

## **EMBUSEN BASSAI-DAI** (PASSAI)

Best karate # 6

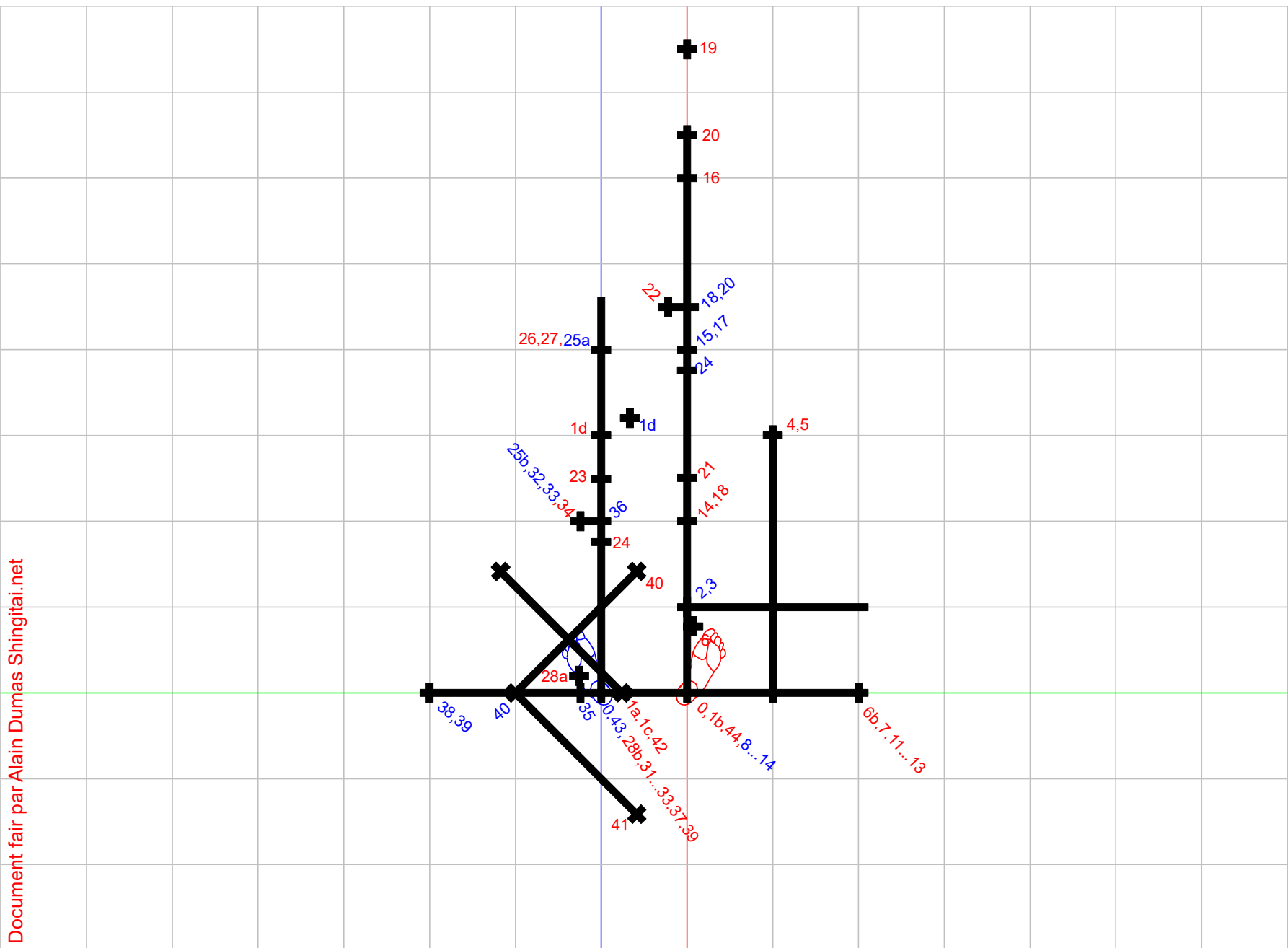
| <b>PÉNÉTRER LA FORTERESSE</b>   |   |       |                                     | <b>TO PENETRATE A FORTRESSE</b>  |  |       |                                  |
|---|---|-------|-------------------------------------|--|--|-------|----------------------------------|
| Origine : Okinawa, date de création : 14 <sup>e</sup> siècle, auteur : maître Itosu   |   |       |                                     | Origin : Okinawa, date created: 14 <sup>th</sup> century, author : master Itosu  |  |       |                                  |
| <b>Bas</b> : combattre avec stratégie dans l'intention déterminée de gagner, <b>Sai</b> : territoire de l'adversaire, <b>Dai</b> : grand, plus éloigné.   |   |       |                                     | <b>Bas</b> : fight with strategy and with the intention to win, <b>Sai</b> : territory of the opponent, <b>Dai</b> : large, more distance  |  |       |                                  |
| Kata de vitesse « Shorin » - Classification IKD : Groupe 2  |   |       |                                     | « Shorin » speed kata – IKD Classification : Group 2   |  |       |                                  |
| 42 mouvements - Kiai mouvements 19 et 42, Durée : 60 secondes   |   |       |                                     | 42 movements - Kiai movements 19 and 42, Length : 60 seconds   |  |       |                                  |
| <p style="text-align: center;"><u>Points importants:</u></p> Il s'agit d'un kata défensif à partir duquel les katas Heian ont été inspirés en partie (Bassai, Kanku). Ce kata compte plus de techniques de défense que d'attaques. Il représente une situation de combat défavorable contre plusieurs adversaires que l'on tourne à son avantage.   |   |       |                                     | <p style="text-align: center;"><u>Important points:</u></p> It is the defensive kata from which the Heian katas were partly inspired (Bassai, Kanku). This kata has more defensive techniques than offensive ones. It represents an unfavorable combat situation against many opponents that is turned into our advantage.   |  |       |                                  |
| <p style="text-align: center;"><u>Note:</u></p> Dans ce kata on retrouve des thèmes : 1 <sup>re</sup> partie gyaku-hamni, 2 <sup>e</sup> partie tai-sabaki, contraction et extension. On retrouve la position hiza kussu-dachi à plusieurs endroits. Dans le dernier kokutsu-dachi, il y a un déplacement de l'axe des pieds par rapport à l'attaque pour une meilleure pénétration du shuto-uke. |   |       |                                     | <p style="text-align: center;"><u>Note:</u></p> Different themes are found in this kata: 1 <sup>st</sup> part gyaku-hamni, 2 <sup>nd</sup> part tai-sabaki, contraction and extension. We find the hiza kussu-dachi stance many times. In the last kokutsu-dachi, there is a shift of the feet axis from the attacking direction for a more penetrating shuto-uke. |  |       |                                  |
| <u>Points de convergence *C*</u><br>(où on repasse par le même point)   |   |       |                                     | <u>Points of convergence *C*</u><br>(where one passes at the same point)   |  |       |                                  |
| Point   | Mouvements                              | Point | Mouvements                          | Point  | Movements                              | Point | Movements                        |
| ● H-9   | Début, (Pied droit sur 28b/31,37), fin. | ● I-9 | Début, (pied gauche sur 8/10), fin. | ● H-9  | Start, (right foot on 28b/31,37), end. | ● I-9 | Start, (left foot on 8/10), end. |

Par Alain Dumas 6<sup>e</sup> 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

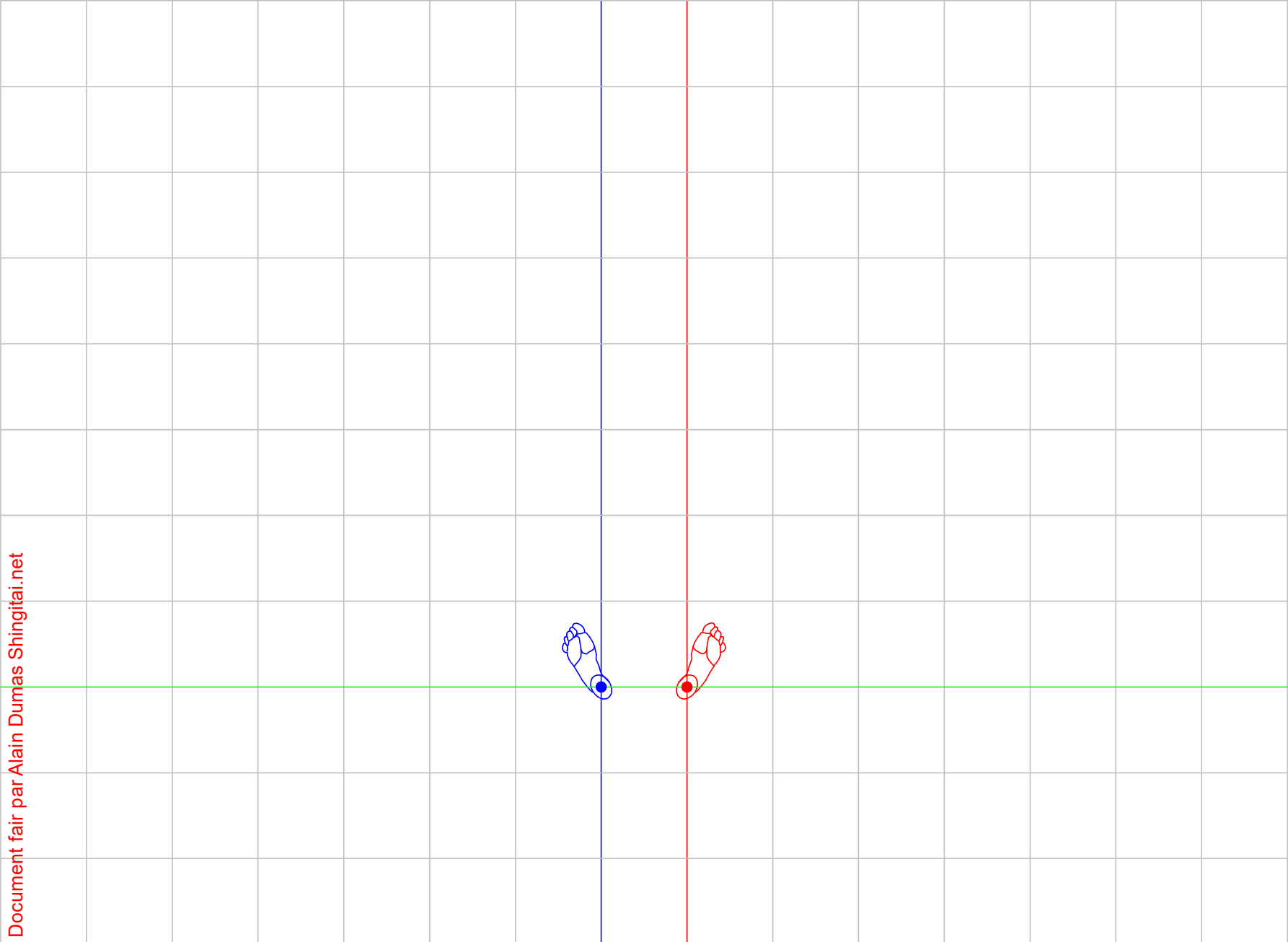
Embusen Bassai-dai

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

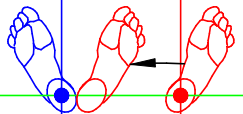
Shizen-tai



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

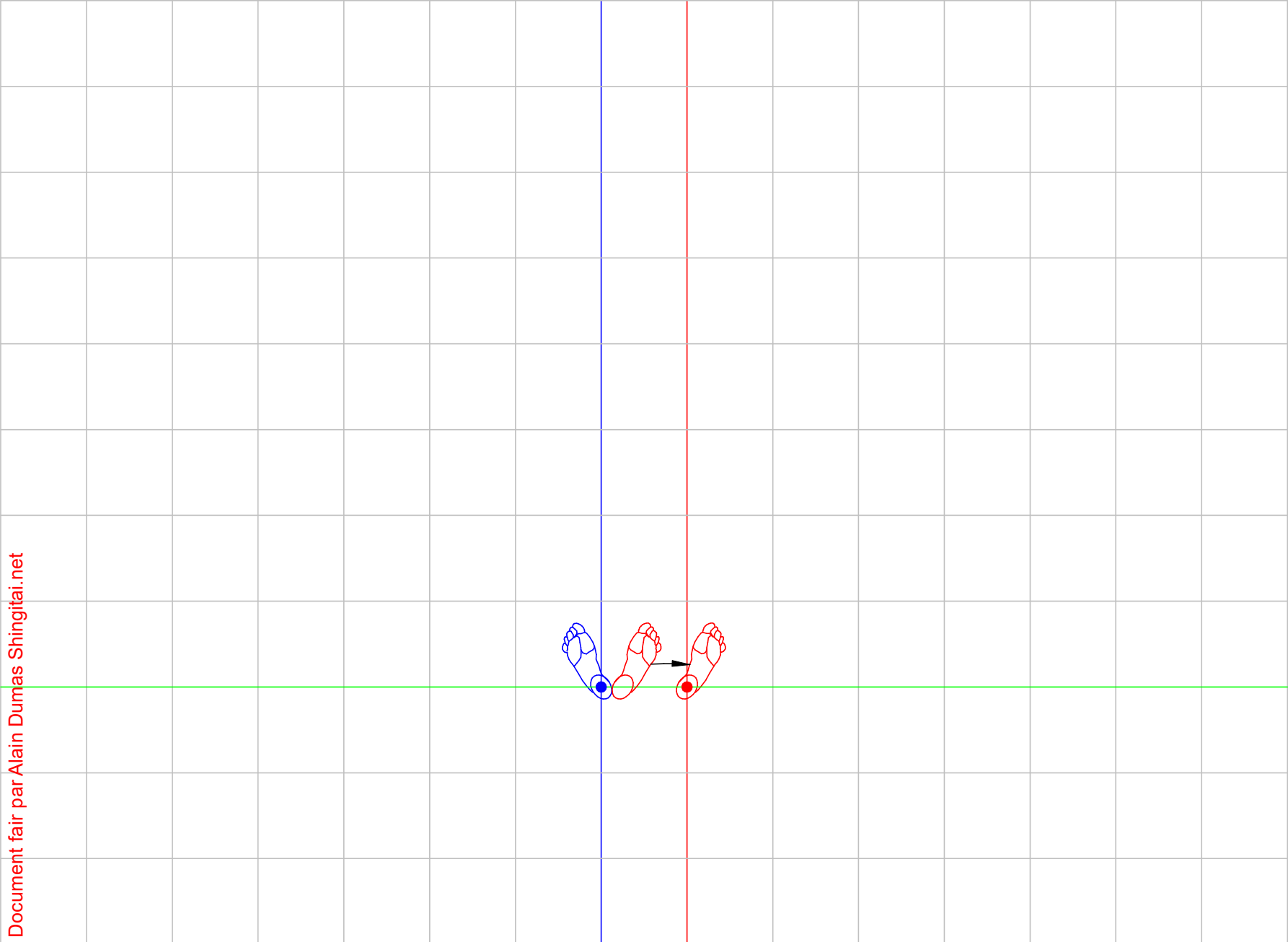


1a) Musubi-dachi

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

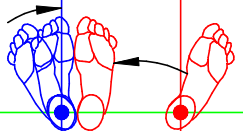


1b) Shizen-tai

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) 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

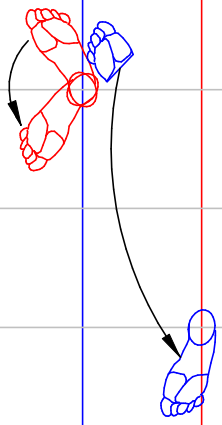


1d) Kosa-dachi

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



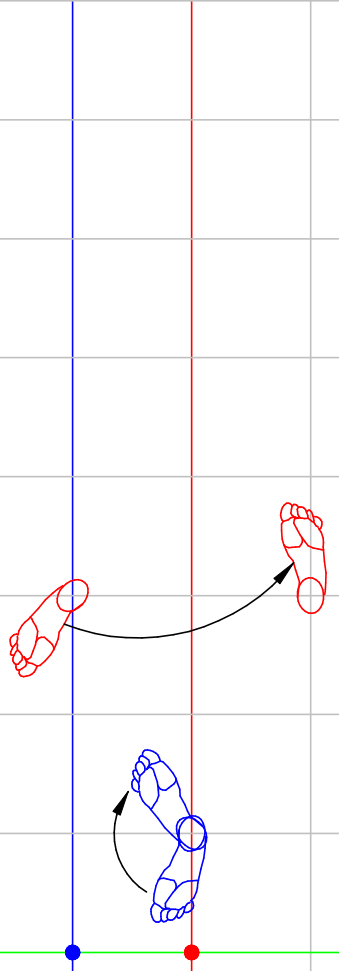
2,3) Zenkutsu-dachi



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

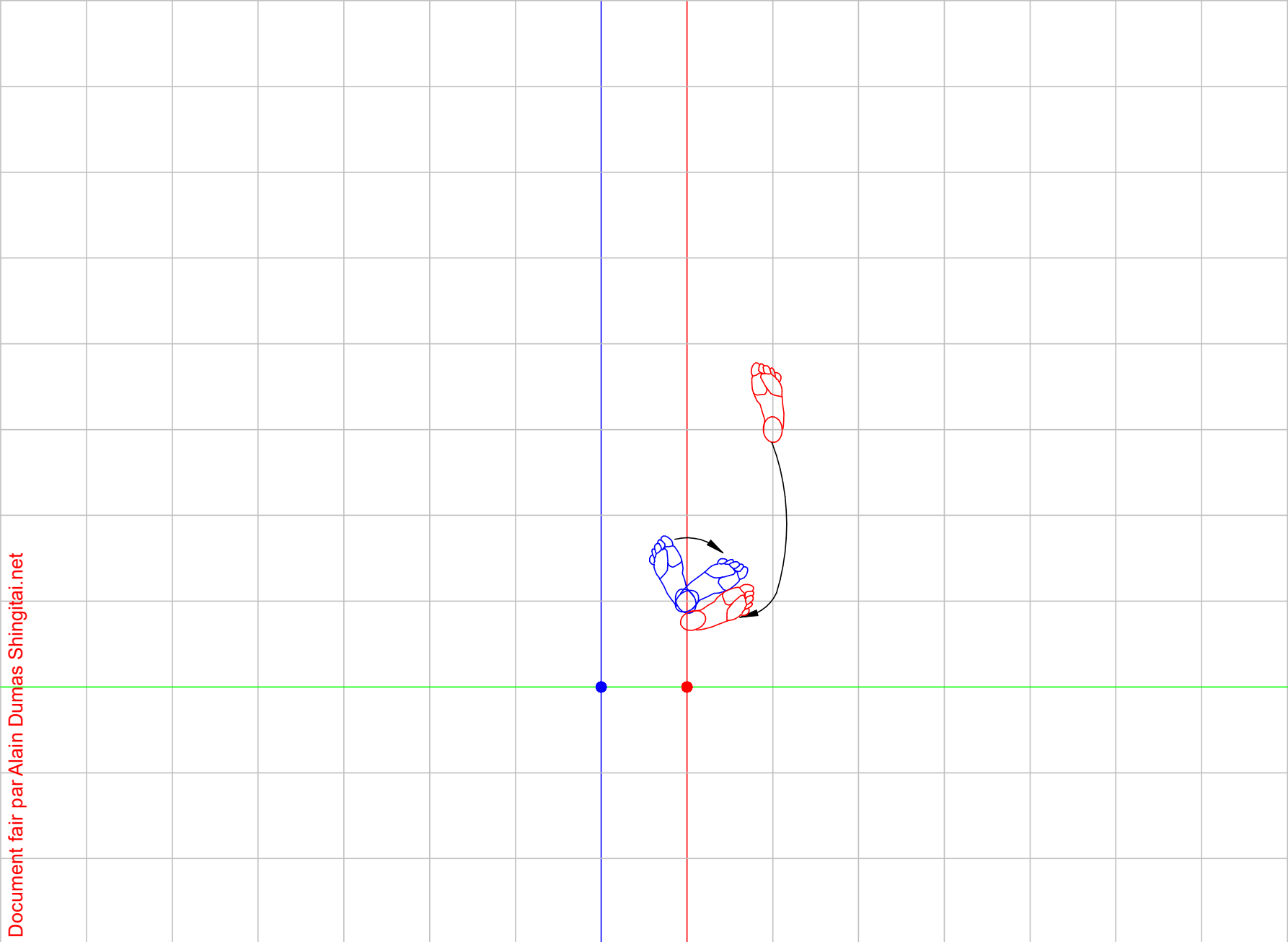


4,5) Zenkutsu-dachi

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

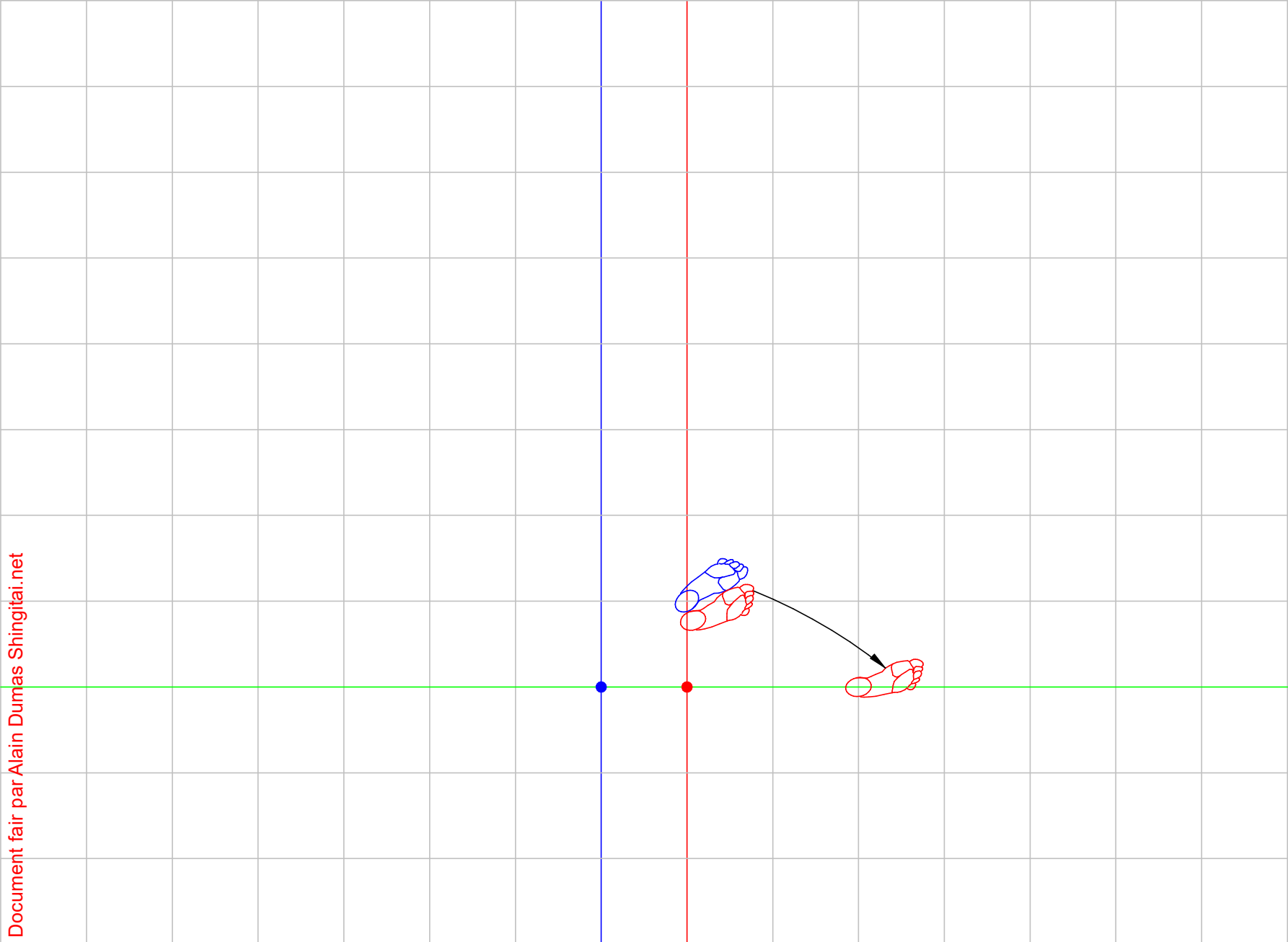


6) Zenkutsu-dachi

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

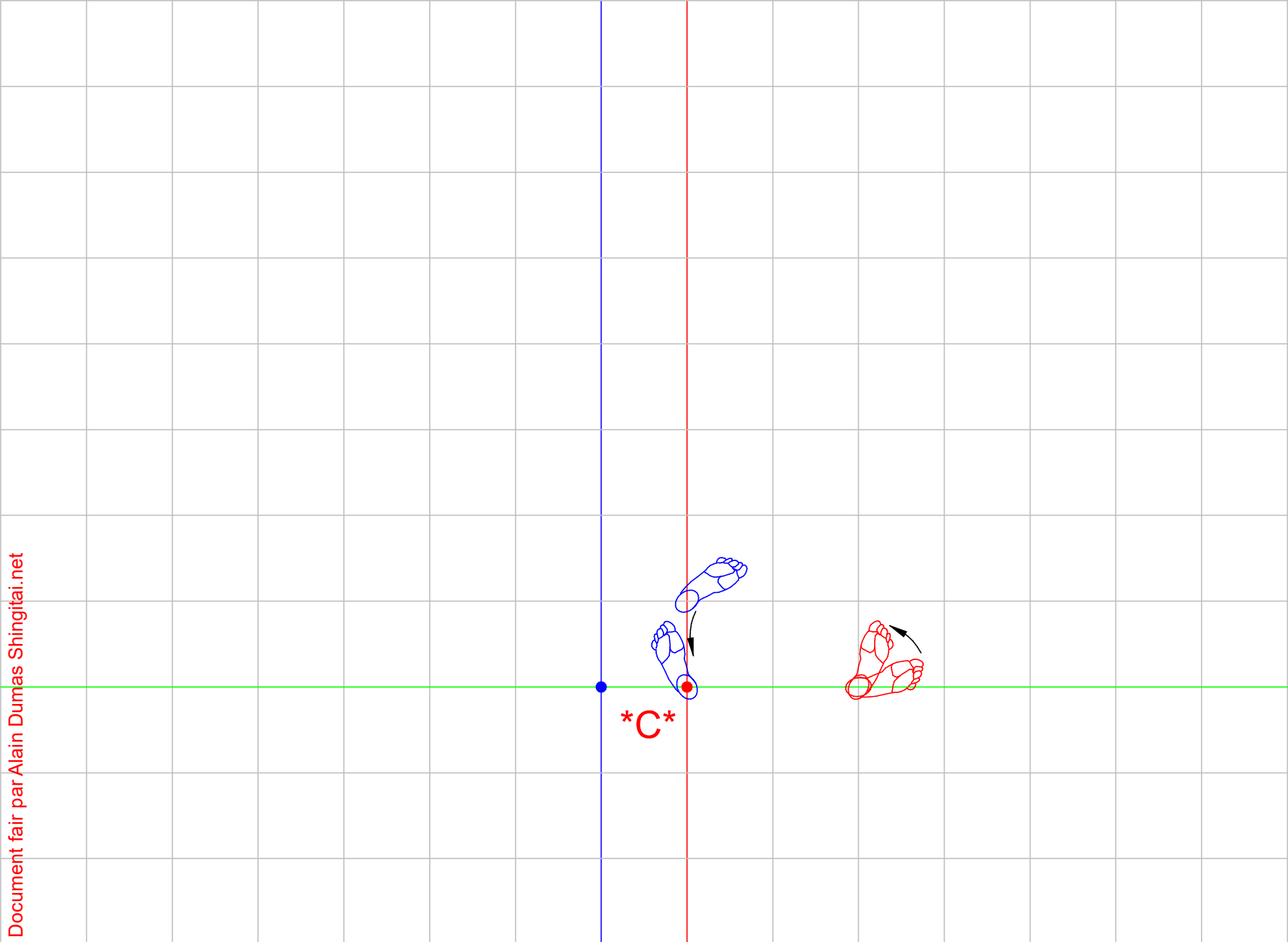


6b,7) Zenkutsu-dachi

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

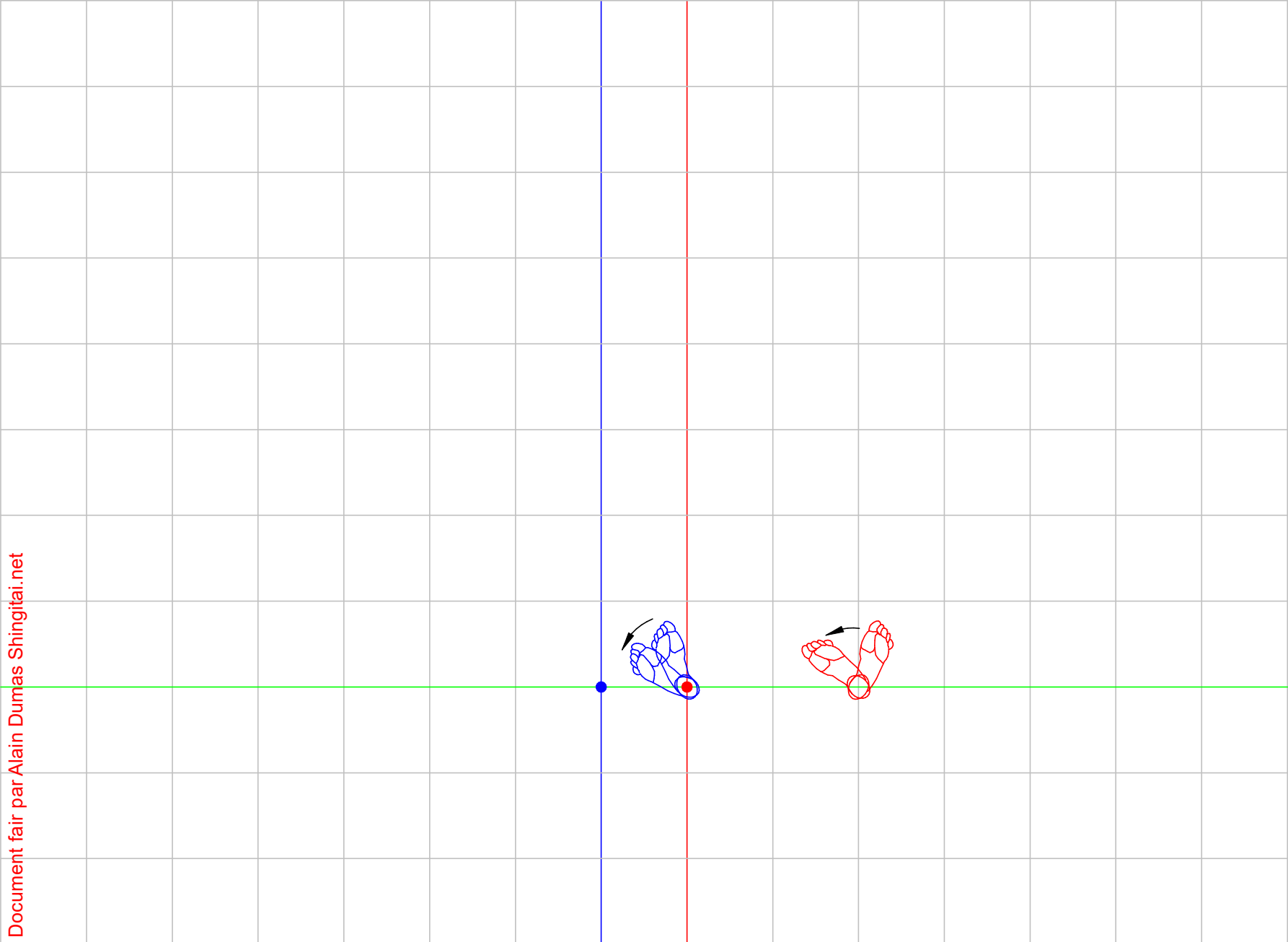


8...10) Hachinoji-dachi

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

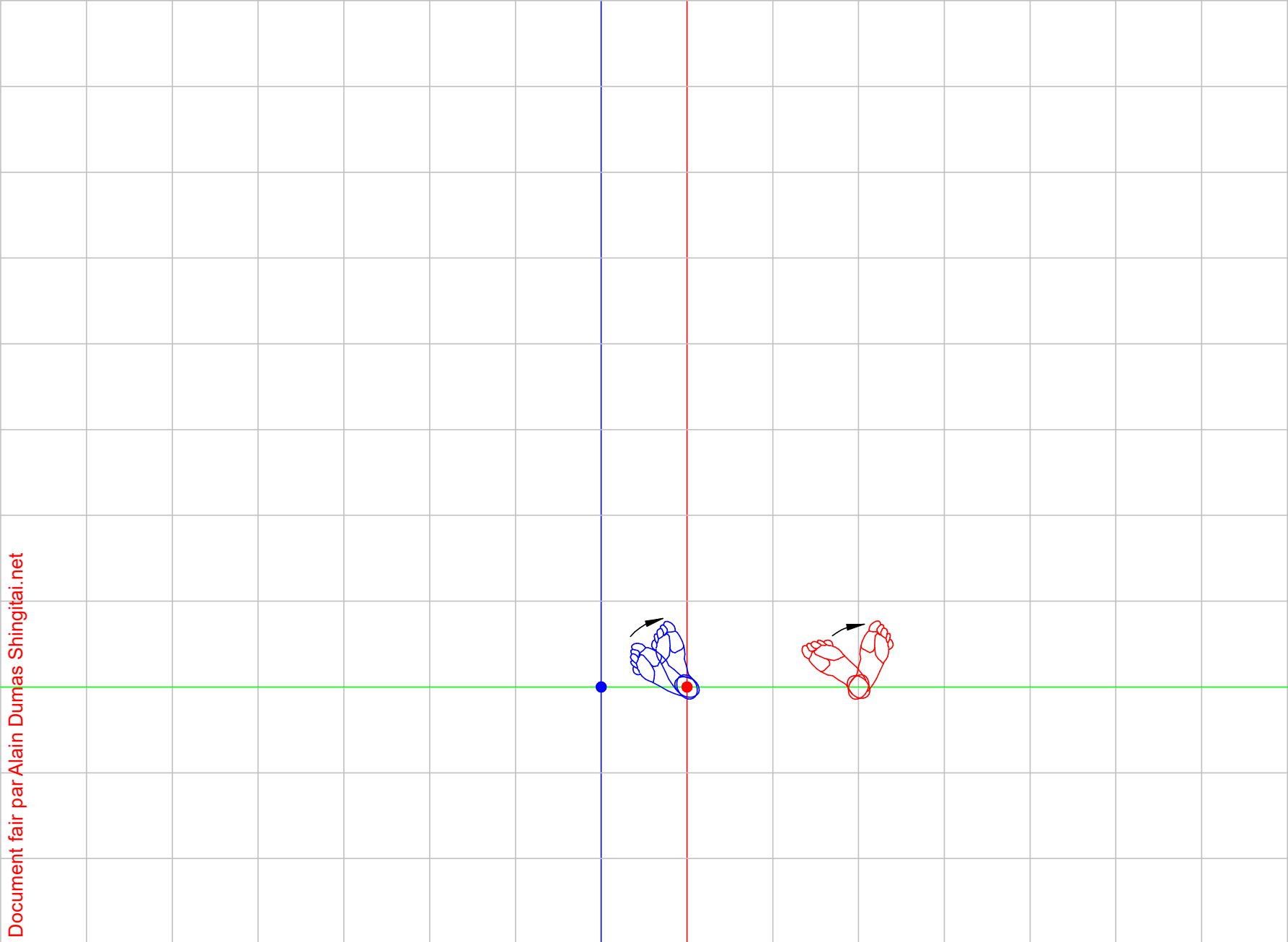


11) Hiza-kussu

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

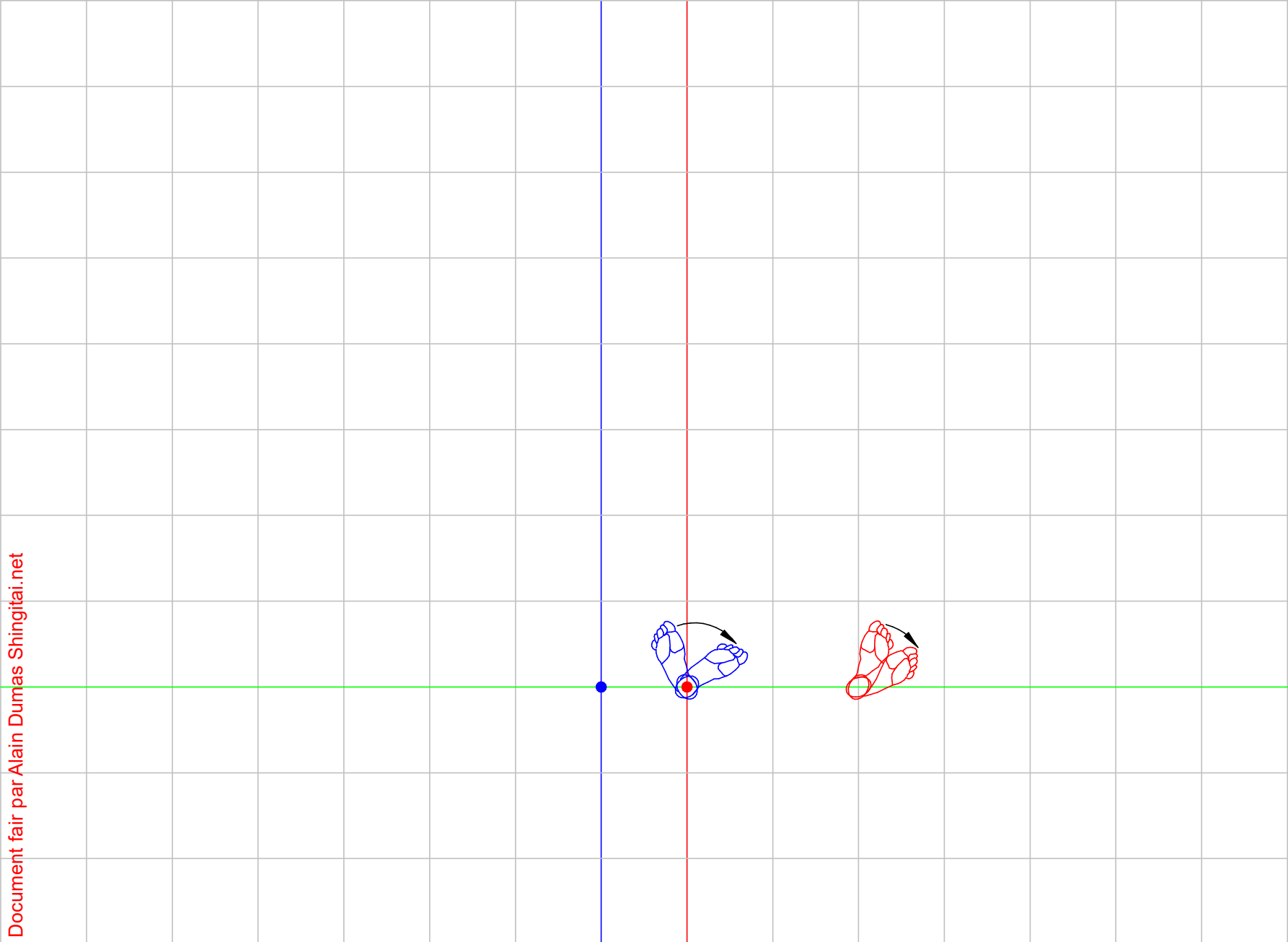


12) Hachinoji-dachi

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

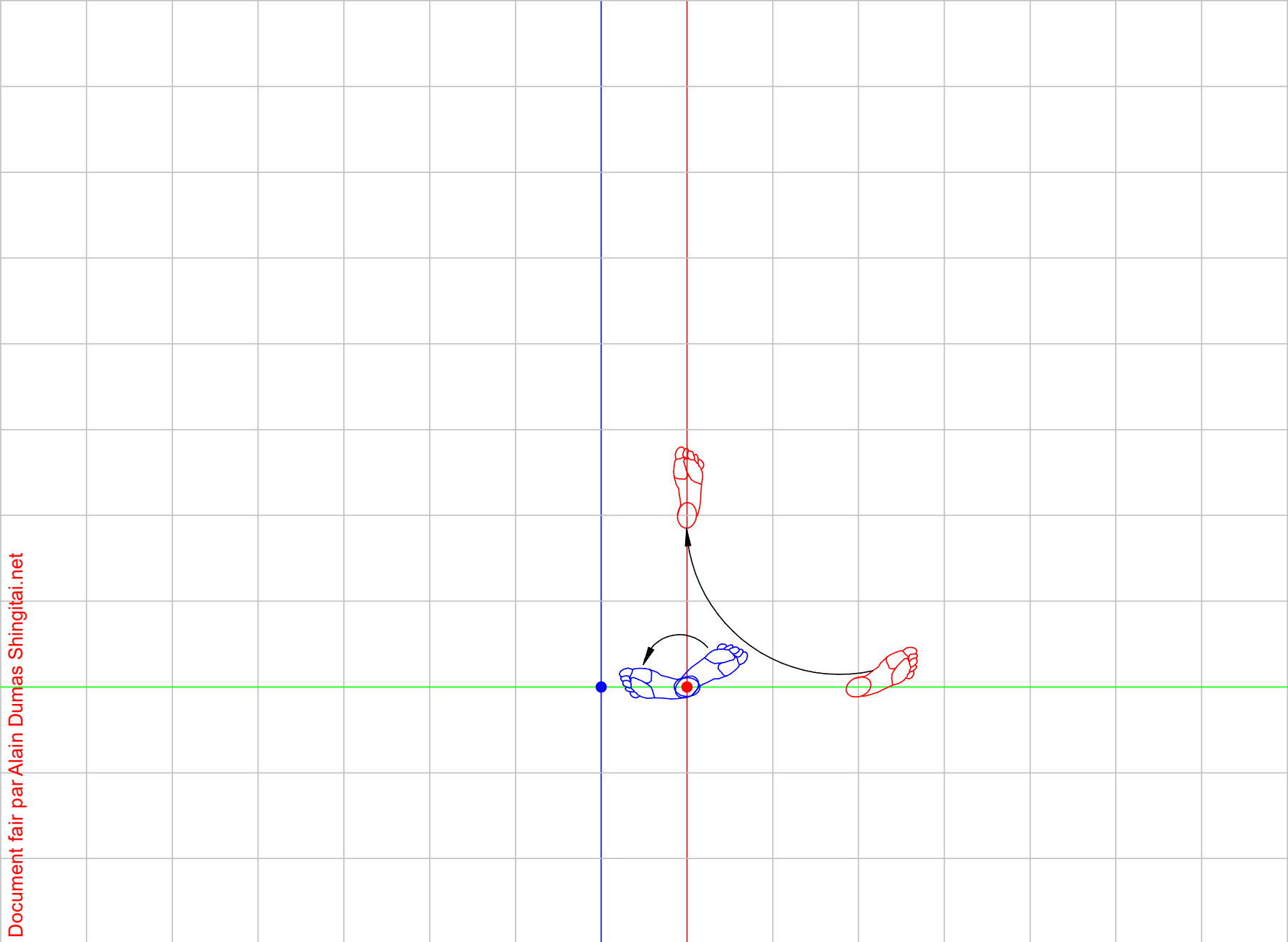


13) Hiza-kussu

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



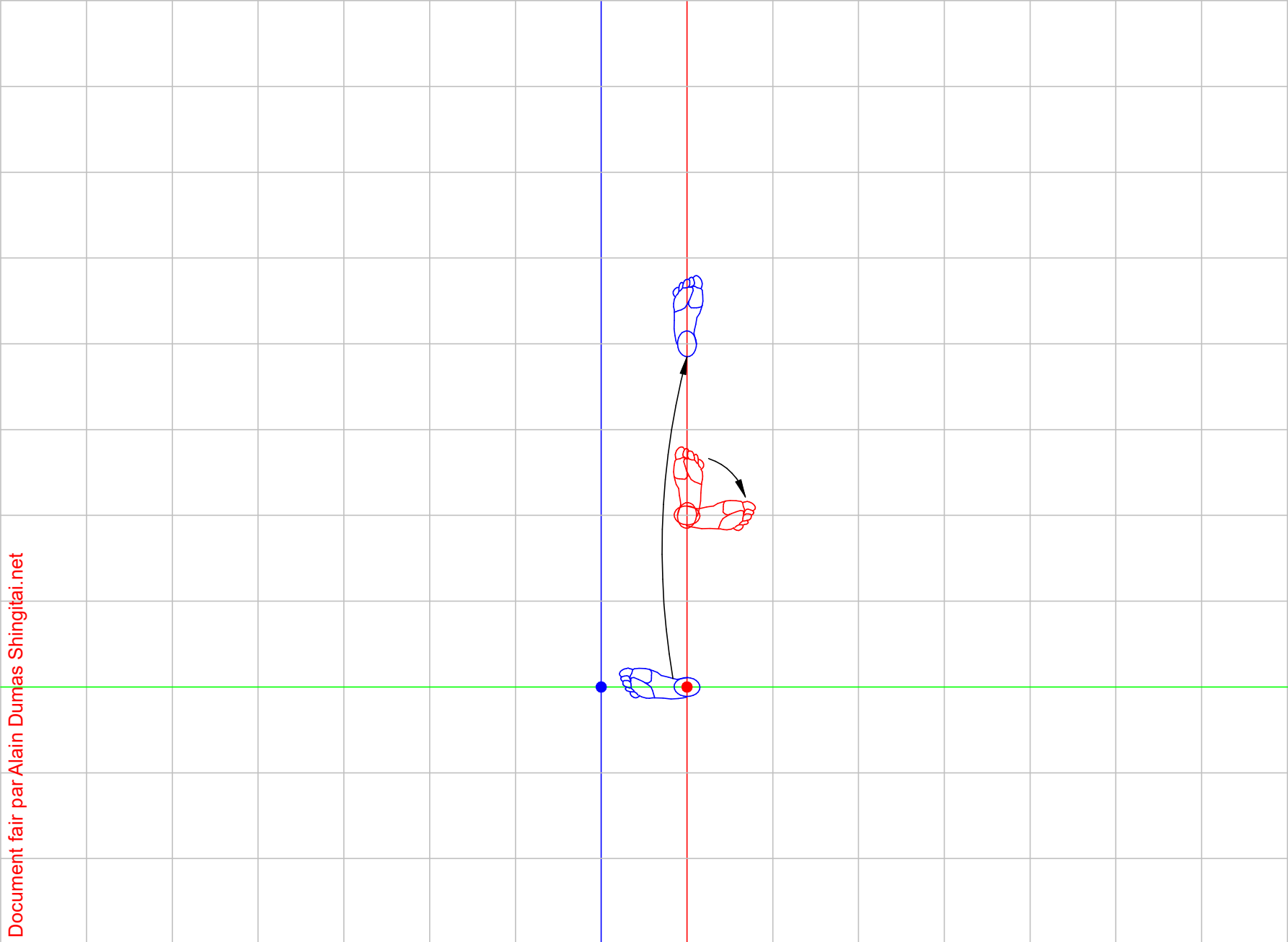
14) Kokutsu-dachi



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

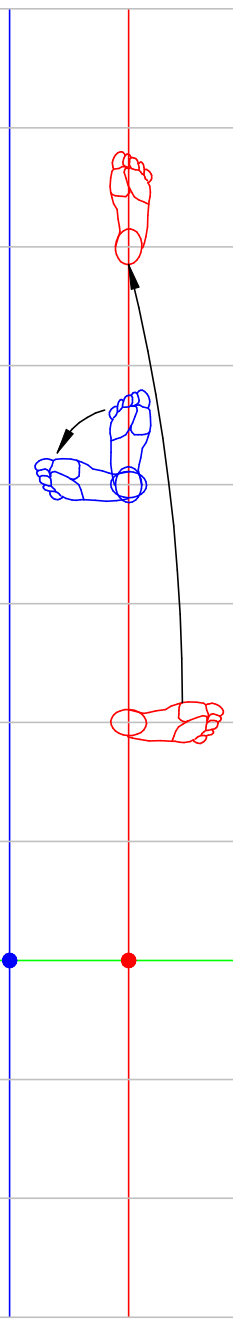


15) Kokutsu-dachi

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

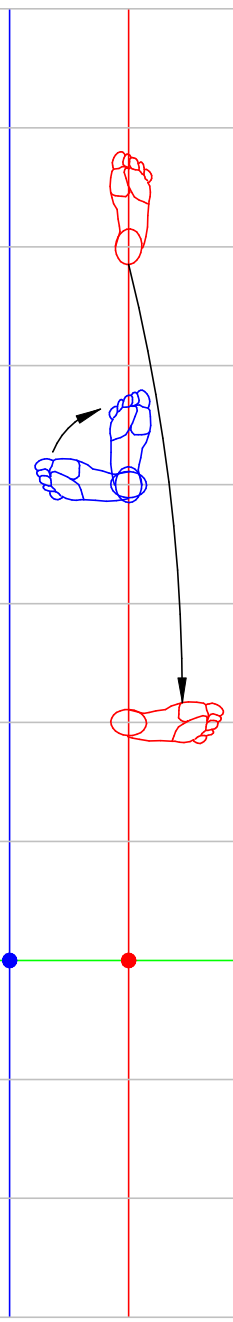


16) Kokutsu-dachi

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

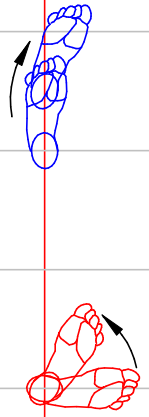


17) Kokutsu-dachi

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

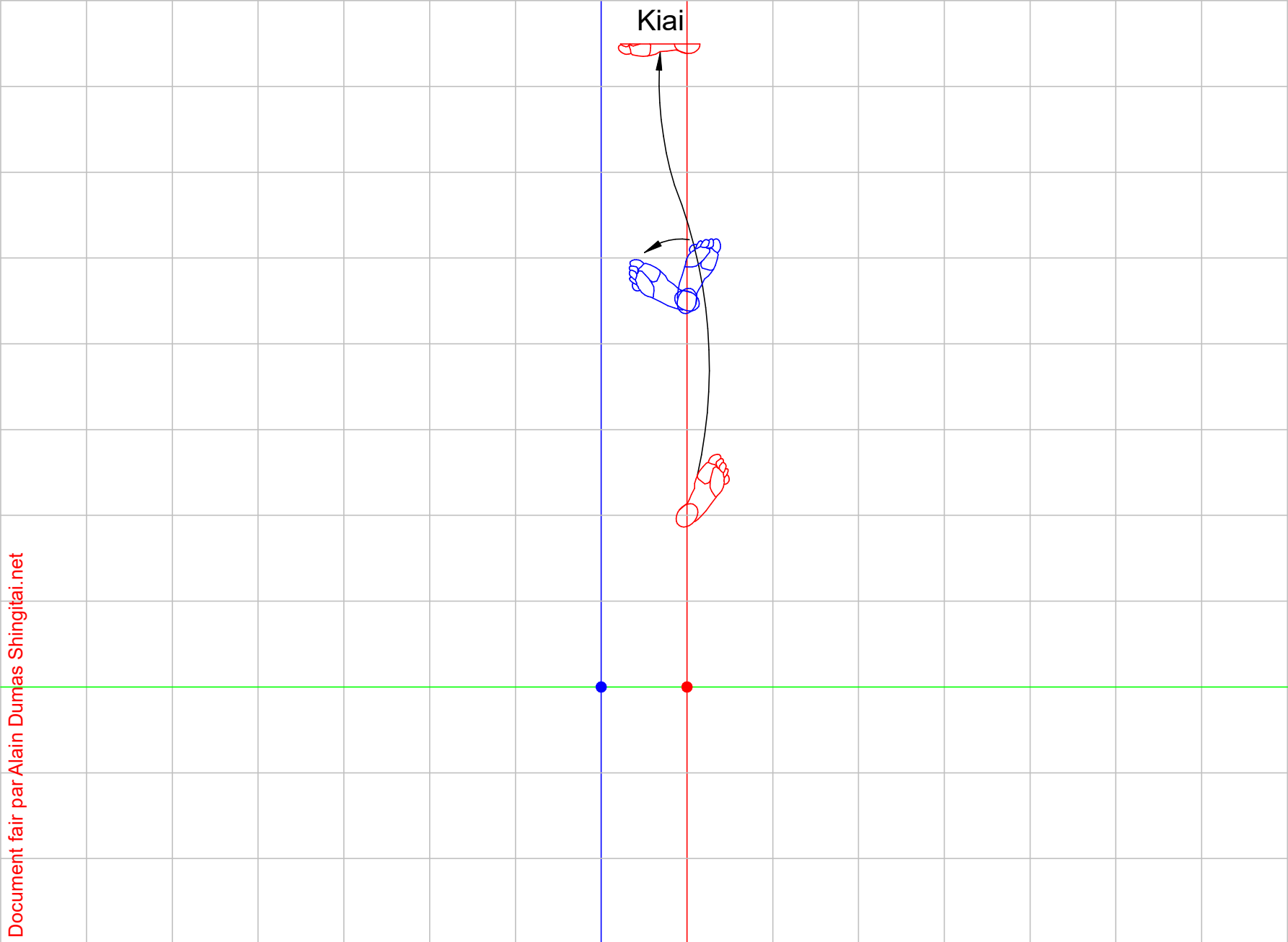


18) Mae hiza yaya kussu

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

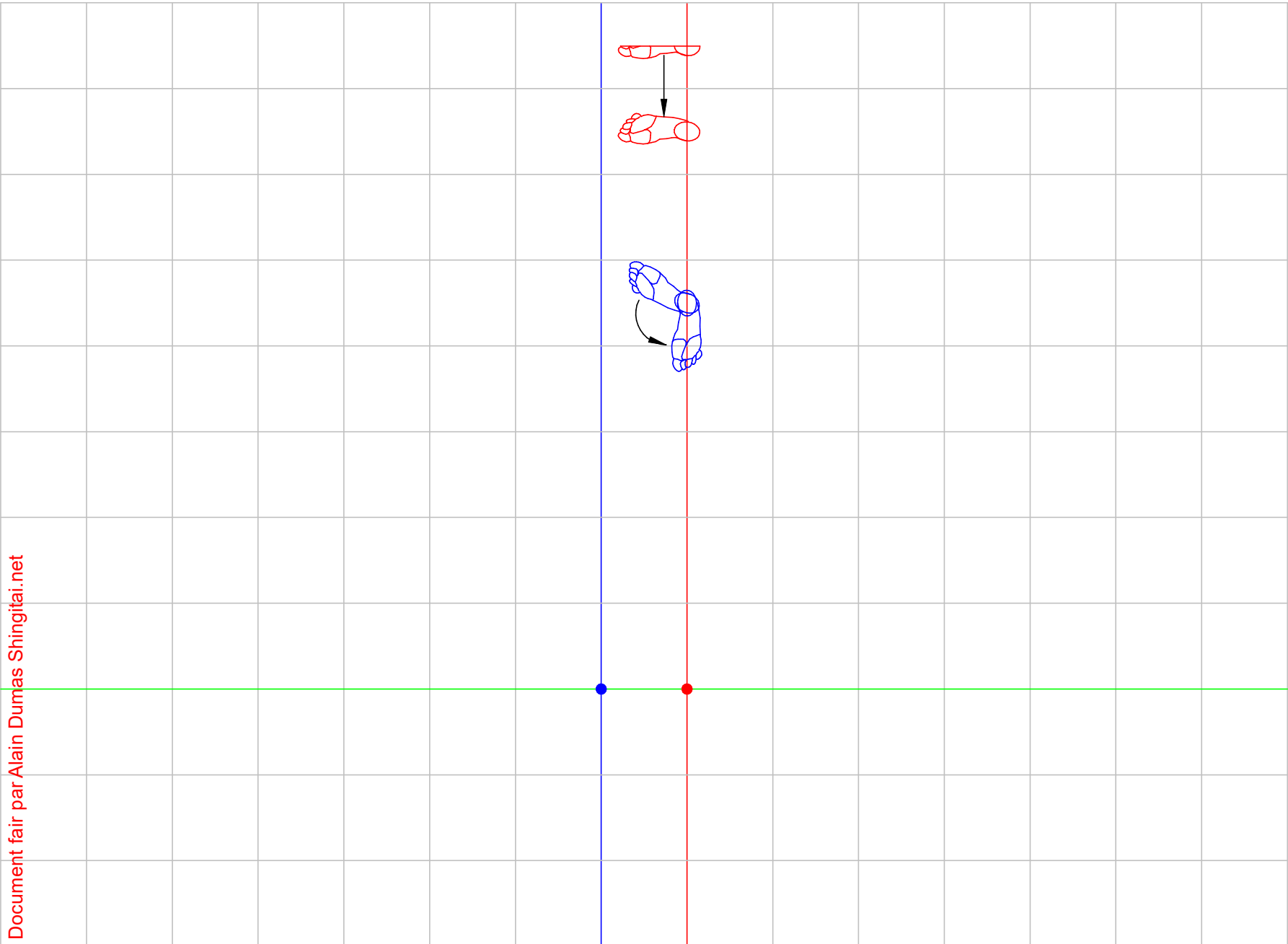
Document fair par Alain Dumas Shingitai.net



19) 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



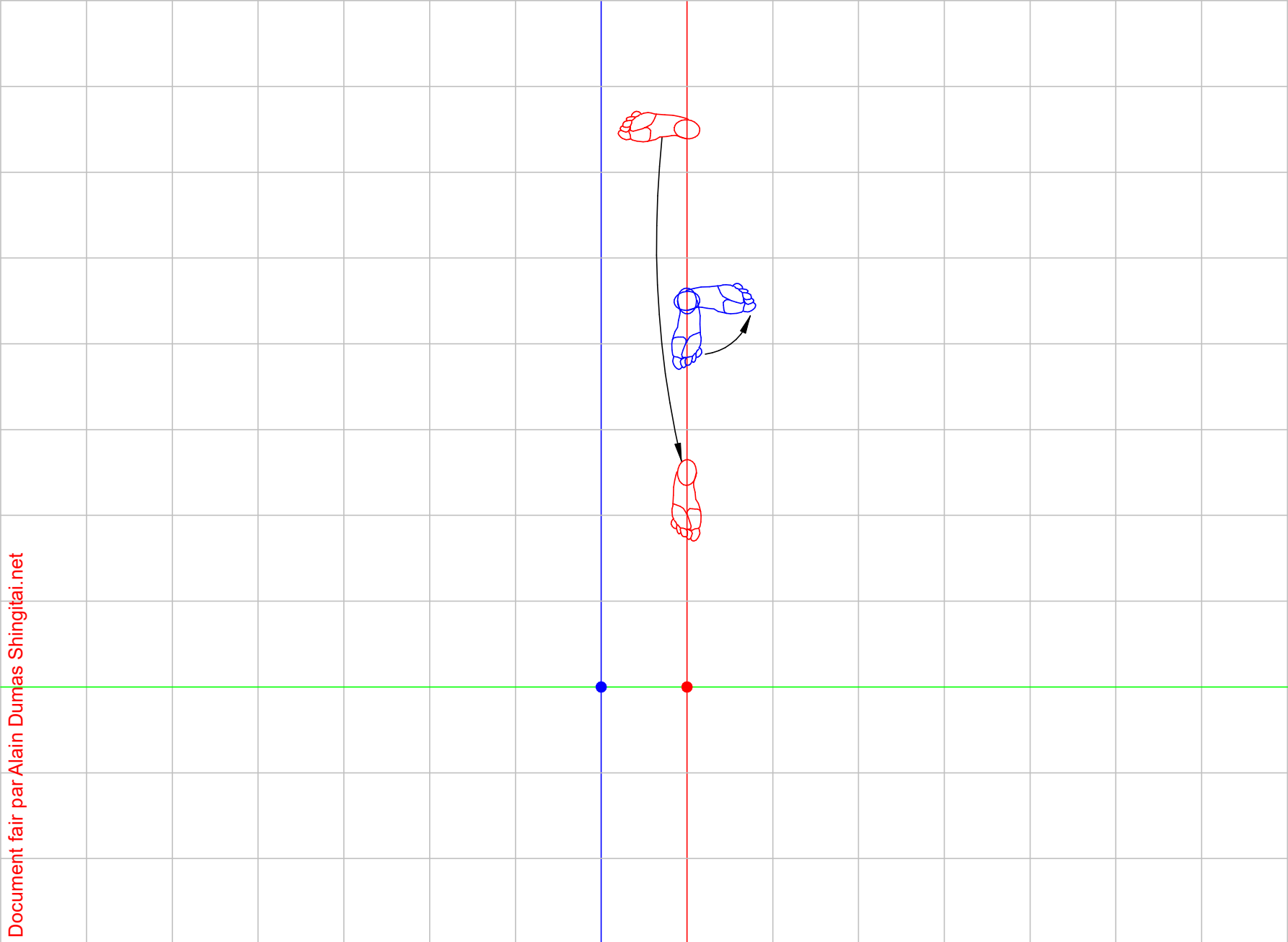
Document fair par Alain Dumas Shingitai.net

20) 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

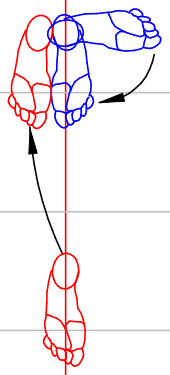


21) Kokutsu-dachi

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



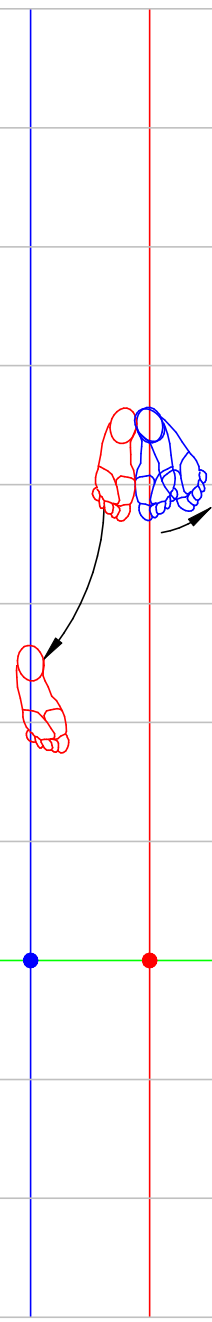
22) Heisoku-dachi



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

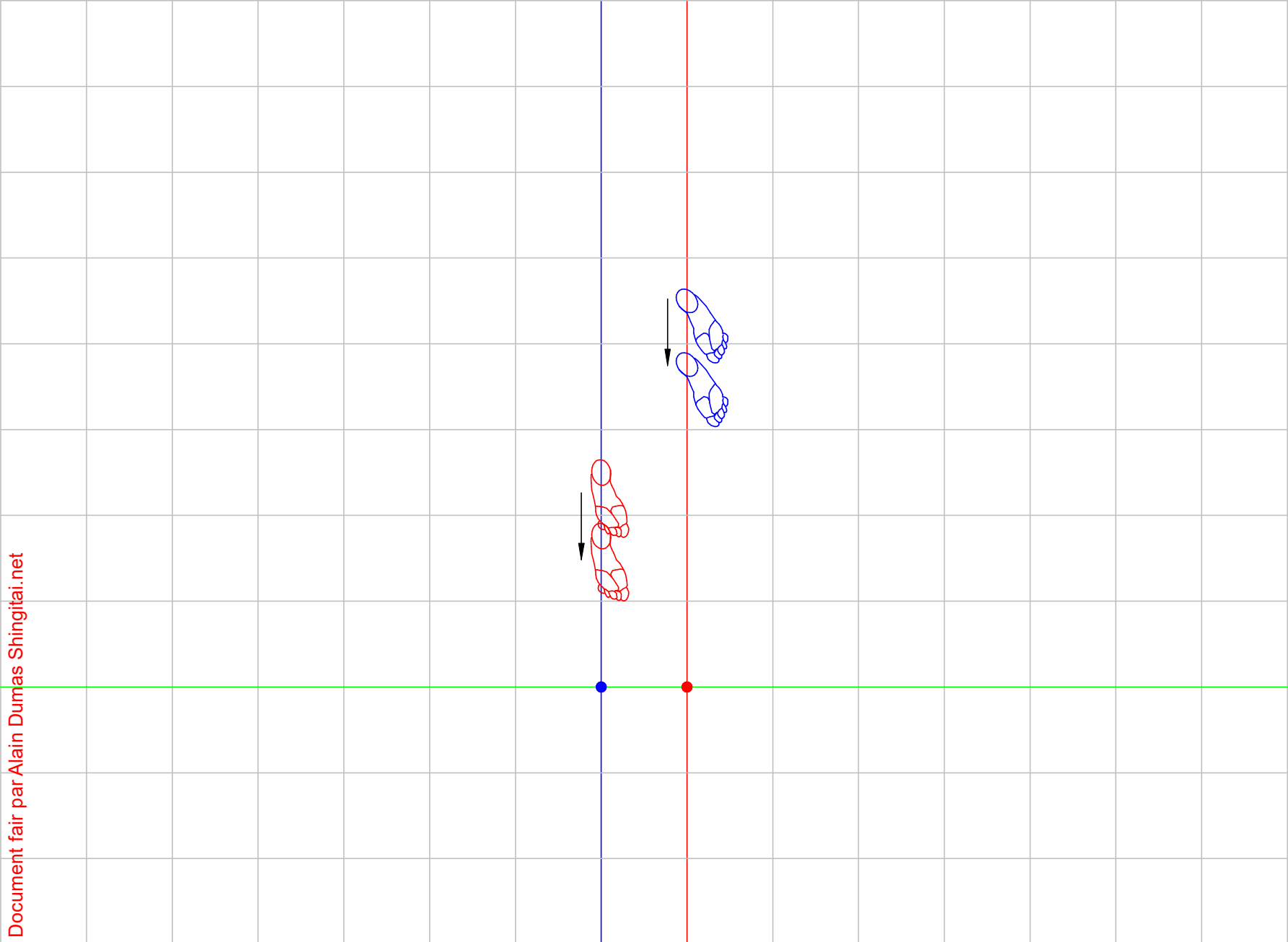


23) Zenkutsu-dachi

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

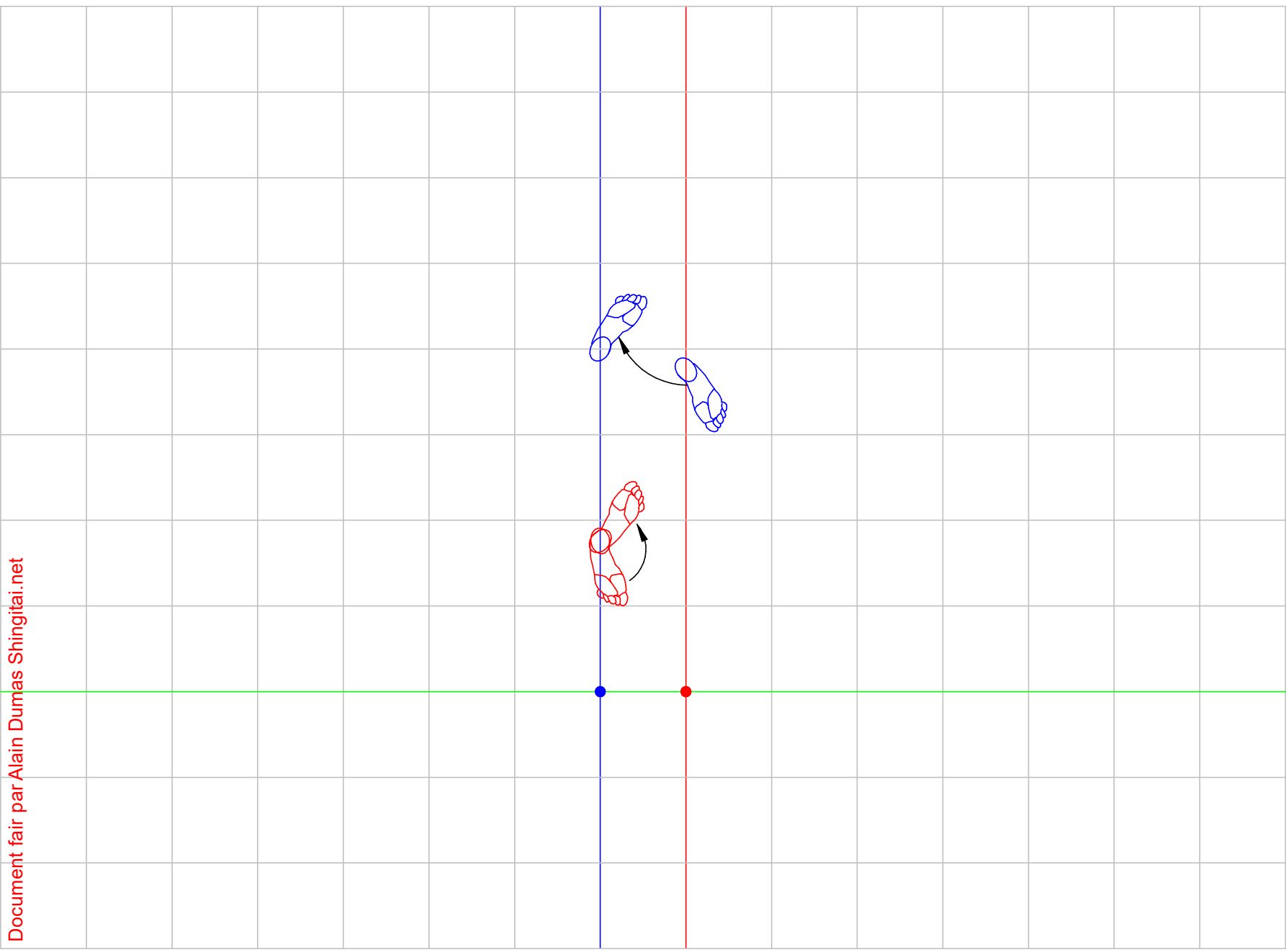


24) Zenkutsu-dachi

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

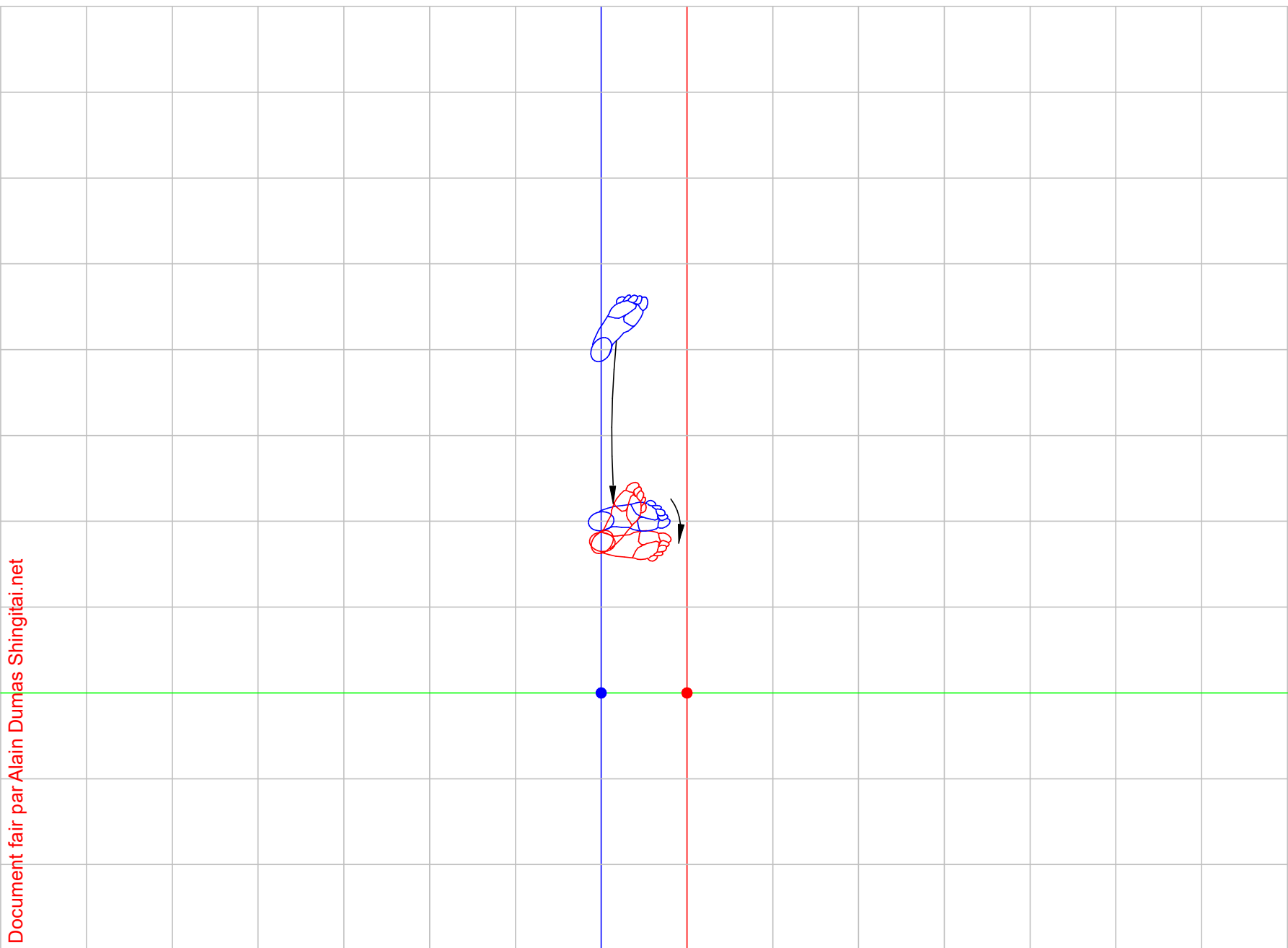


25a) Hiza-kussu

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

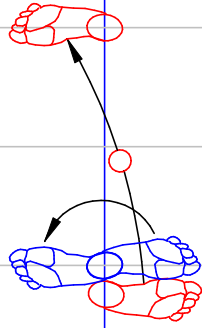


25b) Heisoku-dachi

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

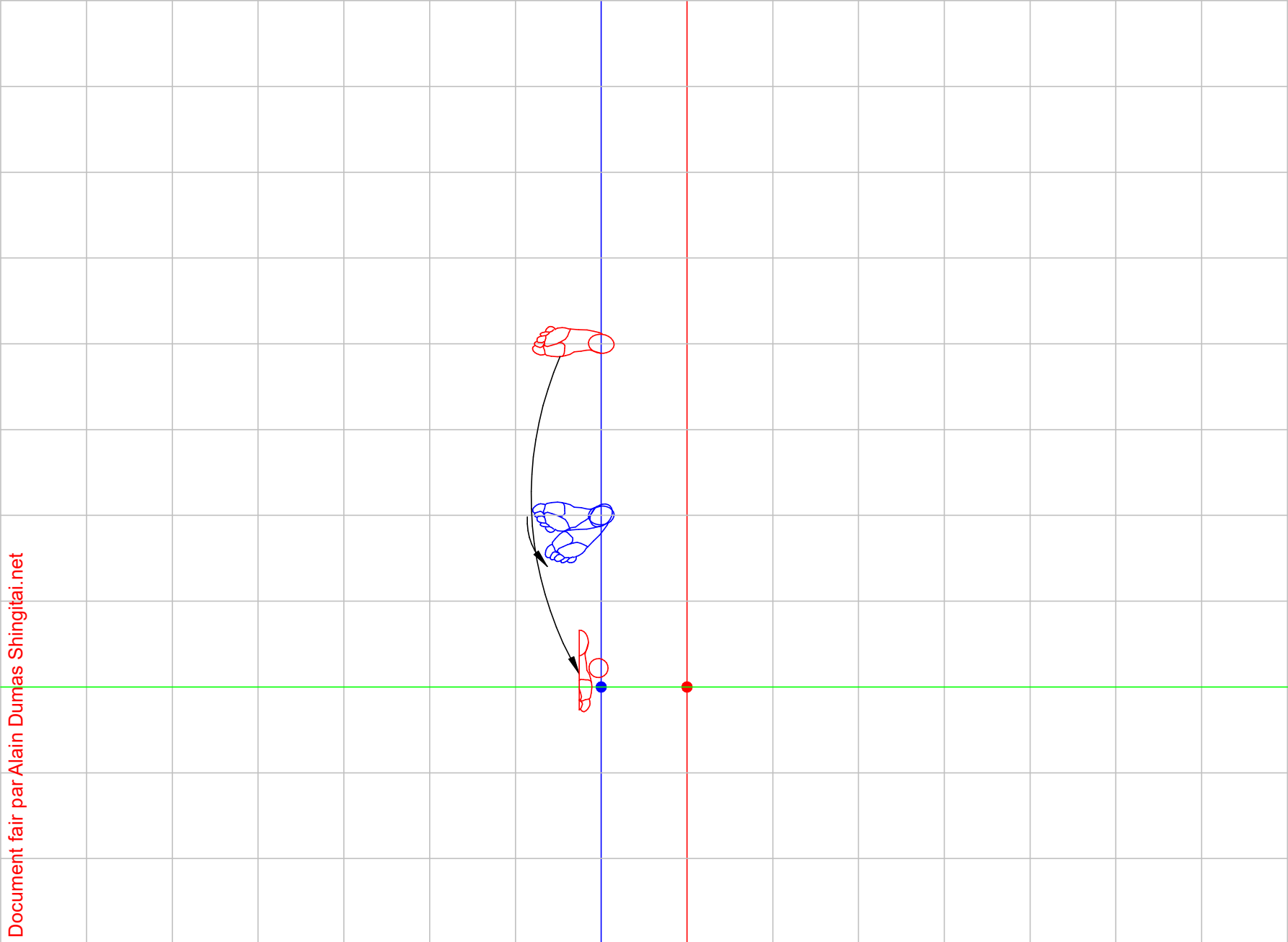


26,27) Kiba-dachi

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

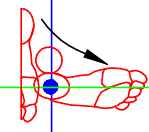
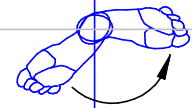


28a) Ashi dachi

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



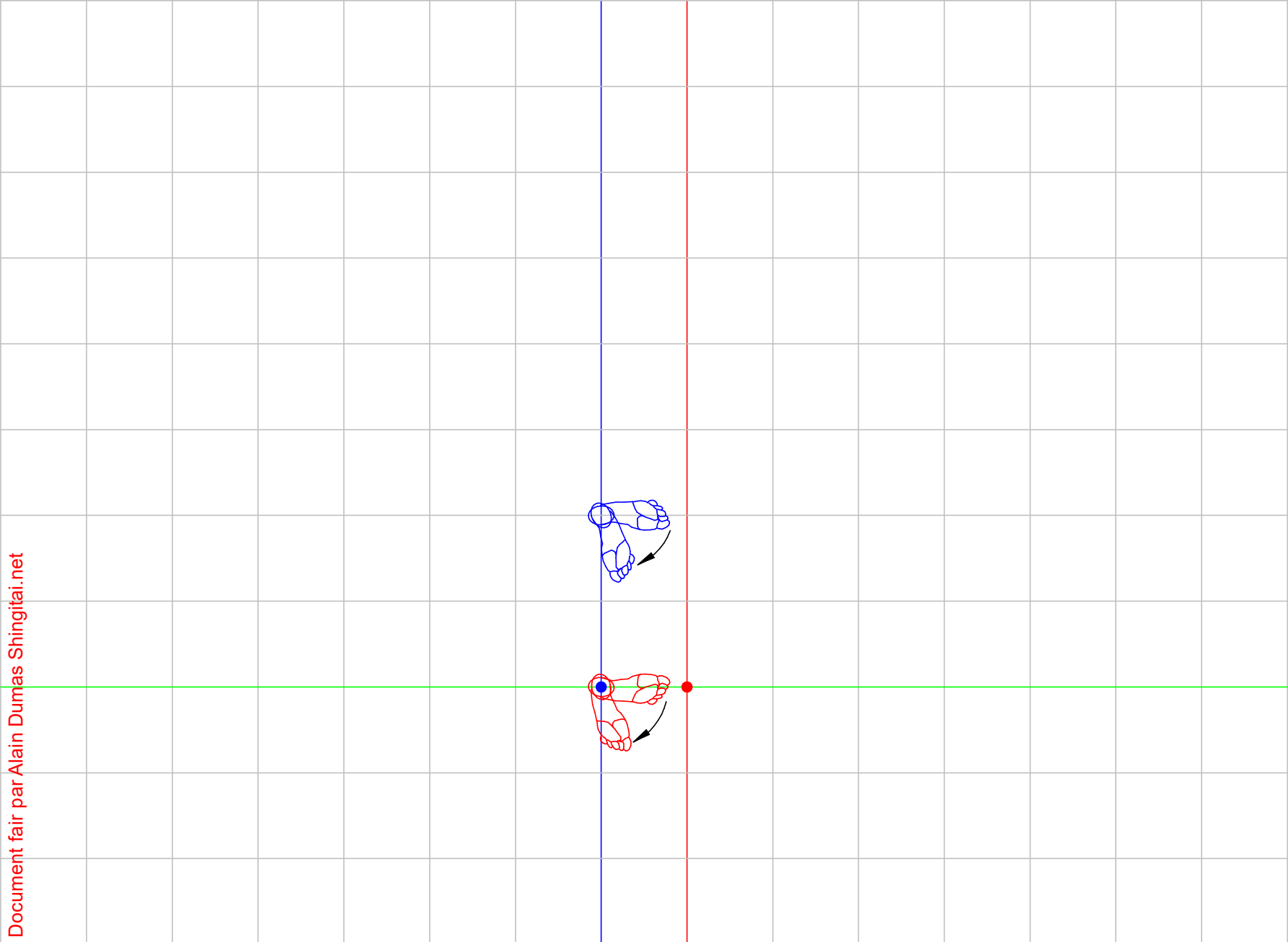
\*C\*

28b...31) 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



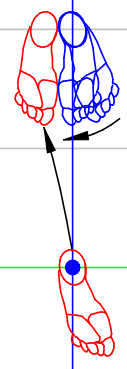
32,33) Hiza-kussu



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



34) 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

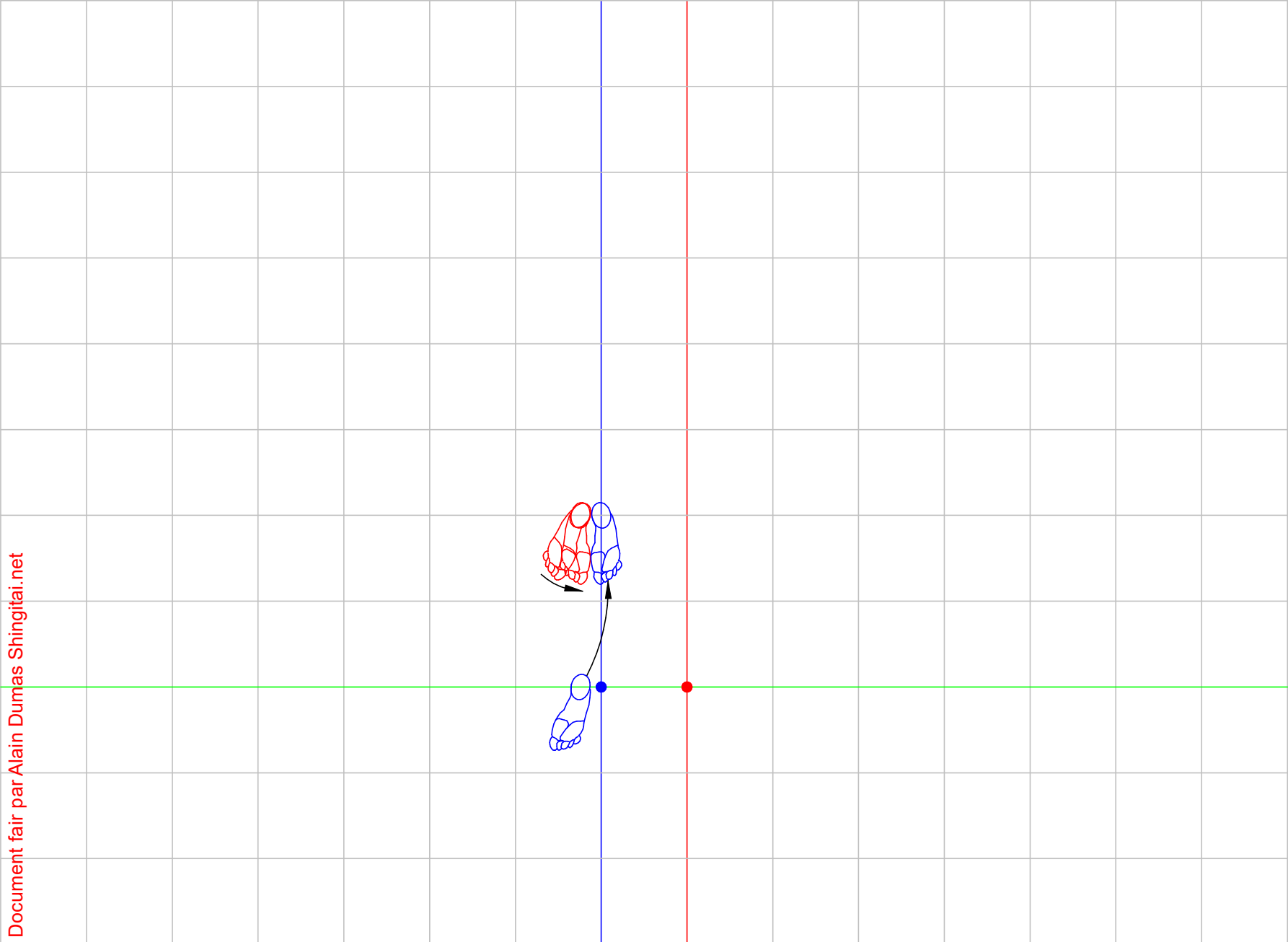


35) Hiza-kussu

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

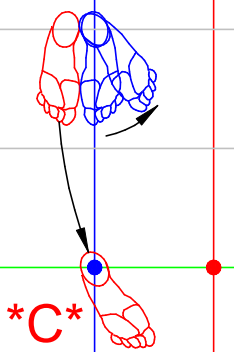


36) Heisoku-dachi

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

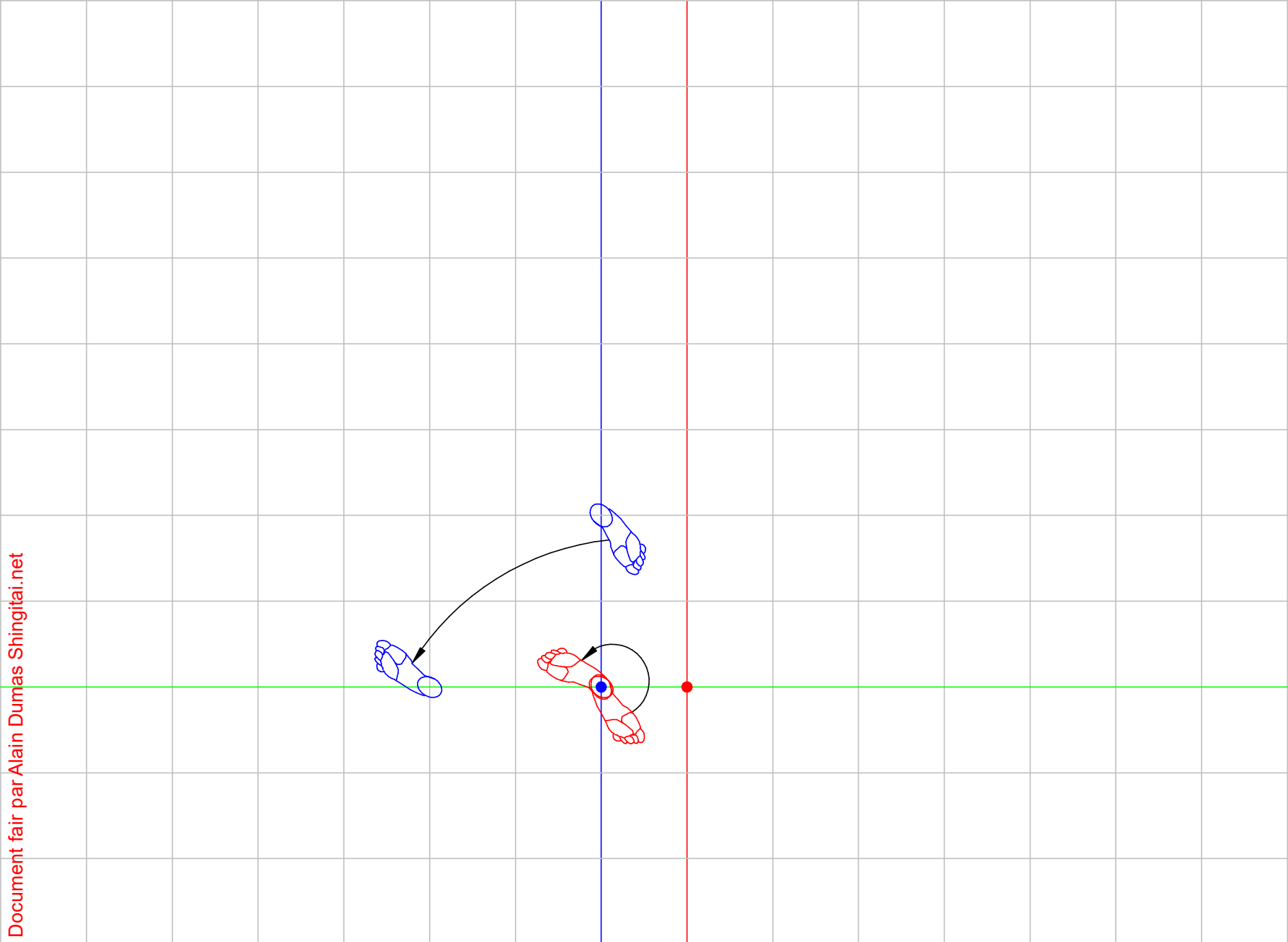


37) Hiza-kussu

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

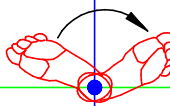
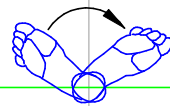


38) Hiza-kussu

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

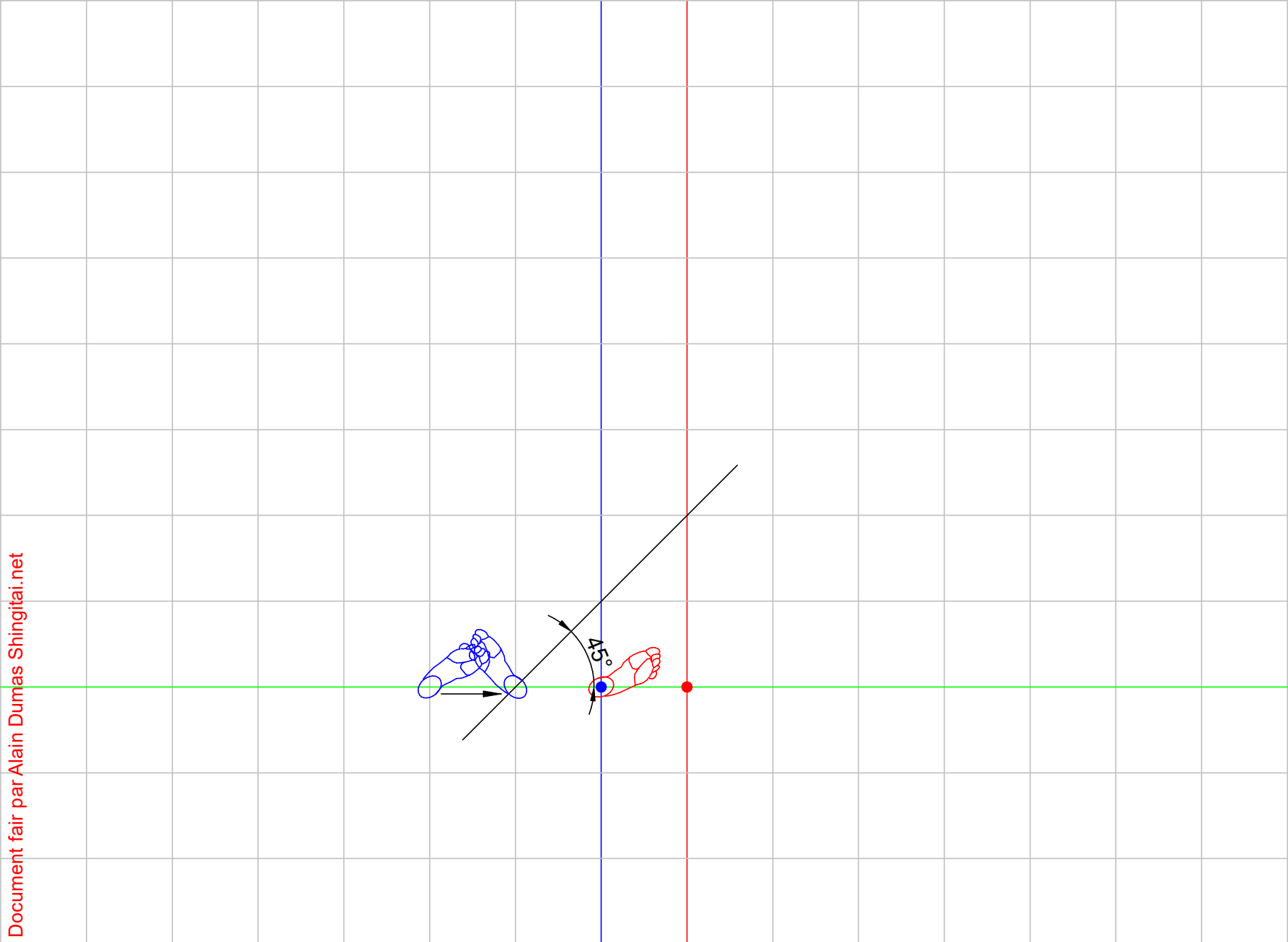


39) Hiza-kussu

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

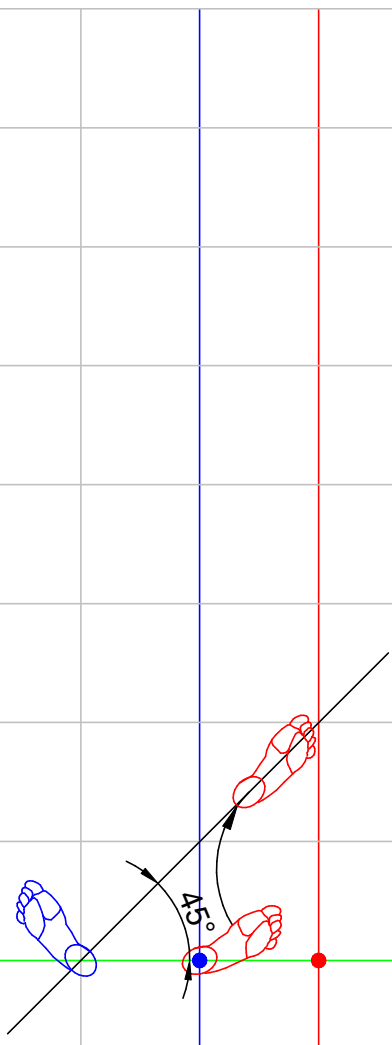


40a) Kokutsu-dachi

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



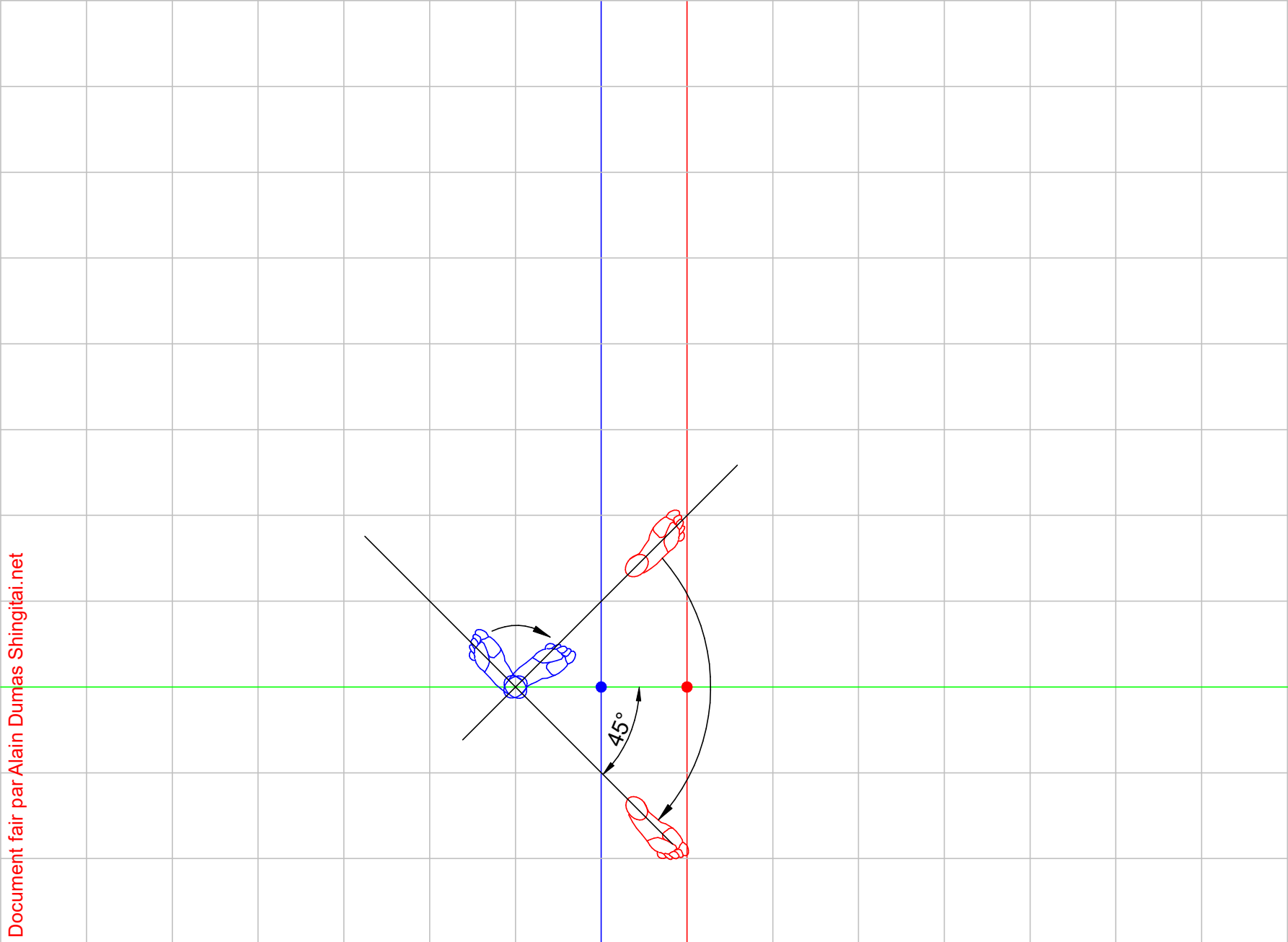
40b) Kokutsu-dachi



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

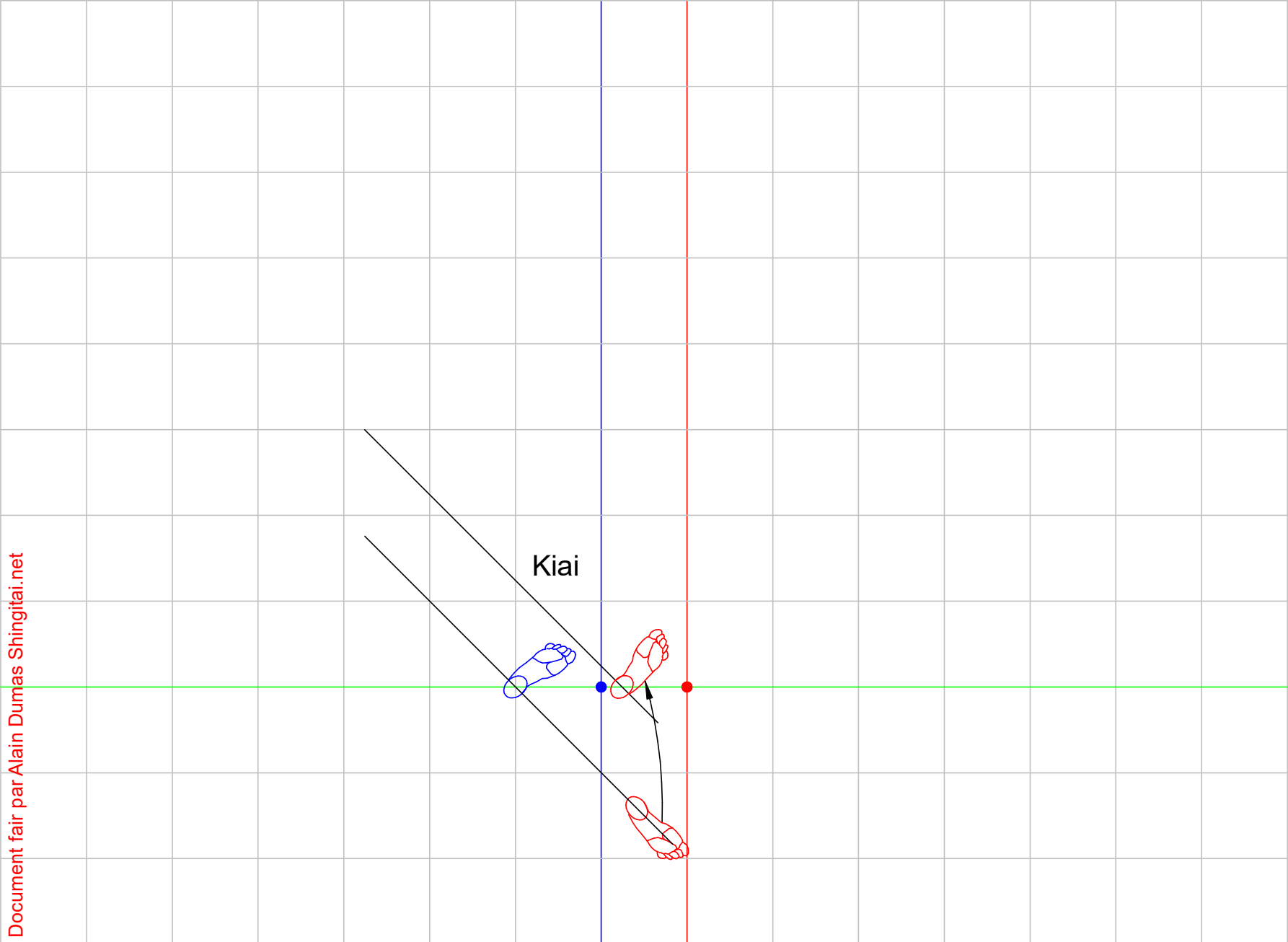


41) Kokutsu-dachi

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



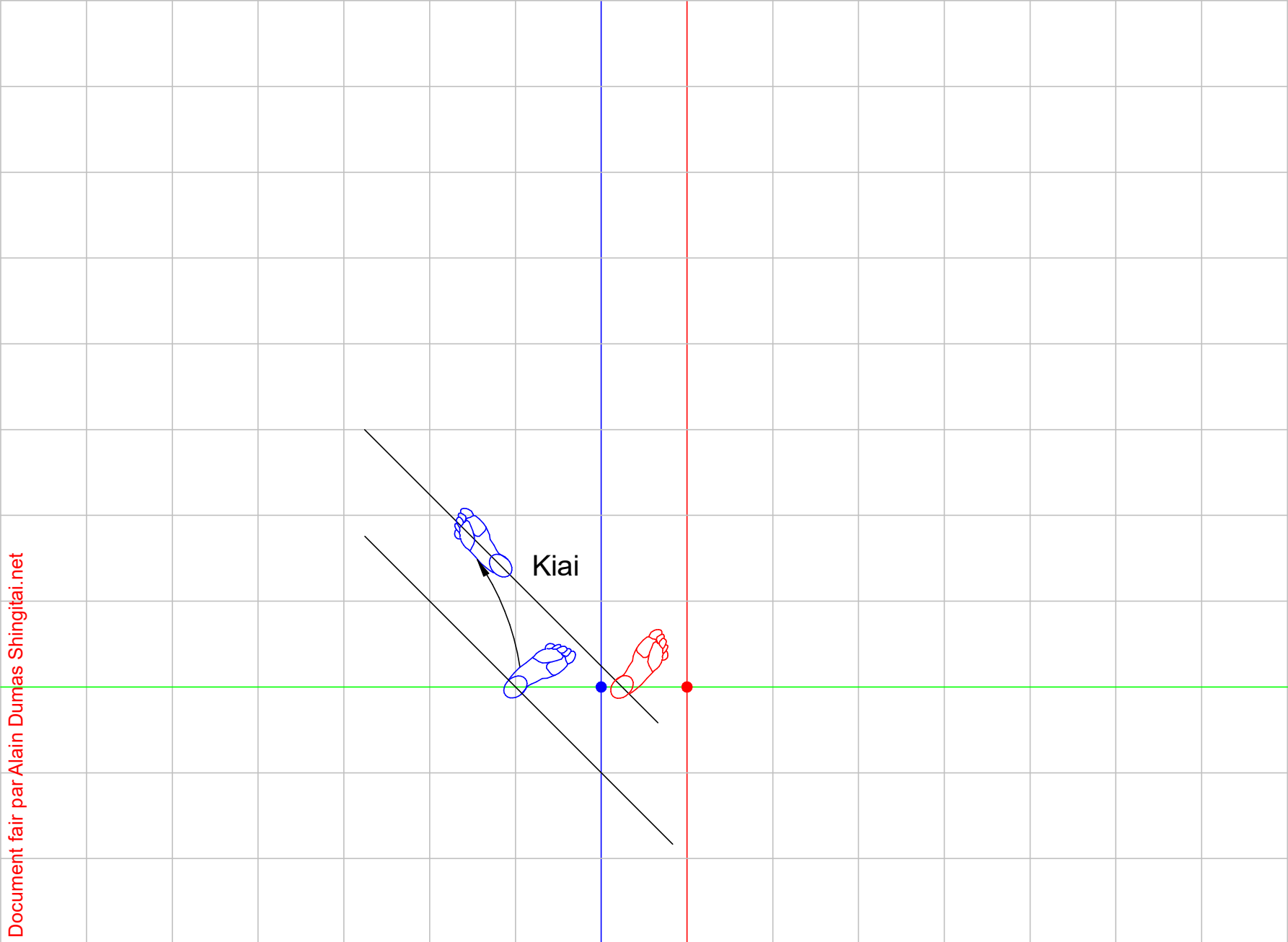
Kiai

42a) 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

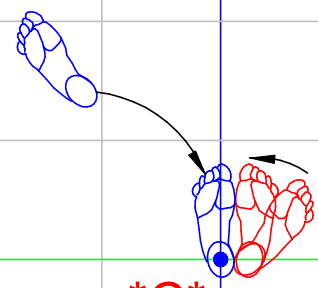


42b) Kokutsu-dachi

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

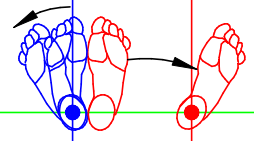


Heisoku-dachi

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



\*C\*

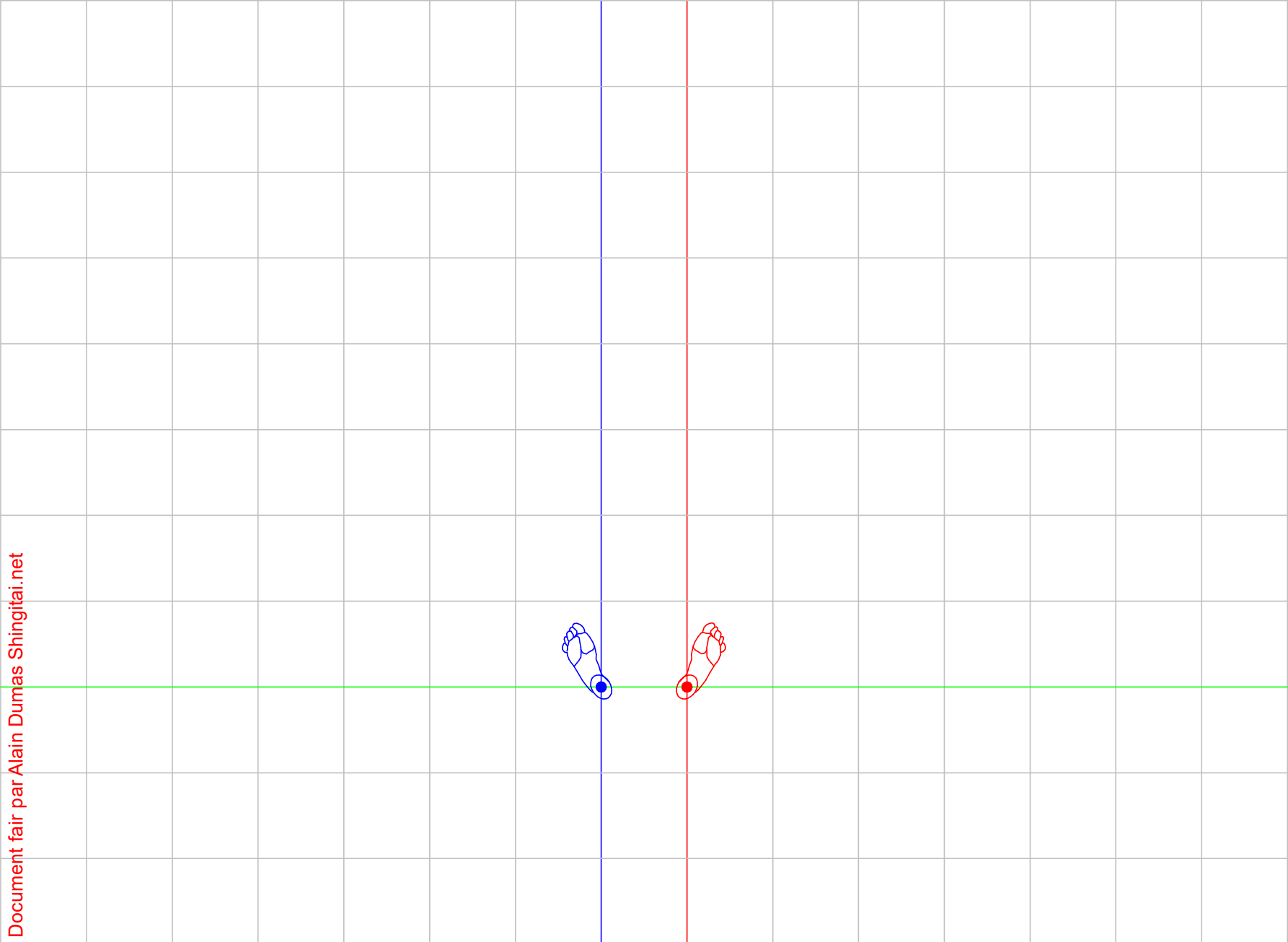
Shizen-tai

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

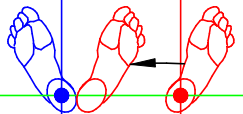
Shizen-tai



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

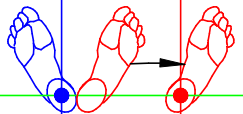


Musubi-dachi

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



Shizen-tai

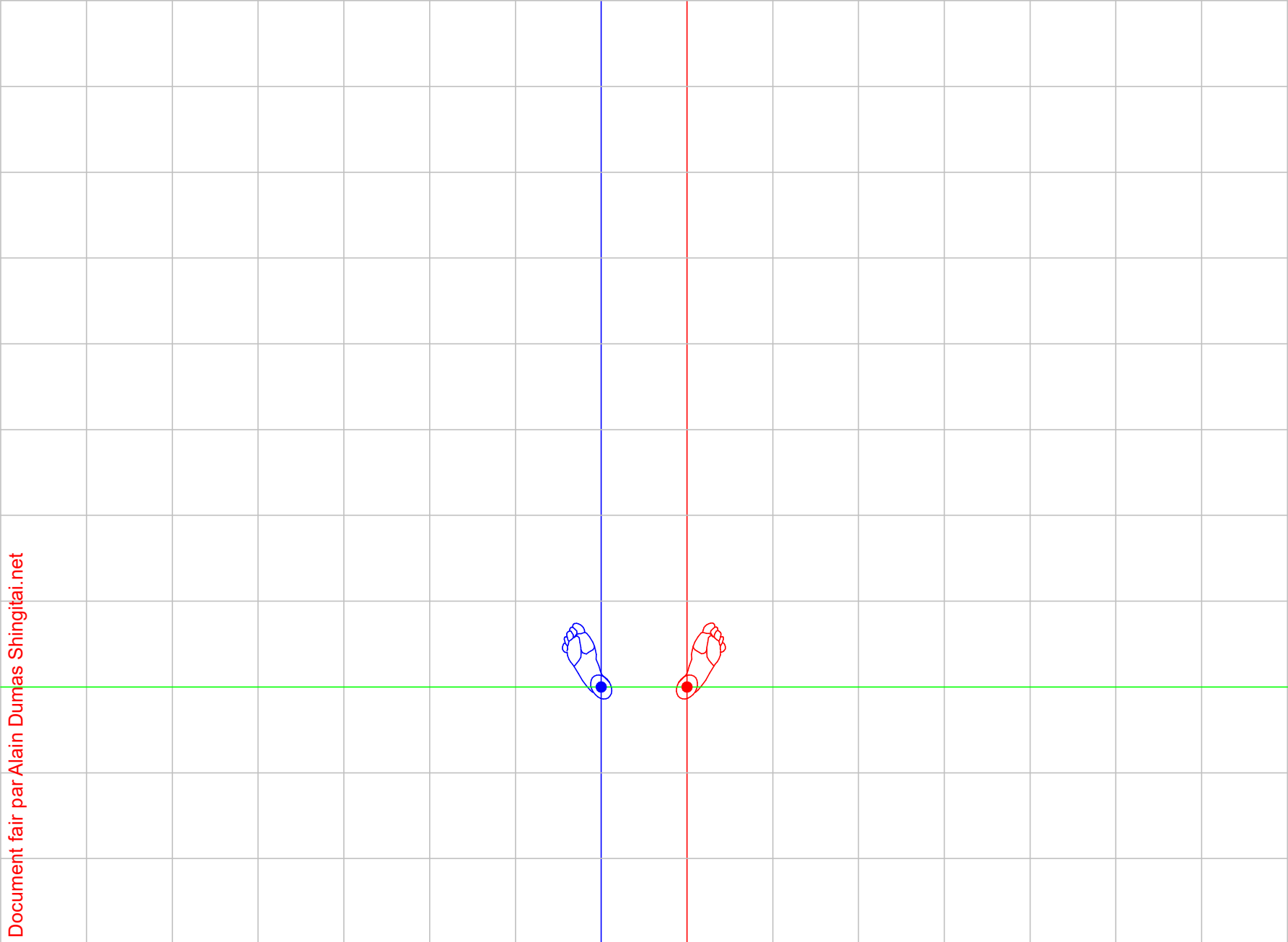


A B C D E F G H I J K L M N O P

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

Document fair par Alain Dumas Shingitai.net

Shizen-tai



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

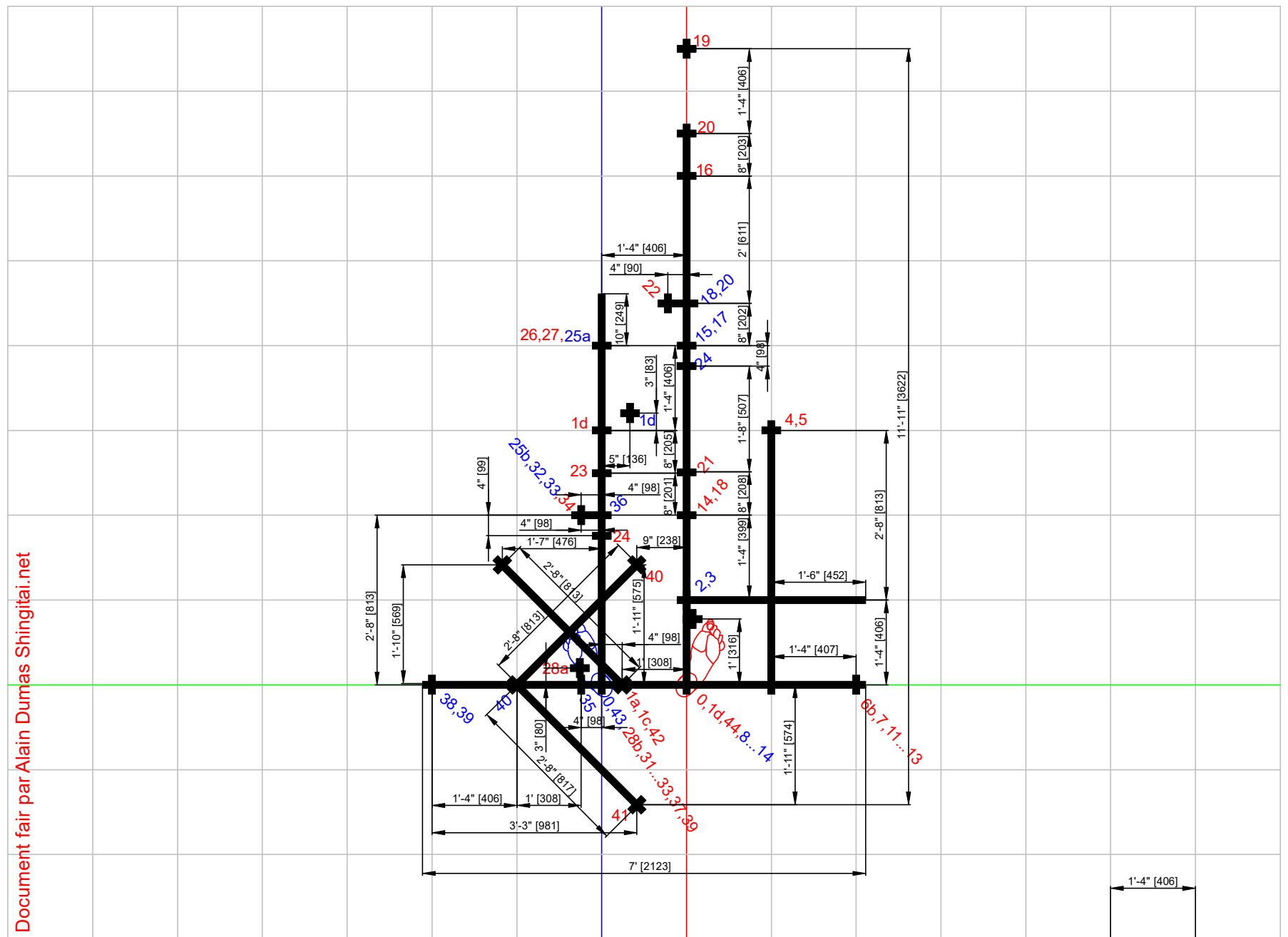
Document fair par Alain Dumas Shingitai.net



Embussen Bassai-dai (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 Bassai-dai (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)