

# *Kinjiru chiten*

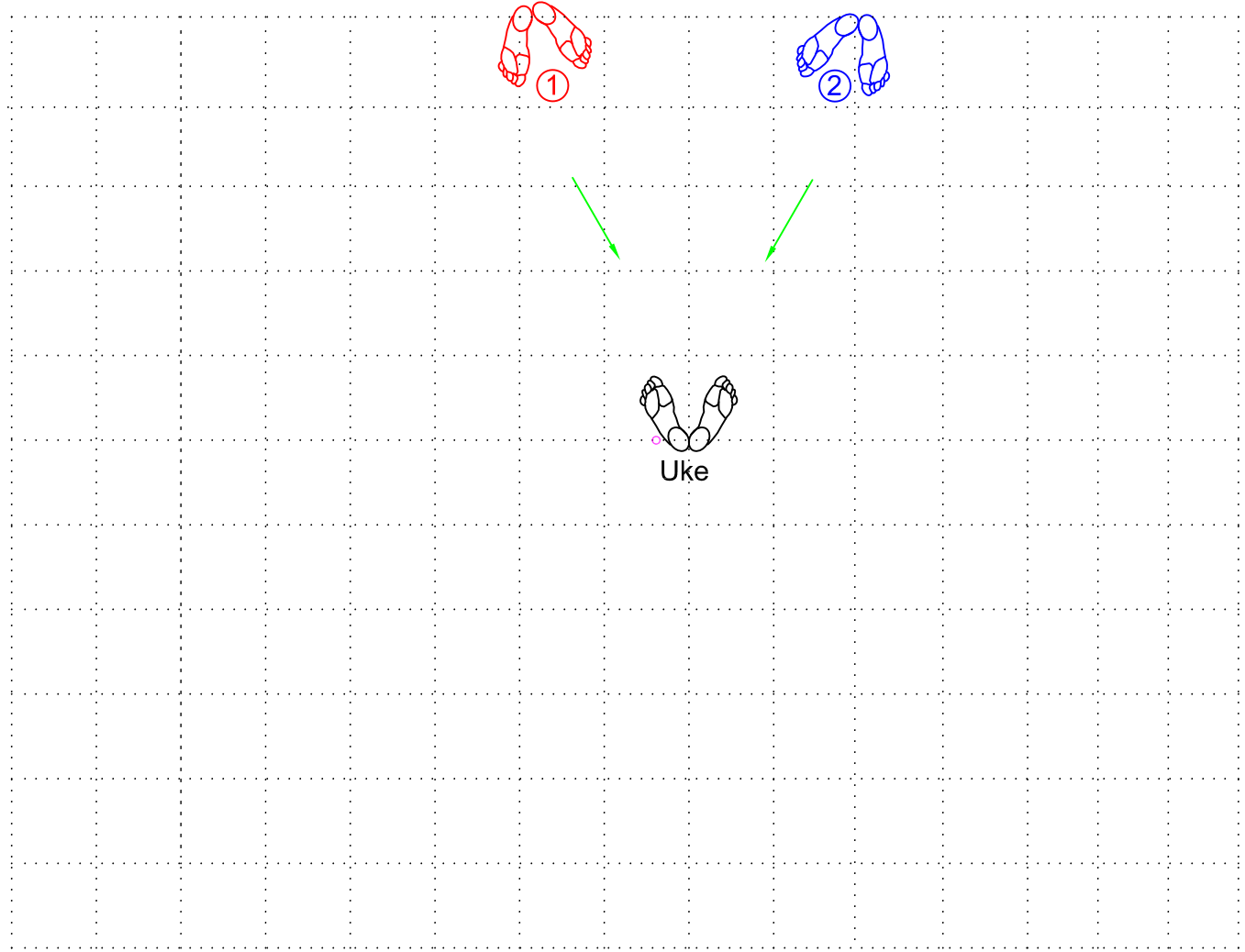
Défendre son point (endroit ou idée)

Enchainements type shotokan I.K.D., créé sur les bases des katas par nos grands maîtres du passé.

Par Alain Dumas  
5 Dan IKD

Novembre 2013

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



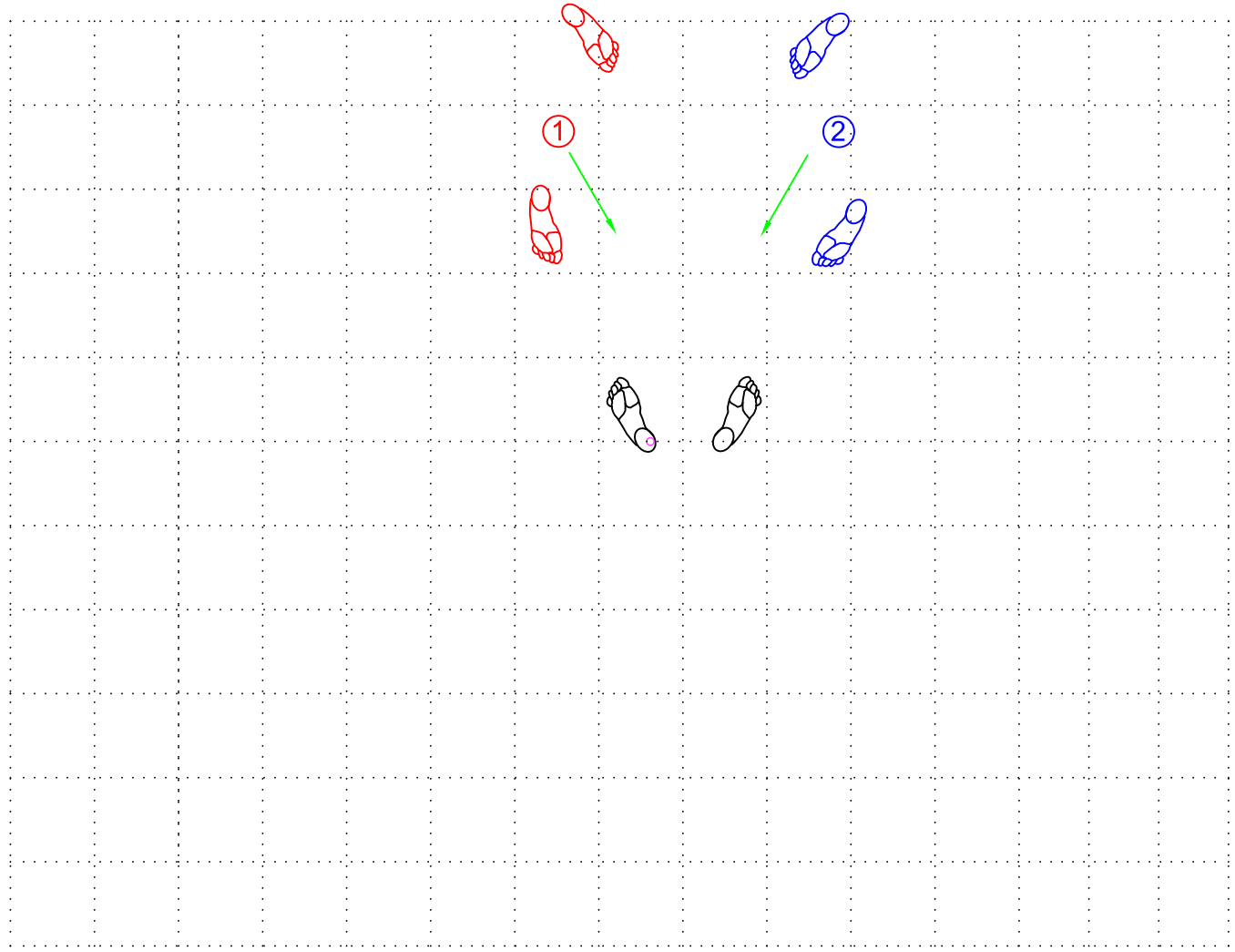
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



1.0

Uke Musubi-dachi, Rei

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



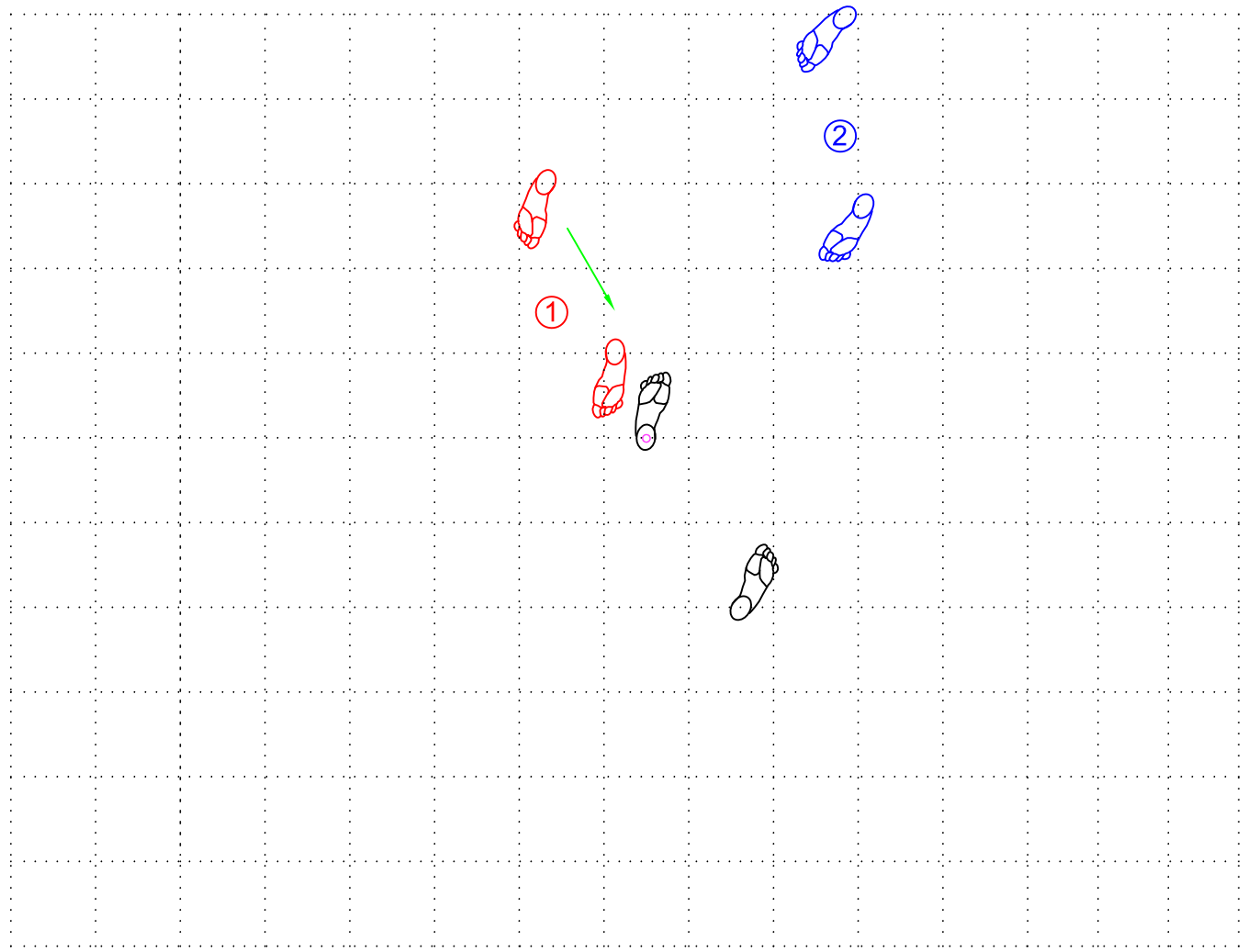
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



2.0

1. Uke seizentai, hachiji-dachi
2. Tori-1 Migi zenkutsu-dachi, gedan-barai, kamae ruy
3. Tori-2 Hidari zenkutsu-dachi gedan-barai, kamae ruy

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

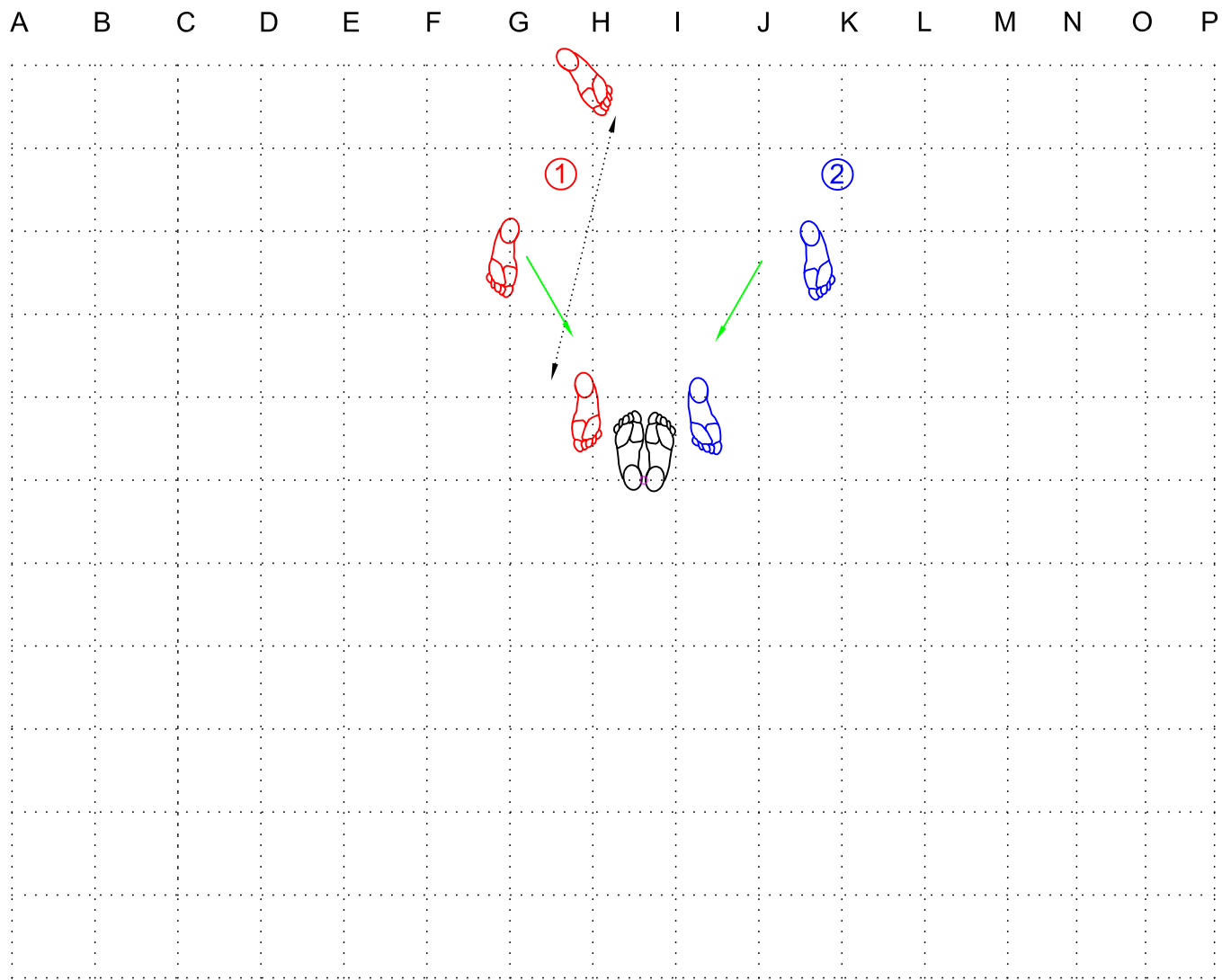


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



3.0

1. (Uke) Hidari zenkutsu-dachi, gedan-barai,
2. (1) Hidari mae-geri chudan
3. (2) ---



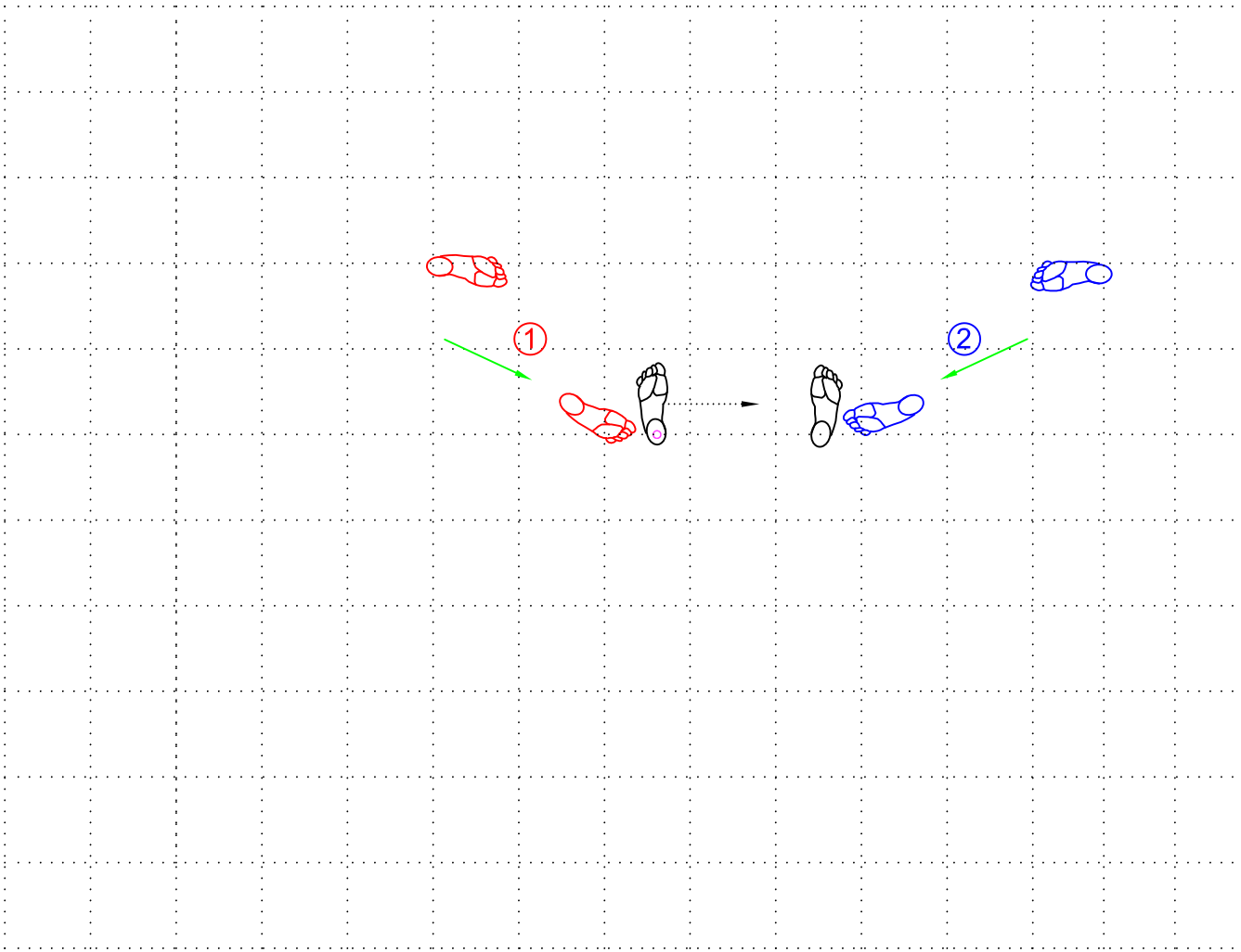
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



4.0

1. Uke Heisoku-dachi, nihon gedan-barai
2. (1) Recule et avance hidari zenkutsu-dachi, oi-zuki chudan
3. (2) Migi, zenkutsu-dachi, oi-zuki chudan

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



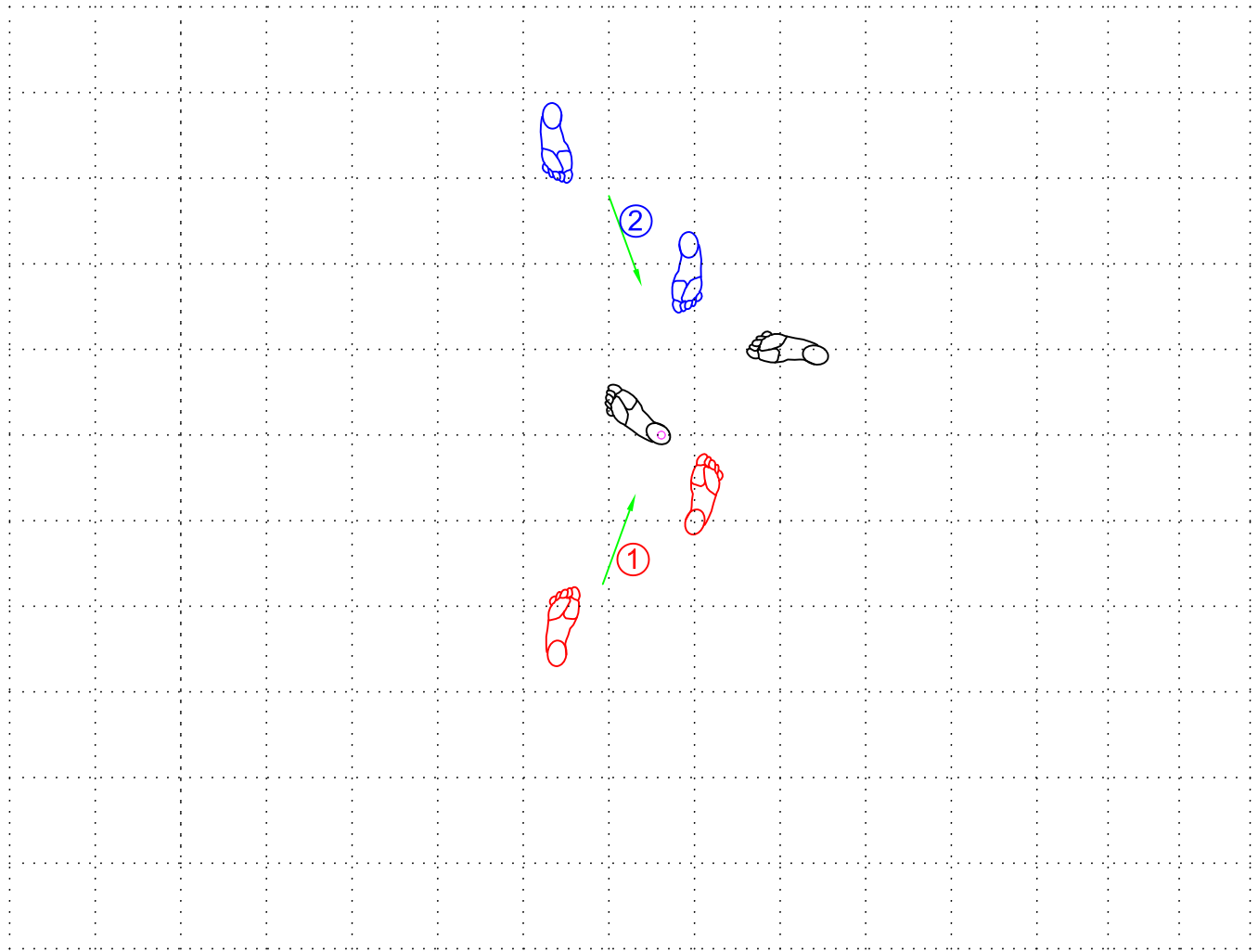
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



5.0

1. Uke kiba-dachi gama-uke jodan
2. (1) Migi, wawashi-geri jodan ou yoko-geri kekomi jodan
3. (2) Hidari, zenkutsu-dachi, oi-zuki chudan

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



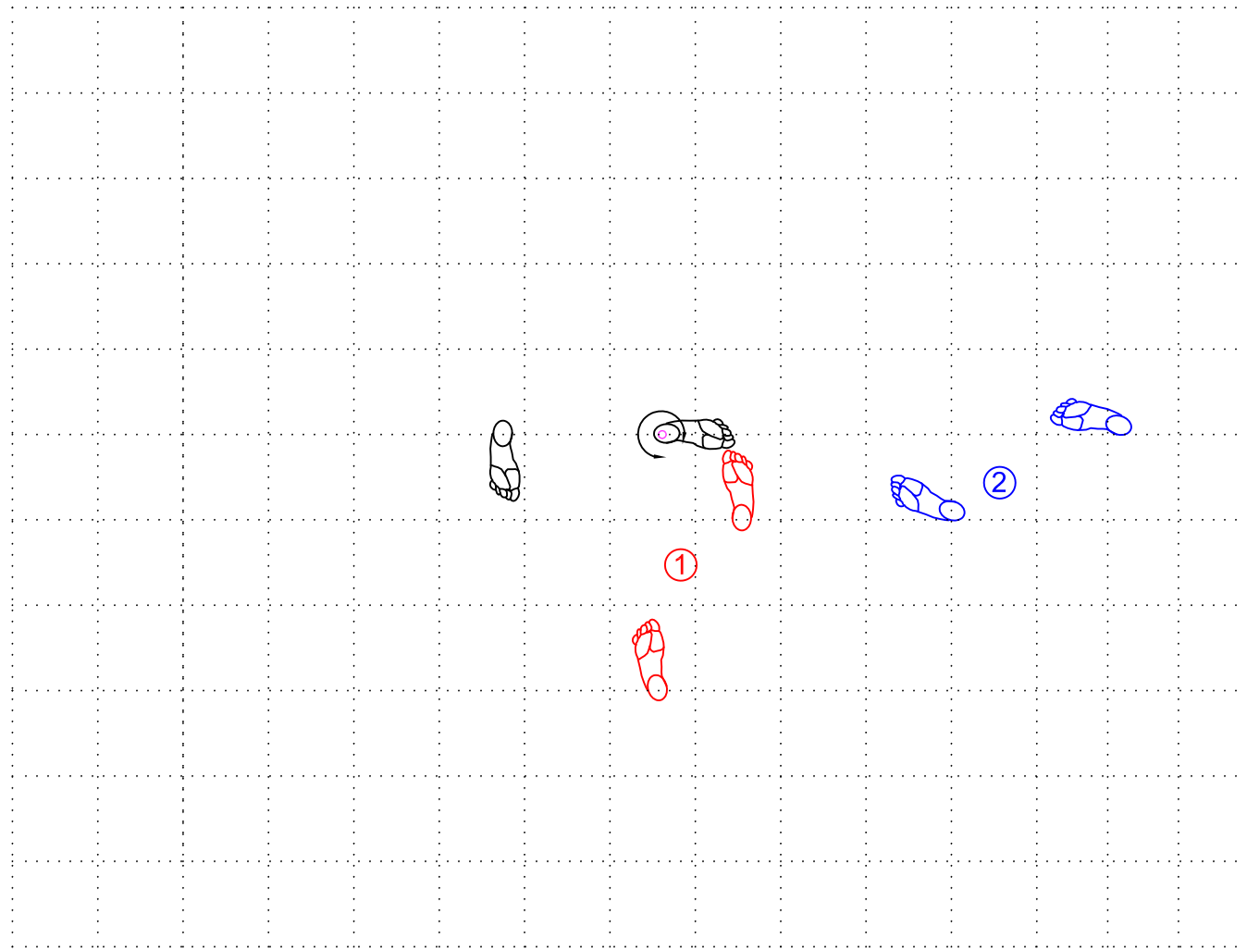
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



6.0

1. Uke Migi, hangetsu-dachi, Nihon yama-haishu-uke chudan et jodan
2. (1) Migi, zenkutsu-dachi oi-zuki jodan, gyaku-zuki chodan
3. (2) Hidari, zenkutsu-dachi oi-zuki jodan, gyaku-zuki chodan

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

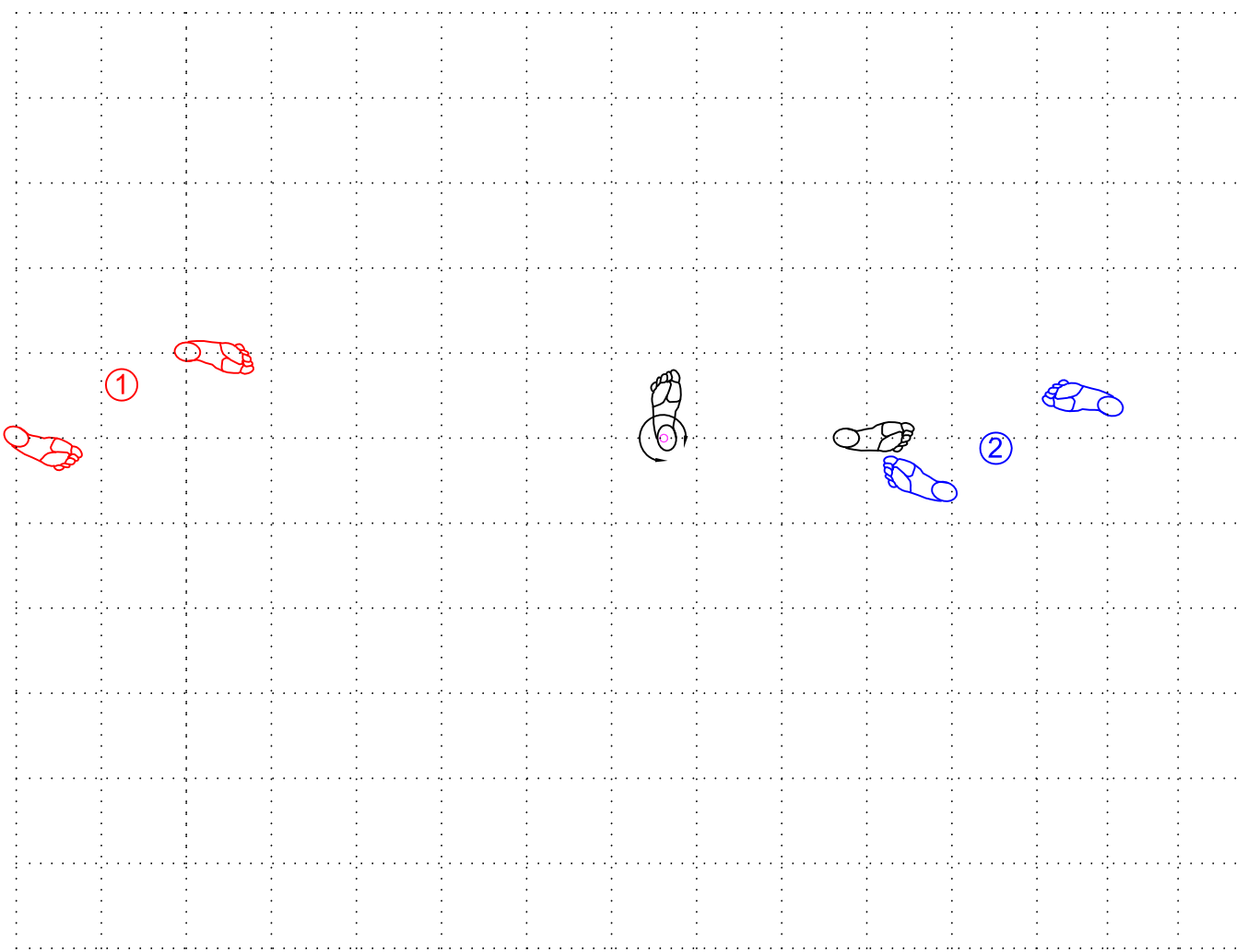


7.0

- 1. Uke Hidari, Kokutsu-dachi, gedan-barrai dans le ventre de Tori pendant la rotation
- 2. (1) ---
- 3. (2) ---



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

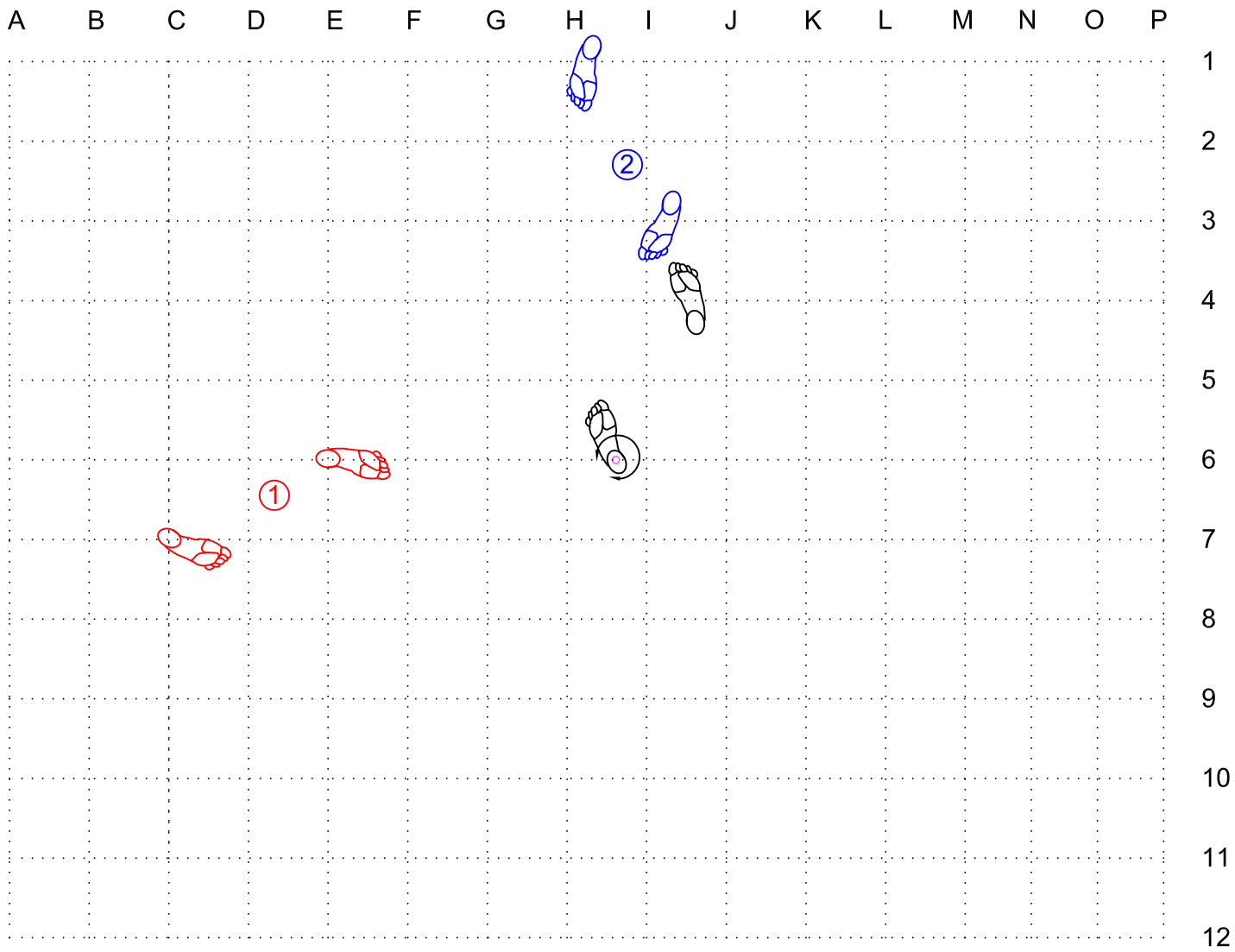


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



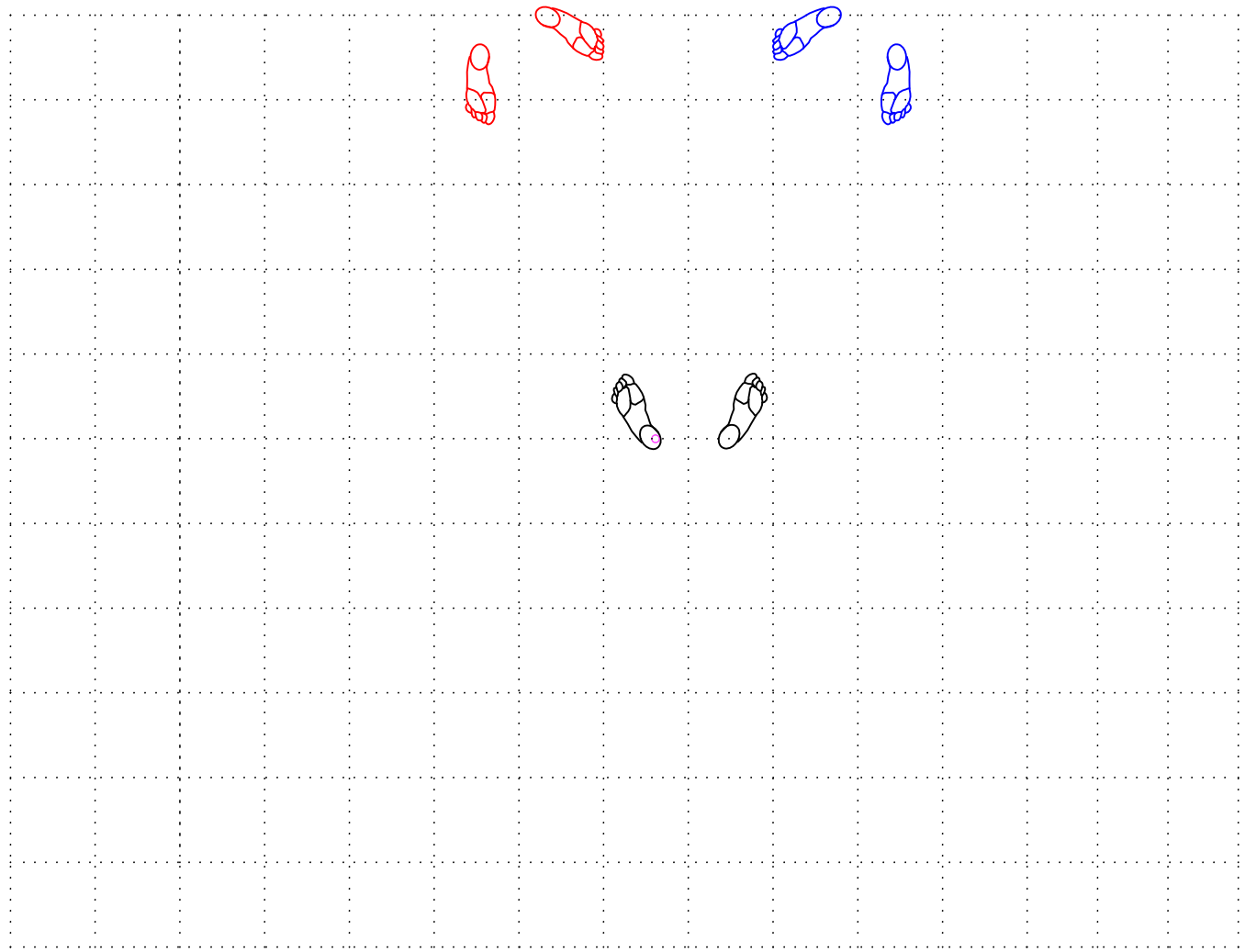
- 8.0
1. Uke Migi, kokutsu-dachi, nagashi-uke jodan et shuto-uke gedan, (migi shuto-uke (artère fémorale de (2))
  2. 1) ---
  3. (2) Hidari, kotustu-dachi, oi-zuki-jodan





- 10.0
1. Uke Migi, zenkutsu-dachi, shuto-uke Jodan, mawashi-enpi chudan ou pression sur le coude gauche
  2. (1) XXX
  3. (2) Hidari, zenkutsu-dachi, oi-zuki jodan

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

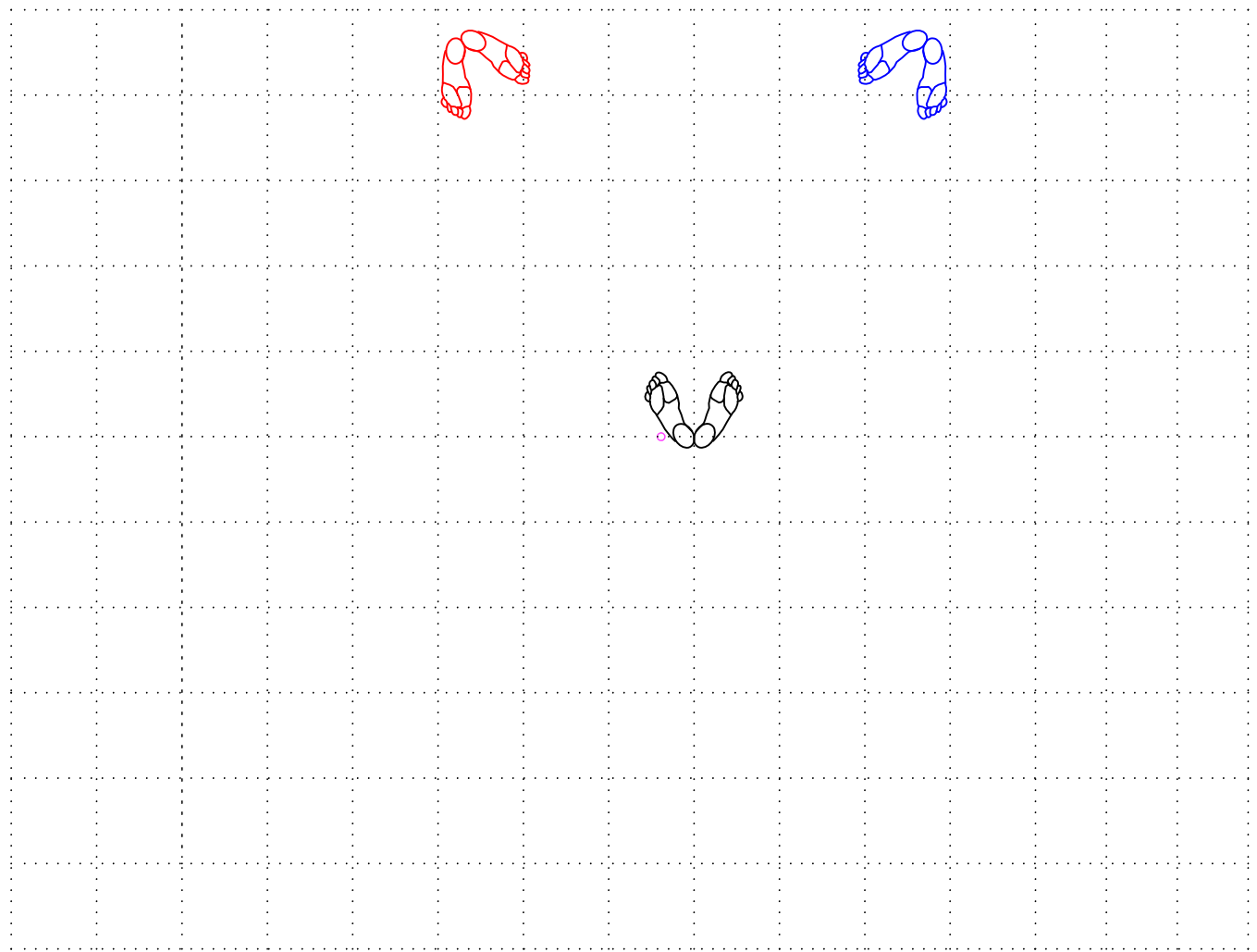


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



11.0  
Hachiji-dachi

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

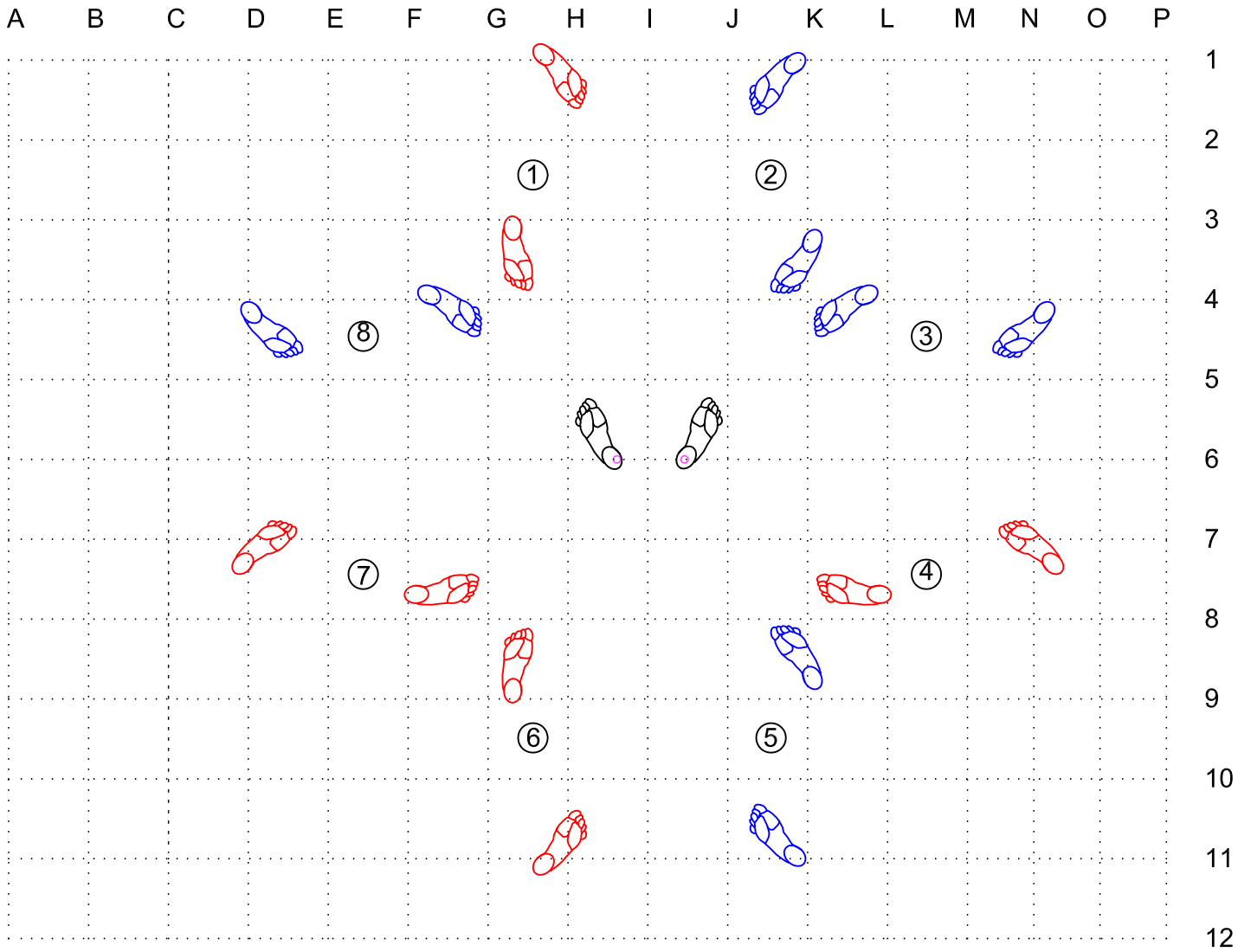


1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12



12.0

Musubi-dachi, rei



Même enchaînement mais l'attaque peut être fait par plusieurs adversaires.  
 Uke doit réagir au son du Kiai de l'un des attaquants et exécuter l'ensemble de la chorégraphie.