

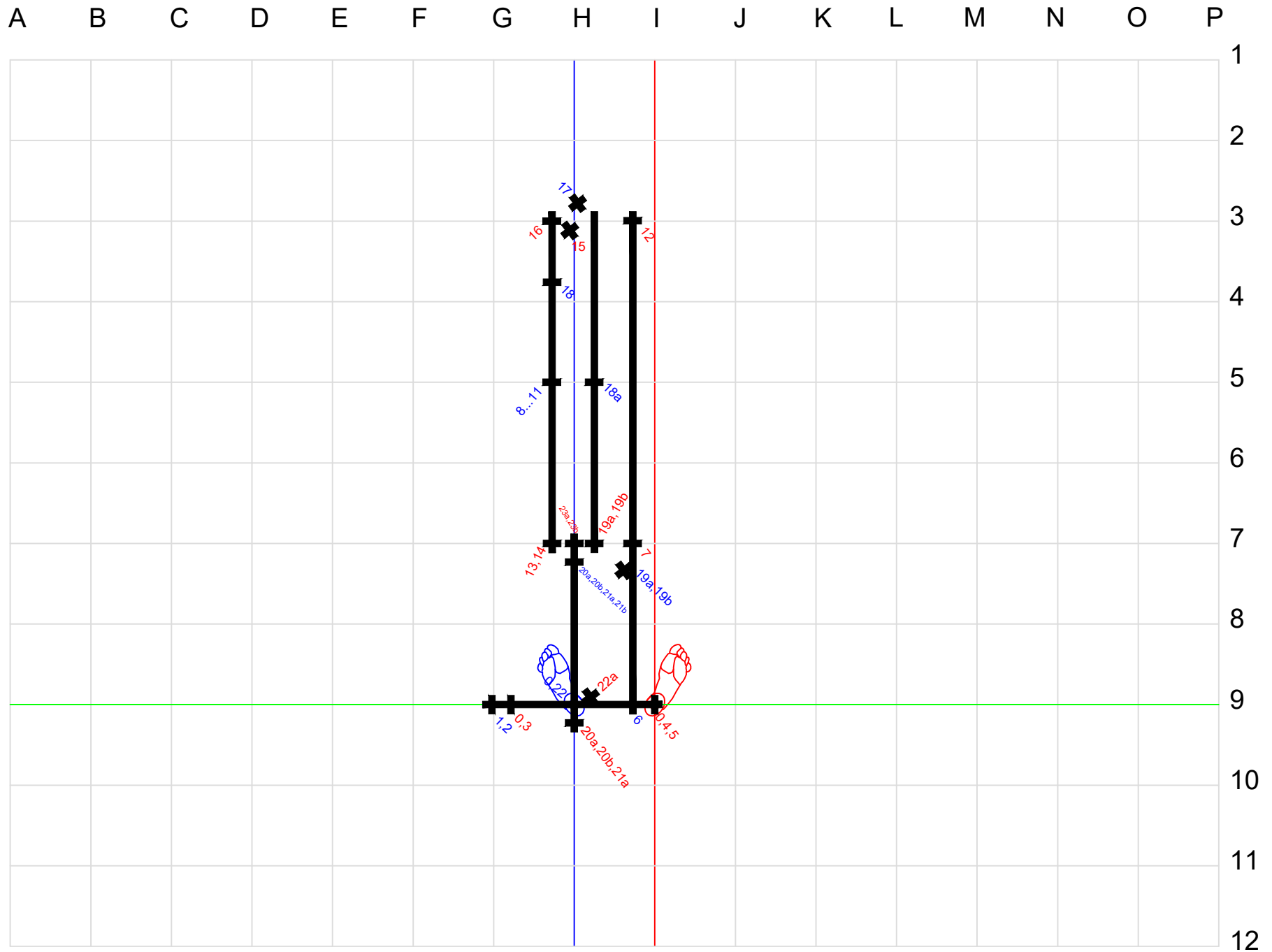
EMBUSEN HEIAN GODAN (PINAN)

Best karate # 5

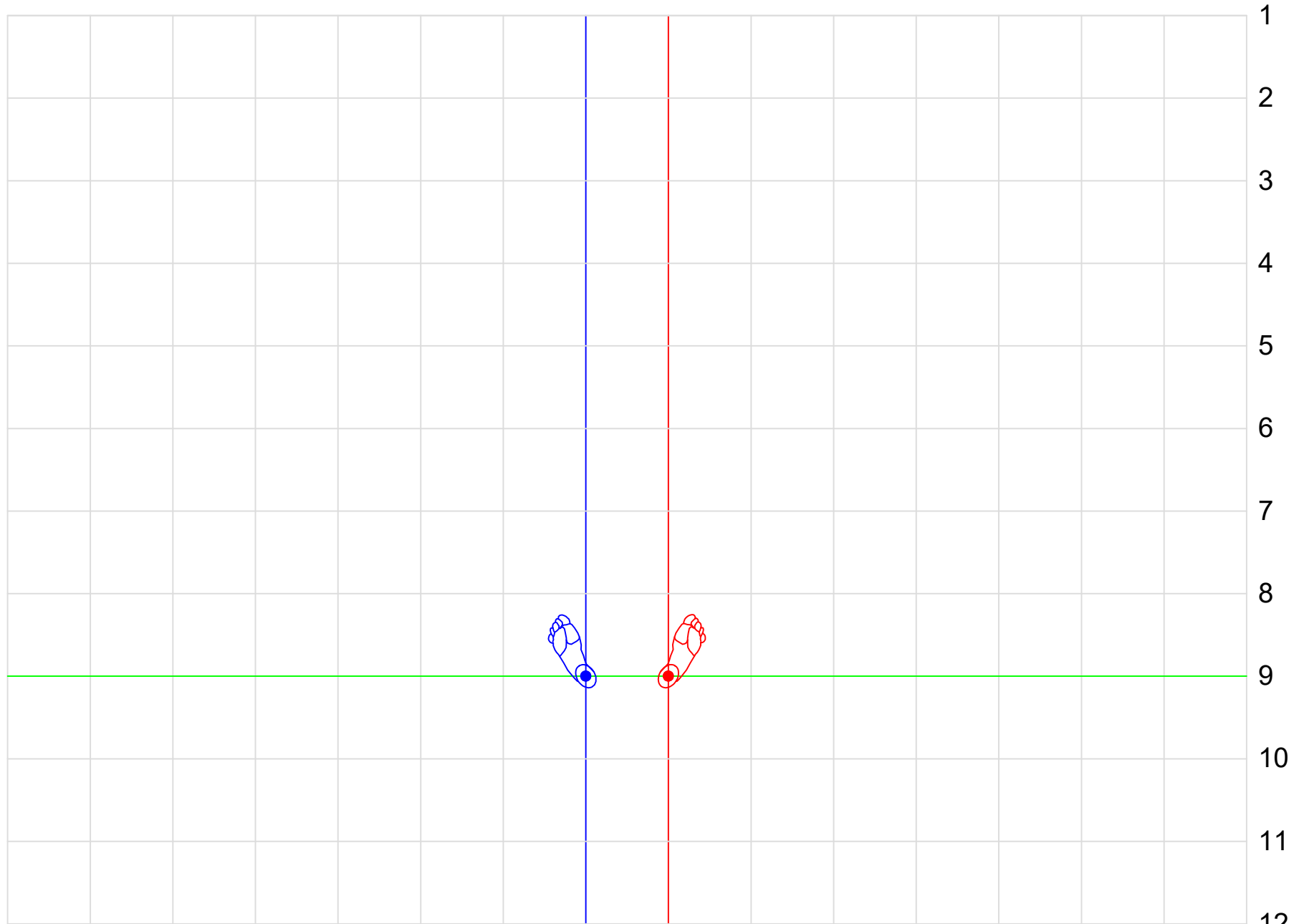
Paix et tranquillité 5				Peace and tranquility 4			
Origine : Okinawa, date de création : 1907, auteur : maître Itosu				Origin : Okinawa, date created: 1907, author : master Itosu			
Hei : calme, paisible, go : 5 ^e niveau, An : paix, tranquillité				Hei : quiet, peaceful, Go : 5 th level, An : peace, tranquility			
Kata de vitesse « Shorin » - Classification IKD: Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
23 mouvements - Kiai mouvement 12 et 19, Durée 50 secondes				23 movements - Kiai movements 11 and 19, Length : 50 seconds			
<u>Points importants:</u> Heian Godan aborde de nombreuses nouvelles techniques et positions telles que kosa-dachi, renoji-dachi et mikazuki-geri. Il s'effectue à un rythme particulier avec une alternance de temps rapides et de temps plus lents.				<u>Important points:</u> Heian Godan introduces many new techniques and stances such as kosa-dachi, renoji-dachi and mikazuki-geri. It has a particular rhythm that alternates between fast and slow.			
<u>Note:</u> Une particularité avec ce kata est le travail de souplesse du tronc dans les mouvements 2 et 5 que l'on retrouve aussi dans Tekki shodan. Cela constitue une bonne préparation pour Bassai-dai. Pour les mouvements 20, 21a et 23a, l'utilisation des positions hiza kussu-dachi et kokutsu-dachi favorise un meilleur transfert du poids et facilite les mouvements des bras.				<u>Note:</u> One of the particularity of this kata is the flexibility work of the torso in movements 2 and 5, which can also be found in Tekki shodan. This is a good preparation for Bassai-dai. For movements 20, 21a and 23a, the use of hiza kussu-dachi and kokutsu-dachi stances allows a better weight transfer and facilitates arm movements.			
<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, fin.	● I-9	Début, (Pied gauche sur 6), fin.	● H-9	Start, end.	● I-9	Start, (Left foot on 6), end.

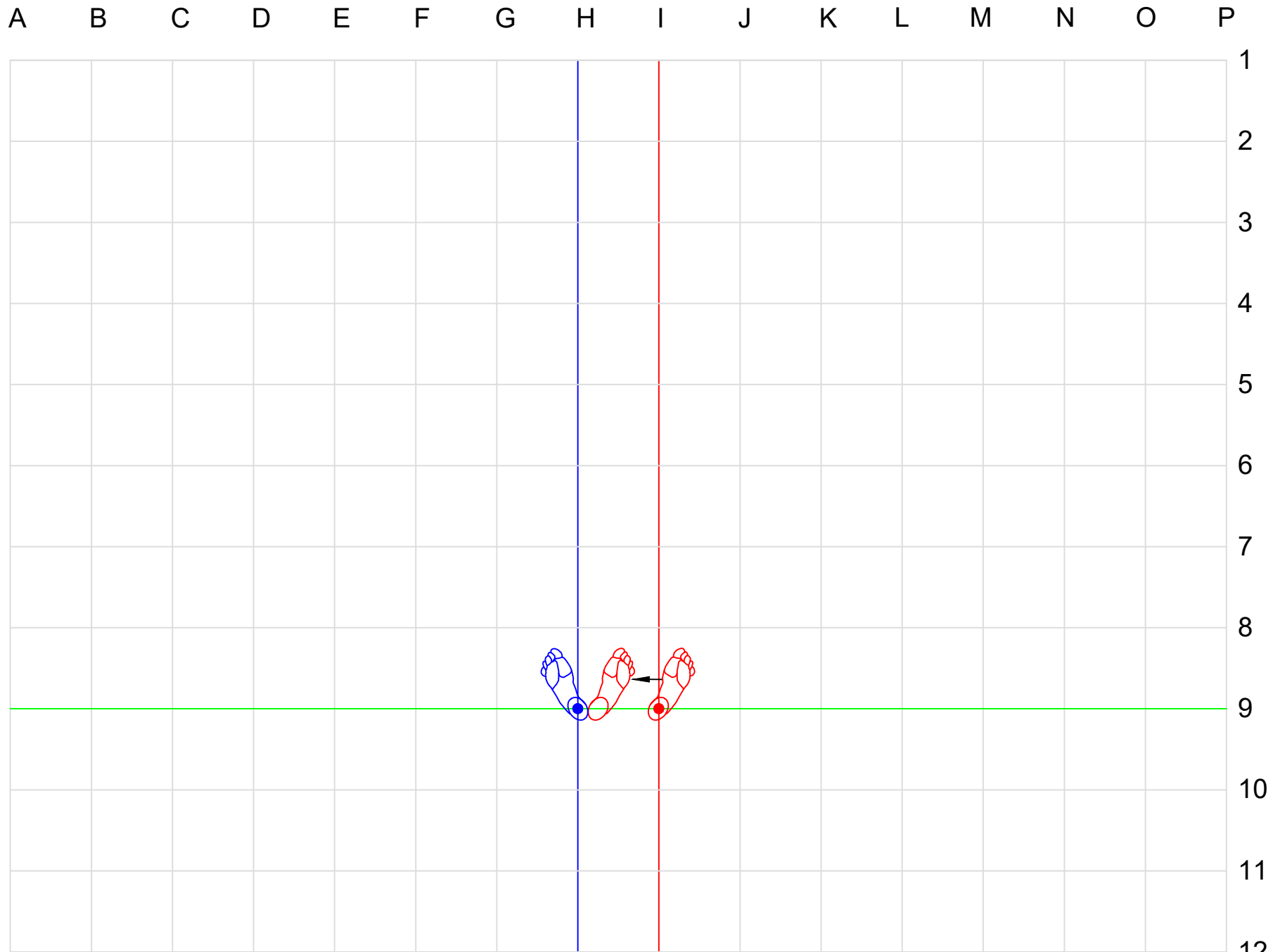
Par Alain Dumas 6^e dan, IKD 2019-04-23

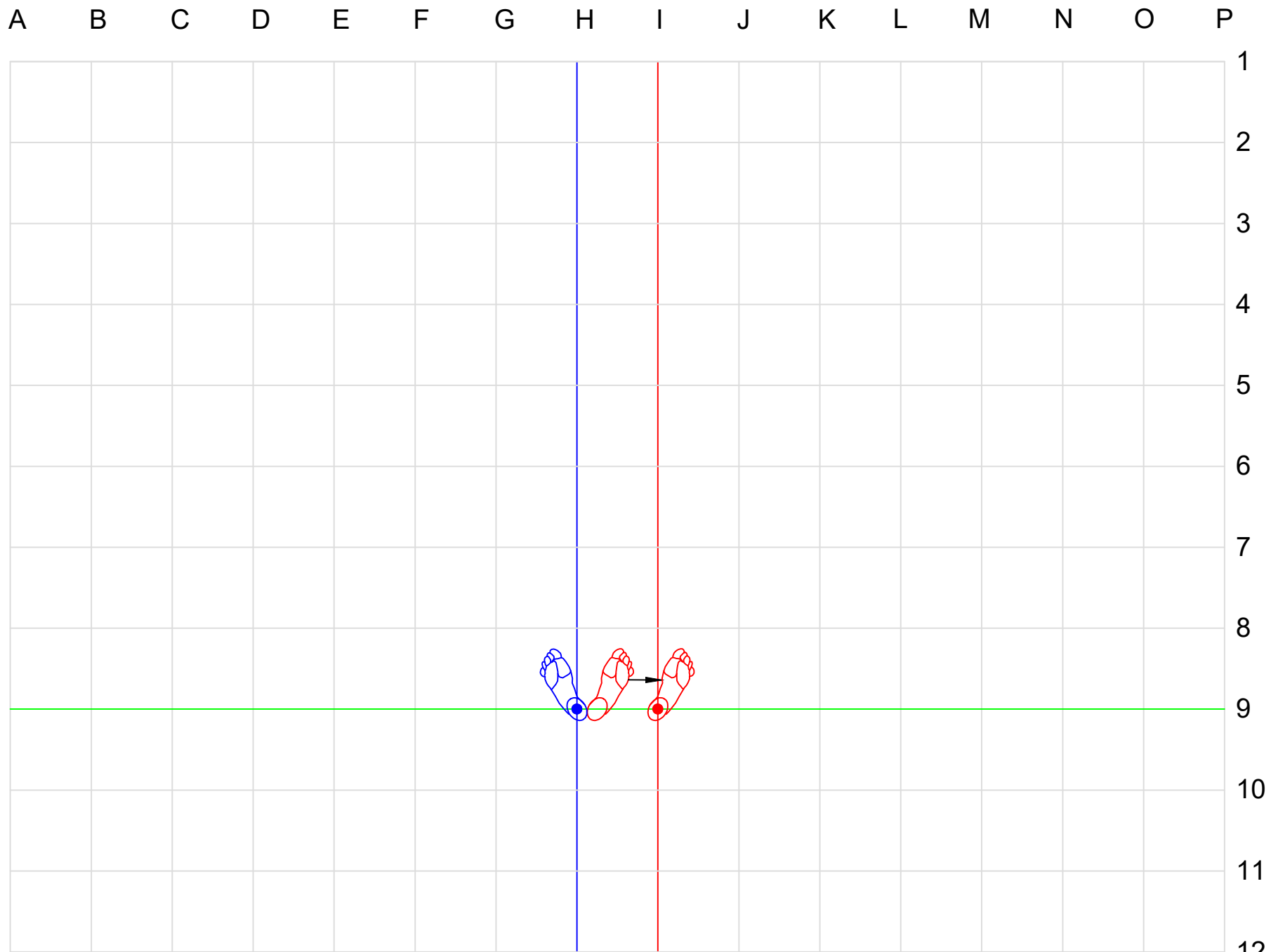


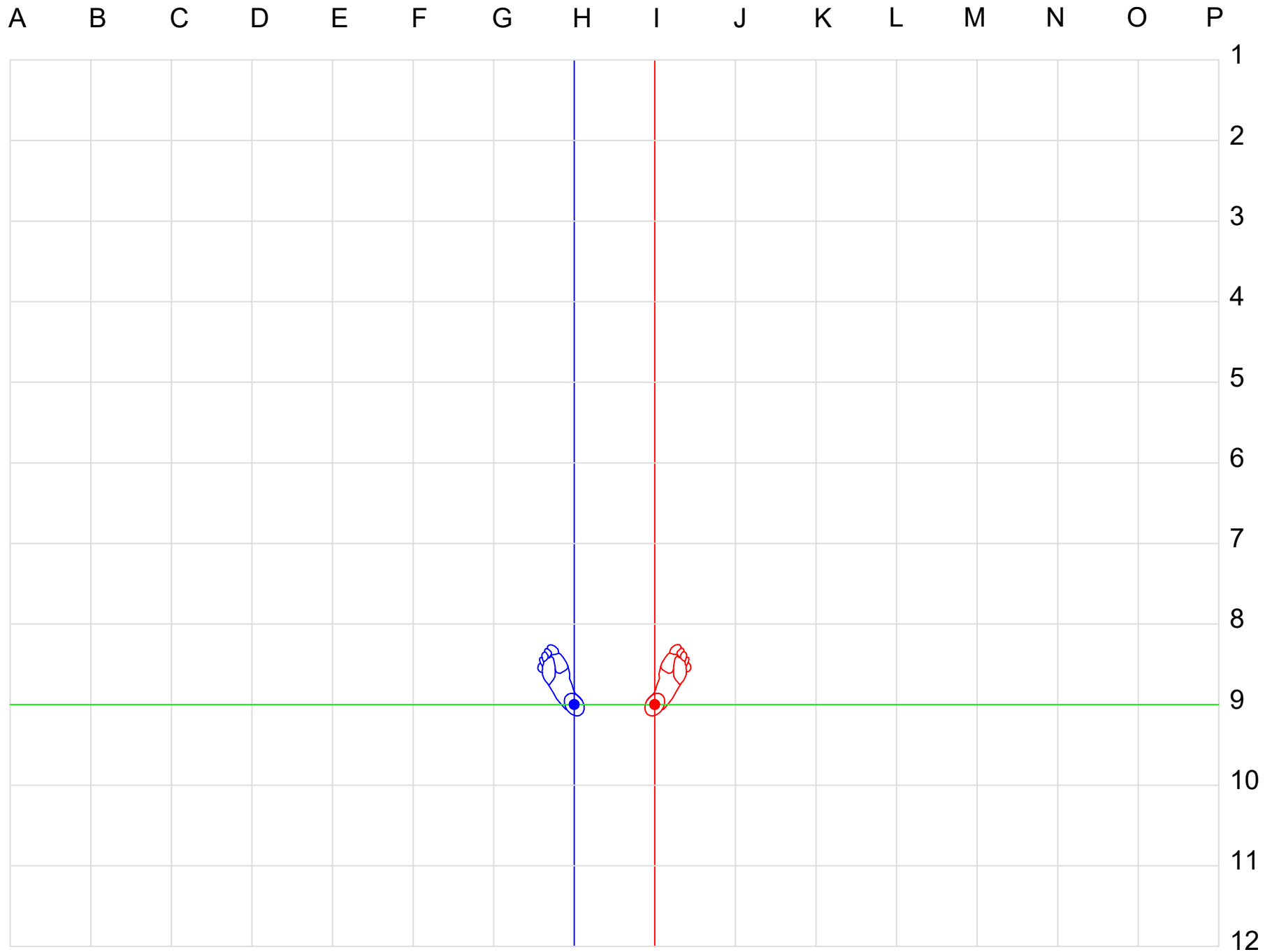


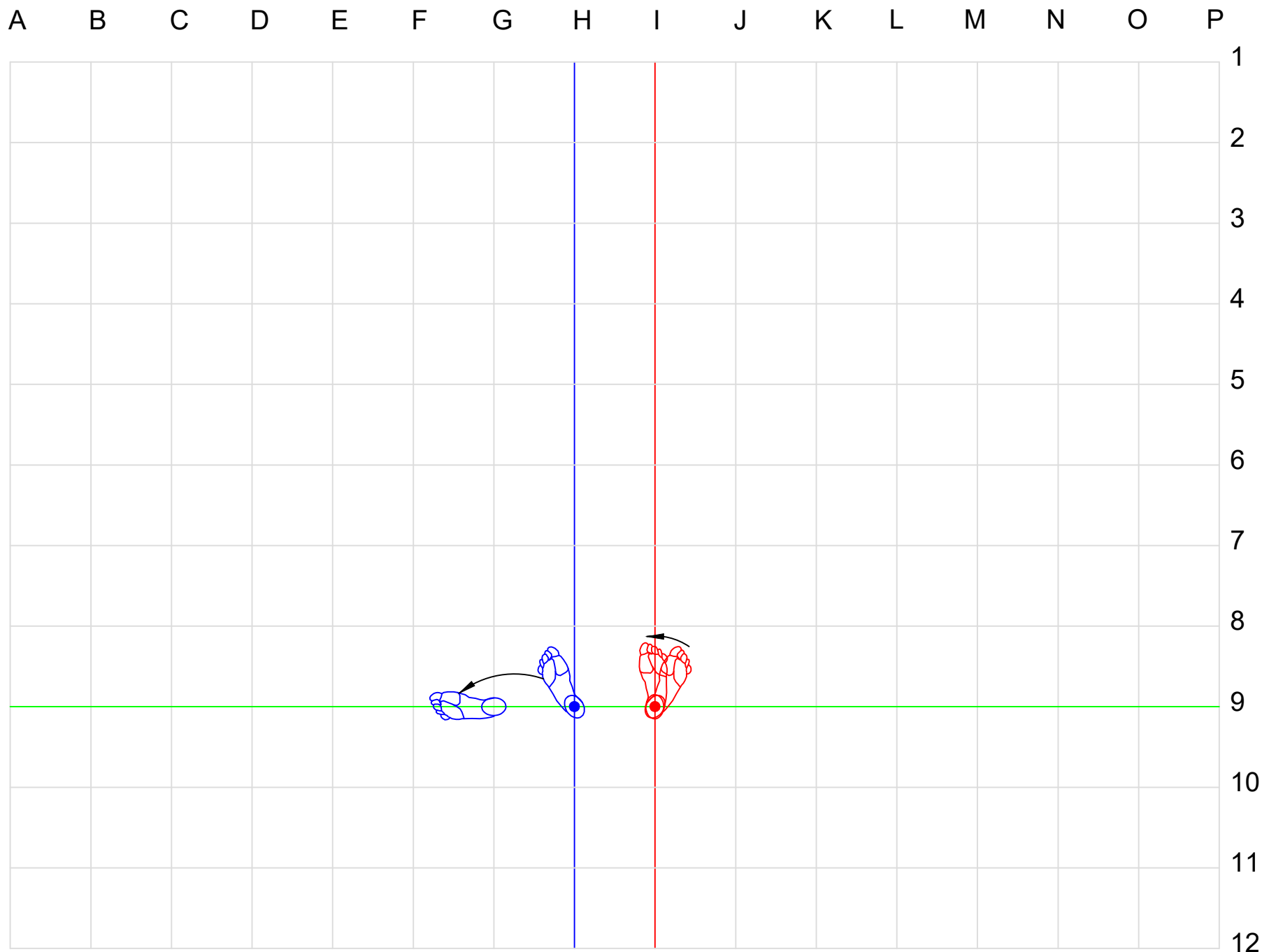
A B C D E F G H I J K L M N O P

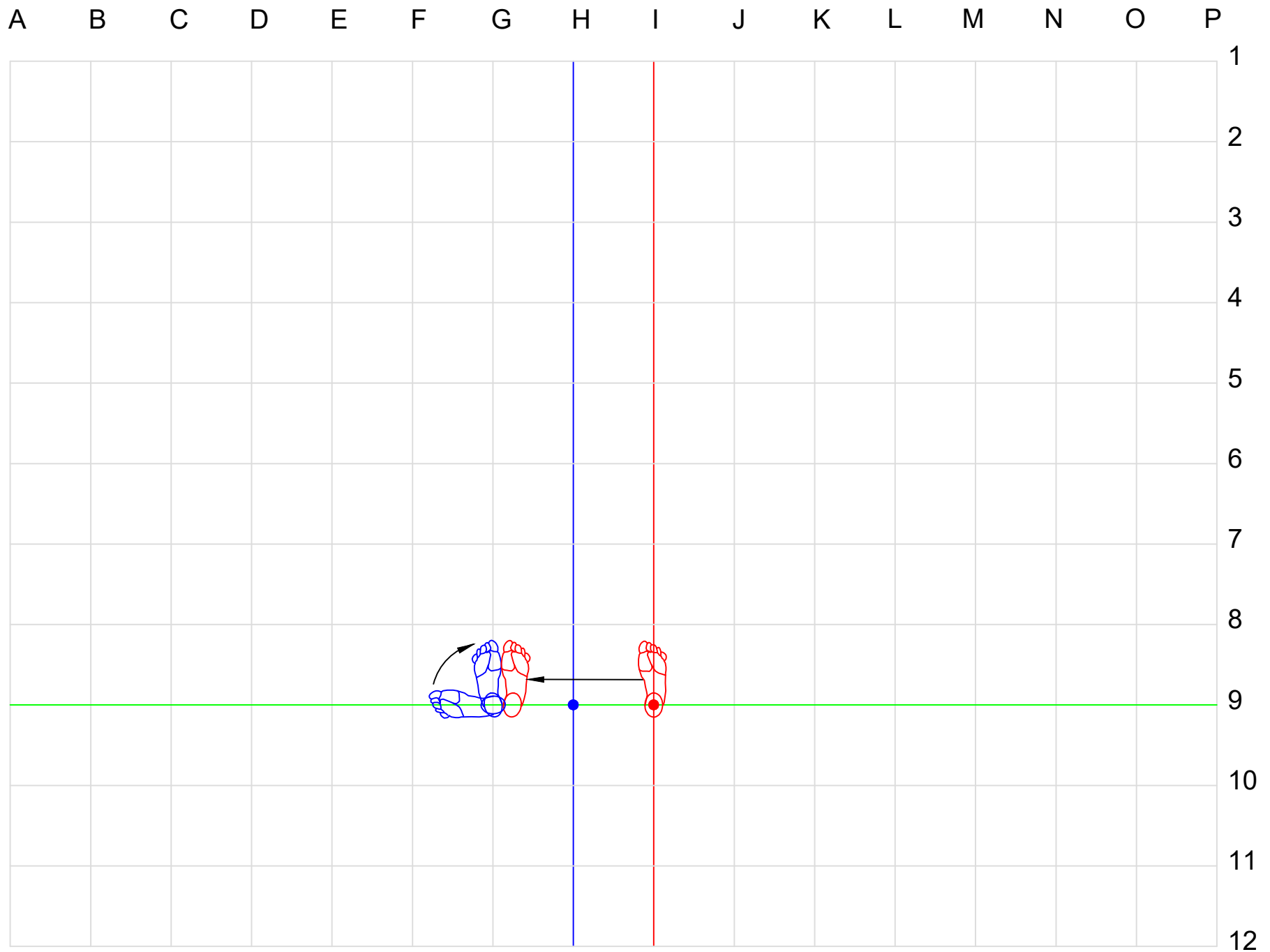


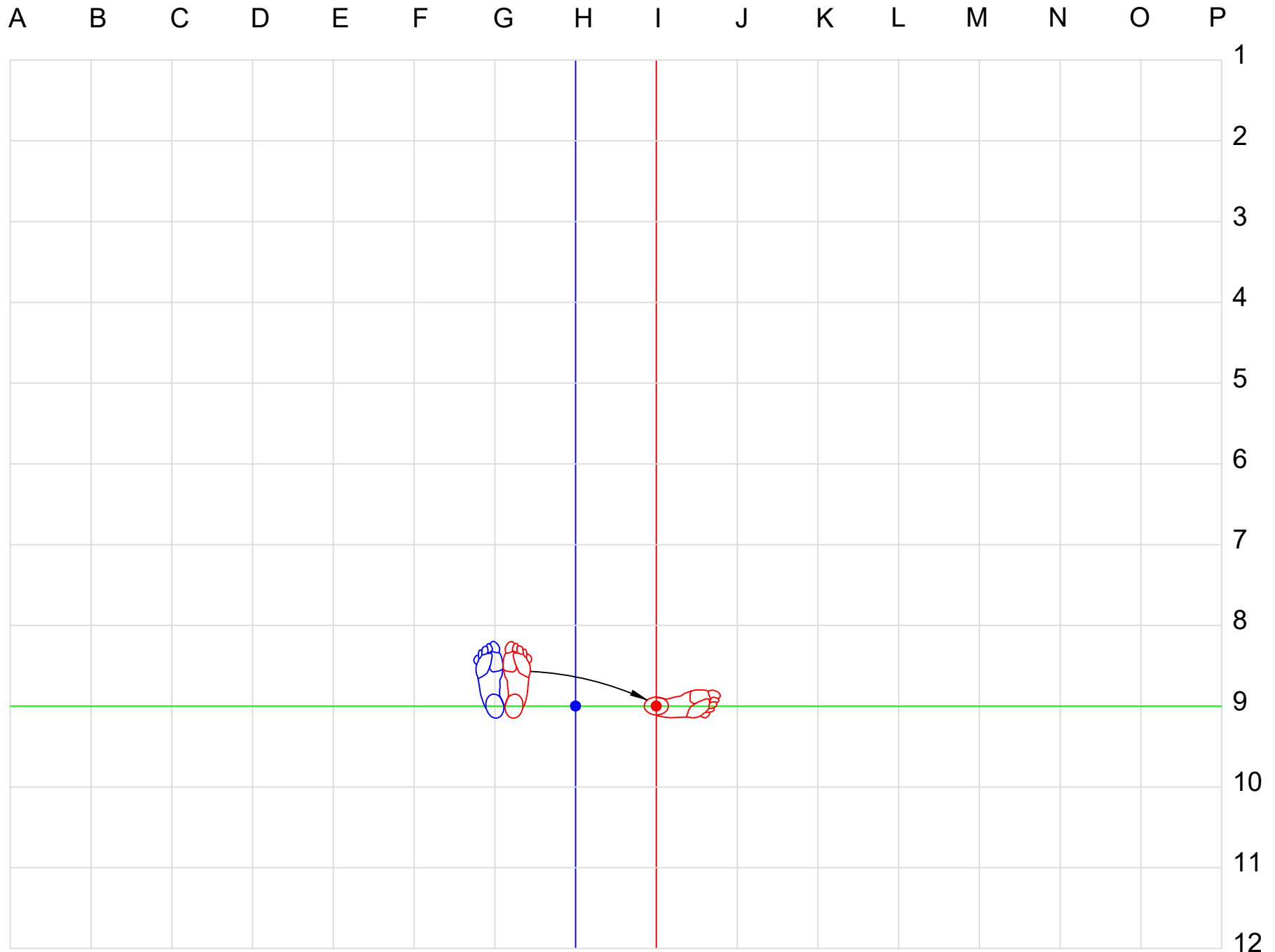


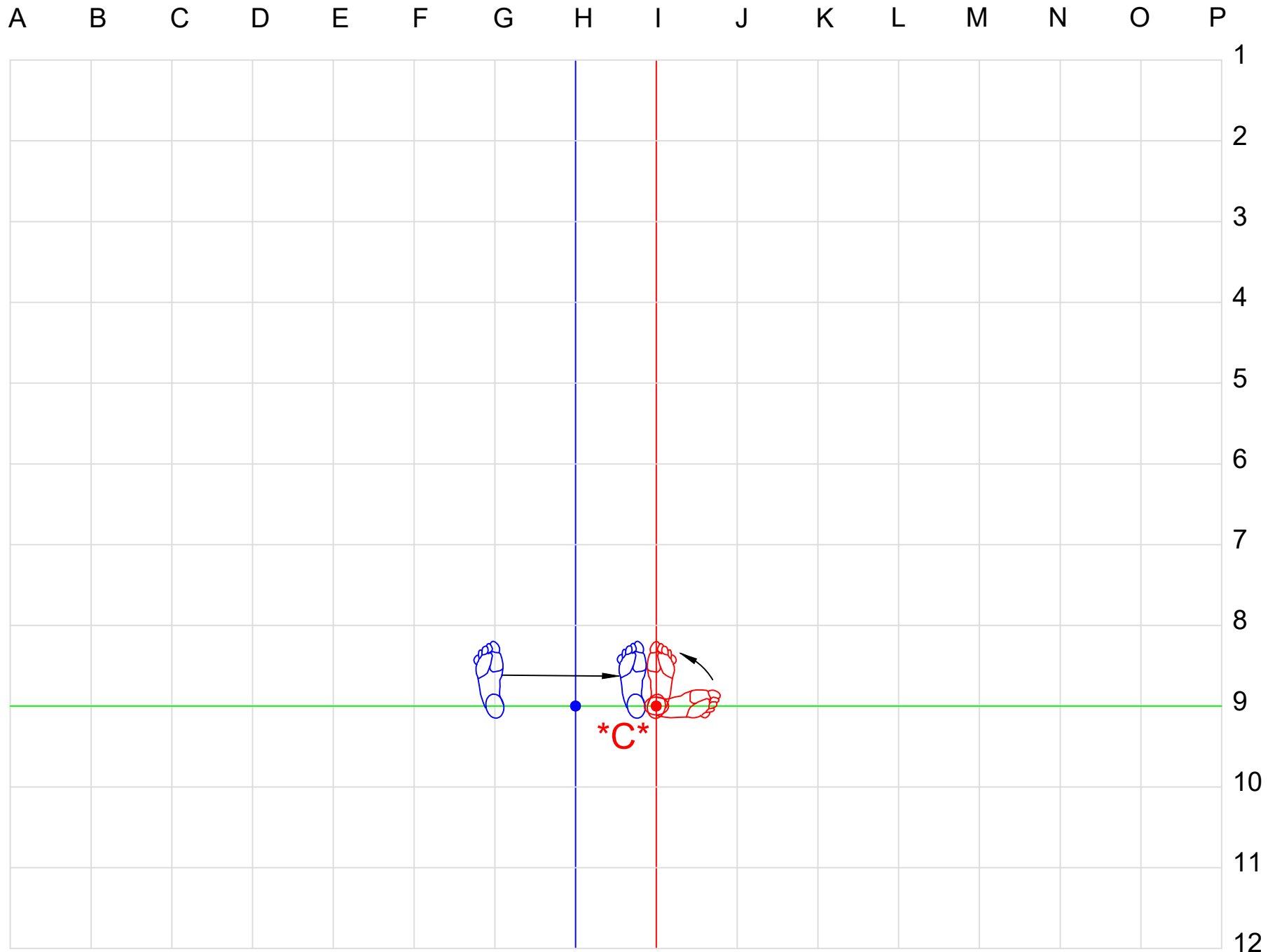


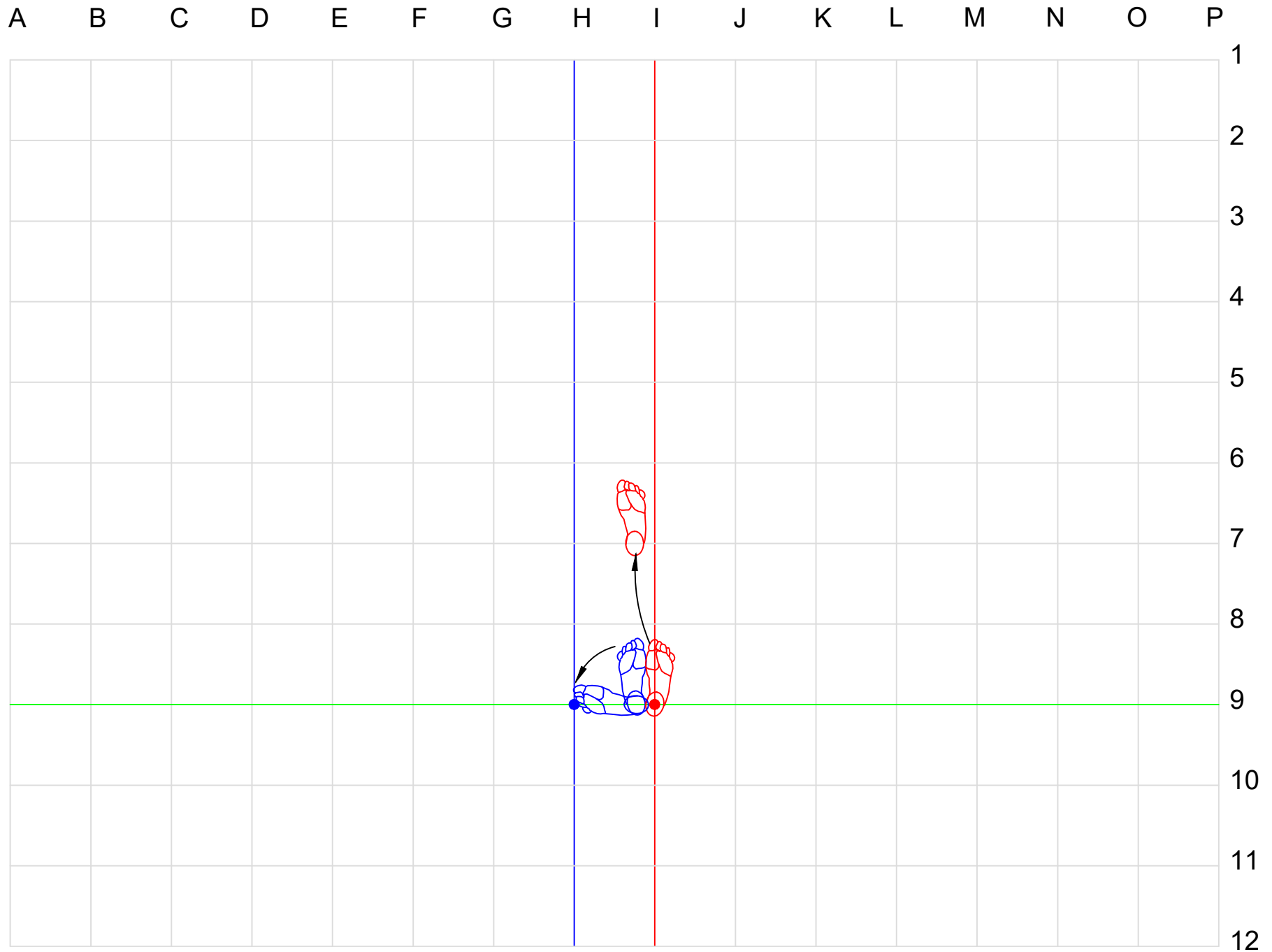


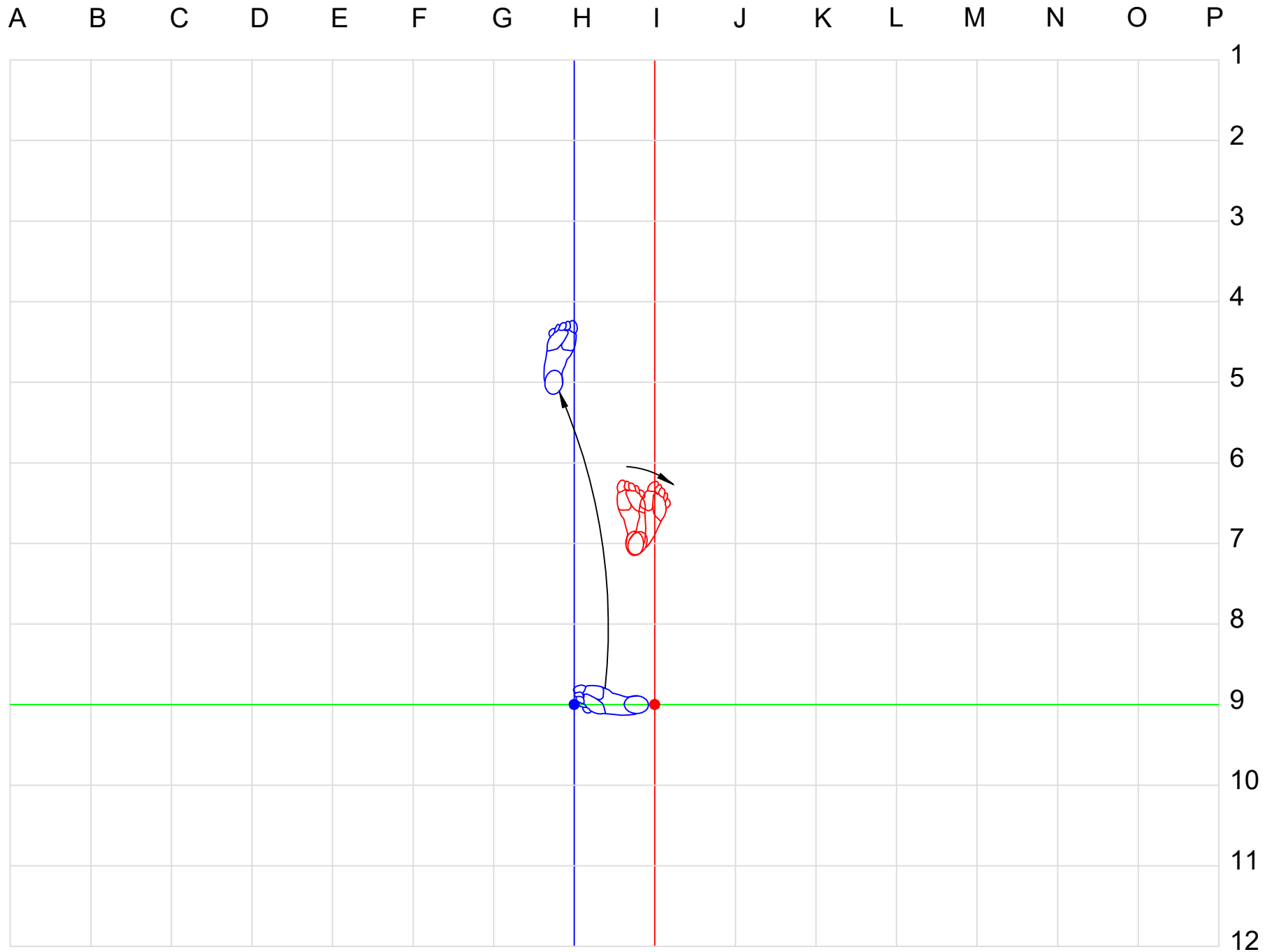


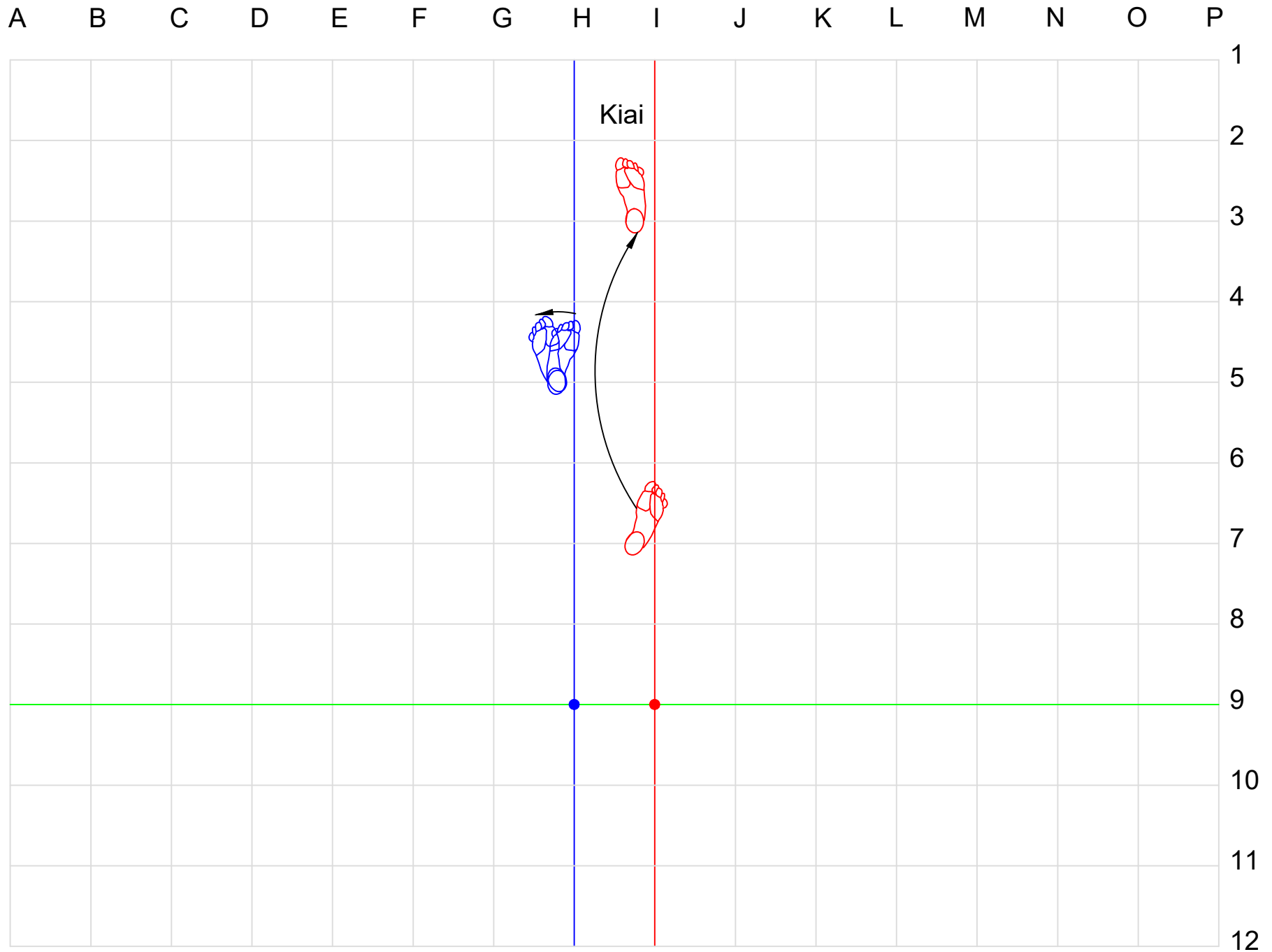


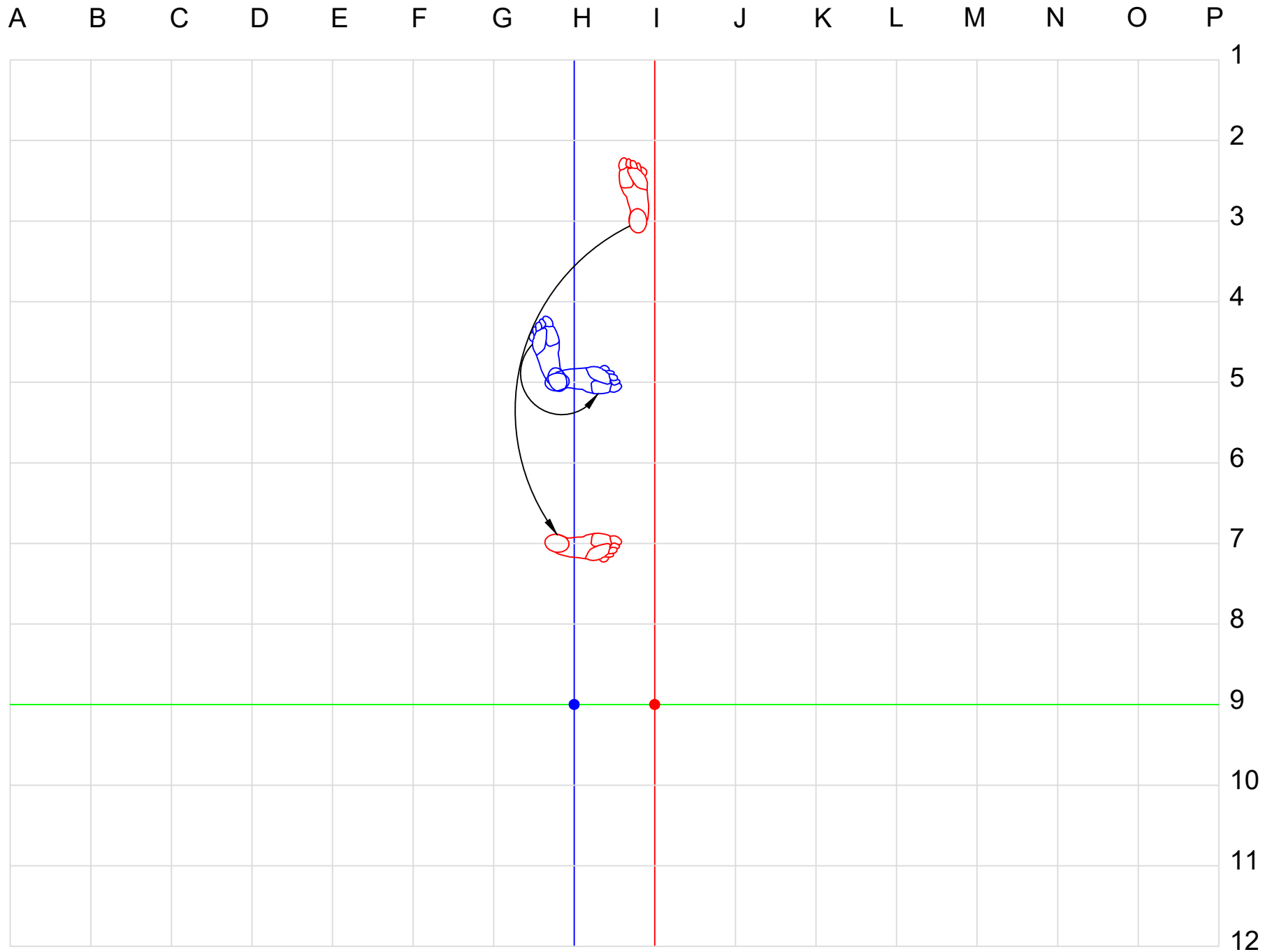


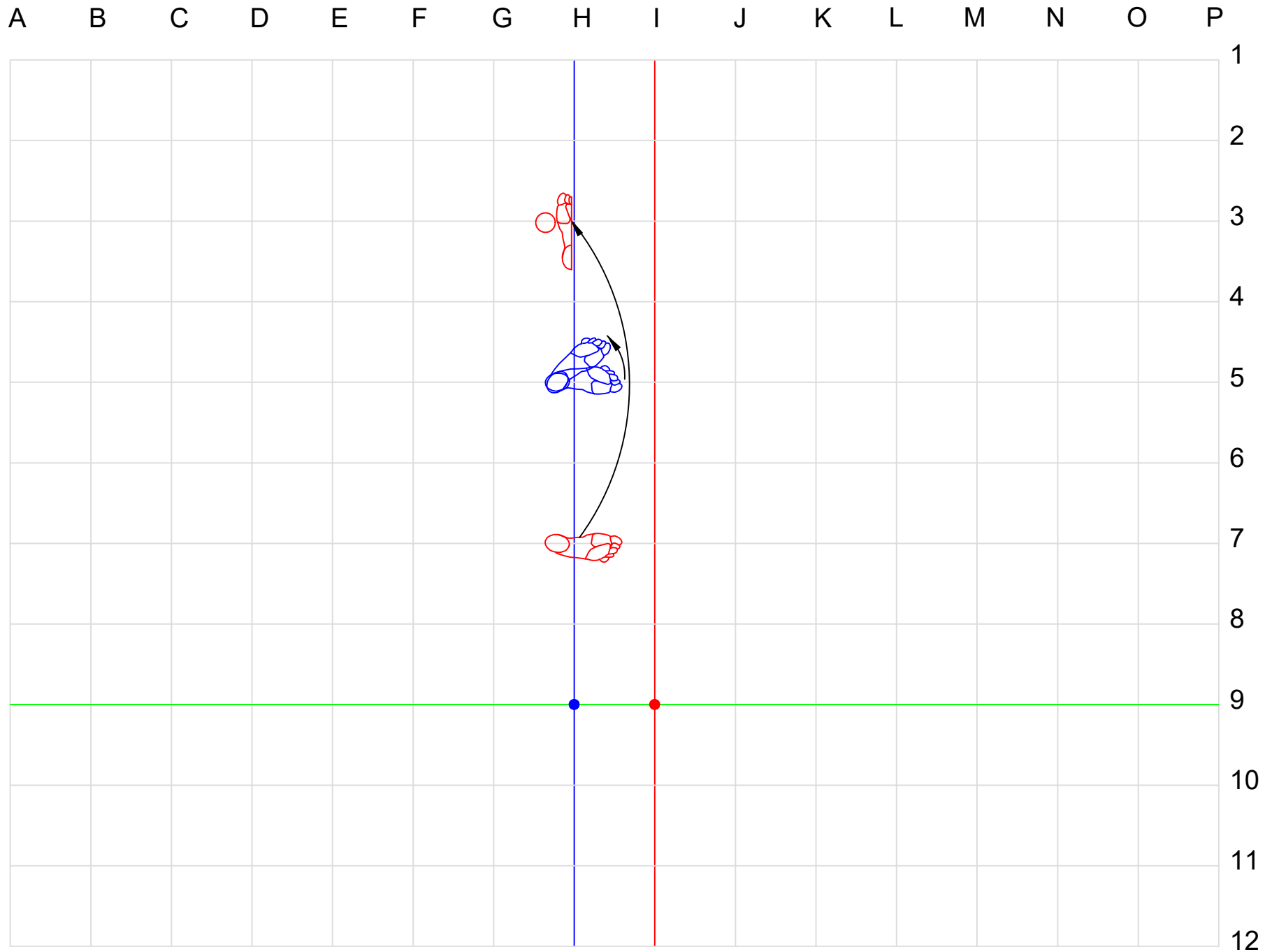


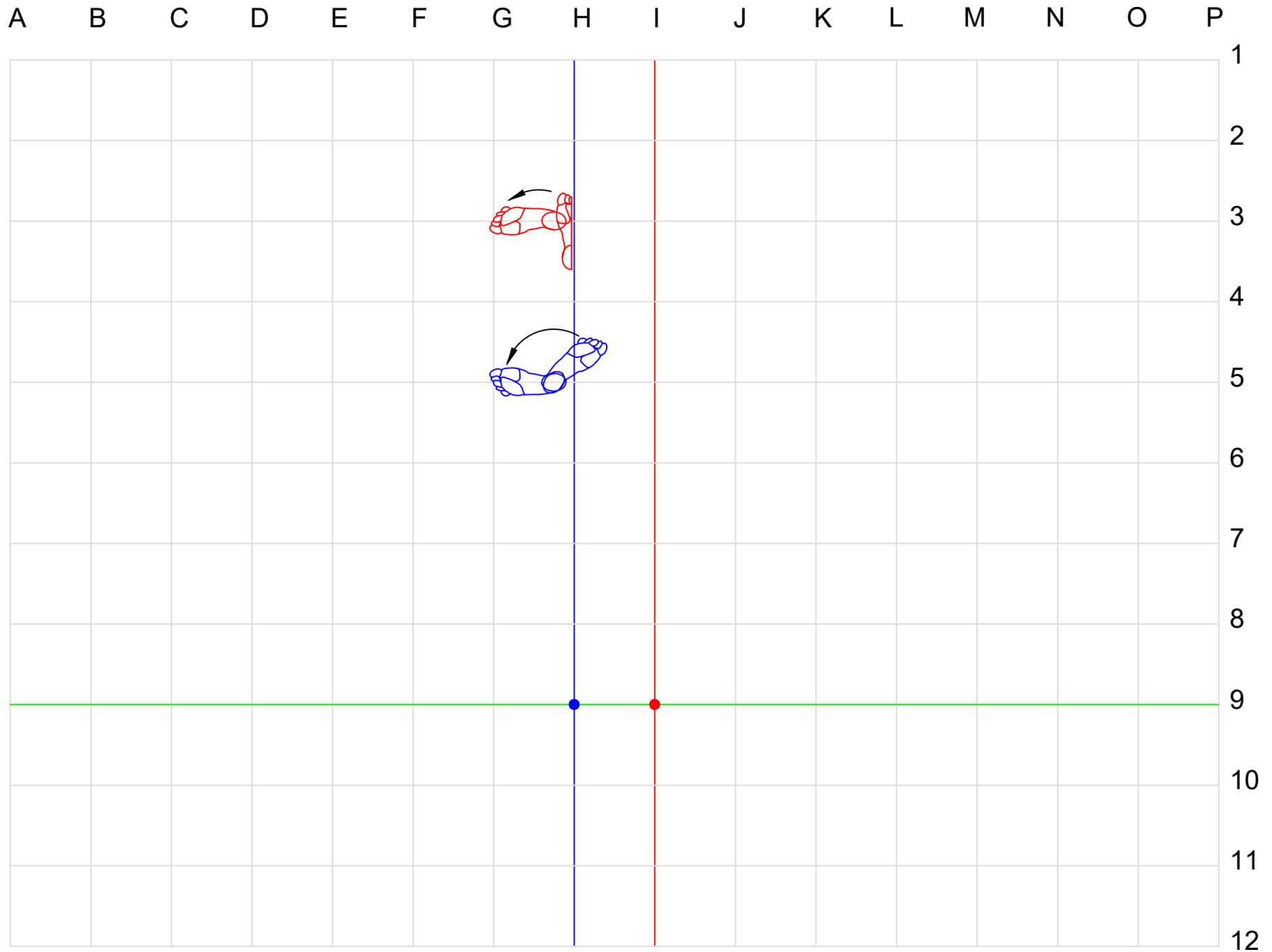


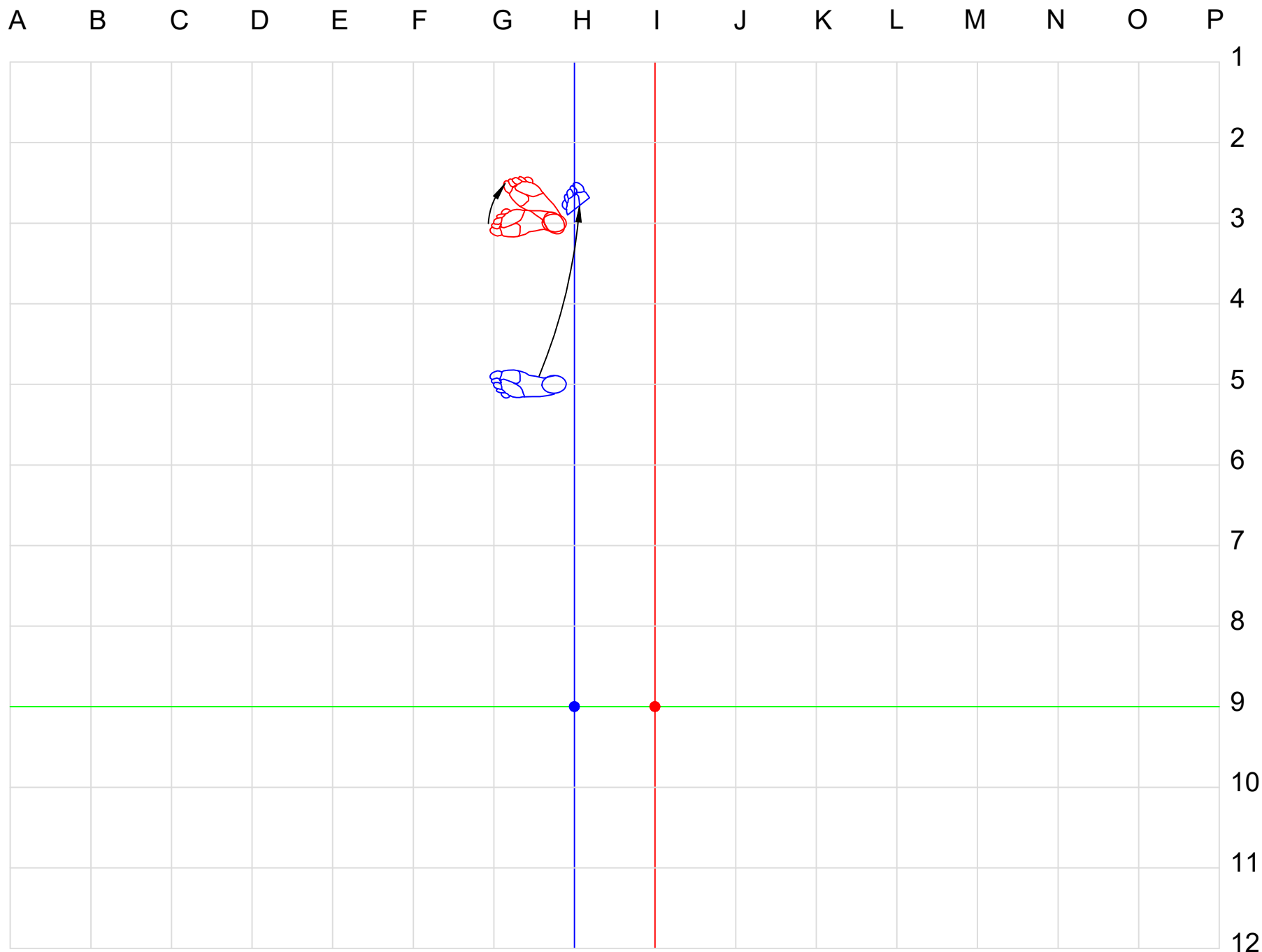


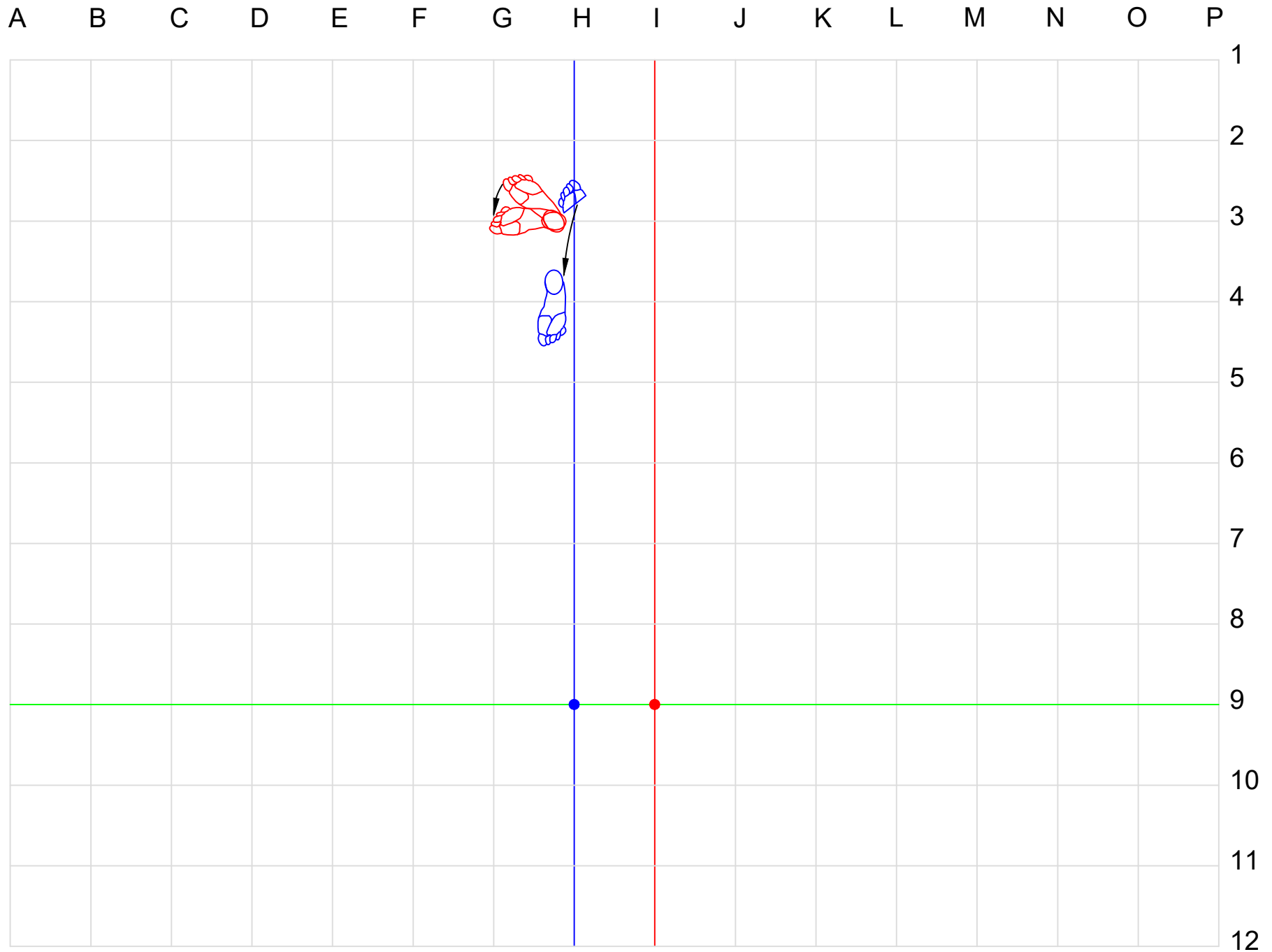


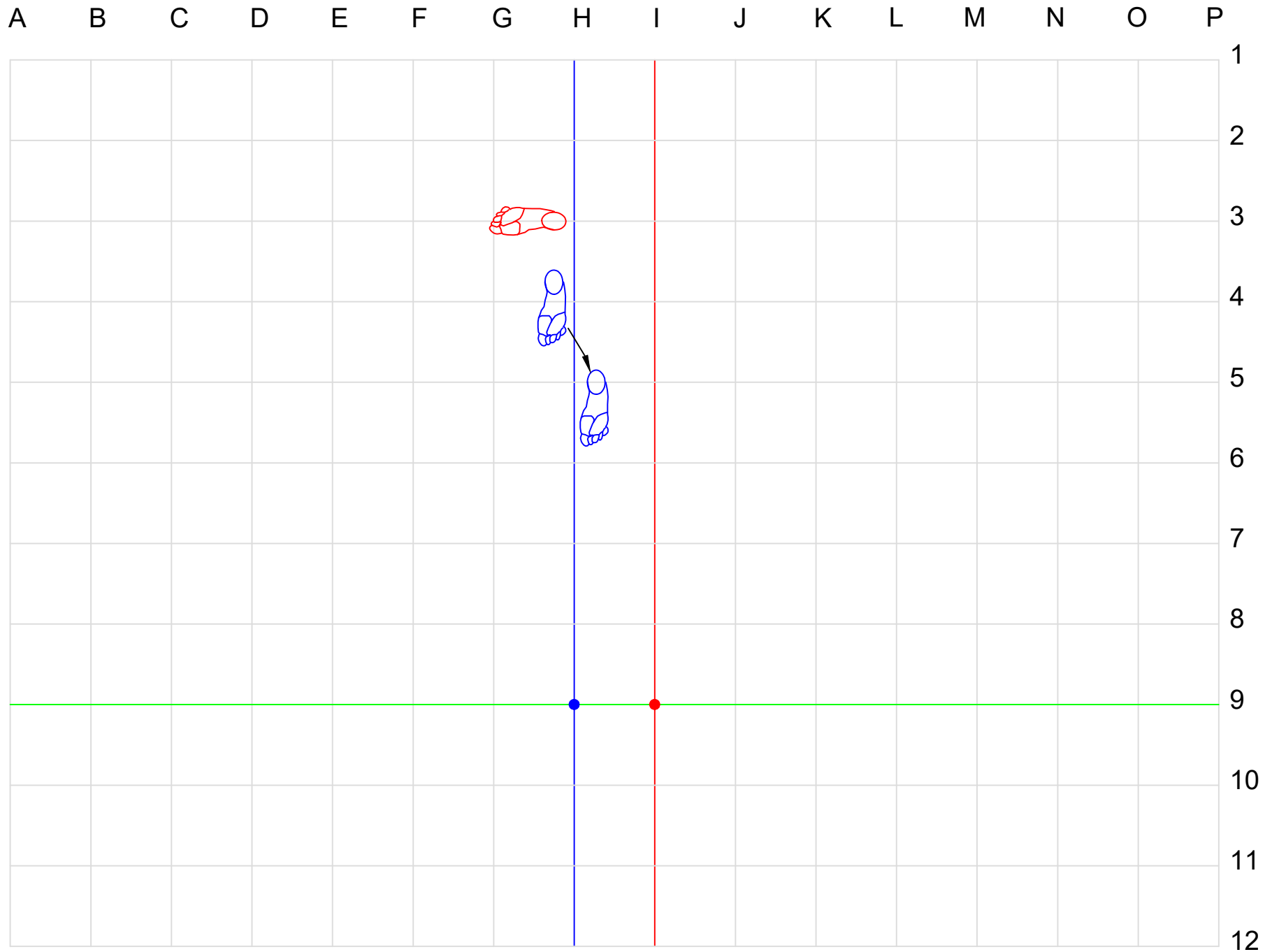


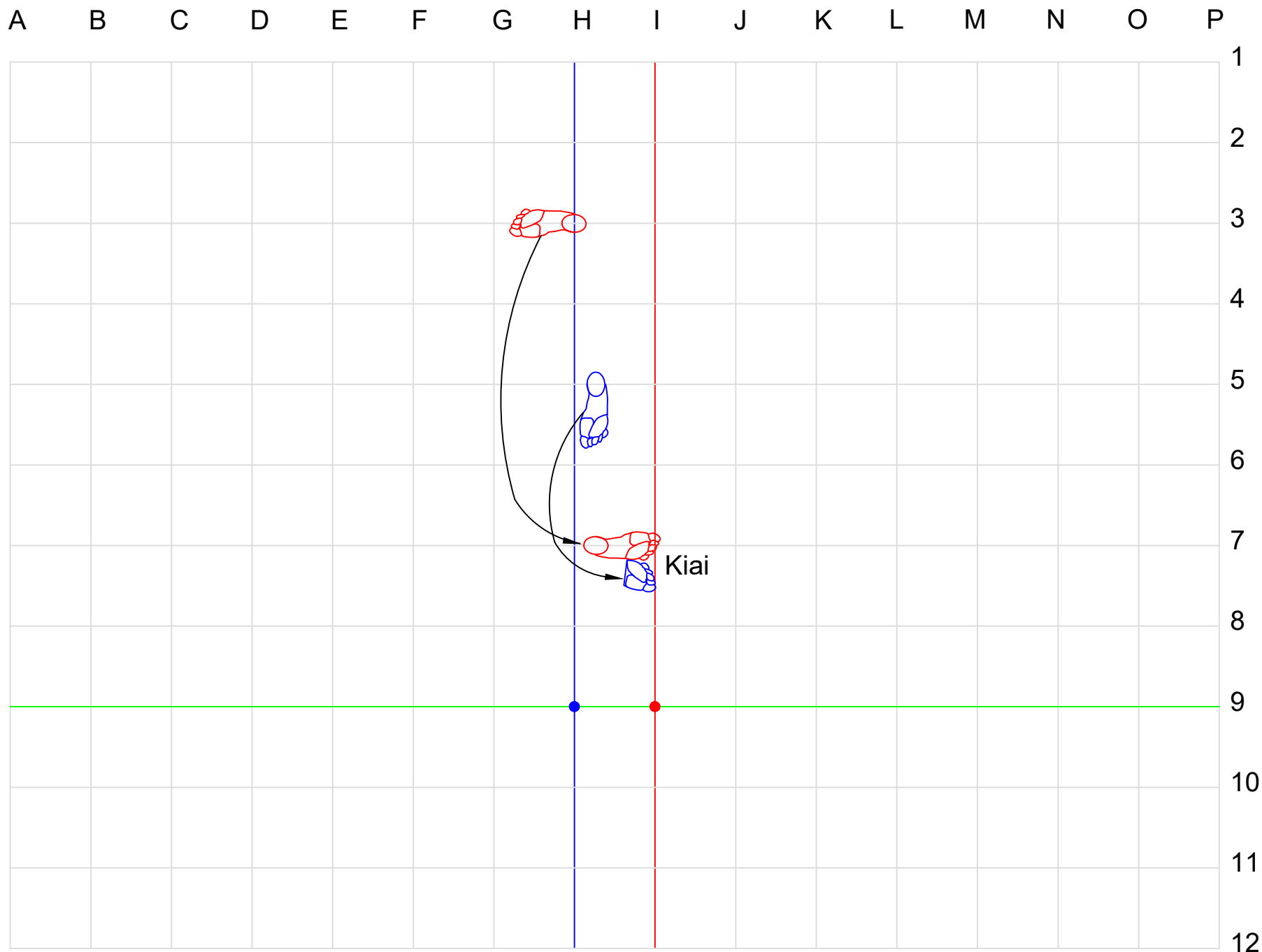


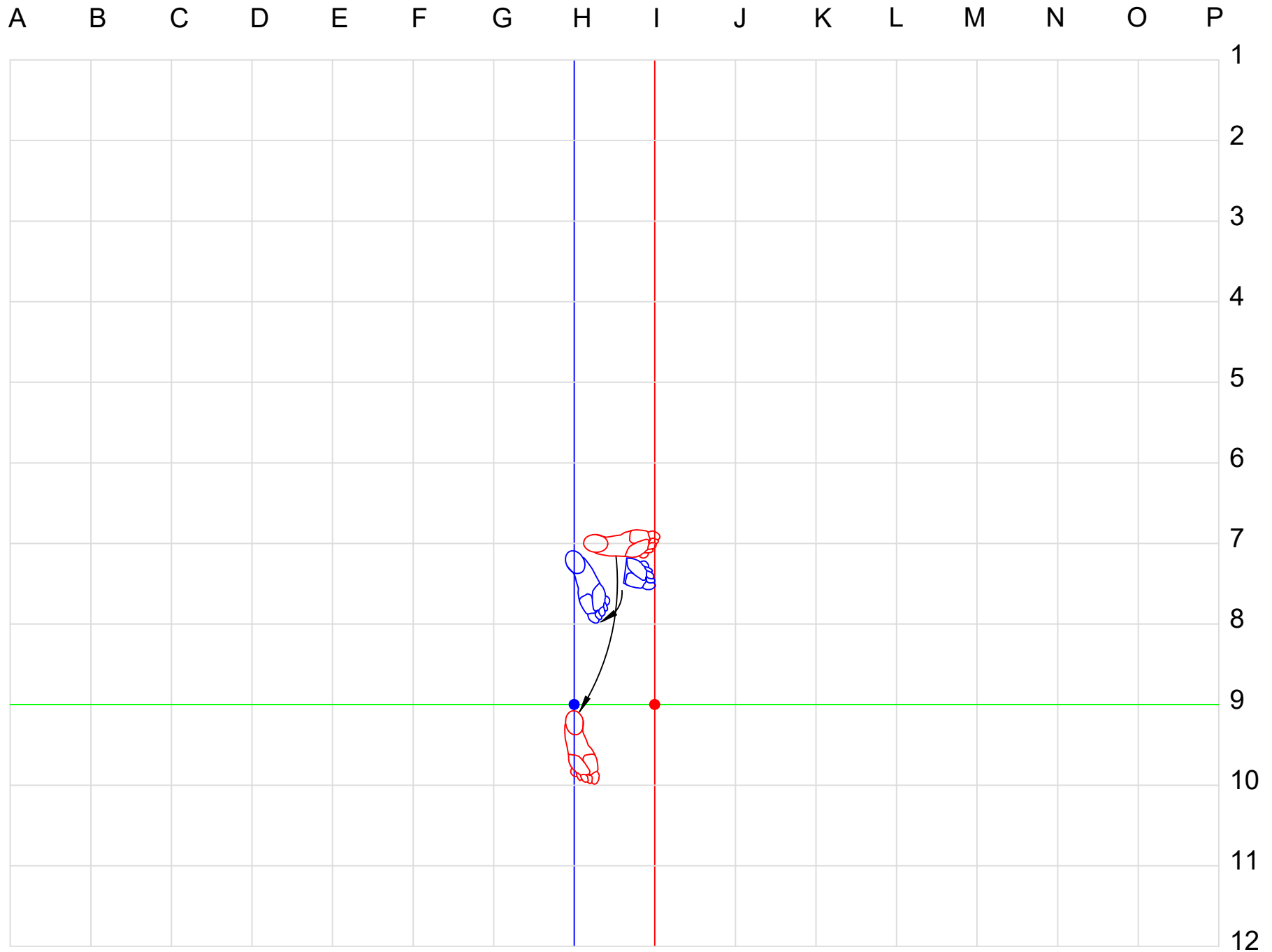


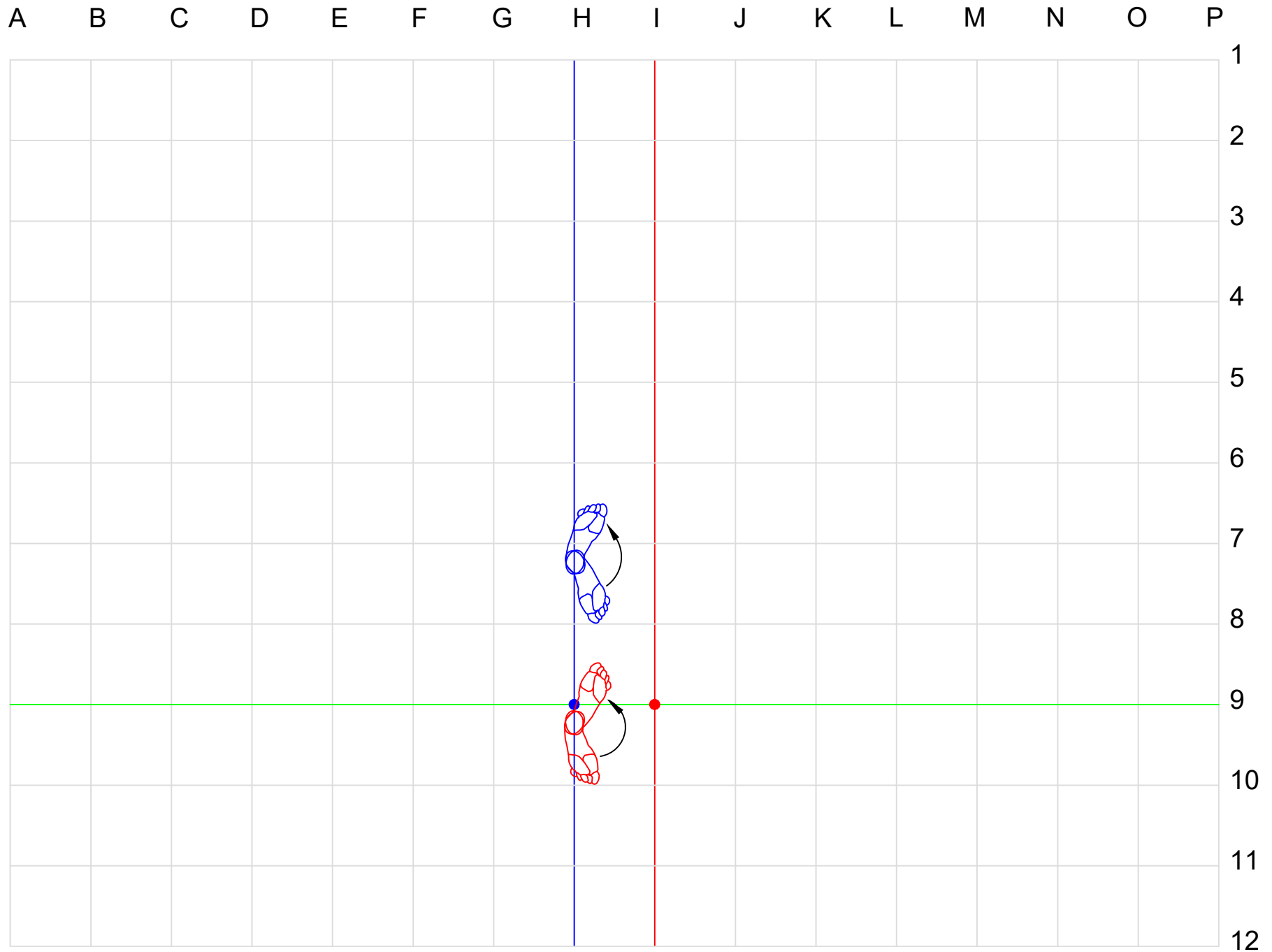


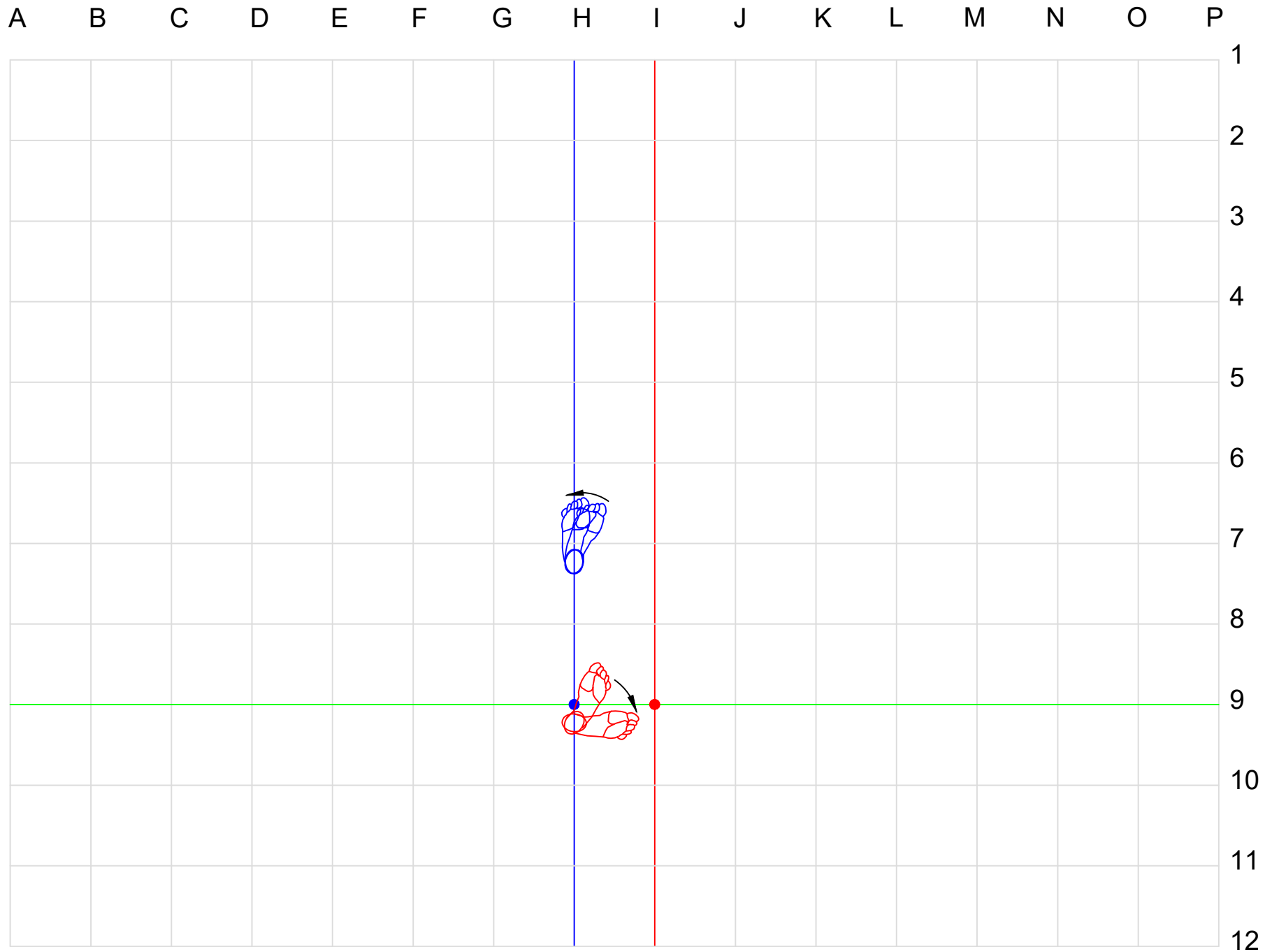


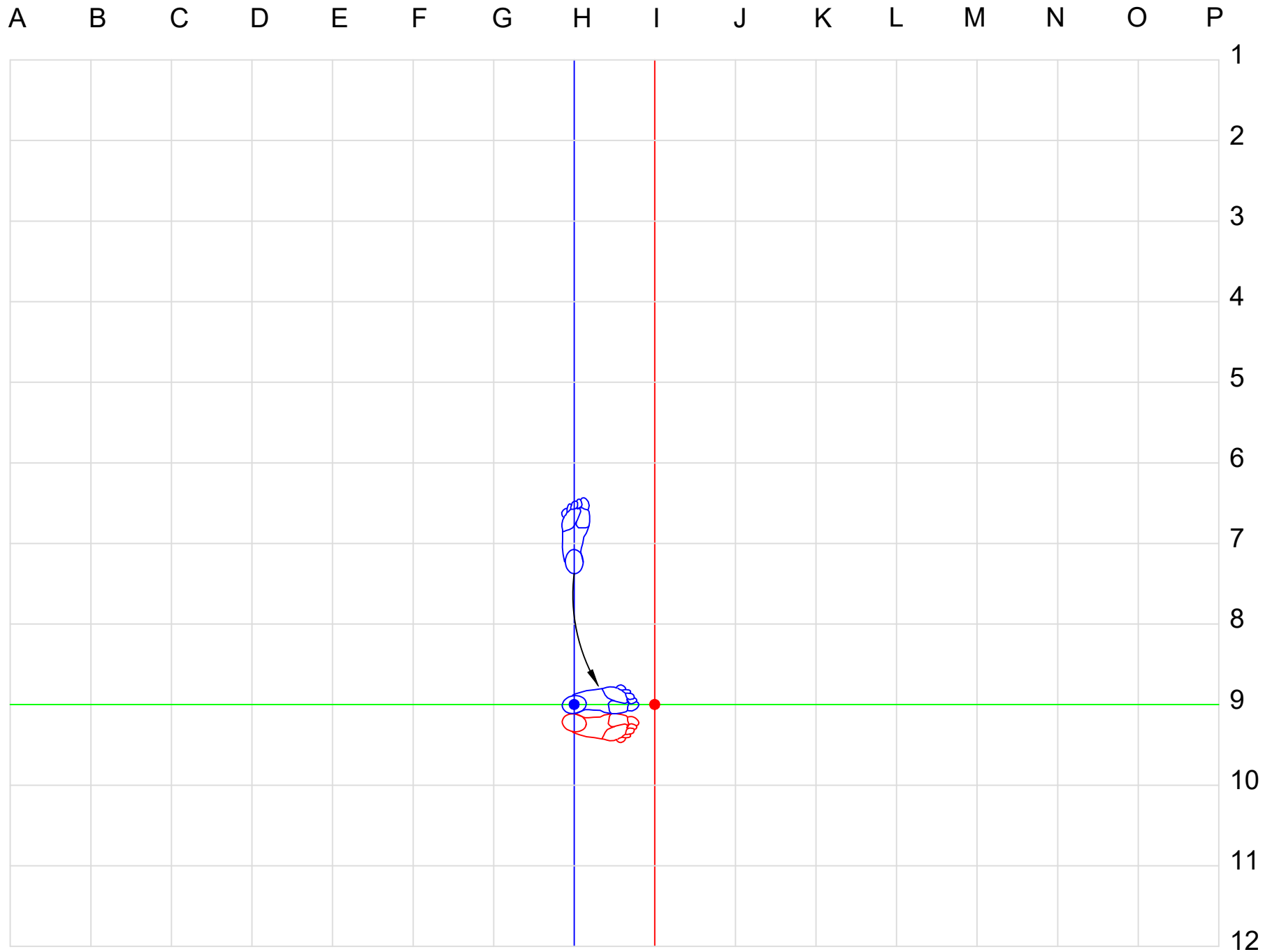


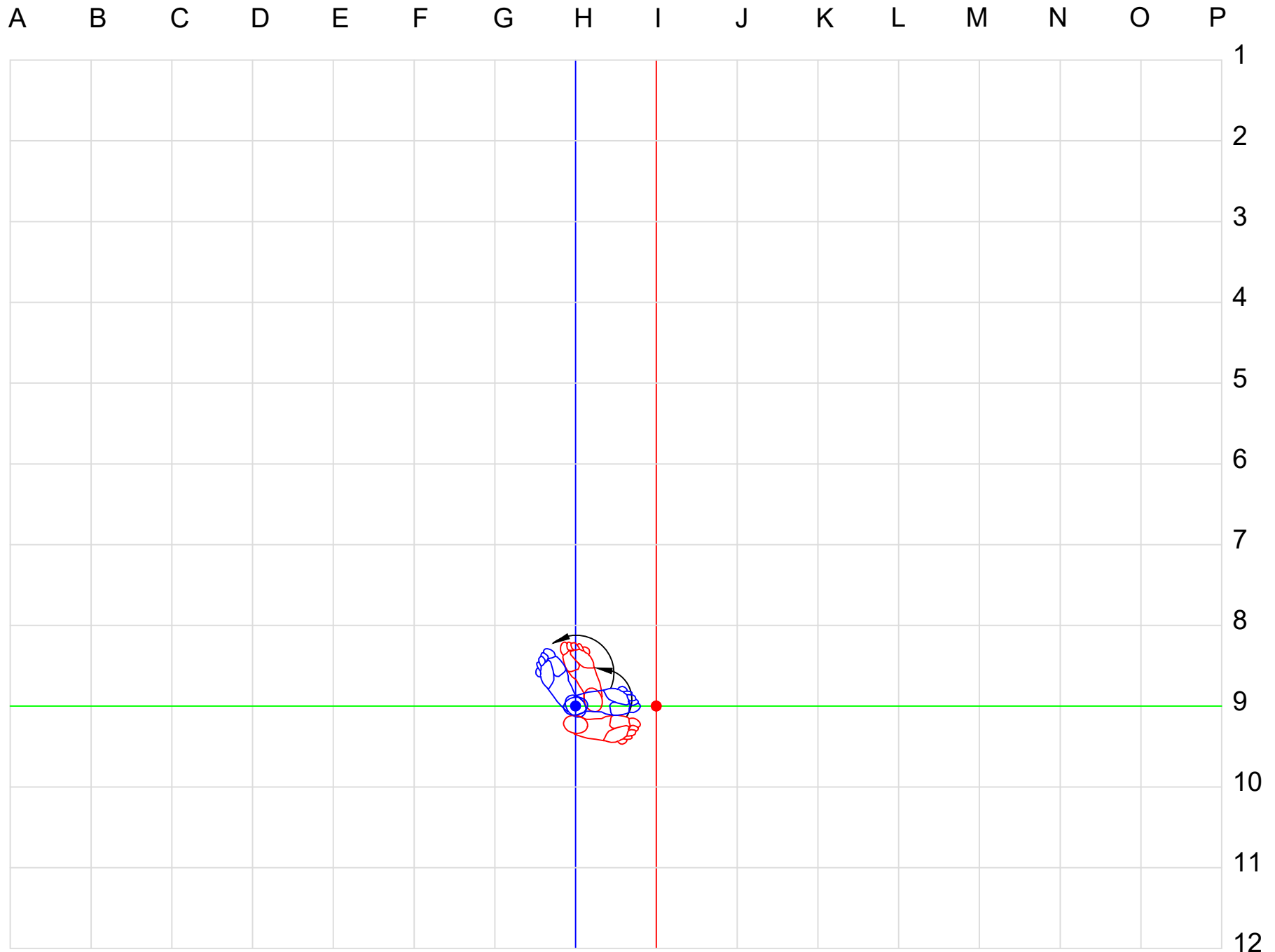


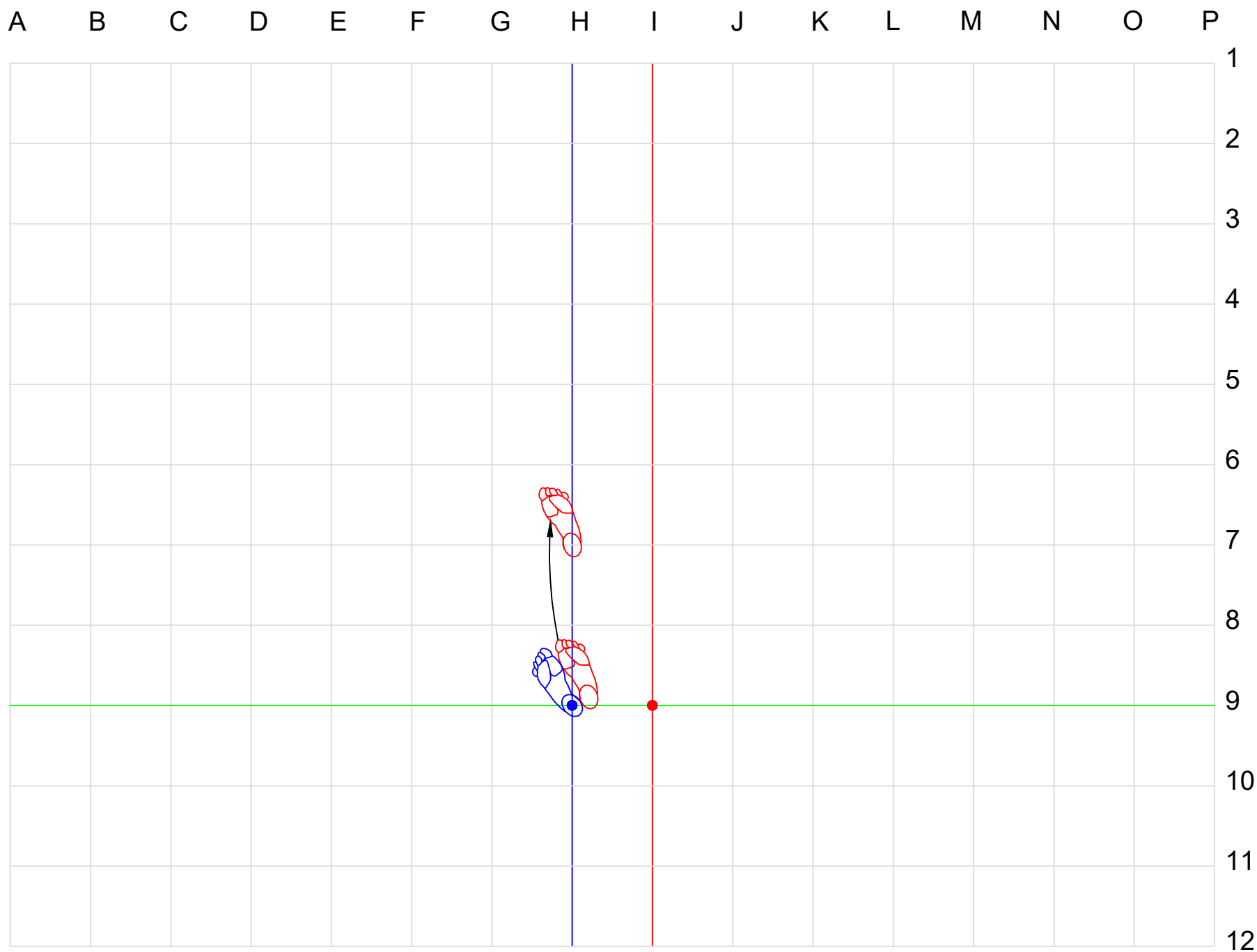


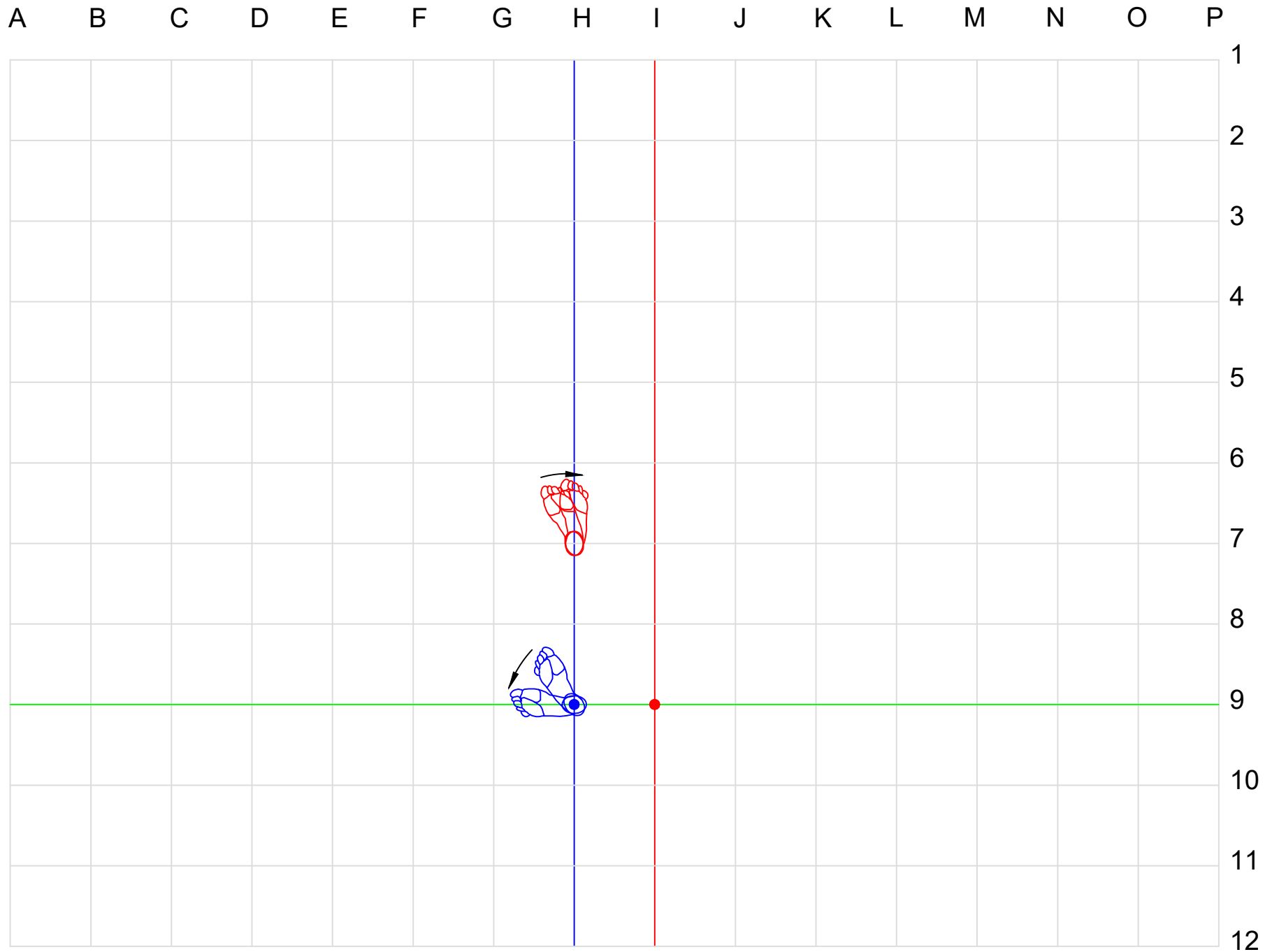


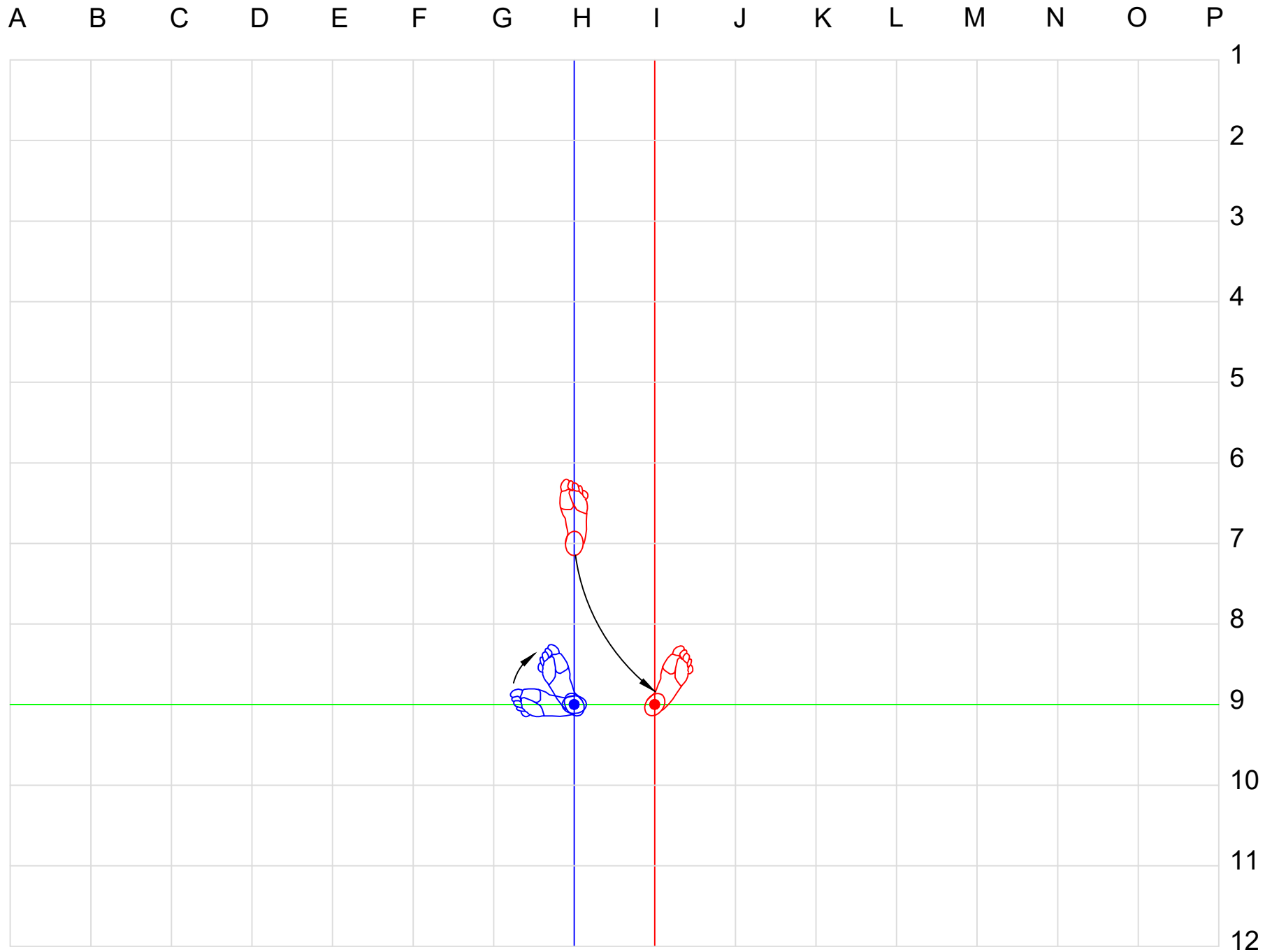


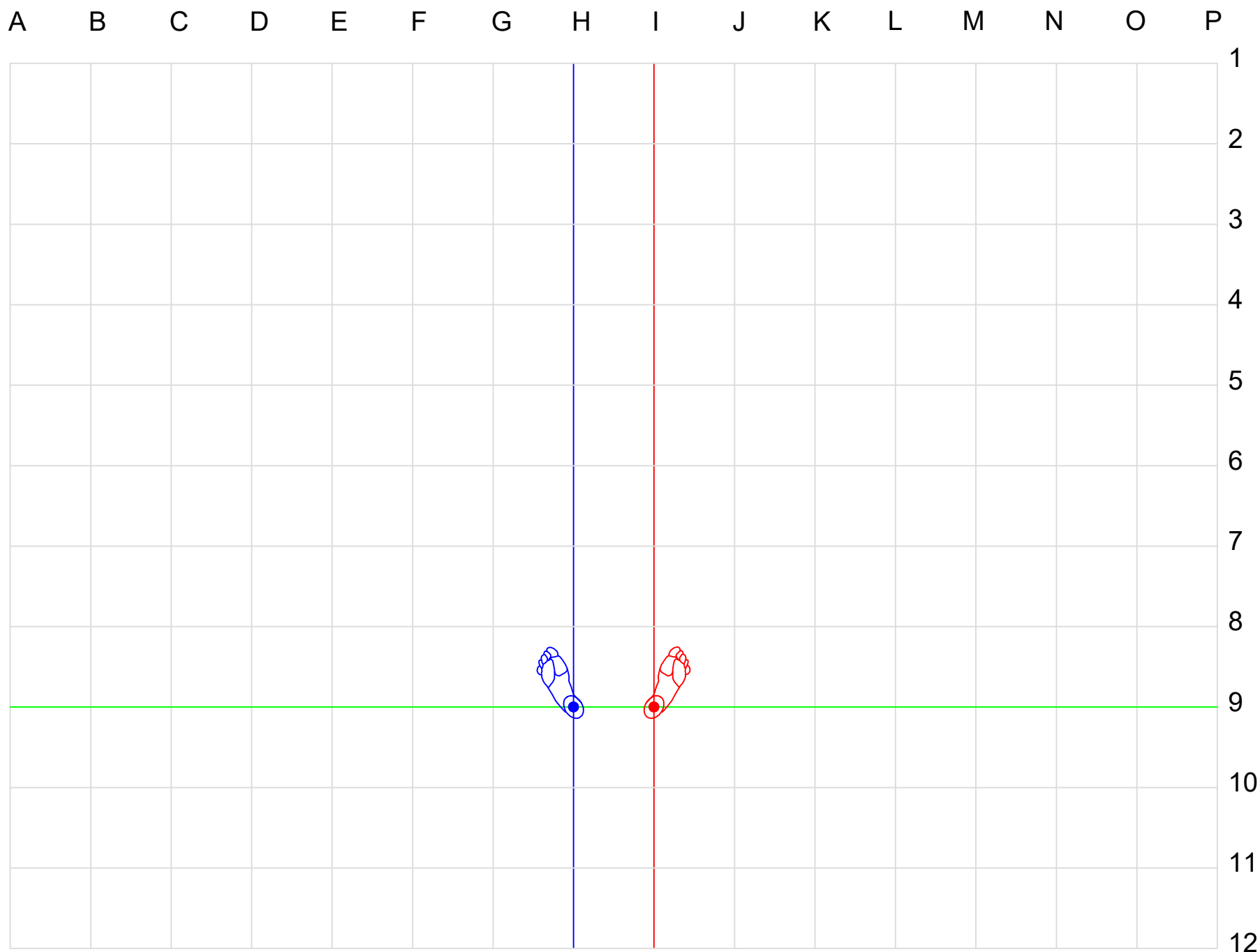


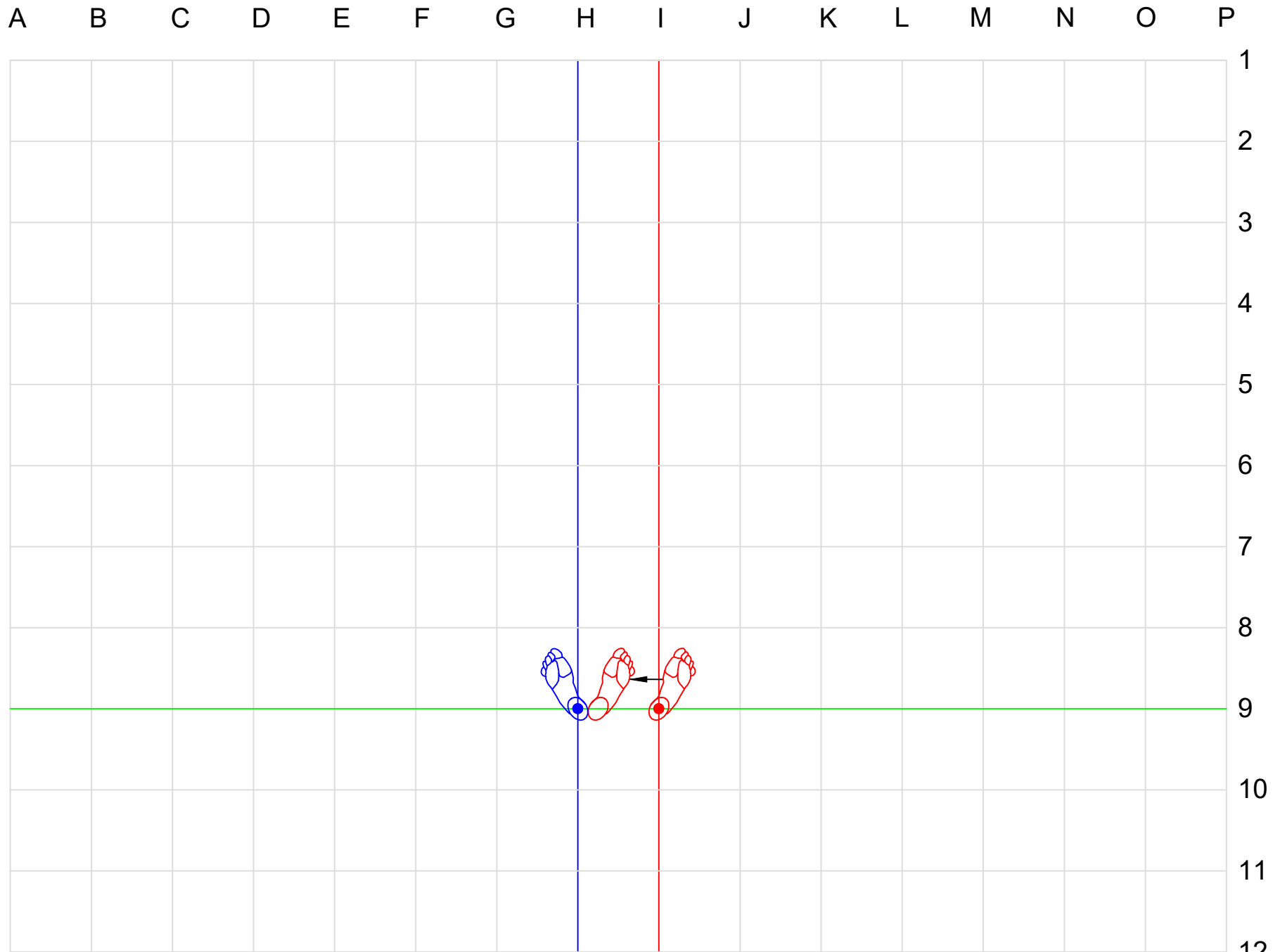


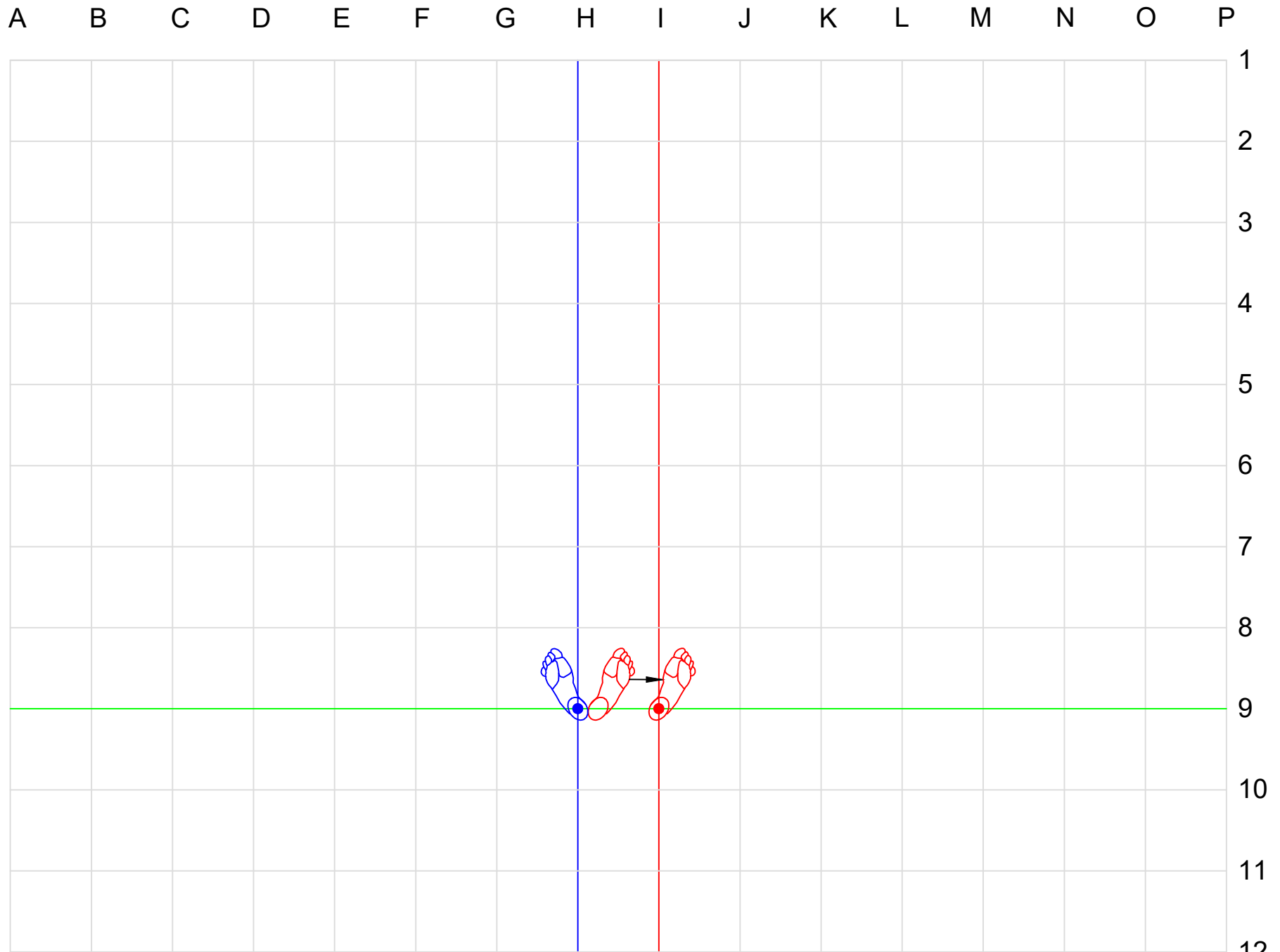


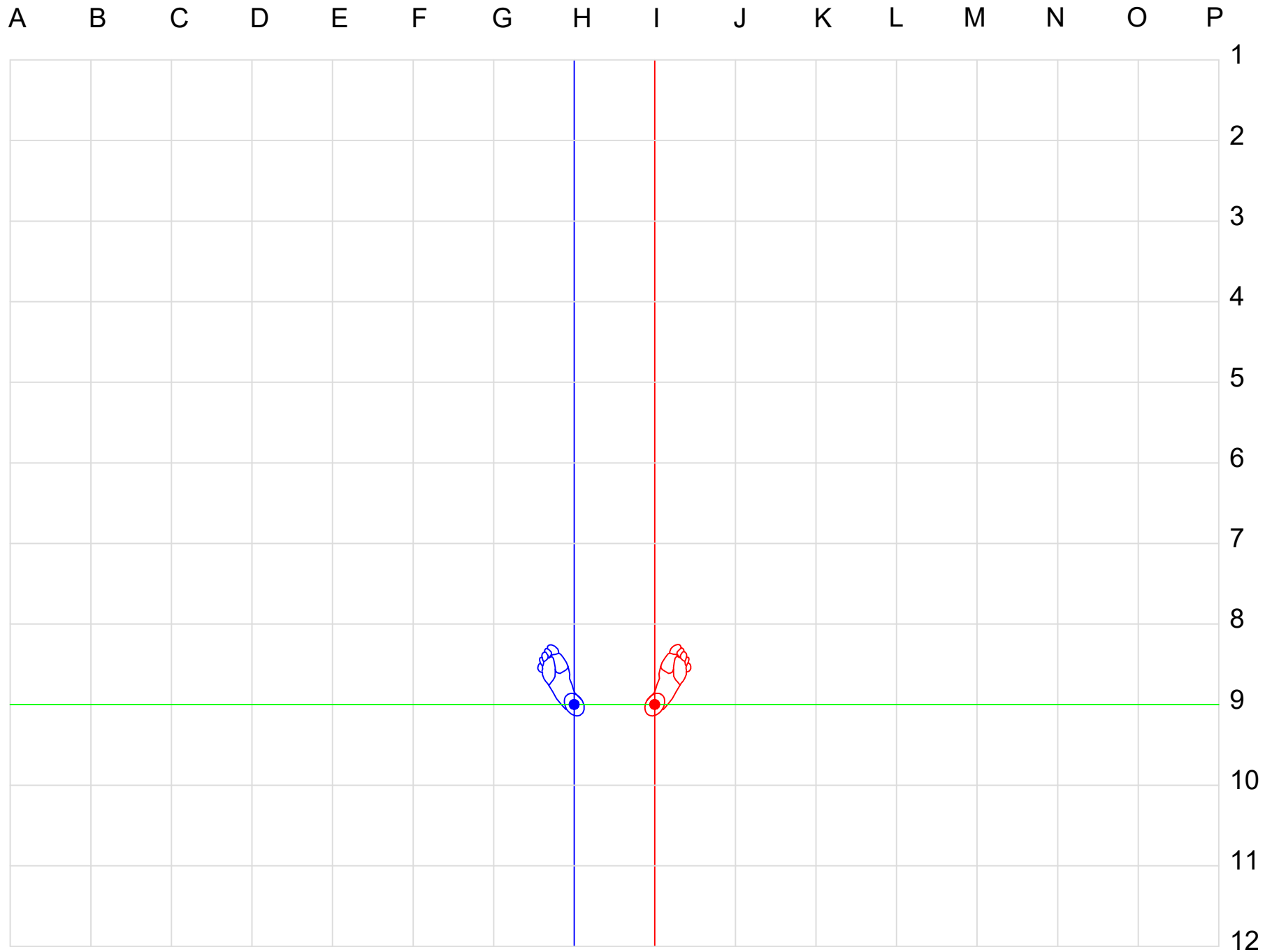




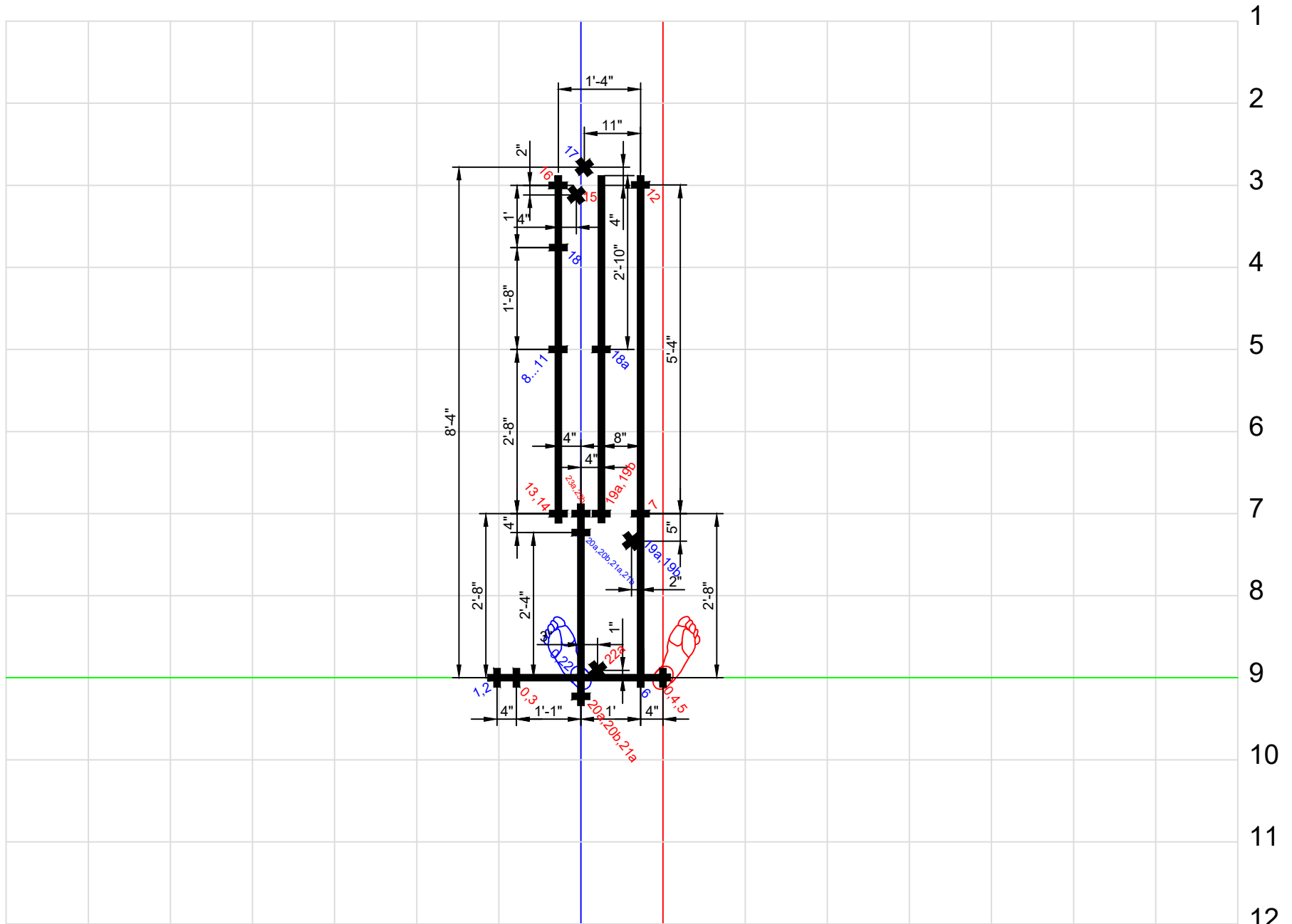








A B C D E F G H I J K L M N O P



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



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