

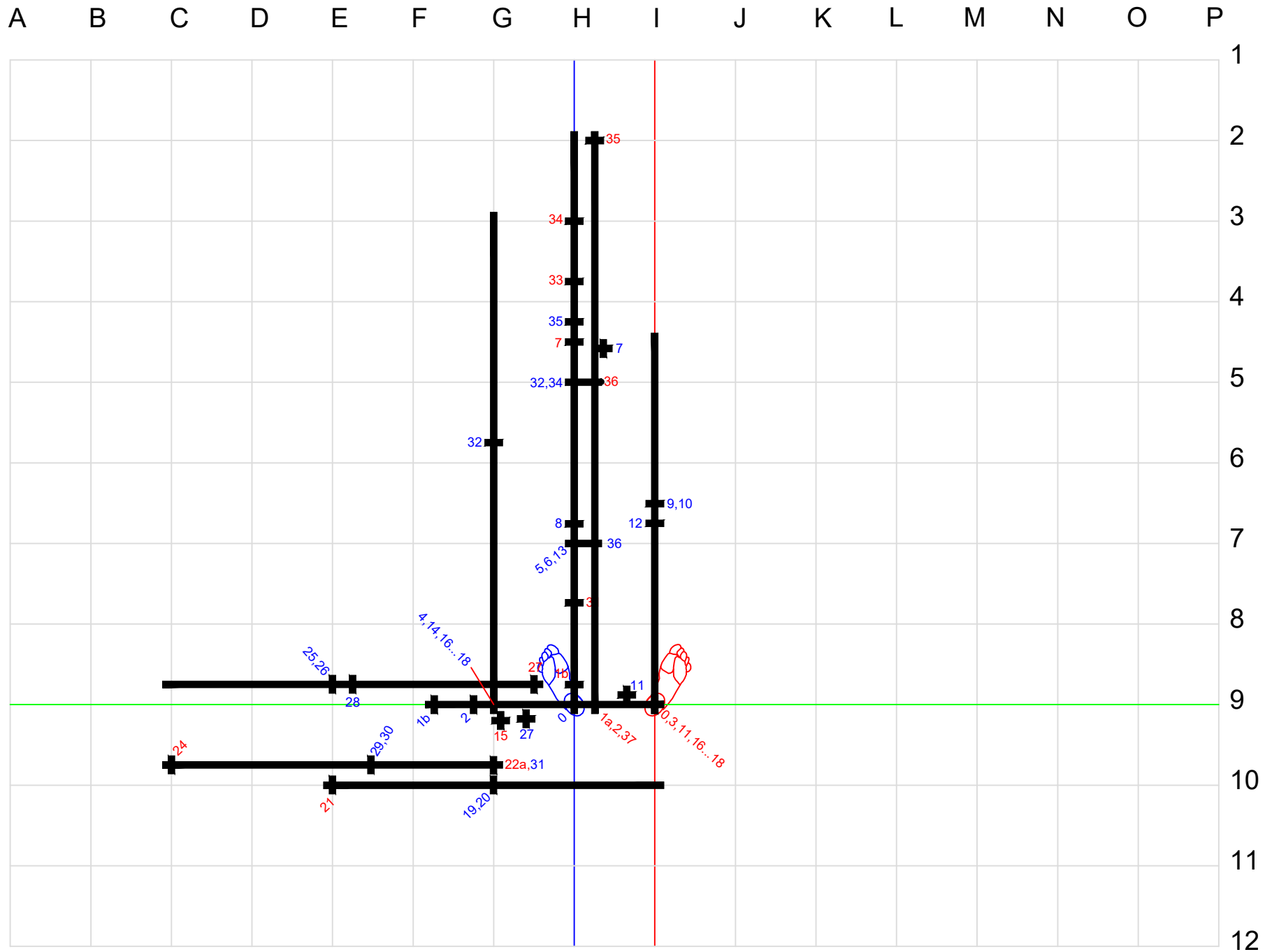
## **EMBUSEN (ENPI) / EMPI** (WANSHU)

Best karate # 7

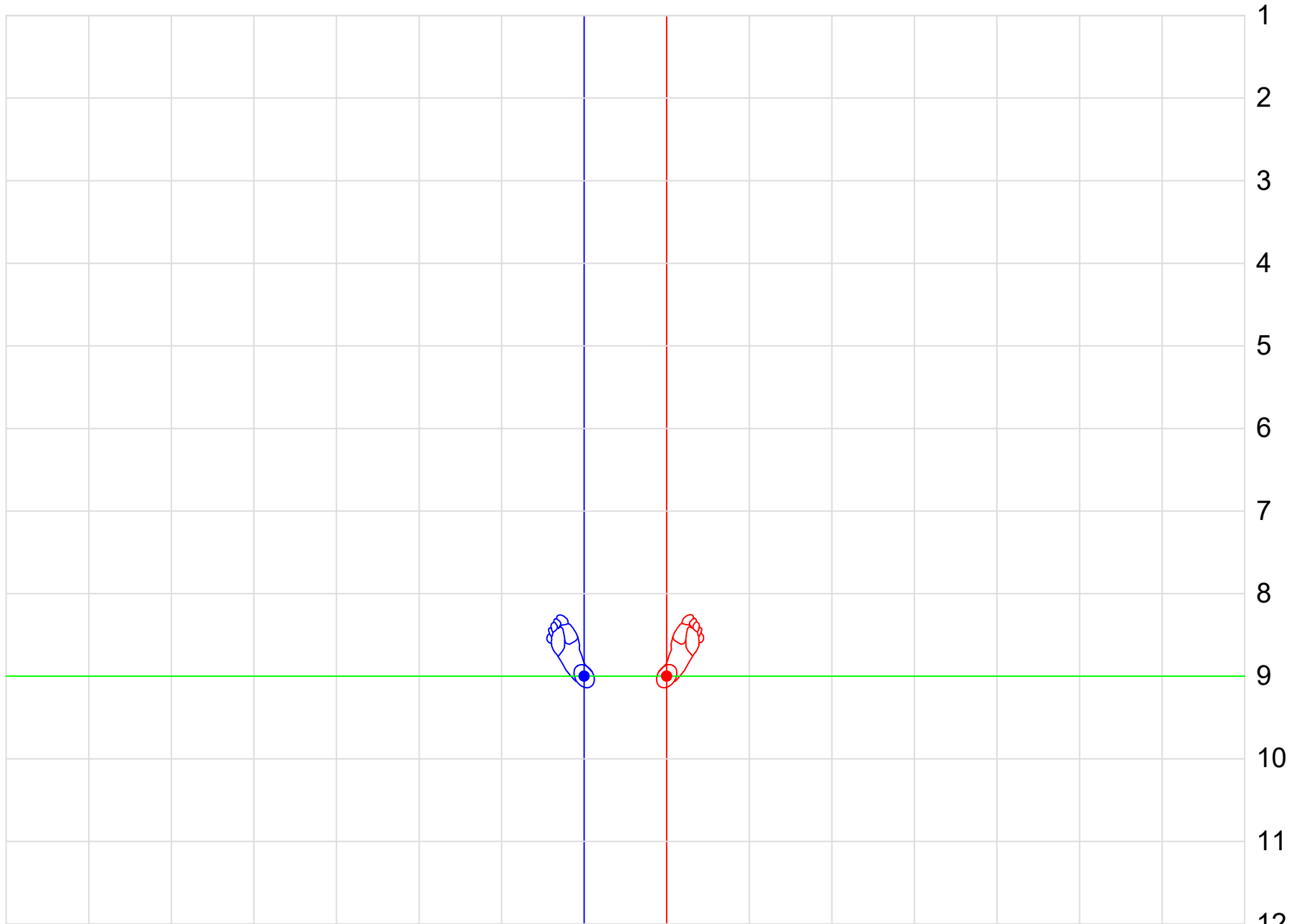
<b>VOL DE L'HIRONDELLE</b>				<b>FLYNG SWALLOW</b>			
Origine : Chine, date de création : avant 1683, auteur : Sappushi Wang Ji				Origin : China, date created: before 1683, author : Sappushi Wang Ji			
<b>Em</b> : hirondelle, <b>Pi</b> : voler				<b>Em</b> : shallow, <b>Pi</b> : fly			
Kata de vitesse « Shorin » - Classification IKD : Groupe 2				« Shorin » speed kata – IKD Classification : Group 2			
37 mouvements - Kiai mouvements 15 et 37 Durée : 50 secondes				37 movements - Kiai movements 15 and 37- Length : 50 seconds			
<u>Points importants:</u> Empi signifie le vol de l'hirondelle en faisant allusion aux nombreux changements de positions hautes et basses tel le vol d'une hirondelle. Les mouvements des hanches dans ce kata sont très importants. Il contient également un saut assez atypique.				<u>Important points:</u> Empi means the flight of the swallow in reference to the numerous position changes from high to low like the flying swallow. The hip movements in this kata are very important. There is also an atypical jump.			
<u>Note:</u> Dans ce kata, les mouvements 8, 12 et 28 sont faits en hiza kussu et les mouvements suivants en zenkutsu-dachi.				<u>Note:</u> In the kata, les movements 8, 12 and 28 are in hiza kussu and the following movements are in zenkutsu-dachi.			
<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, 2, 14, fin.	● I-9	Début, 37, fin.	● H-9	Start, 2, 14, end.	● I-9	Start, 37, end.

Par Alain Dumas 6<sup>e</sup> dan, IKD 2019-04-24

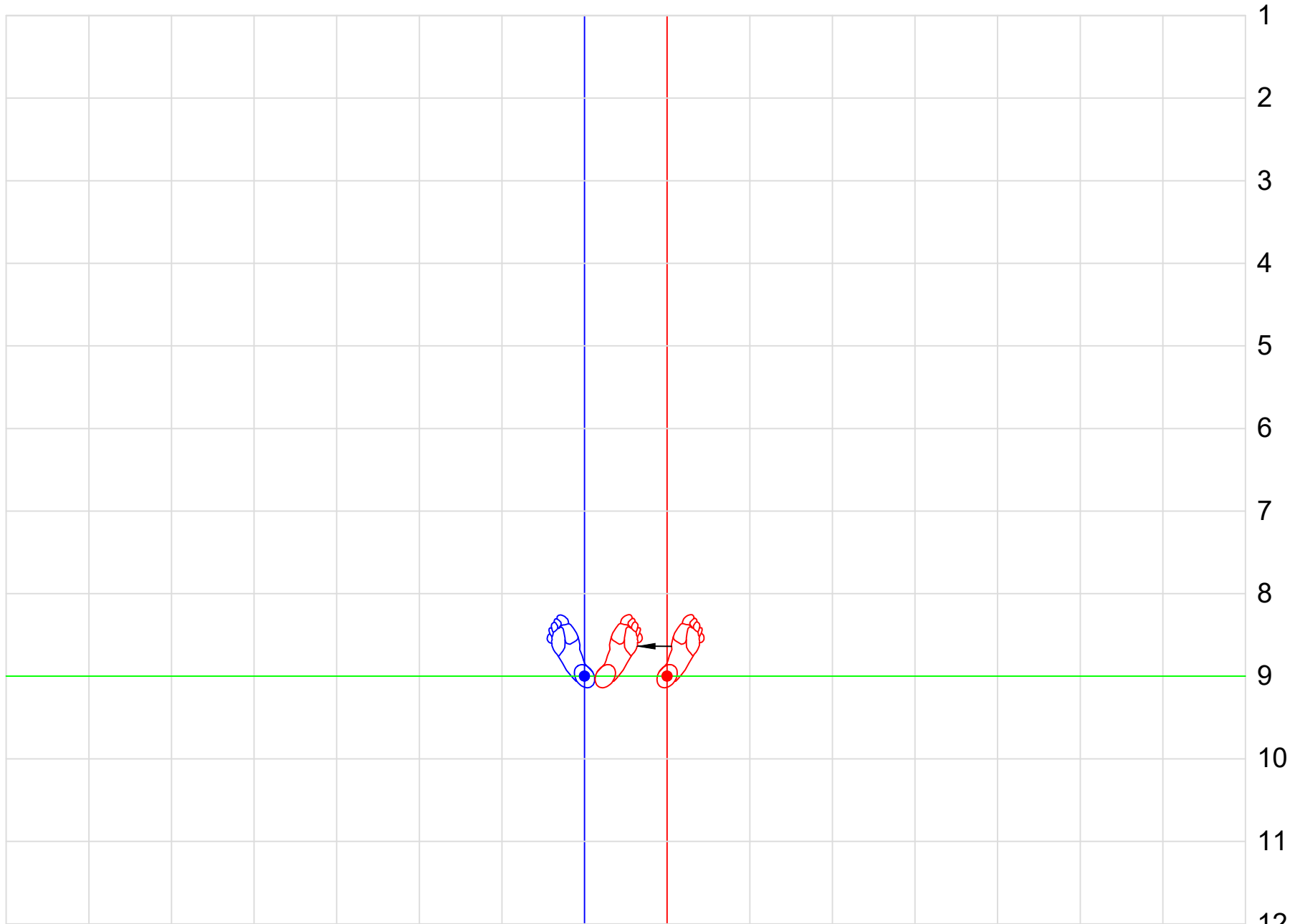




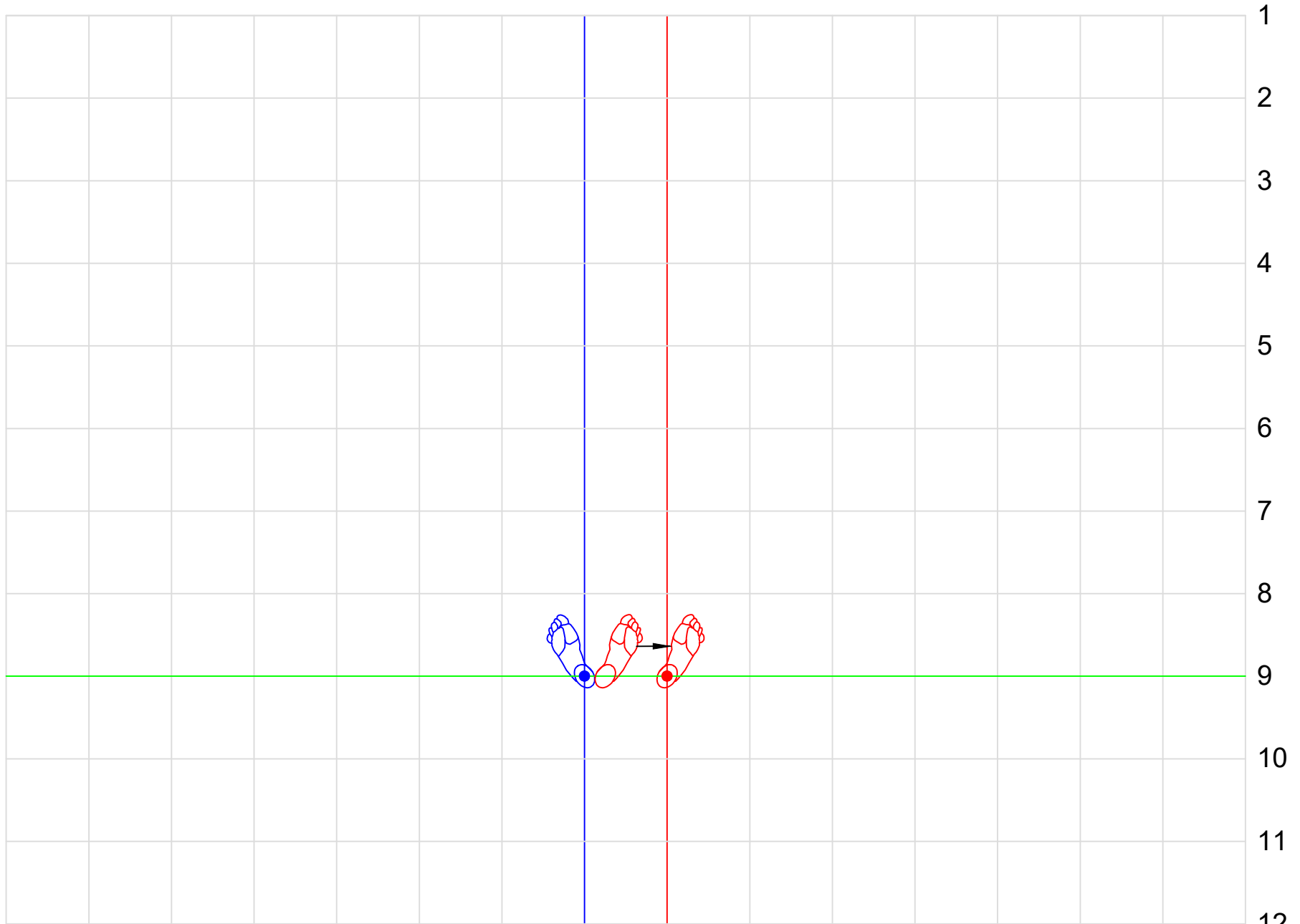
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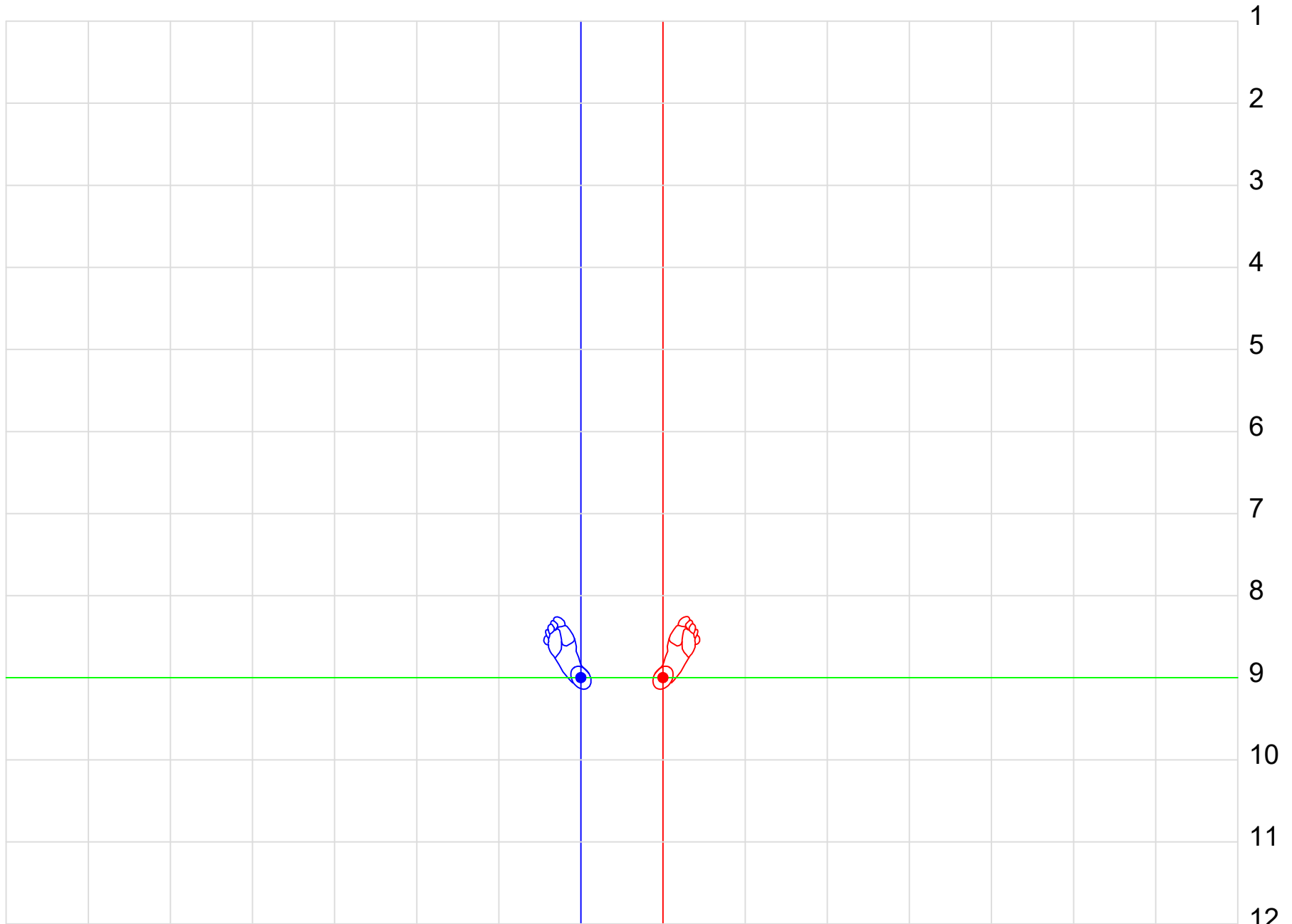
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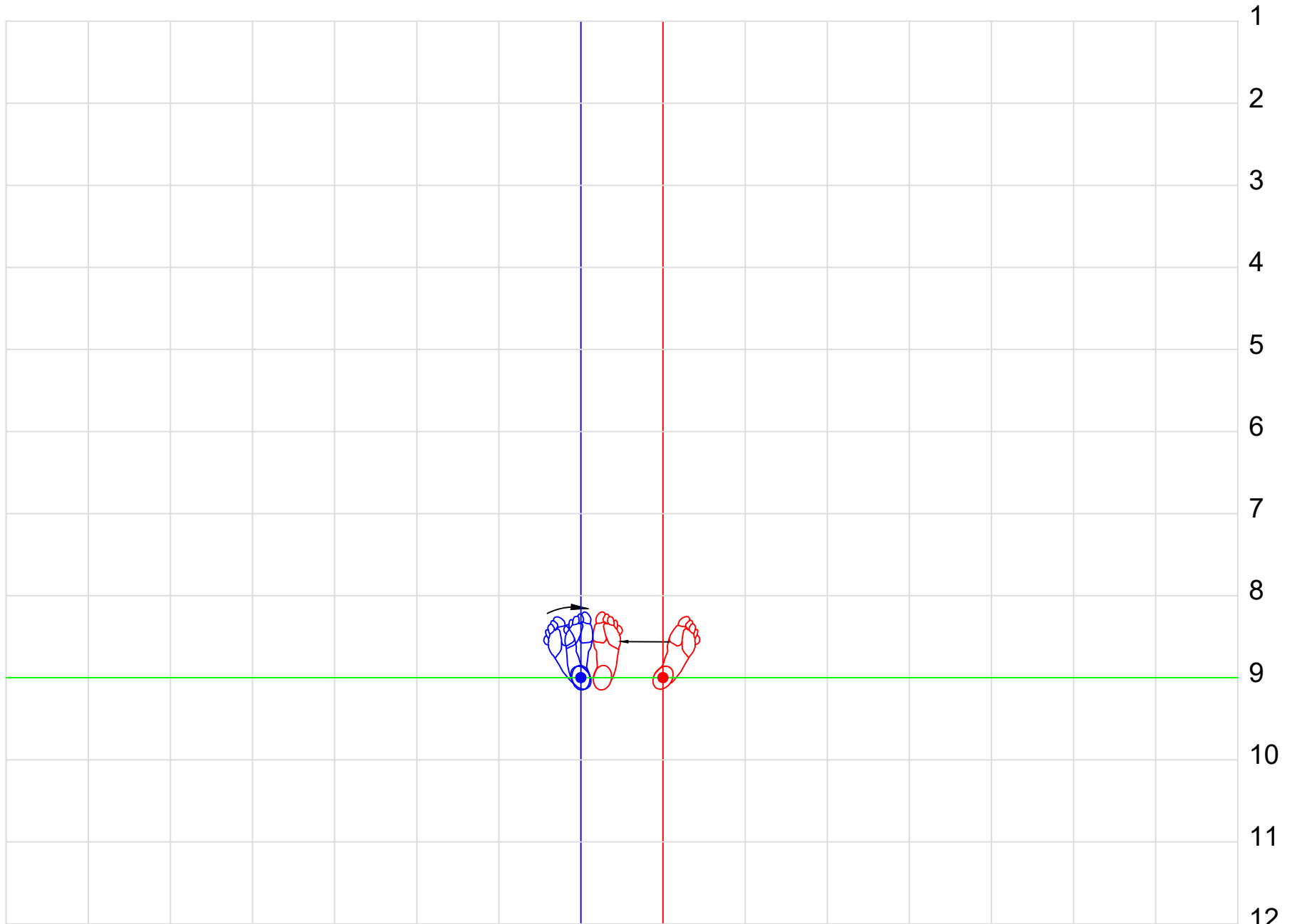
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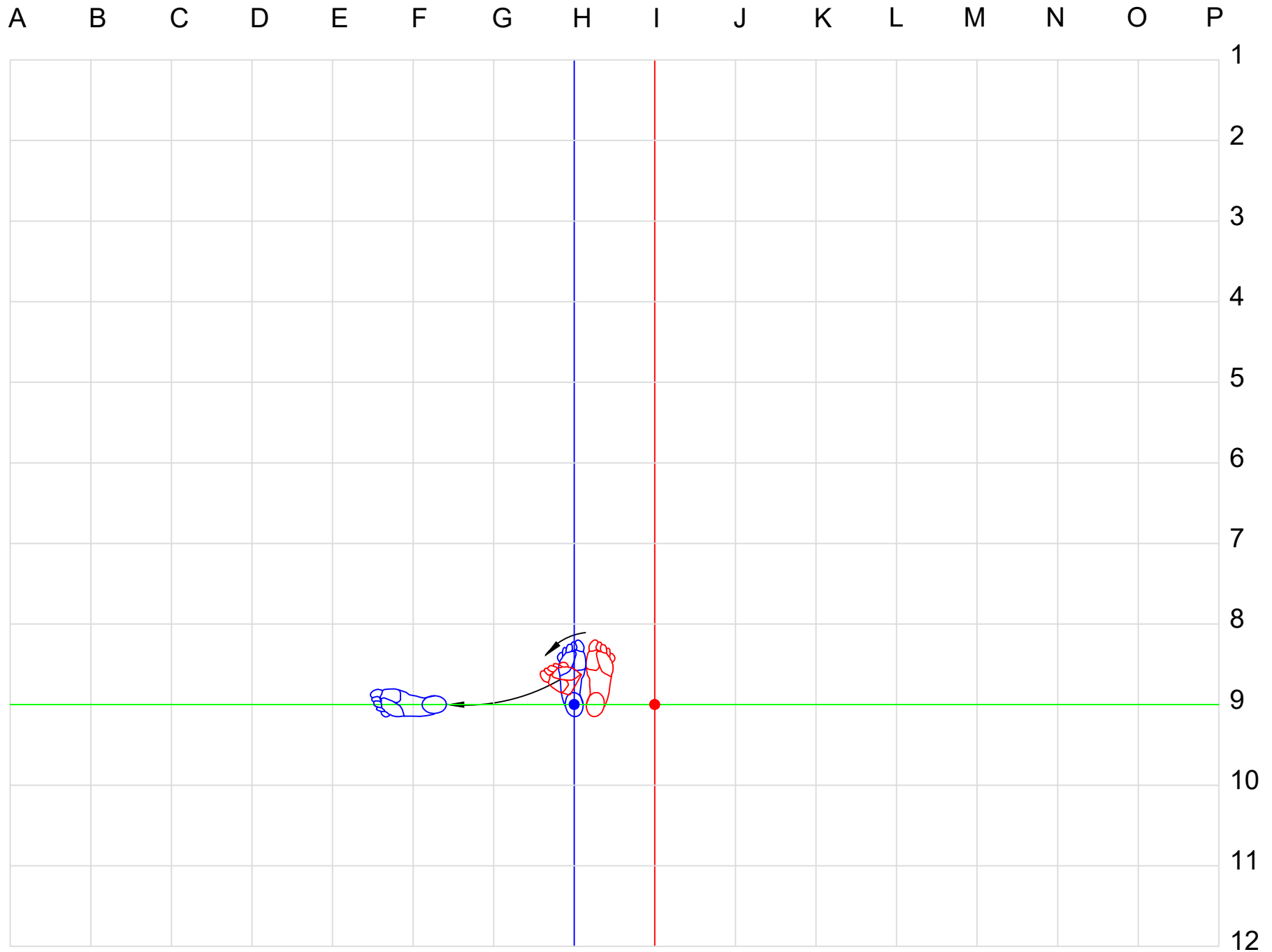


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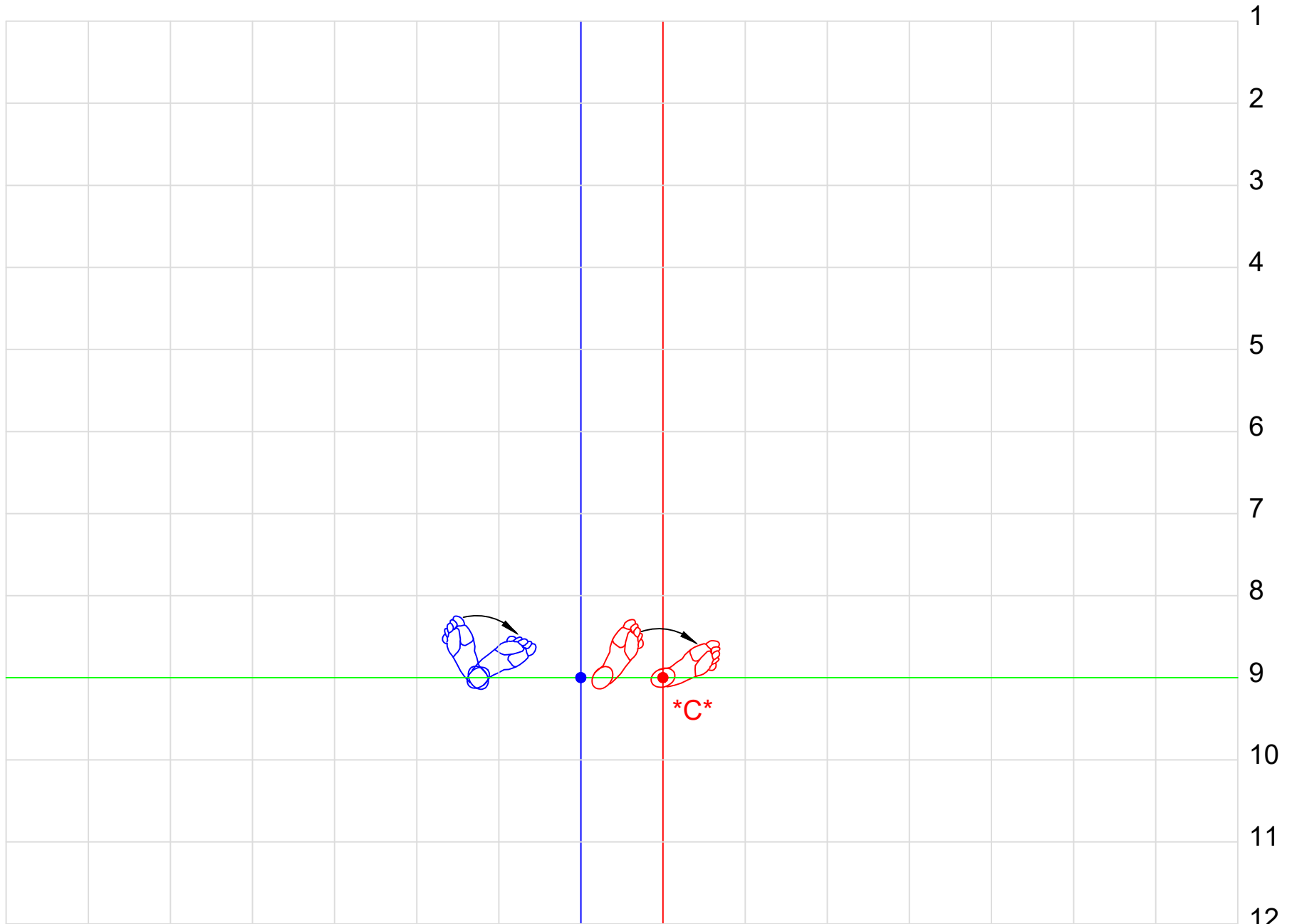




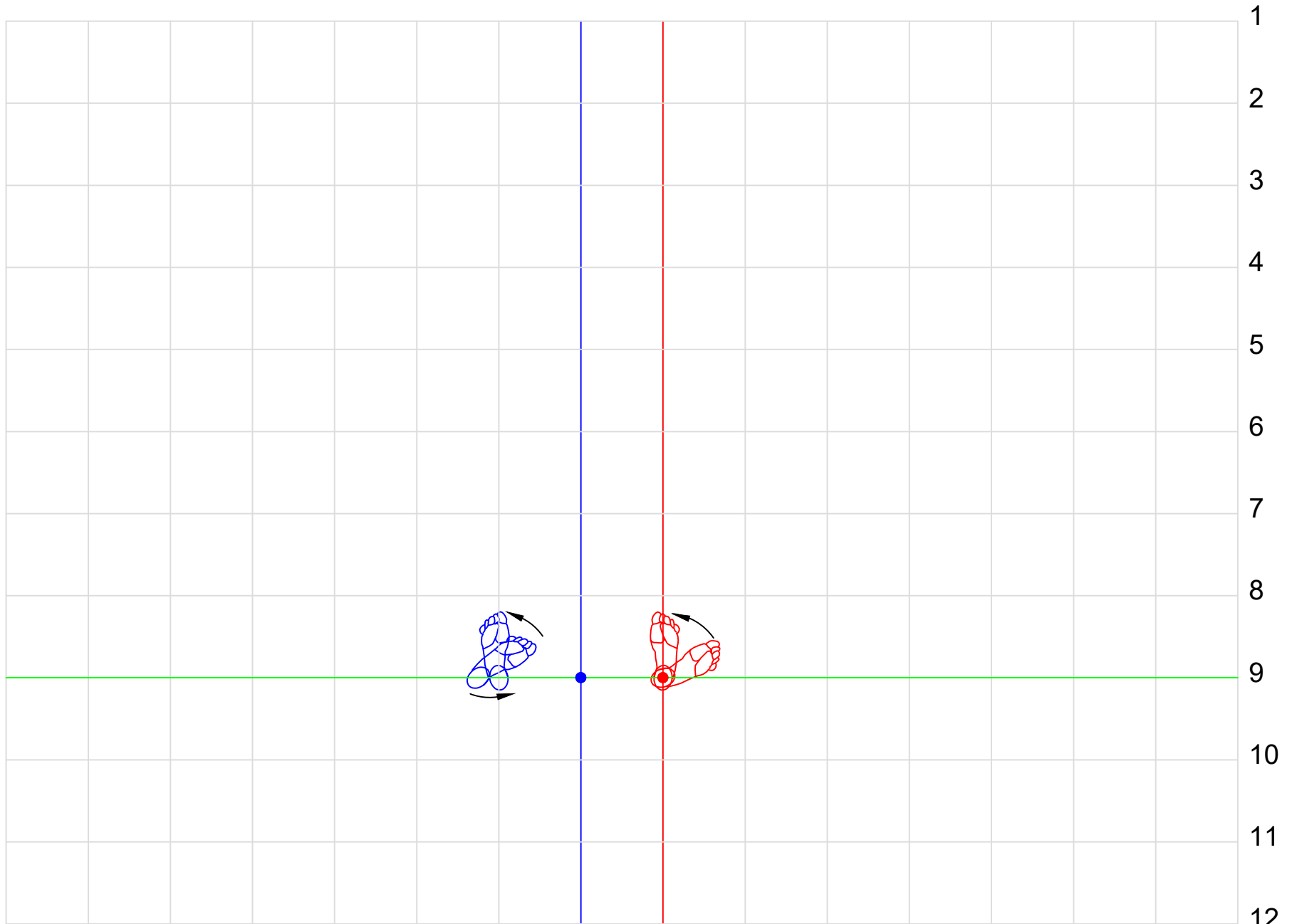
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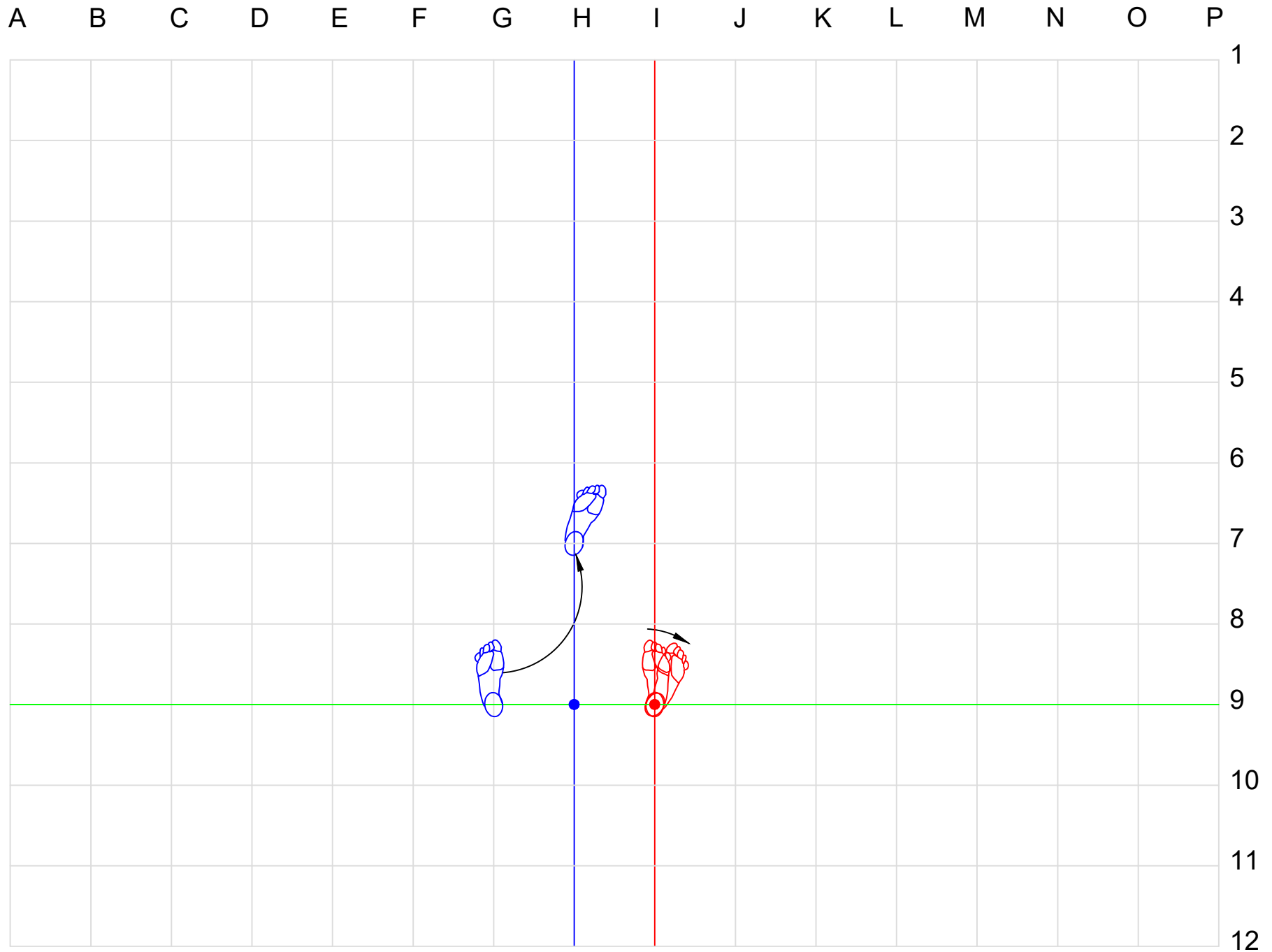


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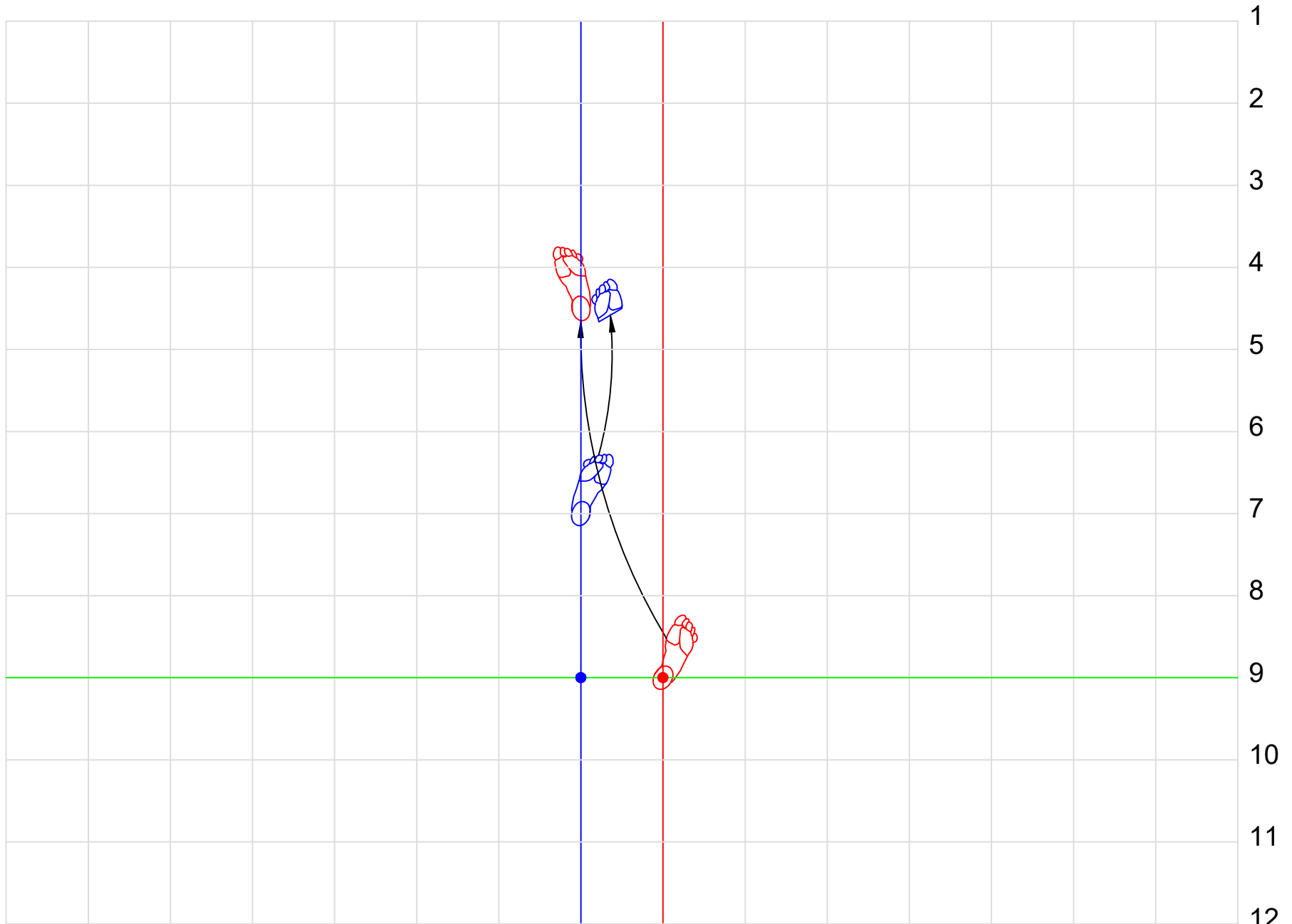


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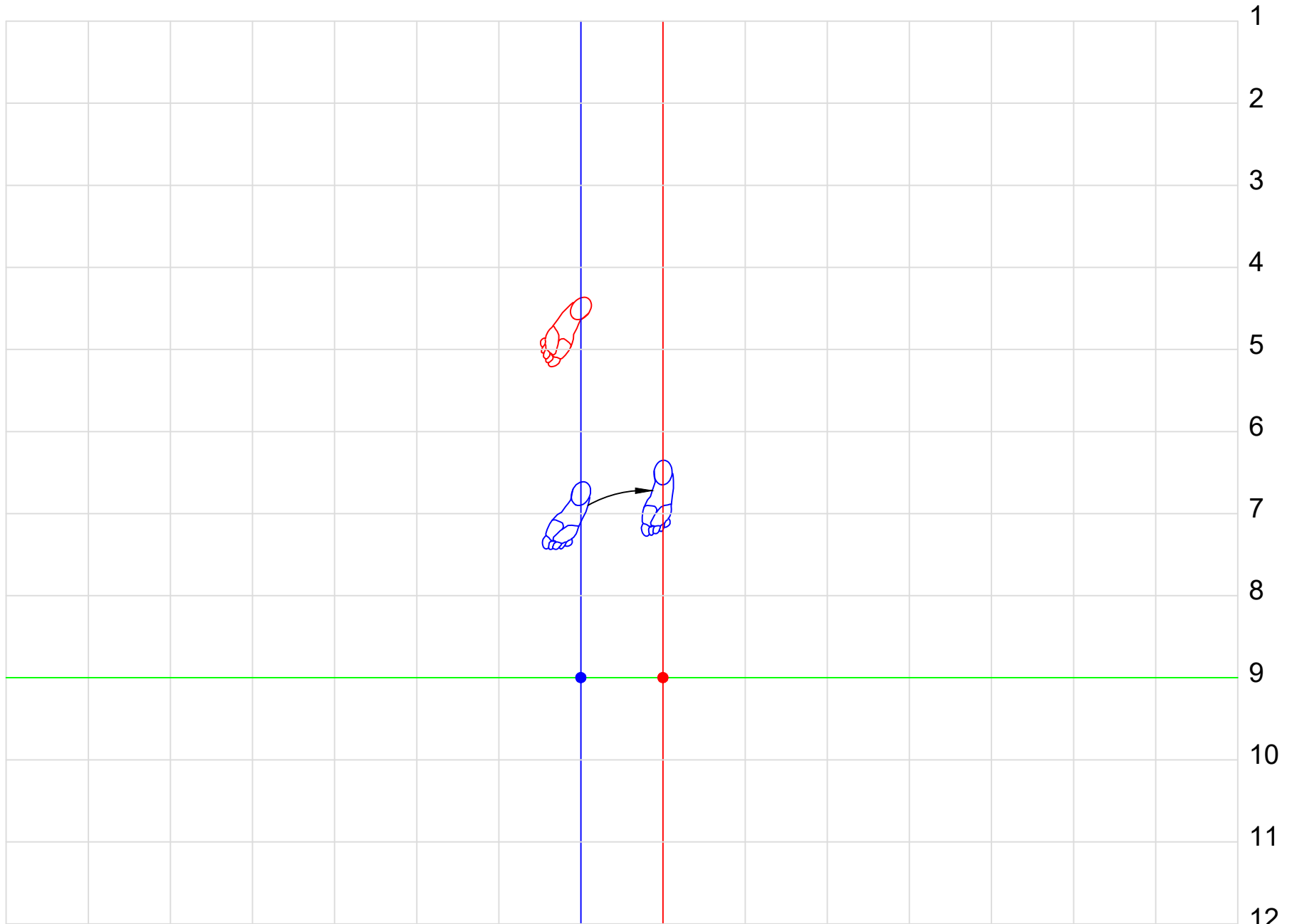


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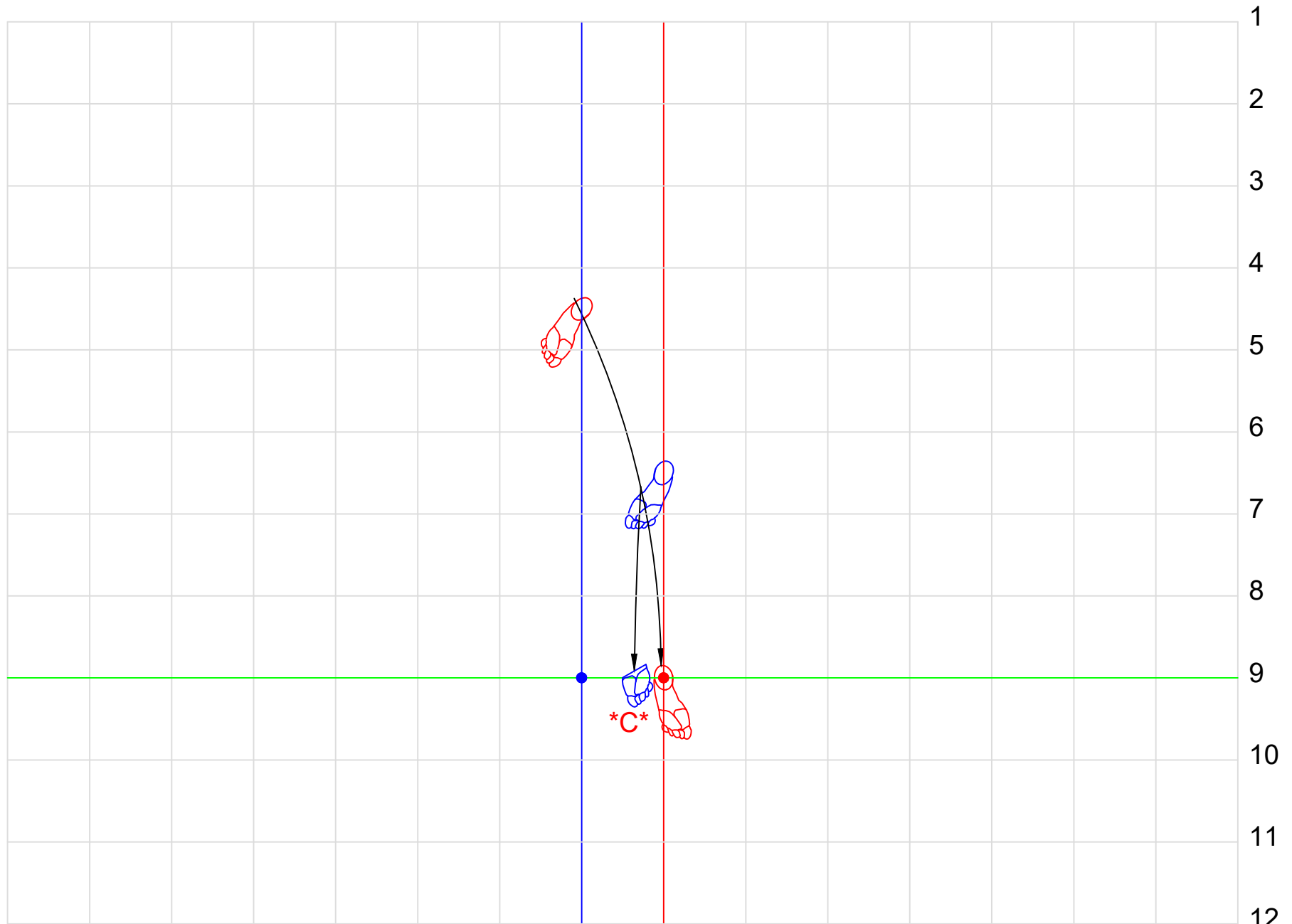
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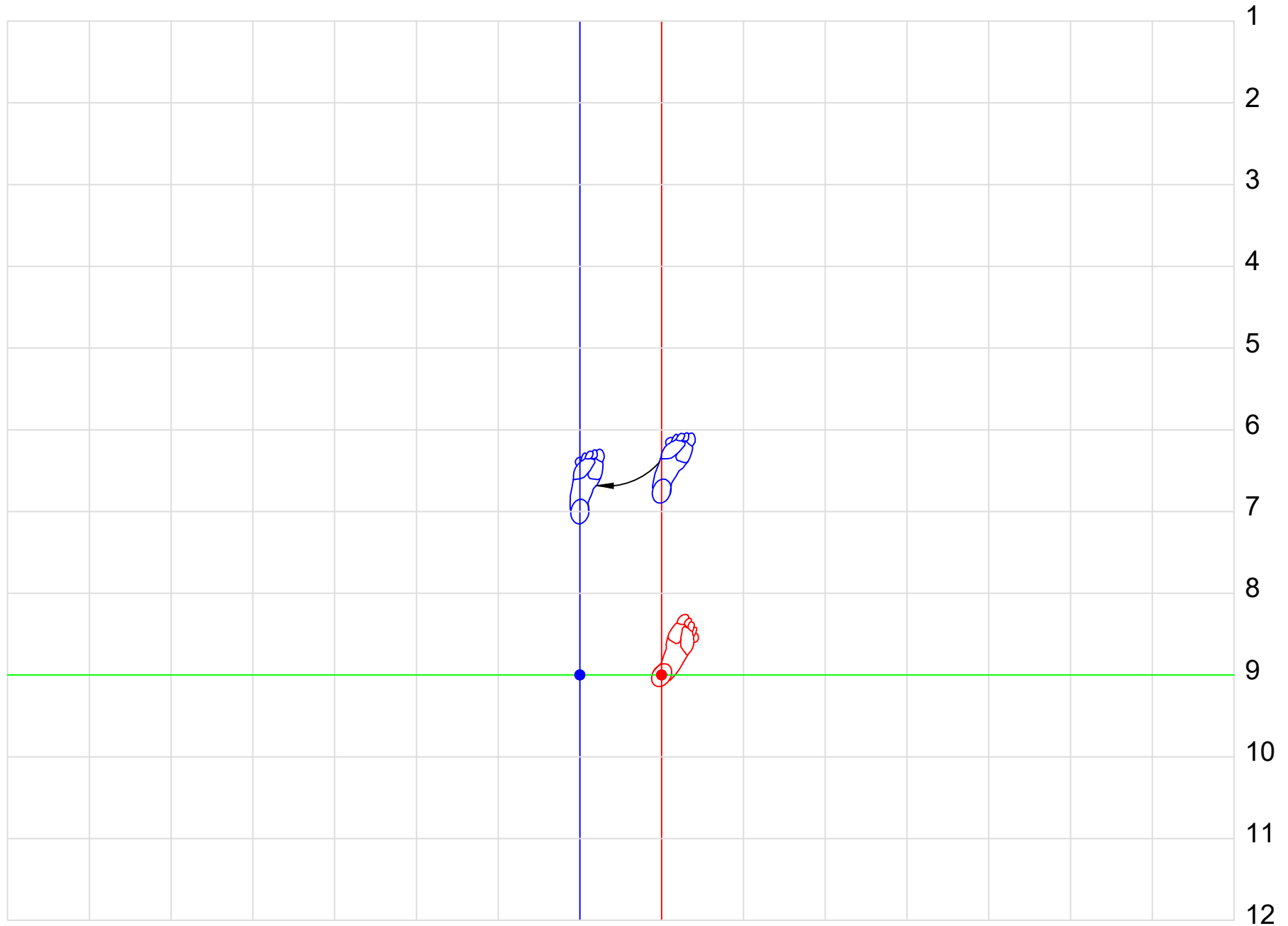




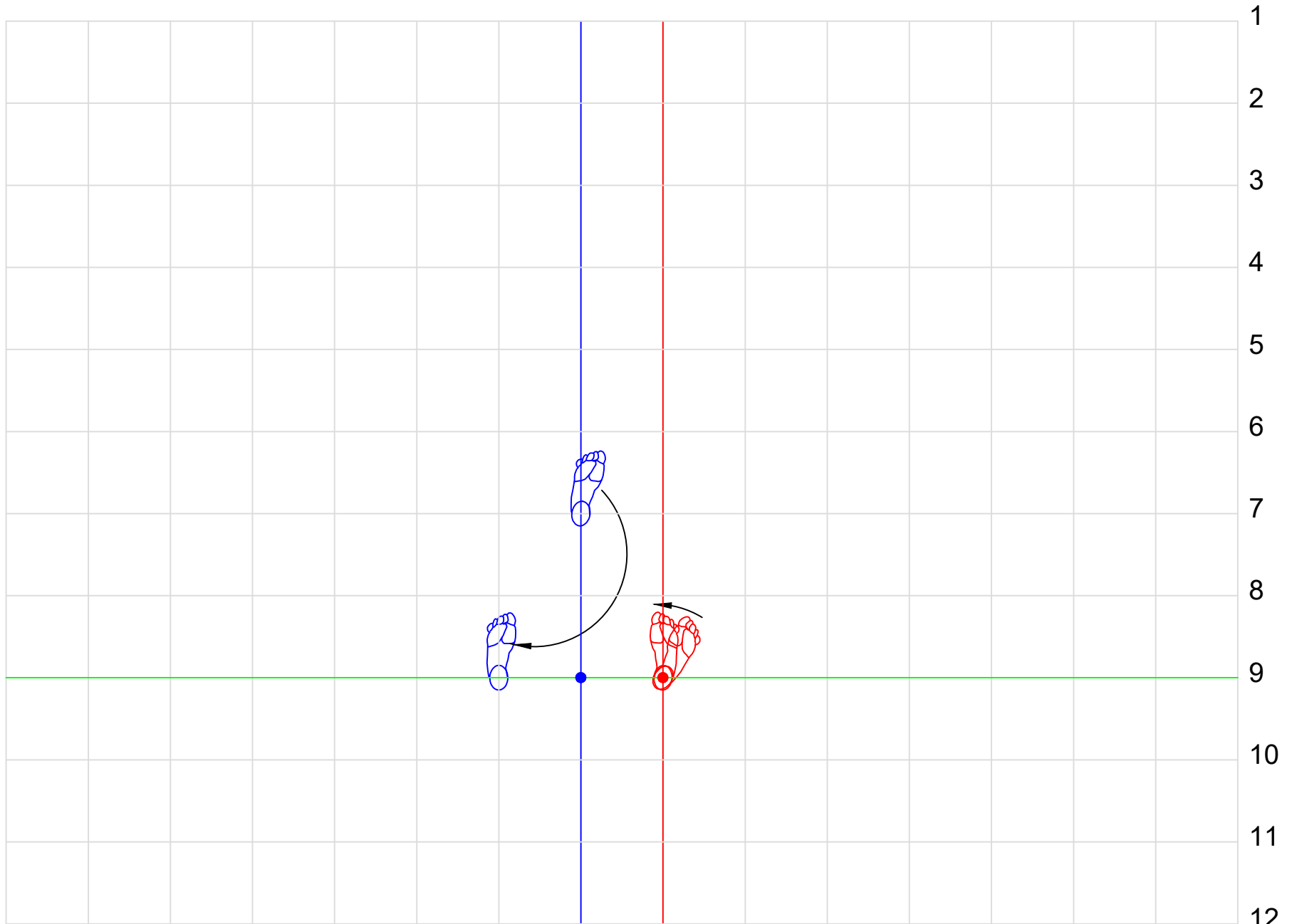
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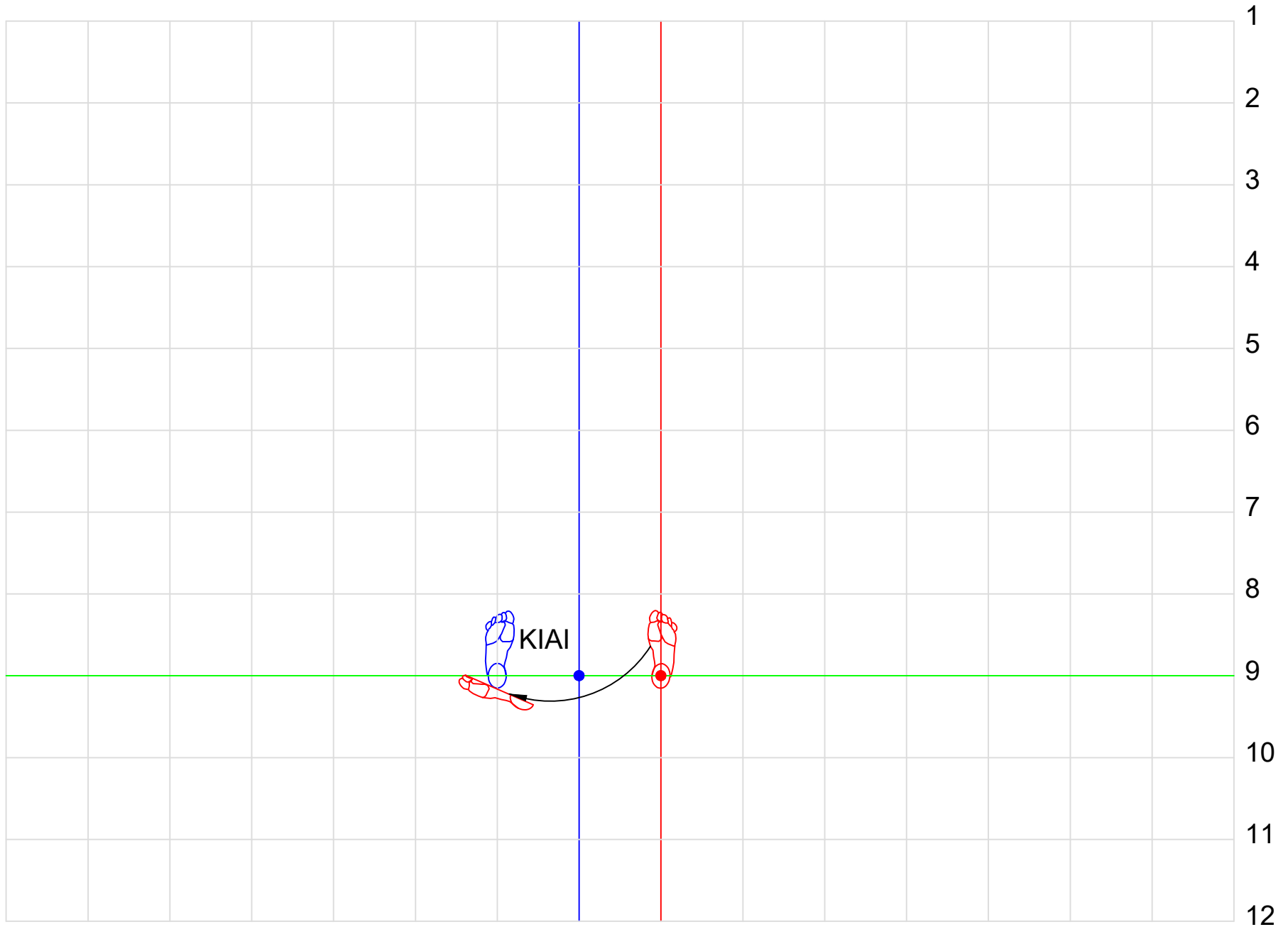
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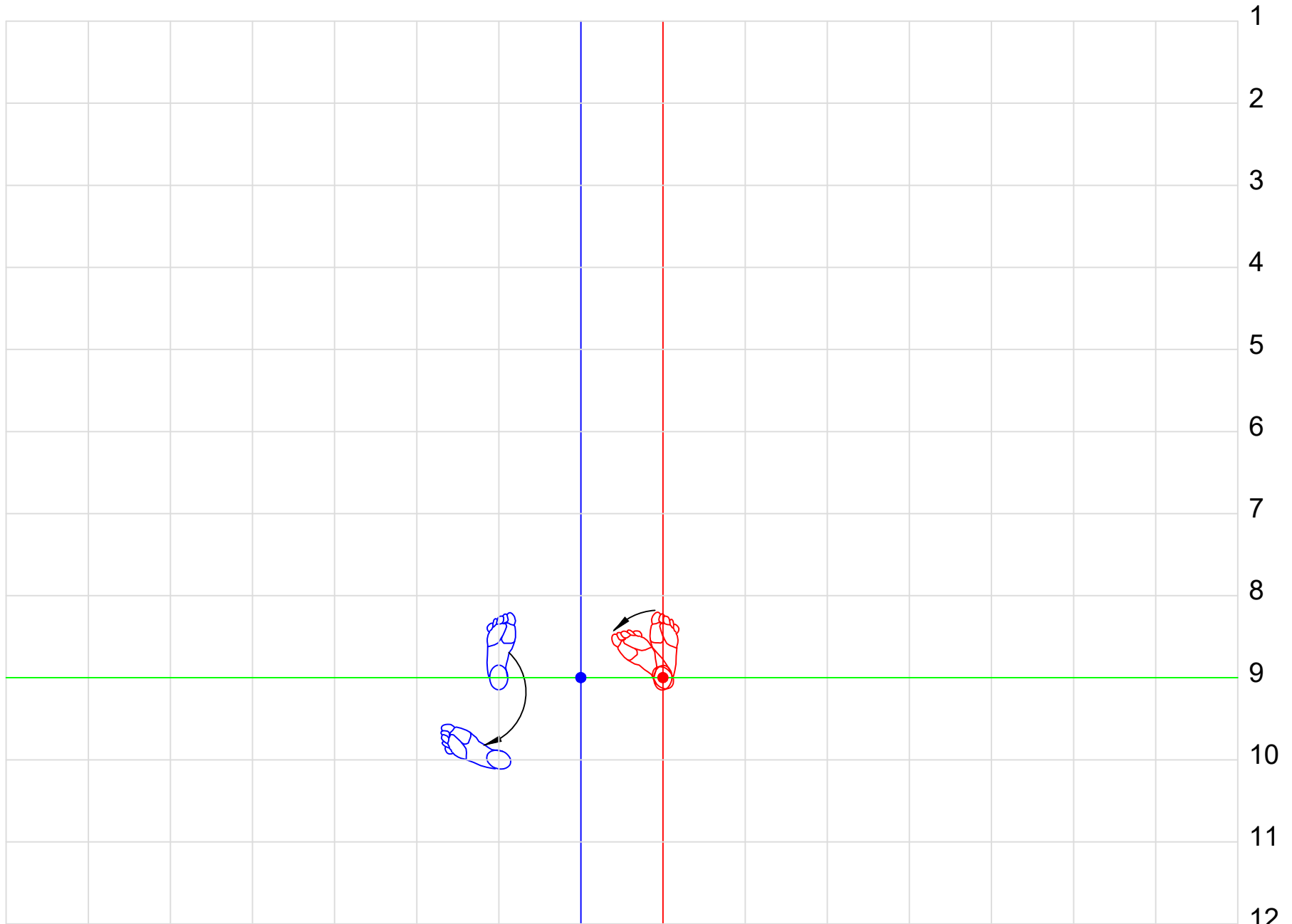
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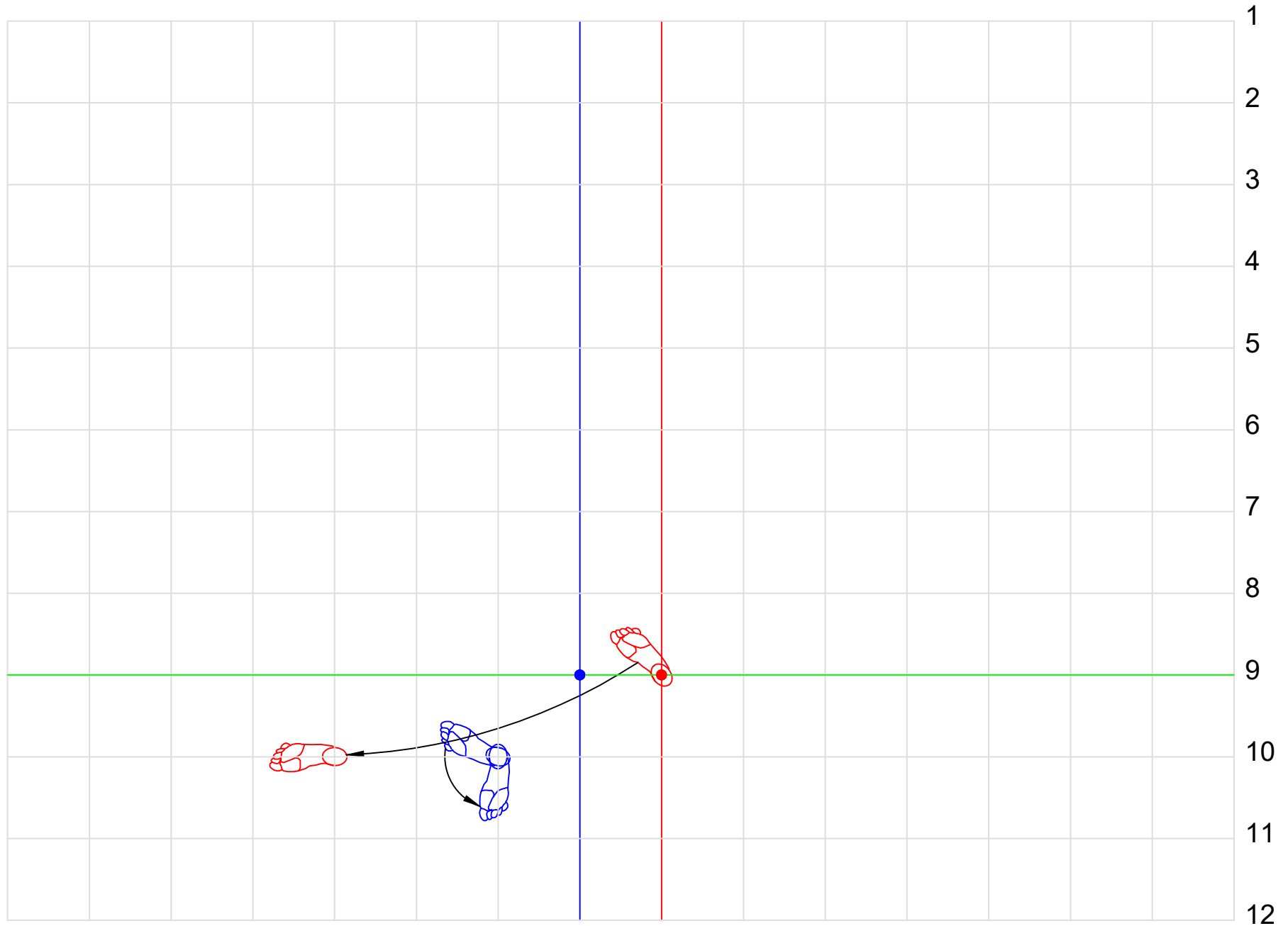
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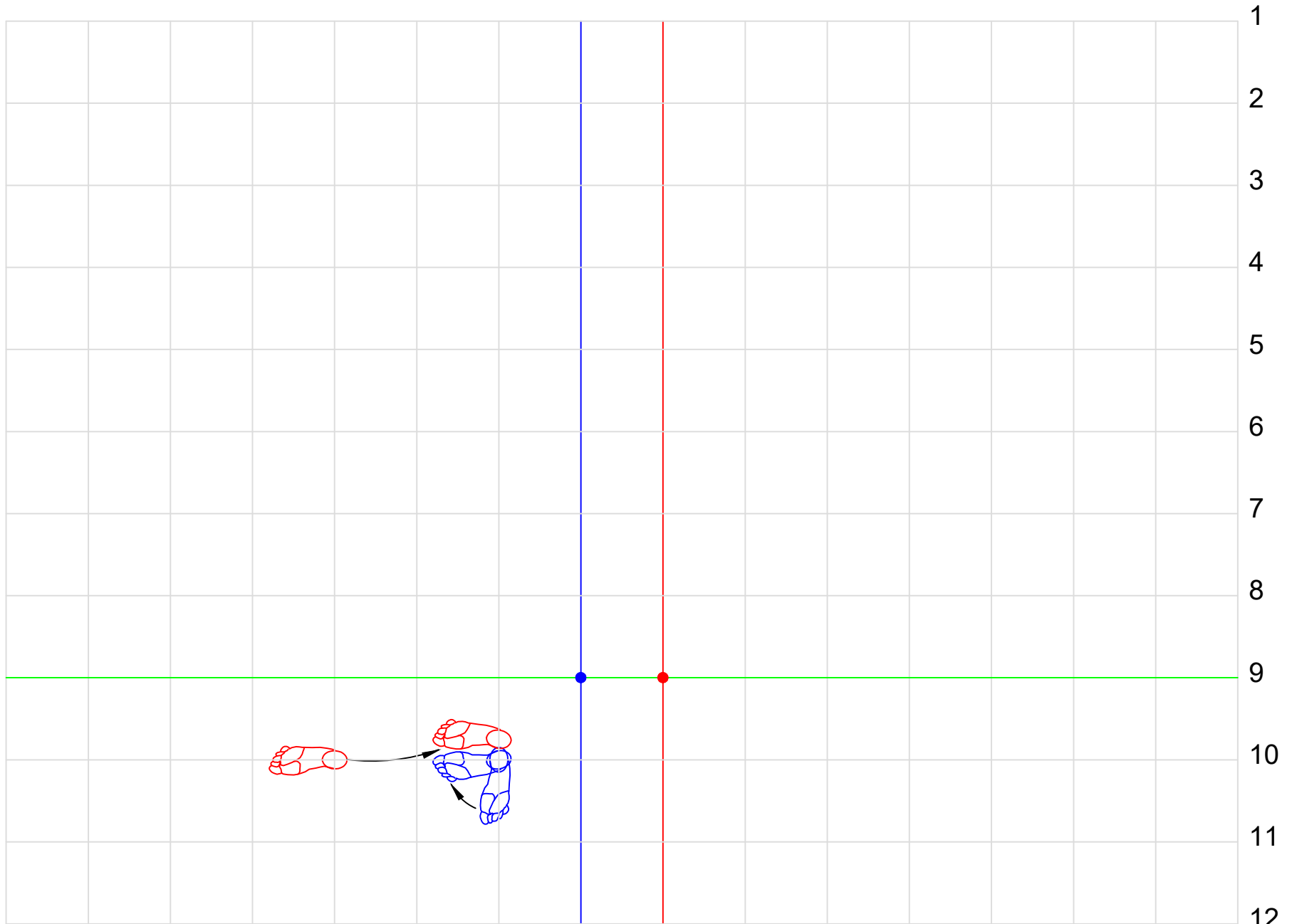
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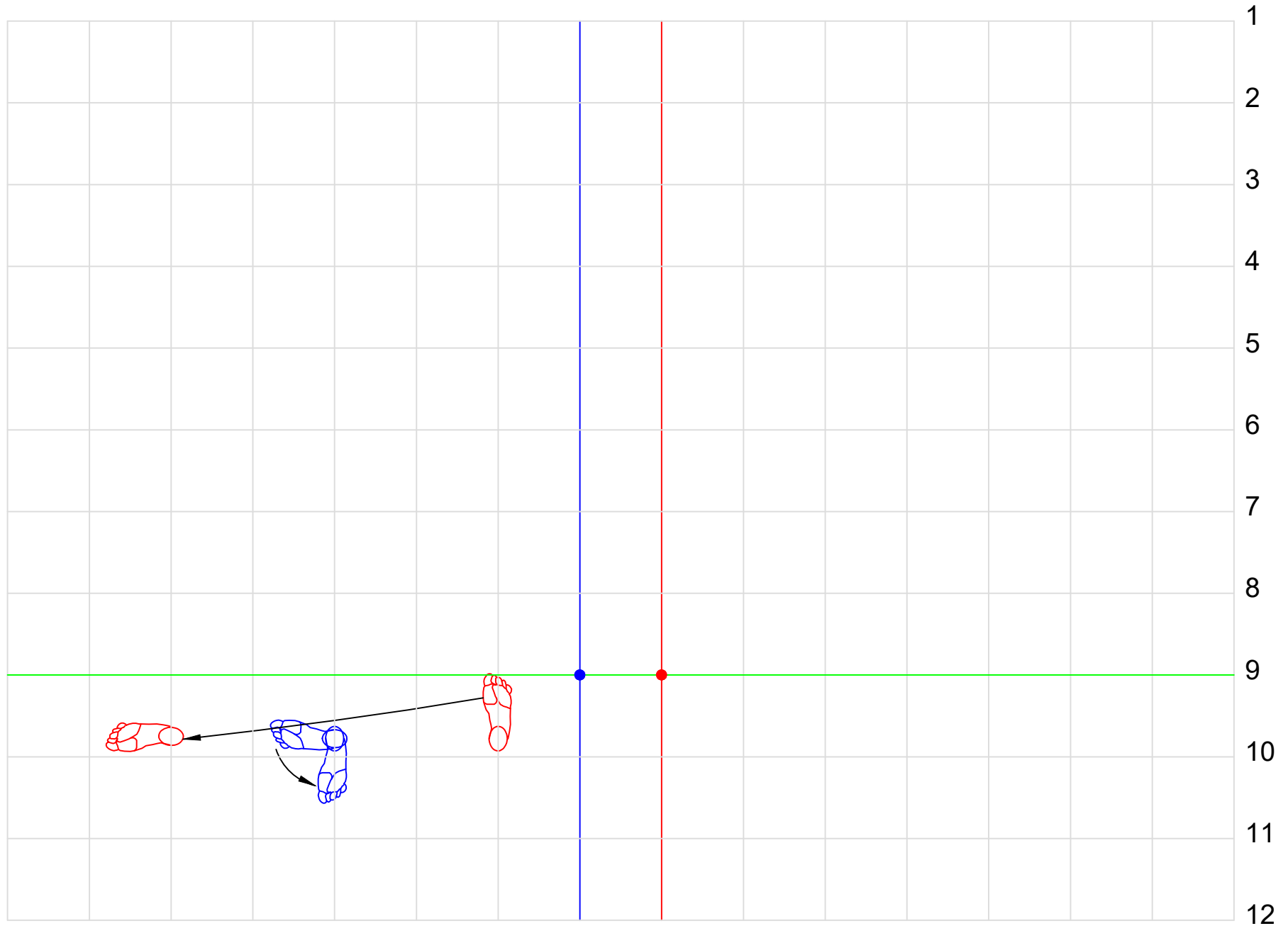


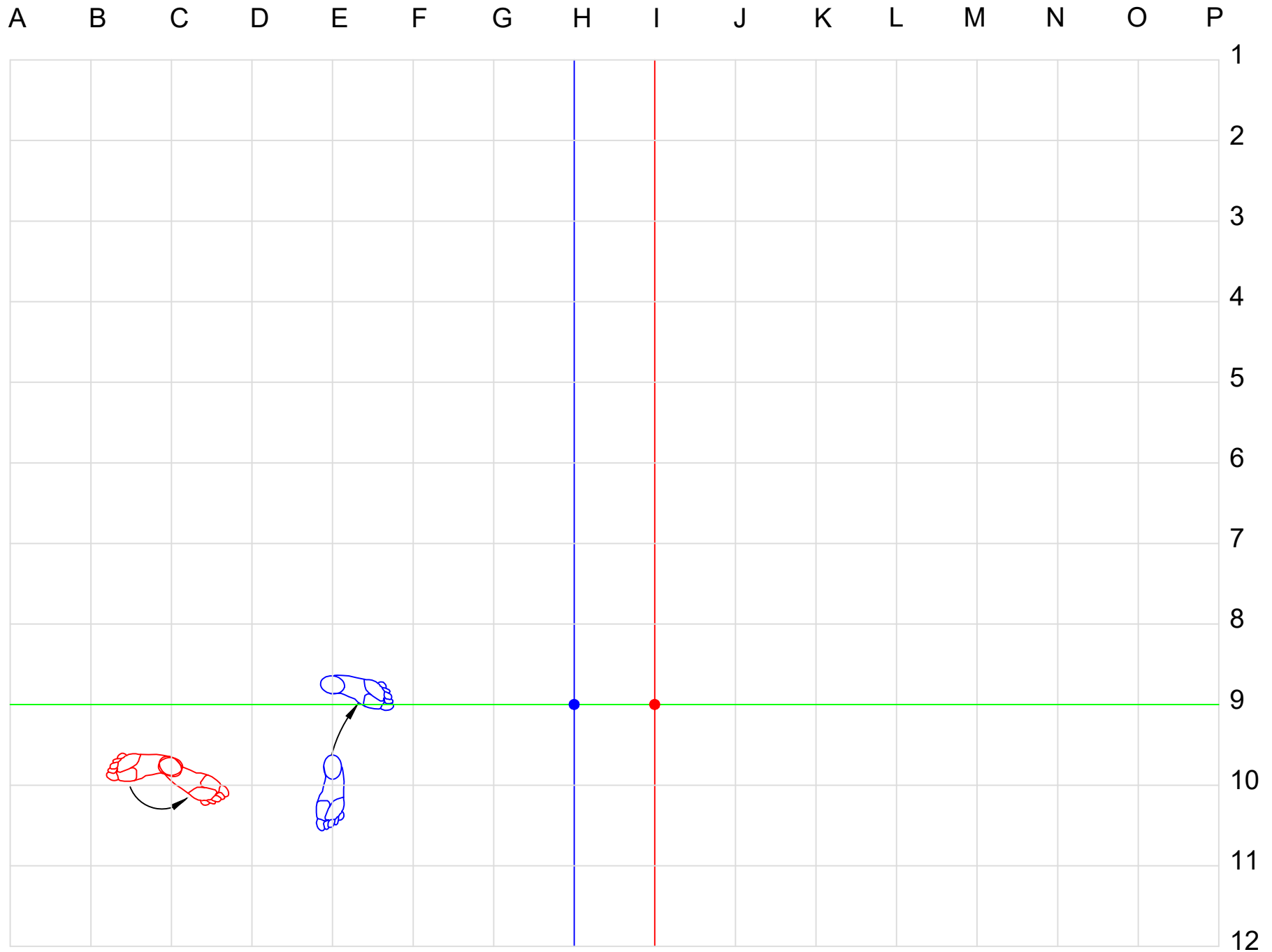


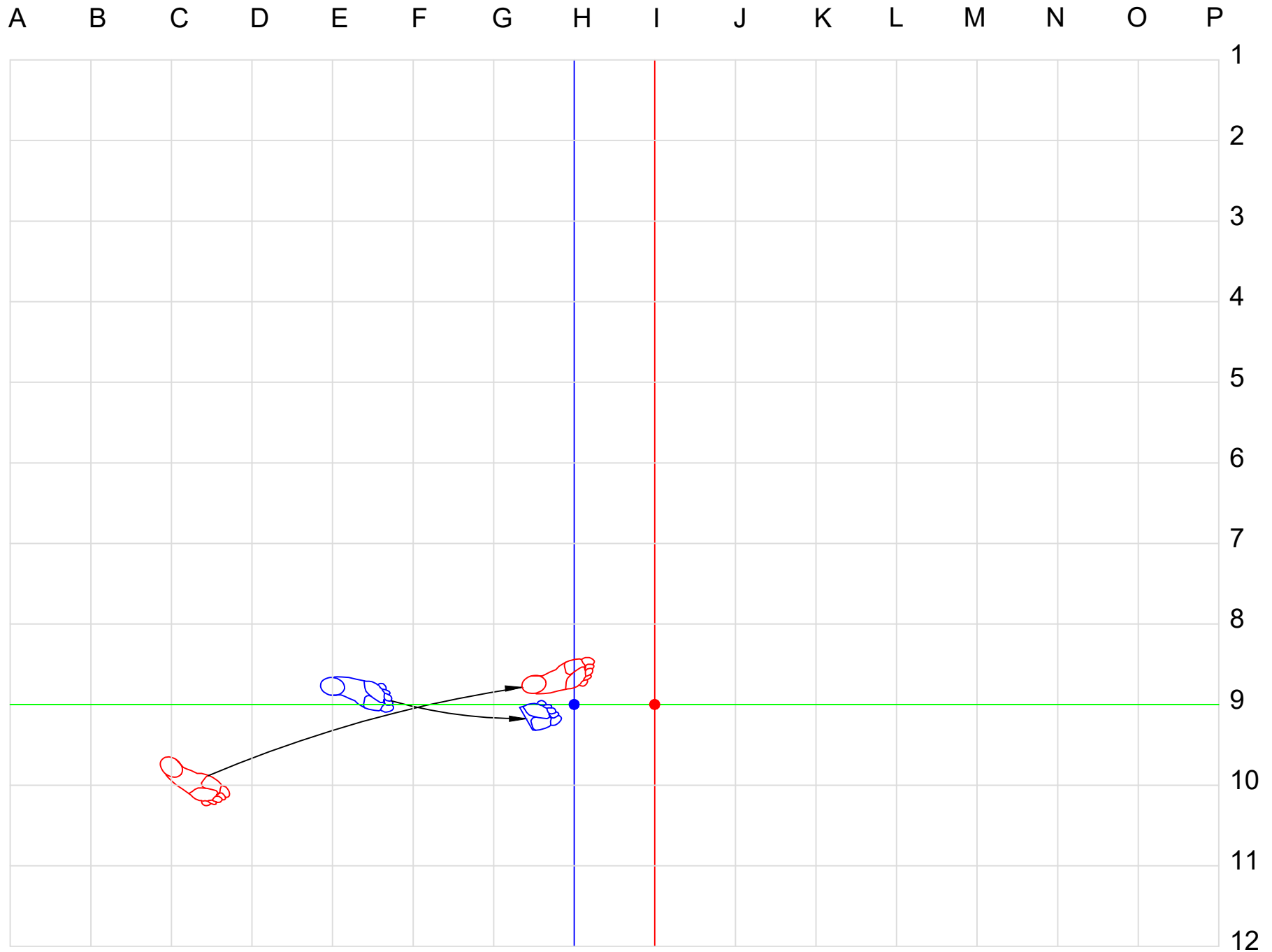
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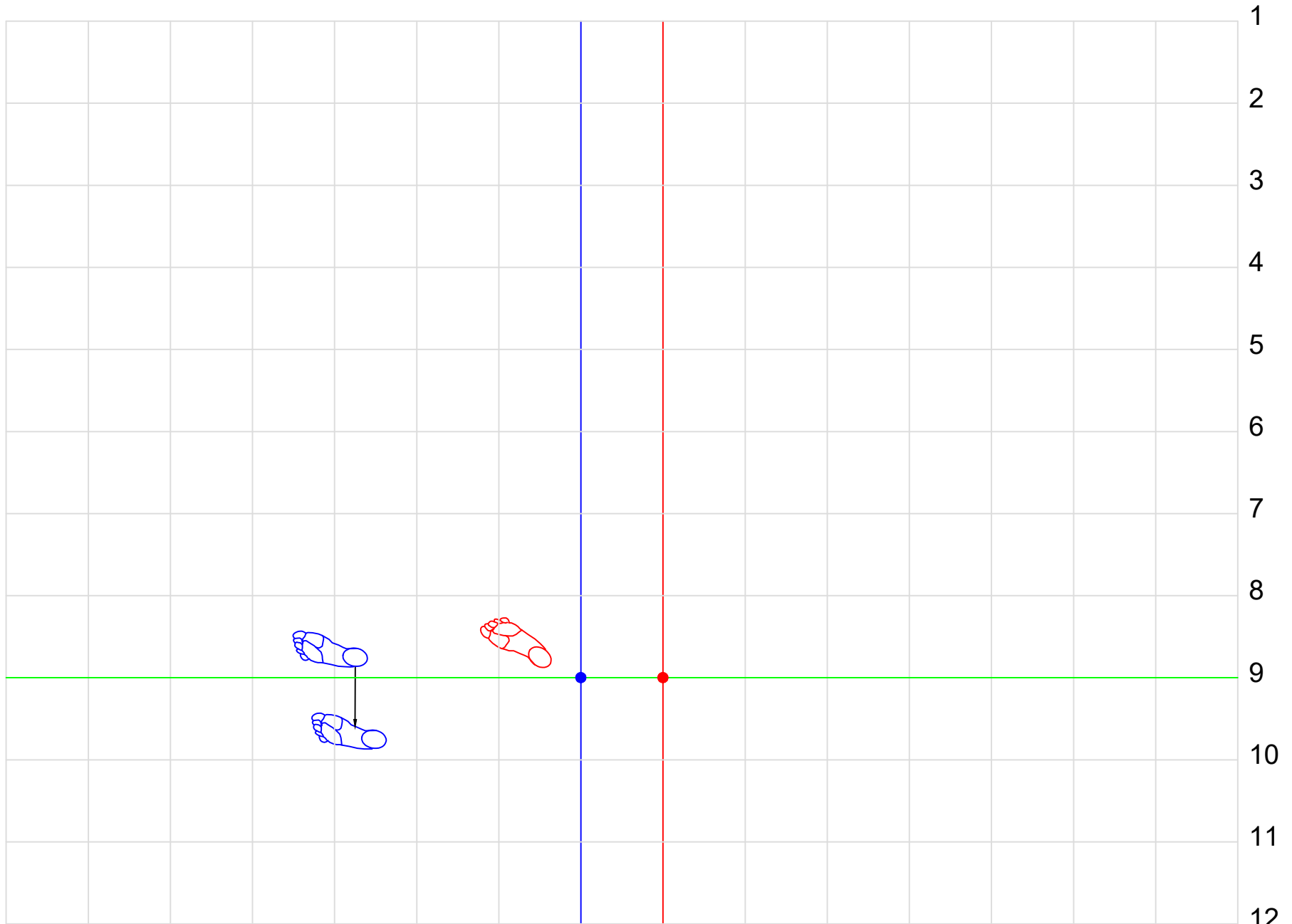




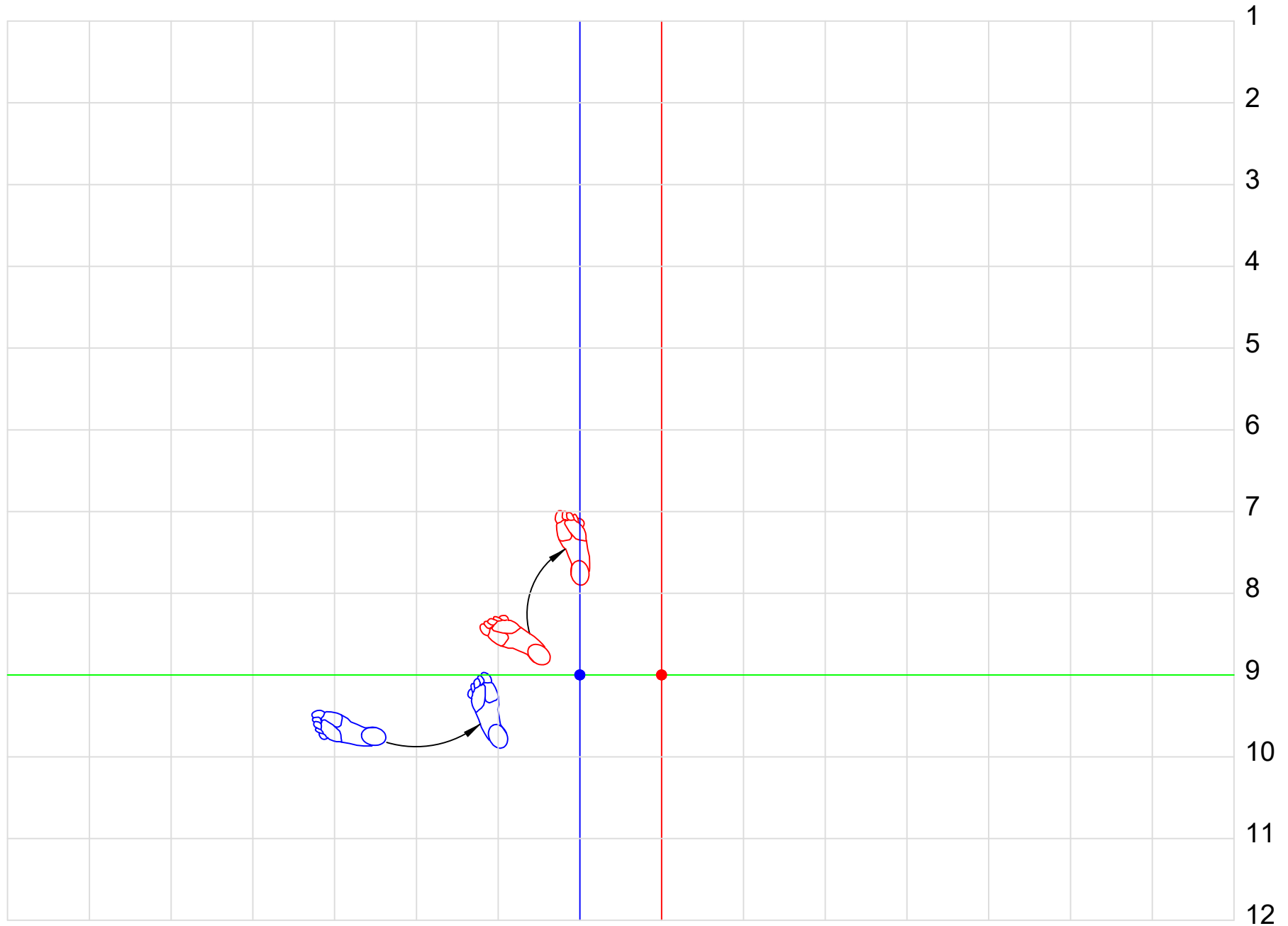
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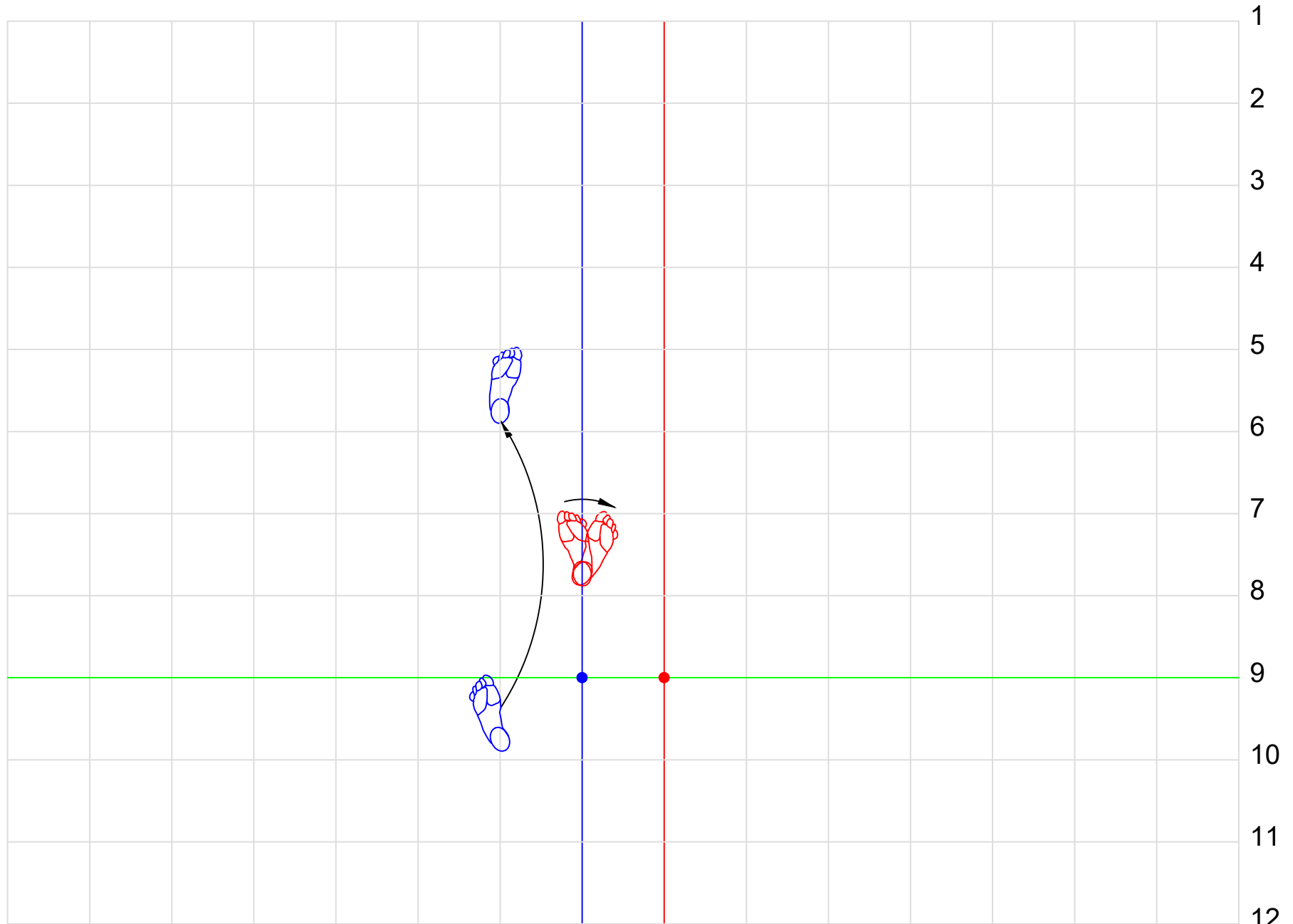
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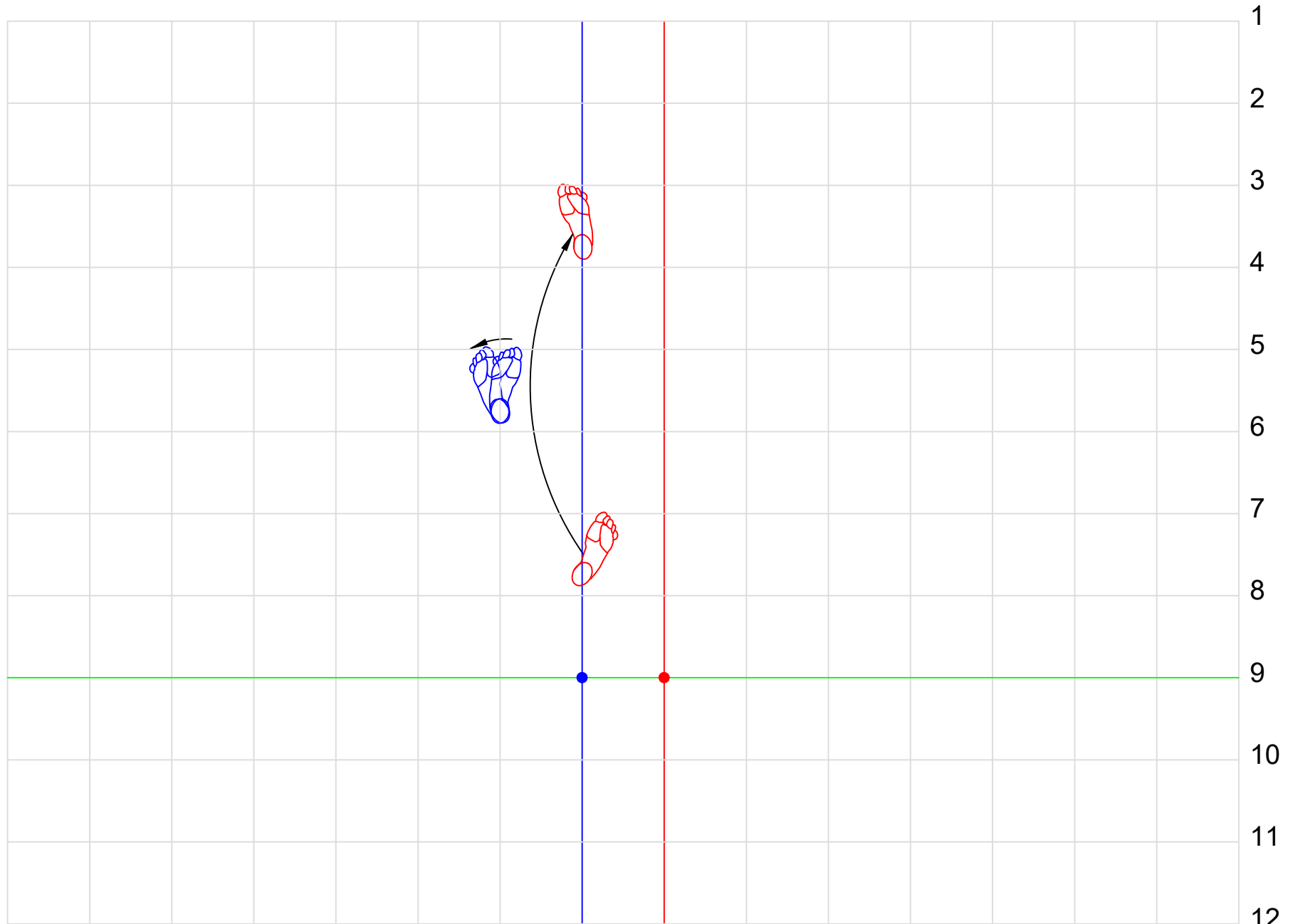


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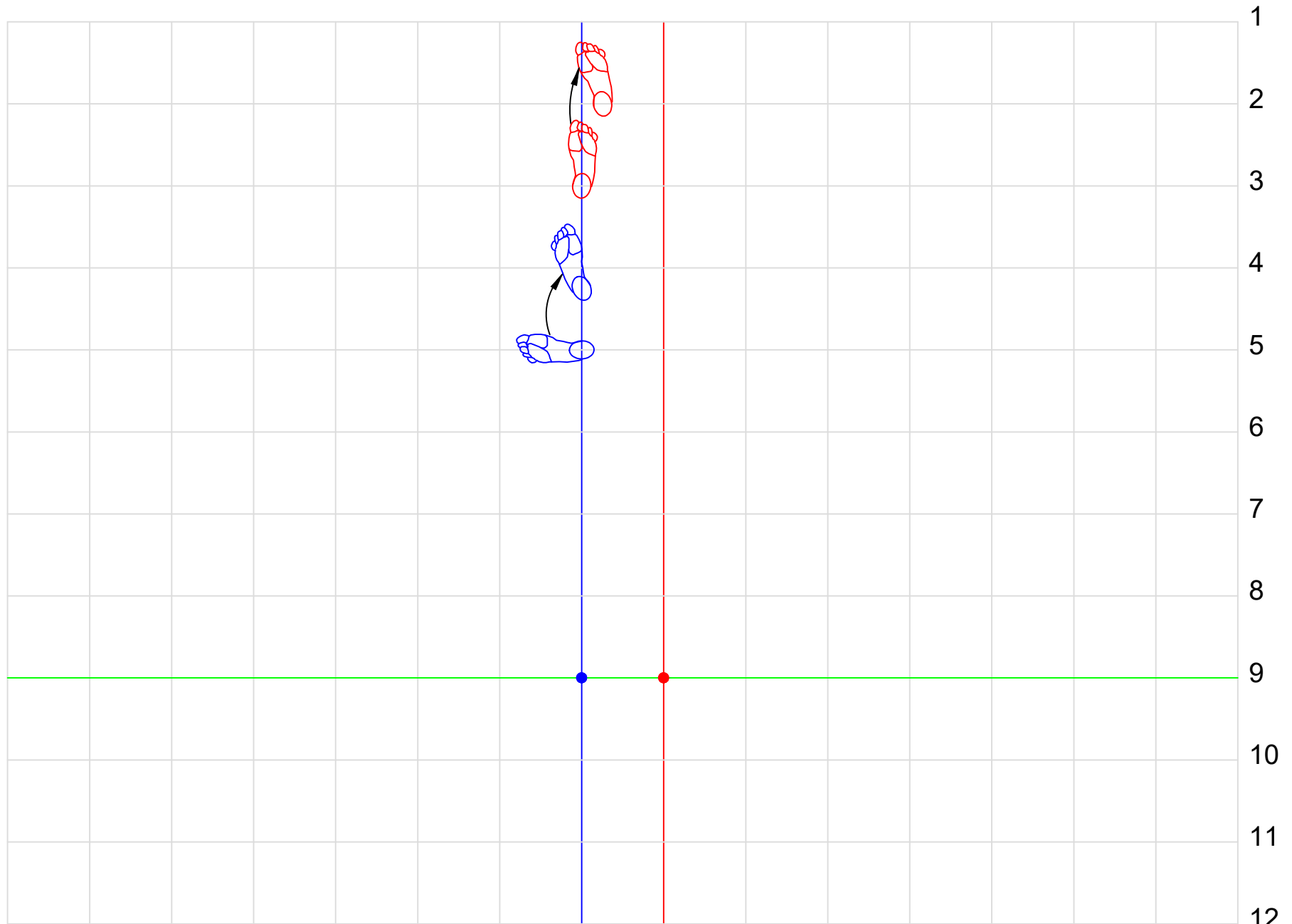
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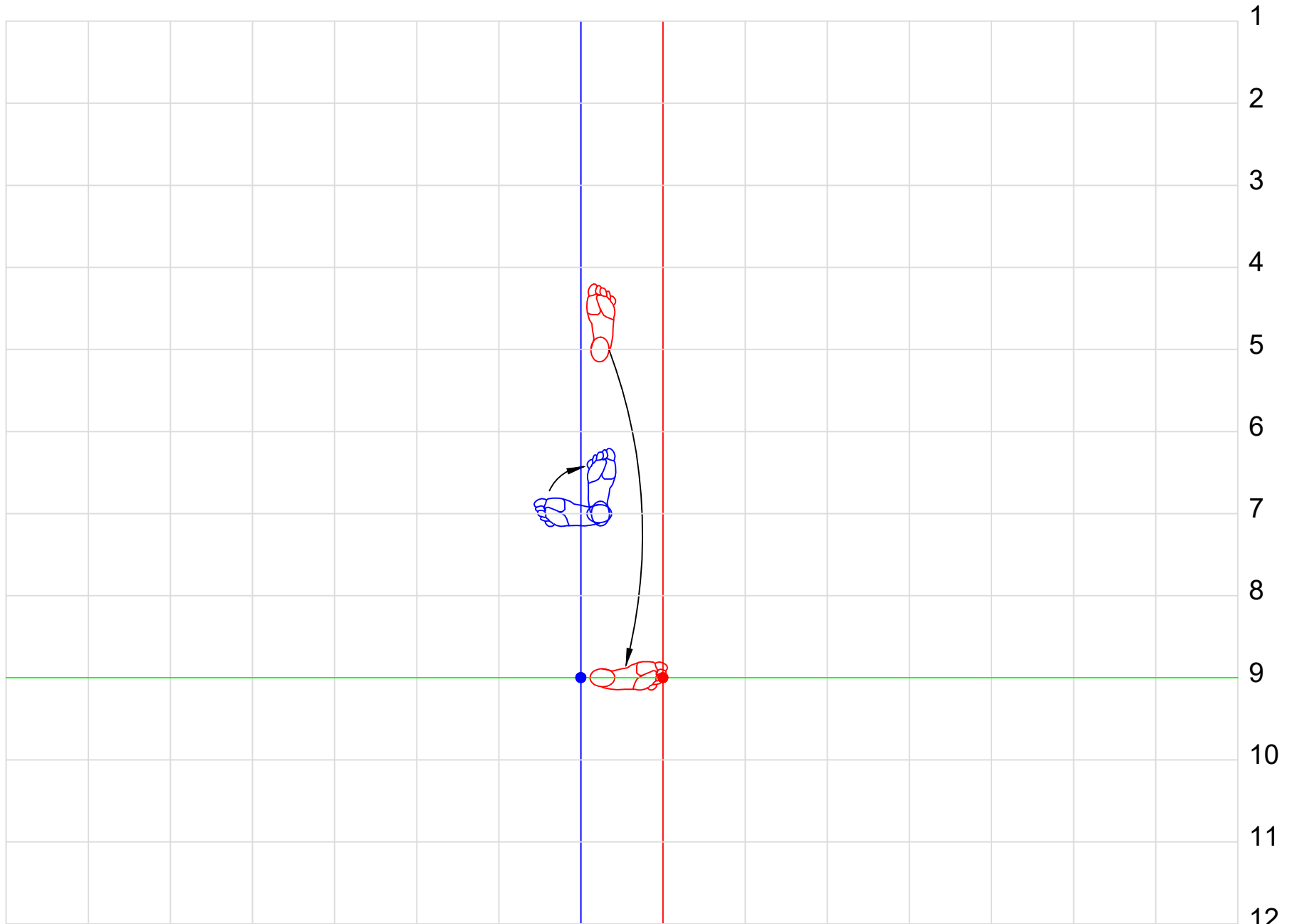
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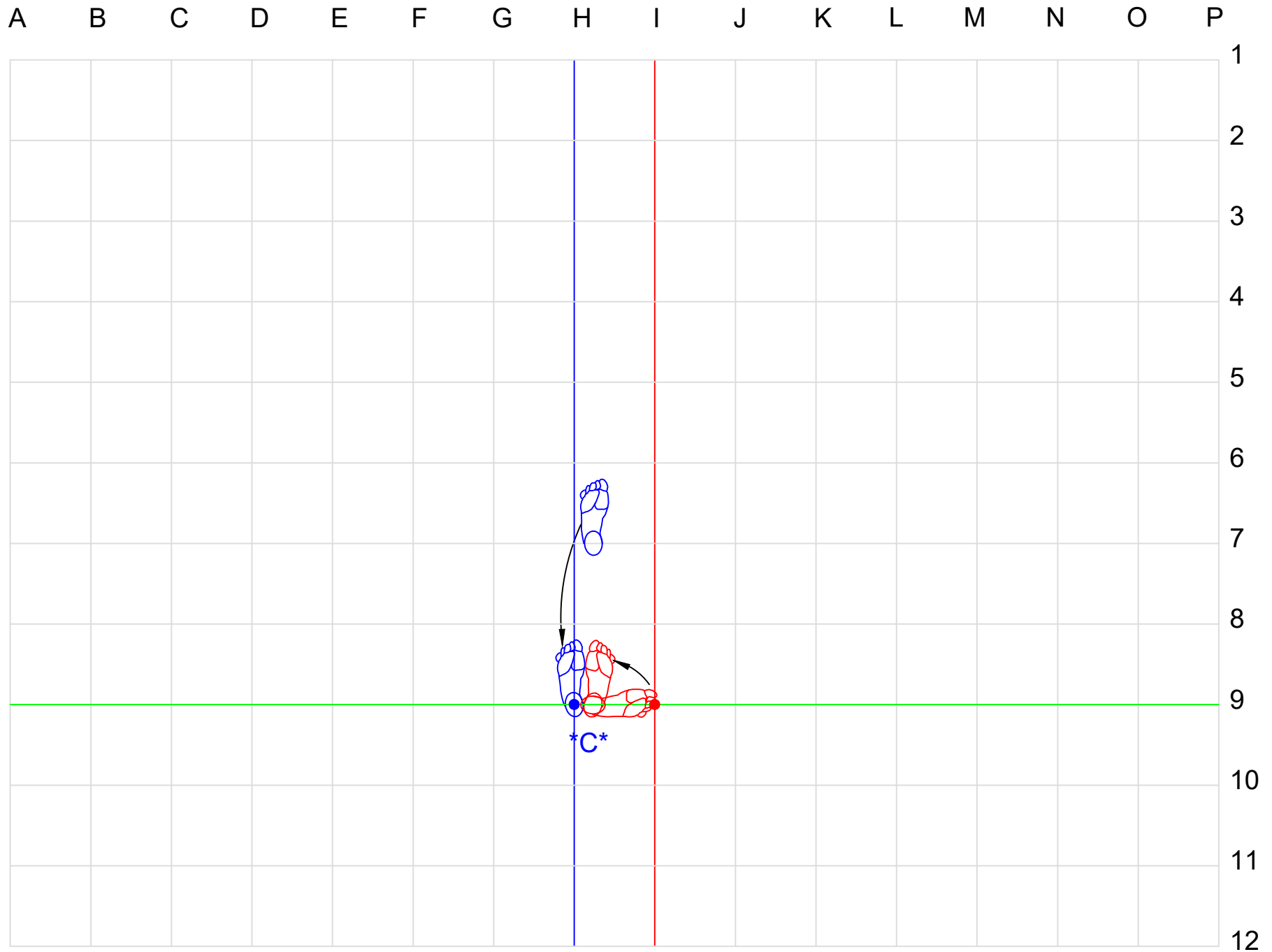


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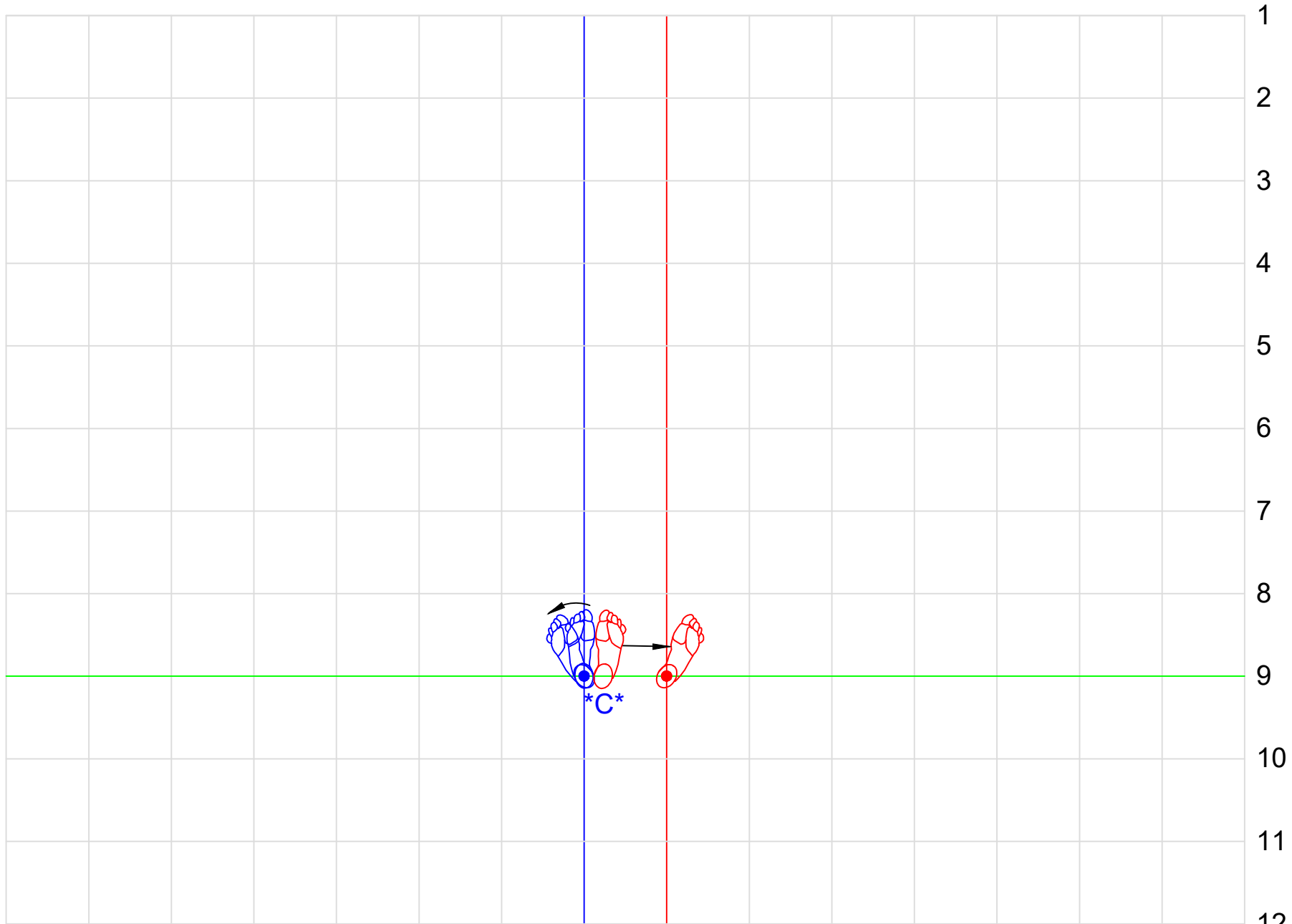


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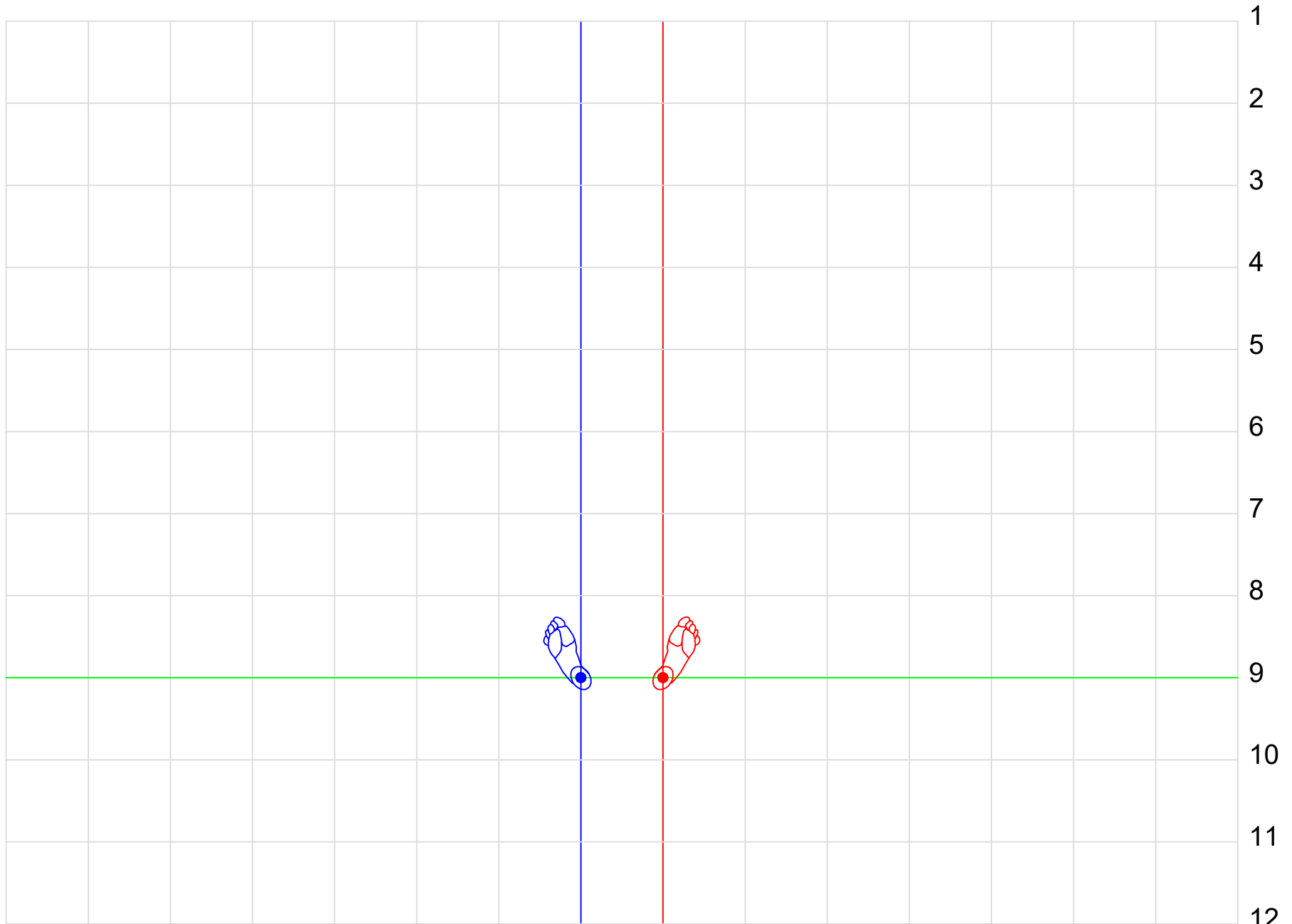


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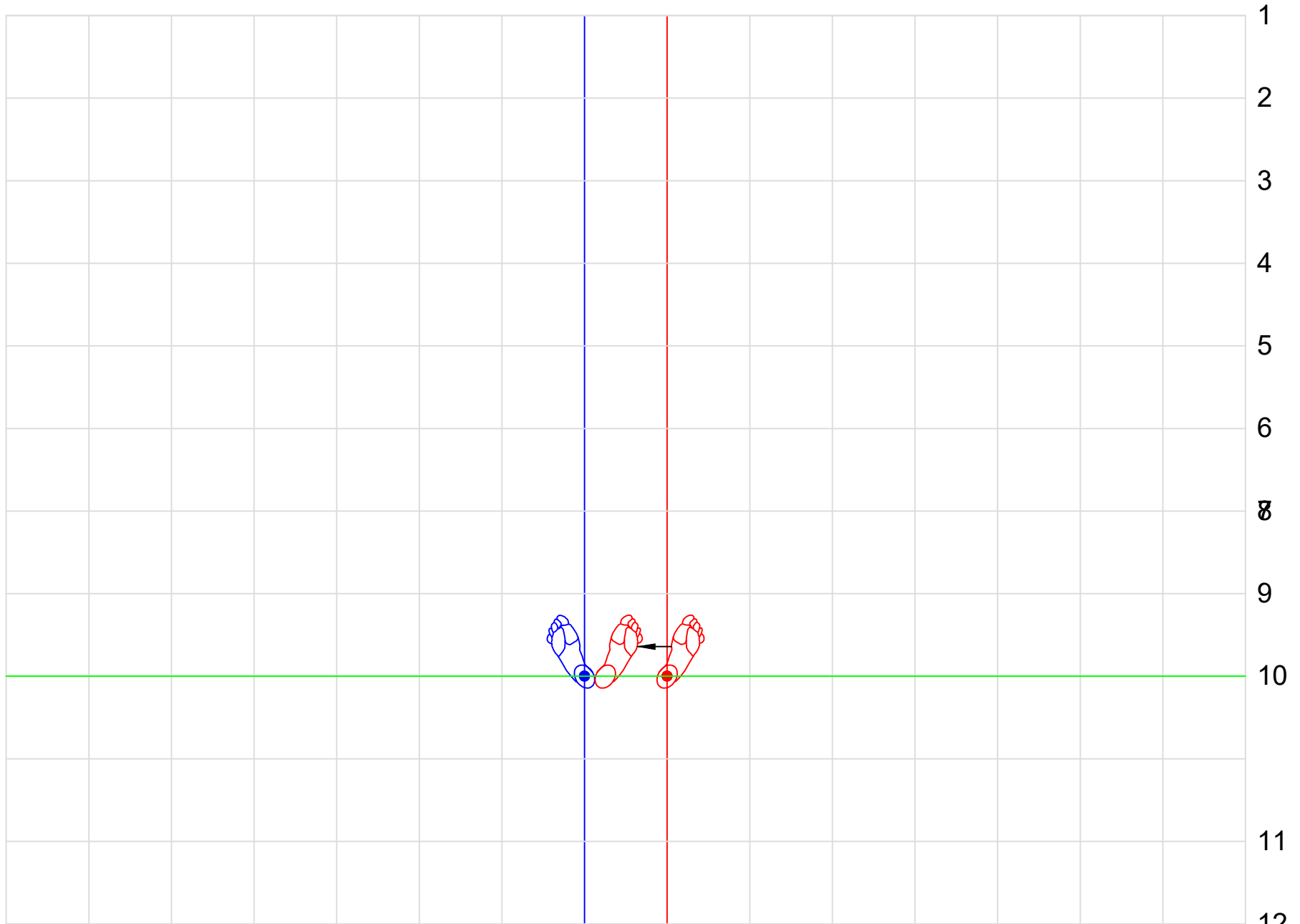
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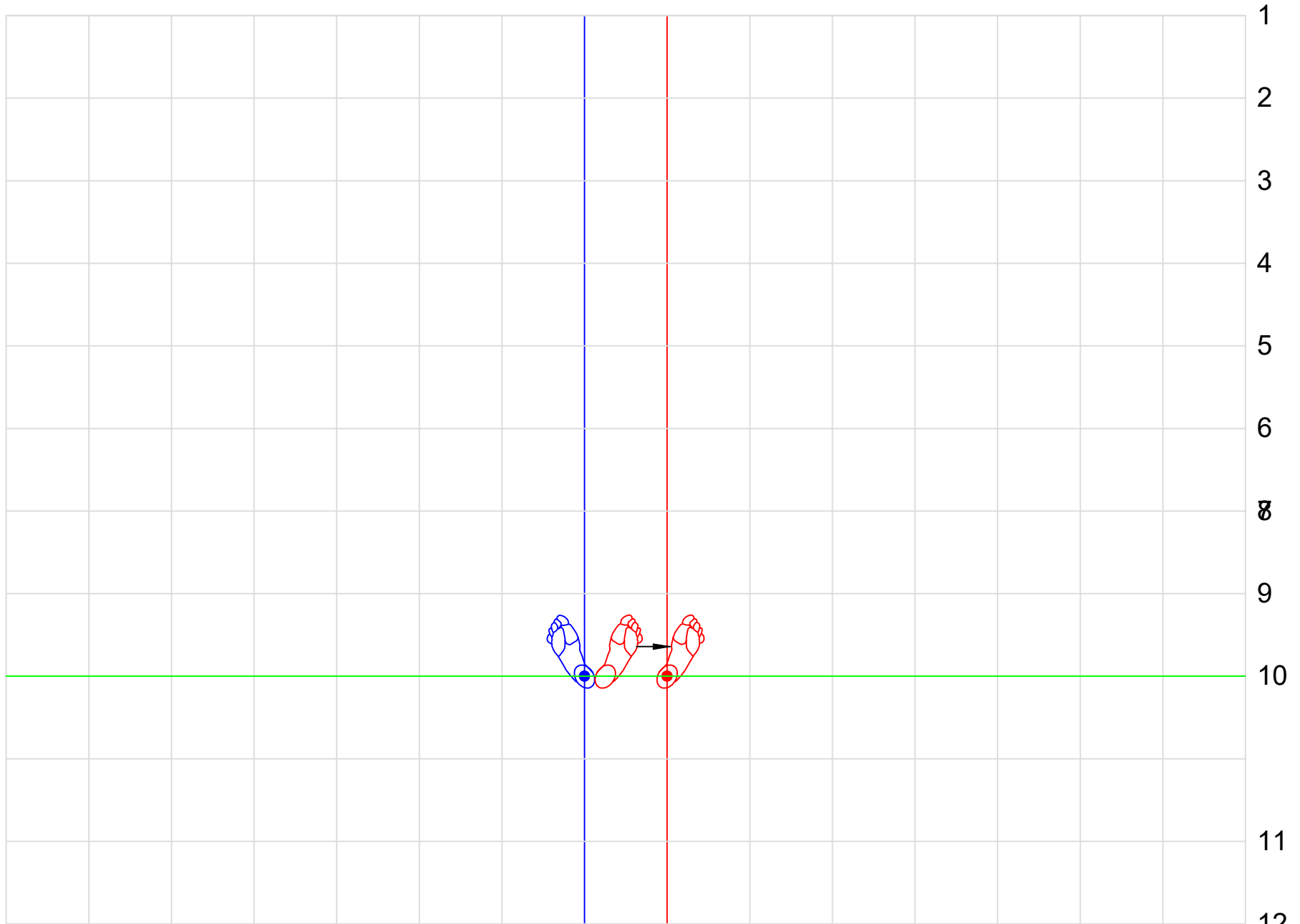




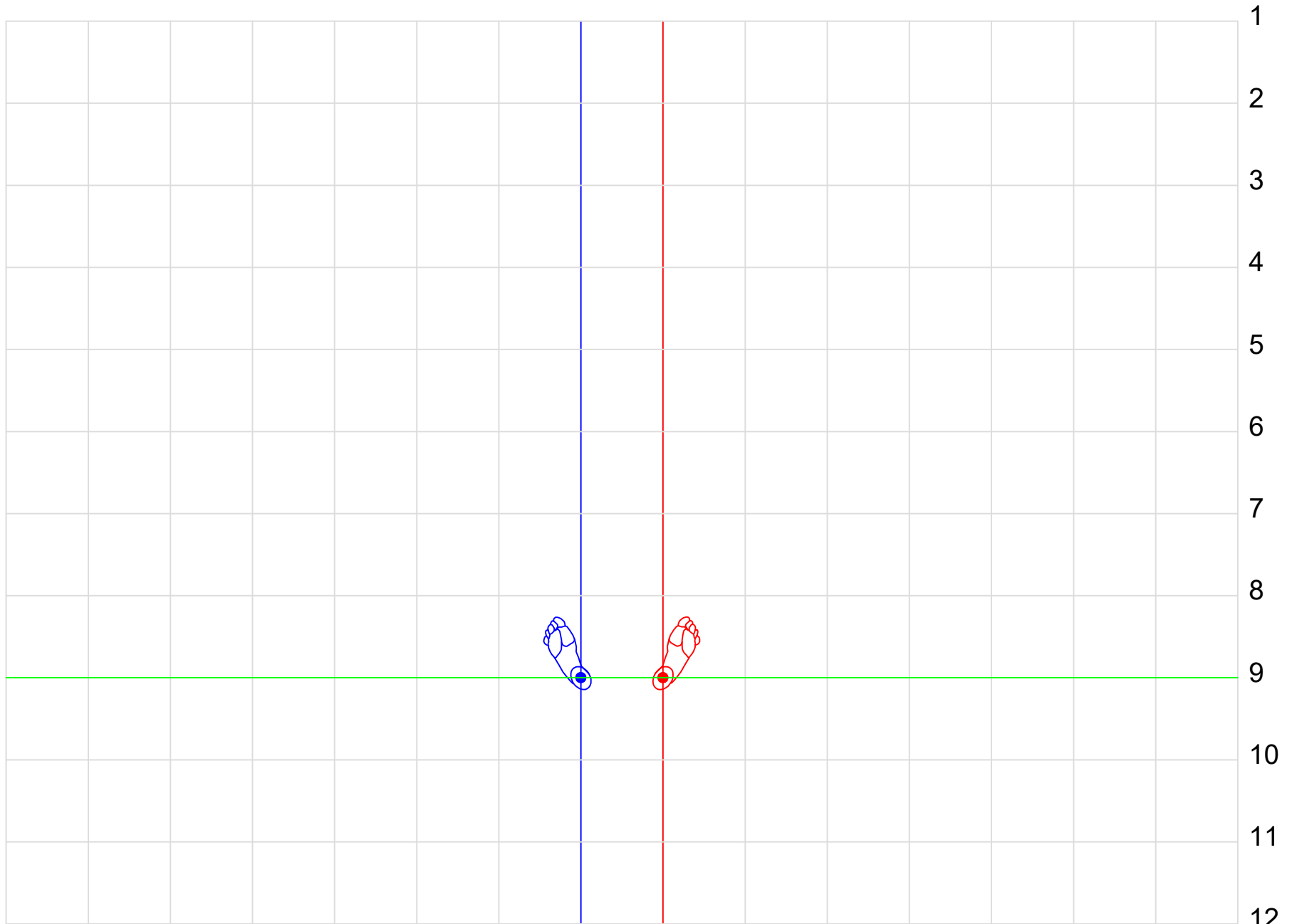
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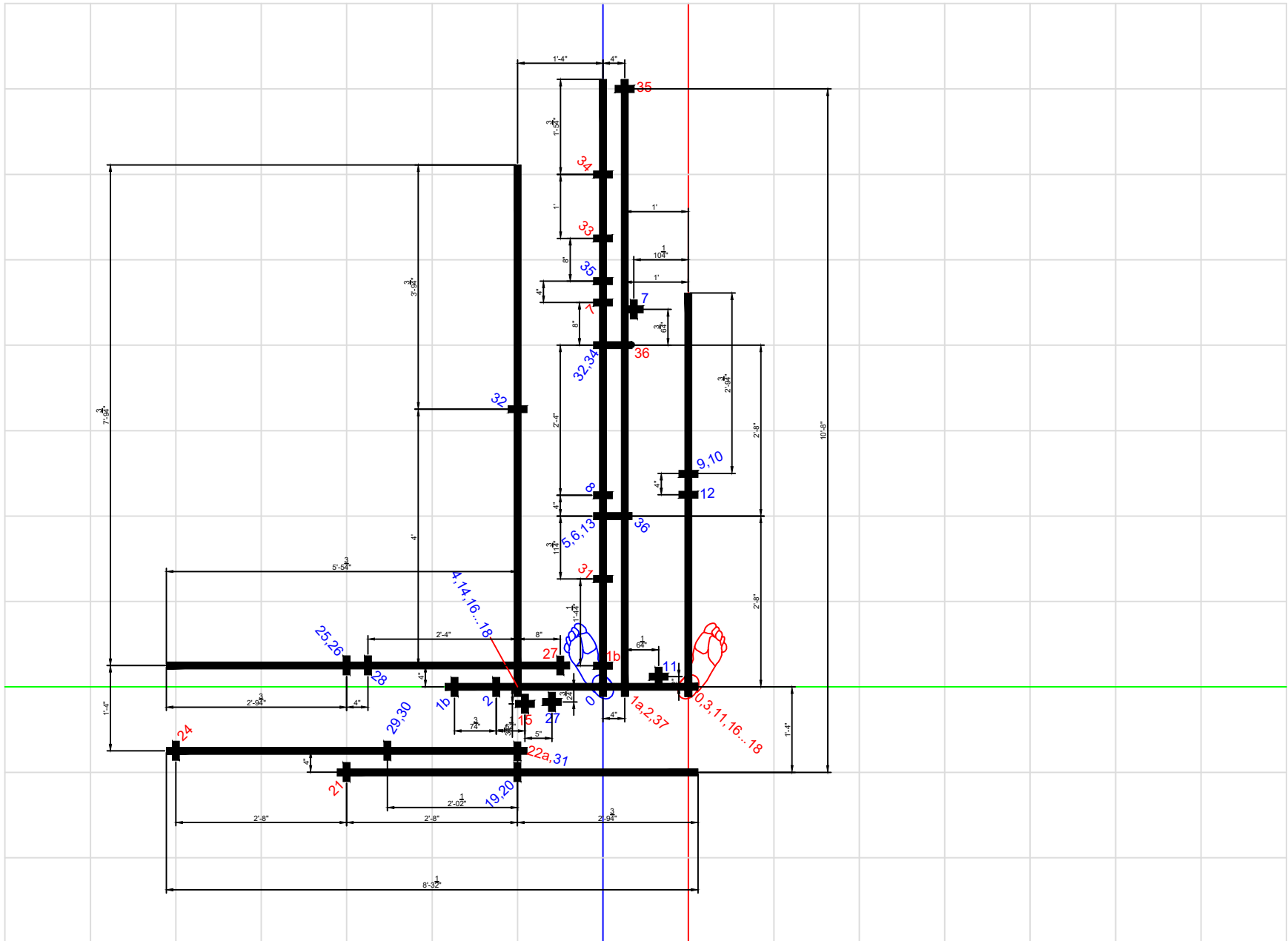


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