

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, An: paix, tranquillité, Go : 5 ^e , Dan : niveau.				Hei: quiet, peaceful, An: peace, tranquility, Go : 5 ^e , Dan: level.			
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			
<p><u>Points importants:</u></p> <p>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.</p>				<p><u>Important points:</u></p> <p>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.</p>			
<p><u>Note:</u></p> <p>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.</p>				<p><u>Note:</u></p> <p>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.</p>			
<p>Points de convergence *C*</p> <p>(où on repasse par le même point)</p>				<p>Points of convergence *C*</p> <p>(where one passes at the same point)</p>			
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.

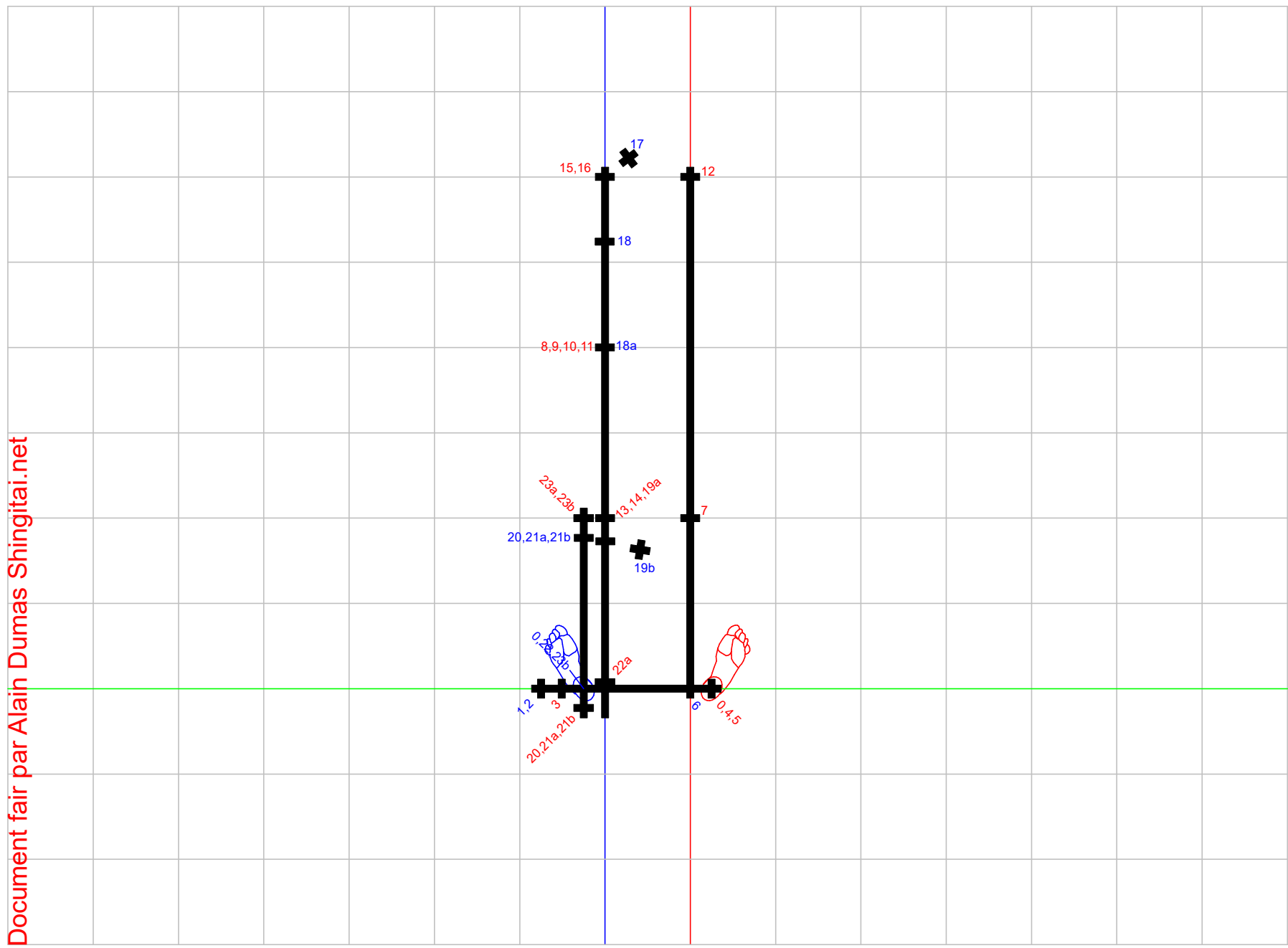
Par Alain Dumas 6^e dan, IKD 2021-02-02



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

Document fair par Alain Dumas Shingitai.net

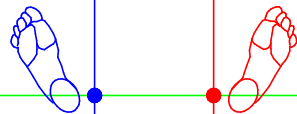


Embusen Heian Godan

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

Document fair par Alain Dumas Shingitai.net

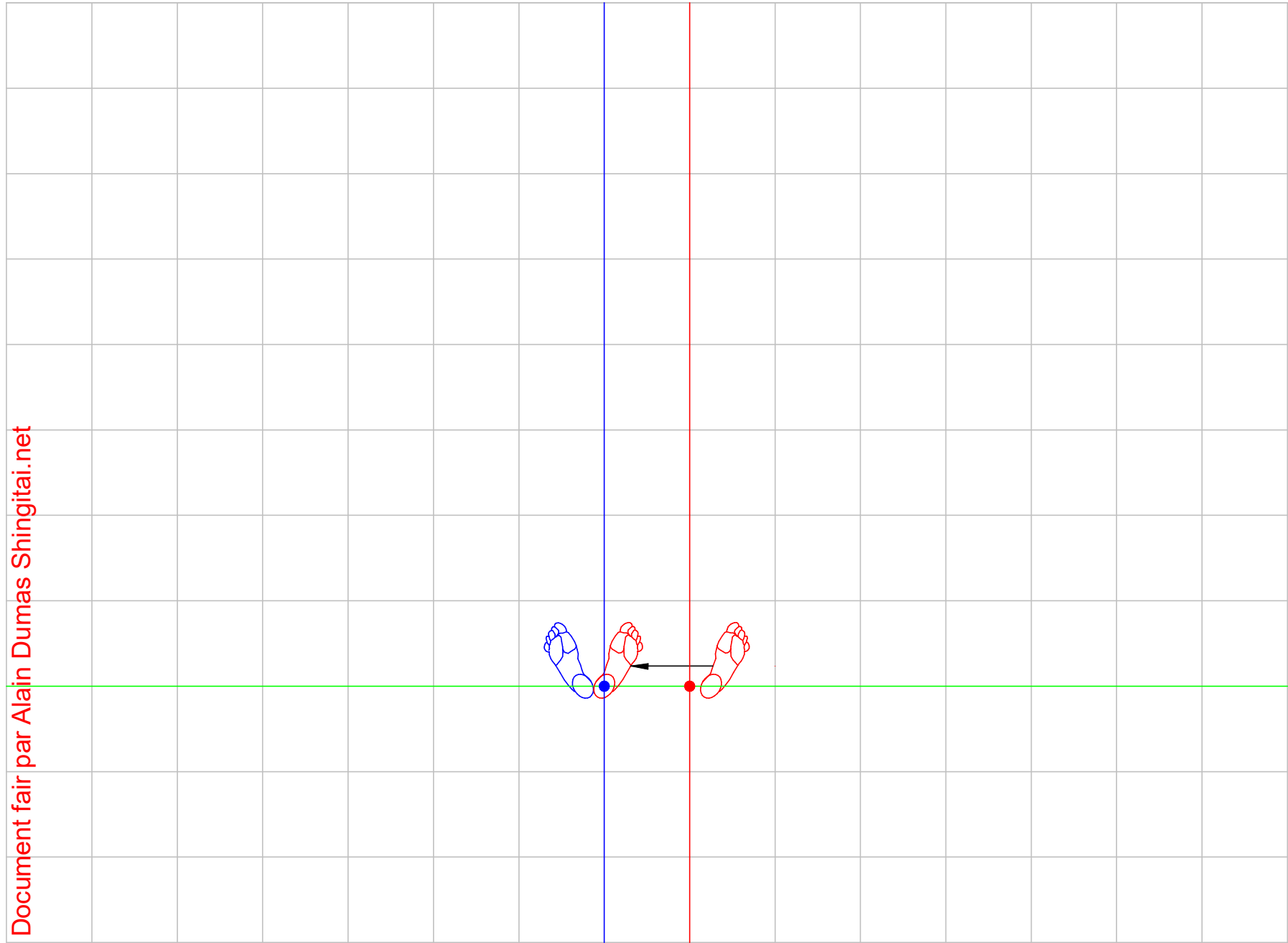


Hachinoji-dachi

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

Document fair par Alain Dumas Shingitai.net

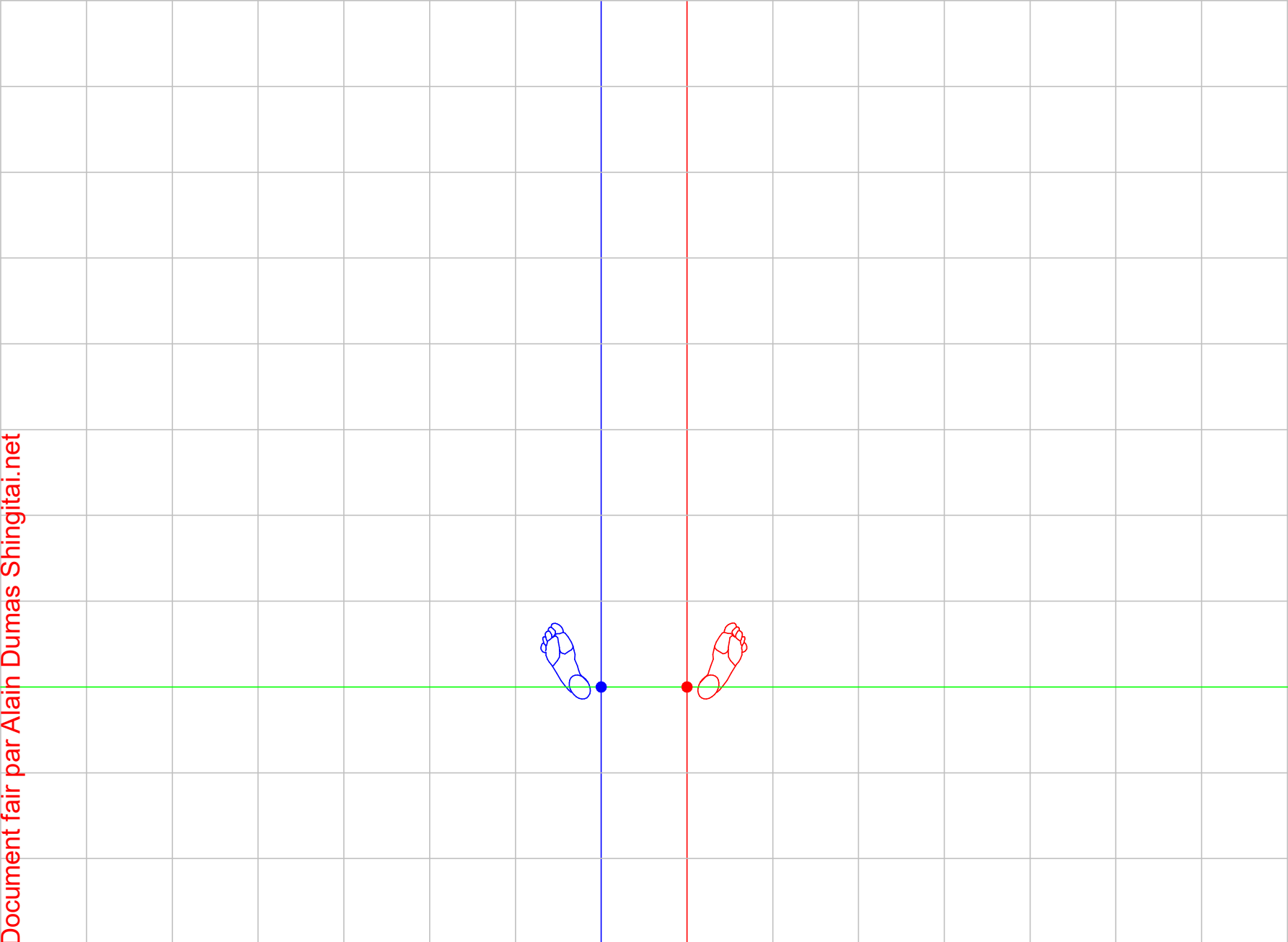


1a) Musubi-dachi

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

Document fair par Alain Dumas Shingitai.net

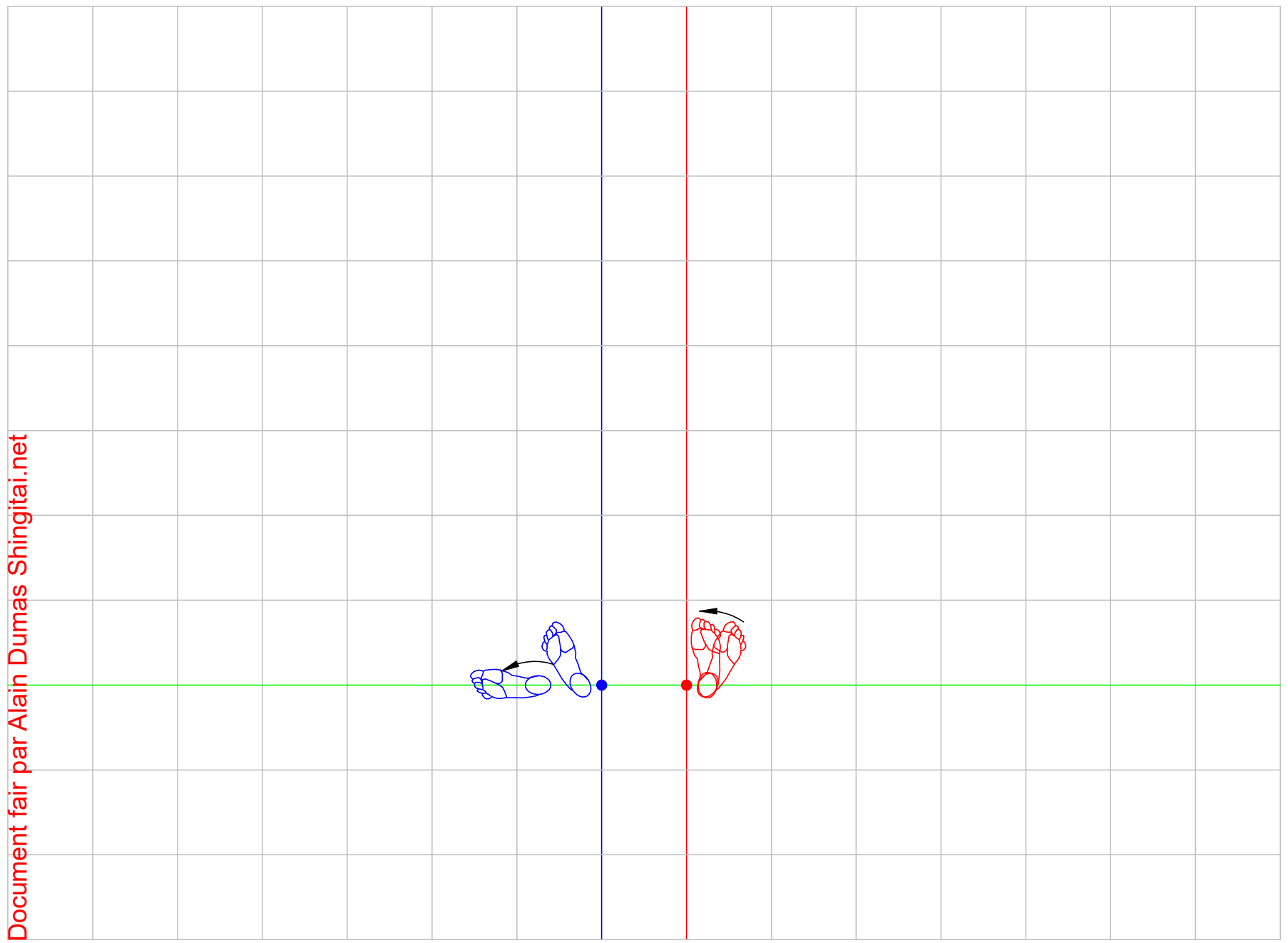


1b) Hachinoji-dachi

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

Document fair par Alain Dumas Shingitai.net

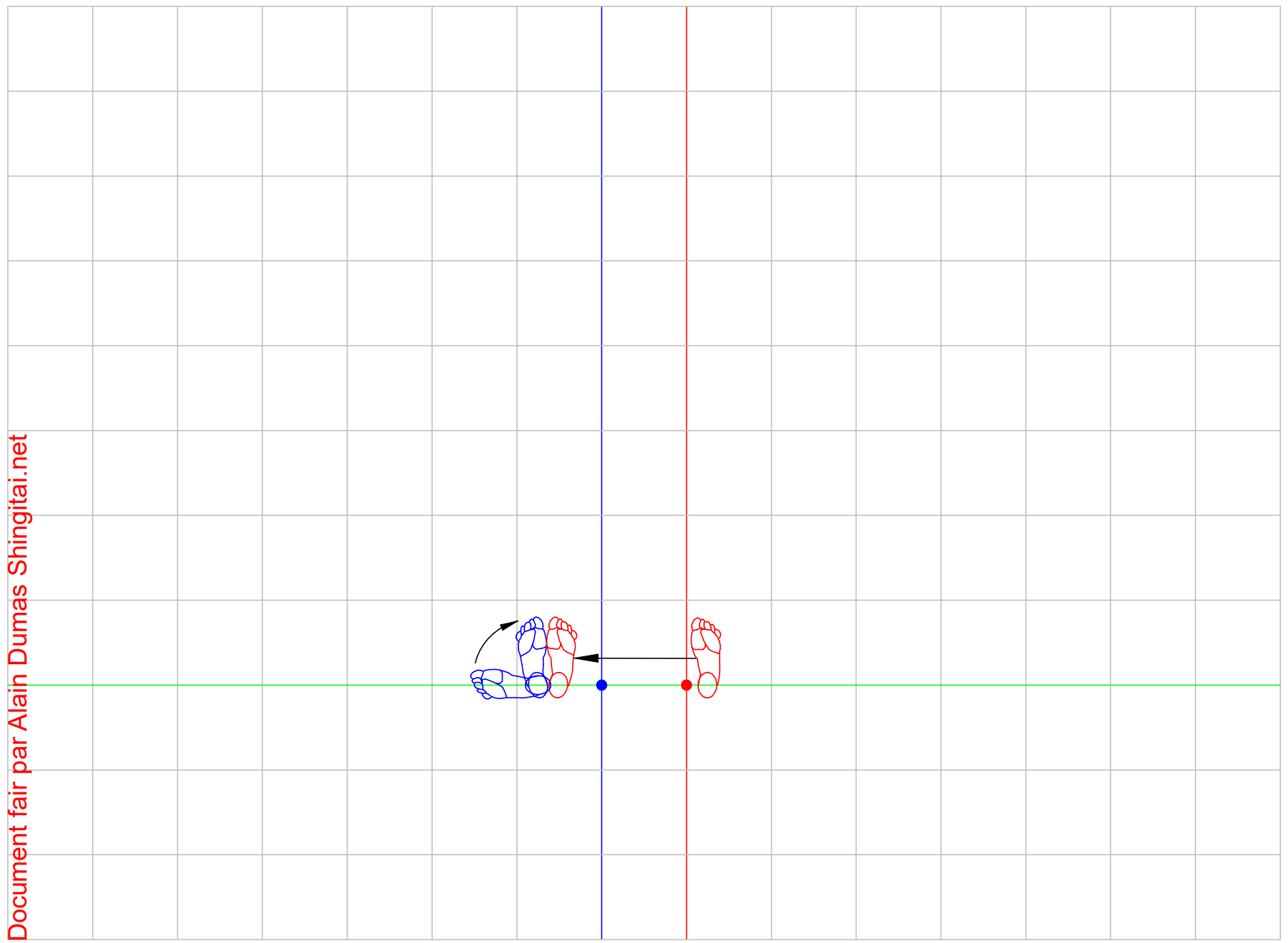


1c,2) Kokutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

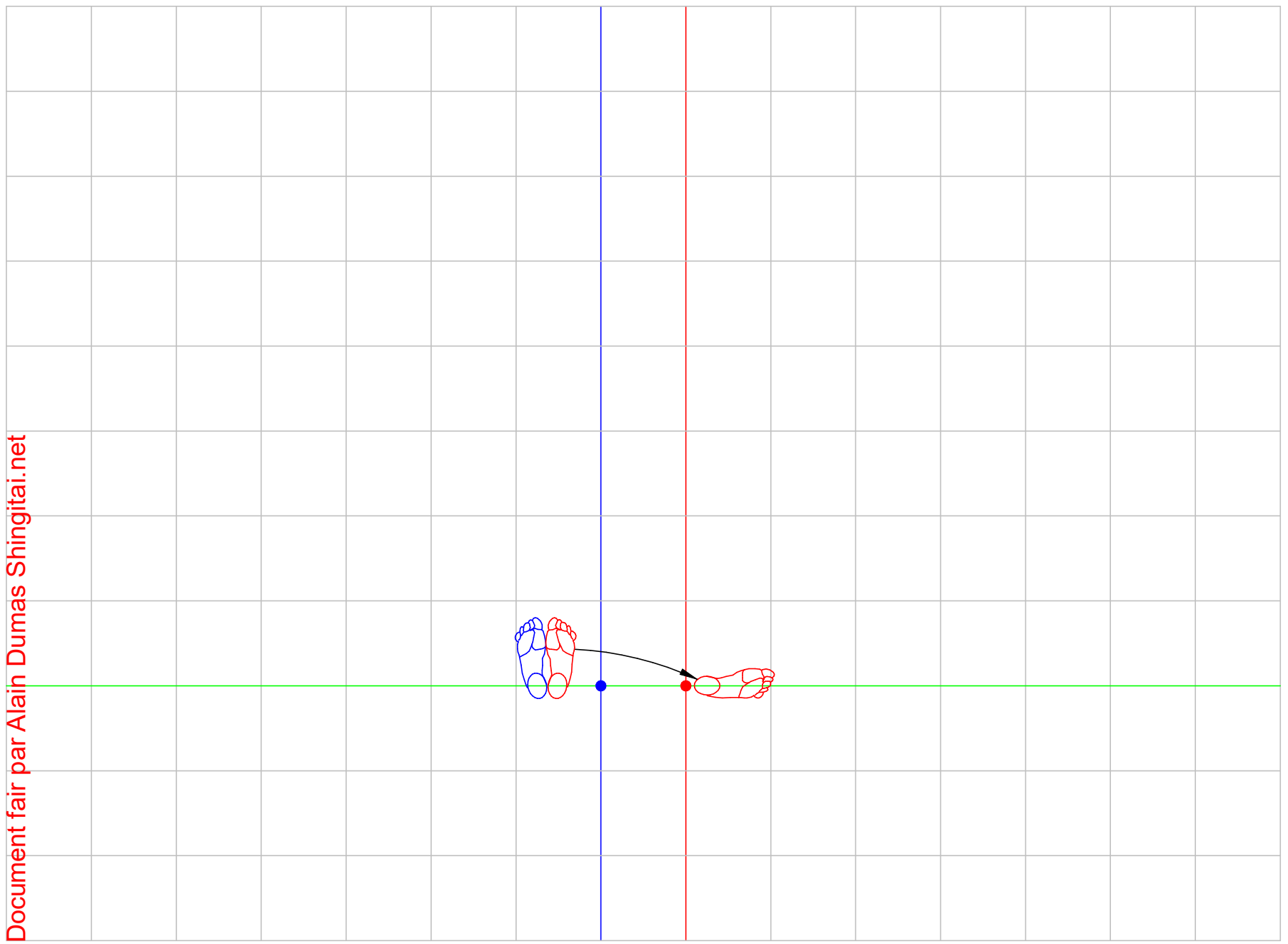


3) Heisoku-dachi

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

Document fair par Alain Dumas Shingitai.net

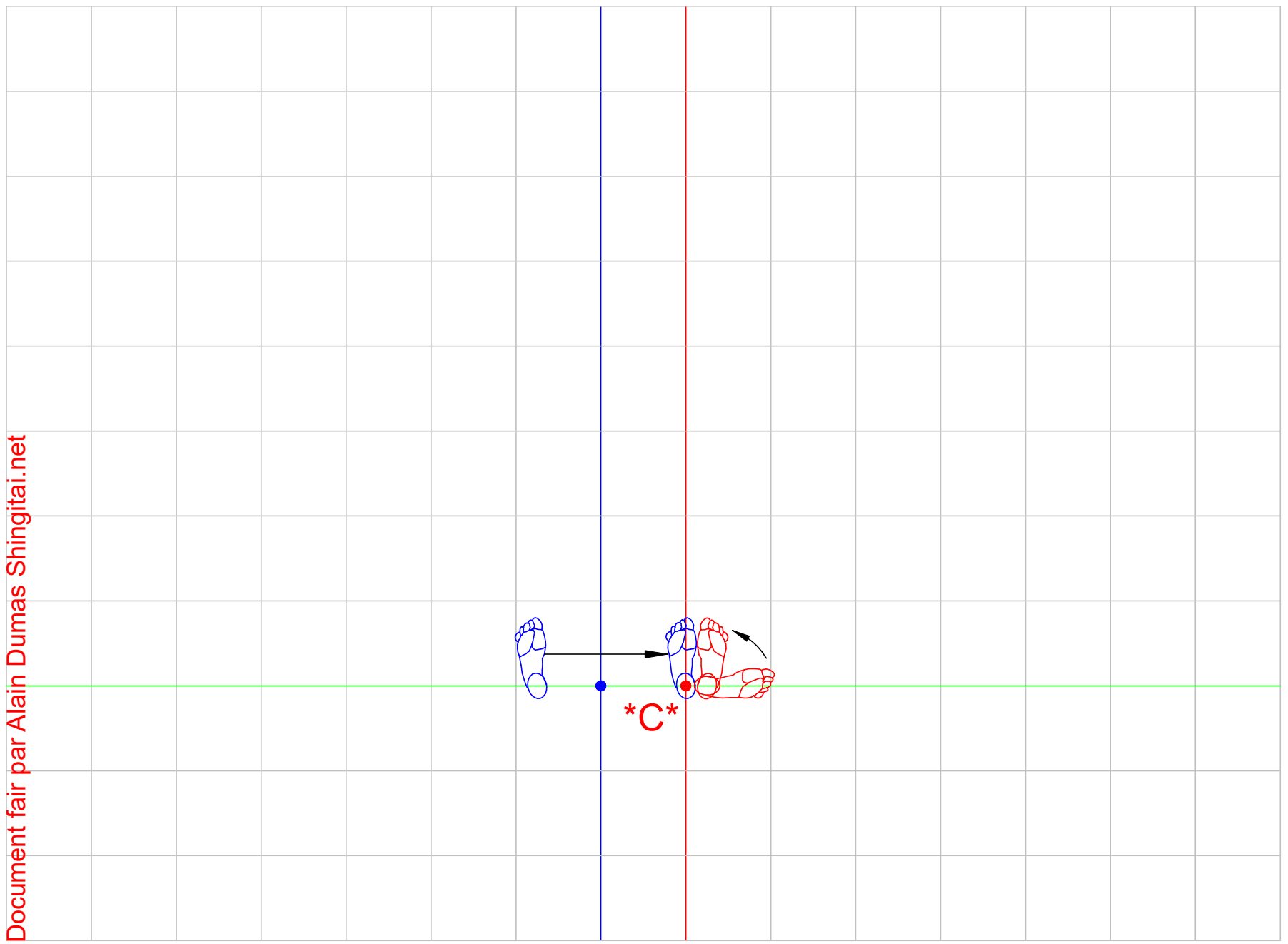


4,5) Kokutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

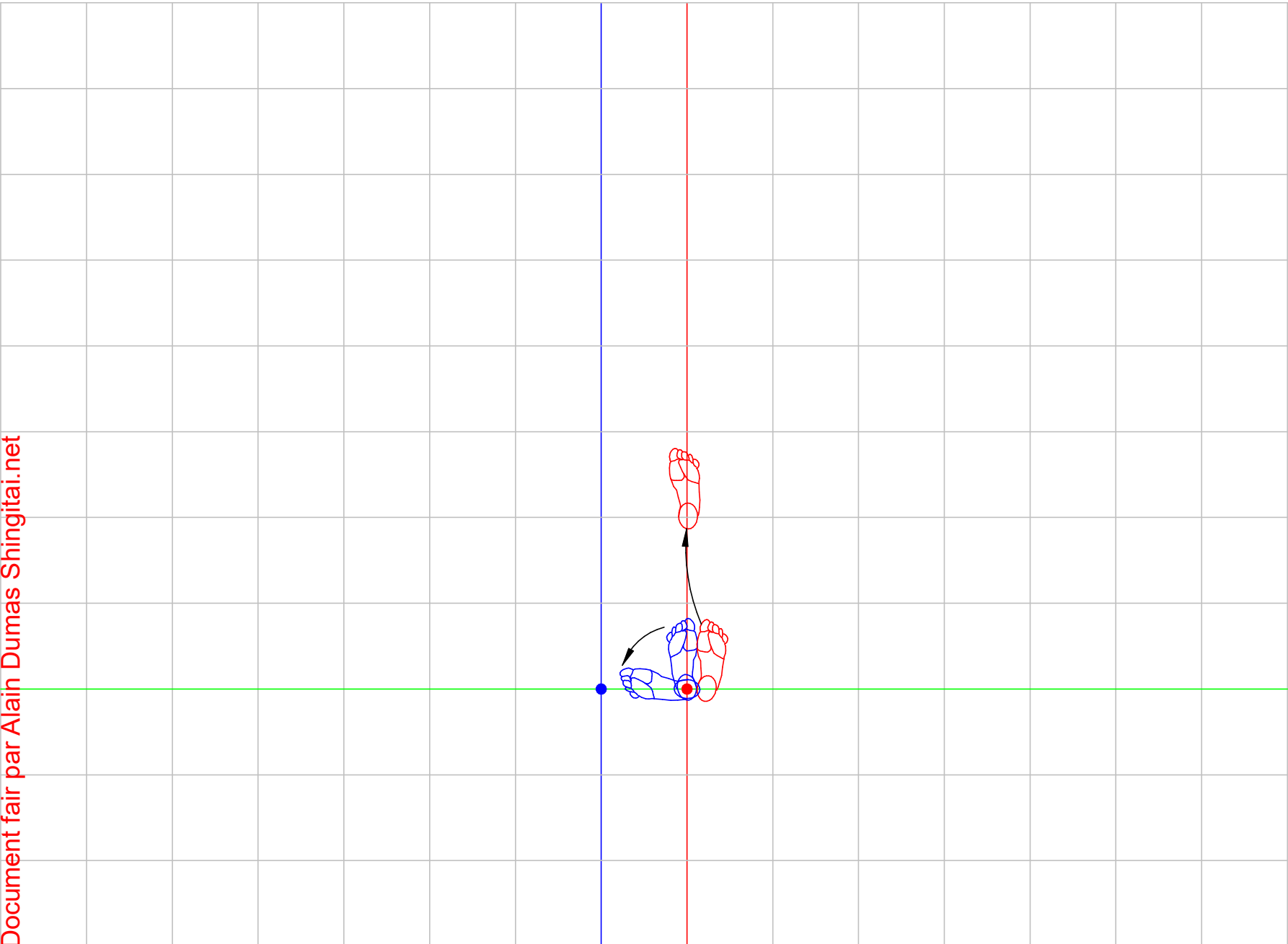


6) Heisoku-dachi

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

Document fair par Alain Dumas Shingitai.net

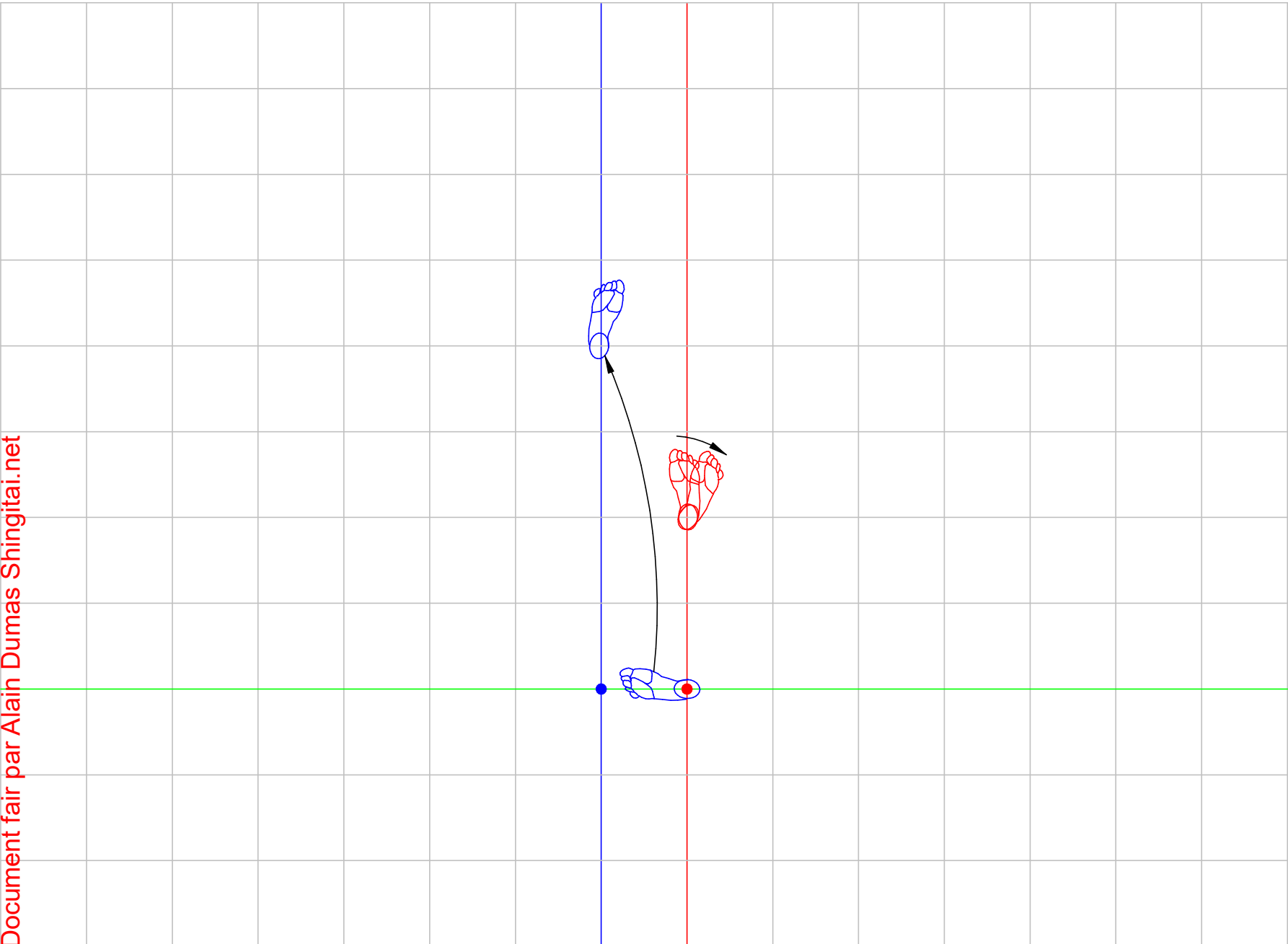


7) Kokutsu-dachi

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

Document fair par Alain Dumas Shingitai.net



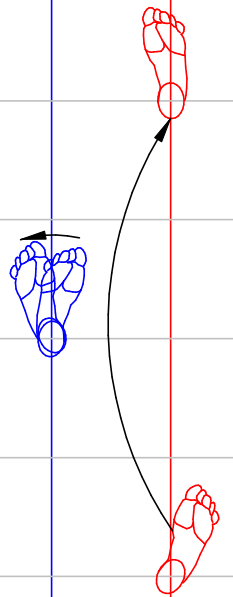
8...11) Zenkutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

Kiai

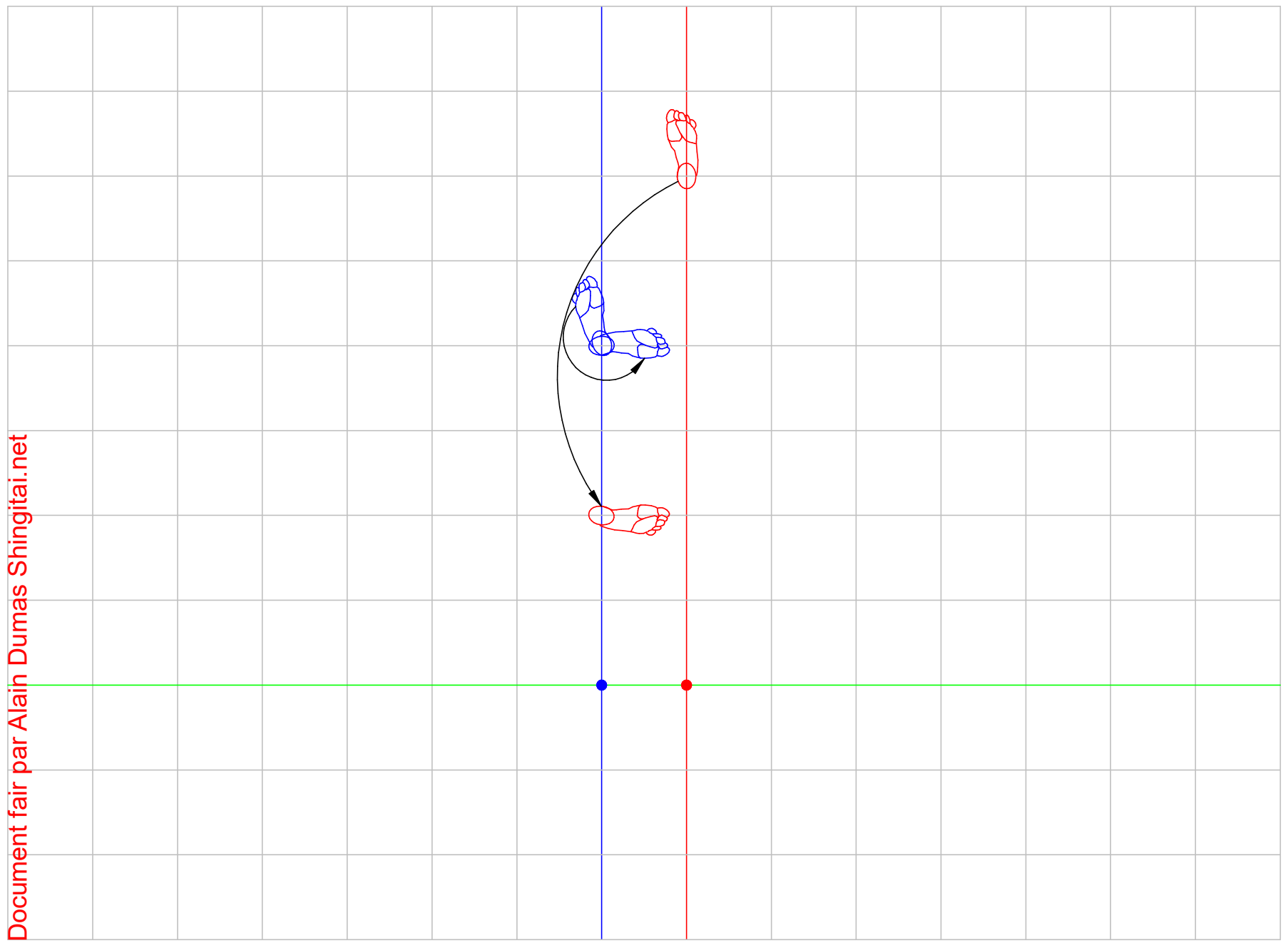


12) Zenkutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

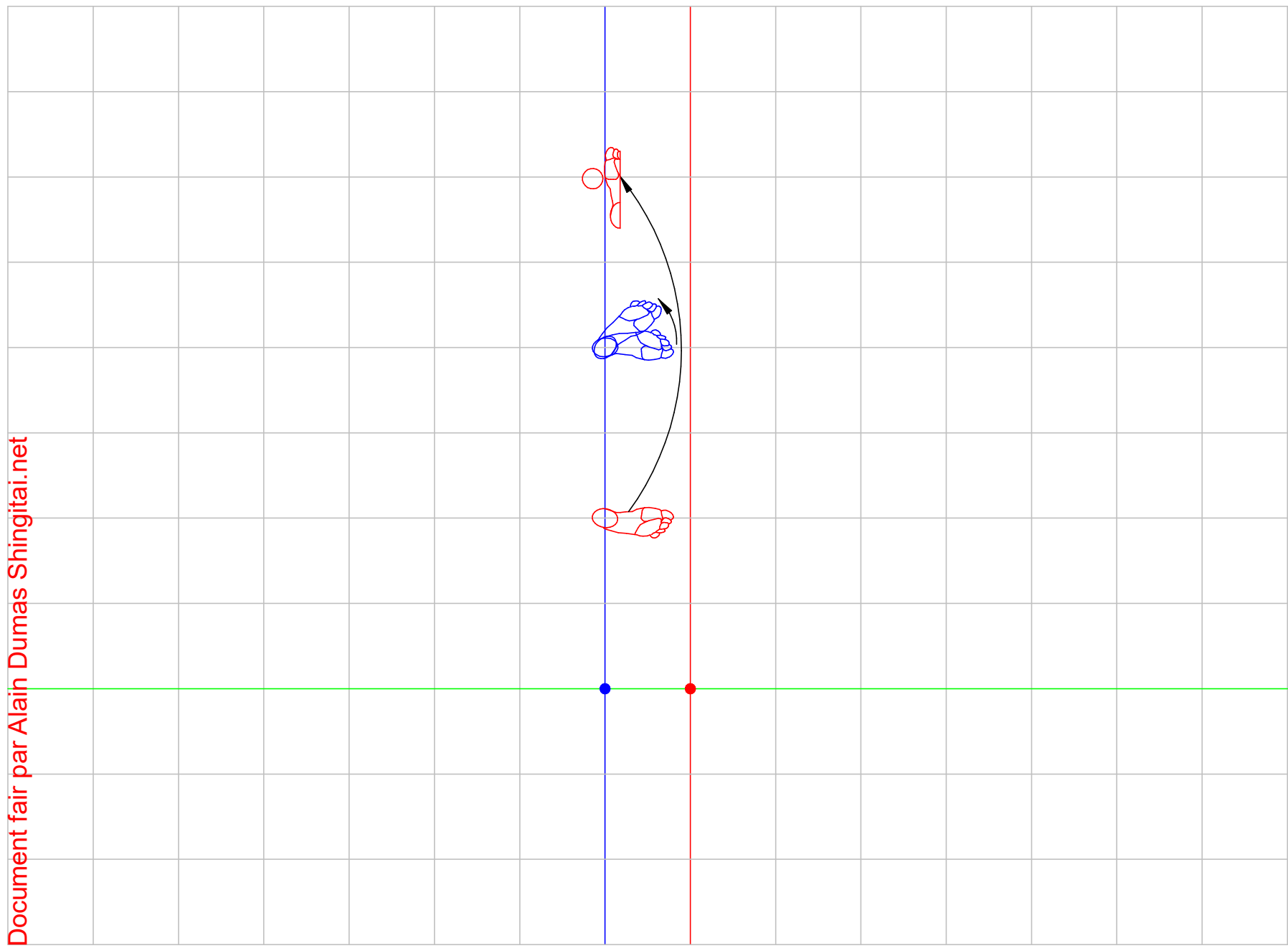


13,14) Kiba-dachi

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

Document fair par Alain Dumas Shingitai.net

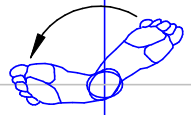
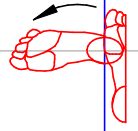


15) Ashi-dachi

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

Document fair par Alain Dumas Shingitai.net

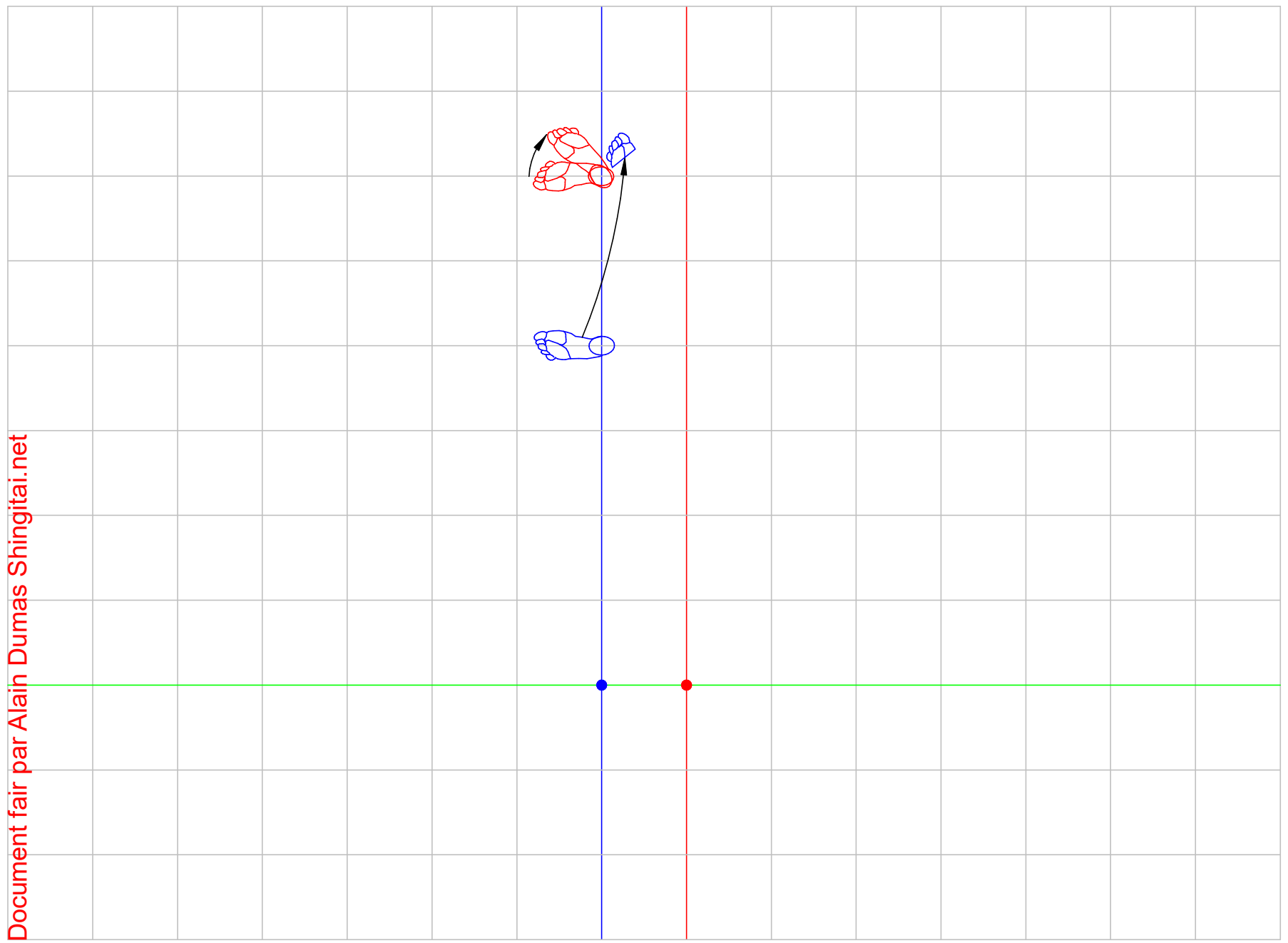


16) Kiba-dachi

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

Document fair par Alain Dumas Shingitai.net

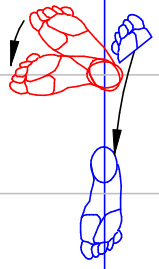


17) Kosa-dachi

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

Document fair par Alain Dumas Shingitai.net

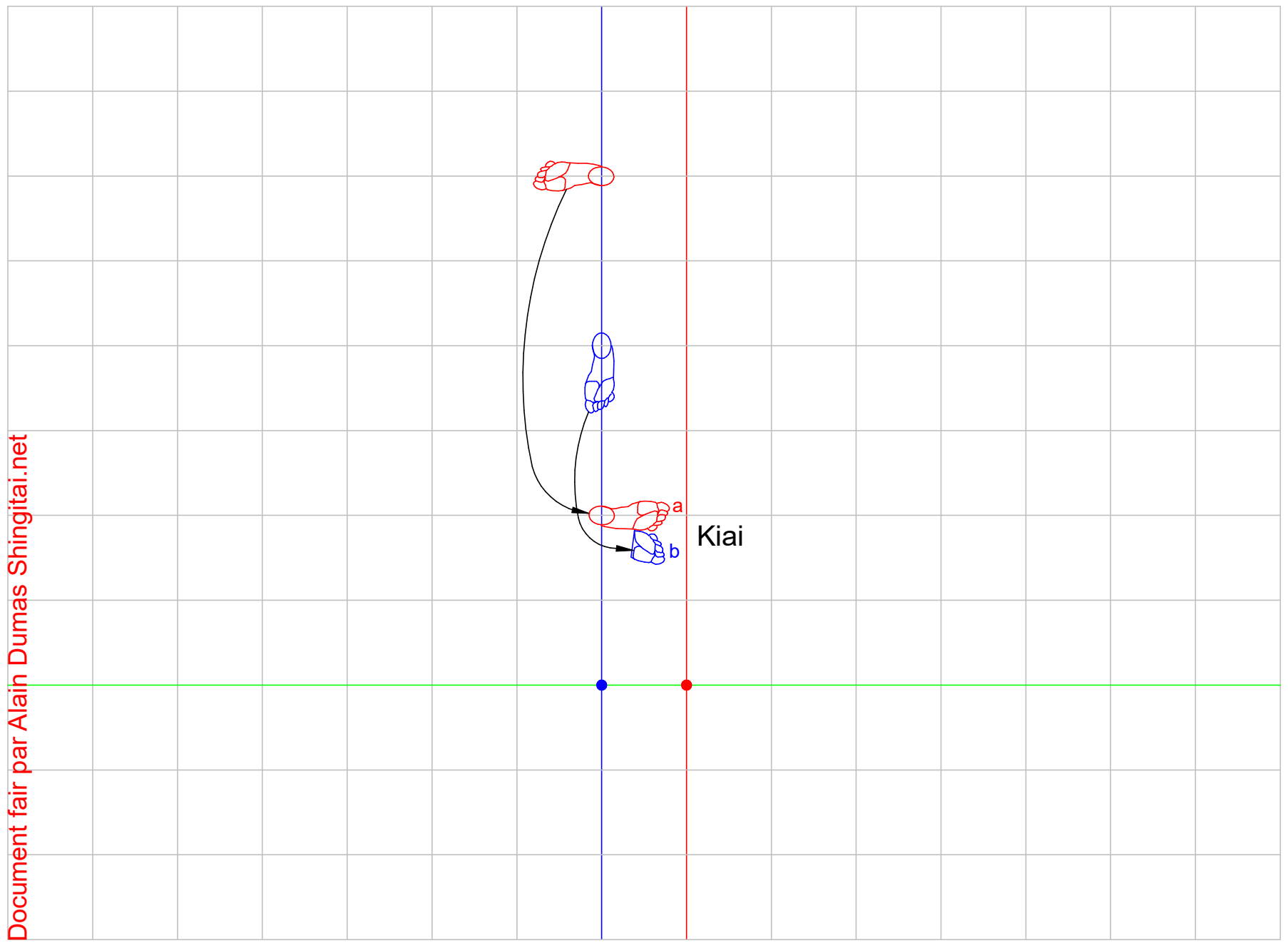


18) Renoji-dachi

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

Document fair par Alain Dumas Shingitai.net

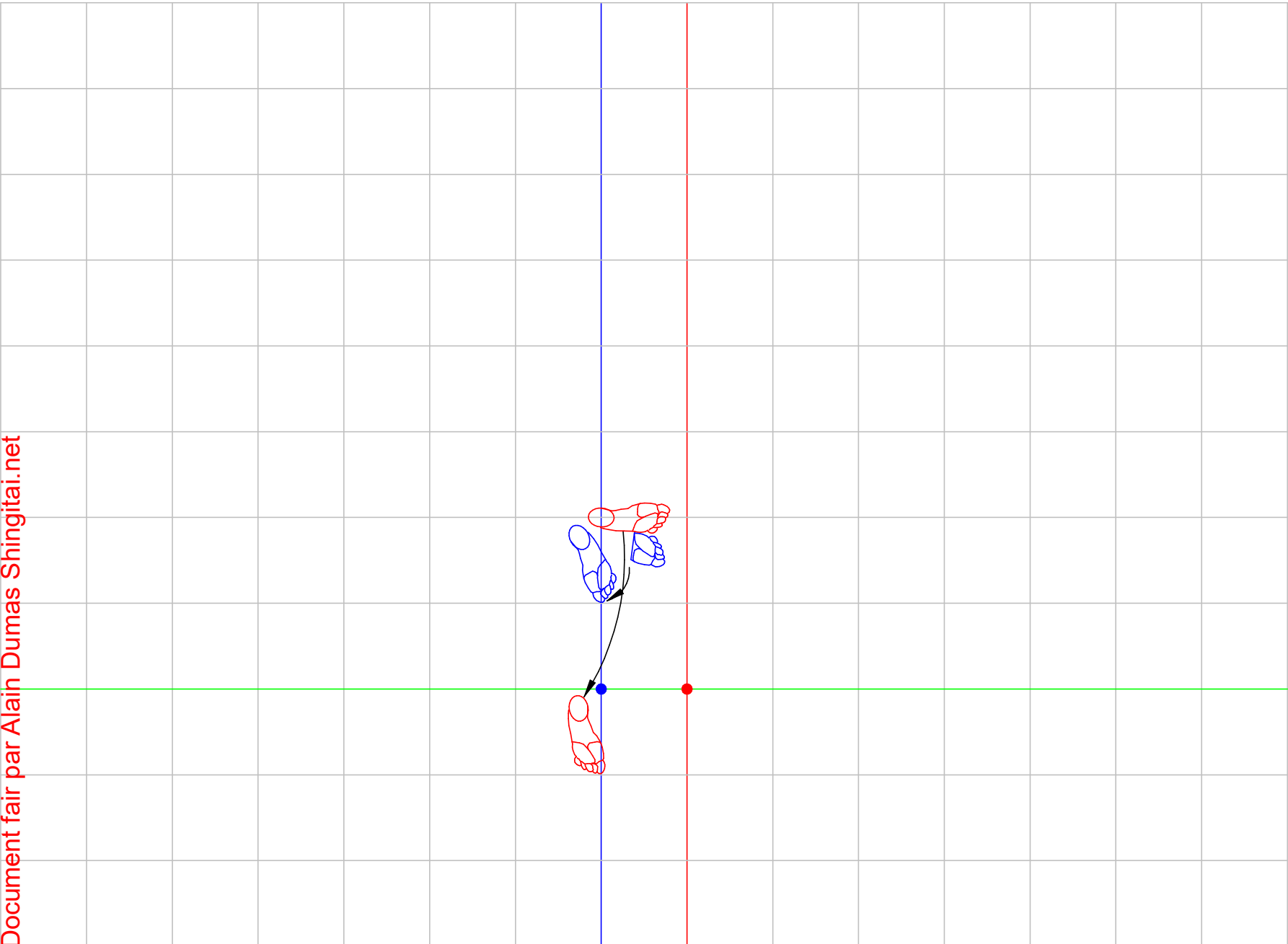


19a,19b) Kosa-dachi

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

Document fair par Alain Dumas Shingitai.net

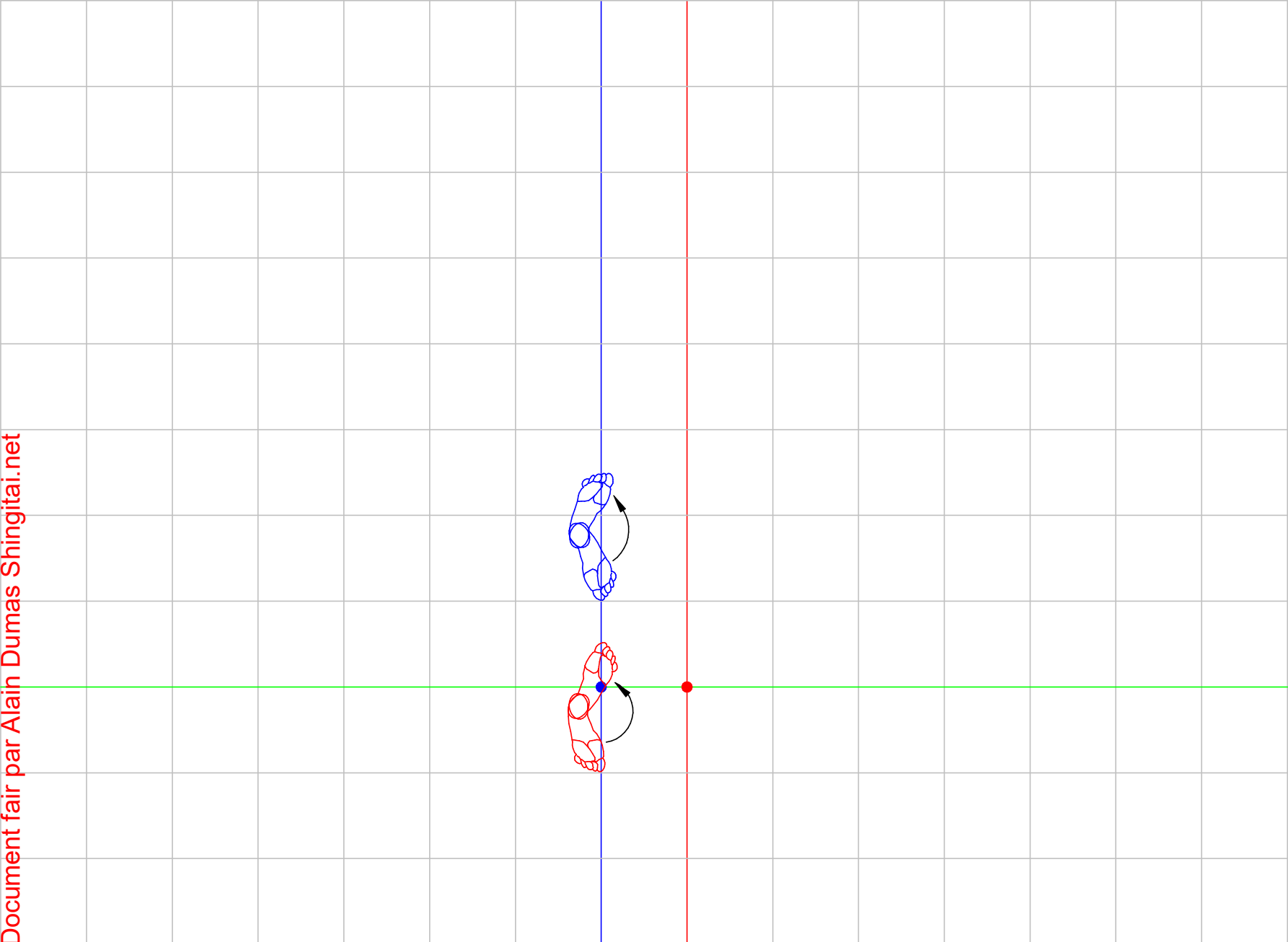


20) Hiza-kussu

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

Document fair par Alain Dumas Shingitai.net

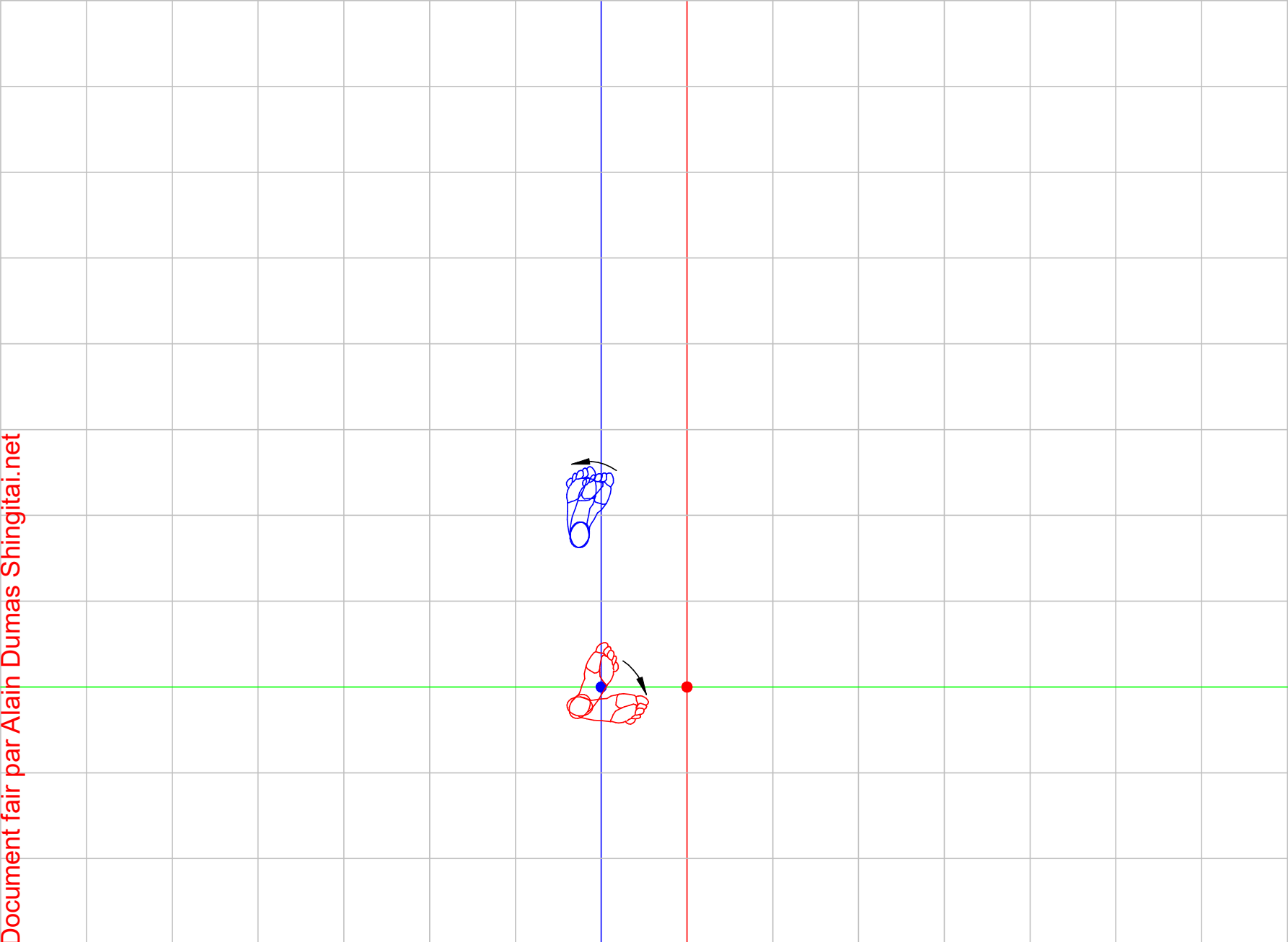


21a) Hiza-kussu

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

Document fair par Alain Dumas Shingitai.net

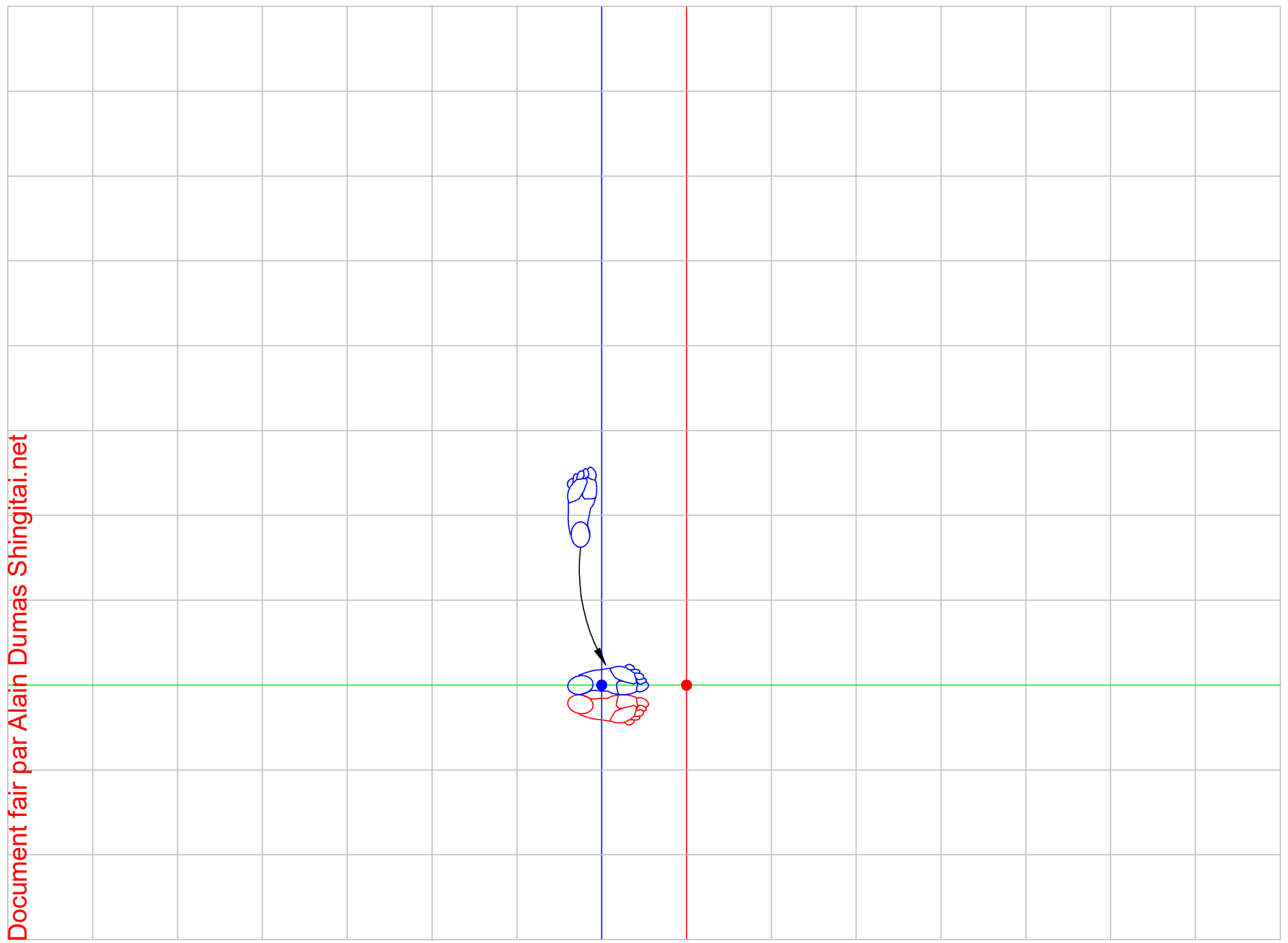


21b) Kokutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

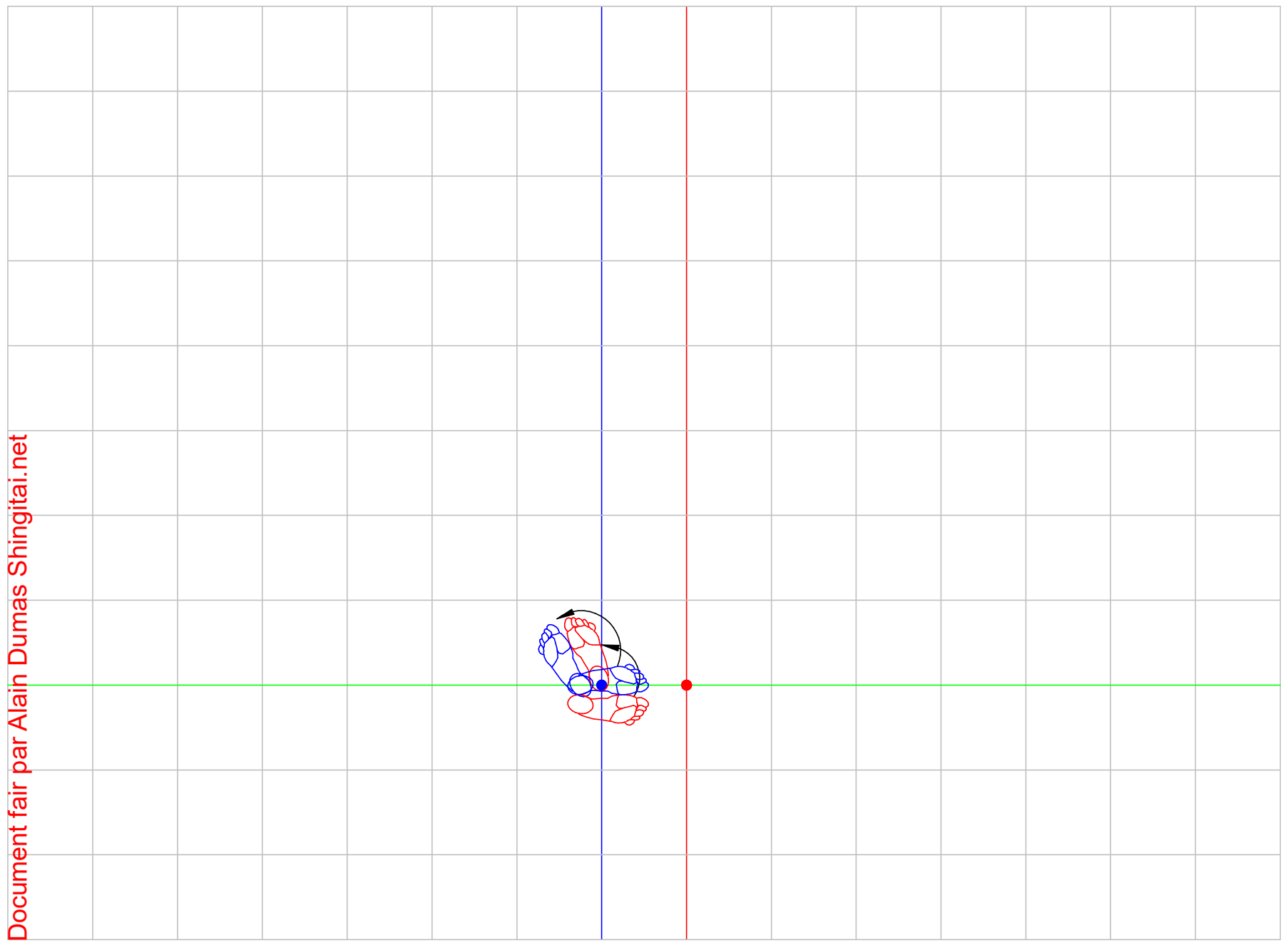


22) Heisoku-dachi

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

Document fair par Alain Dumas Shingitai.net

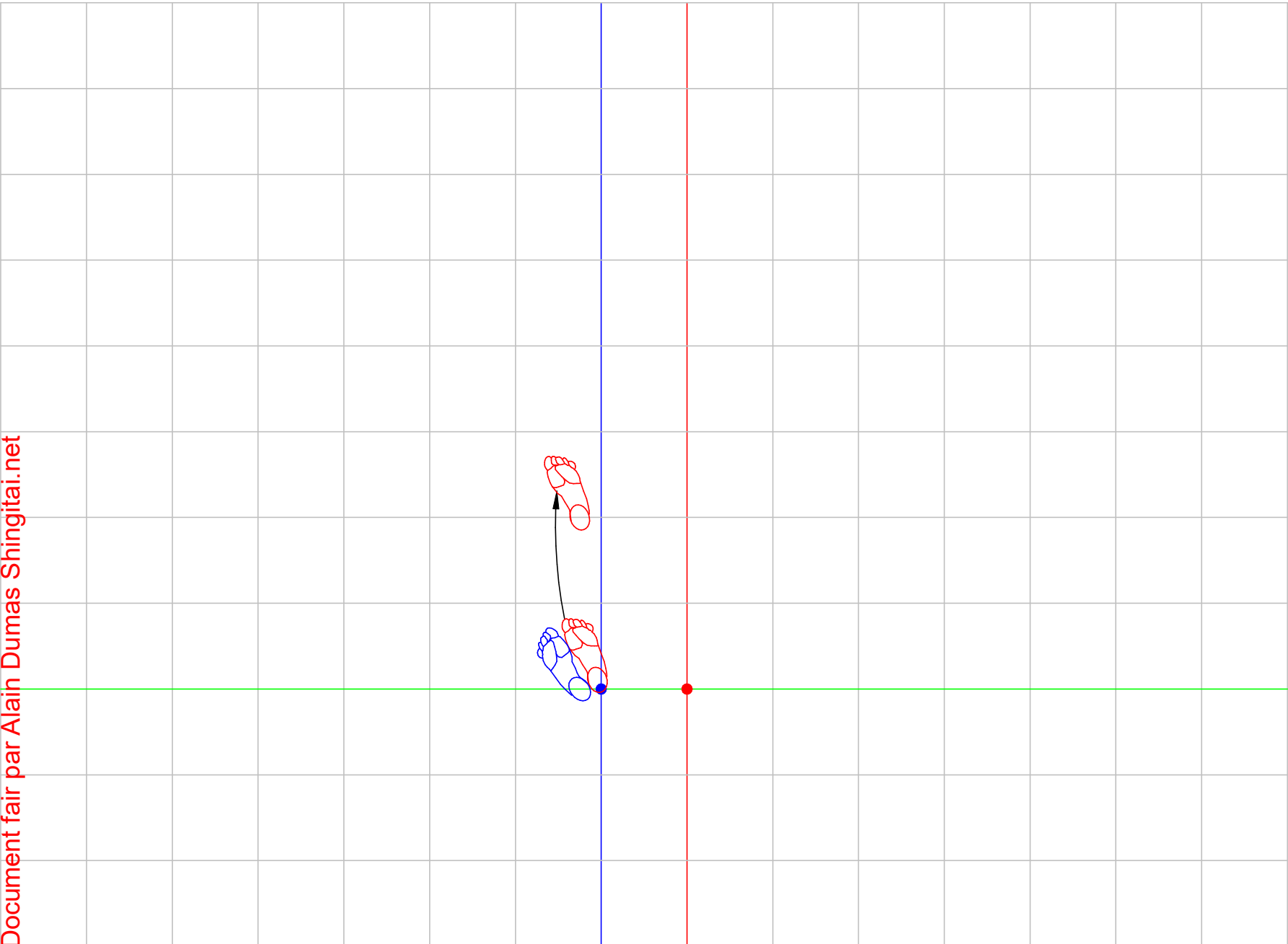


22a) Heisoku-dachi

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

Document fair par Alain Dumas Shingitai.net

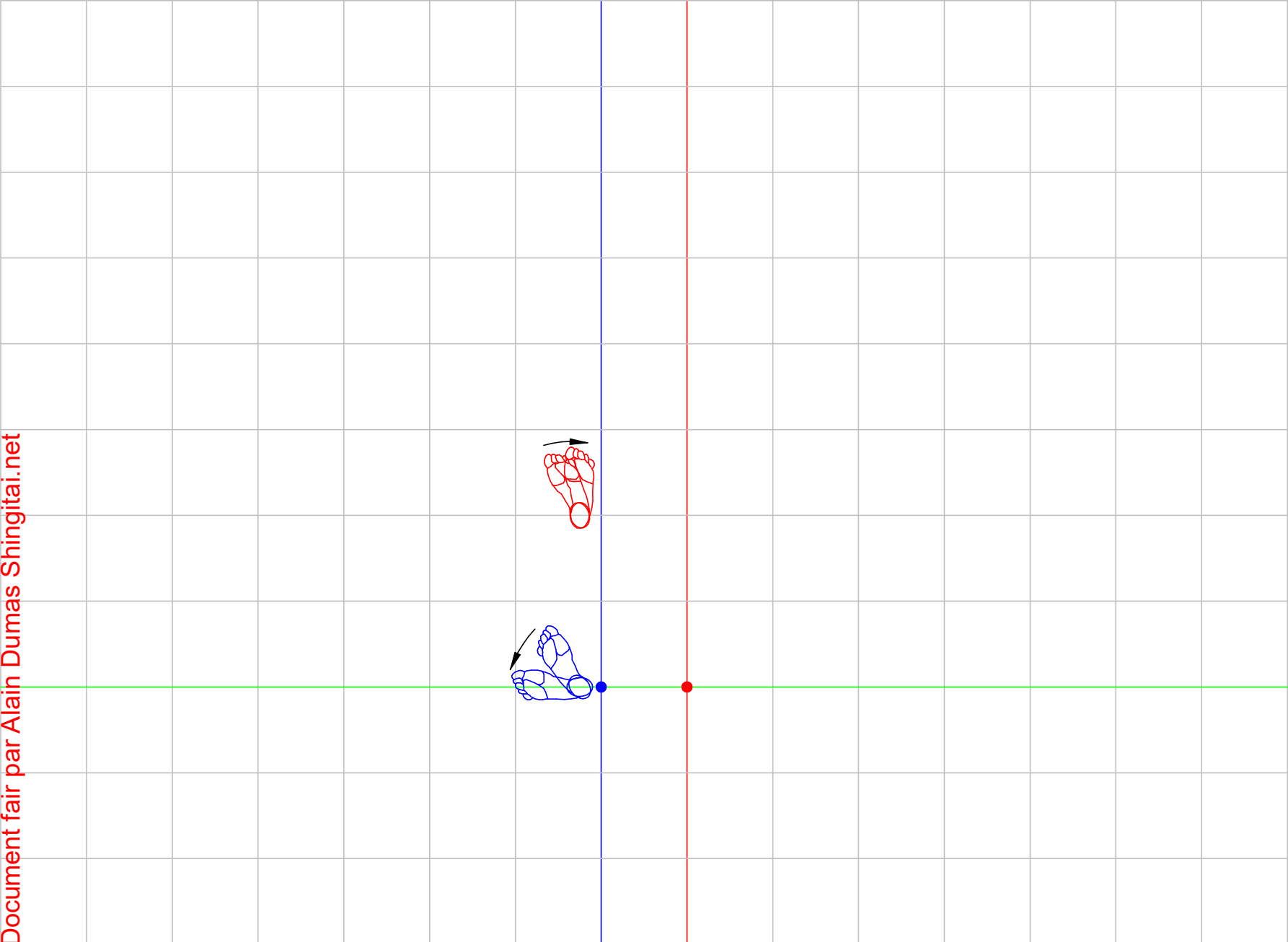


23a) Hiza-kussu

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

Document fair par Alain Dumas Shingitai.net

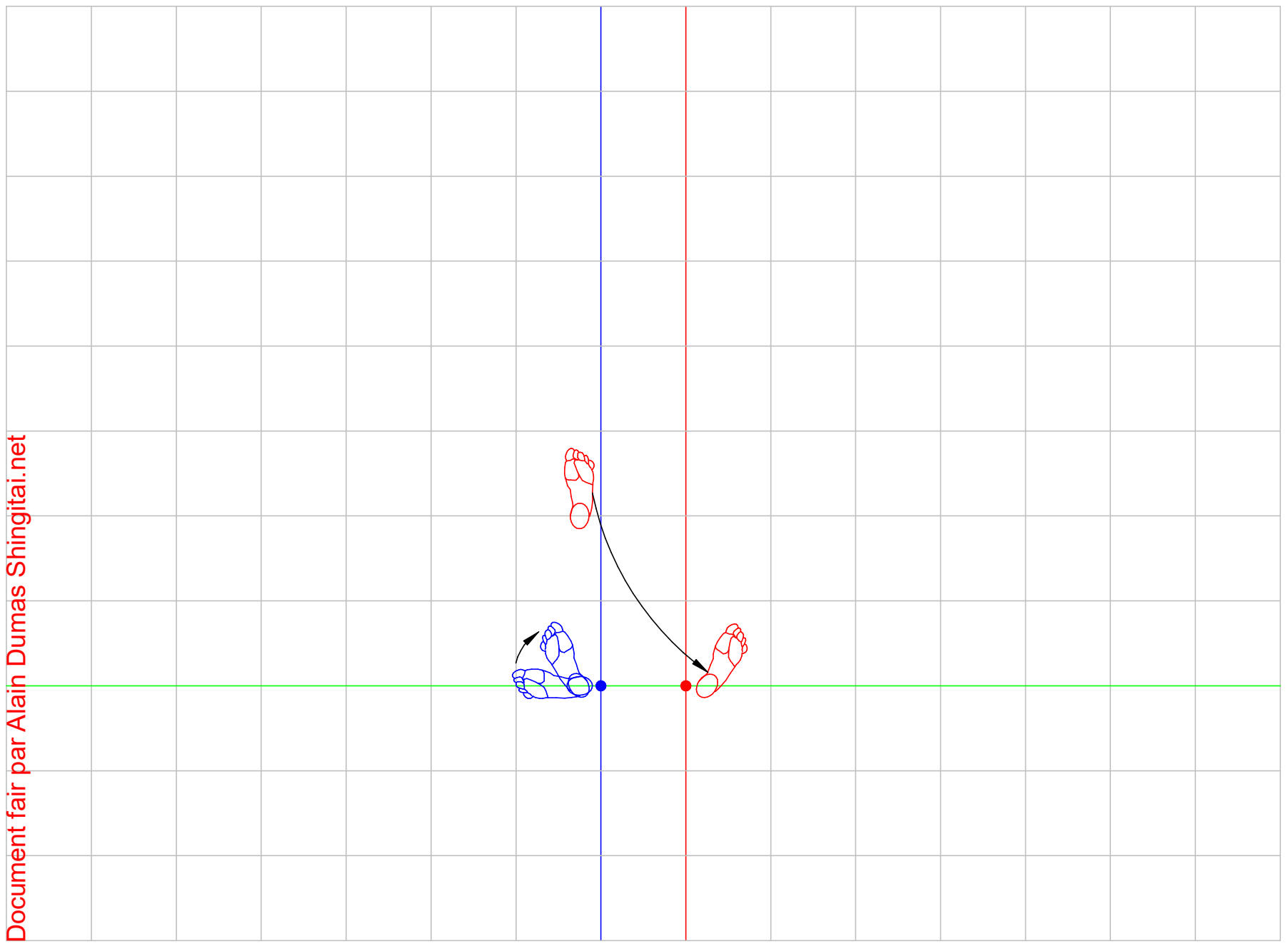


23b) Kokutsu-dachi

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

Document fair par Alain Dumas Shingitai.net

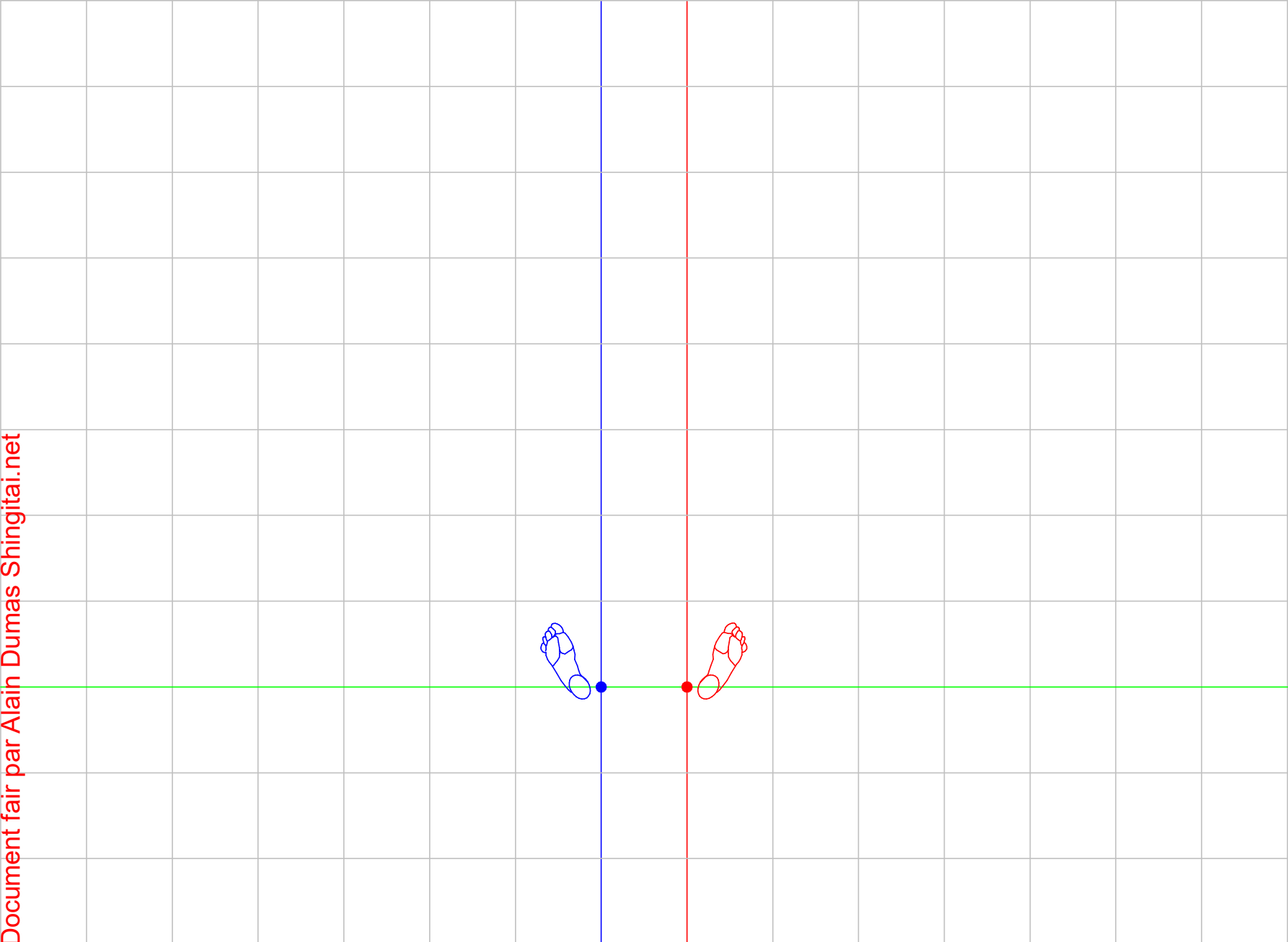


Hachinoji-dachi

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

Document fair par Alain Dumas Shingitai.net

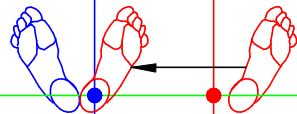


Hachinoji-dachi

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

Document fair par Alain Dumas Shingitai.net

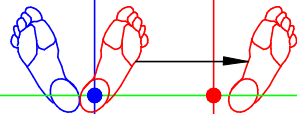


Musubi-dachi

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

Document fair par Alain Dumas Shingitai.net

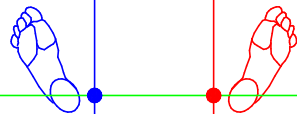


Hachinoji-dachi

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

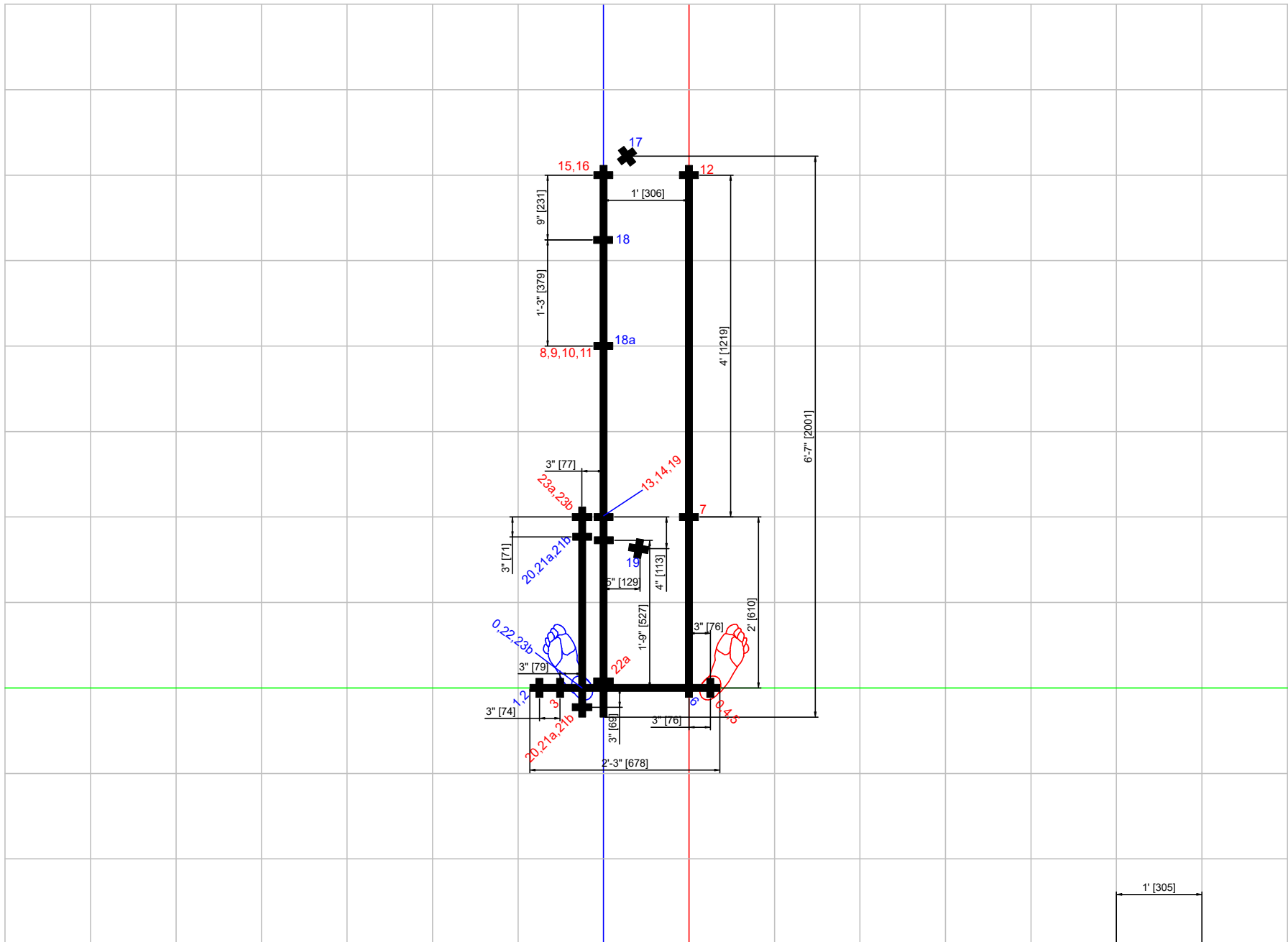
Document fair par Alain Dumas Shingitai.net



Hachinoji-dachi

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

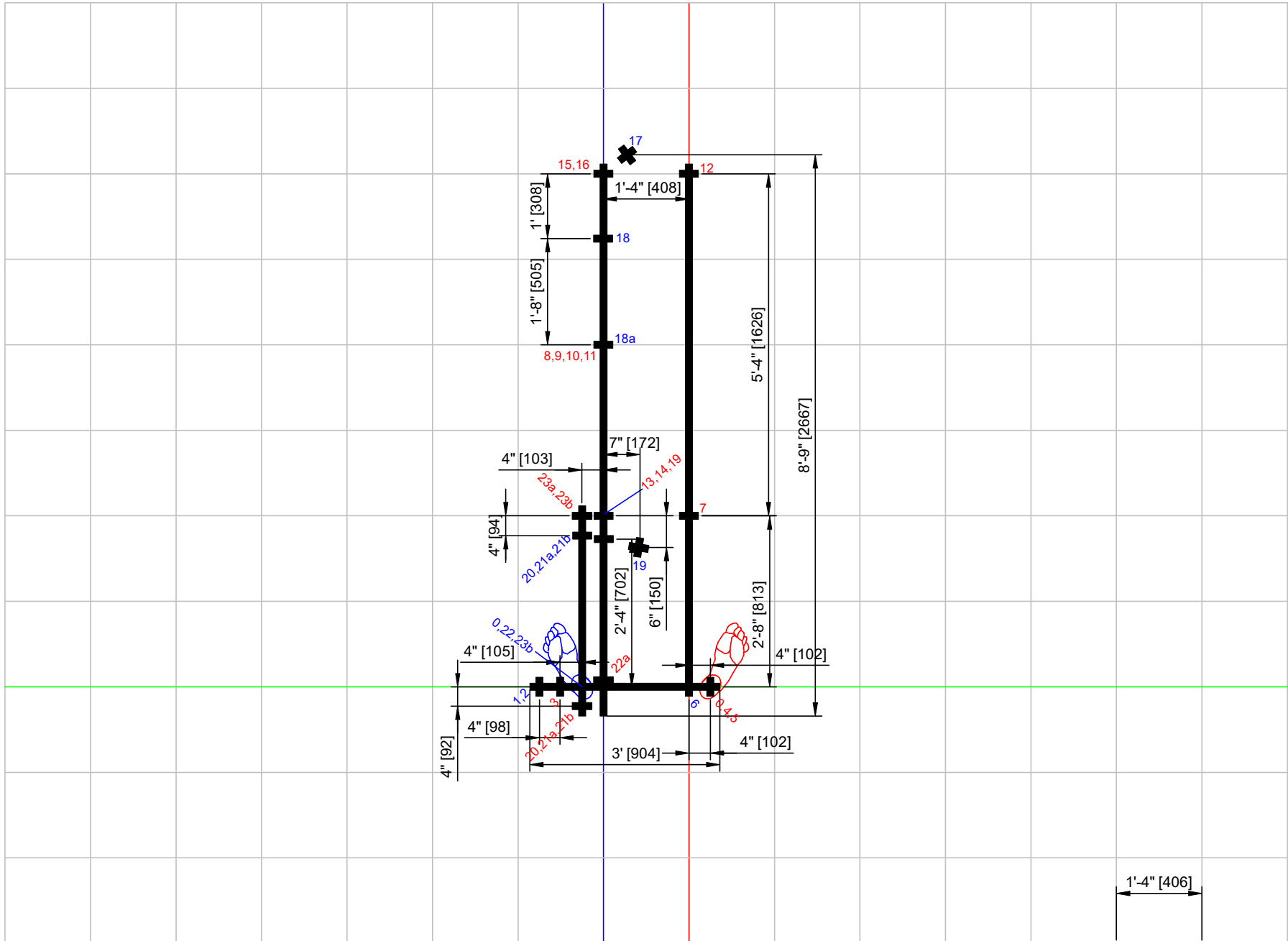
1
2
3
4
5
6
7
8
9
10
11
12



Embuse Heian Godan (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

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



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