

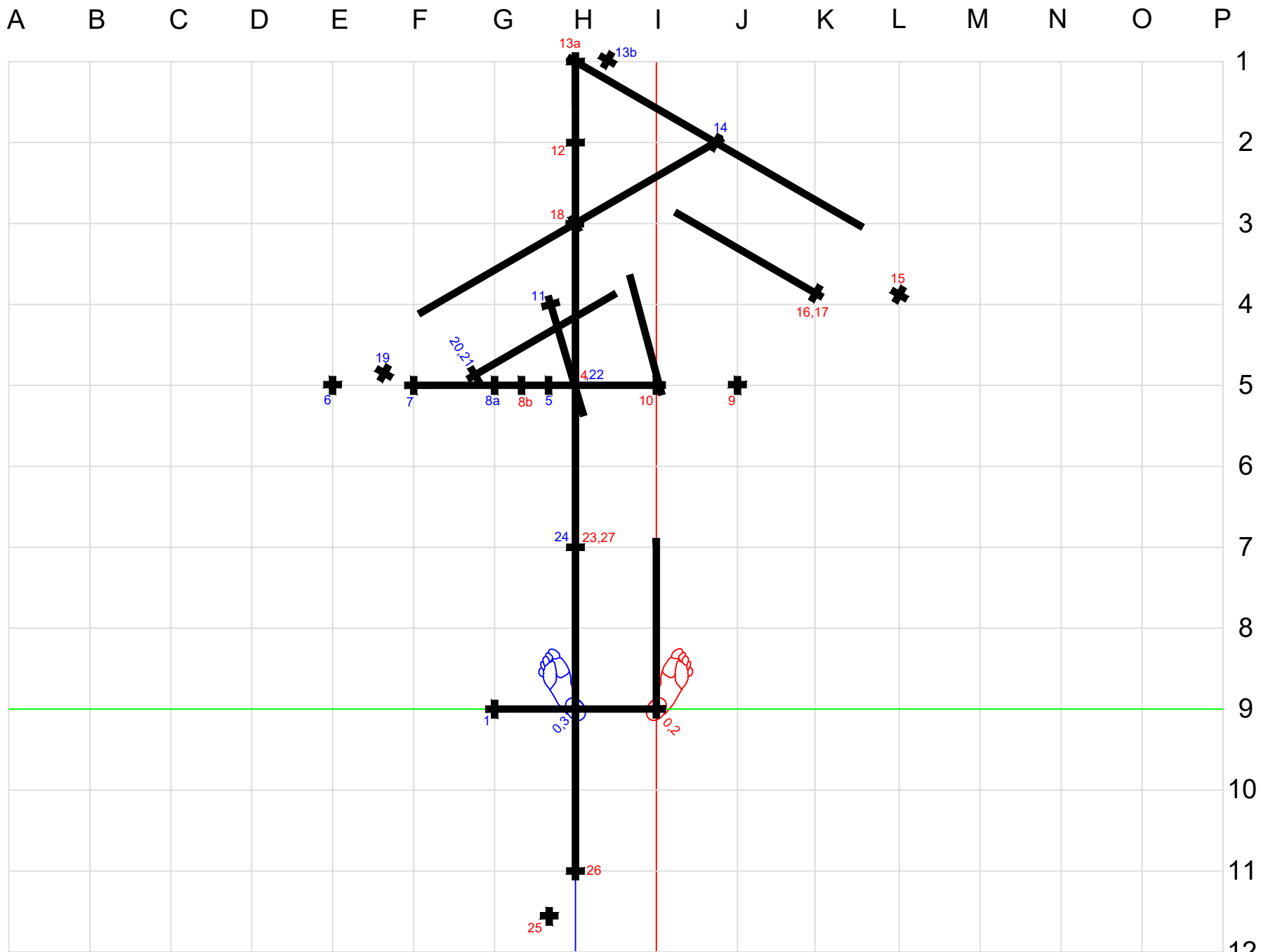
## EMBUSEN HEIAN YONDAN (PINAN)

Best karate # 5

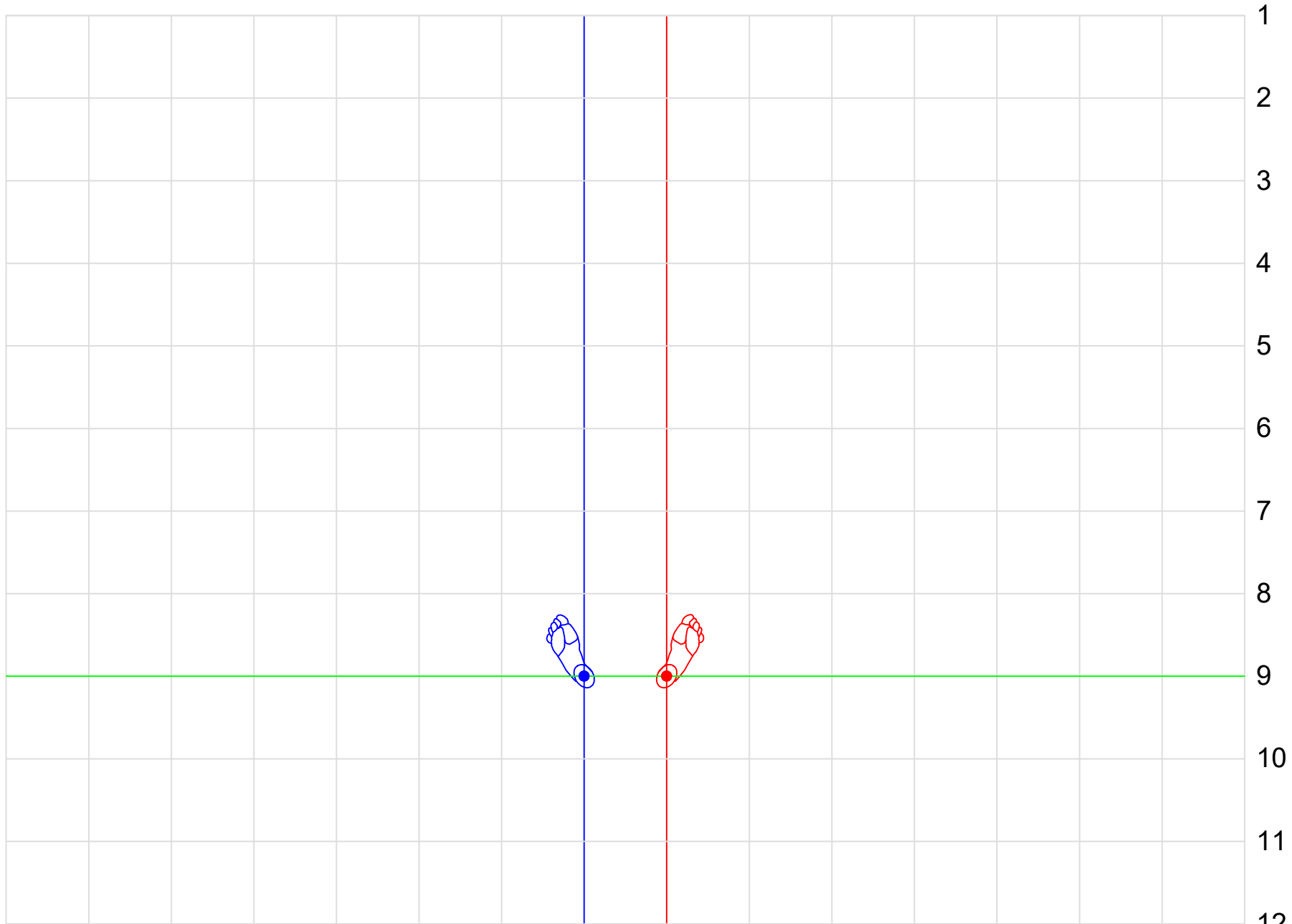
<b>Paix et tranquillité 4</b>				<b>Peace and tranquility 4</b>			
Origine : Okinawa, date de création : 1907, auteur : maître Itosu				Origin : Okinawa, date created: 1907, author : master Itosu			
<b>Hei</b> : calme, paisible, <b>Yon</b> : 4 <sup>e</sup> niveau, <b>An</b> : paix, tranquillité				<b>Hei</b> : quiet, peaceful, <b>Yon</b> :4 <sup>th</sup> level, <b>An</b> : peace, tranquility			
Kata de vitesse « Shorin »- Classification IKD: Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
27 mouvements - Kiai mouvements 13 et 25 - Durée : 50 secondes				27 movements - Kiai movements 13 and 25 - Length : 50 seconds			
<u>Points importants:</u>				<u>Important points:</u>			
Une de ses caractéristiques est son rythme particulier alternant lenteur et rapidité. Il contient beaucoup de techniques de jambes (yoko-geri, mae-geri, hiza-geri) ainsi que des doubles blocages (morote-uke, kakiwake-uke). Le principe du transfère du poids d'une jambe à l'autre est important.				One of its main characteristic is its particular rhythm alternating between slow and fast movements. It includes many leg techniques (yoko-geri, mae-geri, hiza-geri) as well as double blockings (morote-uke, kakiwake-uke). Weight shift from one leg to the other is important.			
<u>Note:</u>				<u>Note:</u>			
Les deux premiers mouvements se font en coordonnant les bras et les jambes. Les bras décrivent une forme d'ellipse pendant la transition et les pieds se placent dans la position kokutsu-dachi dès que l'on ouvre les mains pour augmenter la puissance du mouvement. Pour le juji-uke gedan, c'est le bras gauche qui est le plus près de la jambe gauche (on conserve le même principe pour Heian godan), ce qui augmente la puissance du corps. Pour le mouvement 11, il y a le retrait du pied arrière gauche pour se retrouver près l'axe H sur le plan. Les mouvements 19 à 21 se font dans un angle de 30 degrés pour équivaloir à un déplacement de un zenkutsu-dachi vers le point de départ.				The first two movements are executed by coordinating both arms and legs. Arms follow an elliptical trajectory during the transition and the feet are positioned in the kokutsu-dachi stance as soon as the hands open in order to increase the power of the movement. For the gedan juji-uke, it is the left arm which is closest to the left leg (we keep the same principle for Heian godan), therefore increasing the body power. For movement 11, the back left feet is moved to end up near the H axis on the plan. Movements 19 to 21 are done at a 30 degrees angle to be equivalent to one zenkutsu-dachi shift to the starting point.			
<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	Movements	Point	Movements
● H-9	Début, 24, fin.	● I-9	Début et fin.	● H-9	Start, 24, end.	● I-9	Start, end.

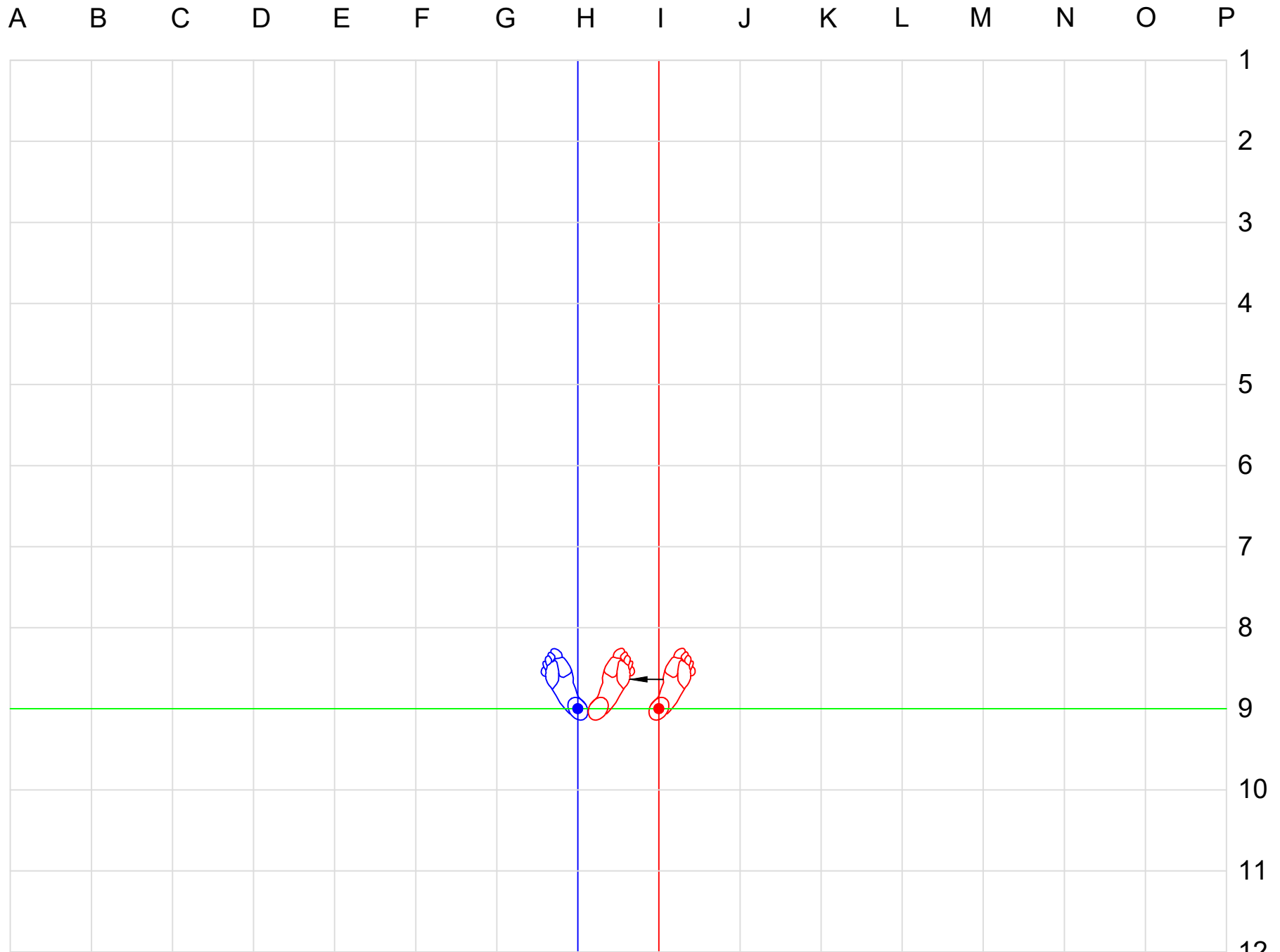
Par Alain Dumas 6<sup>e</sup> dan, IKD 2019-04-23

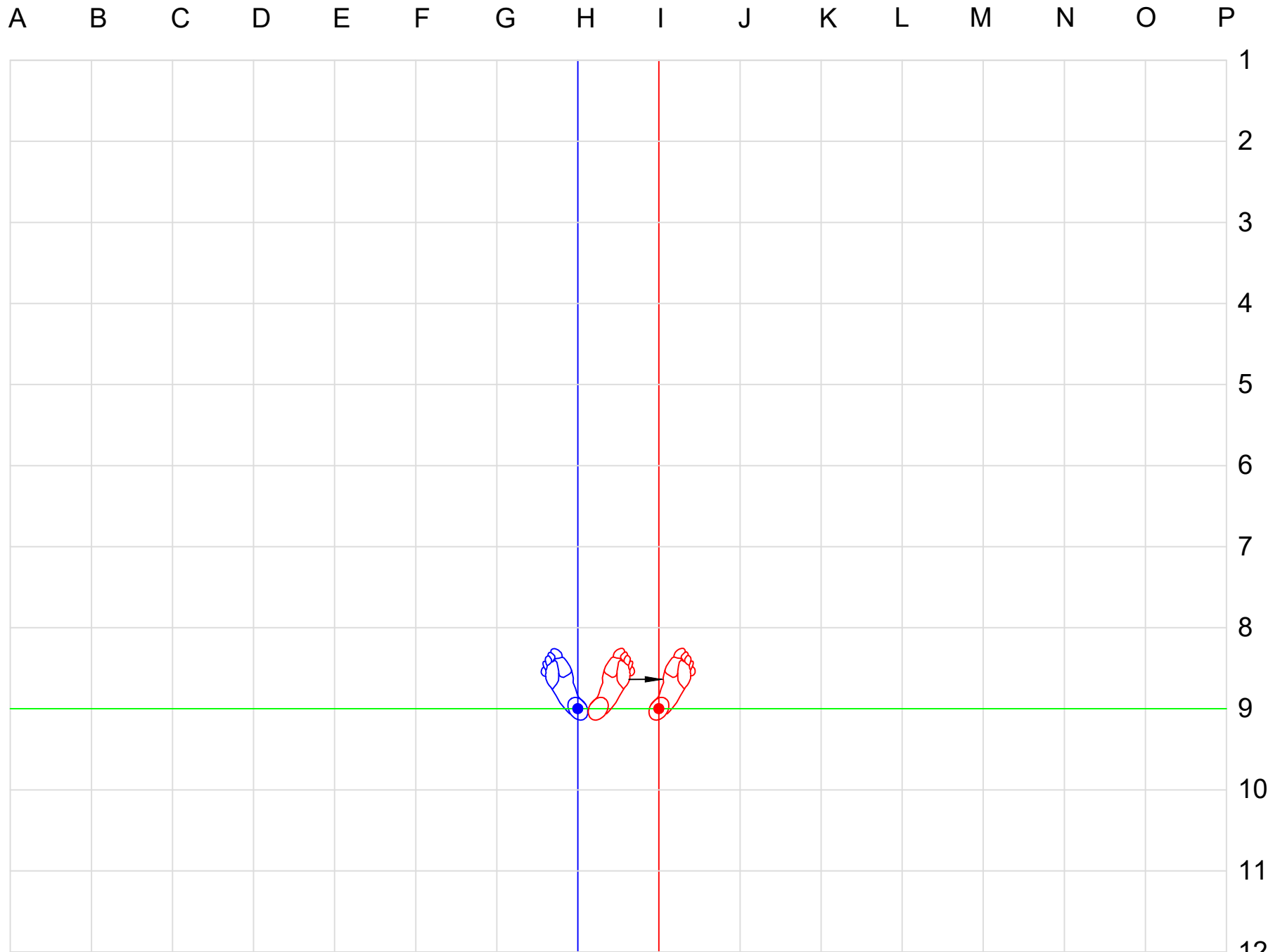




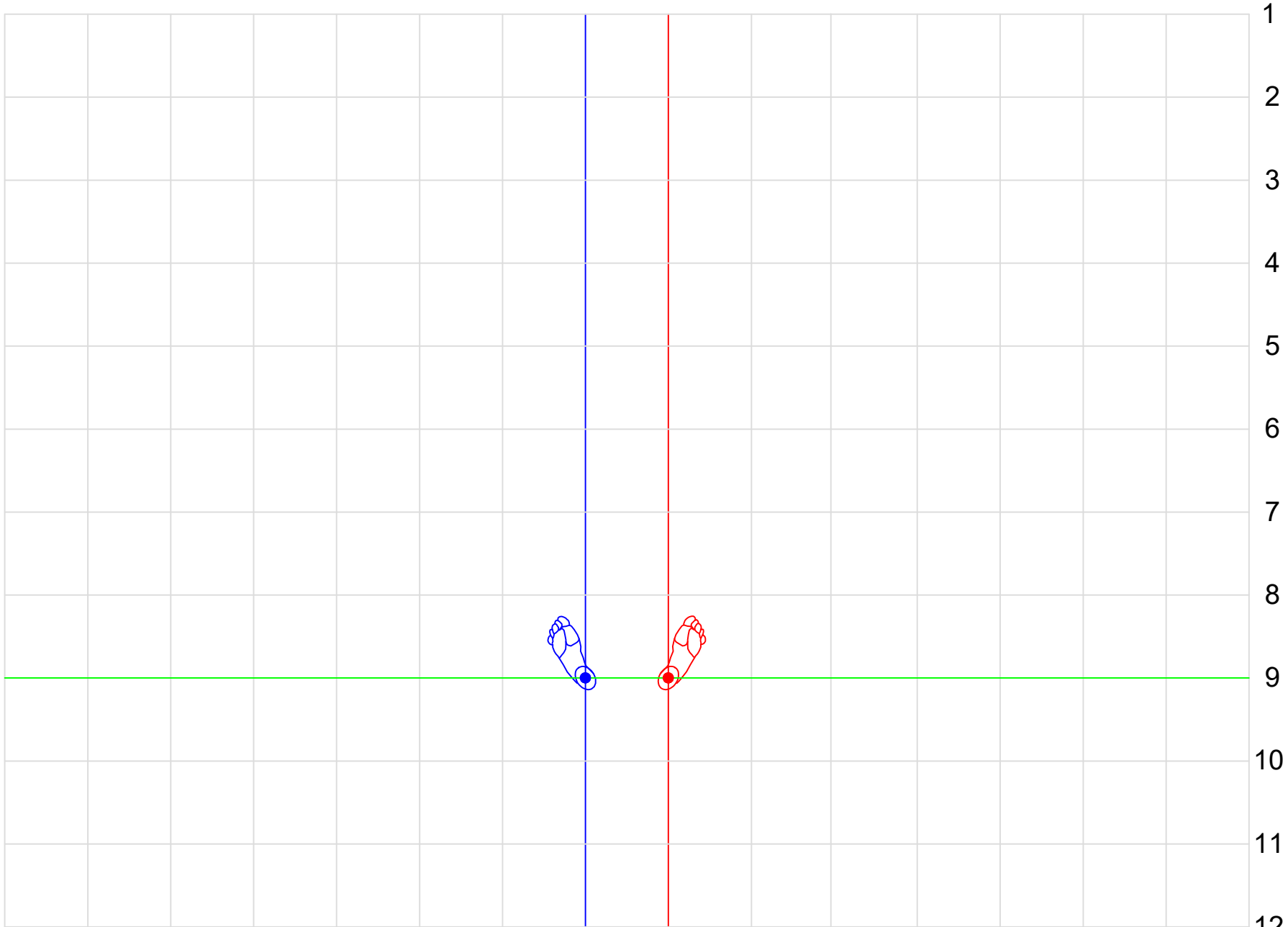
A B C D E F G H I J K L M N O P



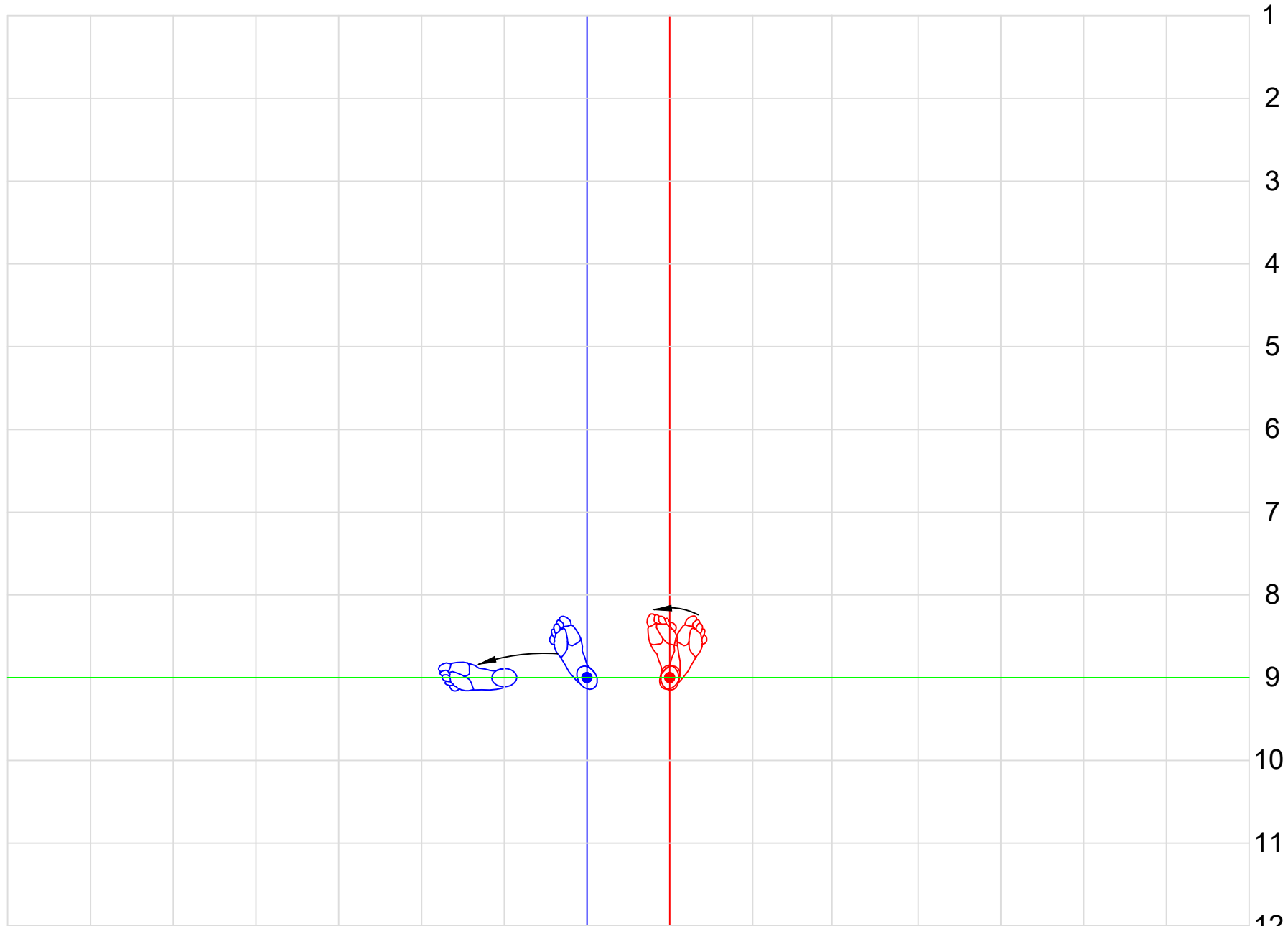




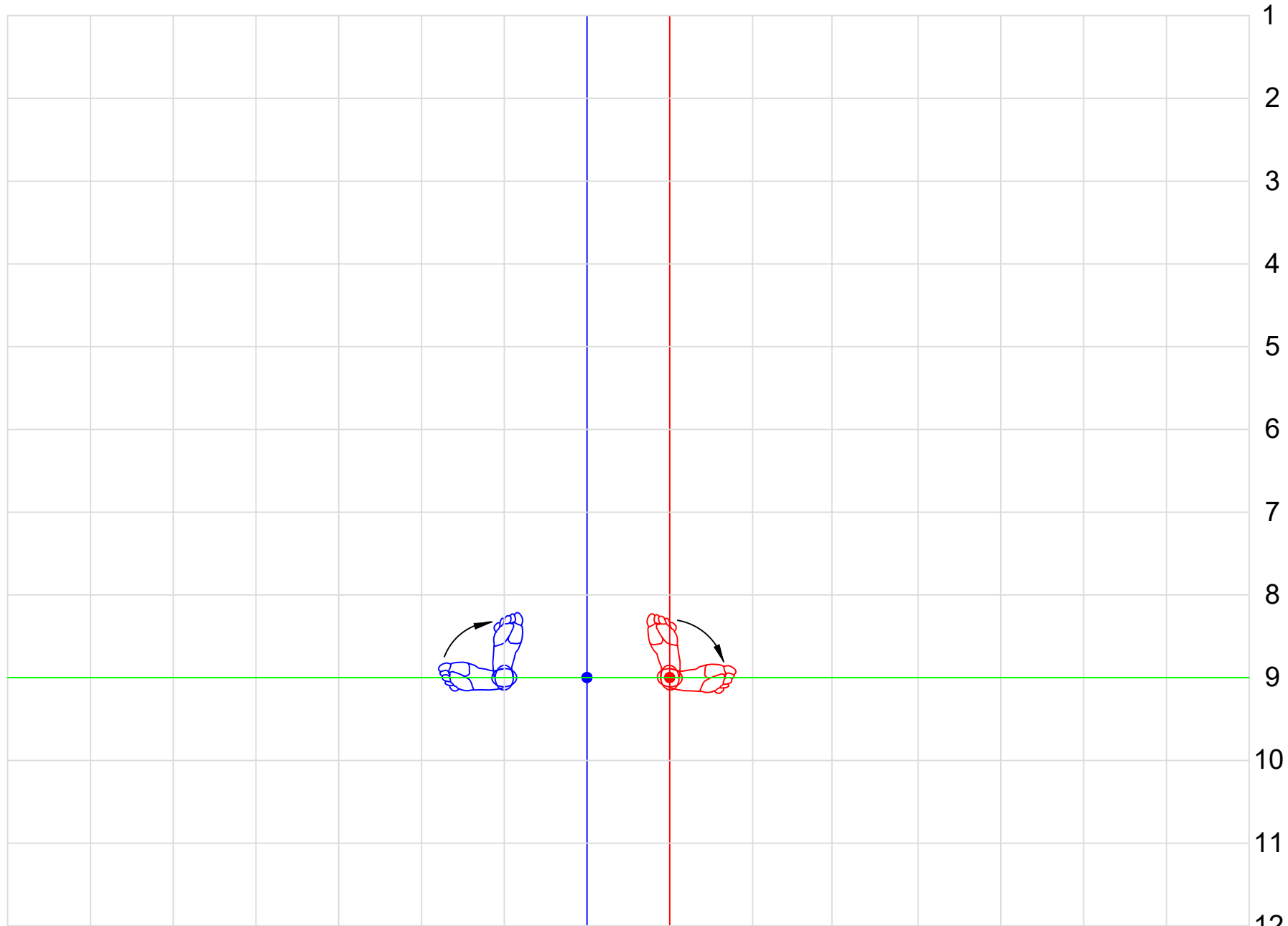
A B C D E F G H I J K L M N O P



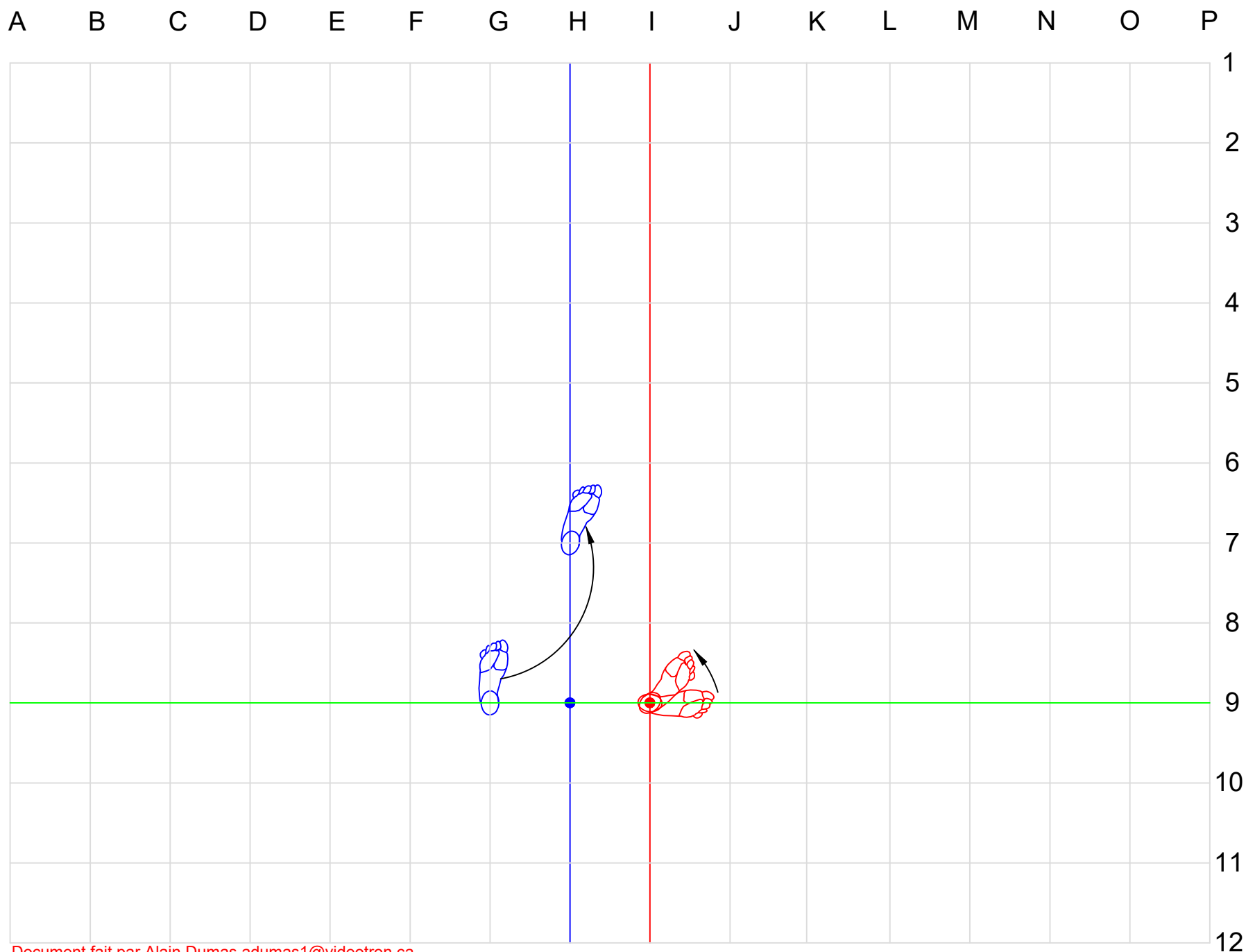
A B C D E F G H I J K L M N O P



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

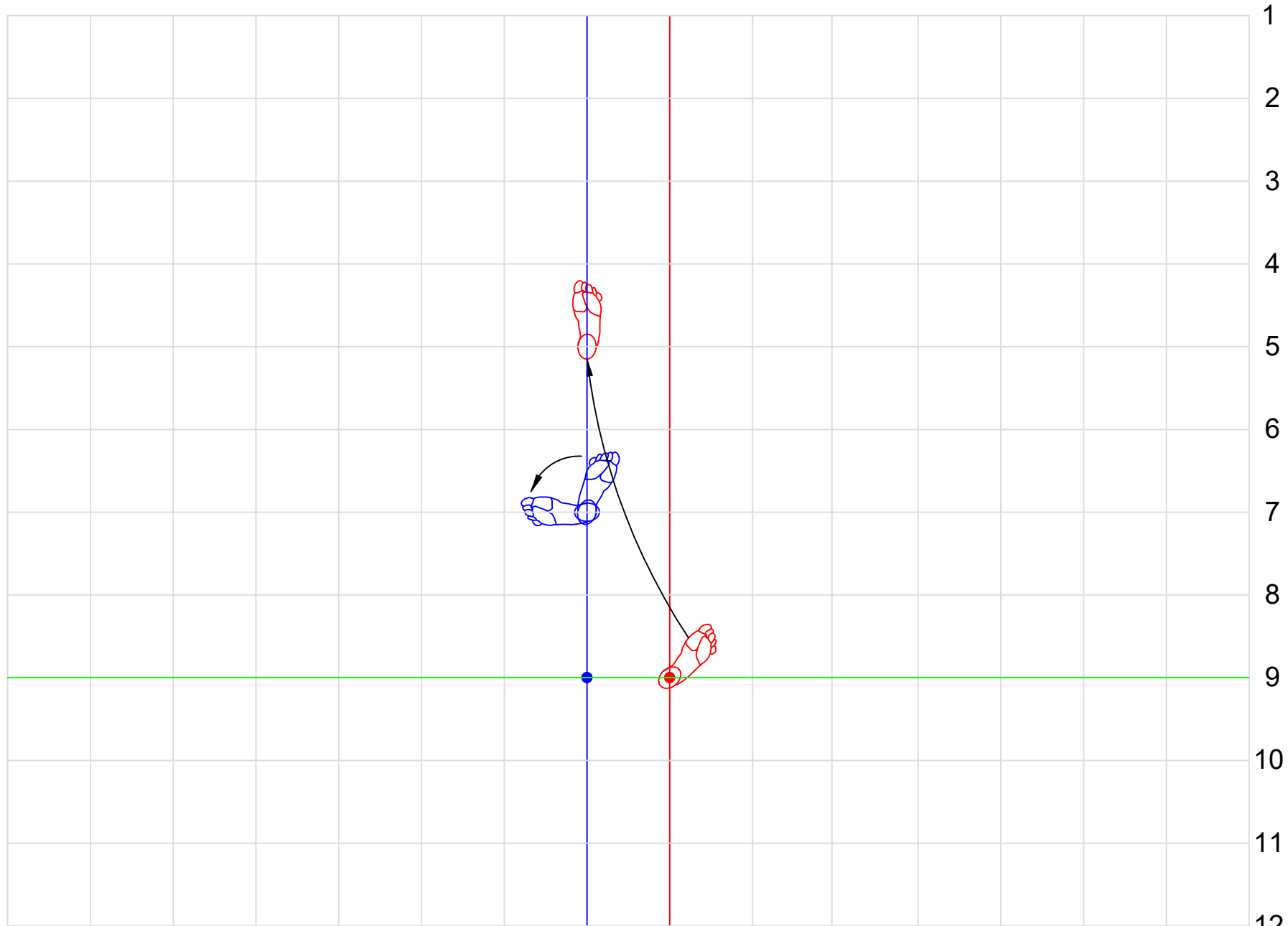






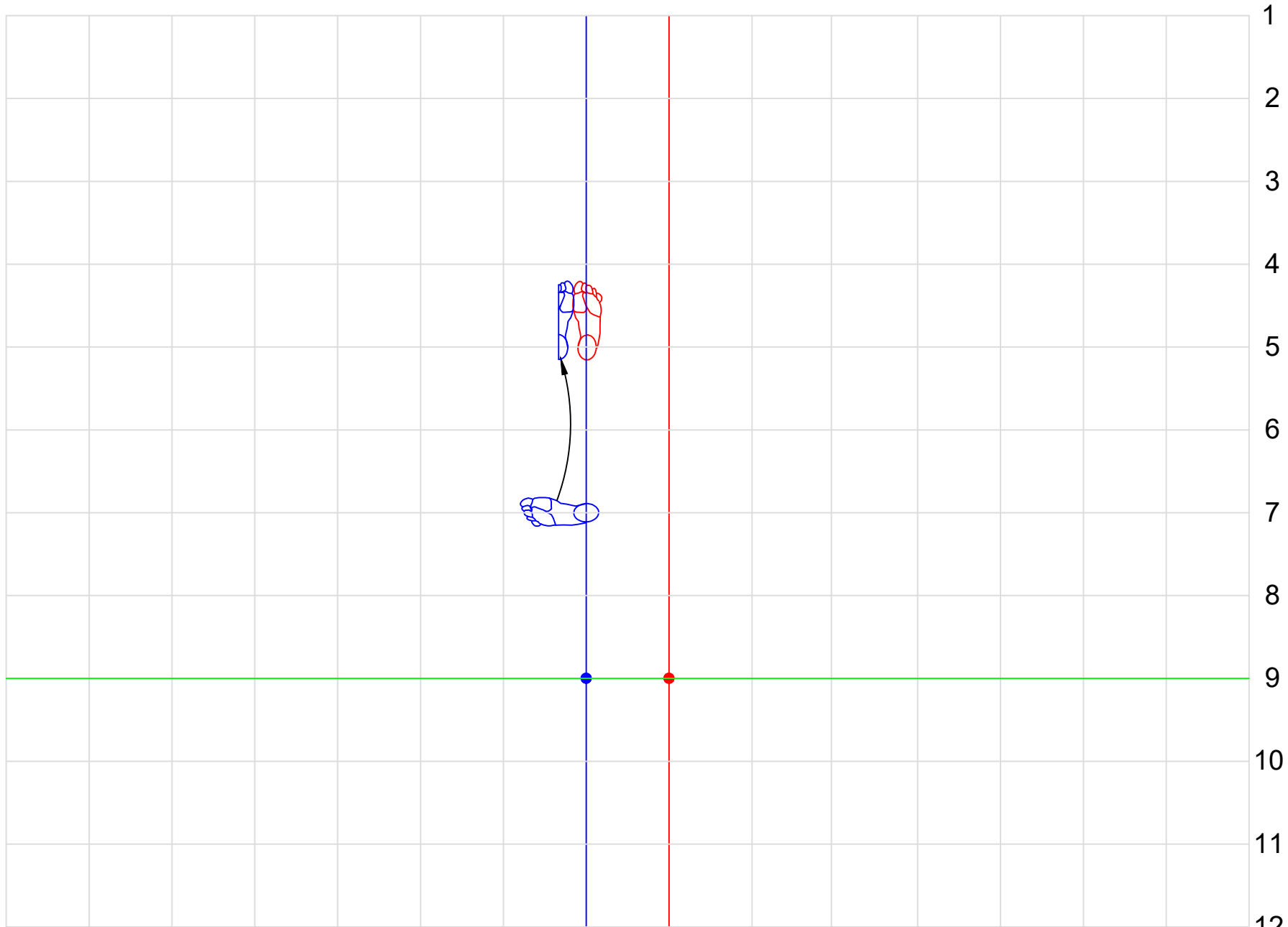
### 3) Zenkutsu-dachi

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

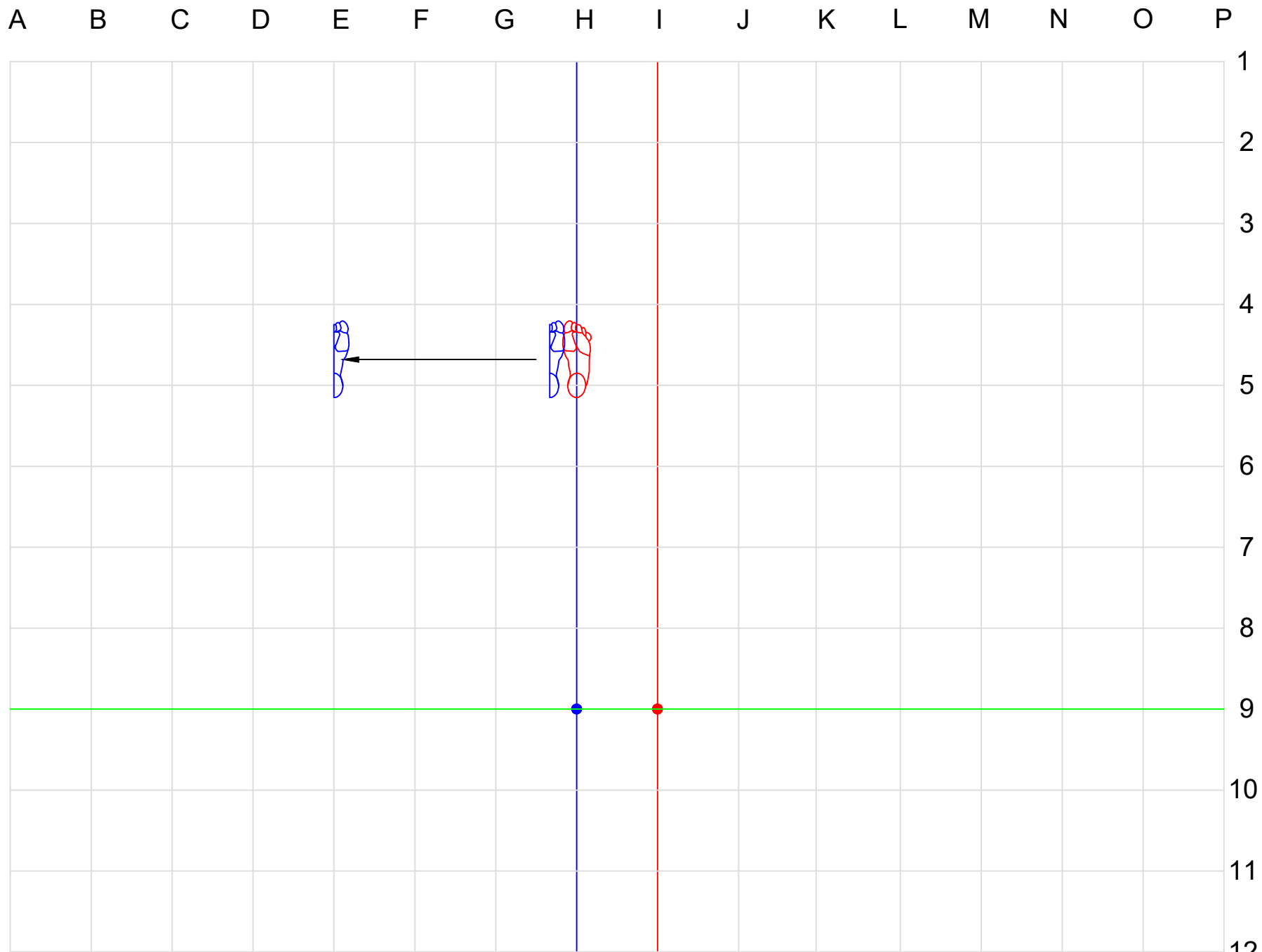


#### 4) Kokutsu-dachi

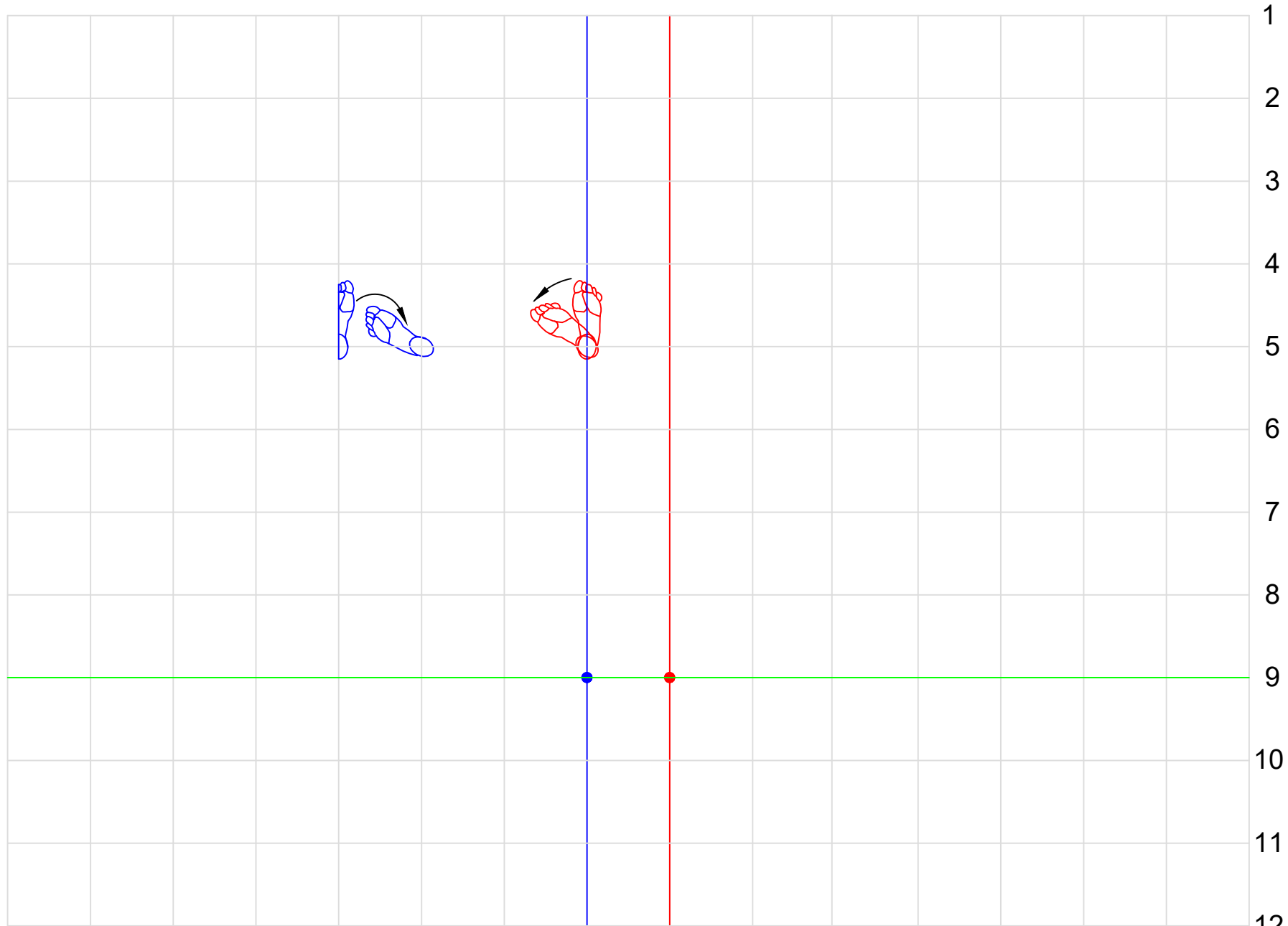
A B C D E F G H I J K L M N O P



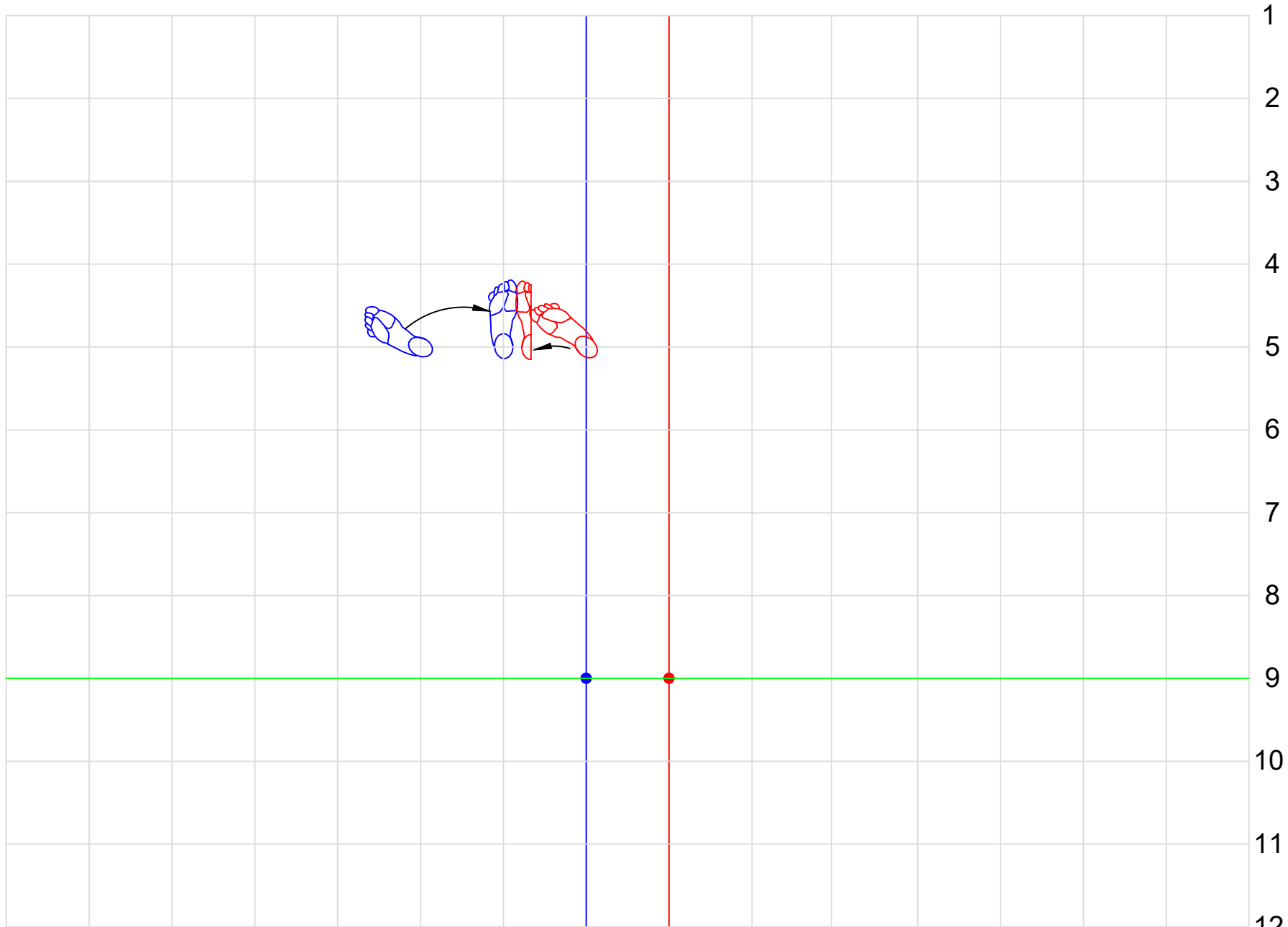
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



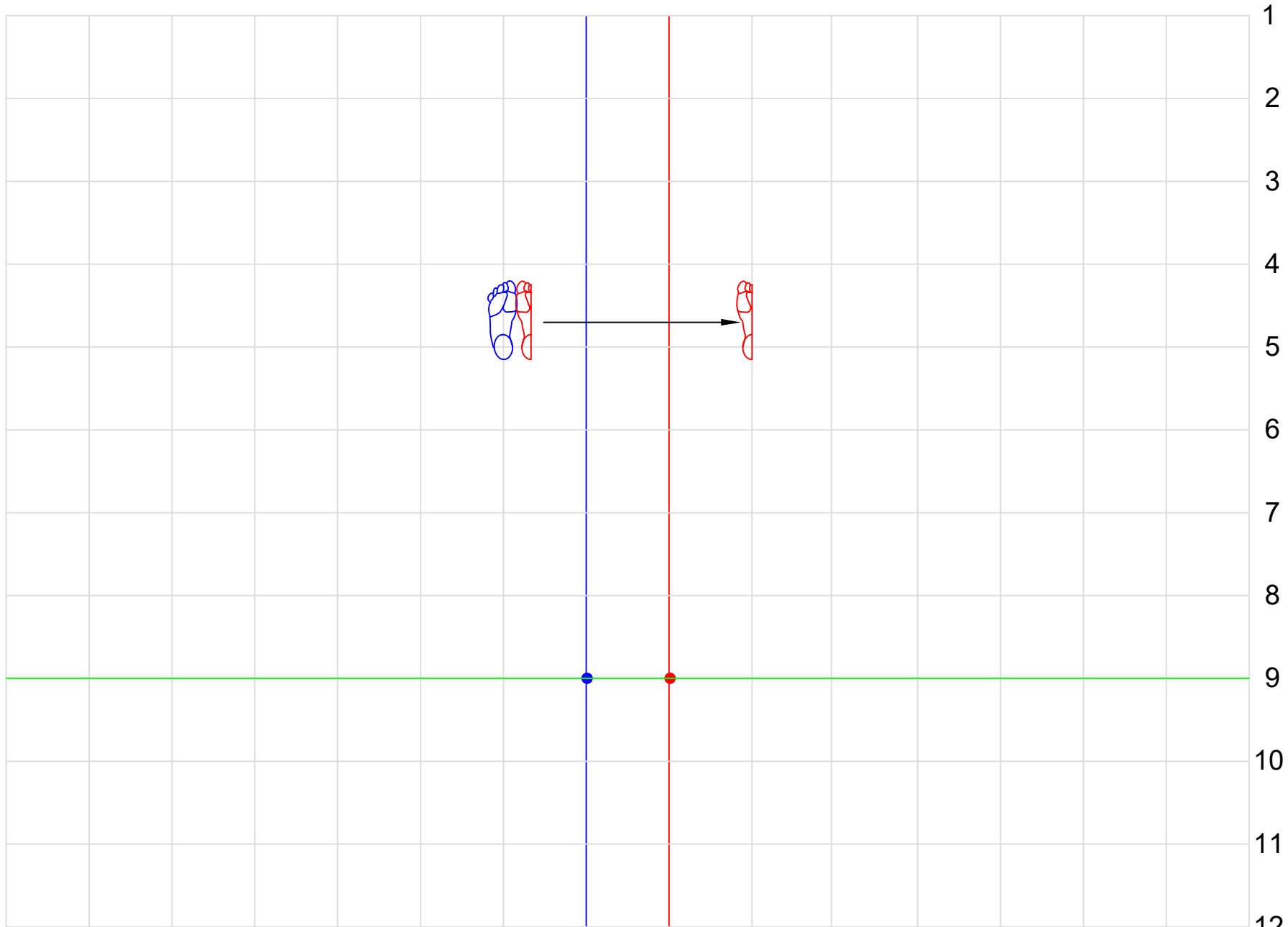
A B C D E F G H I J K L M N O P



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

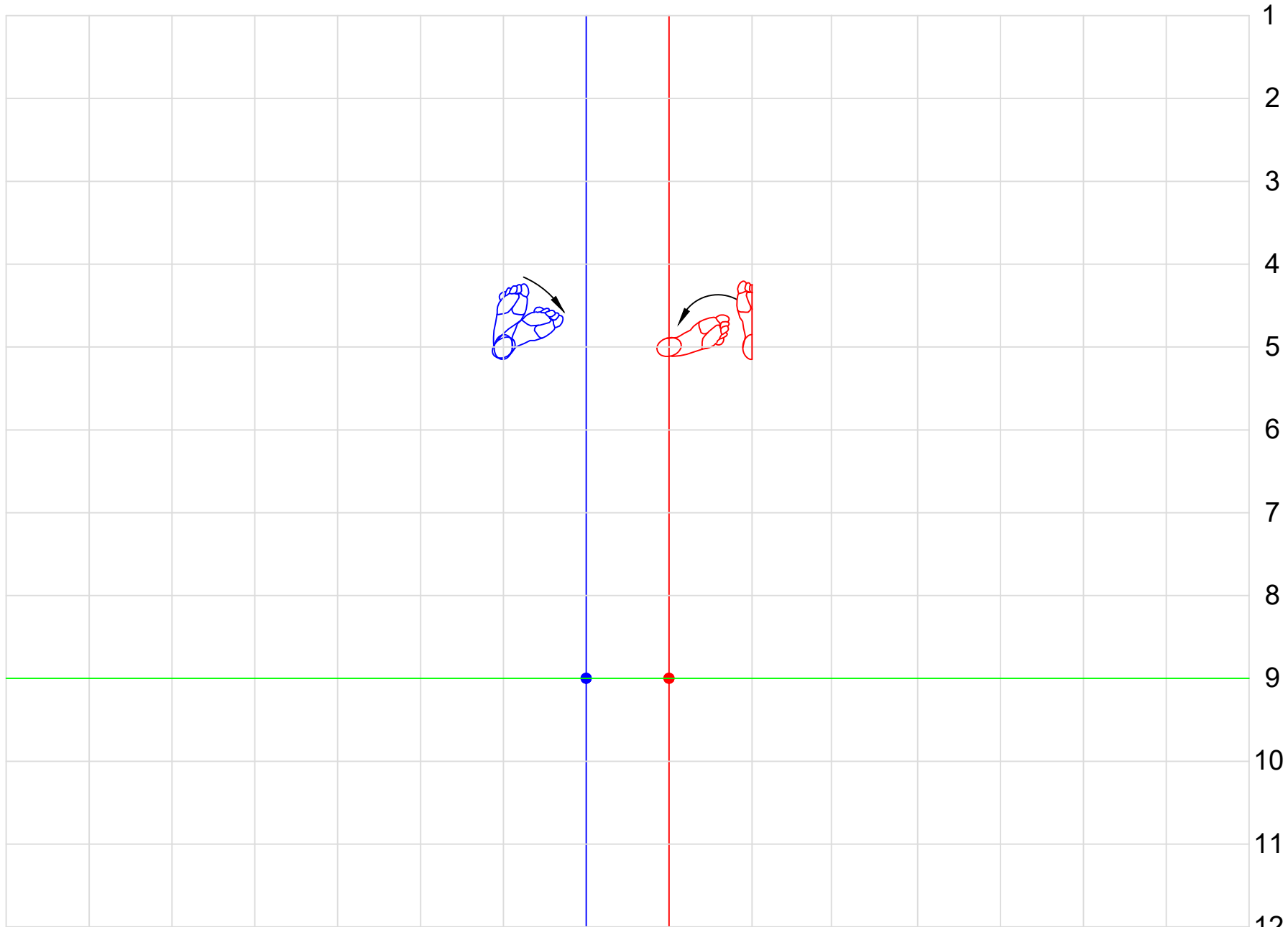


A B C D E F G H I J K L M N O P



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

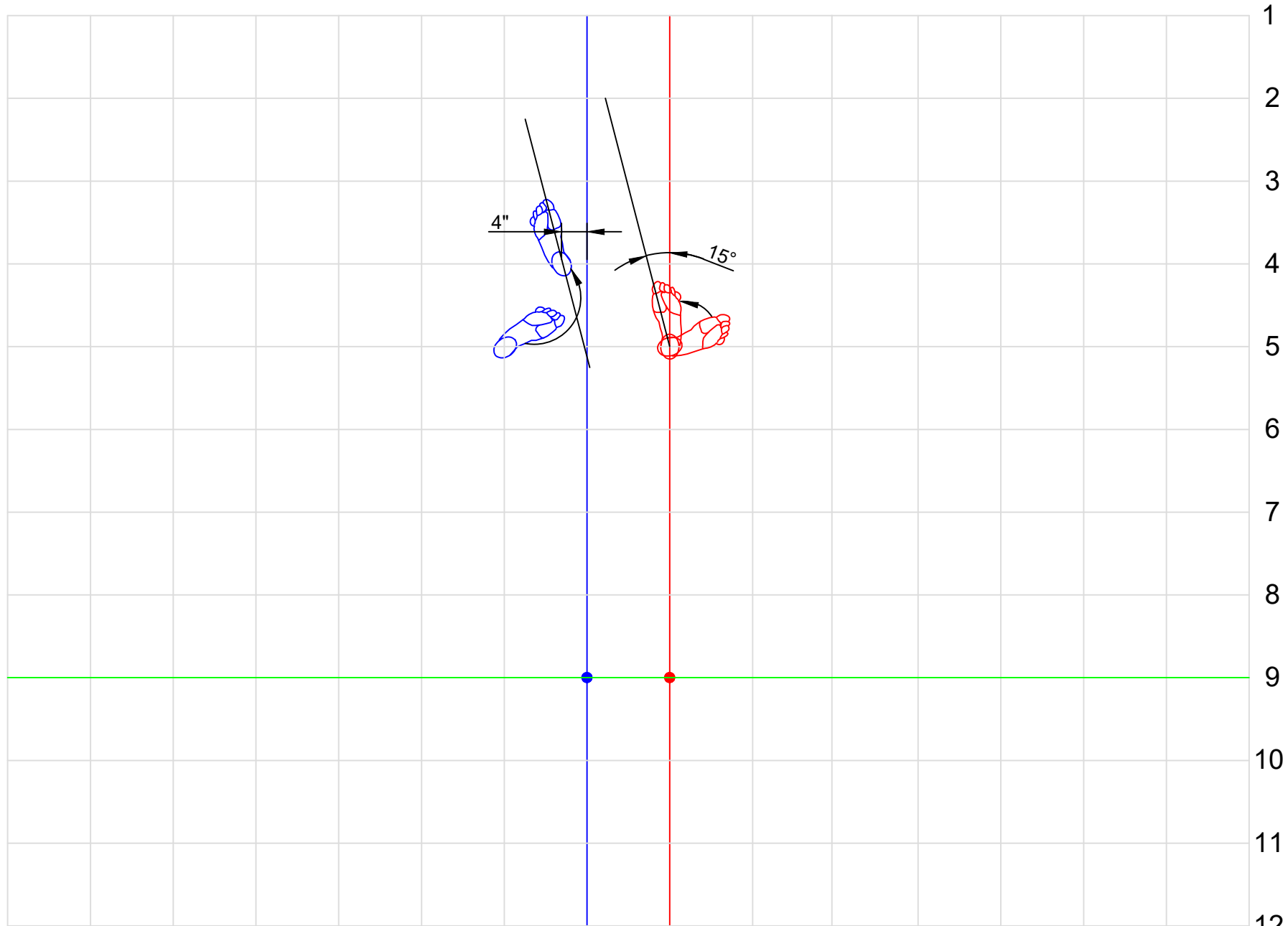
A B C D E F G H I J K L M N O P

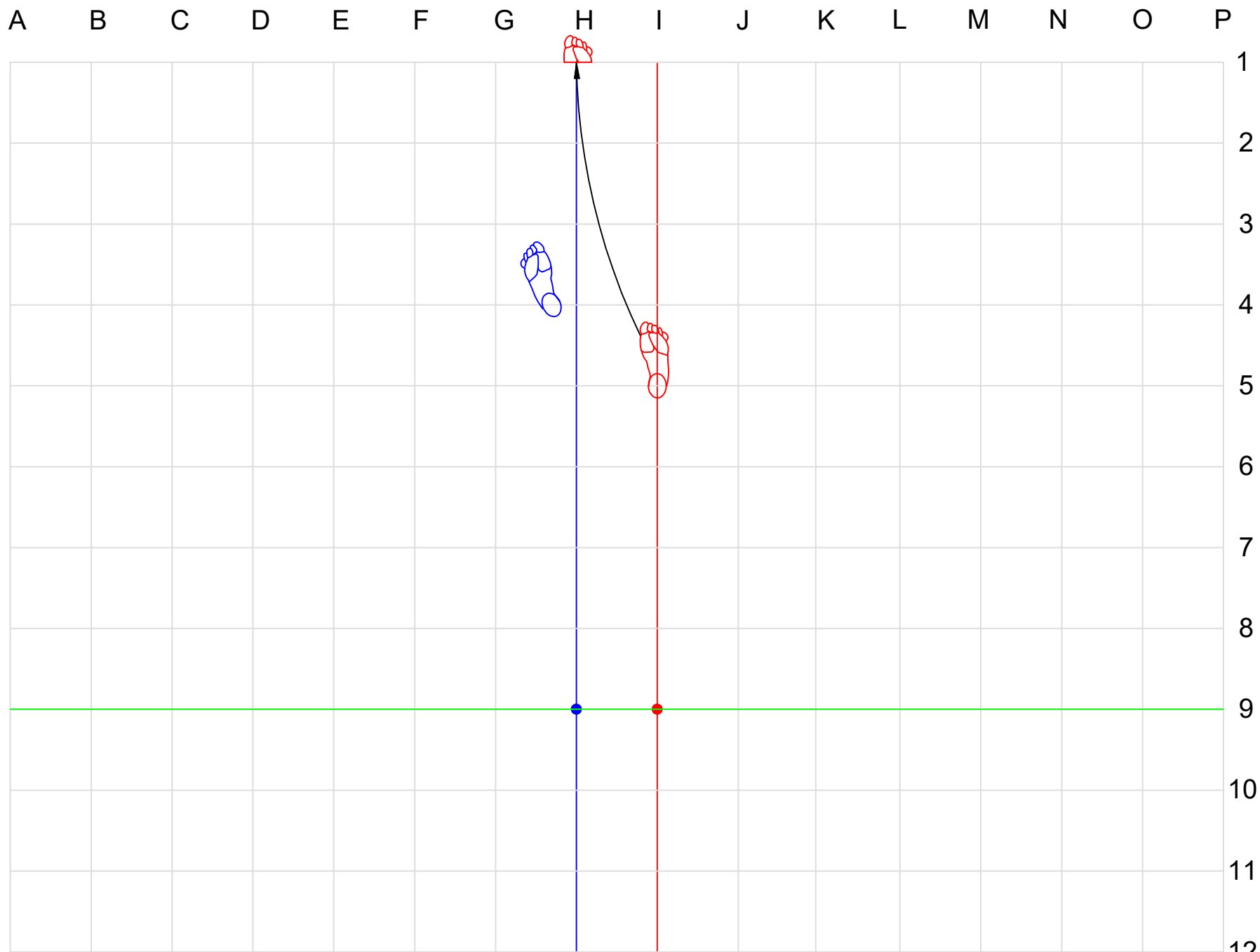


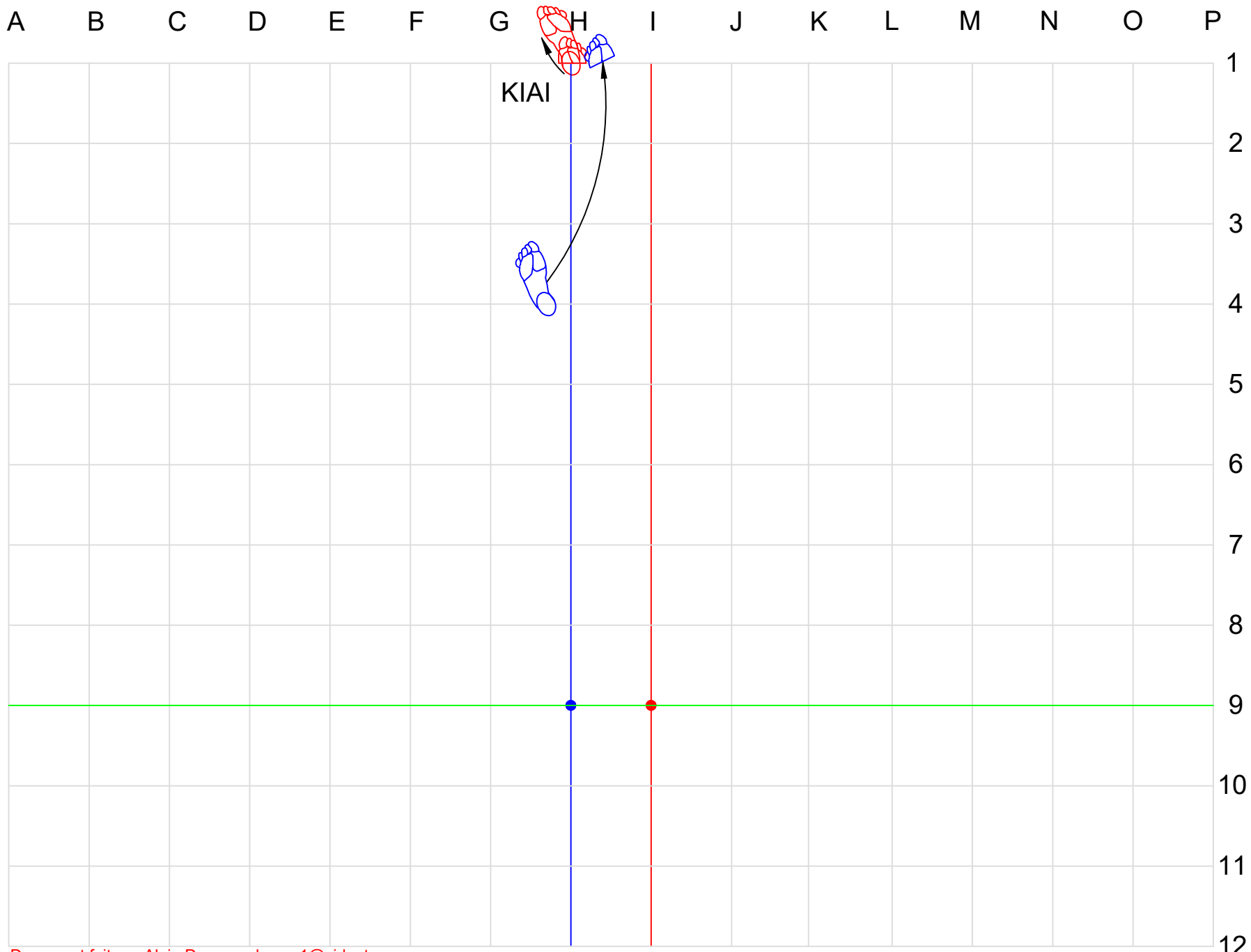
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

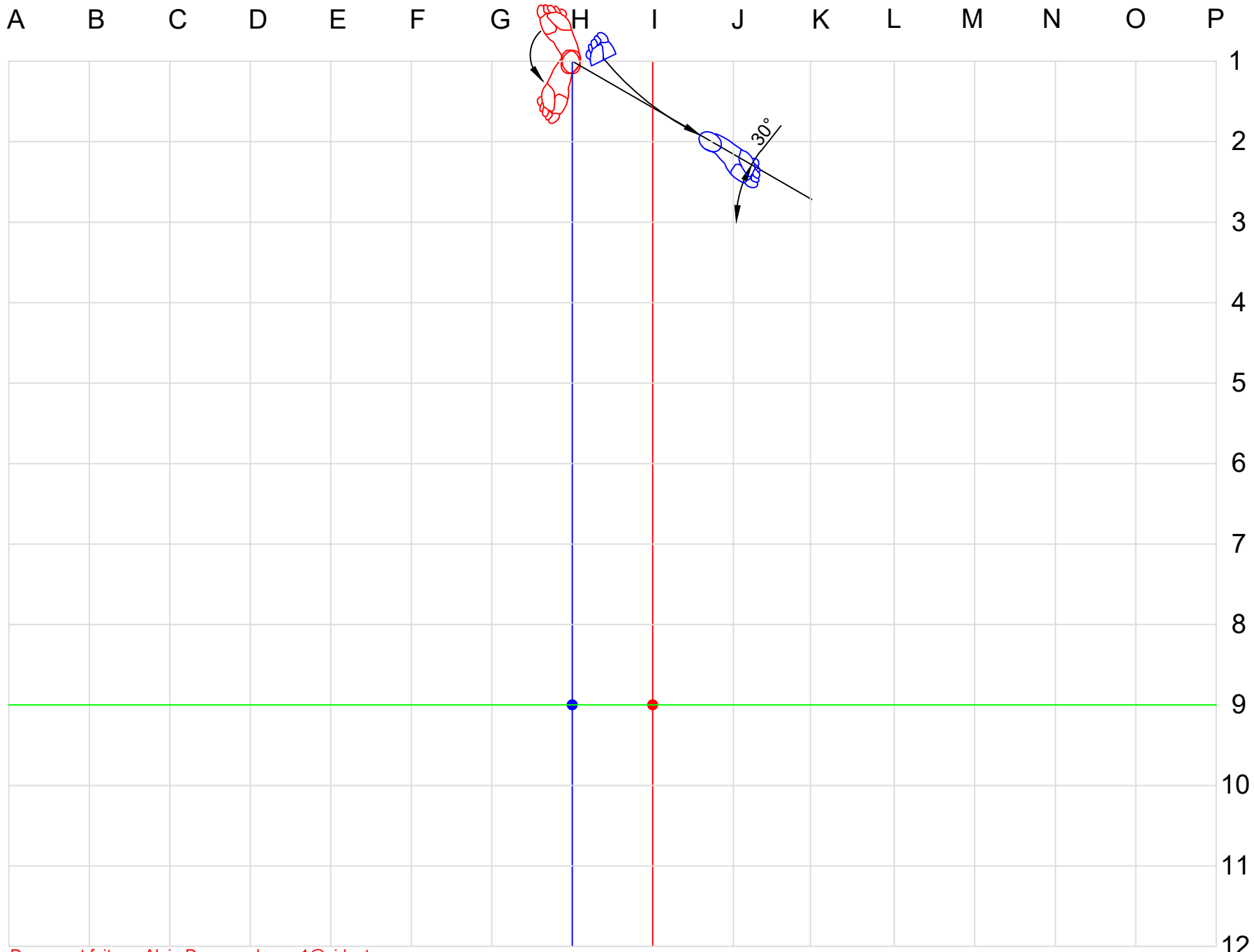


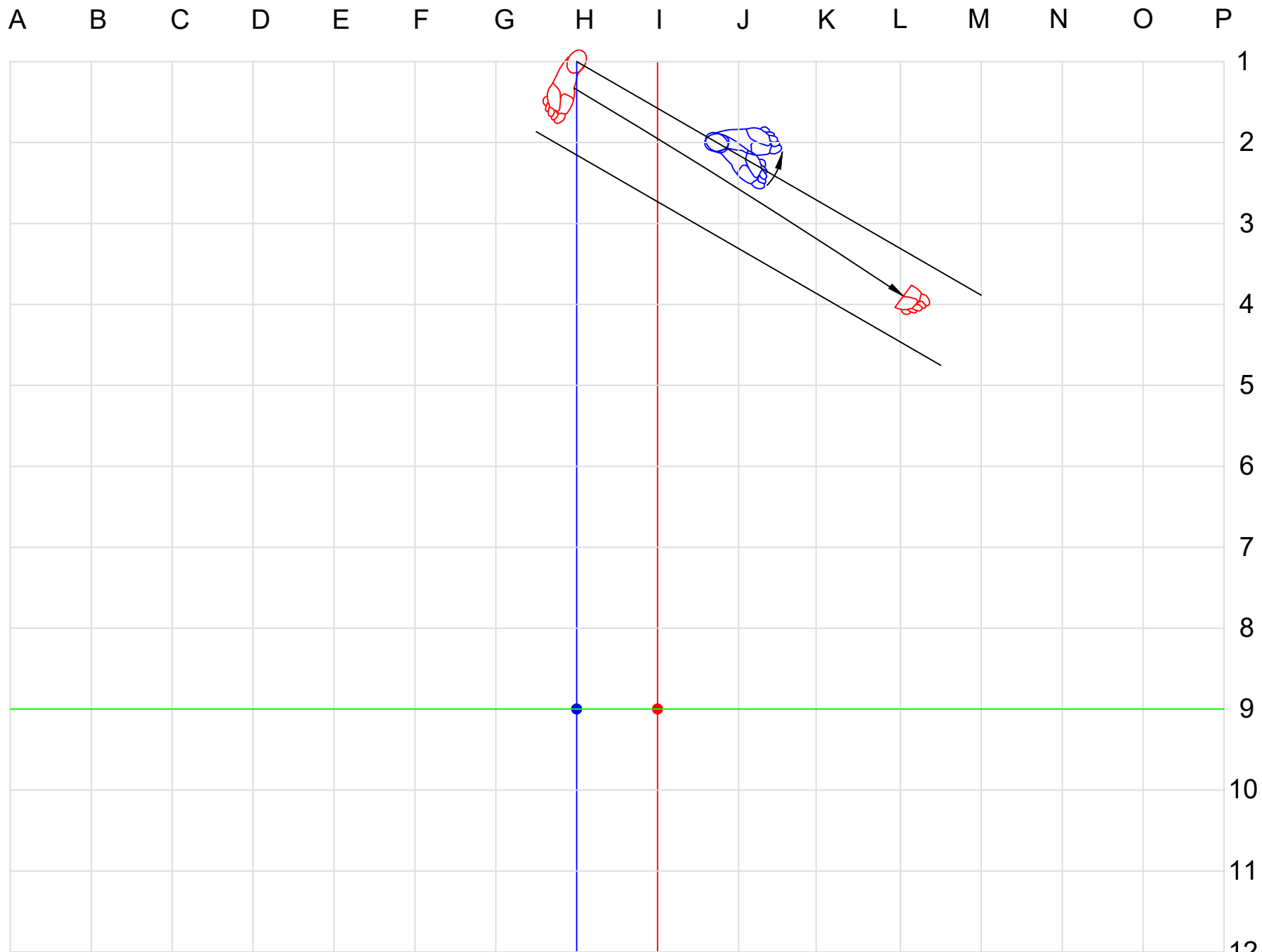
A B C D E F G H I J K L M N O P

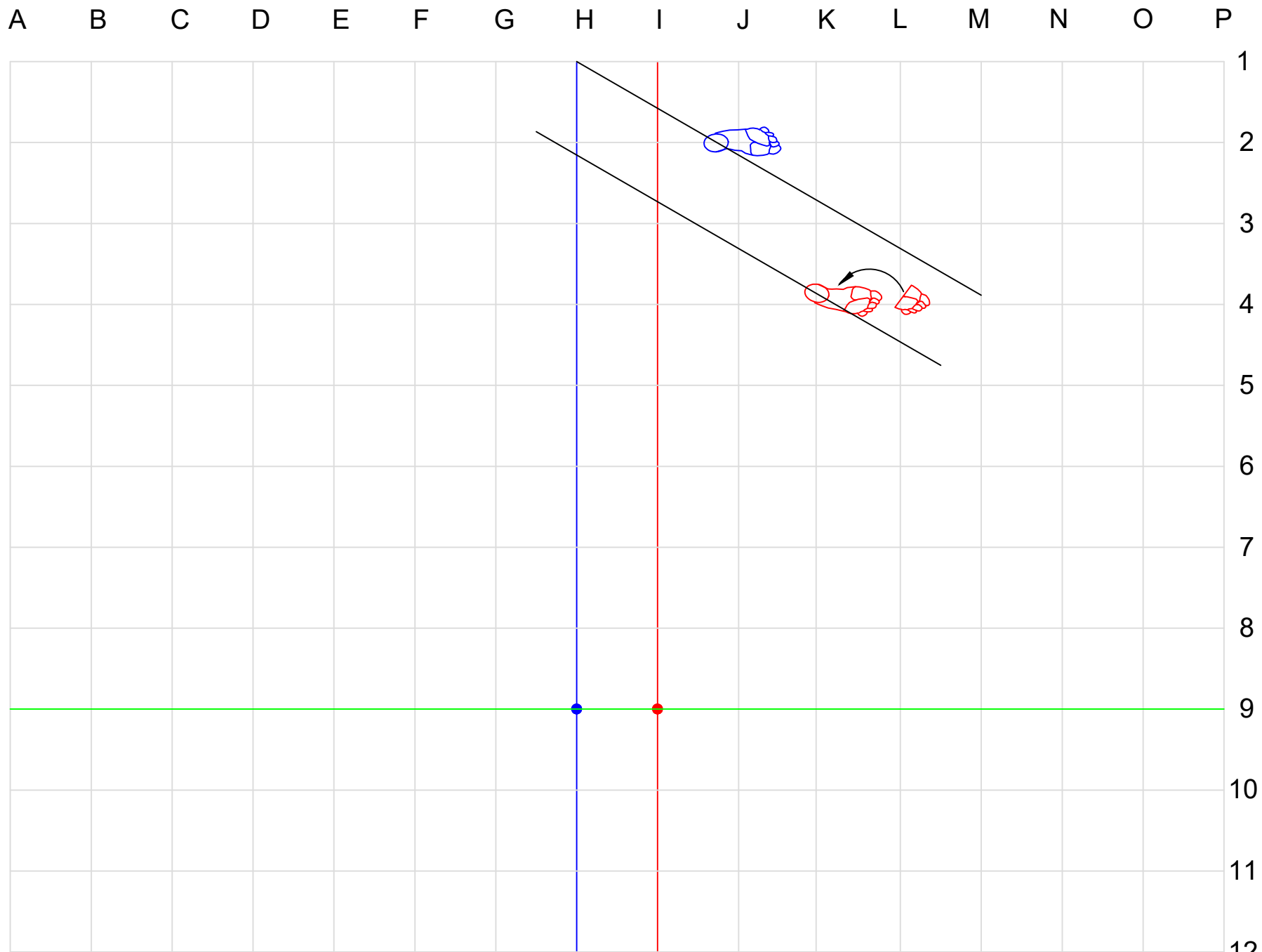


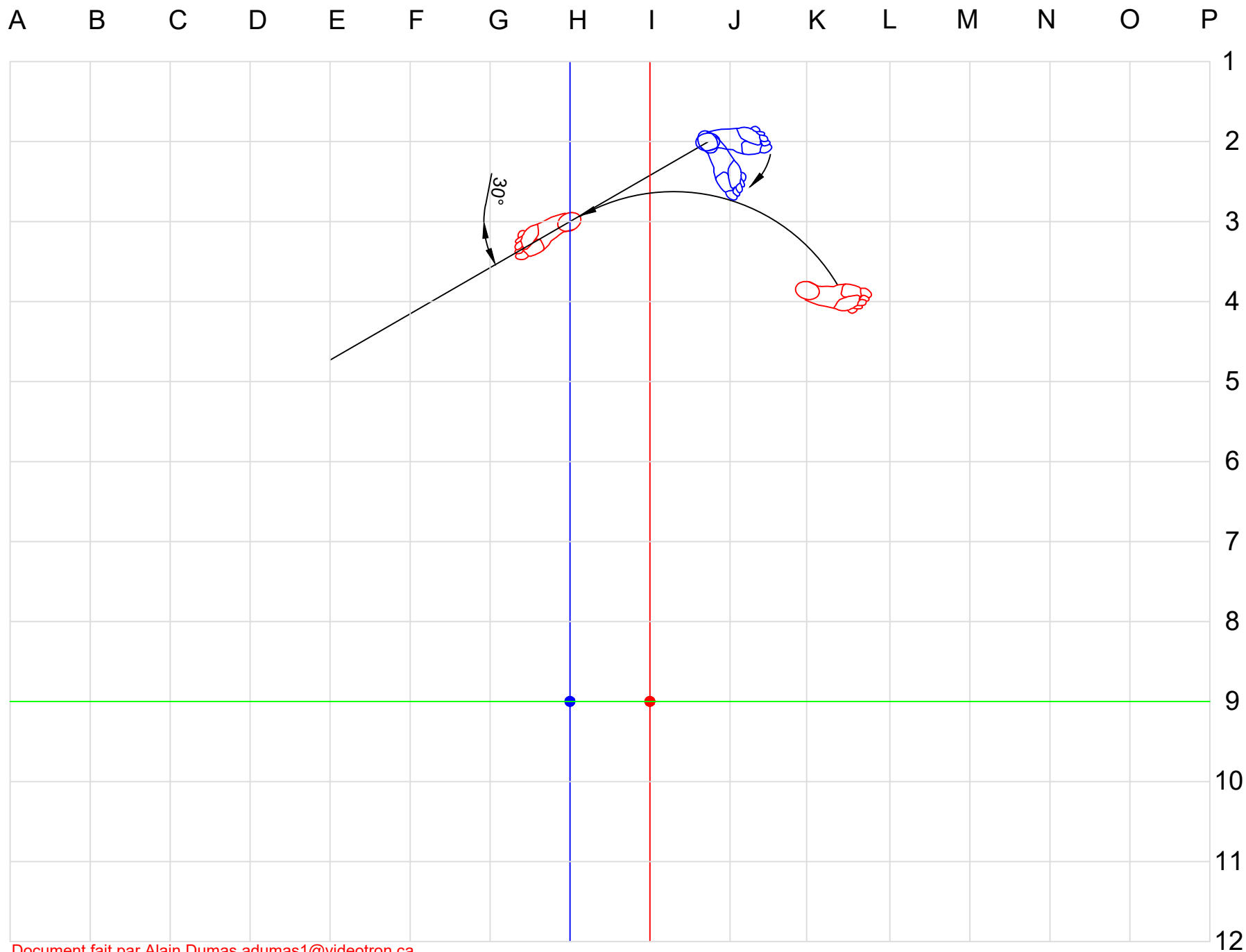


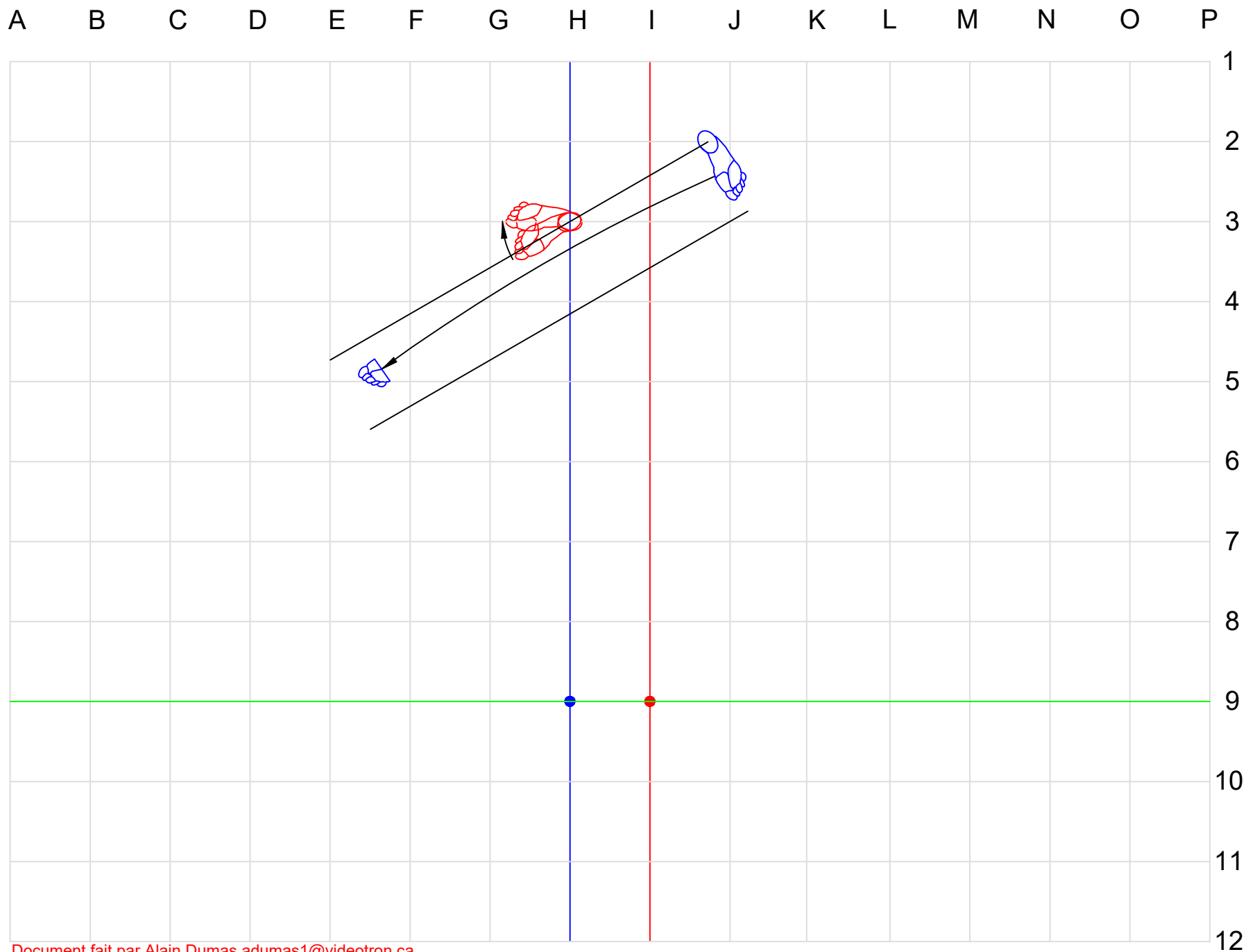






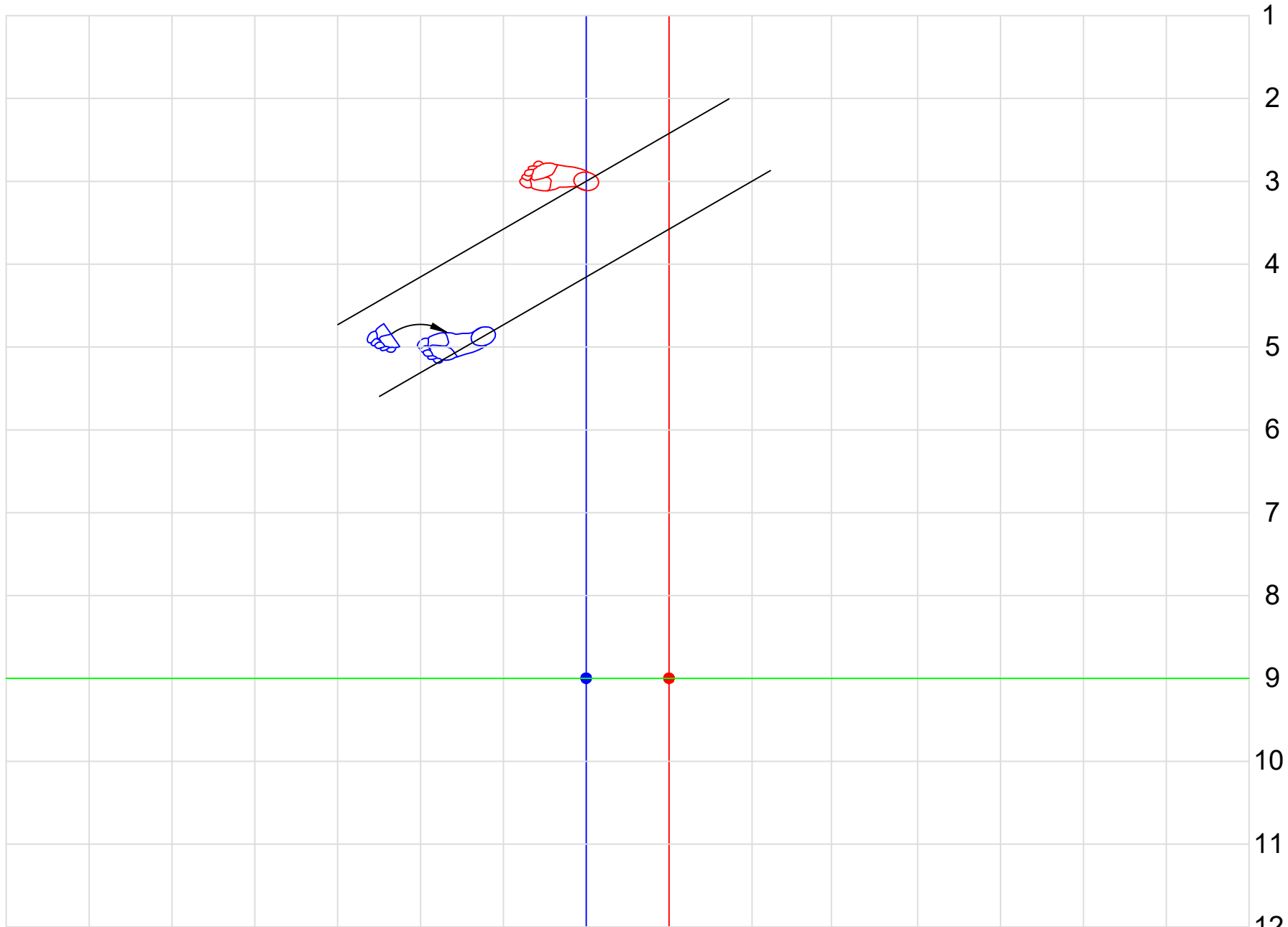




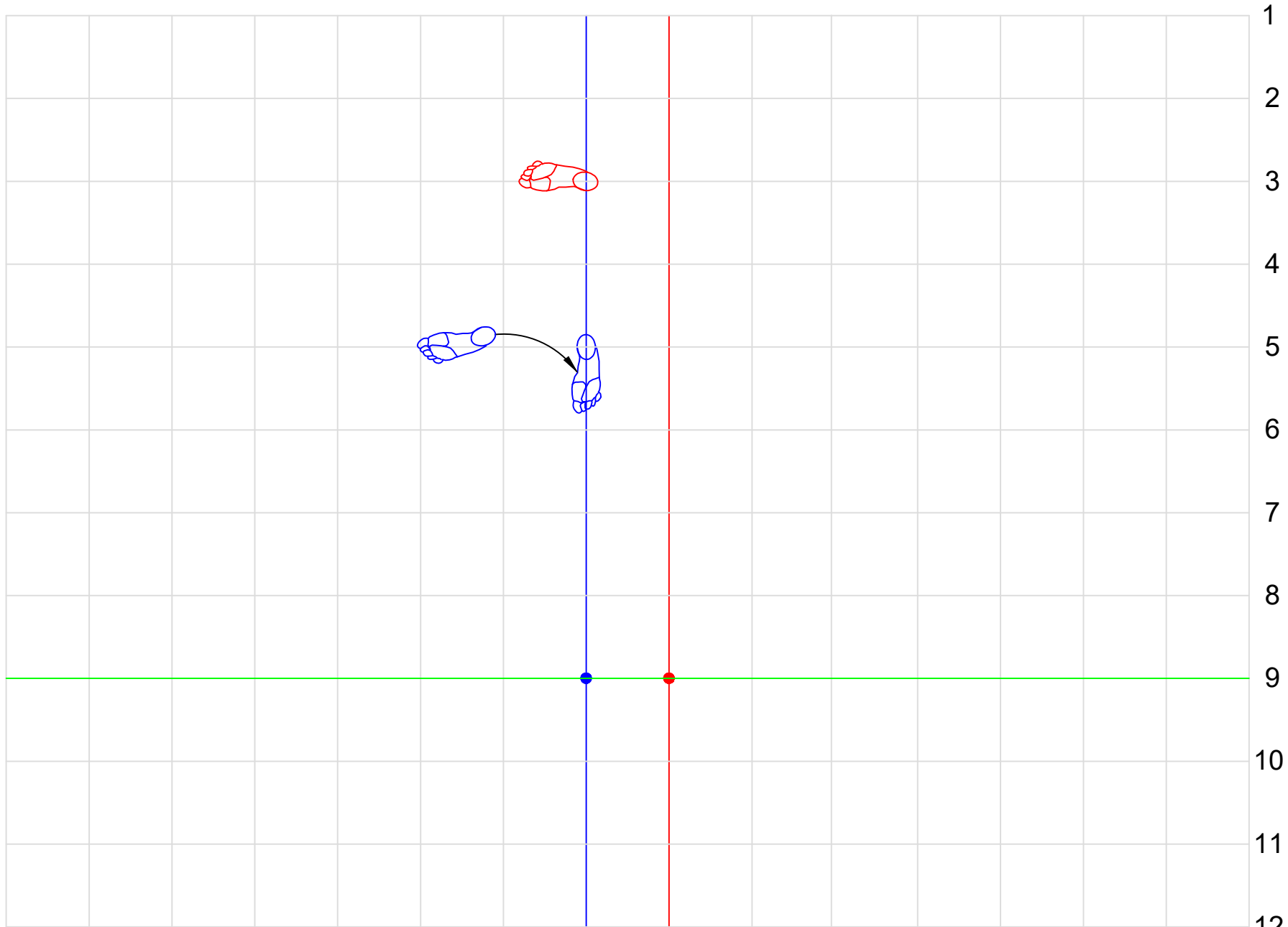




A B C D E F G H I J K L M N O P

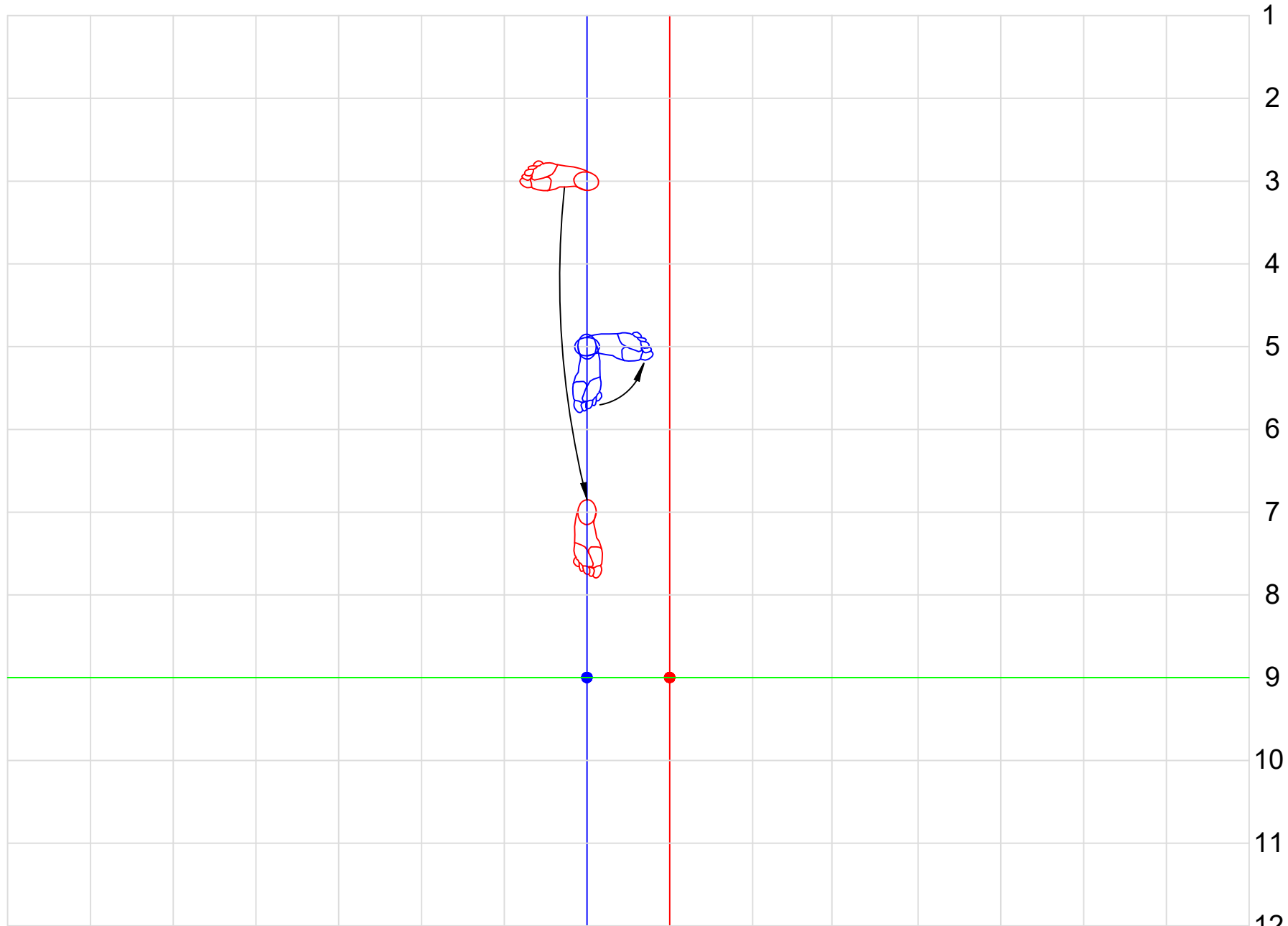


A B C D E F G H I J K L M N O P

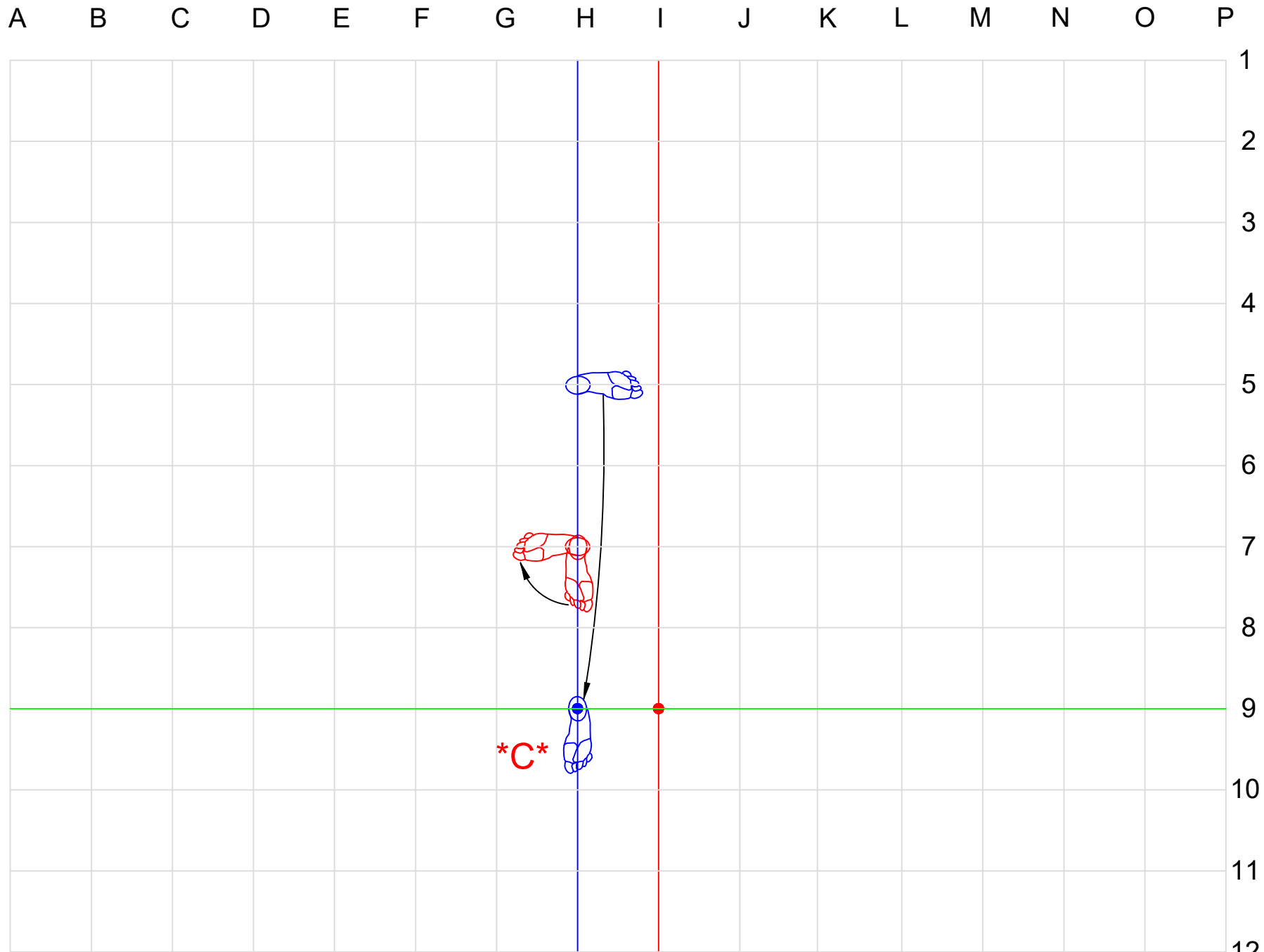


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

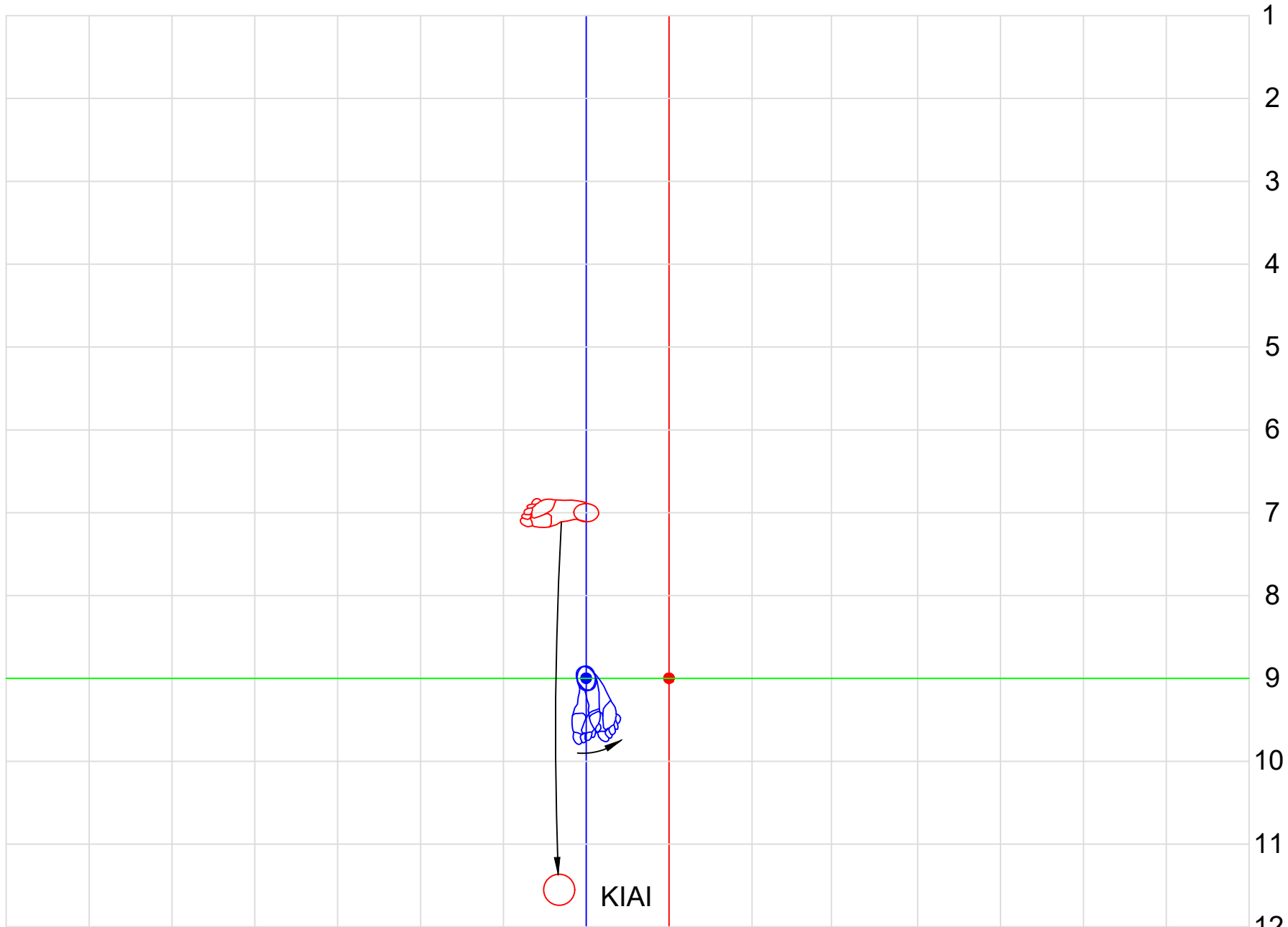
A B C D E F G H I J K L M N O P

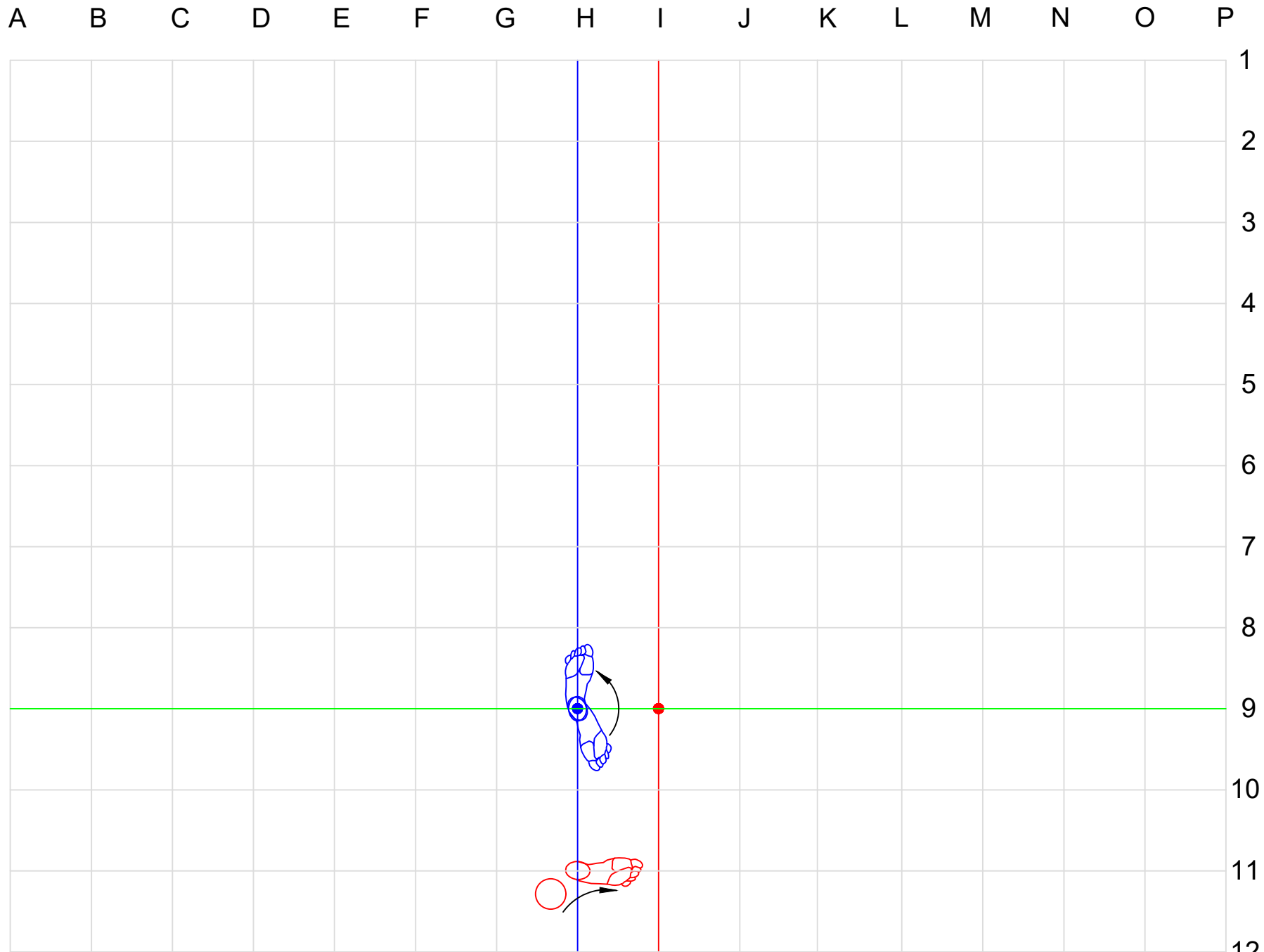


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

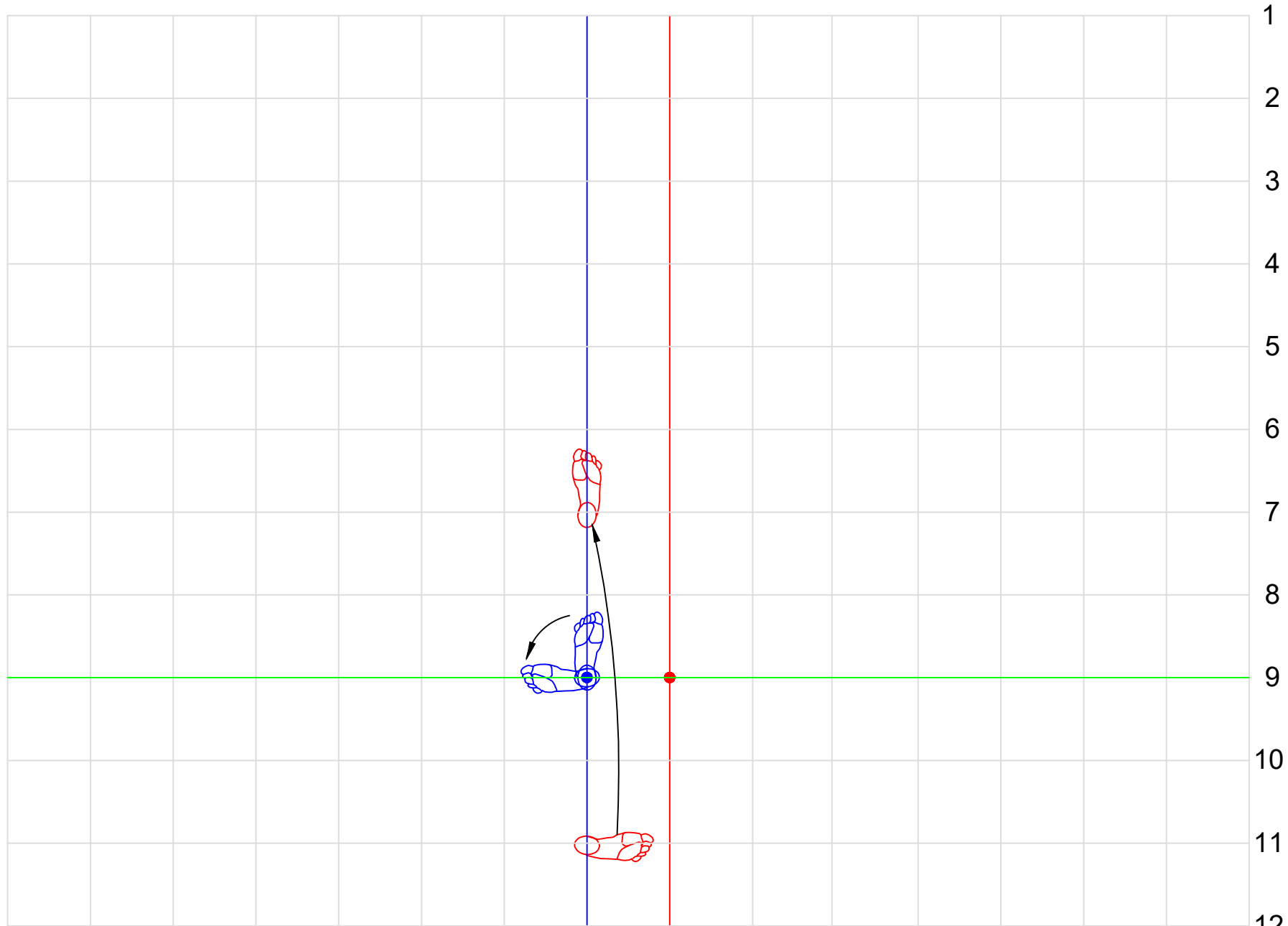


A B C D E F G H I J K L M N O P

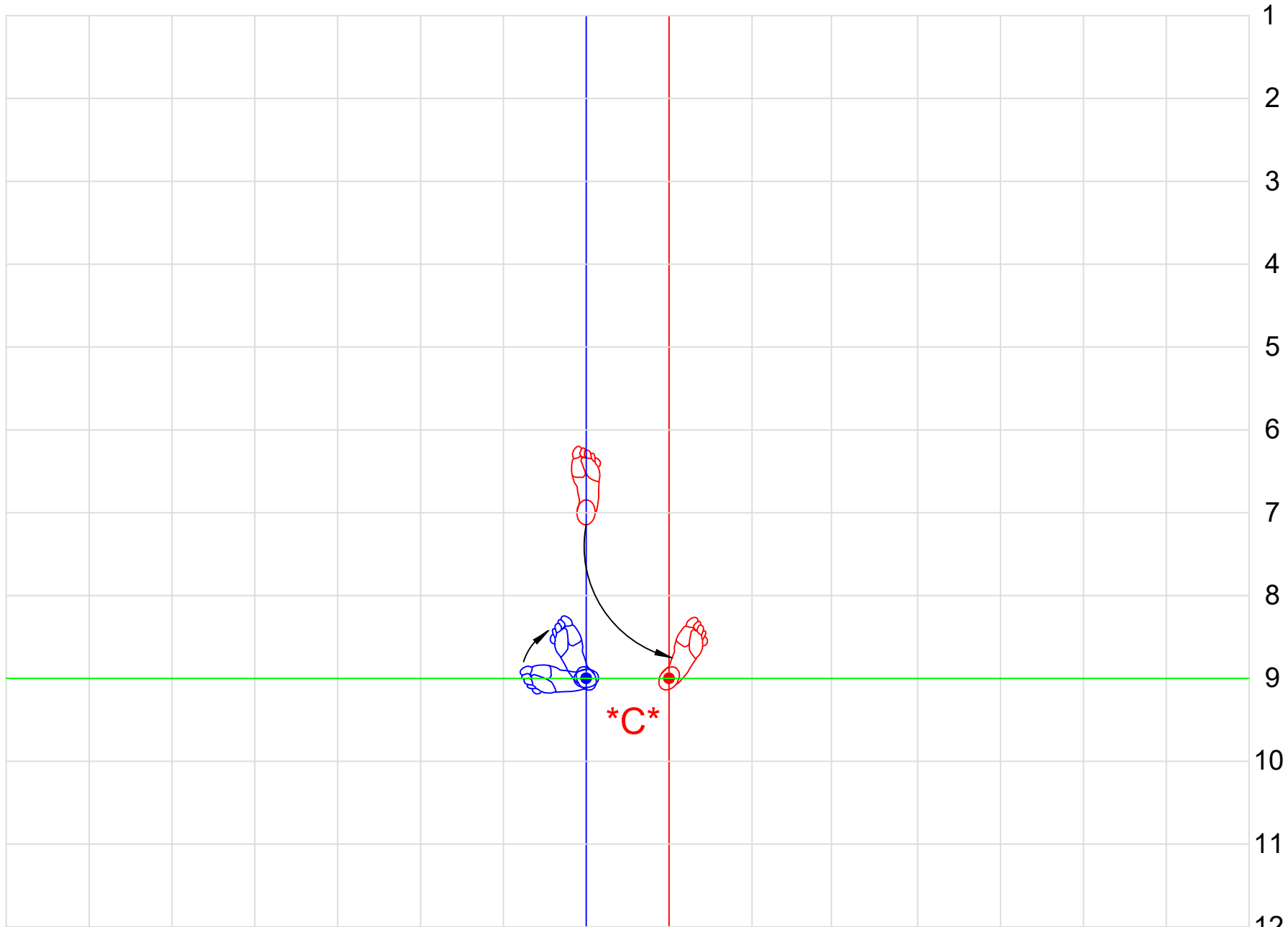




A B C D E F G H I J K L M N O P



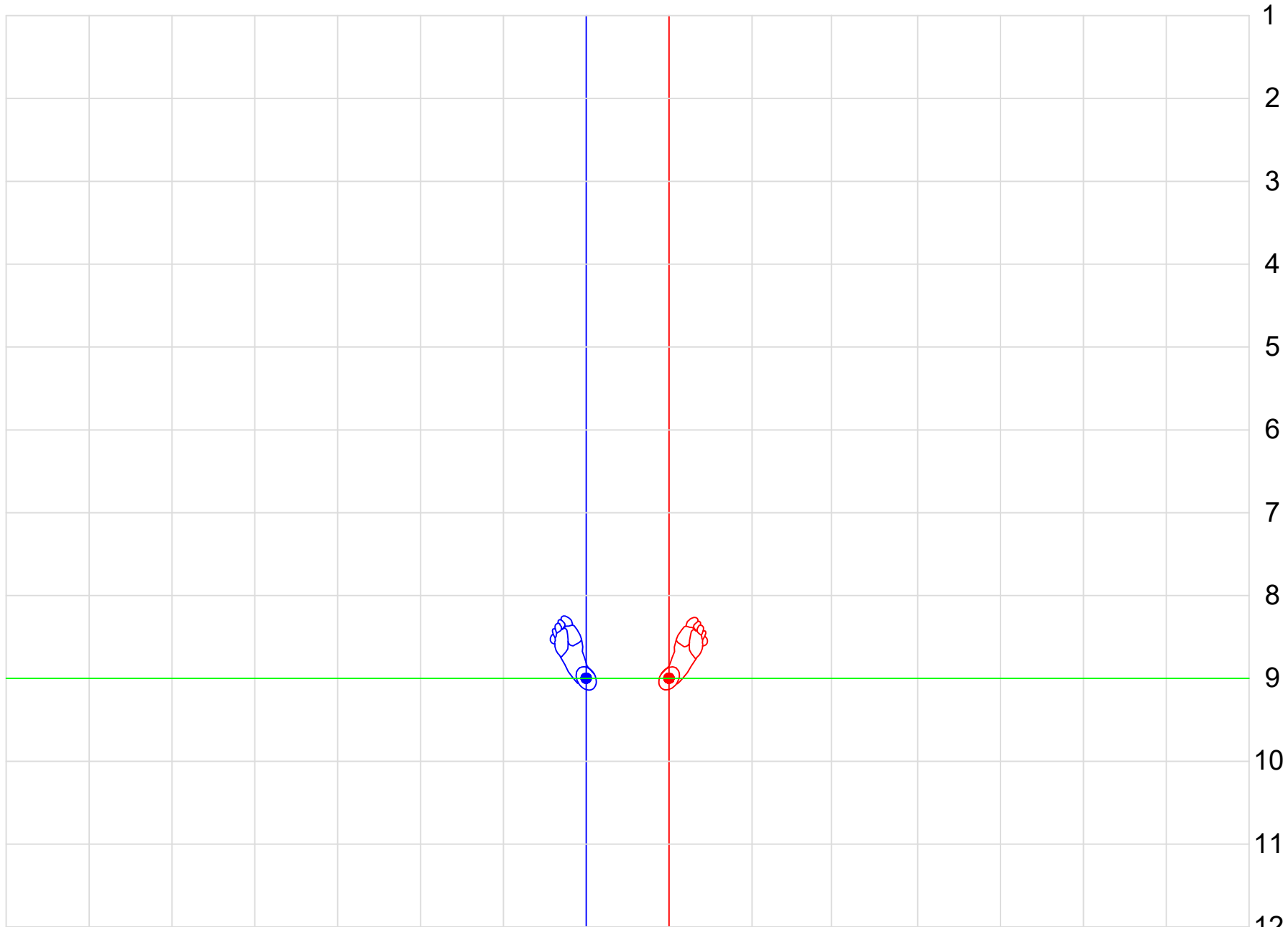
A B C D E F G H I J K L M N O P

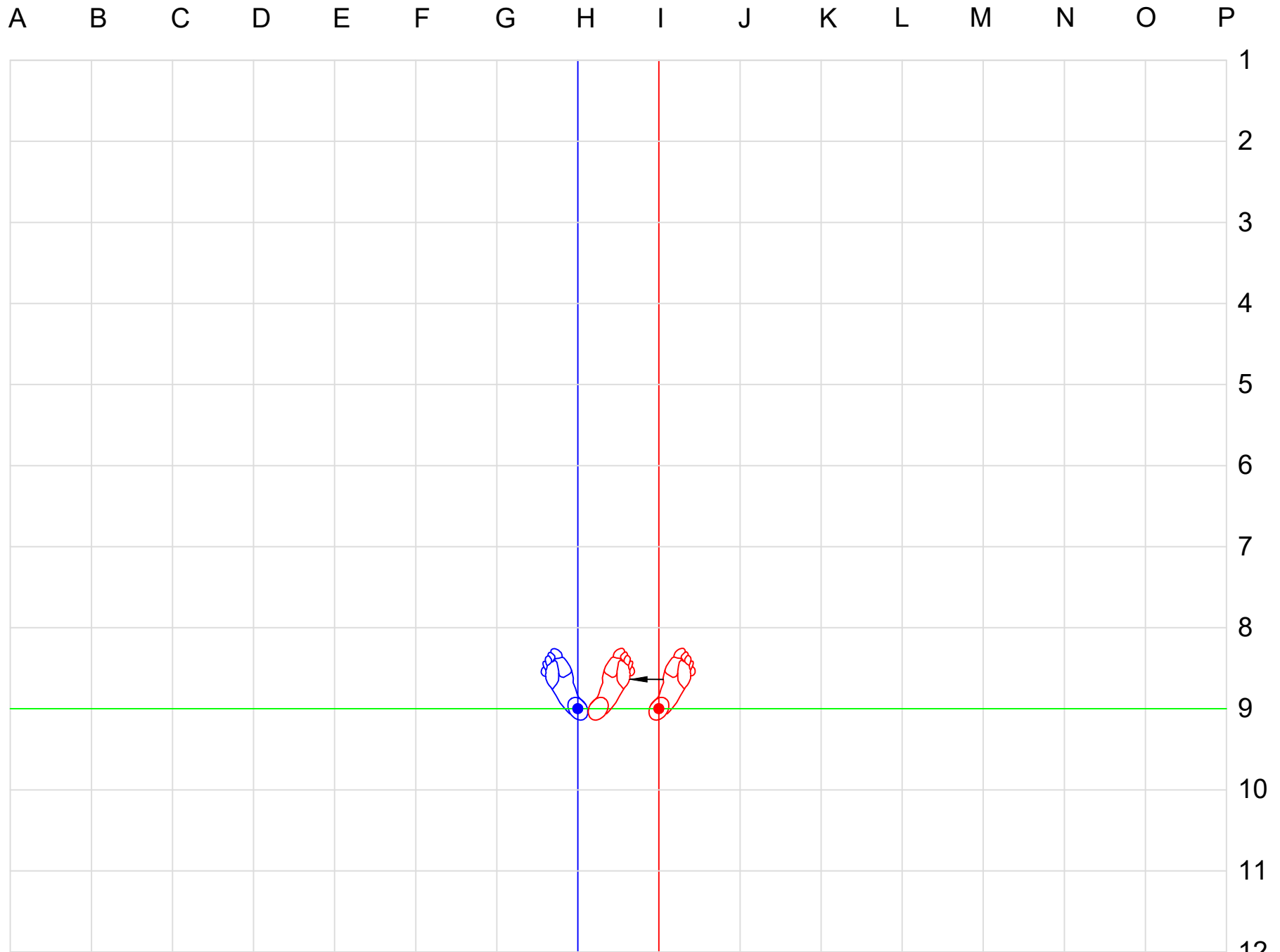


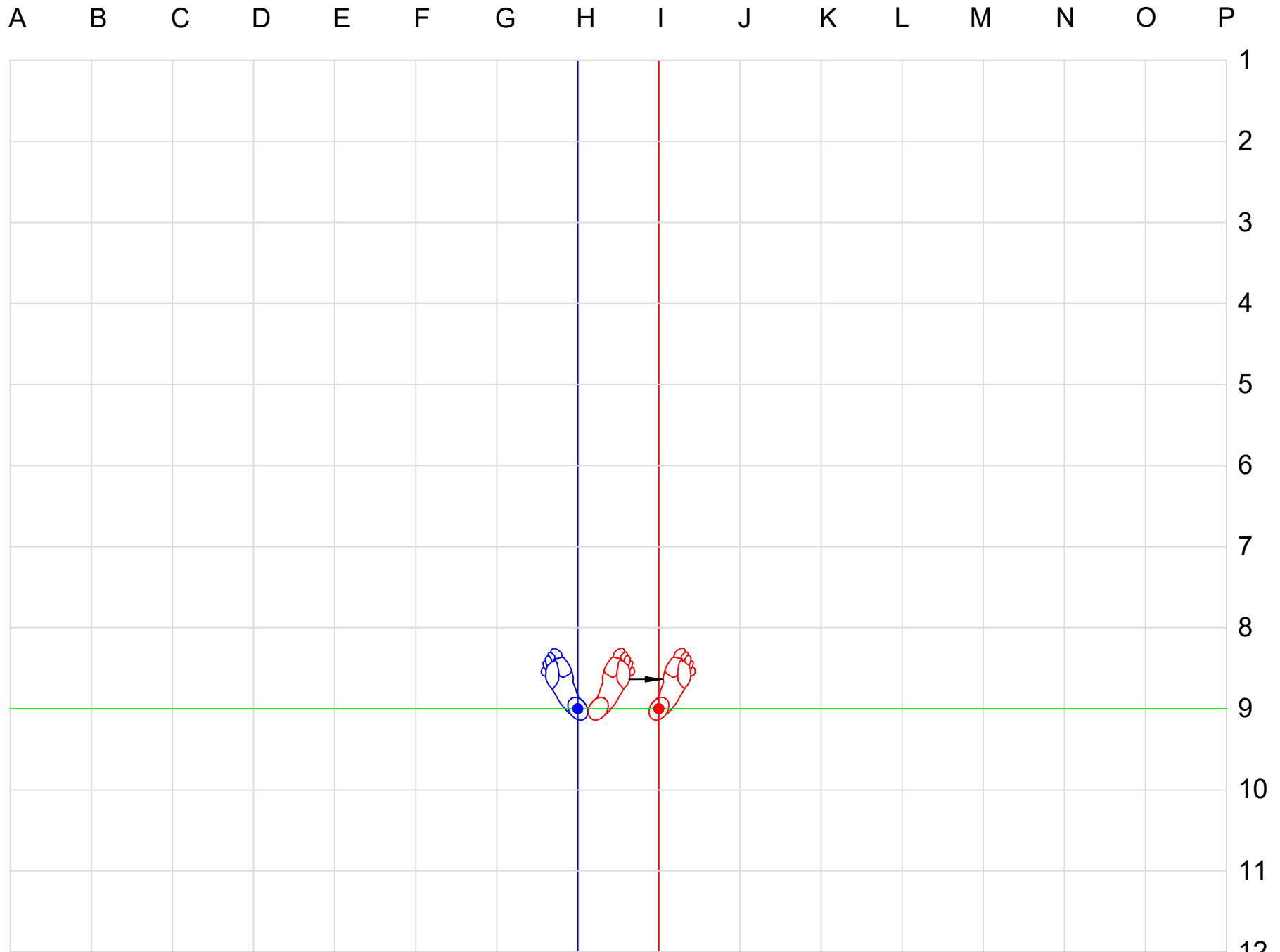
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



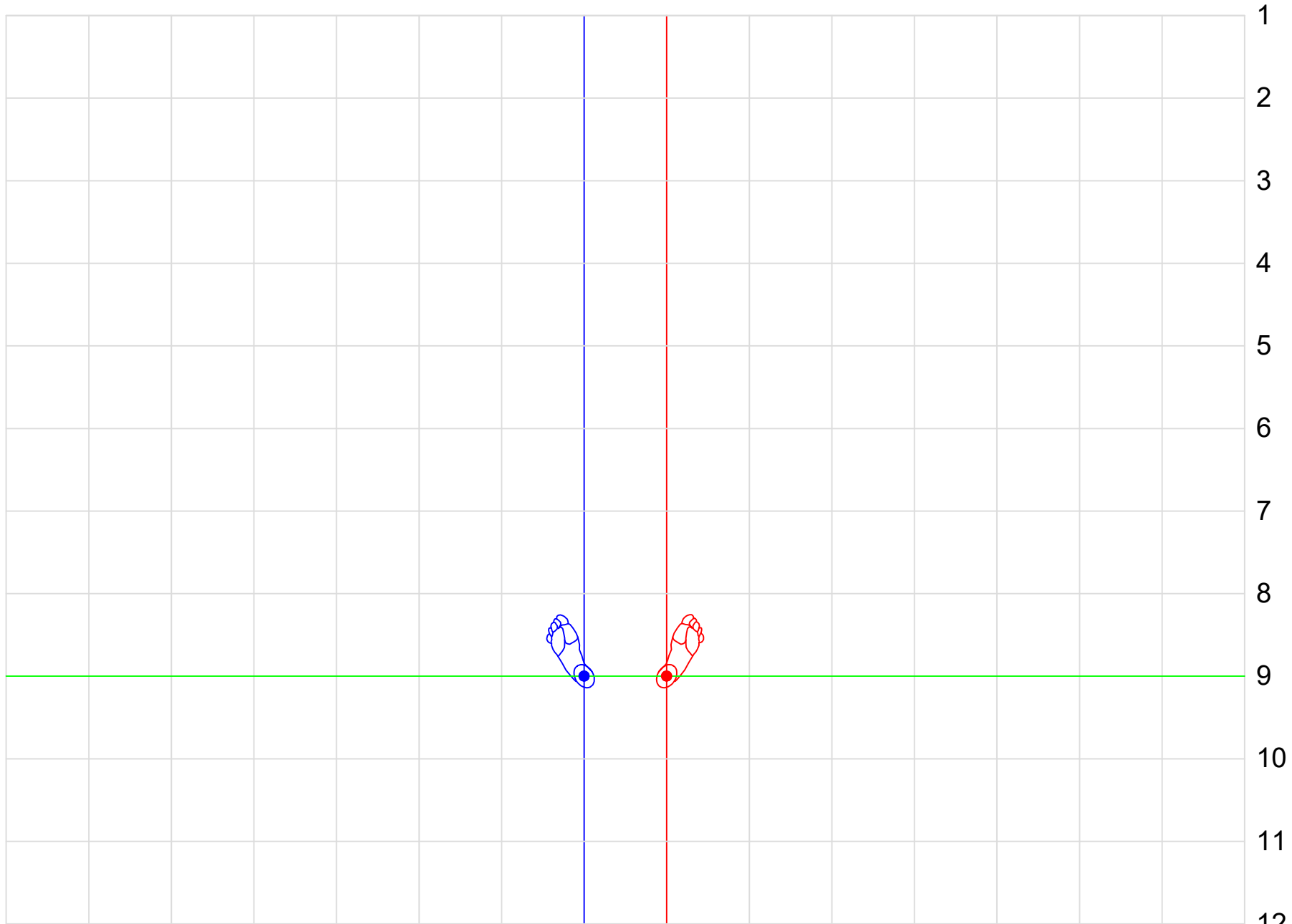
A B C D E F G H I J K L M N O P



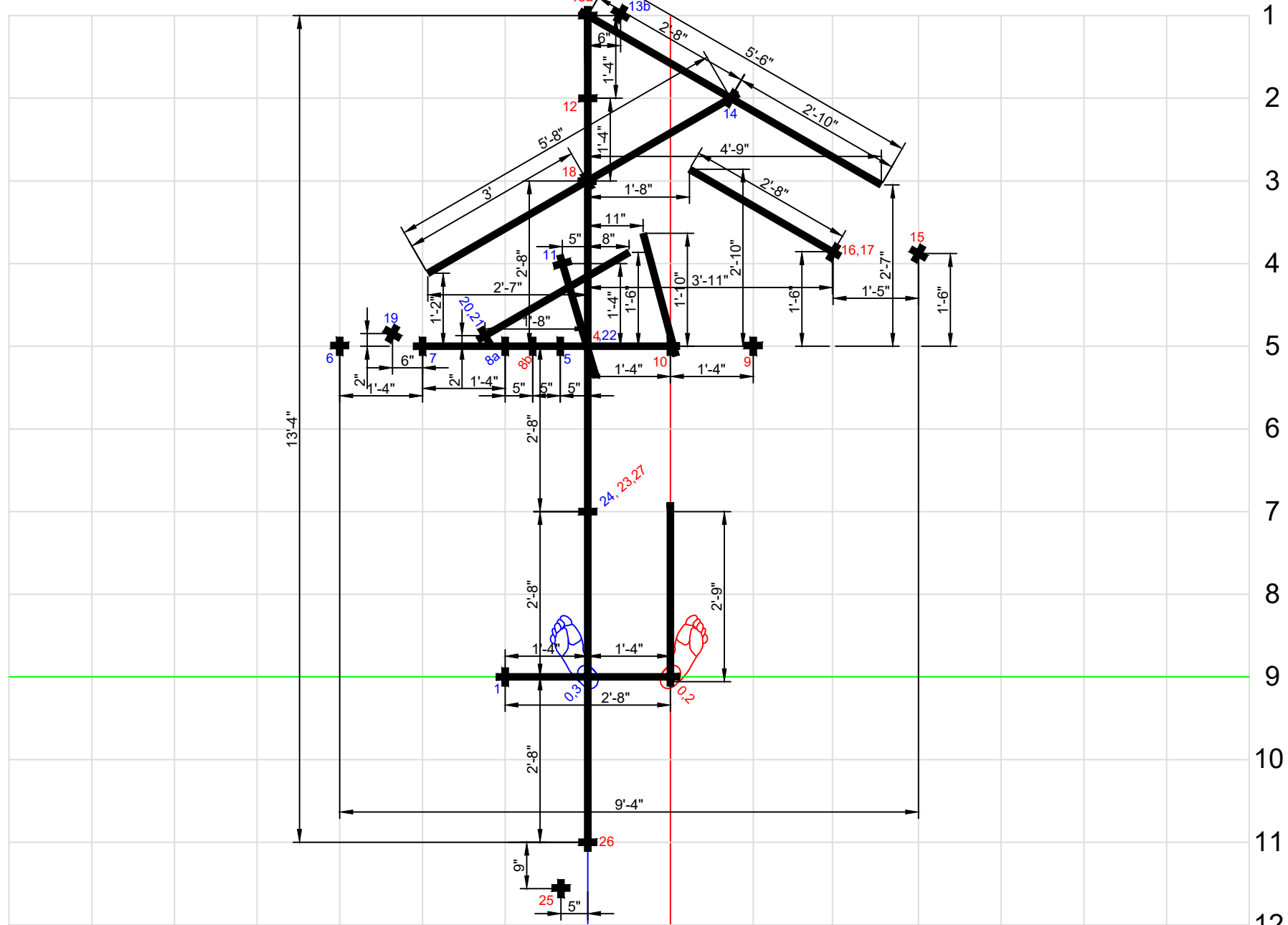




A B C D E F G H I J K L M N O P

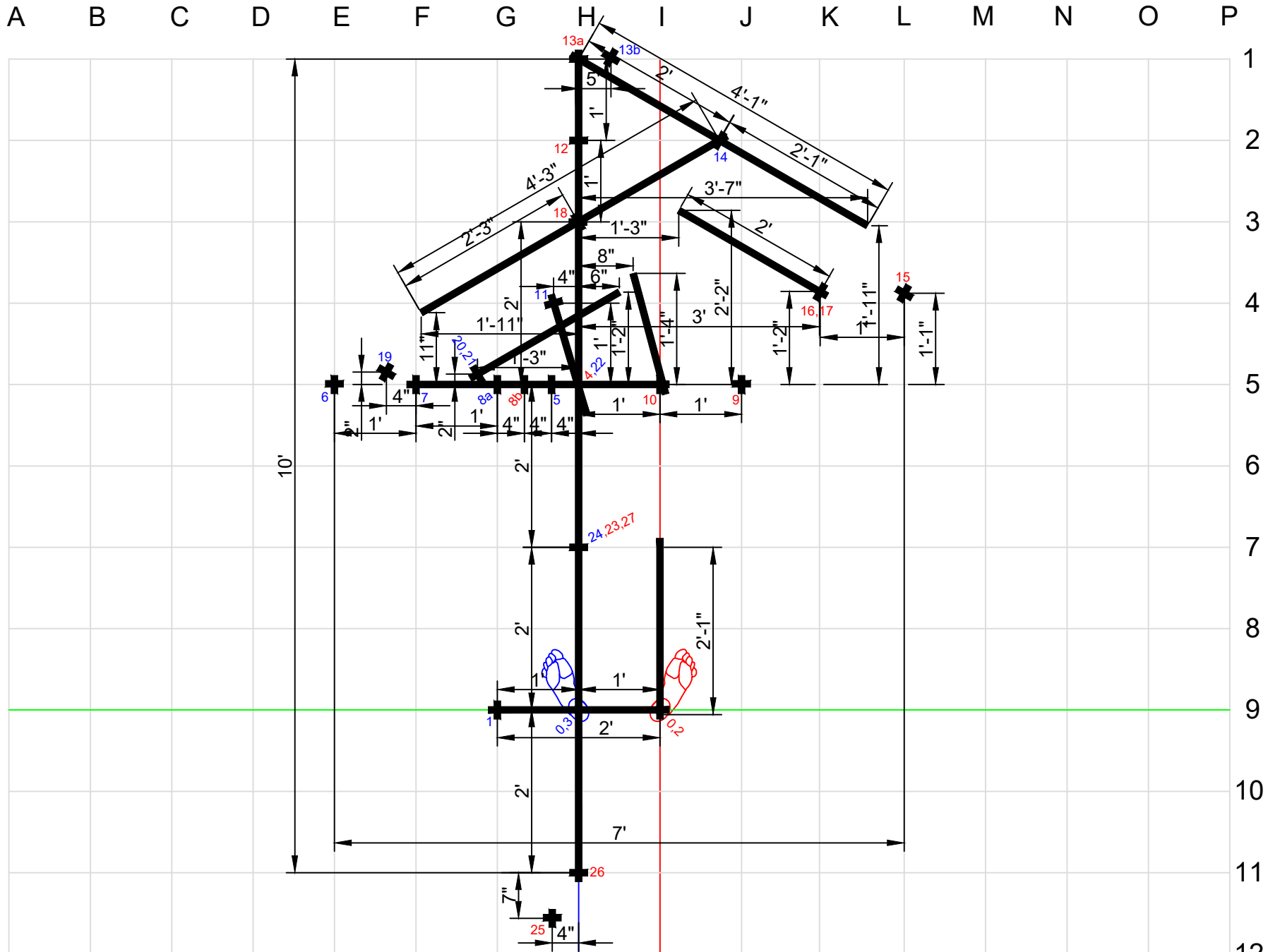


A B C D E F G H I J K L M N O P



Embusen Heian yondan 16" x 16"

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



Embusen Heian yondan 12" x 12"