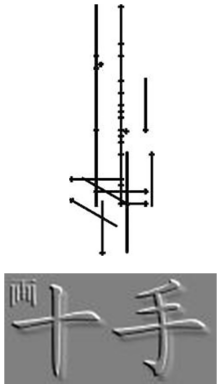


EMBUSEN JITTE (JUTTE)

Best karate # 7

10 MAINS ou MAIN DE LA PITIÉ	10 HANDS
Origine : inconnu, date de création : très vieux, auteur : inconnu	Origin : unknown, date created: very old, , author : unknown
Jitte : main de la pitié ou **Jutte :** 10 mains	**Jitte :** hand of mercy or **Jutte :** 10 hands
Kata de force « Shorei » - Classification IKD : Groupe 3	« Shorei » Strength kata – IKD Classification : Group 3
24 mouvements - Kiai mouvements 13 et 24 - Durée : 60 secondes	24 movements - Kiai movements 13 and 24 - Length : 60 seconds
Points importants: Jutte (jitte) signifie 10 mains. La garde de départ est la même que pour Jion, faisant référence à une ancienne école de boxe chinoise. Ce kata représente un combat contre 10 personnes et contient plusieurs défenses et saisies face à un adversaire avec un bâton.	Important points: Jutte (jitte) means 10 hands. The starting guard position is the same as in Jion, in reference to an ancient Chinese boxing school. This kata represents a fight with 10 opponents and contains many defense and grabbing techniques against an opponent with a stick.
Note: Pour le mouvement 14, on conserve les pieds dans la même position que kiba-dachi. Pour le mouvement 18b, la position doit être hiza kossu afin que le pied gauche se retrouve sur le point de départ du kata.	Note: For movement 14, we keep the feet in the same position as in kiba-dachi. For movement 18b, the stance must be hiza kossu in order for the left feet to return to the starting position.

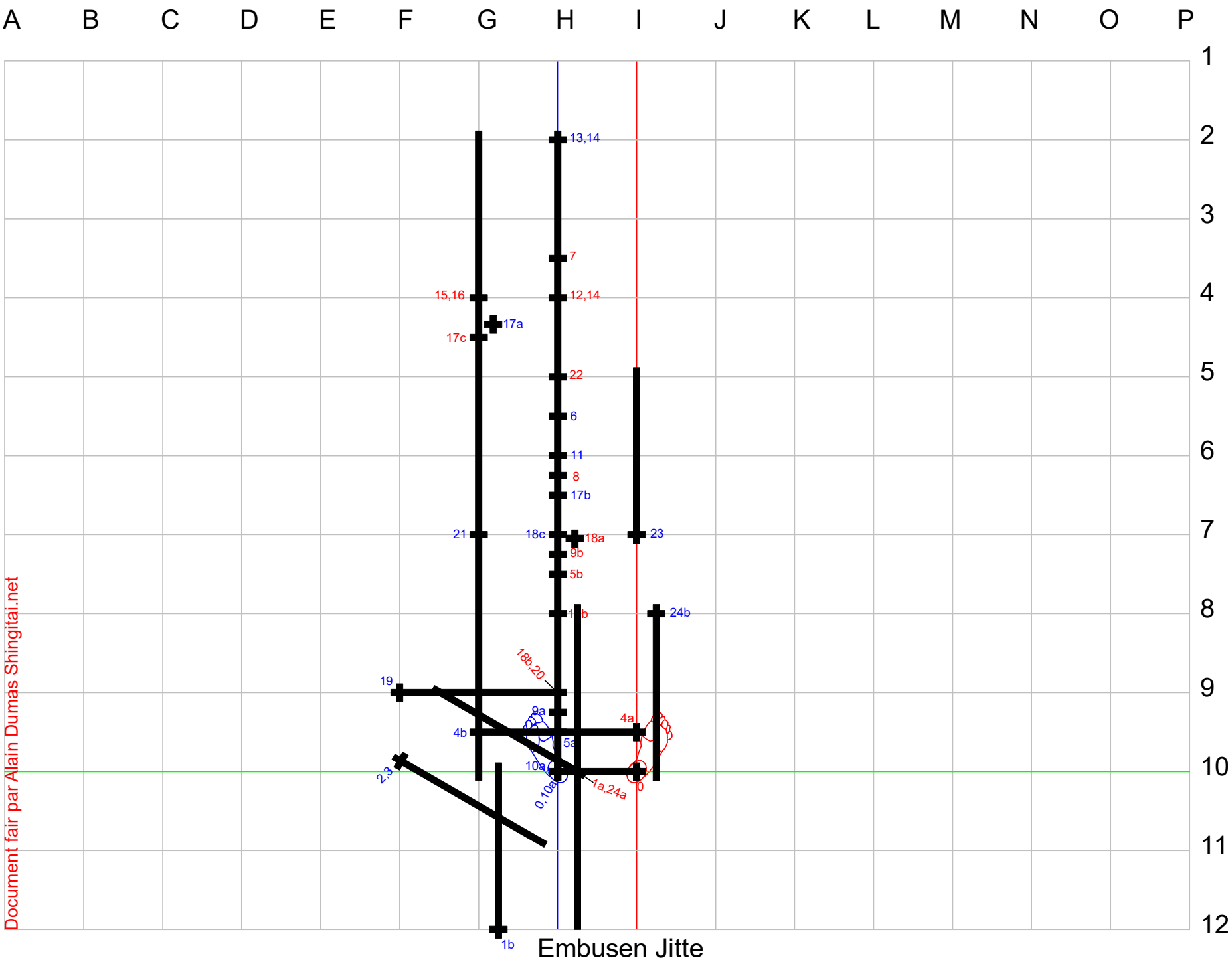
Points de convergence (*C*)
(où on repasse par le même point)

Point	Mouvements	Point	Mouvements
H-10	Début, 10a, fin.	I-10	Début, fin.

Points of convergence (*C*)
(where one passes at the same point)

Point	Movements	Point	Movements
H-10	Start, 10a, end.	I-10	Start, end

Par Alain Dumas 6e dan, IKD 2021-02-22


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
13,14
7
15,16
12,14
17a
17c
22
6
11
8
17b
21
18c
18a
23
9b
5b
24b
18b,20
19
9a
4a
4b
5a
10a
2,3
0,10a
1a,24a
0
1b
Embusen Jitte
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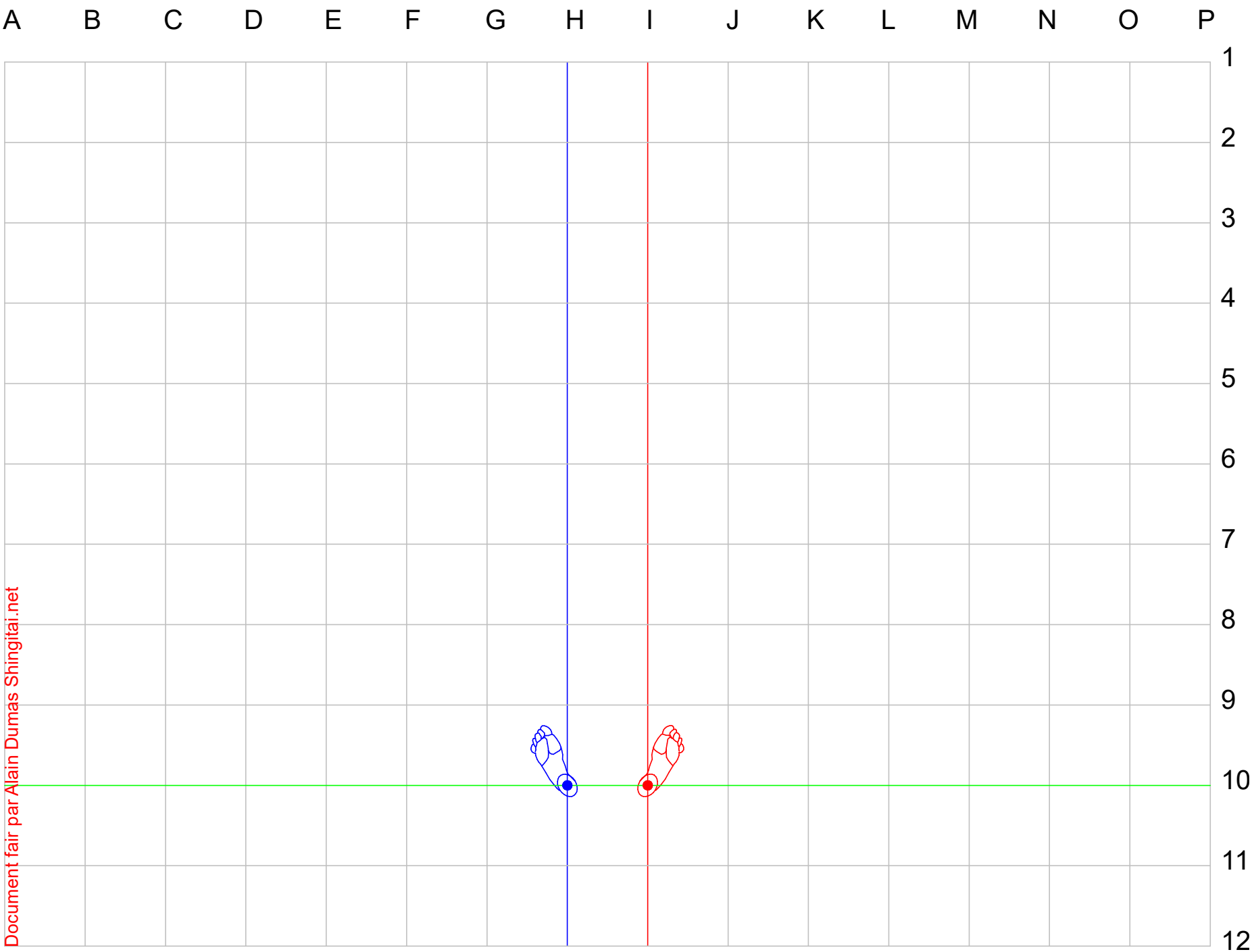
A B C D E F G H I J K L M N O P
1 2 3 4 5 6 7 8 9 10 11 12
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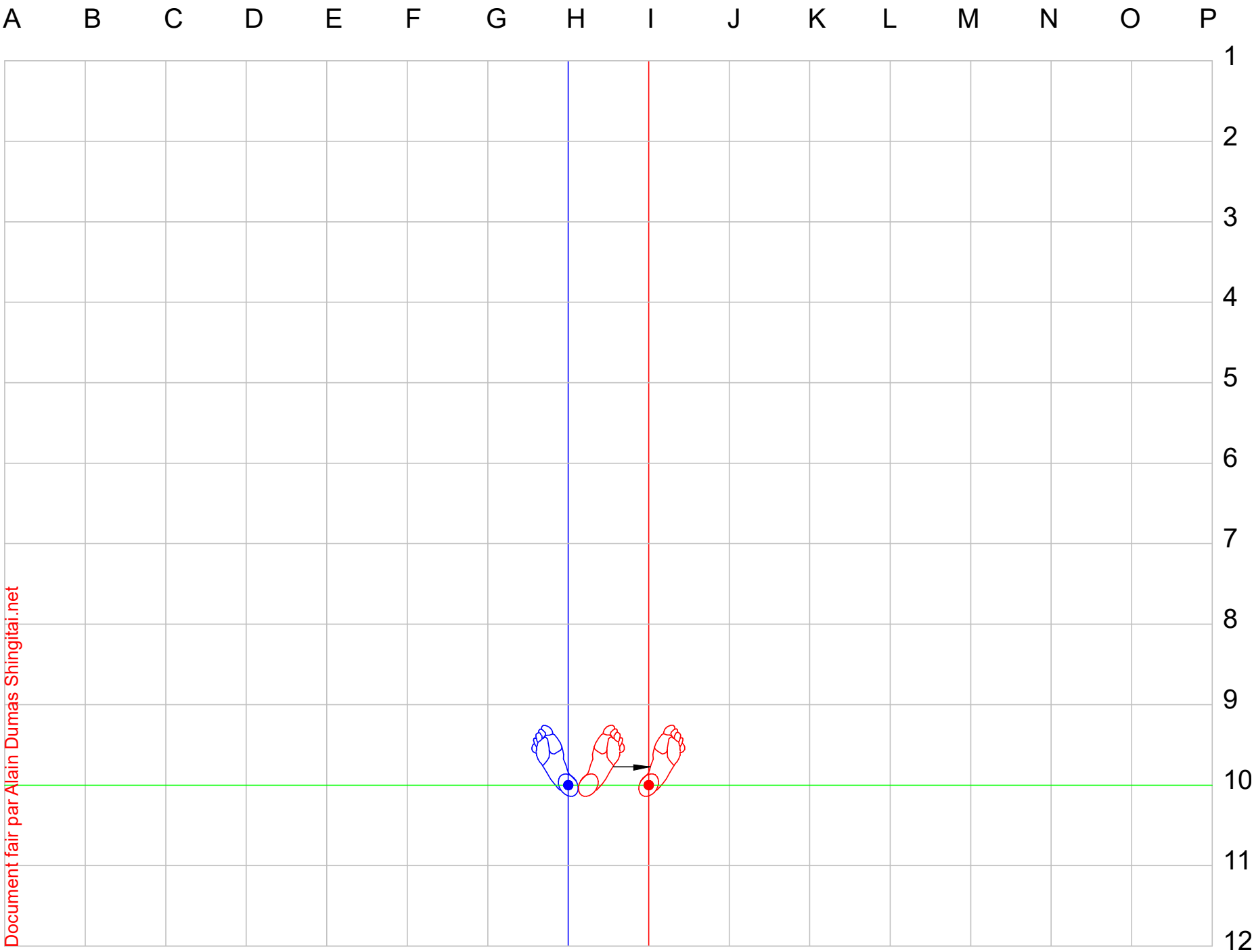
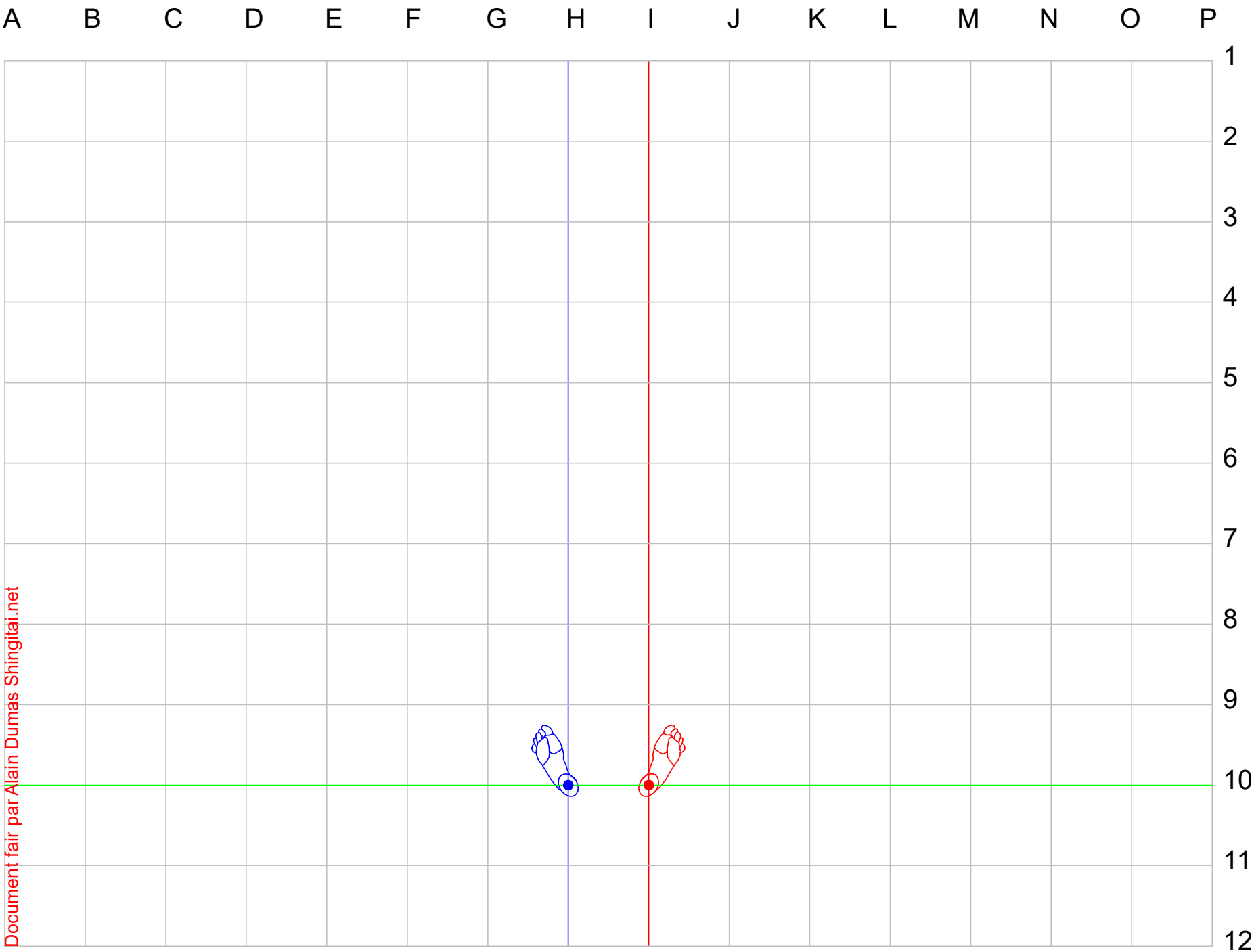
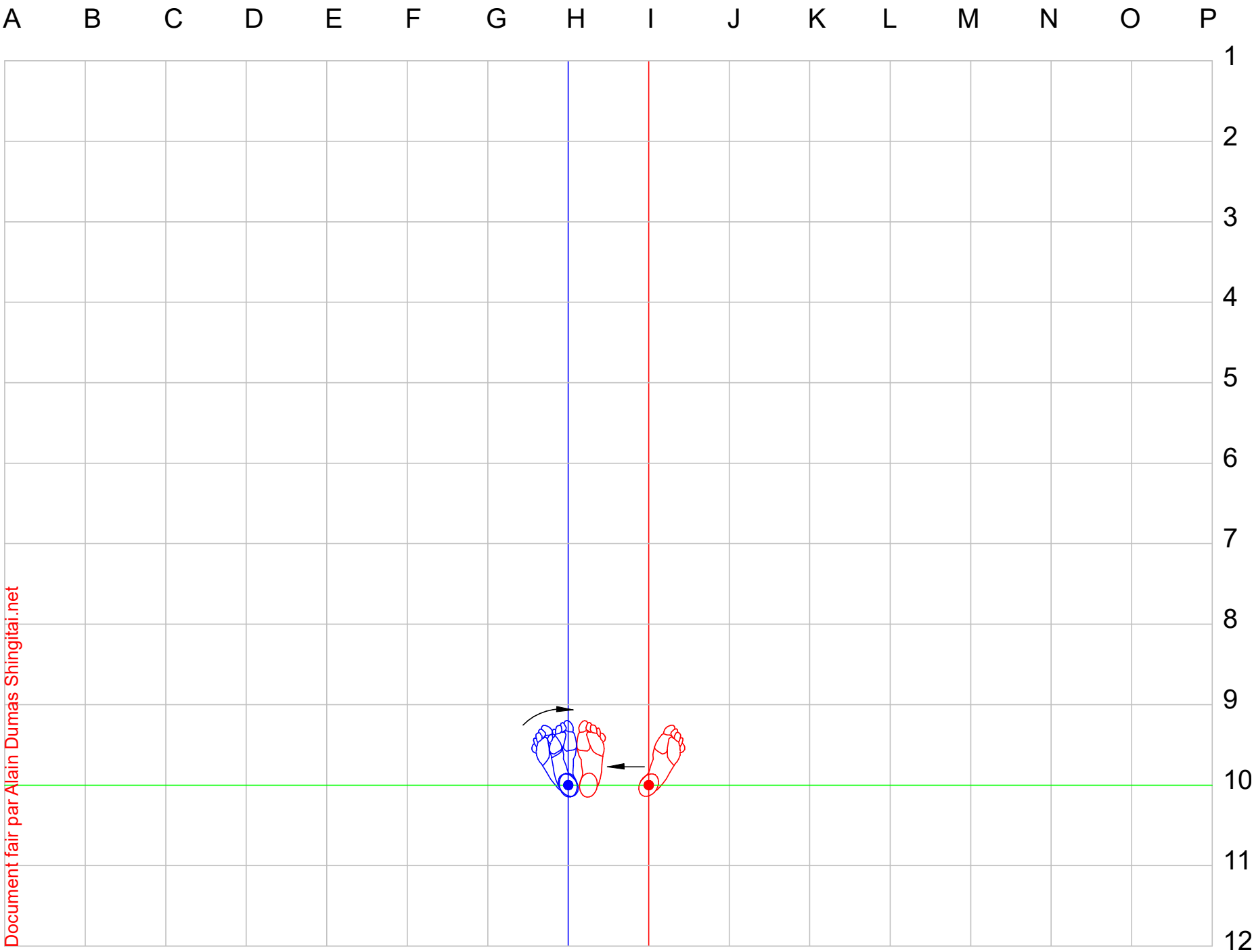
Shizen-tai



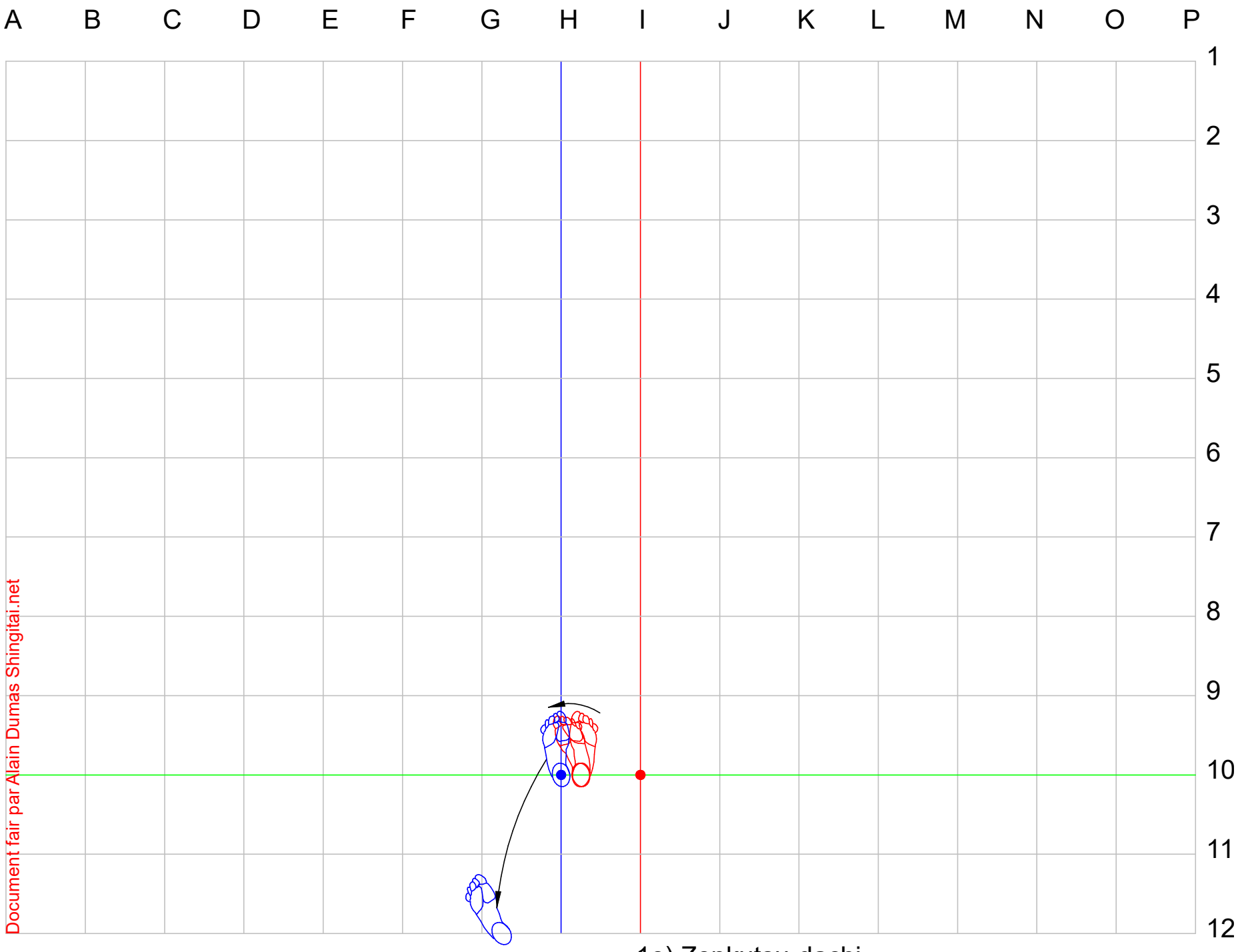
1b) Shizen-tai



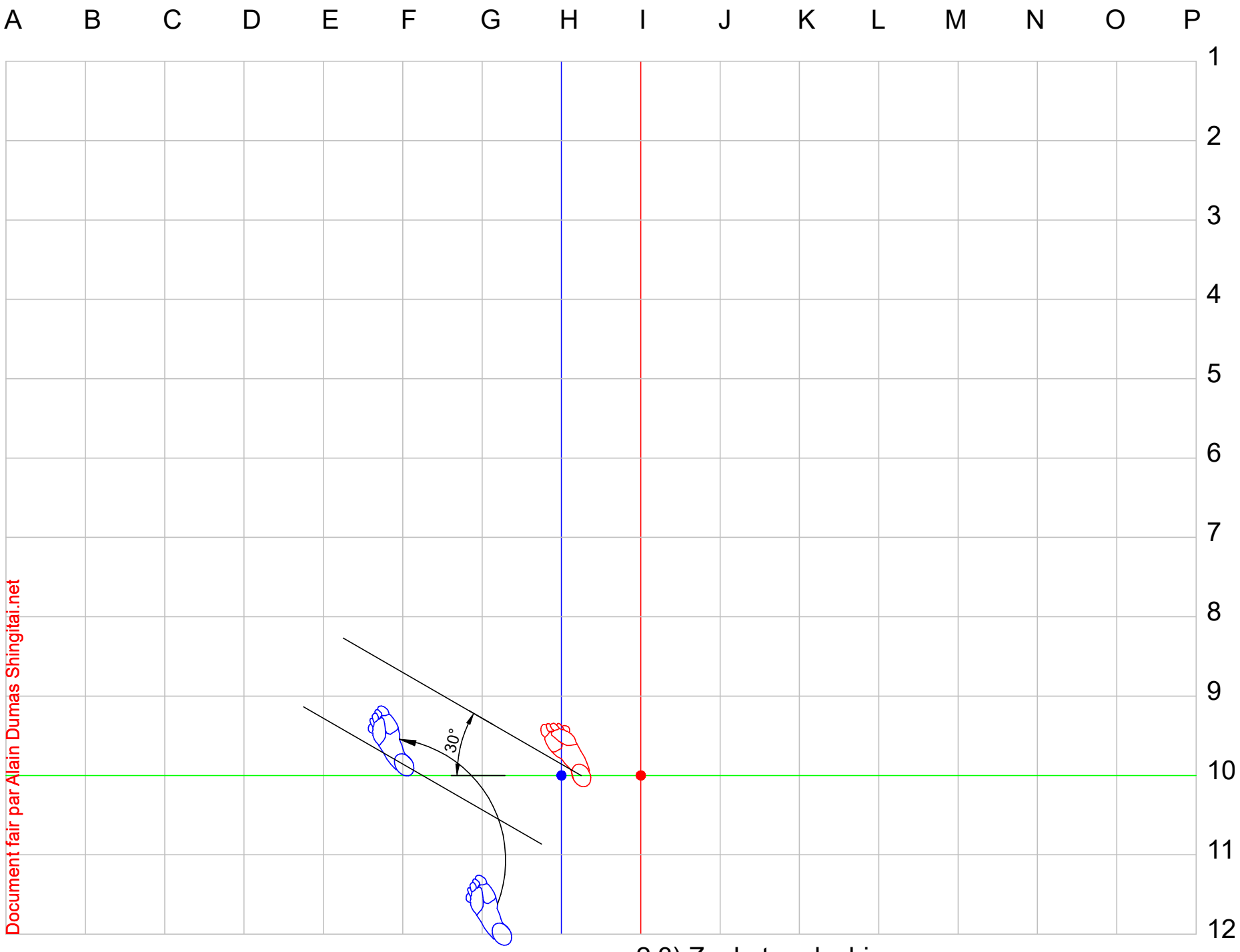
1c) Shizen-tai



1d) Shizen-tai



1e) Zenkutsu-dachi



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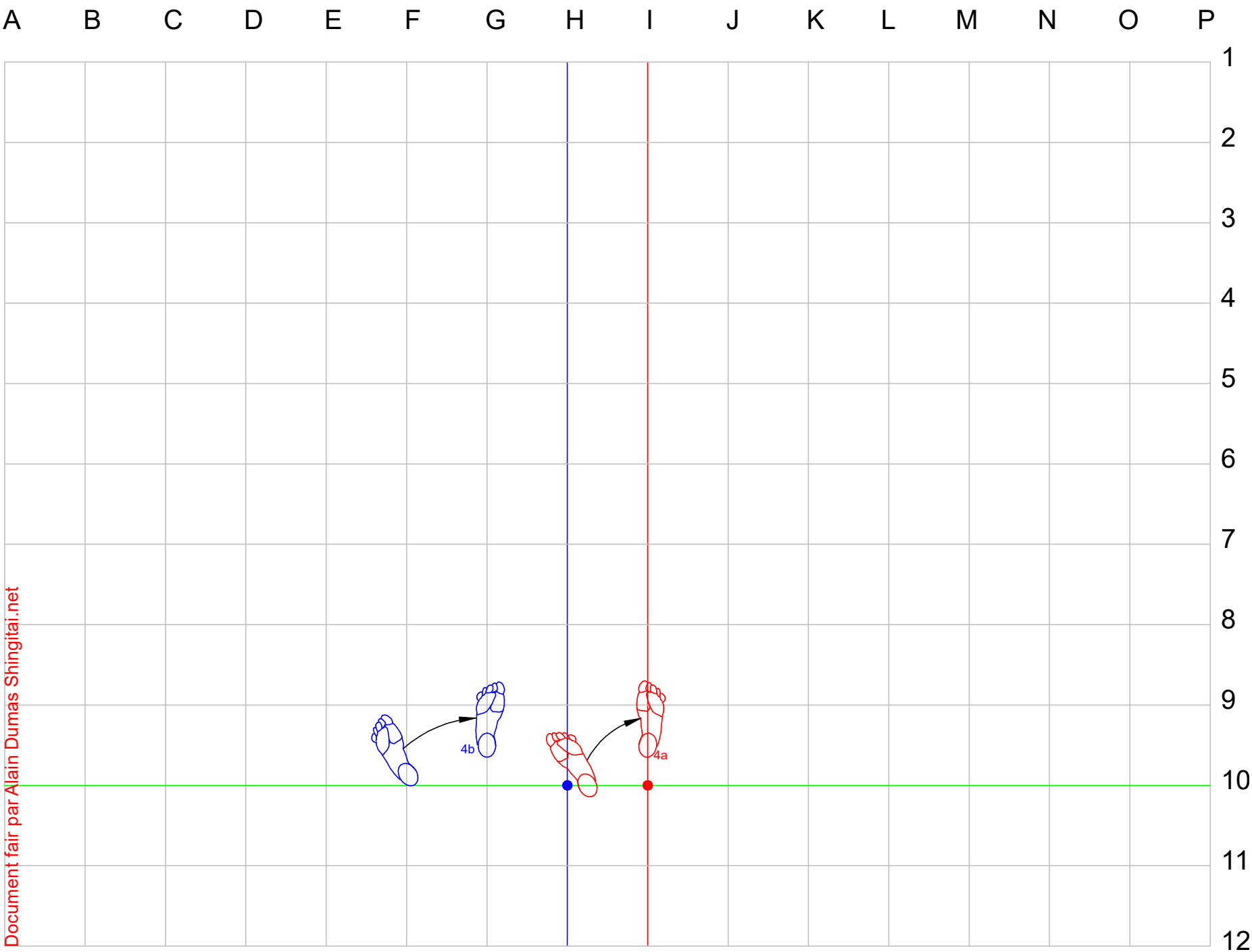
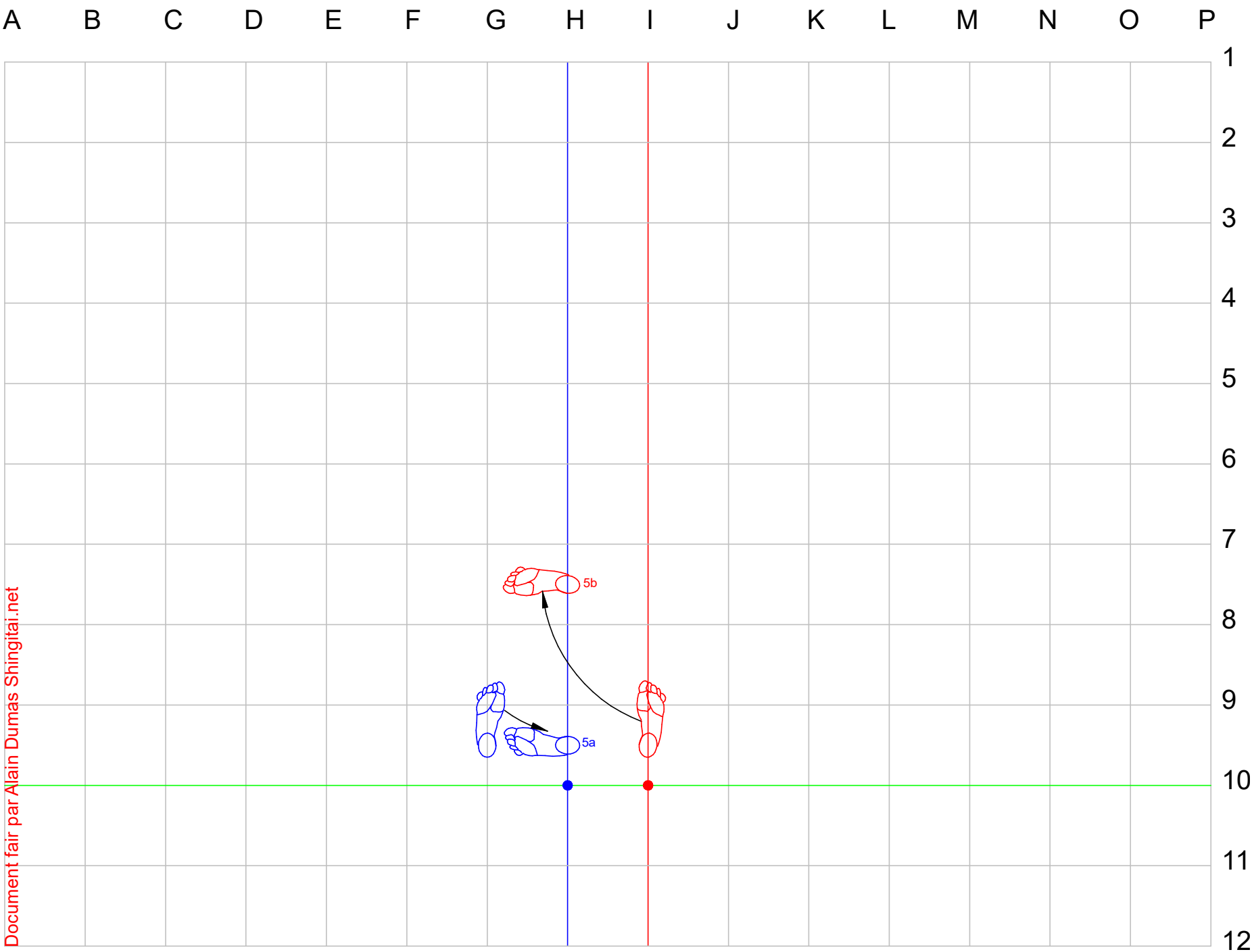
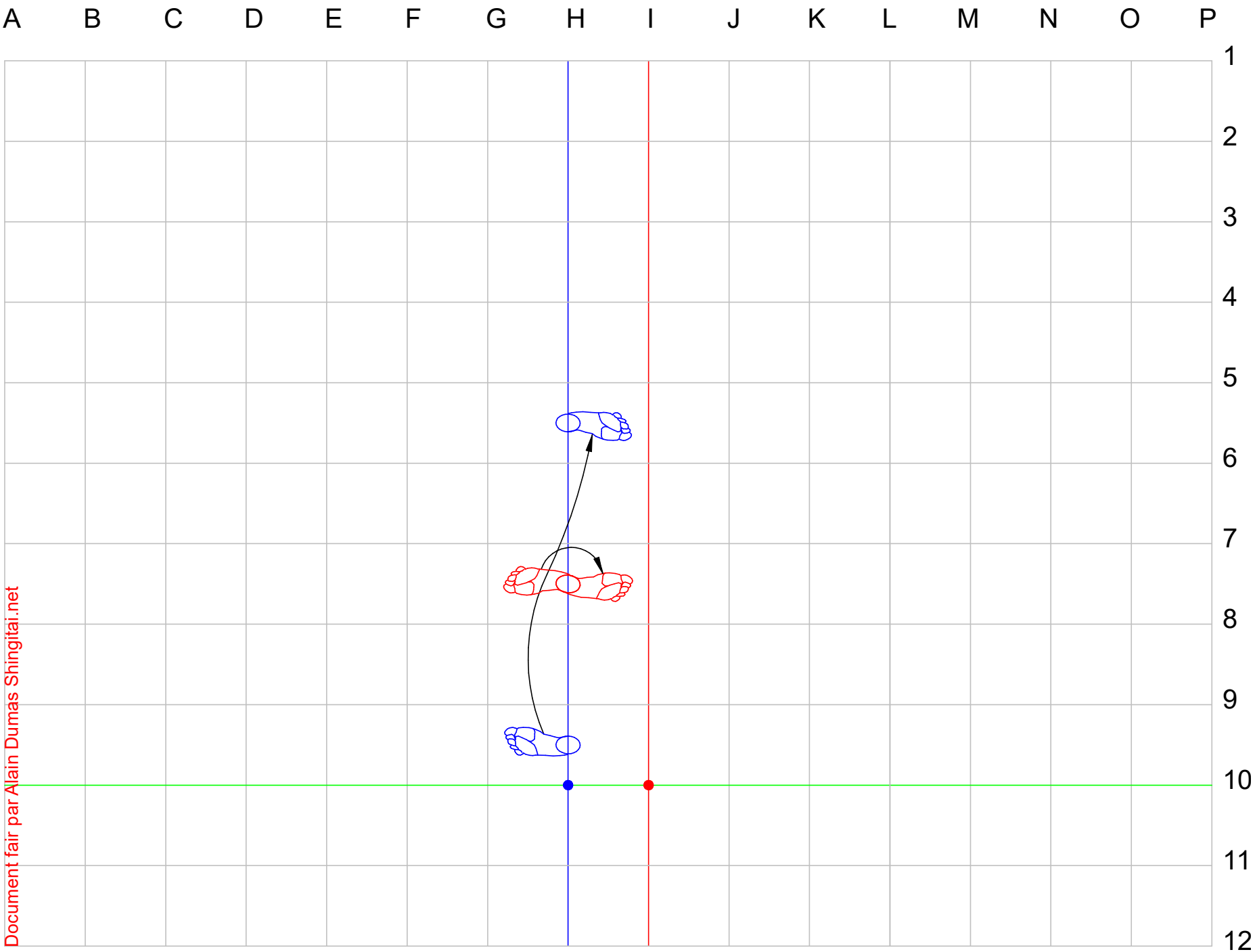
2,3) Zenkutsu-dachi



4a,4b) Kiba-dachi



5a,5b) Kiba-dachi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1 2 3 4 5 6 7 8 9 10 11 12
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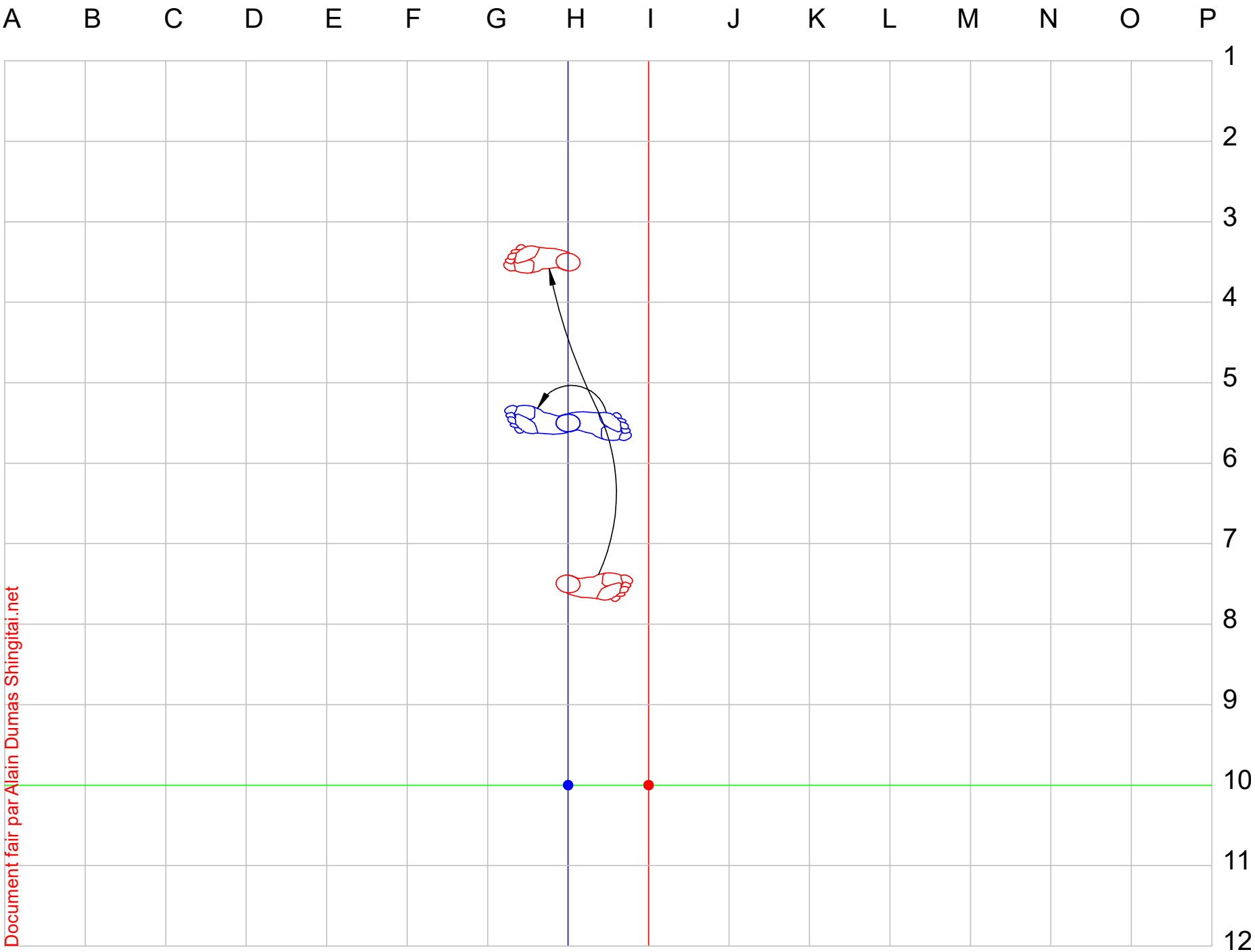
6) Kiba-dachi


A
B
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12
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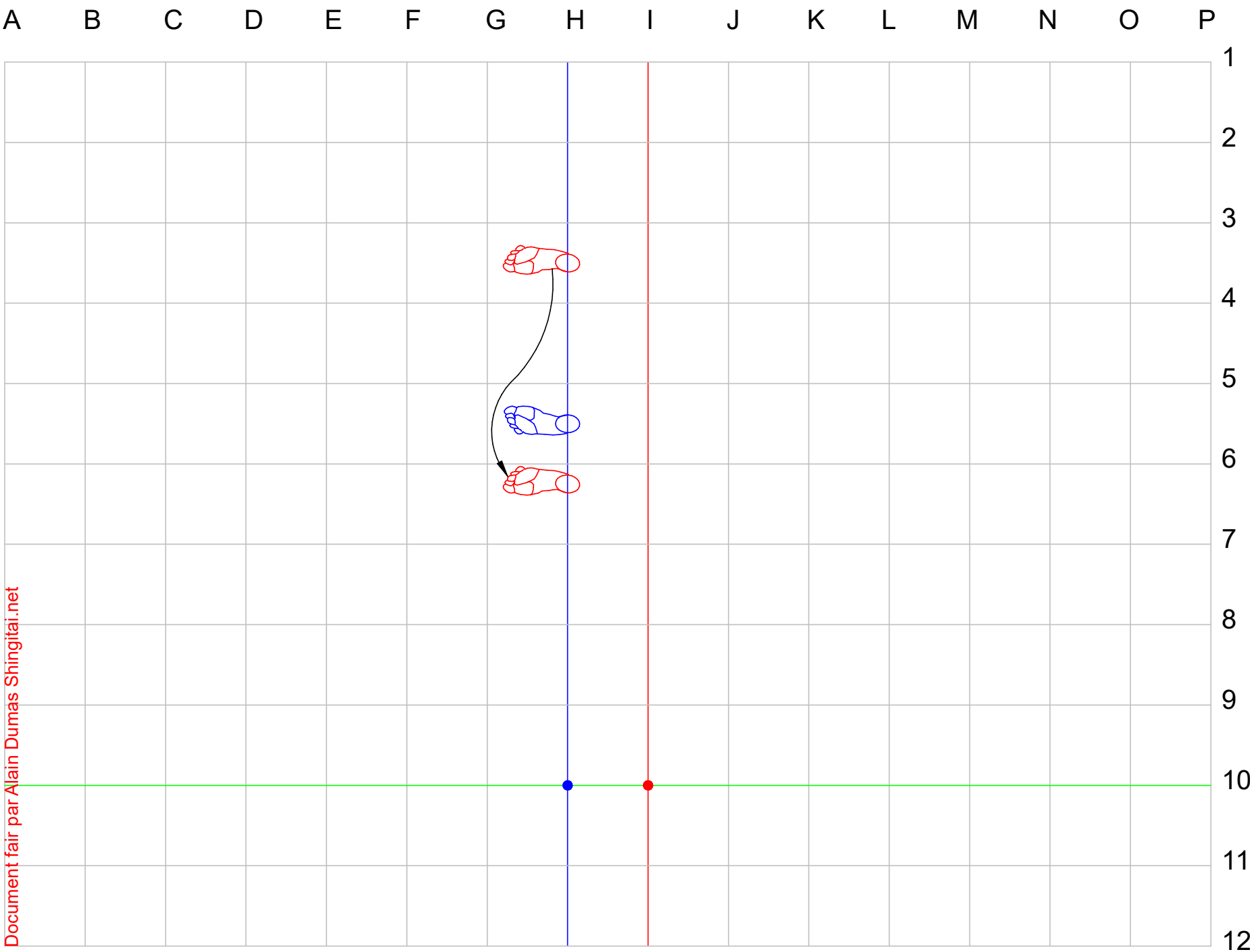
7) Kiba-dachi


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
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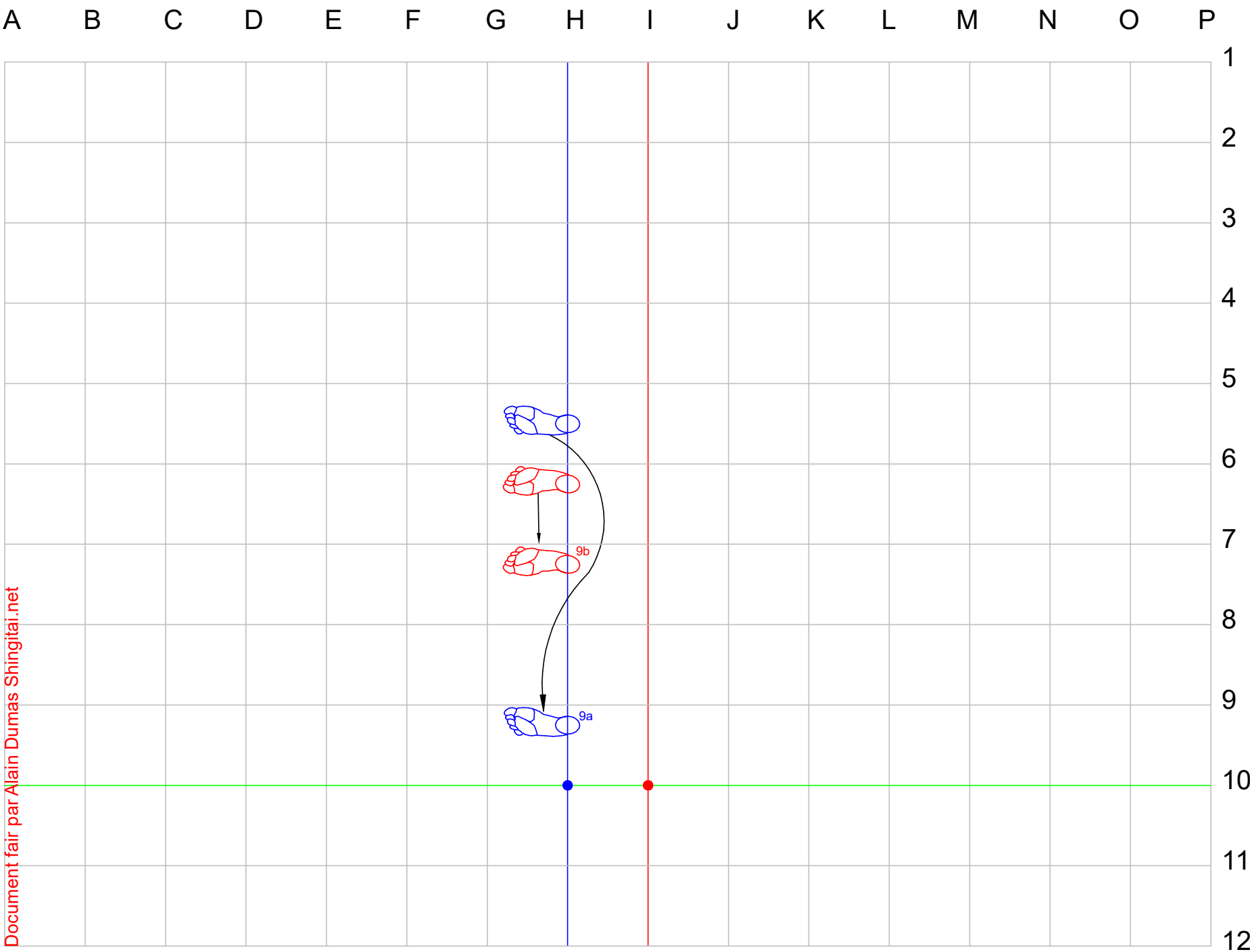
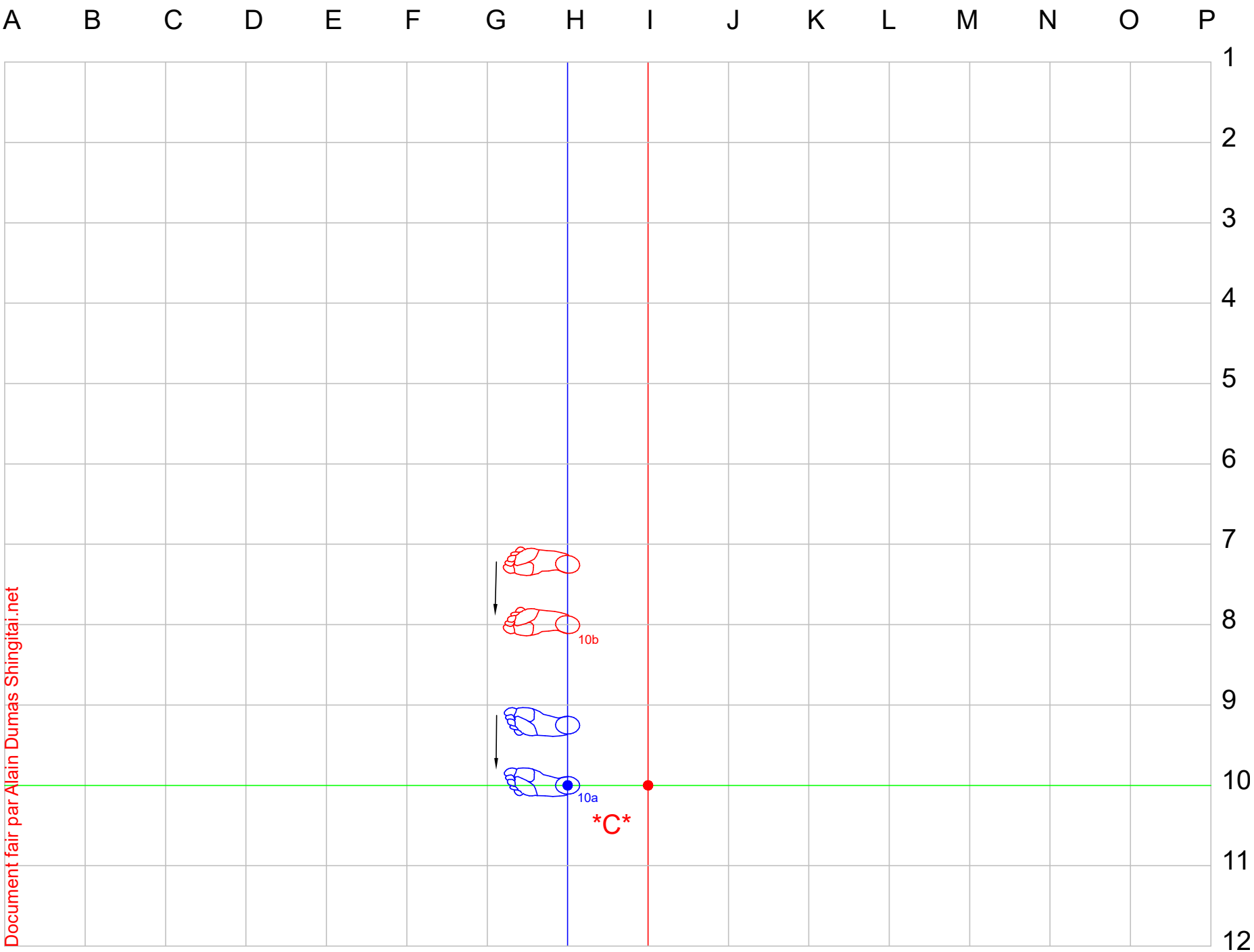
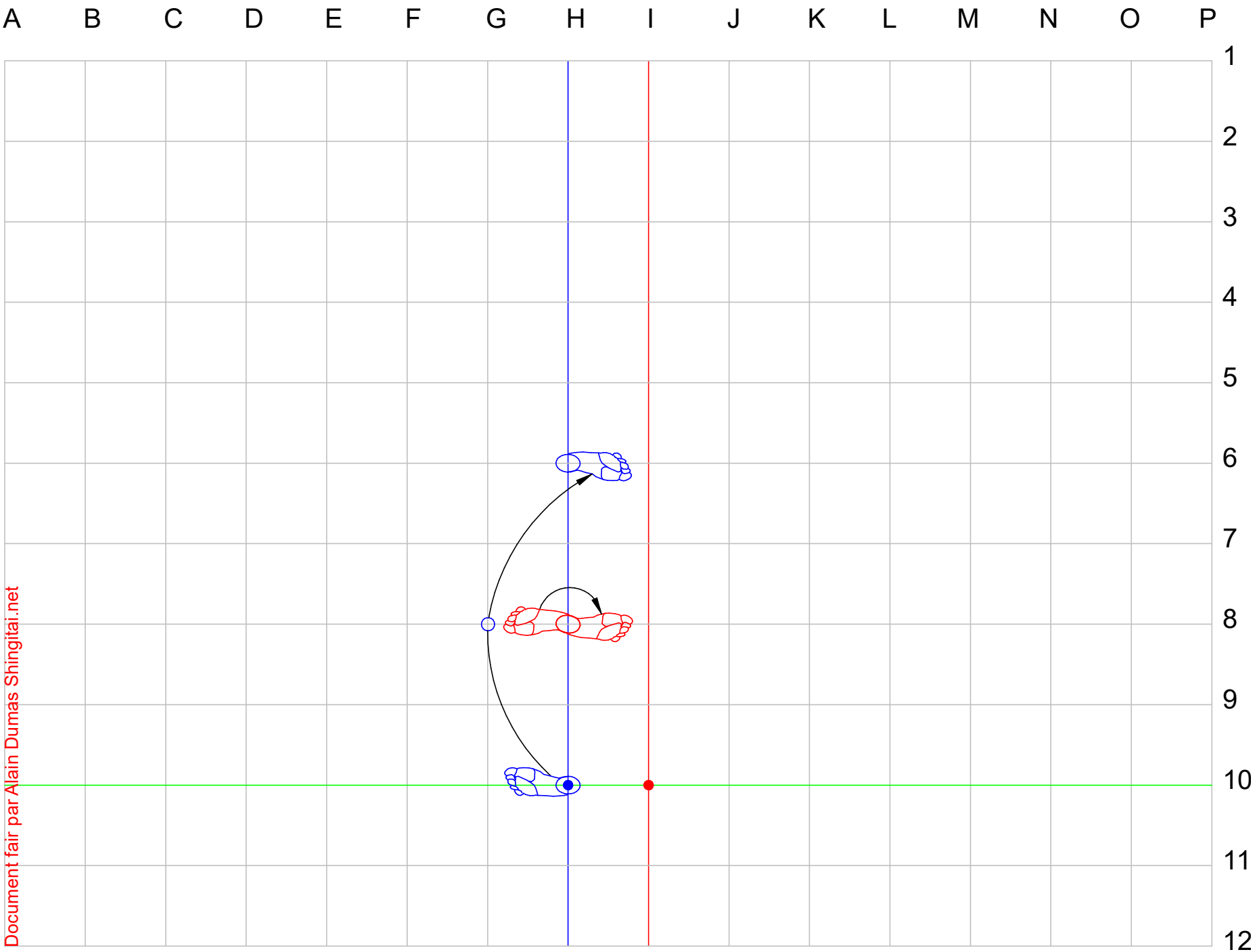
8) Kosa-dachi



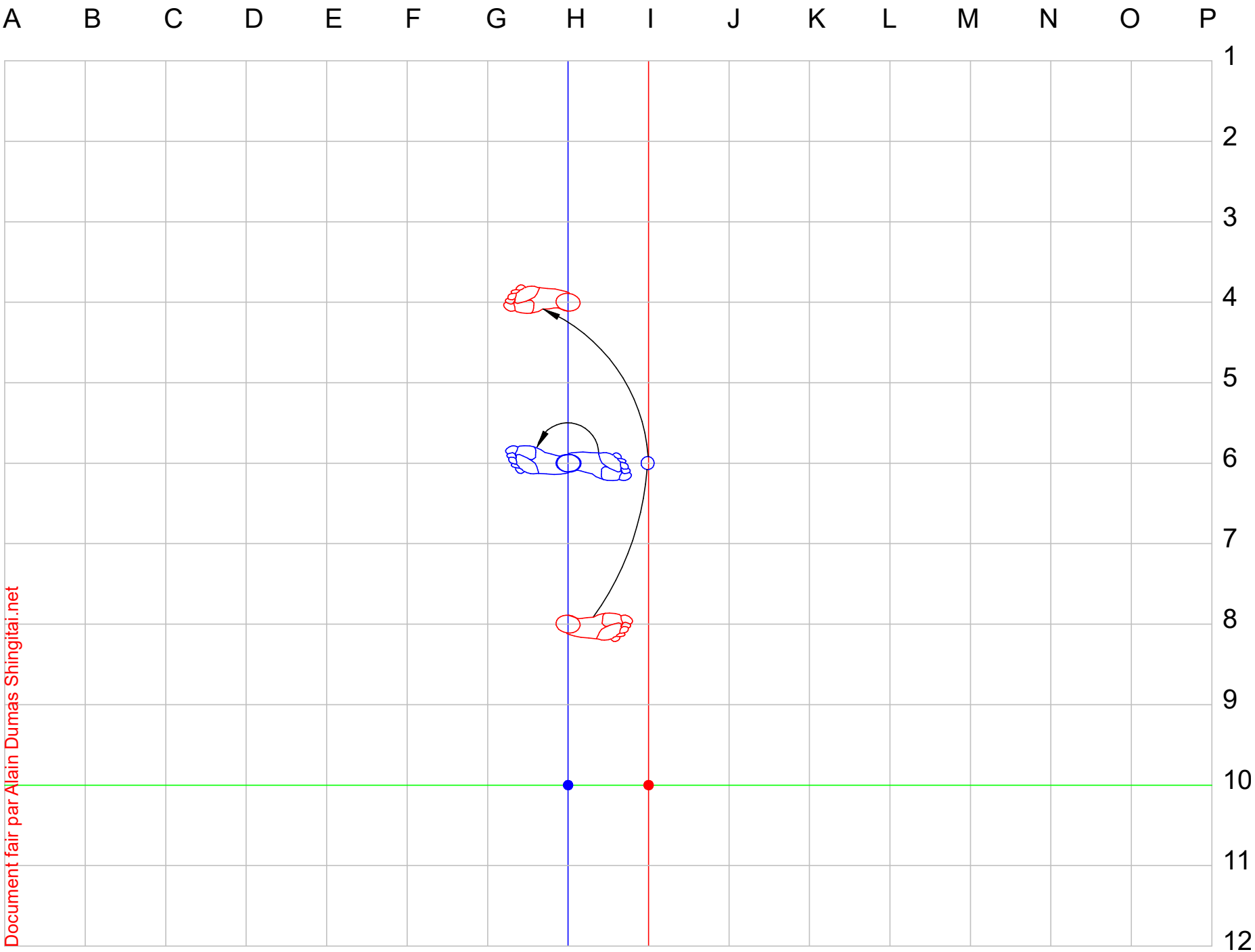
9a,9b) Kiba-dachi



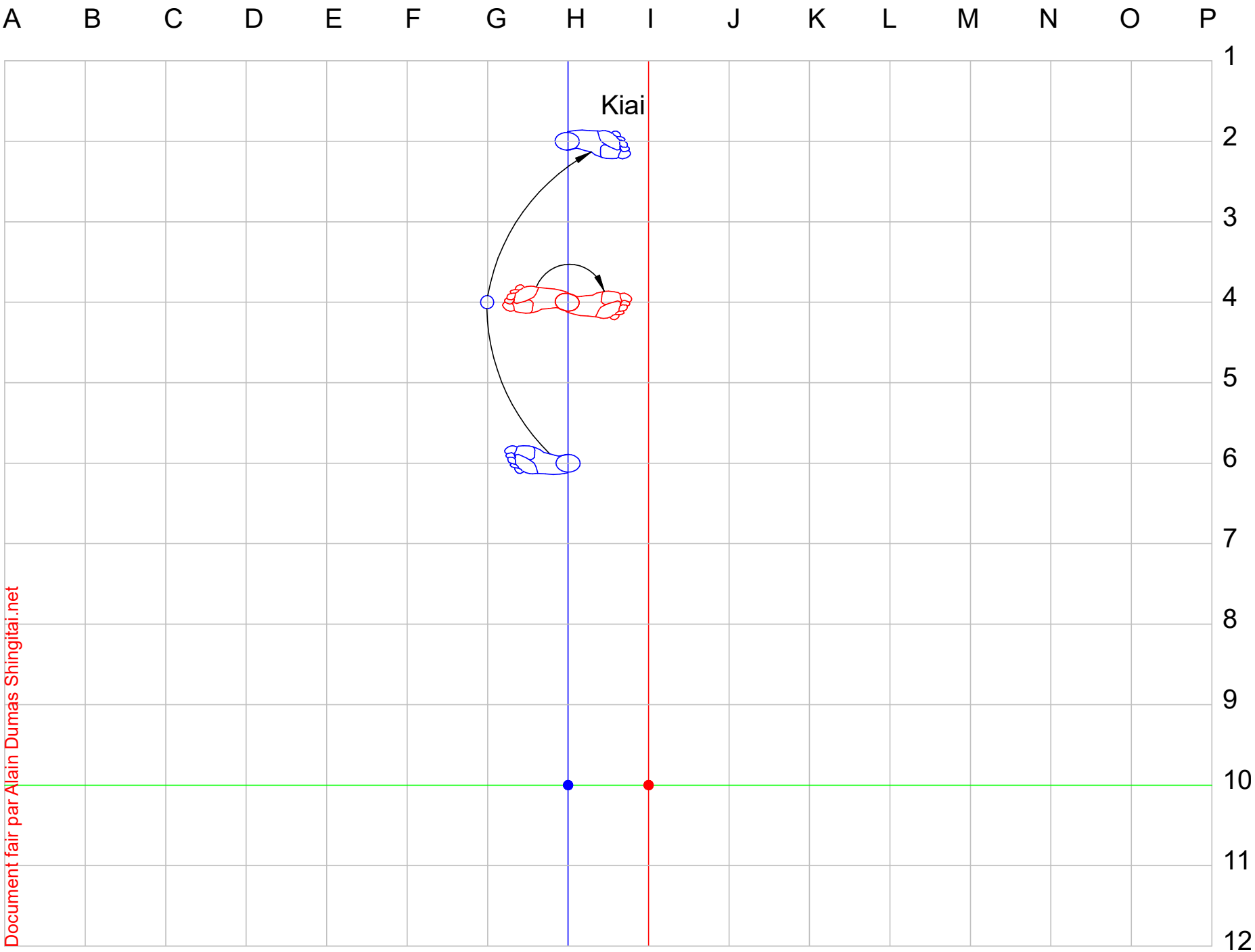
10a,10b) Kiba-dachi



11) Kiba-dachi



12) Kiba-dachi



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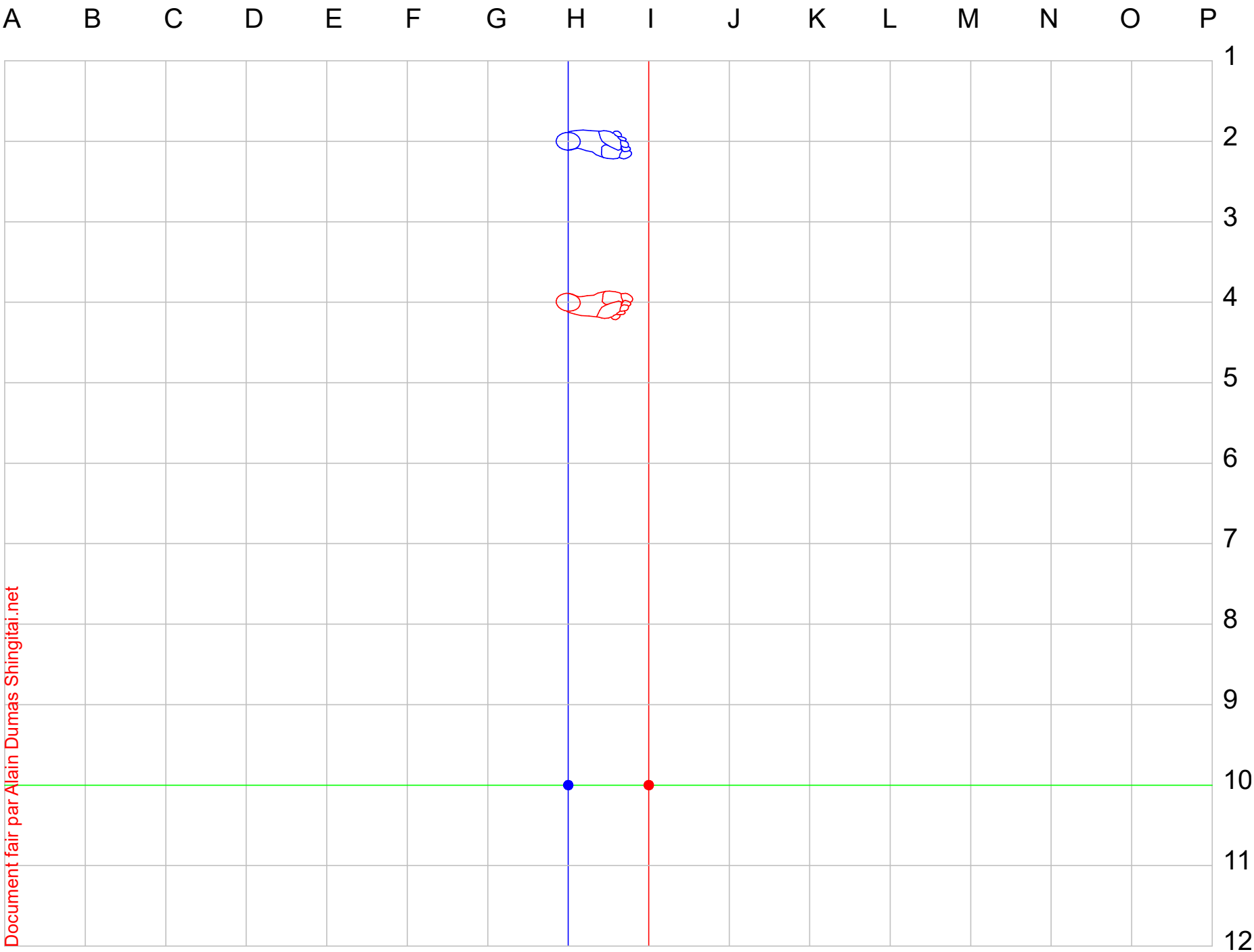
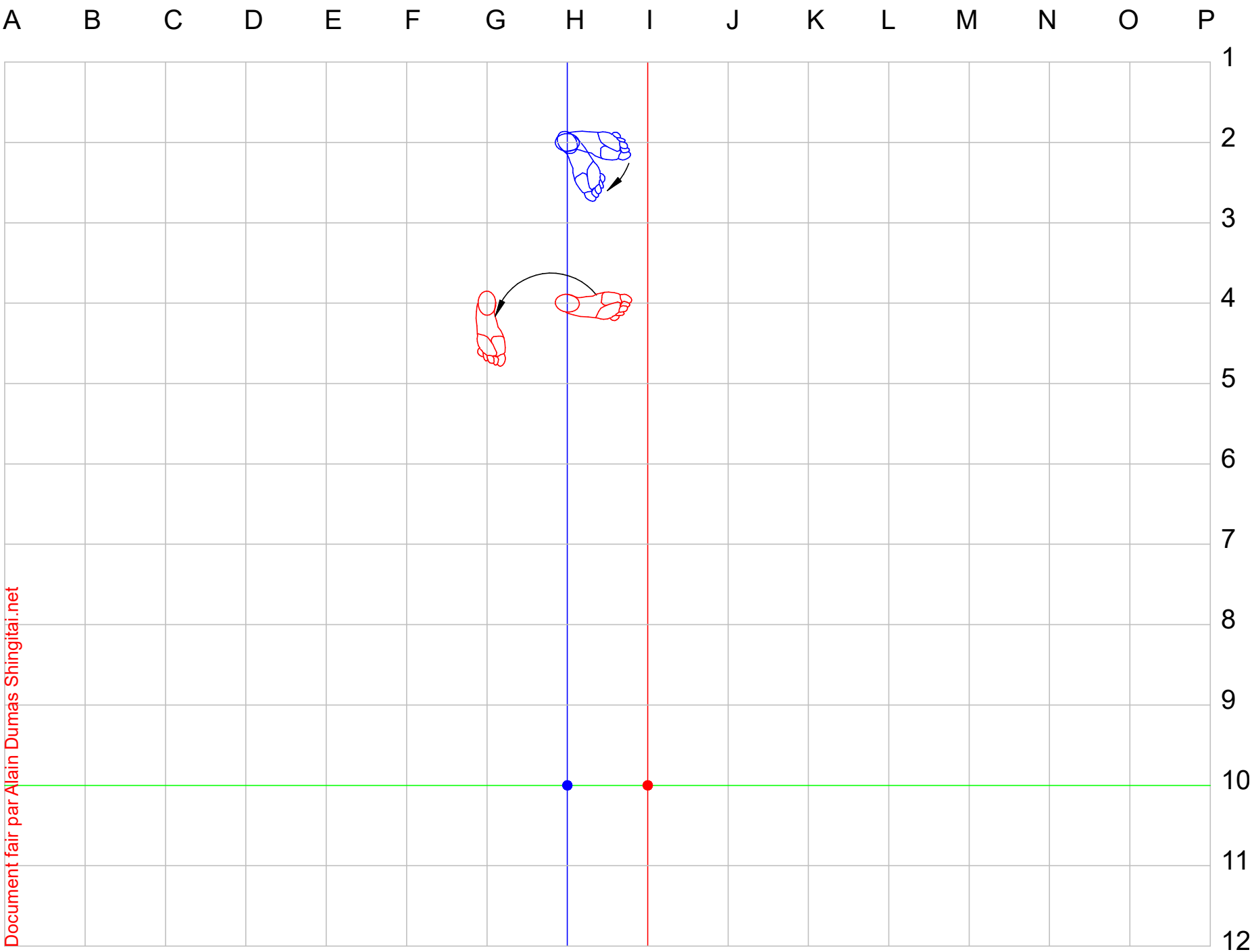
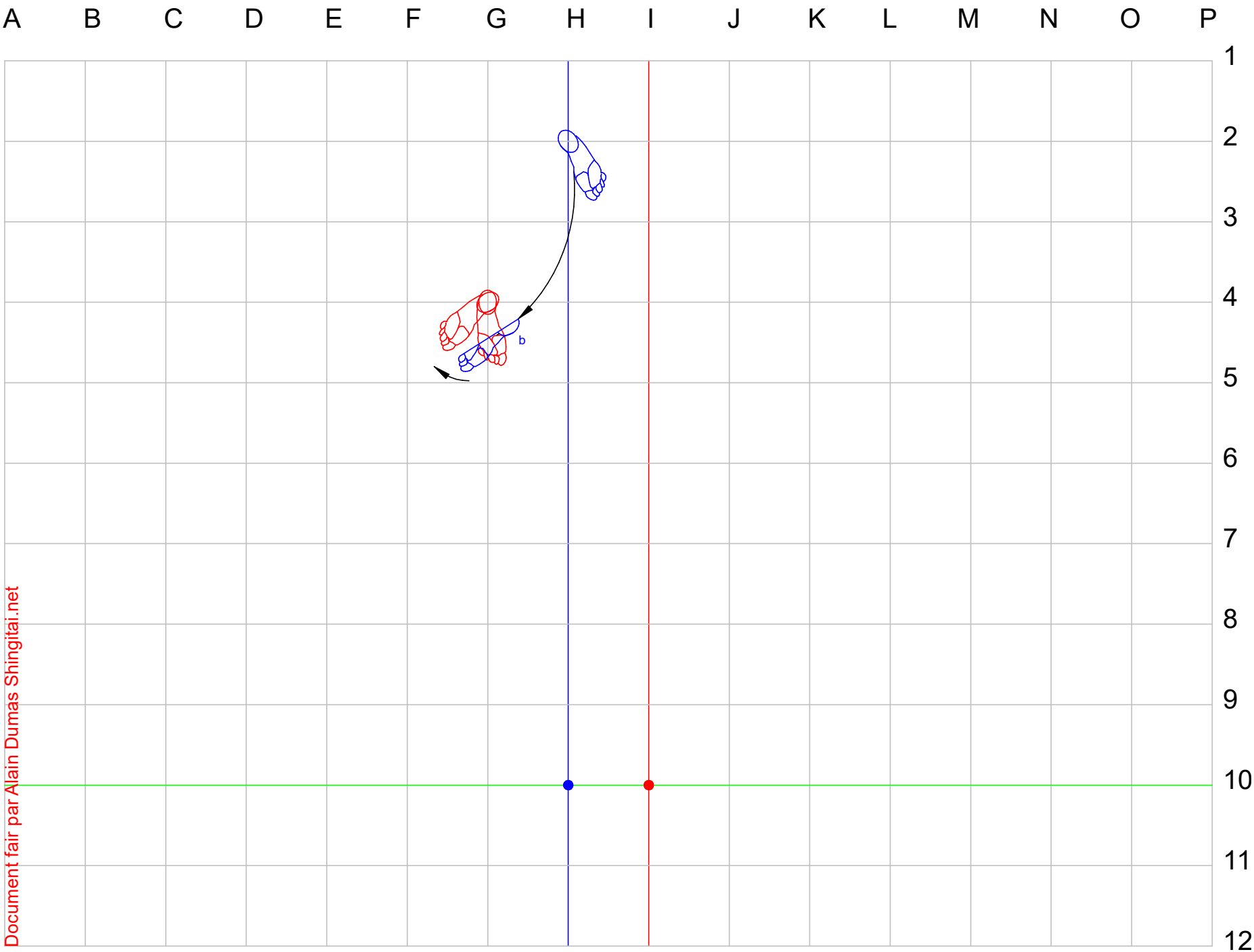
13) Kiba-dachi



14) Shizen-tai dachi



15,16) Zenkutsu-dachi



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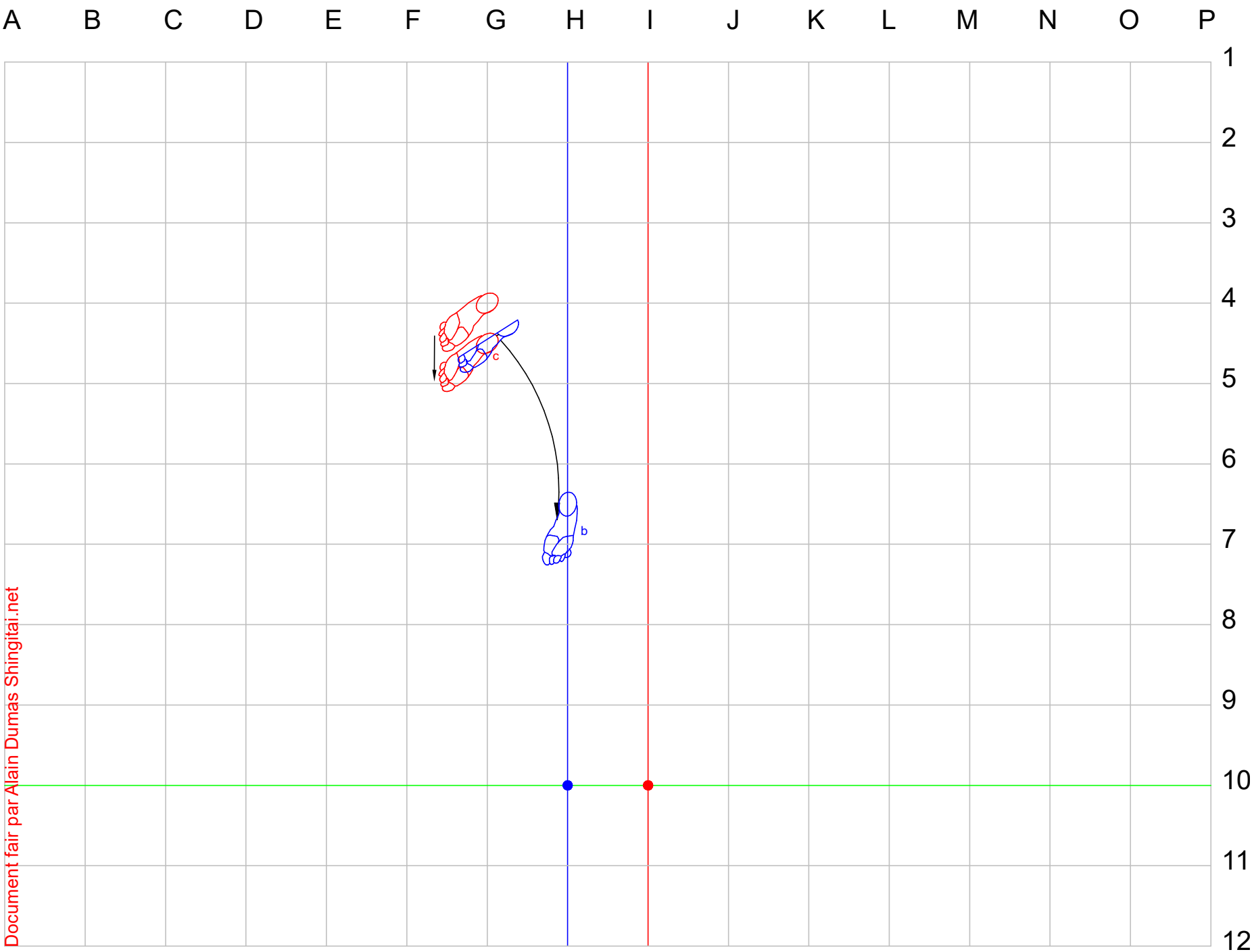
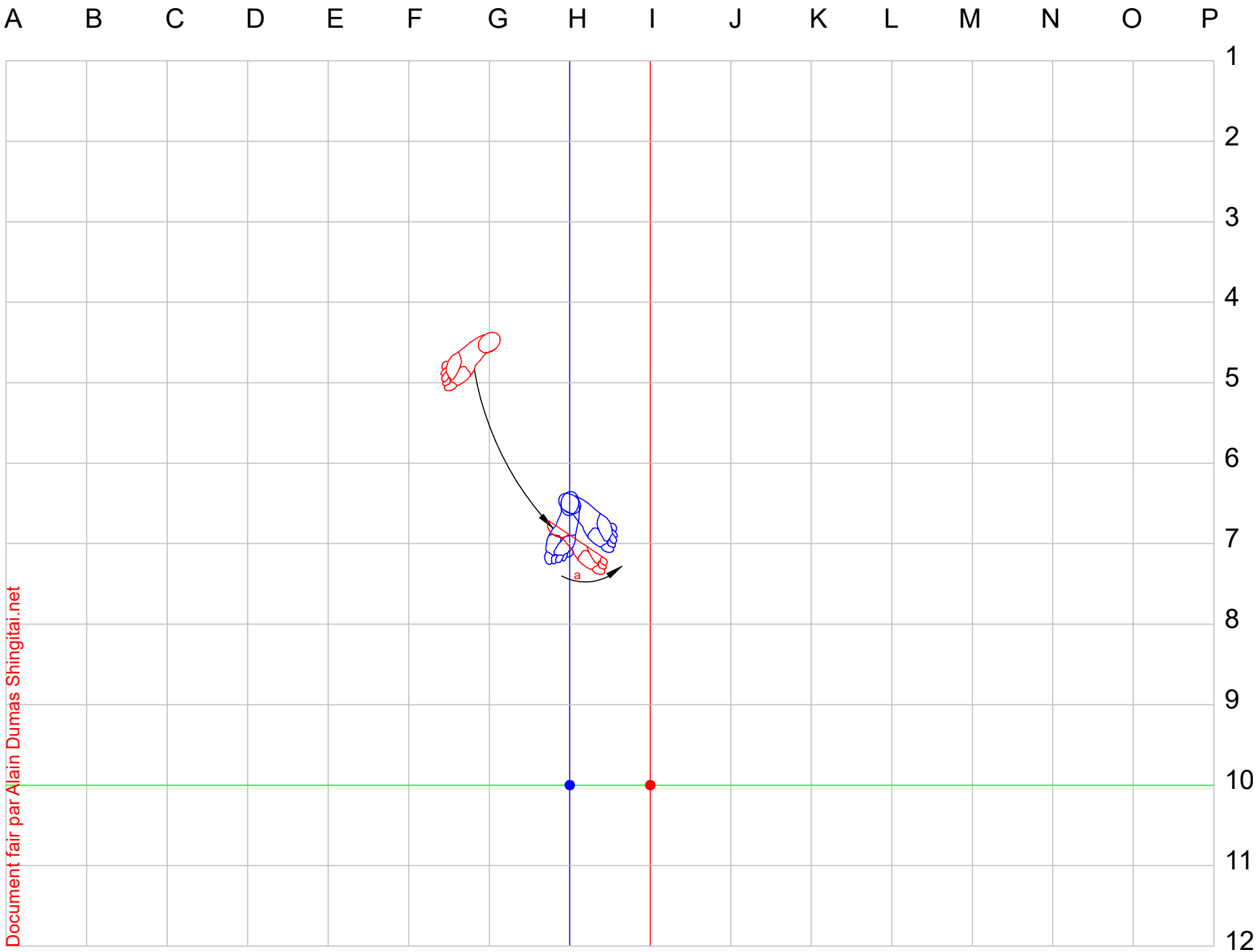
17a) Ashi-dachi



17b,17c) Zenkutsu-dachi



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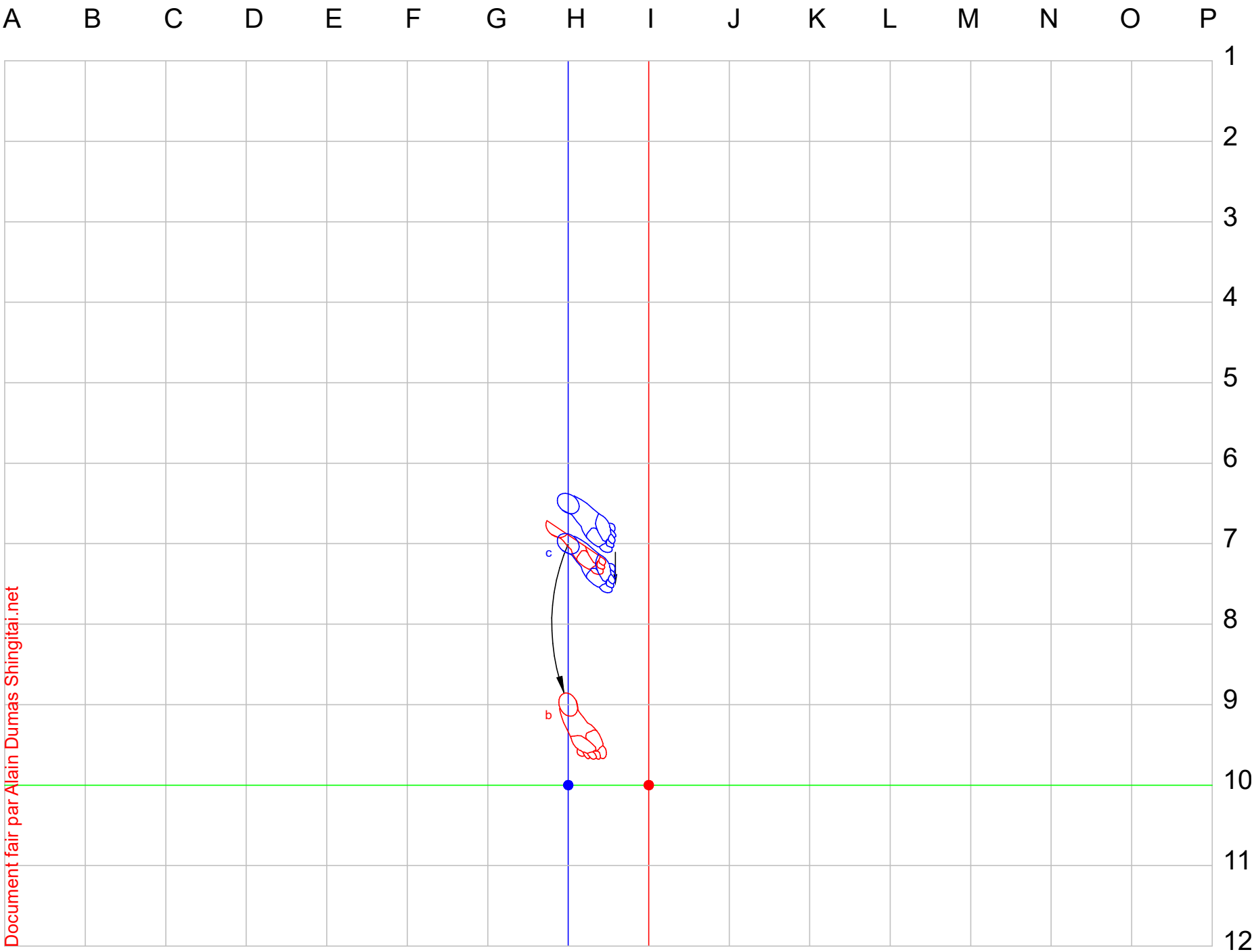
18a) Ashi-dachi



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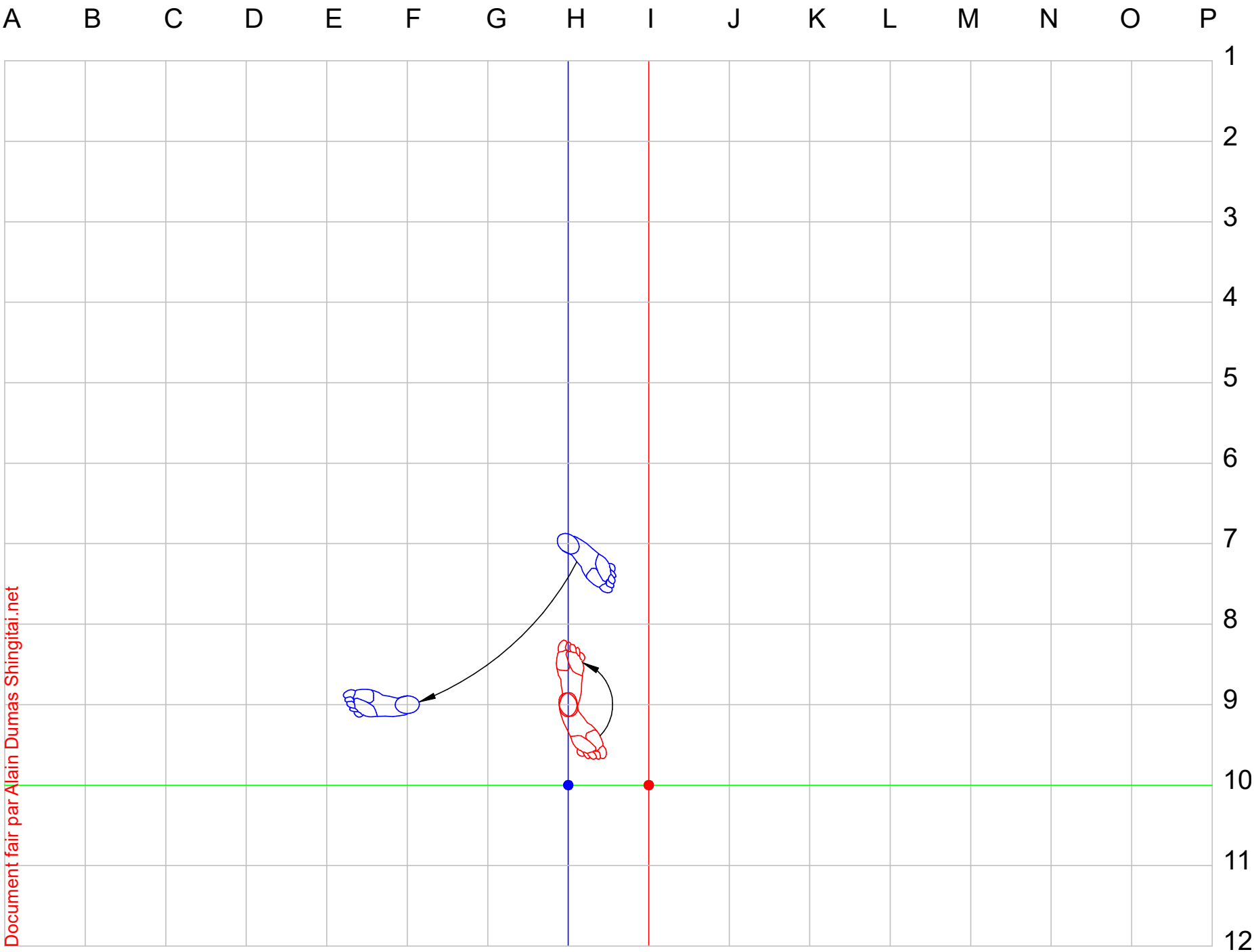
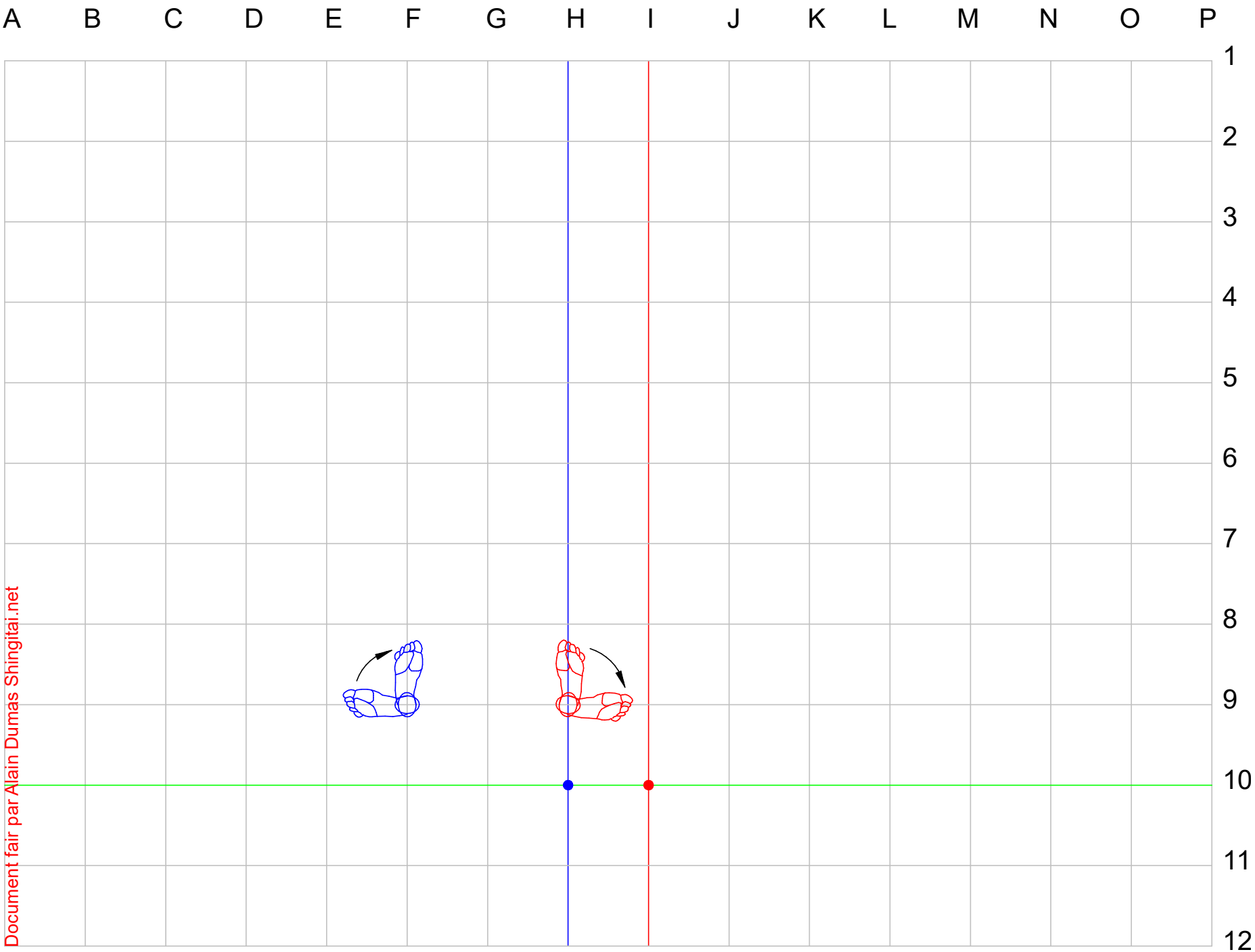
18b,18c) Hiza-kussu



19) Kokutsu-dachi



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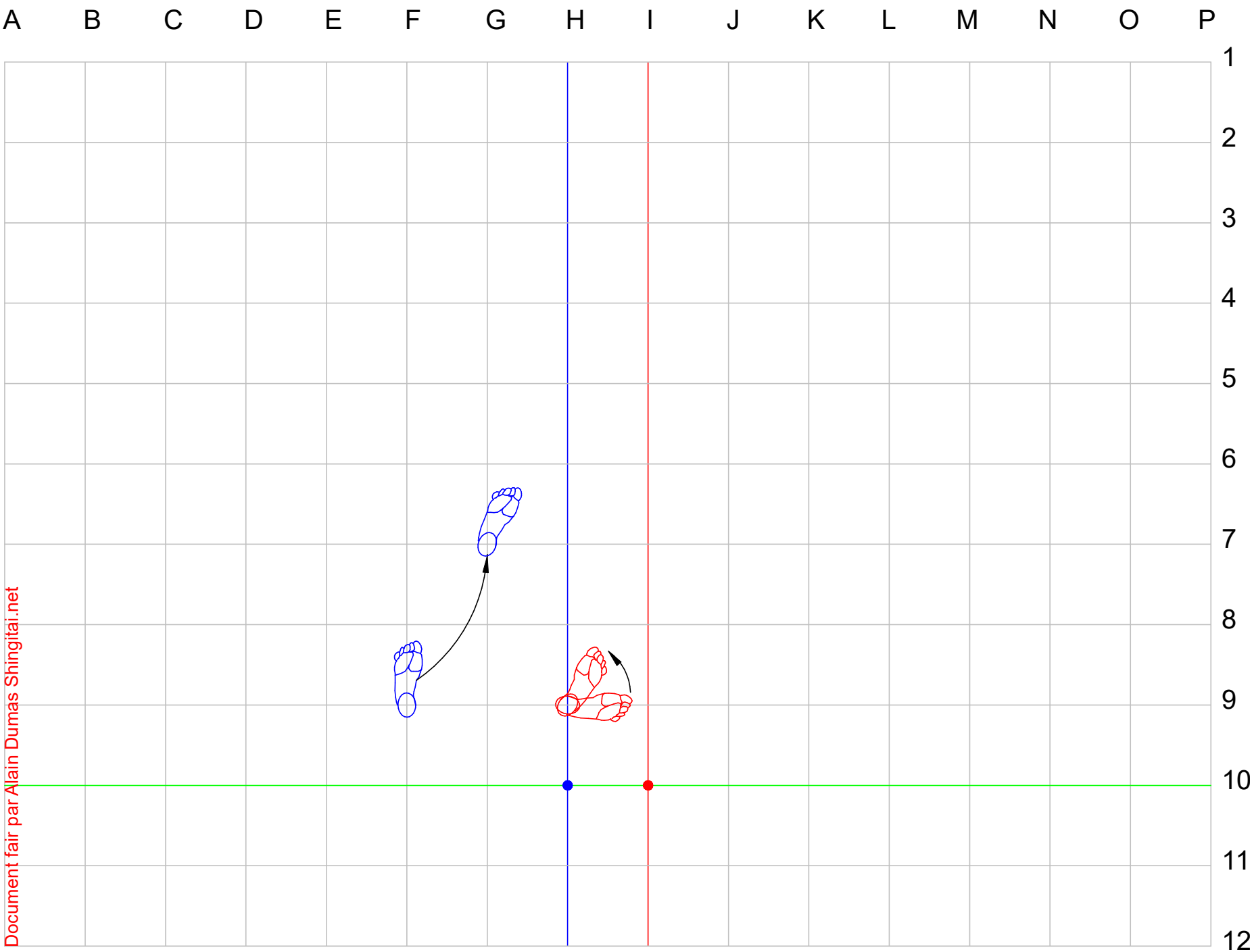
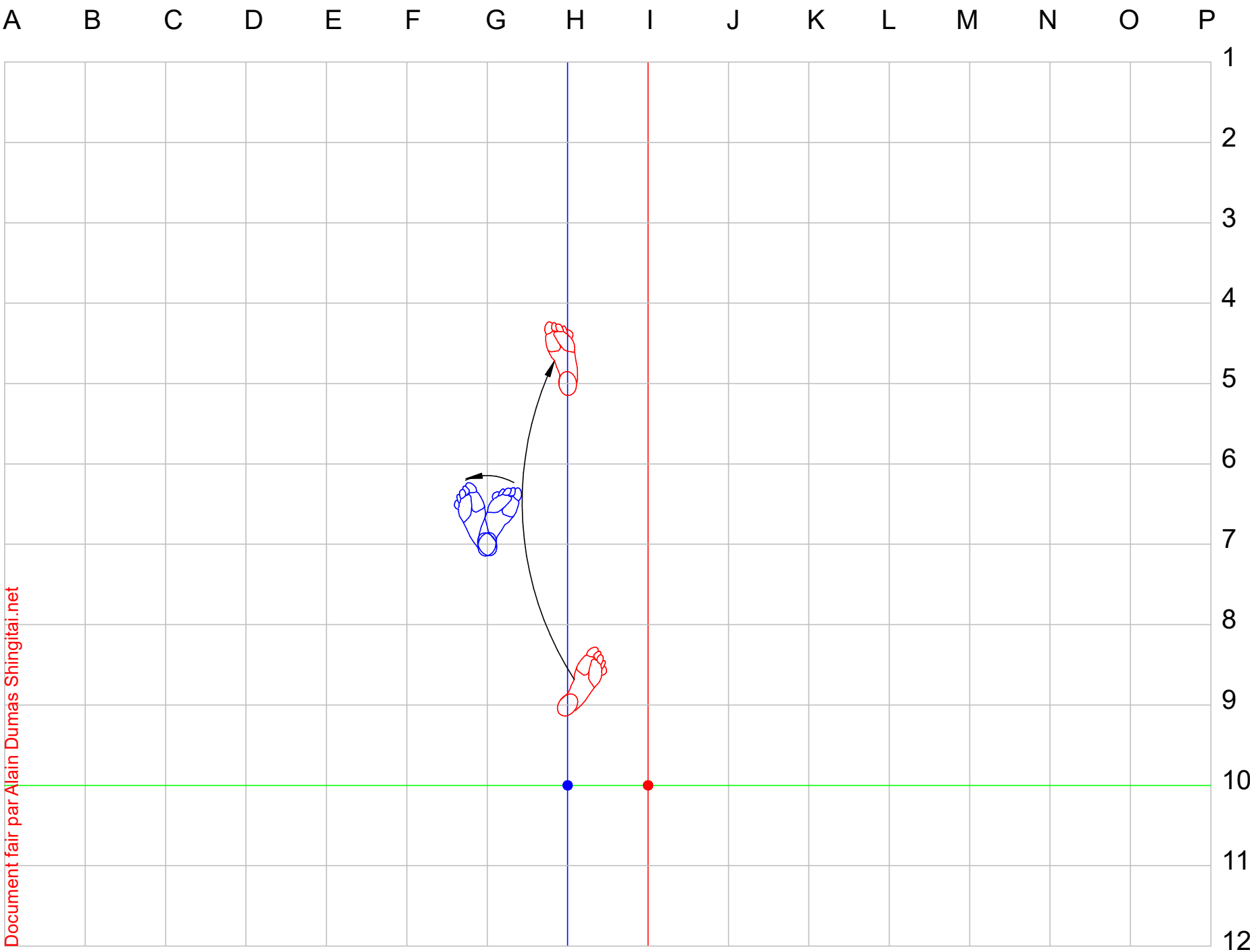
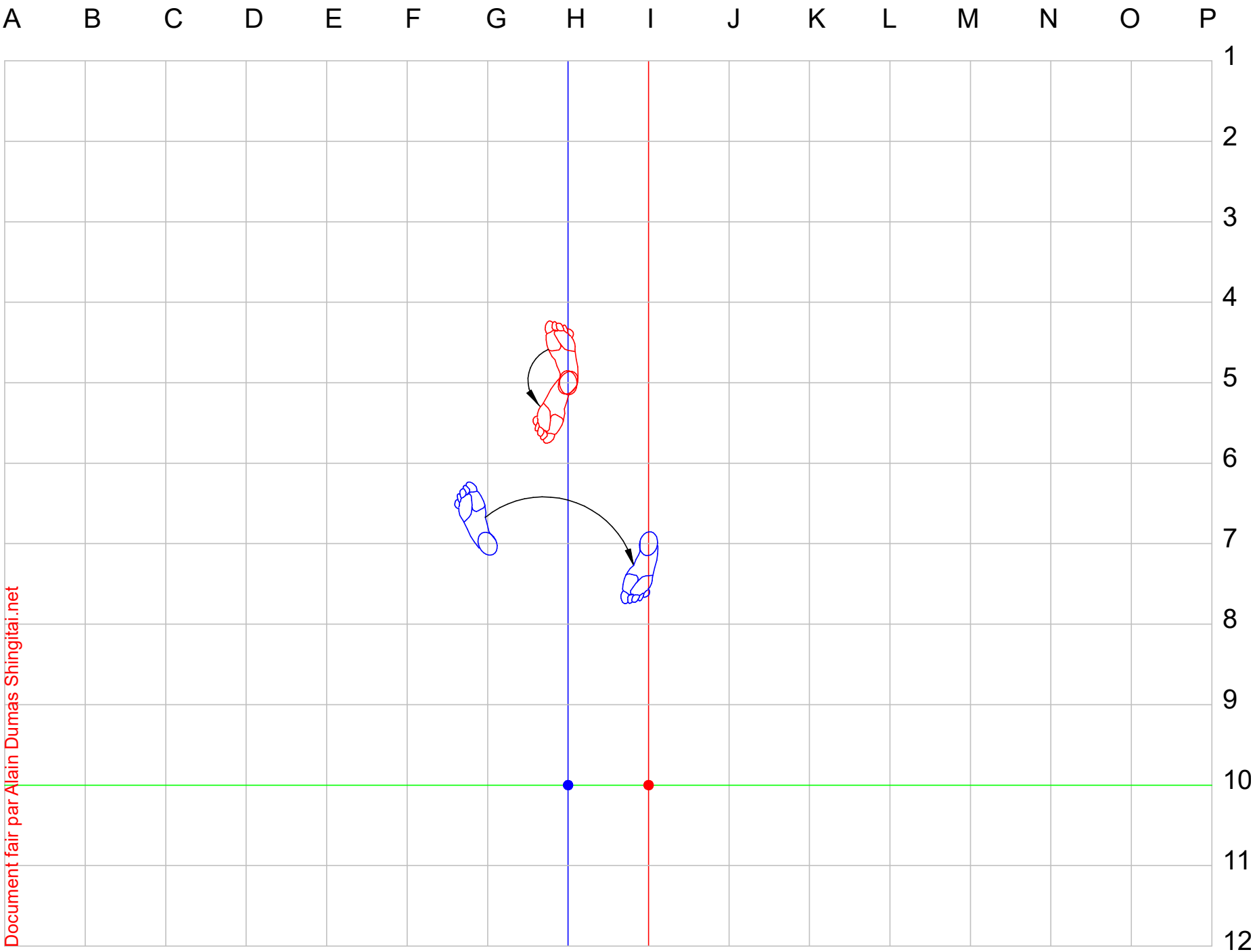


21) Zenkutsu-dachi



22) Zenkutsu-dachi



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23) Zenkutsu-dachi

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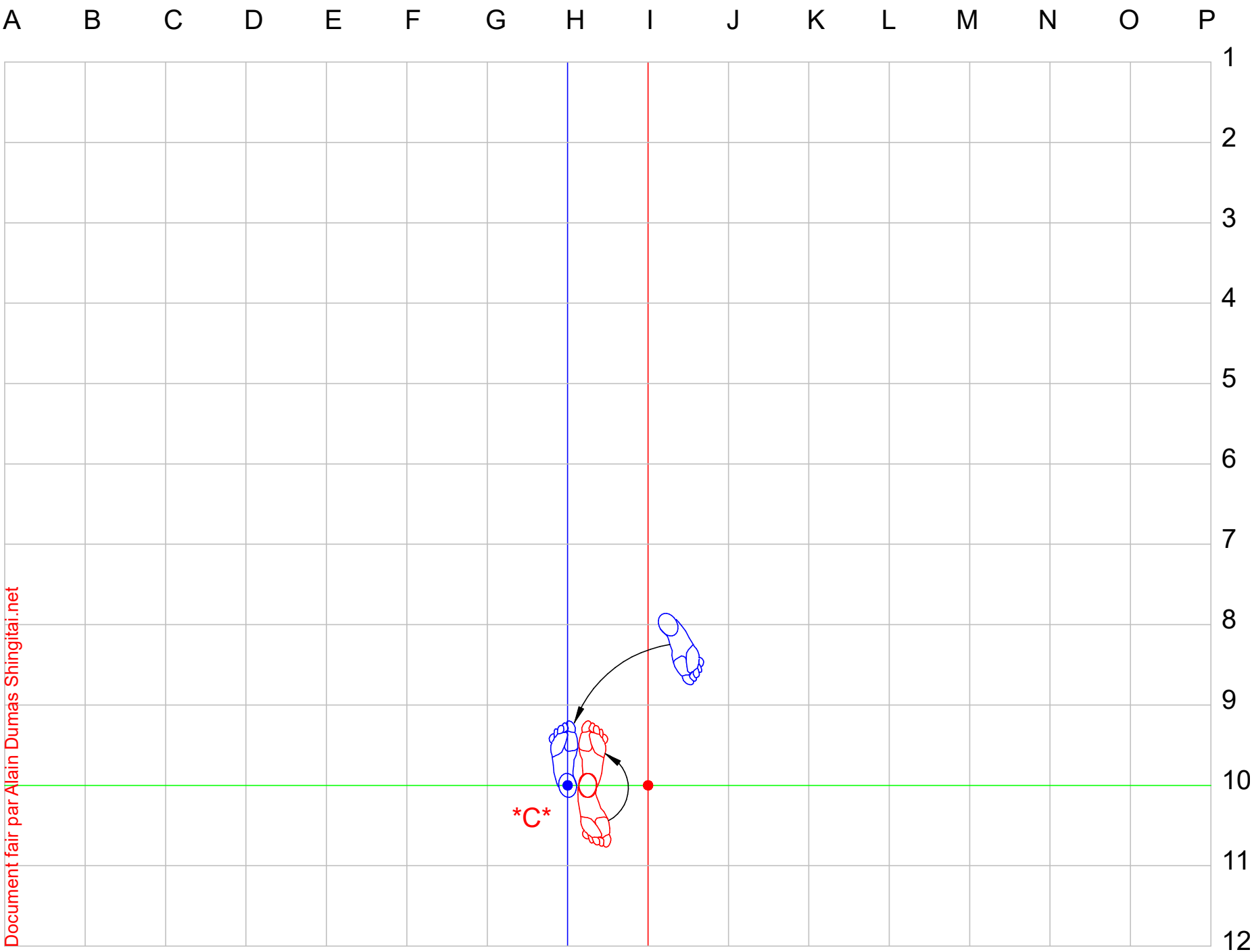
24a,24b) Zenkutsu-dachi



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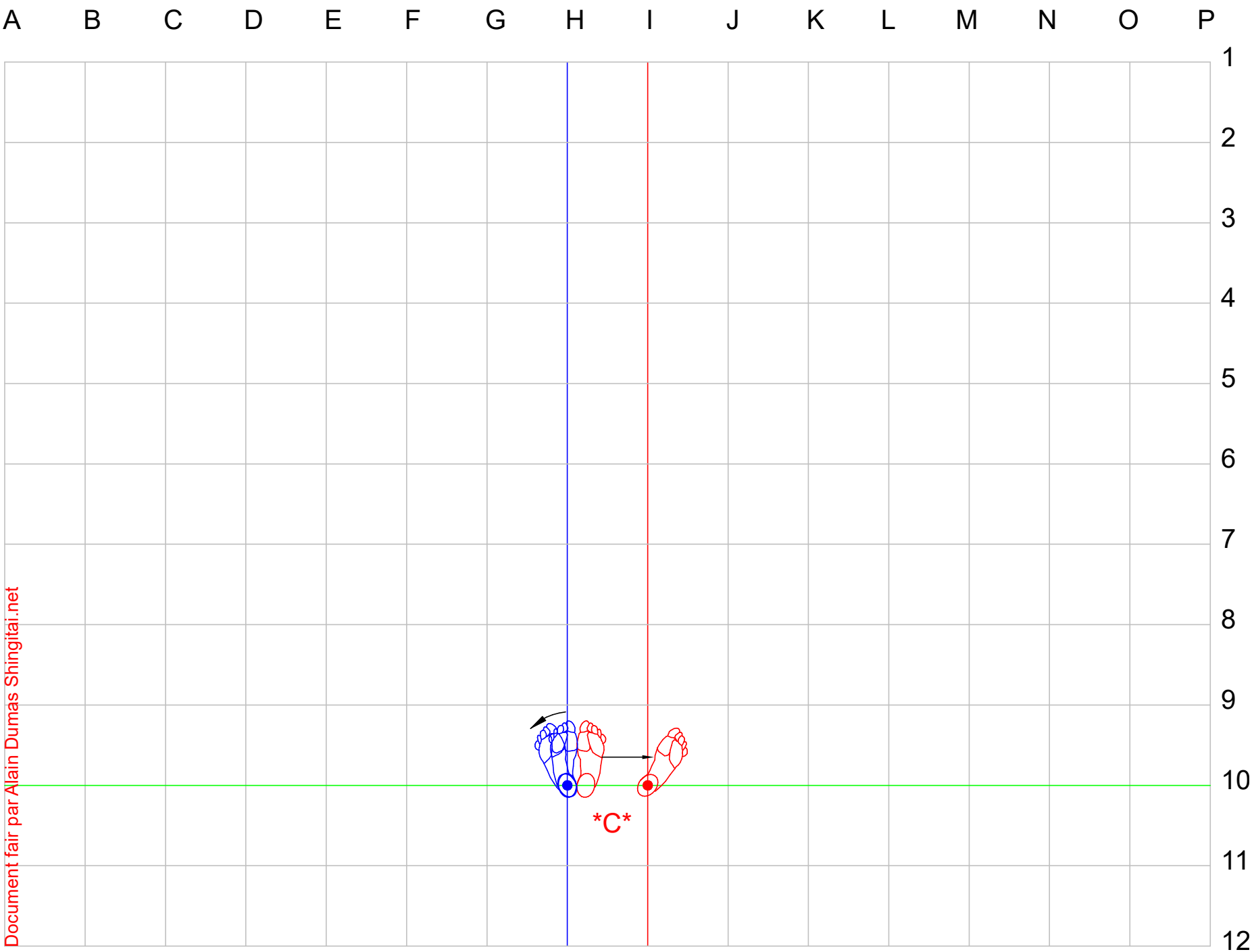
Heisoku-dachi



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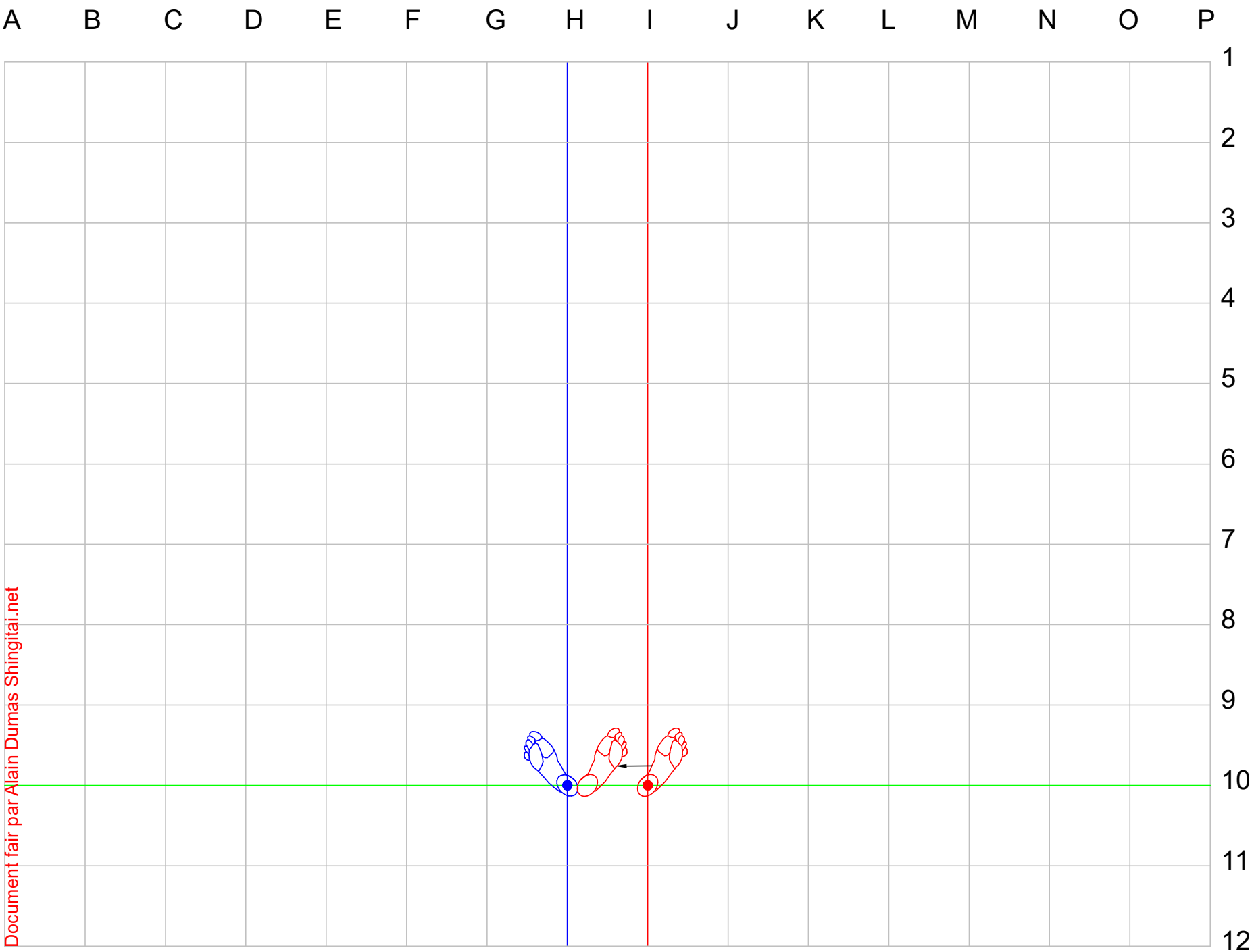
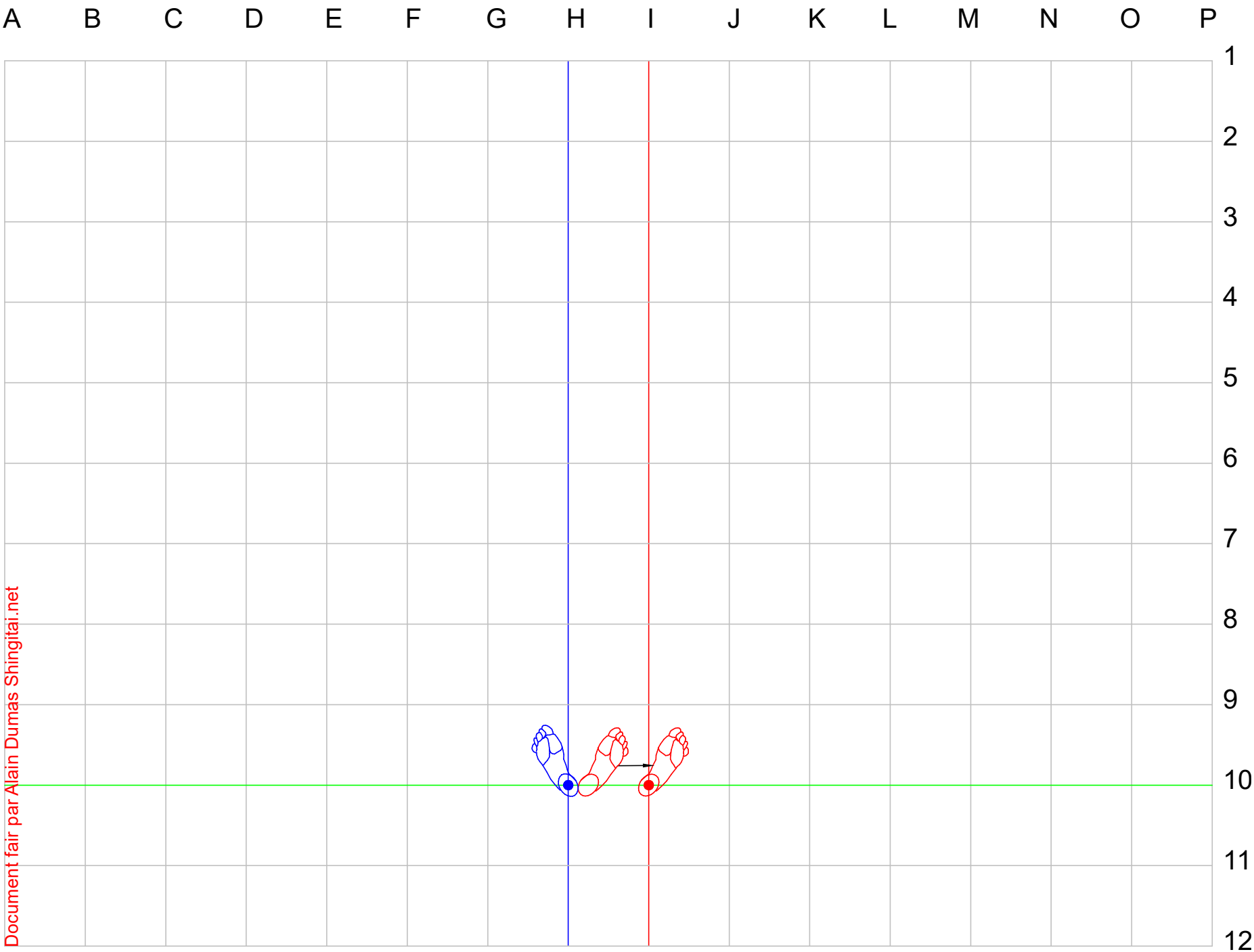


Musubi-dachi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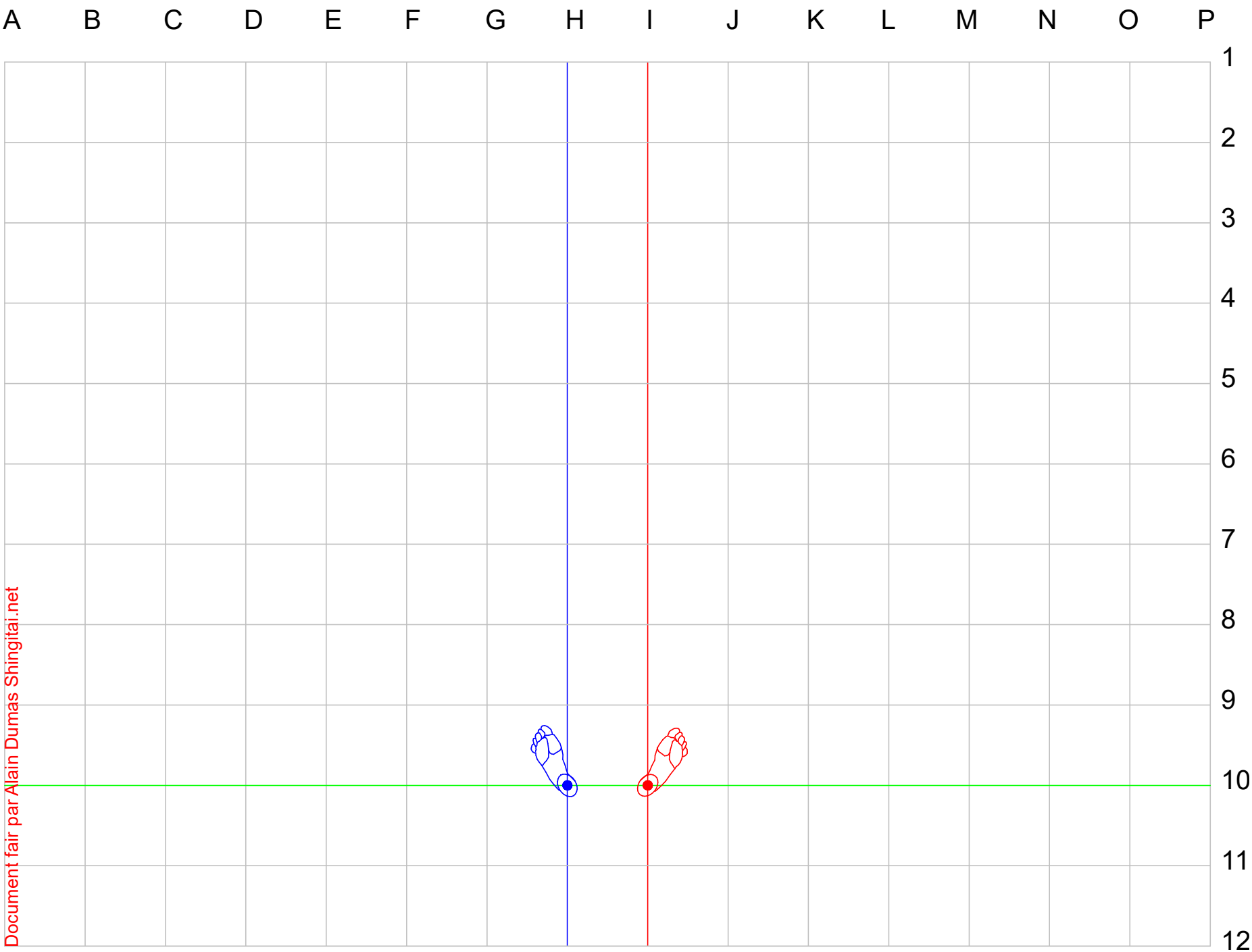
Document fair par Alain Dumas Shingitai.net
Shizen-tai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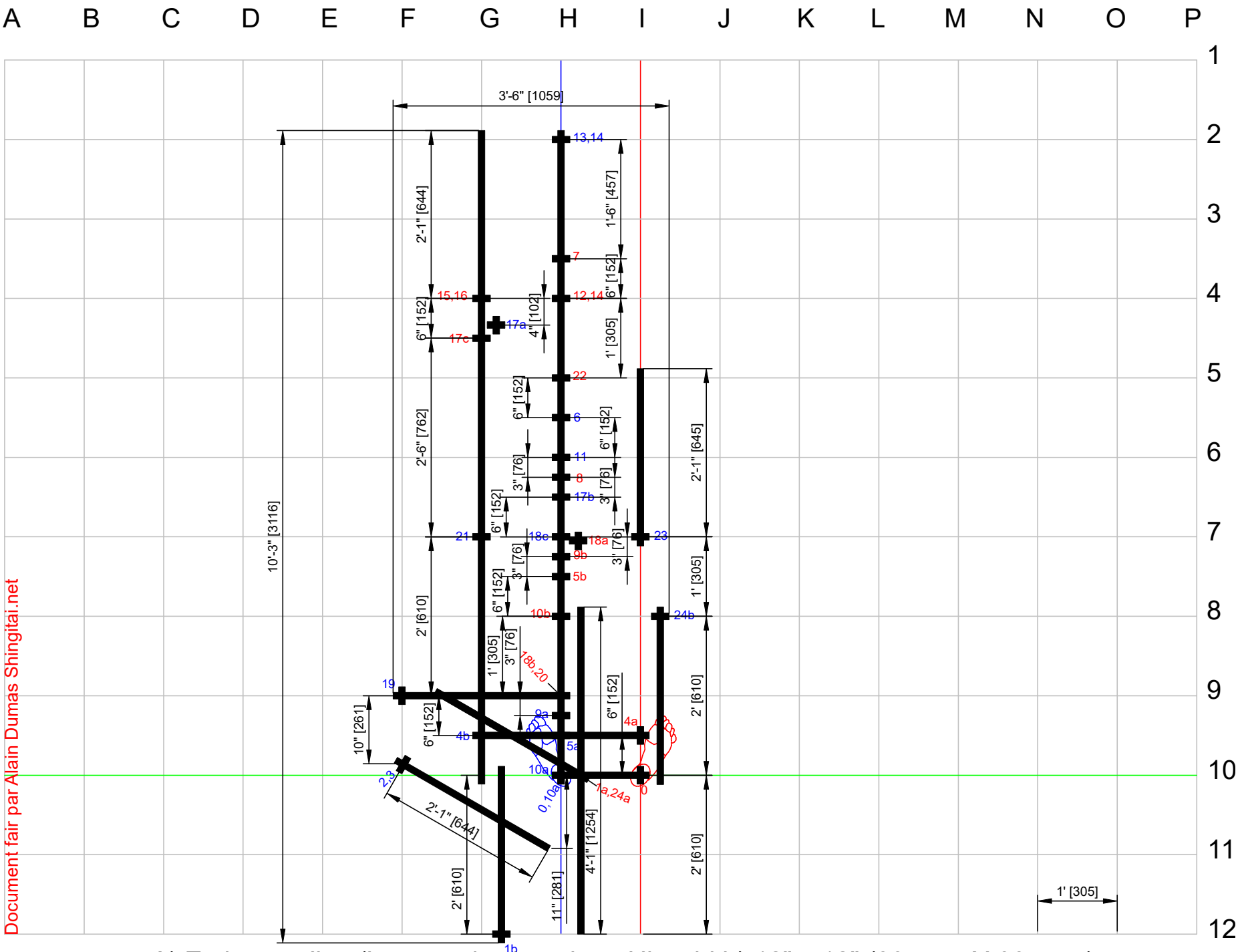
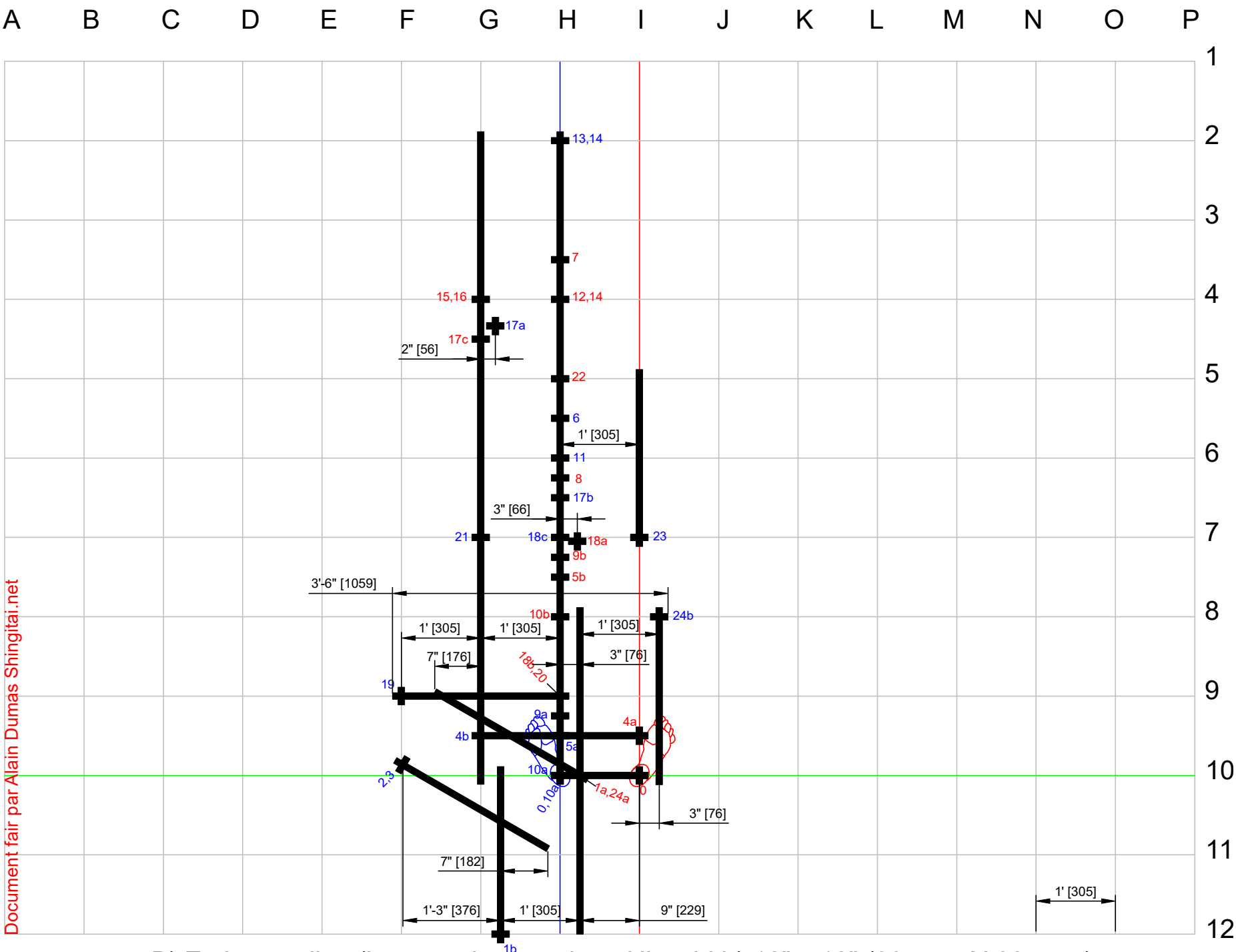
Shizen-tai



A) Embusen Jitte (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)



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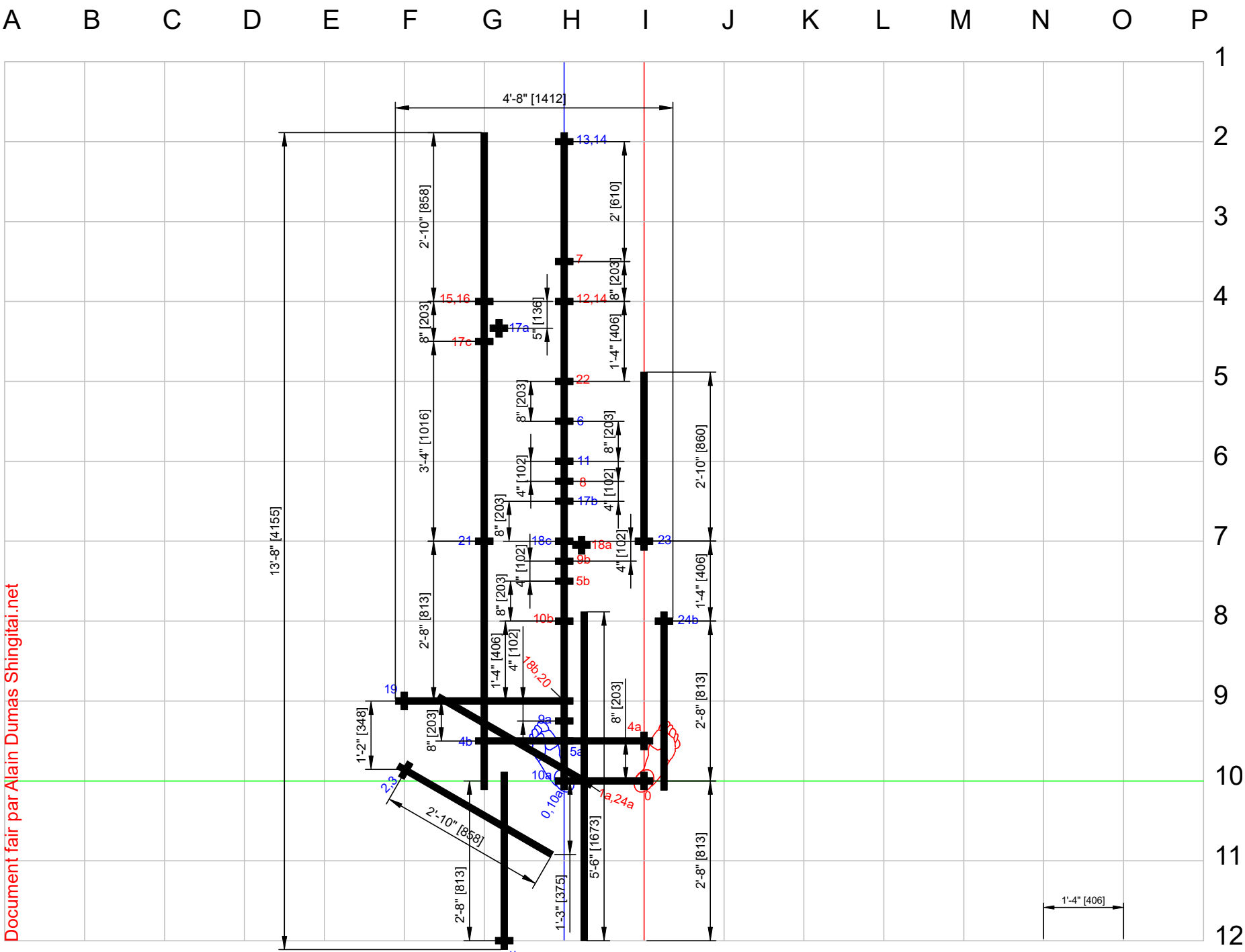
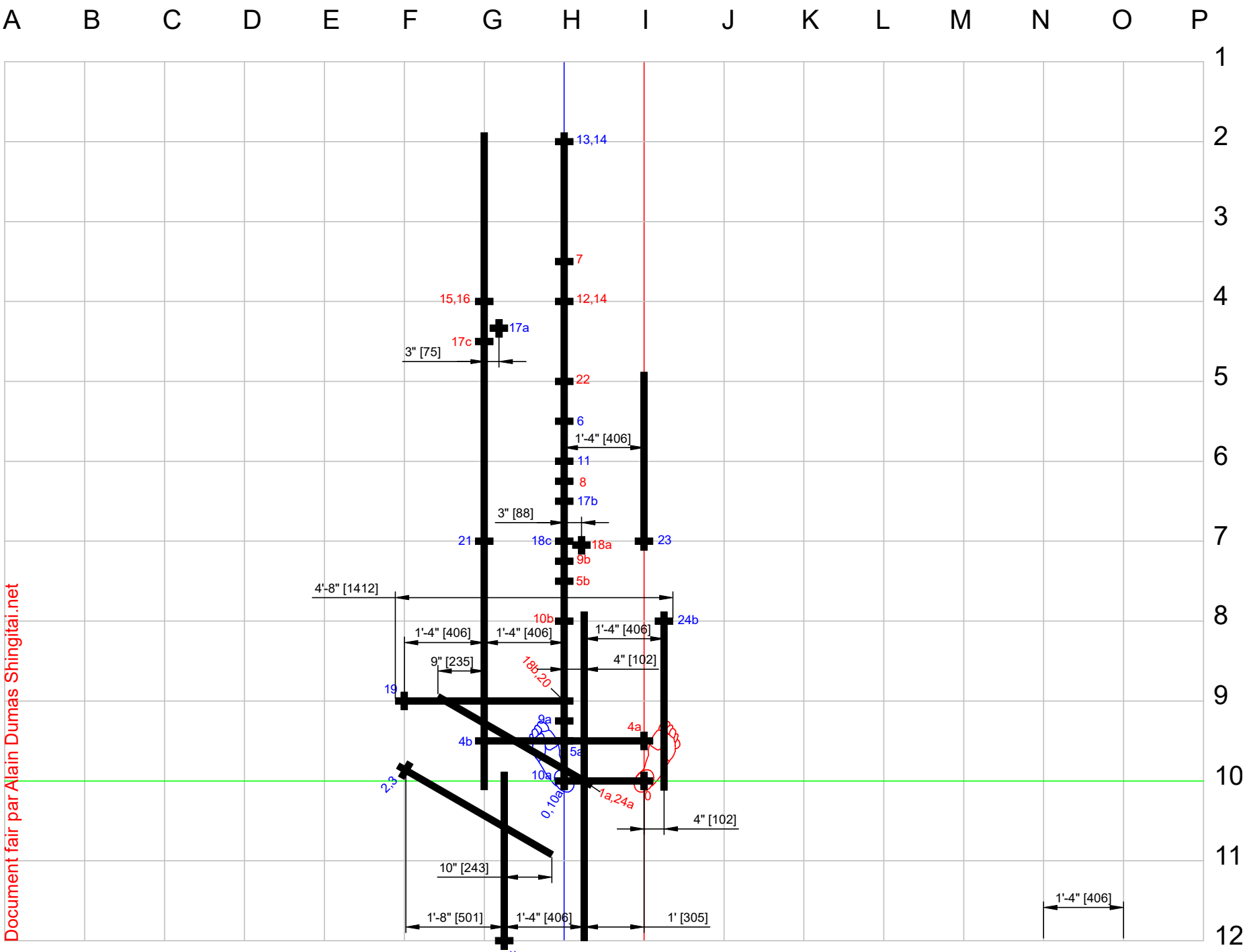
B) Embusen Jitte (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)



A) Embusen Jitte (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)



B) Embusen Jitte (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)