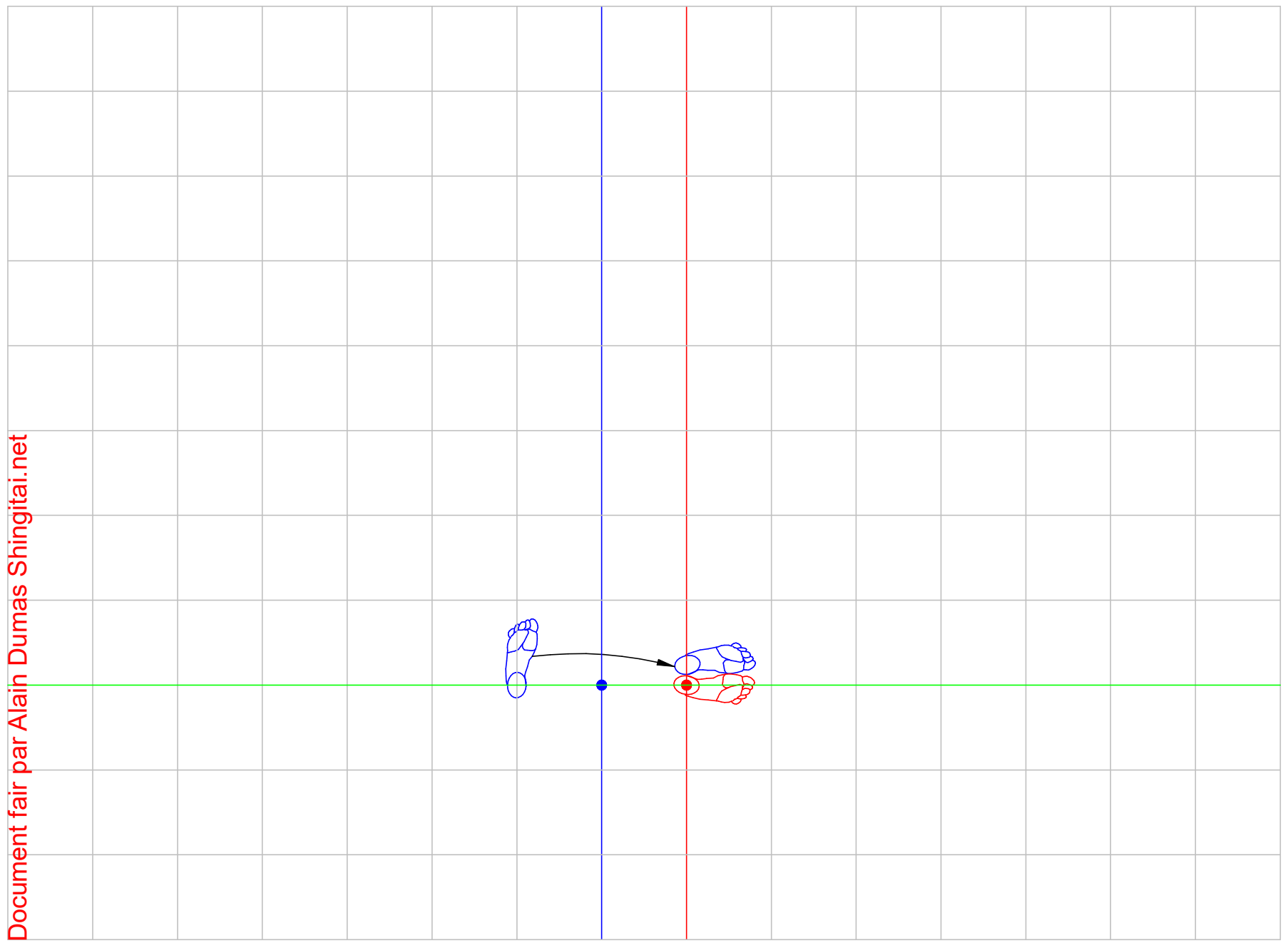
4) Kokutsu-dachi



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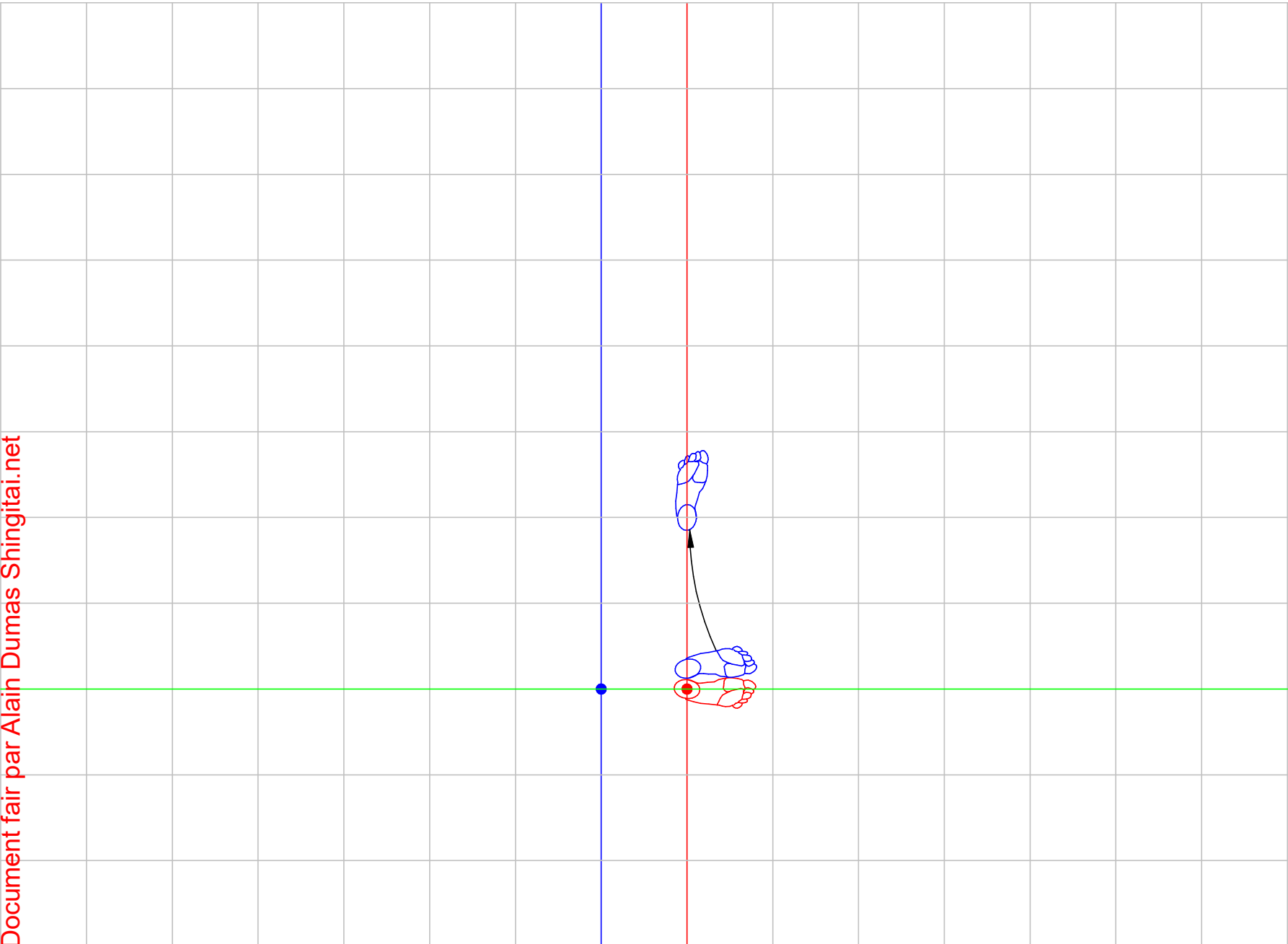


5, 6) Heisoku-dachi

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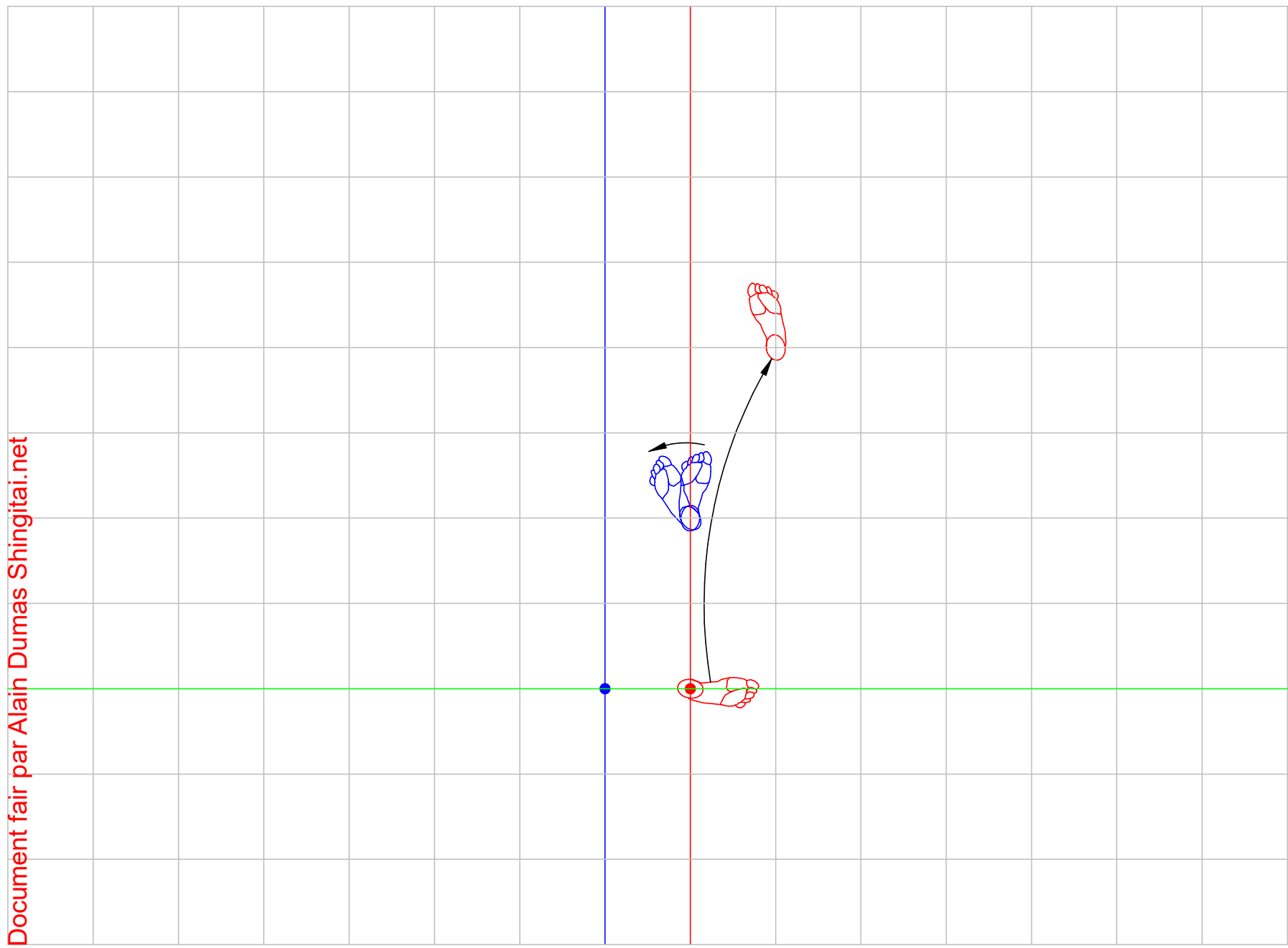


7) Kokutsu-dachi

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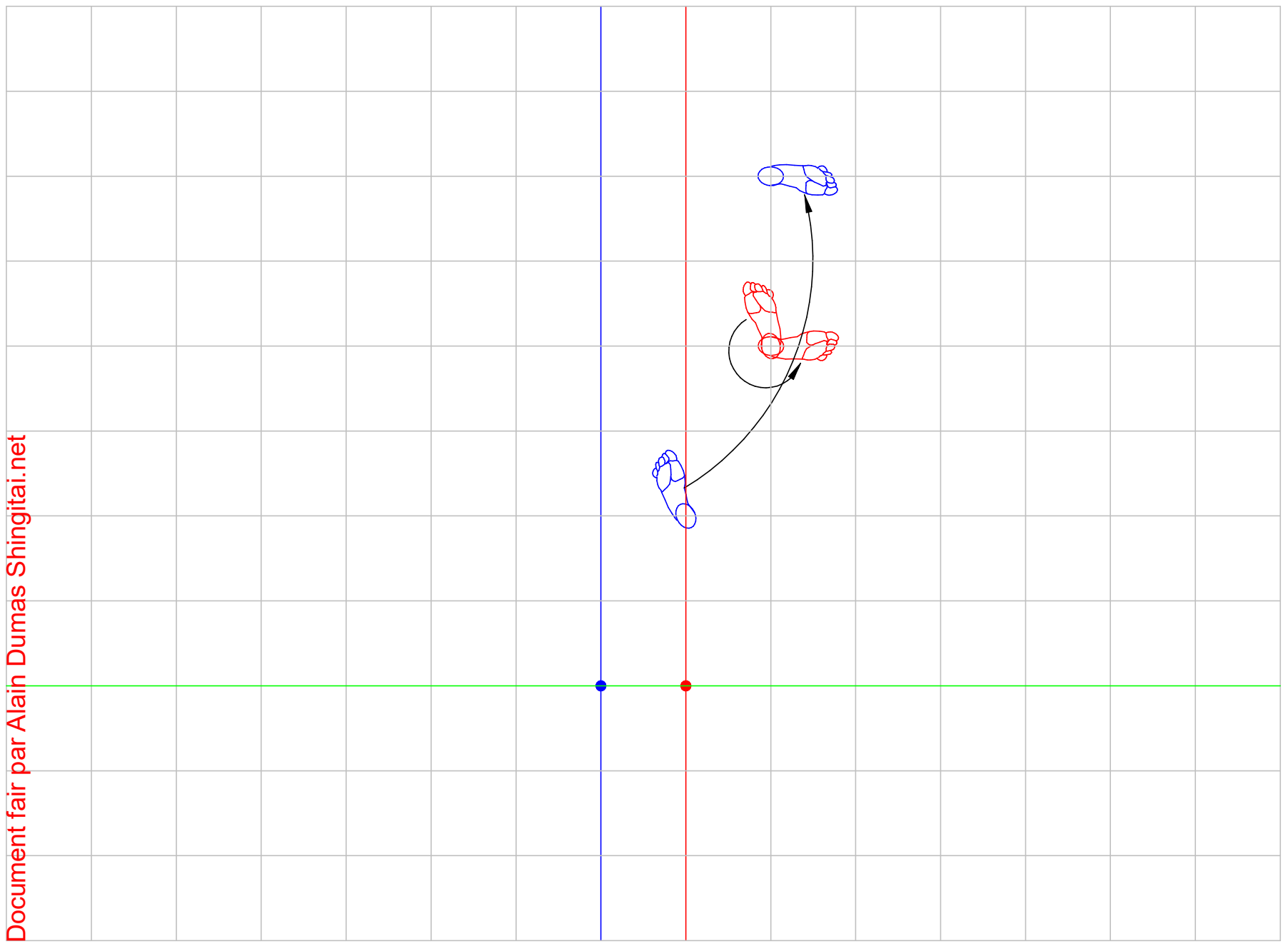


8) Zenkutsu-dachi

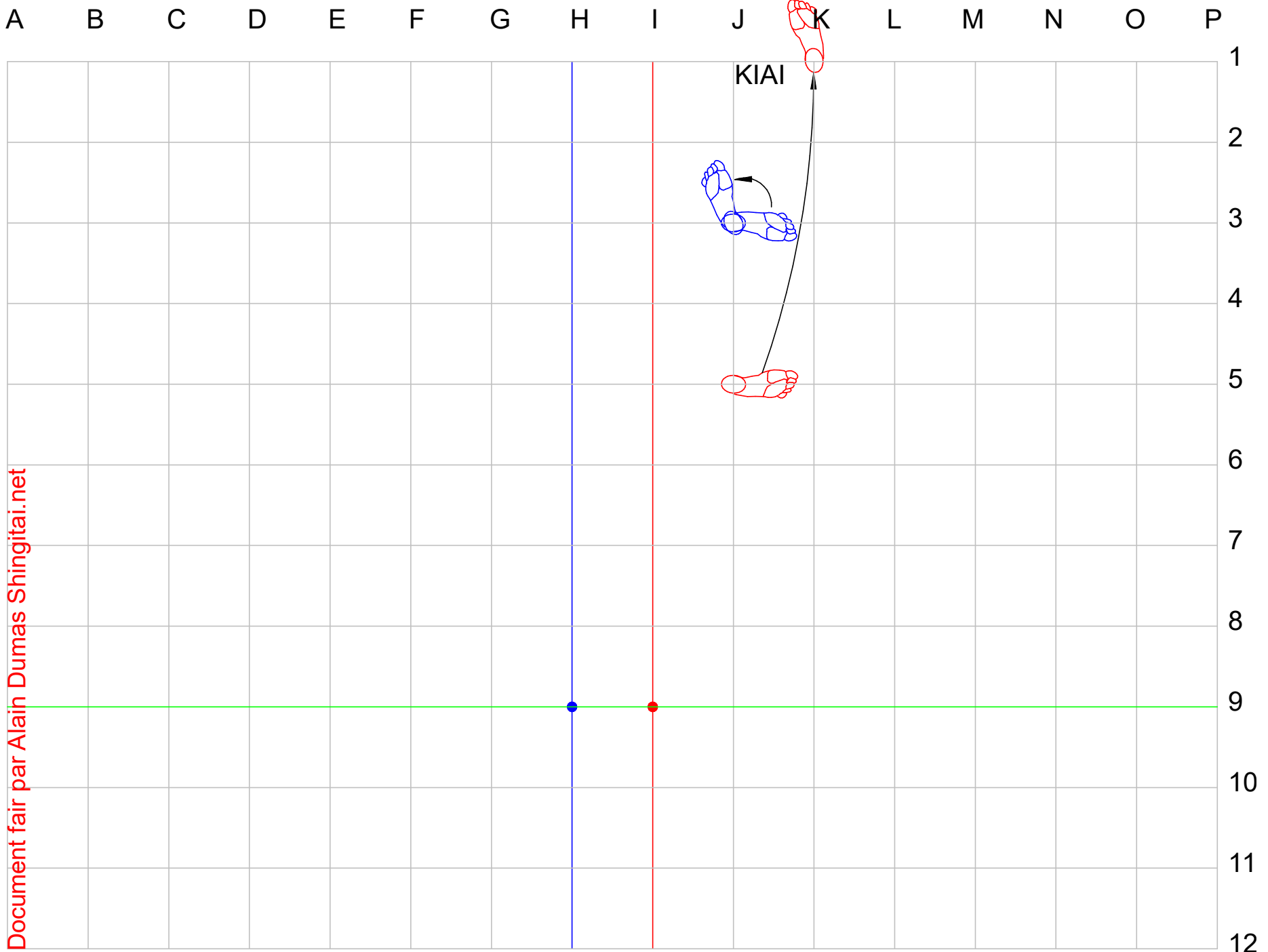
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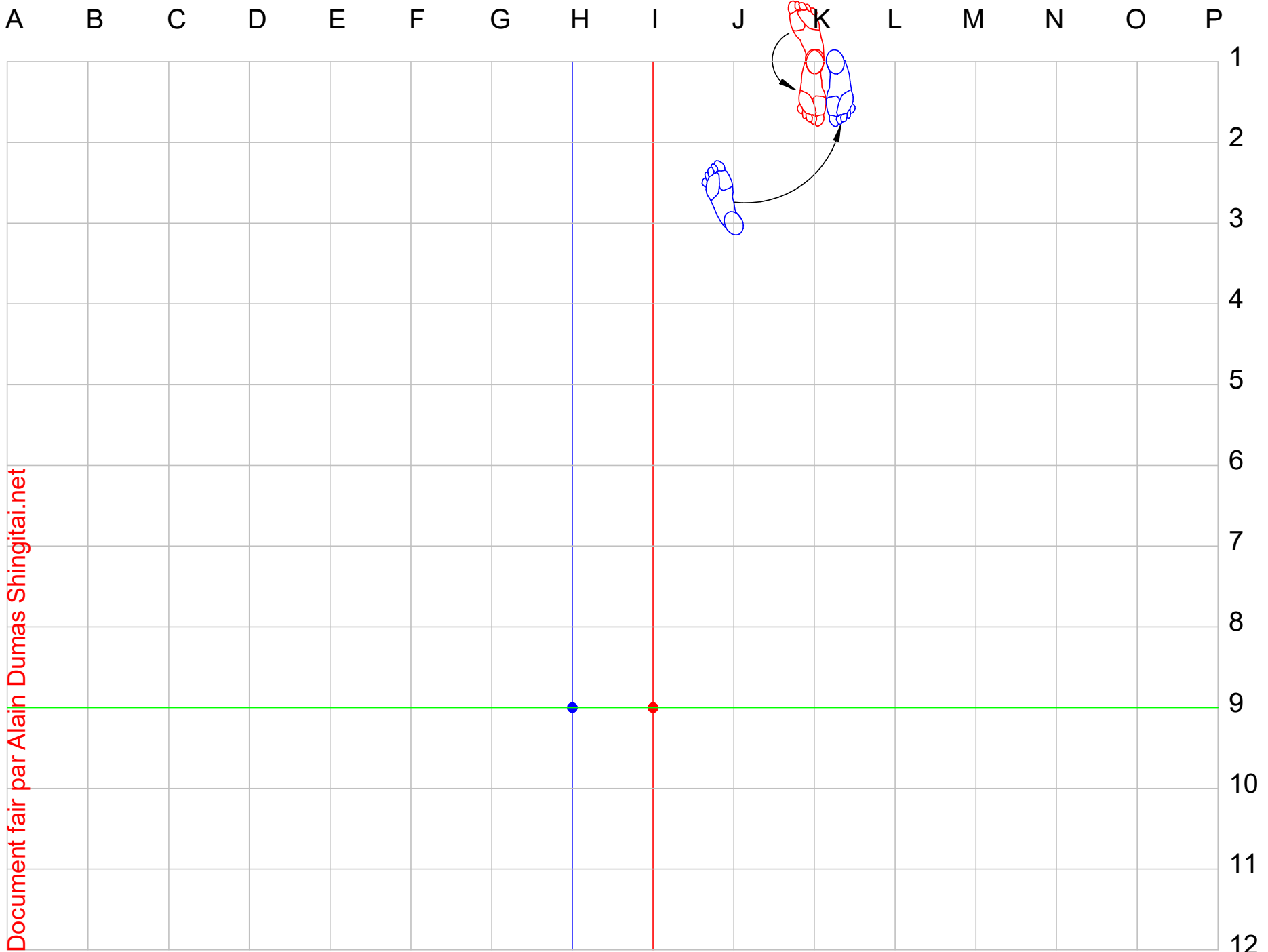


9) Kiba-dachi



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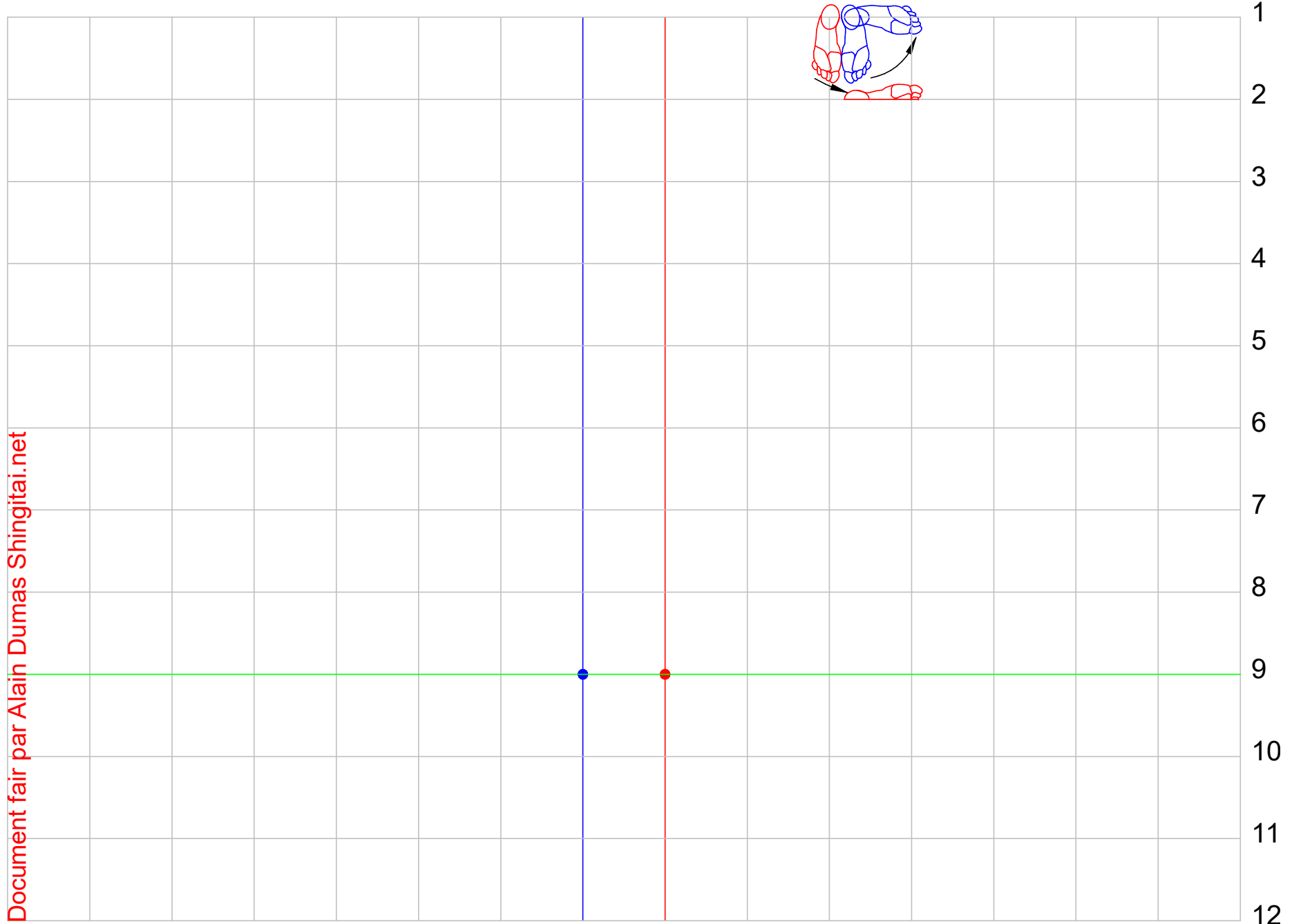
10) Zenkutsu-dachi



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11) Heisoku-dachi

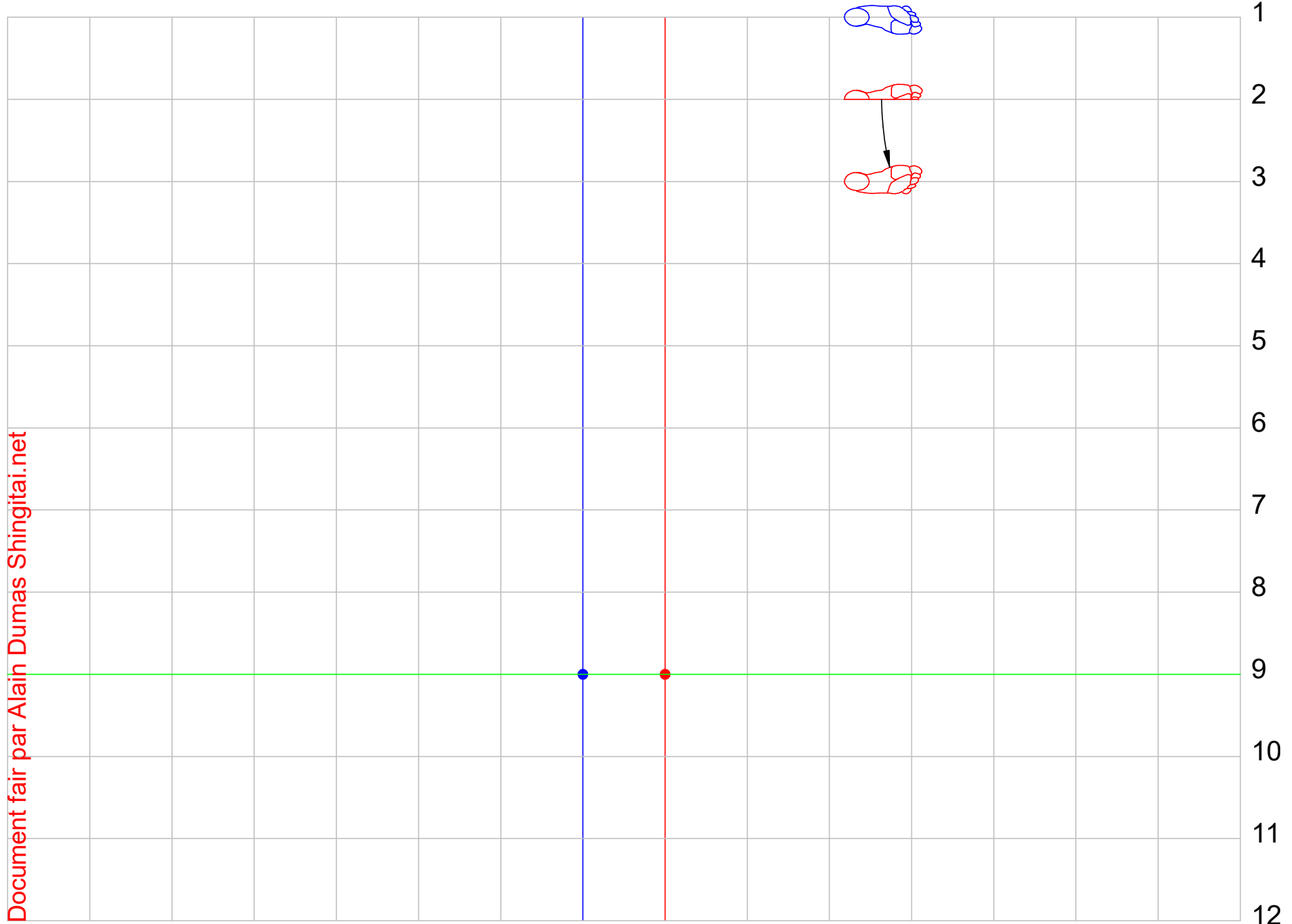
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12a) Kiba-dachi

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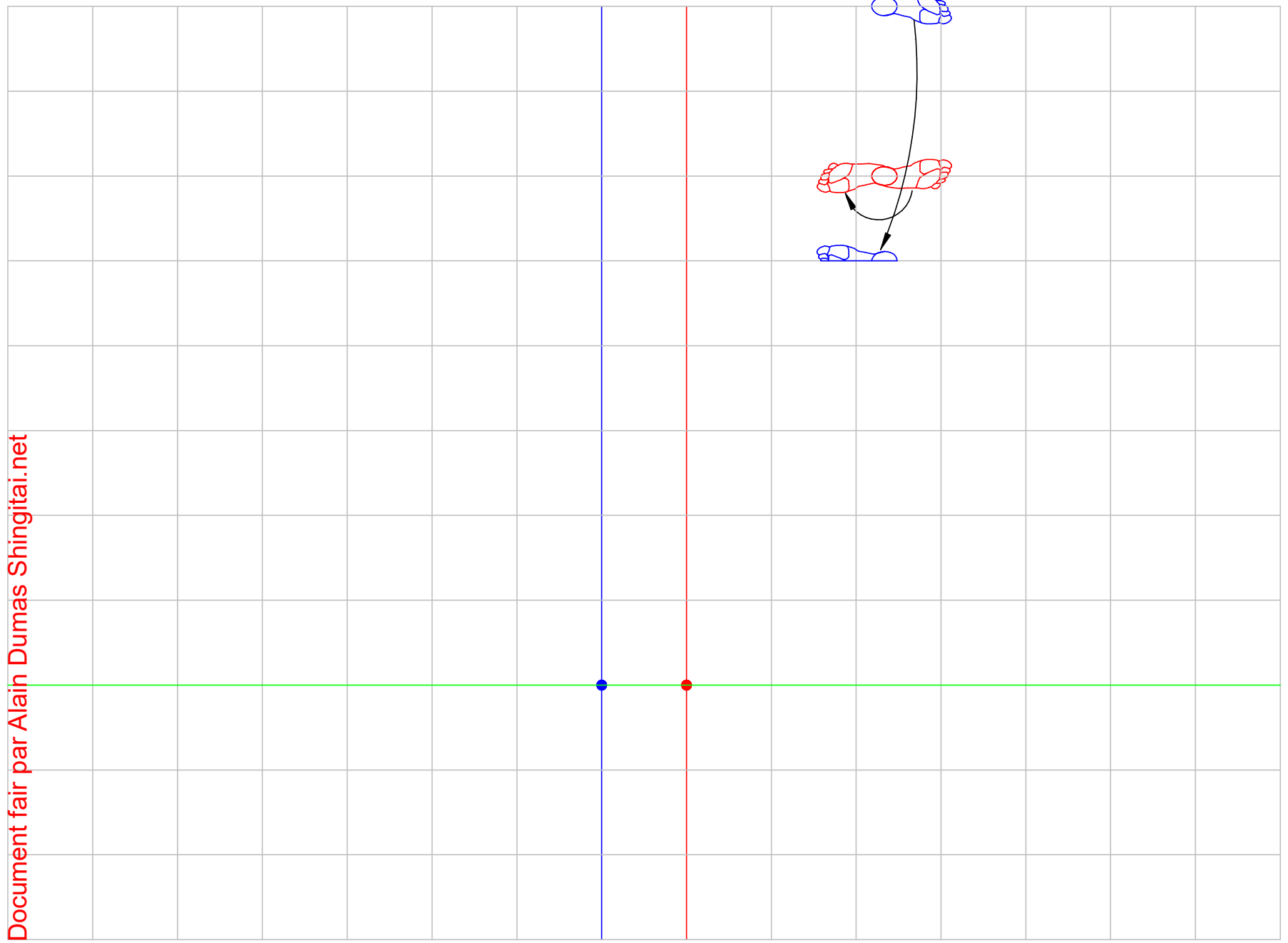
12b, 13) Kiba-dachi



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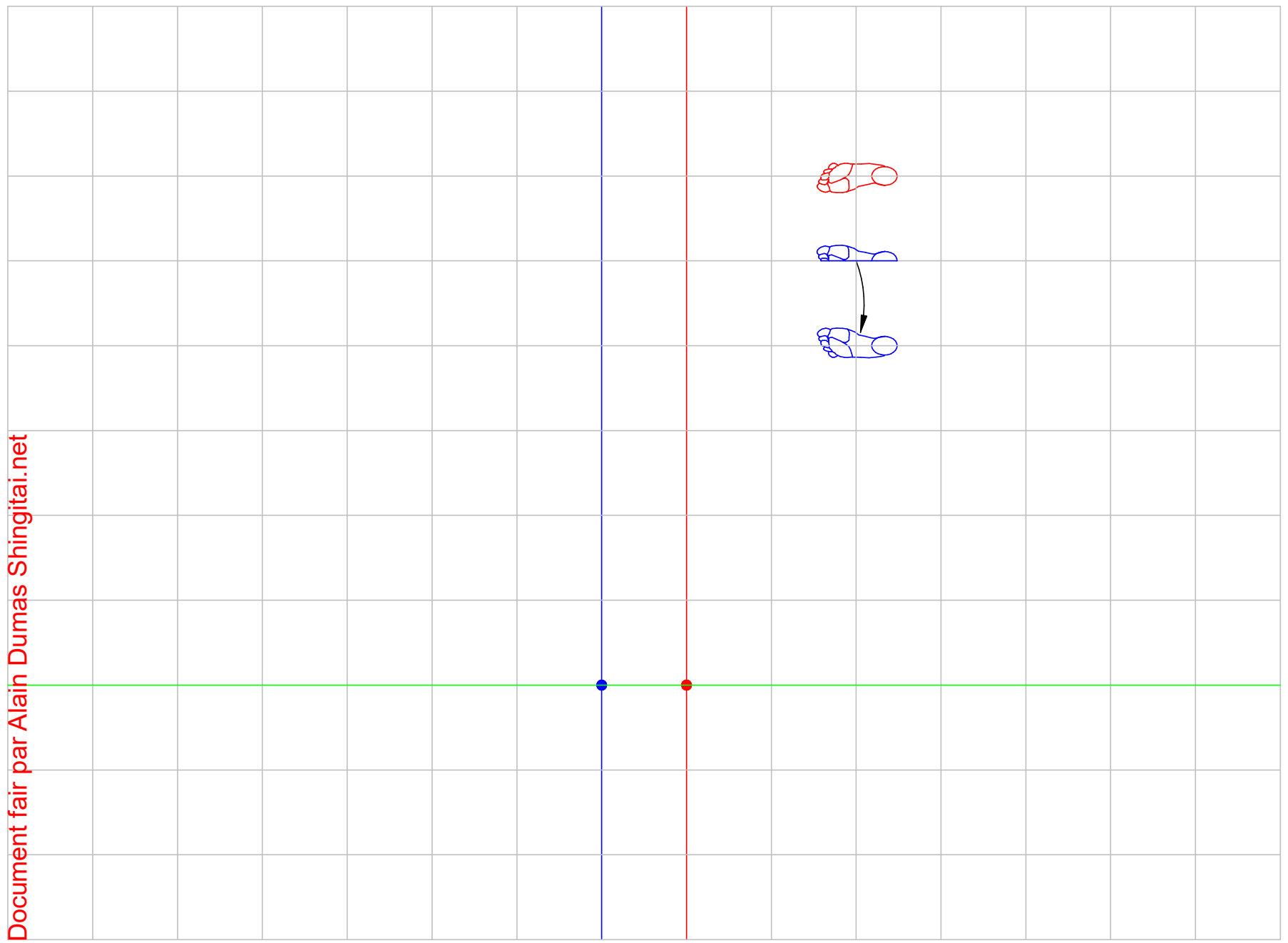


14a) Kiba-dachi

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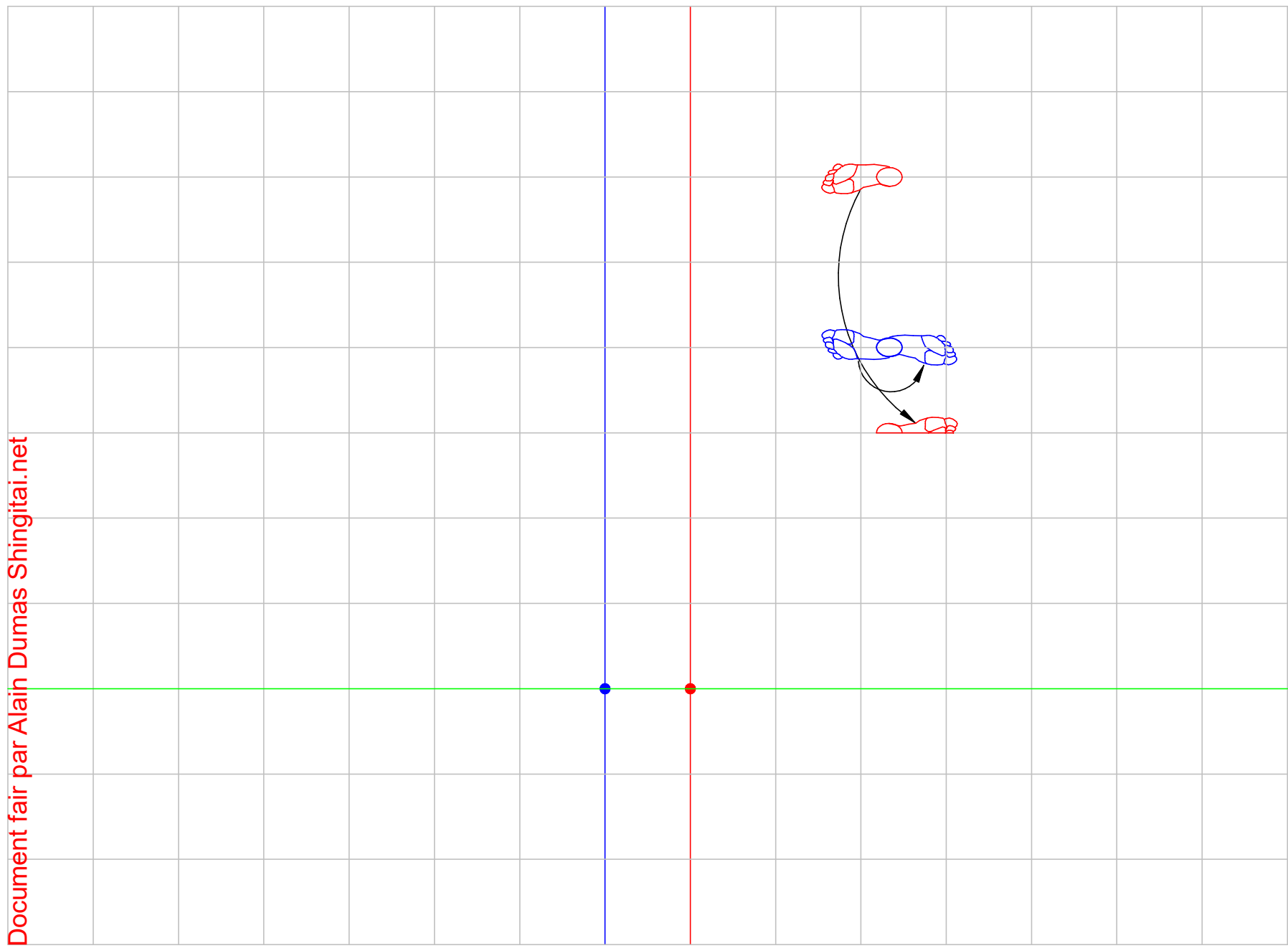


14b, 15) Kiba-dachi

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16a) Kiba-dachi

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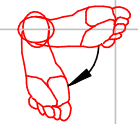


16b, 17) Kiba-dachi

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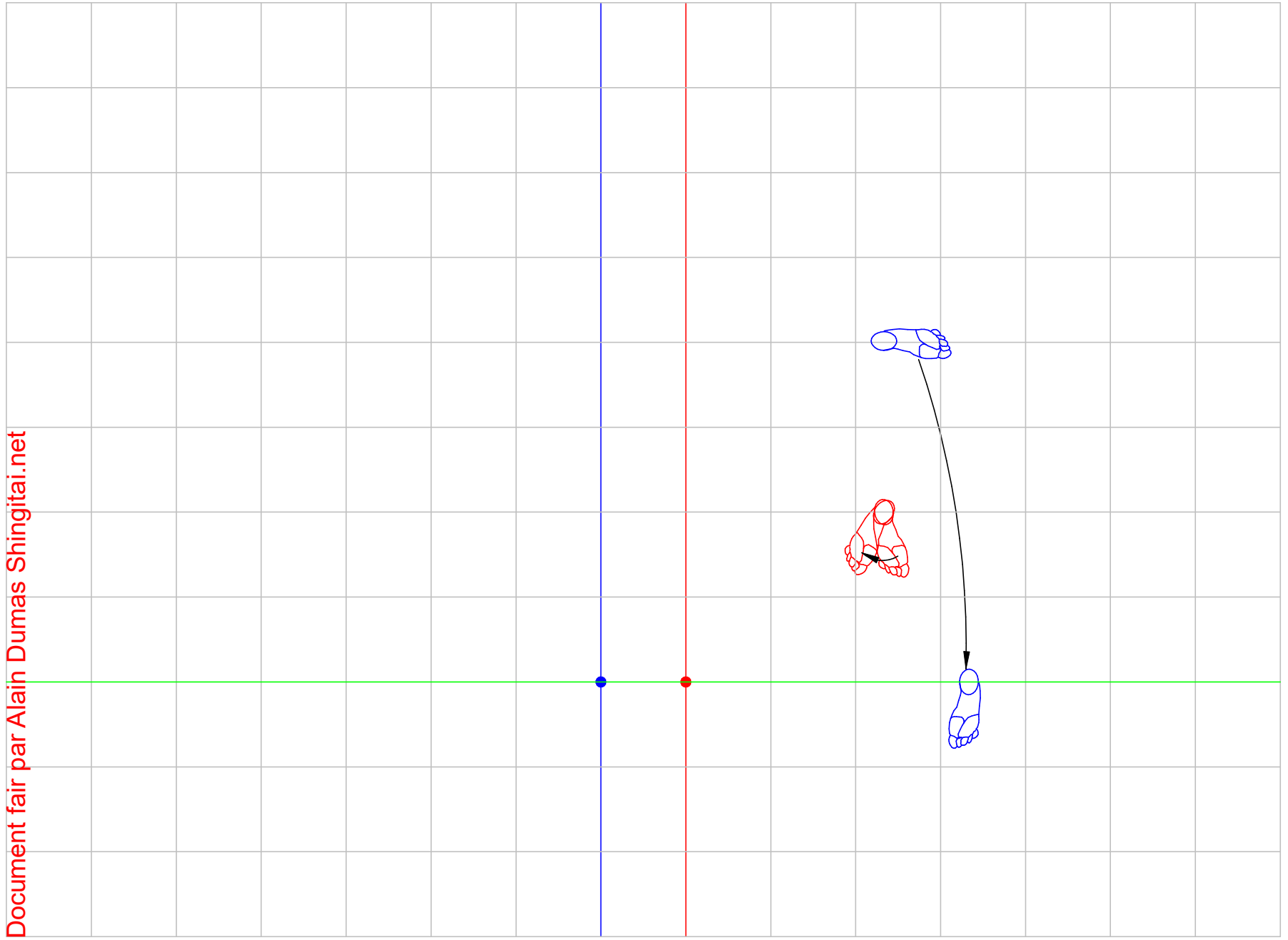


17a) hiza Kussu-dachi

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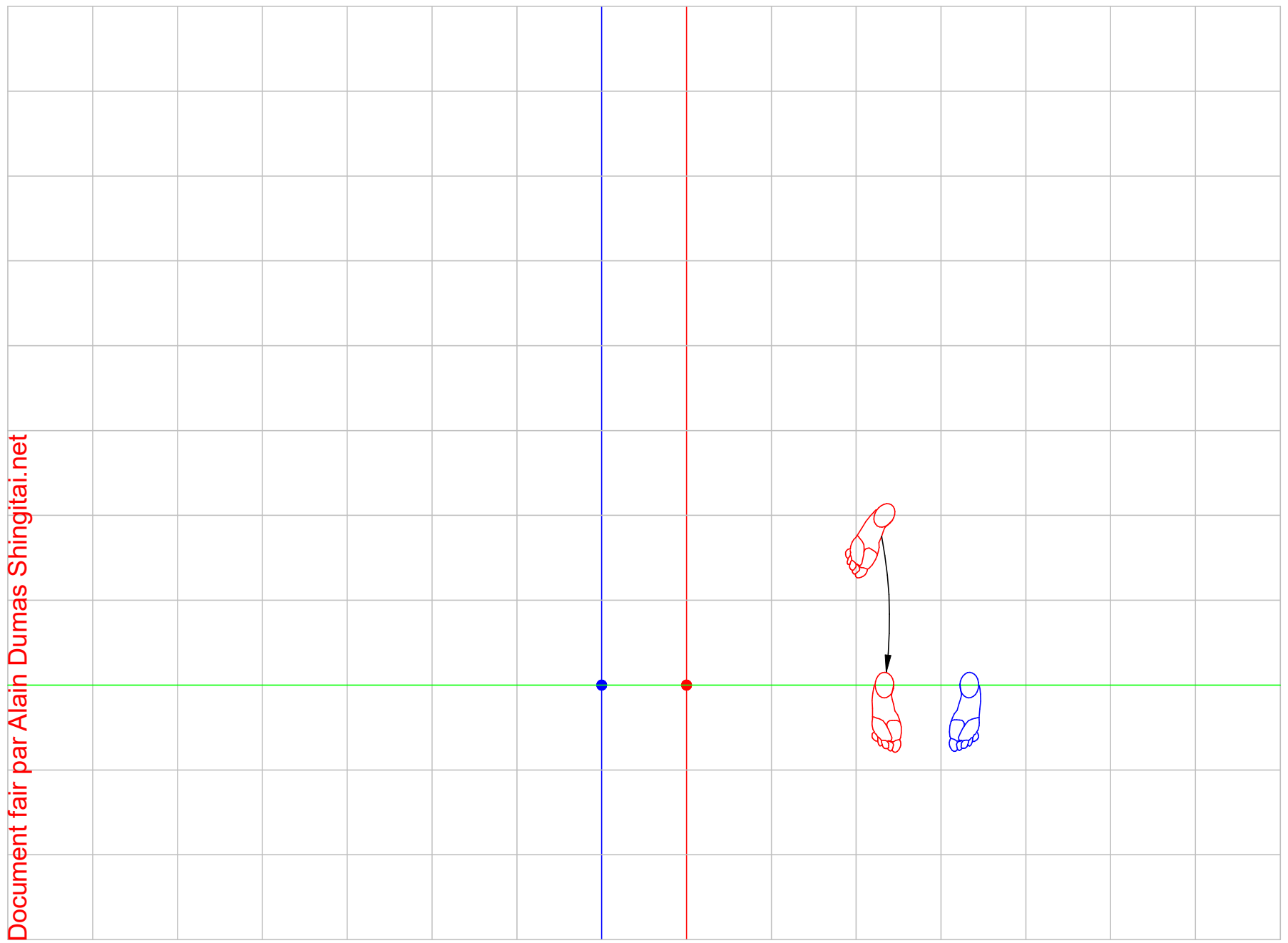


18) Zenkutsu-dachi

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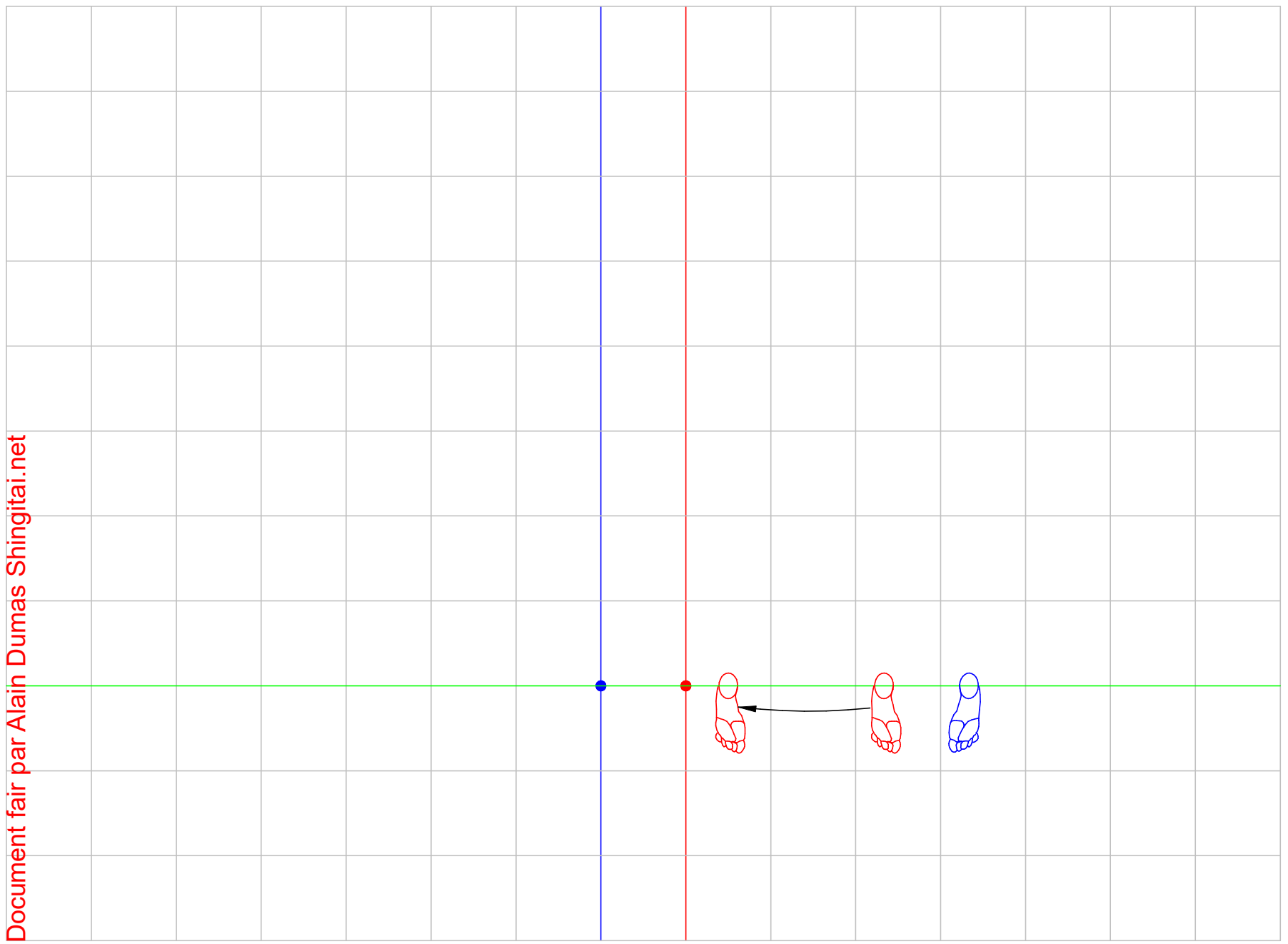


18a)Yore-ashi

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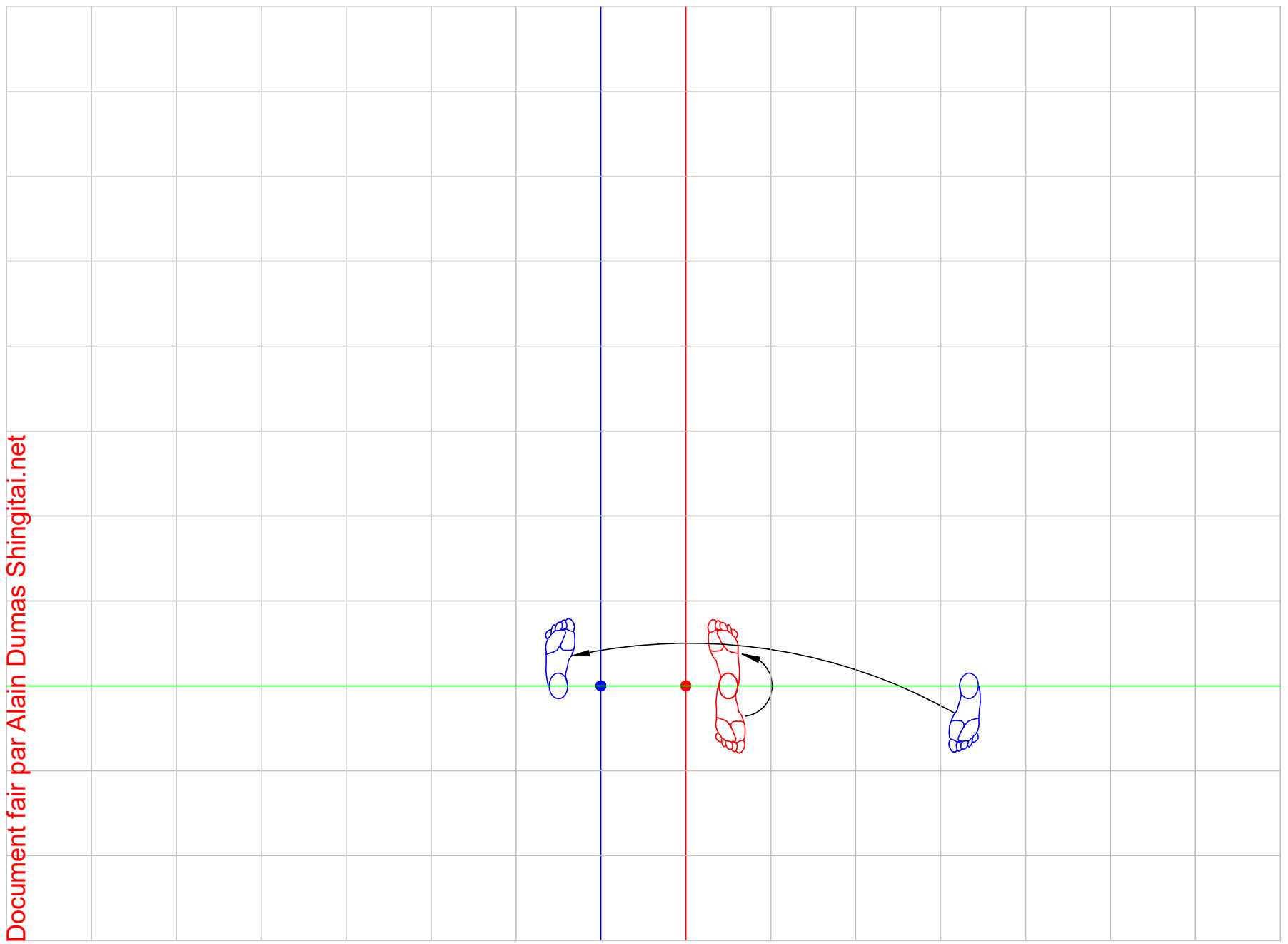
18b)Yore-ashi



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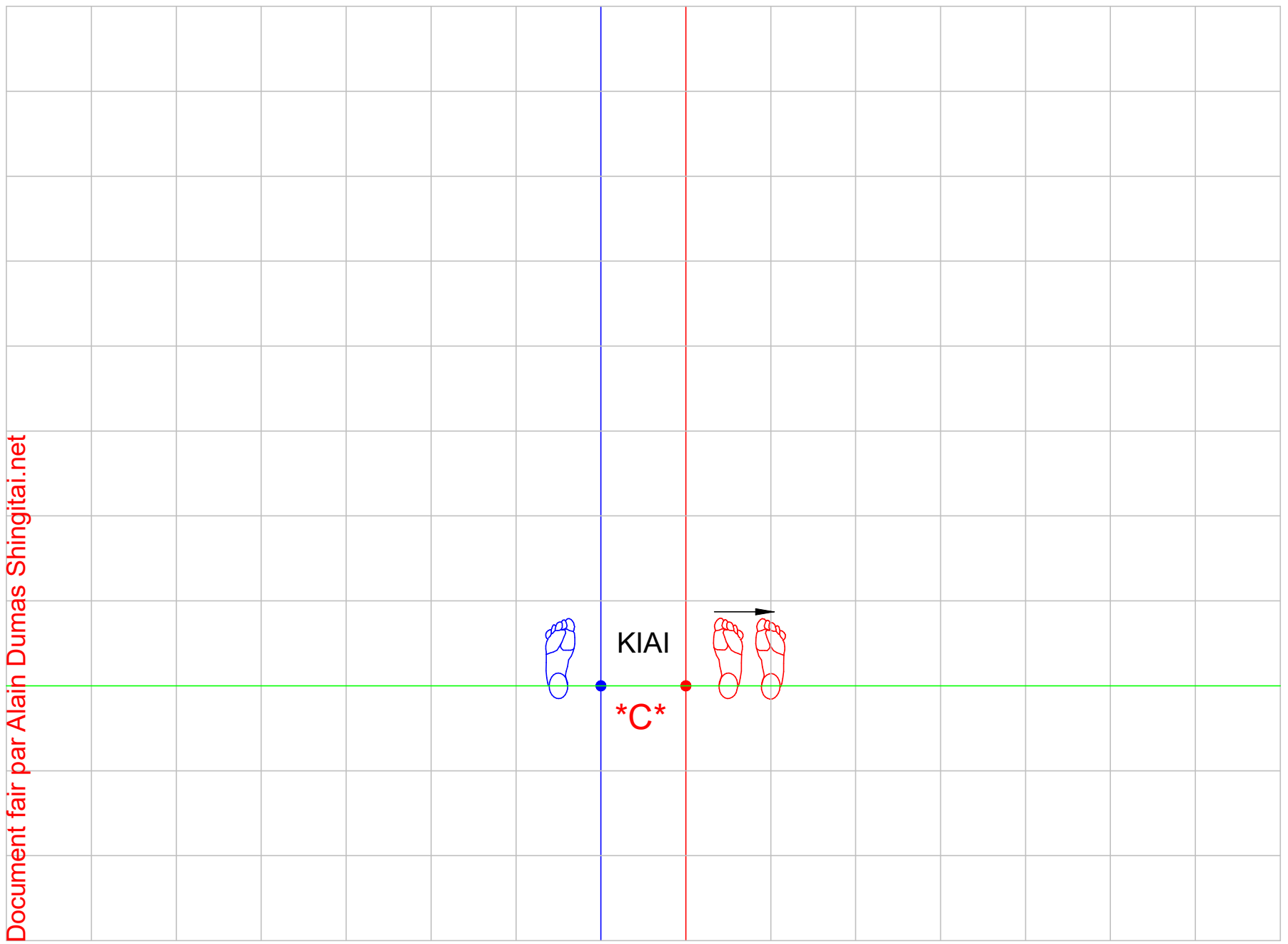


19) Kiba-dashi

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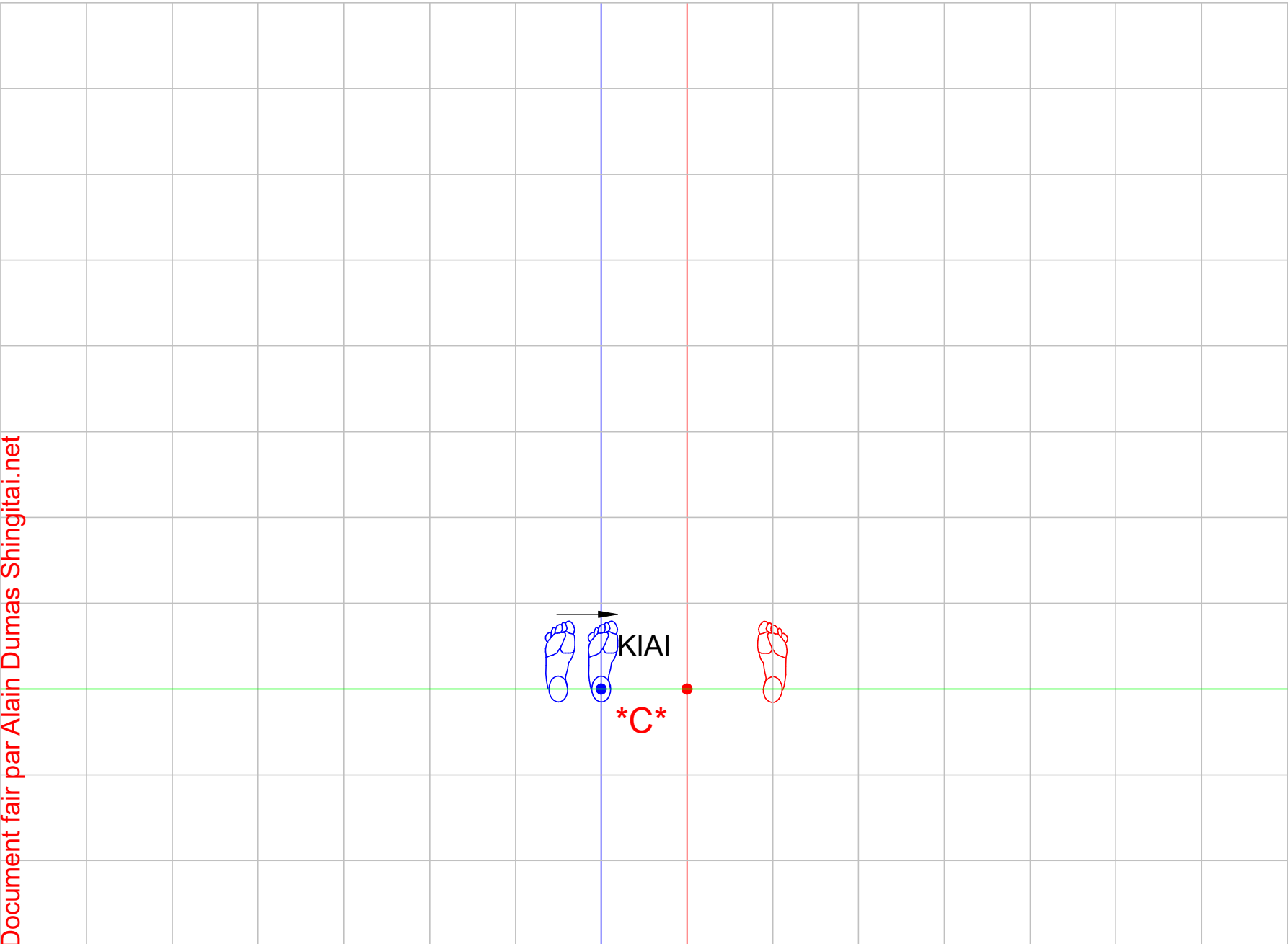


20a) Kiba-dashi

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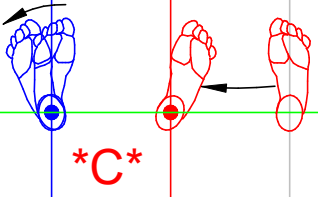


20b) Kiba-dashi

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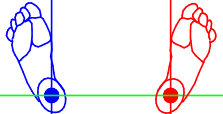


Shizen-tai

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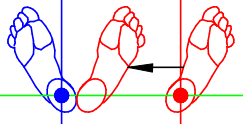
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Shizen-tai

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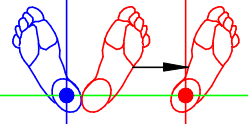


Musubi-dachi

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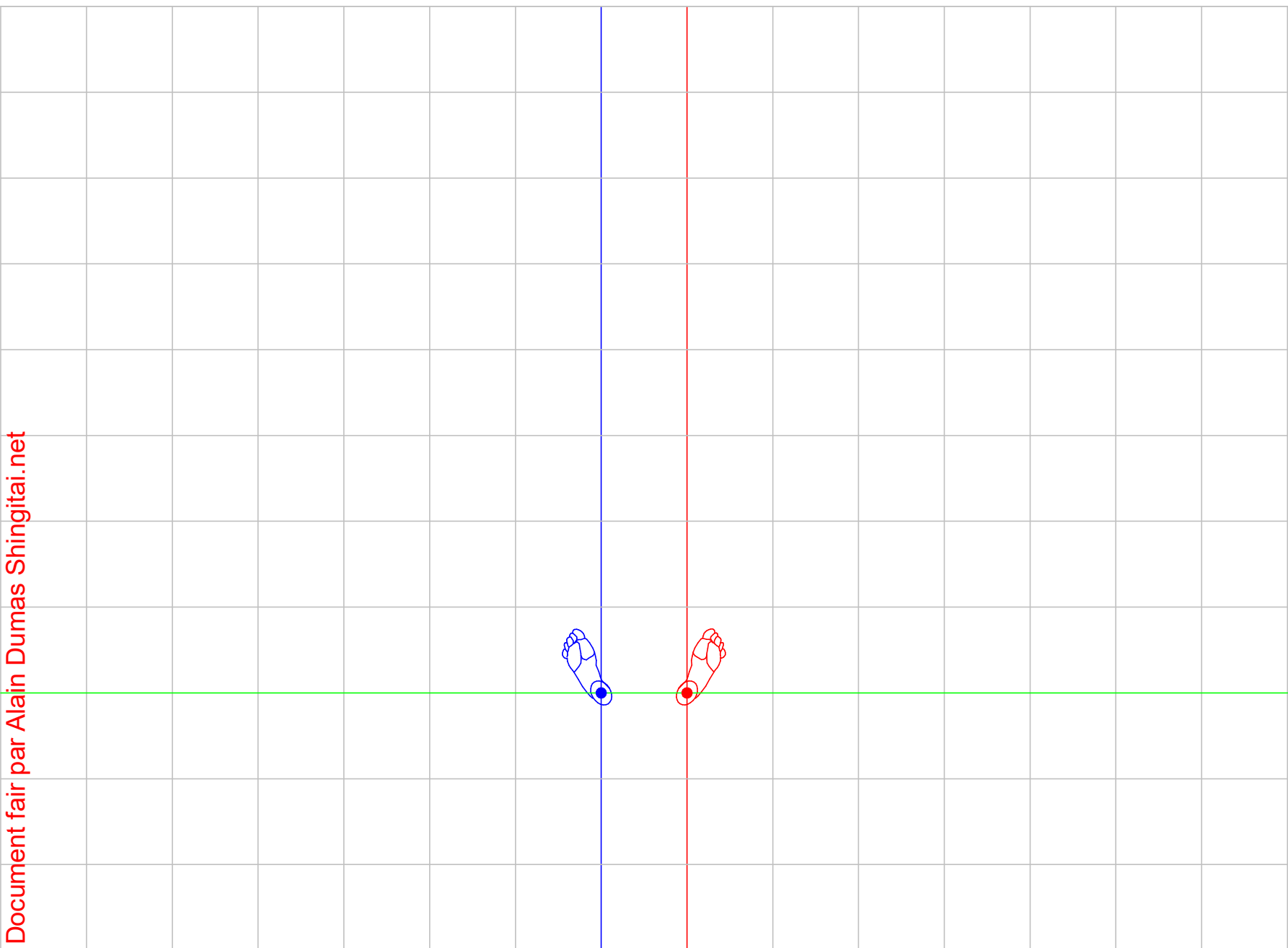
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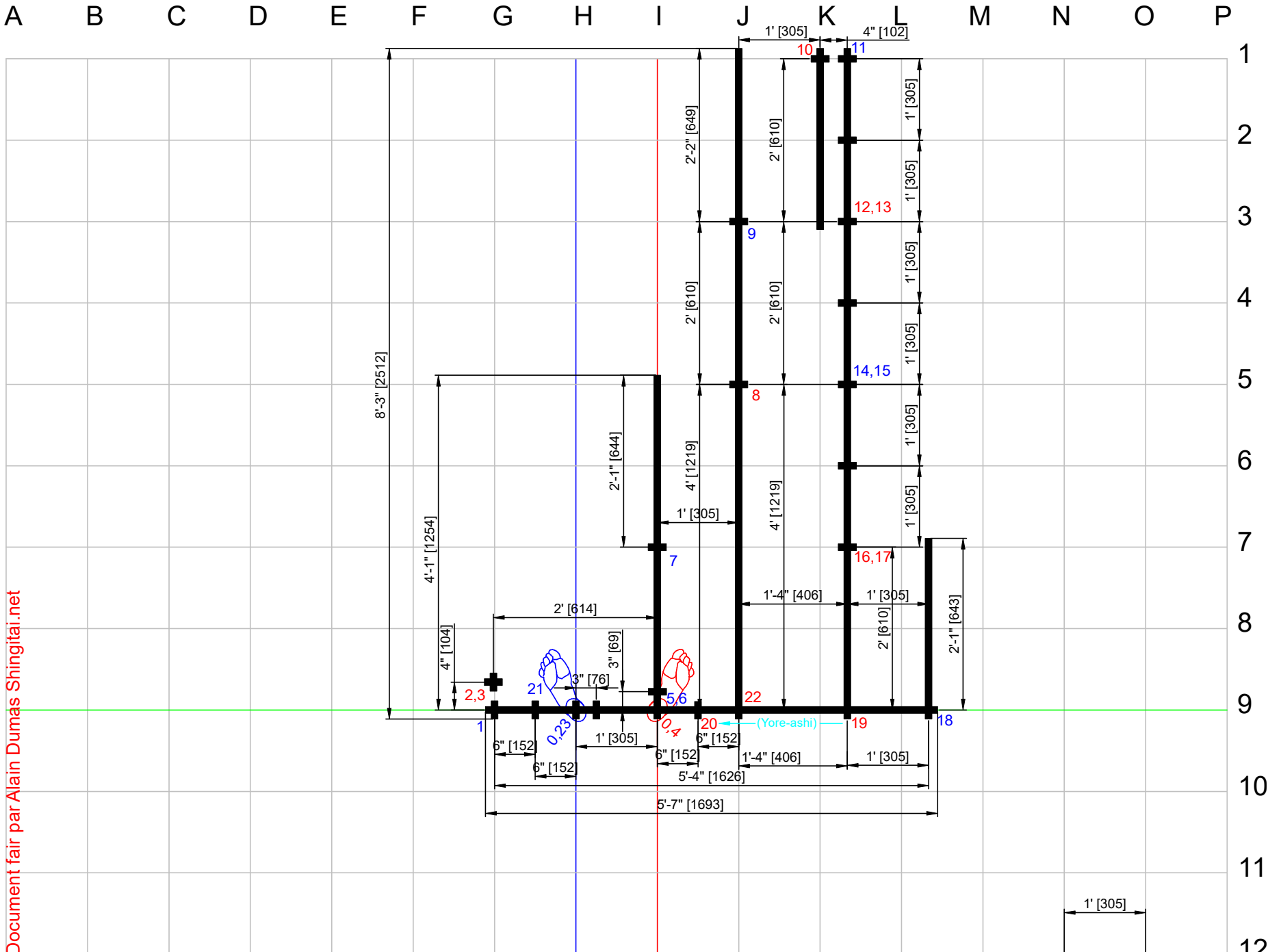
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Shizen-tai



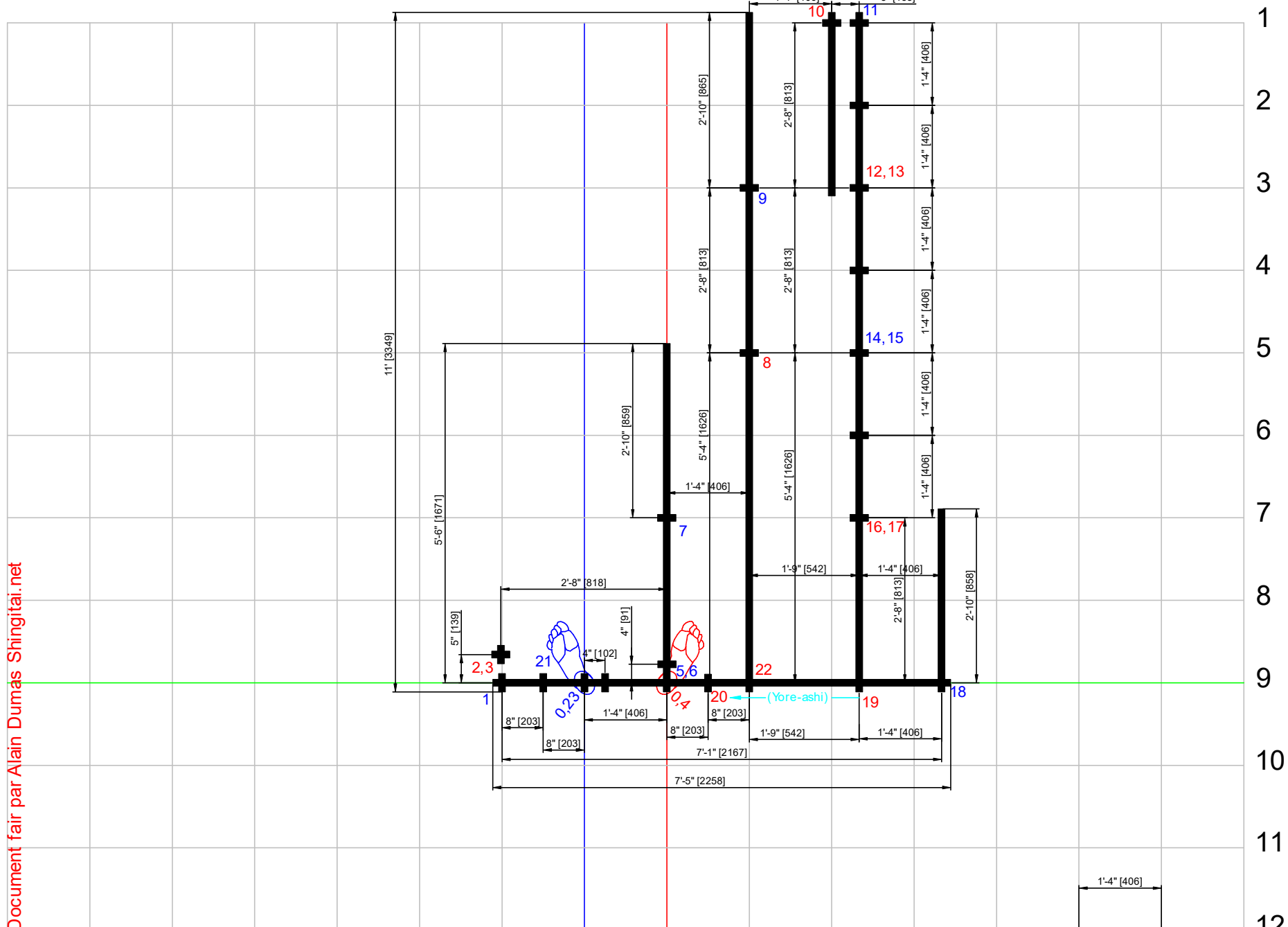




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Embusen Heian Sandan (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)

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



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Embusen Heian Sandan (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)