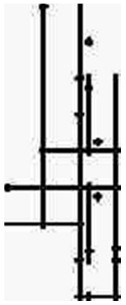


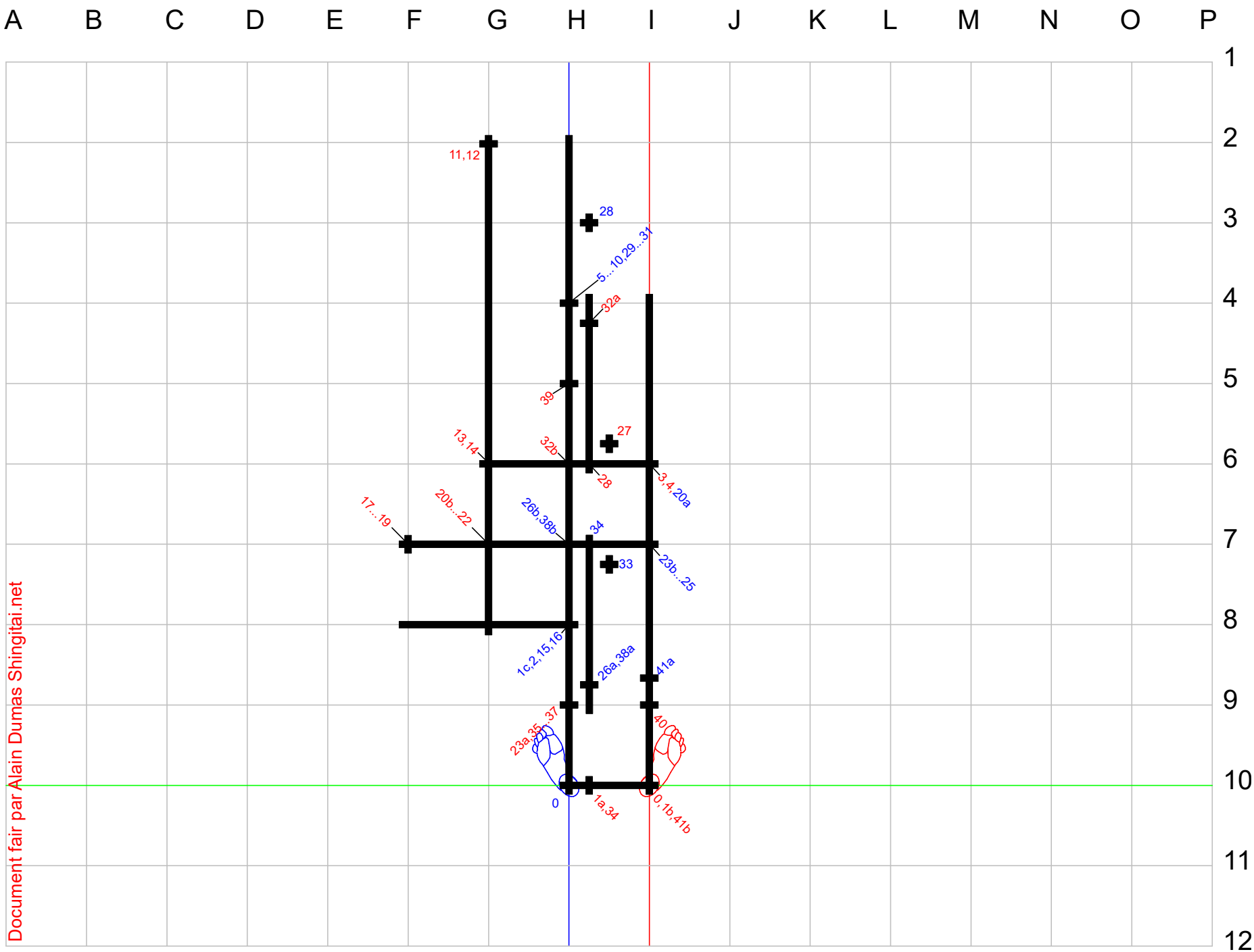
EMBUSEN HANGETSU (SEISAN)

Best karate # 7

DEMI-LUNE	HAFT MOON
Origine : Okinawa date de création : présenté par Maître Funakoshi en 1922	Origin : Okinawa, date of creation: submitted by Master Funakoshi in 1922
Hangetsu : demi-lune	**Hangetsu** : half-moon
Kata de force « Shorei » - Classification IKD : Groupe 4	« Shorei » strength kata – IKD Classification : Group 4
41 mouvements - Kiai mouvements 11 et 40 - Durée : 60 secondes	41 movements - Kiai movements 11 and 40 - Length : 60 seconds
Points importants: Lors des déplacements, le pied décrit un arc de cercle. La distance du hangetsu est la même que la position zenkutsu-dachi.	Important points: When moving, the foot fallows an arc of circle. The distance of the hangetsu is the same as the zenkutsu-dachi stance.
Note: Dans le mot hangetsu, on ne prononce pas le tsu. Ce kata fait partie des 15 katas choisis par maître Funakoshi lors de sa venue au Japon en 1922. Dans la position hangetsu, pour les mouvements 29 à 31 et 35 à 37, on rapproche les pieds comme avec la position hiza kussu-dachi.	Note: In the word Hangetsu, we do not pronounce the tsu. This kata is one of the 15 katas chosen by Master Funakoshi when he came to Japan in 1922. In the position hangetsu, for the movements 29 to 31 and 35 to 37, the feet come closer together as with the position hiza kussu-dachi.

Points de convergence (*C*) (où on repasse par le même point)				Points of convergence (*C*) (where one passes at the same point)			
Point	Mouvements	Point	Mouvements	Point	Movements	Point	Movements
🔵 H-10	Début, fin.	🔴 I-10	Début, 41a, fin.	🔵 H-10	Start, 14, end.	🔴 I-10	Start, 41a, end.

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



Embusen Hangetsu

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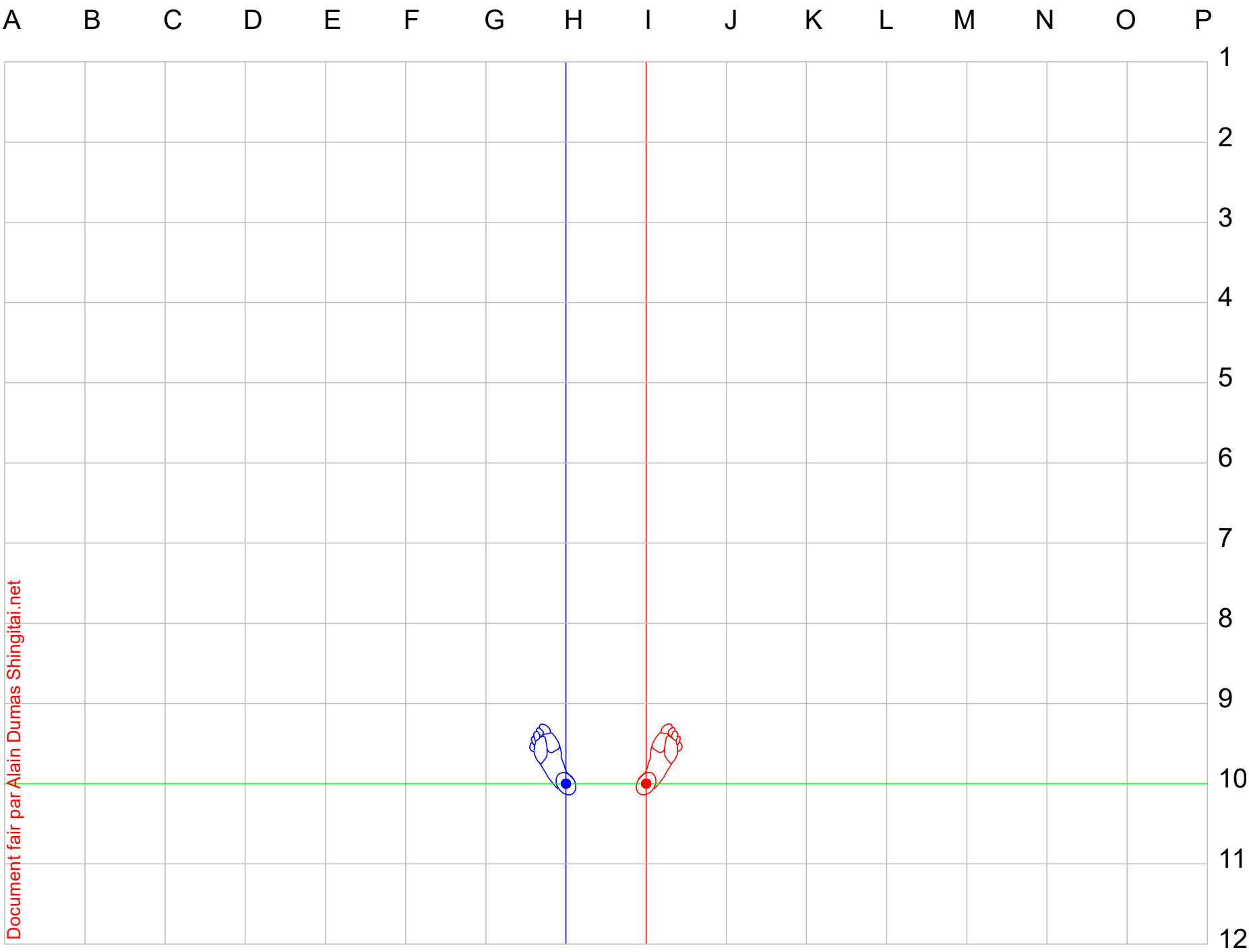
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1 2 3 4 5 6 7 8 9 10 11 12
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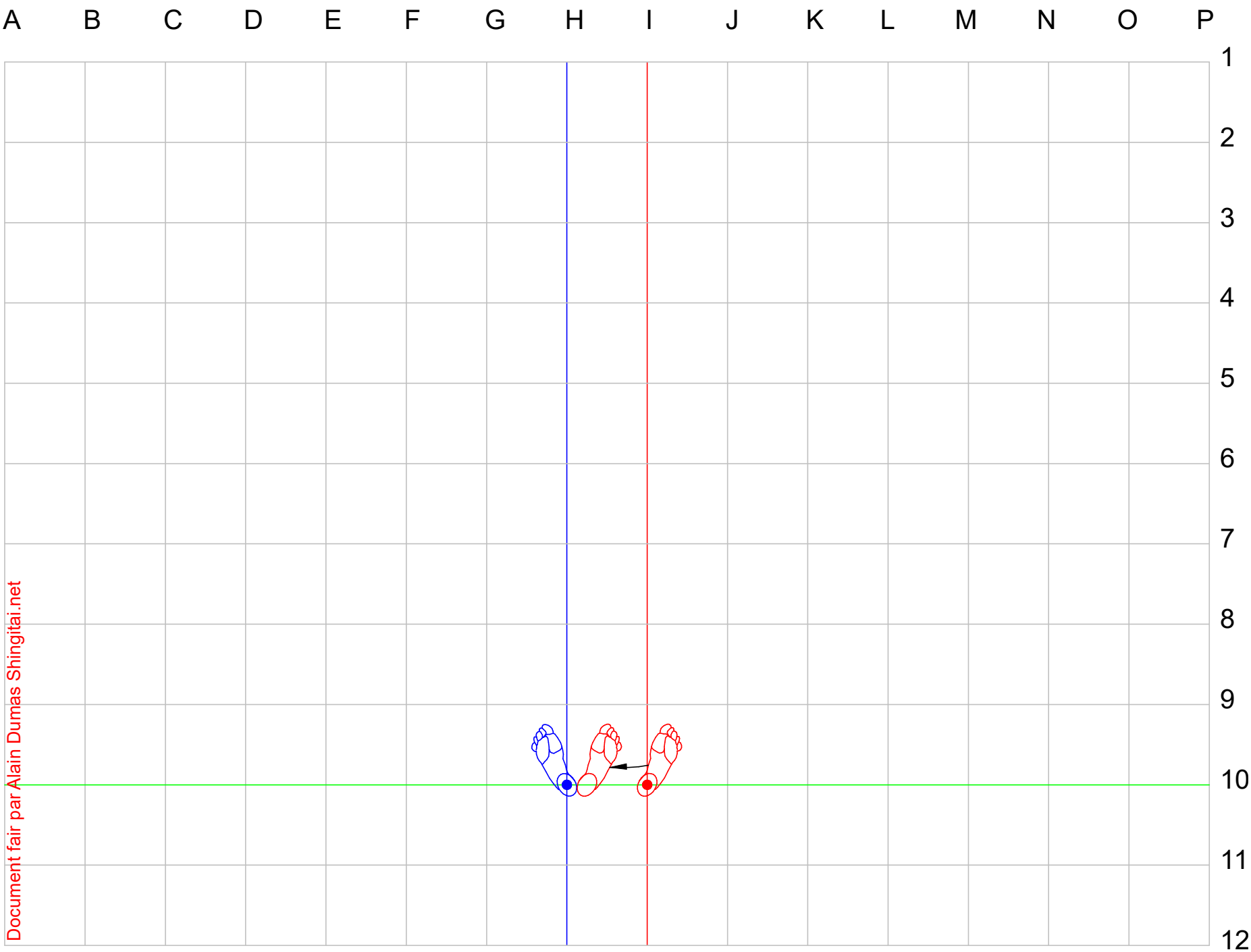
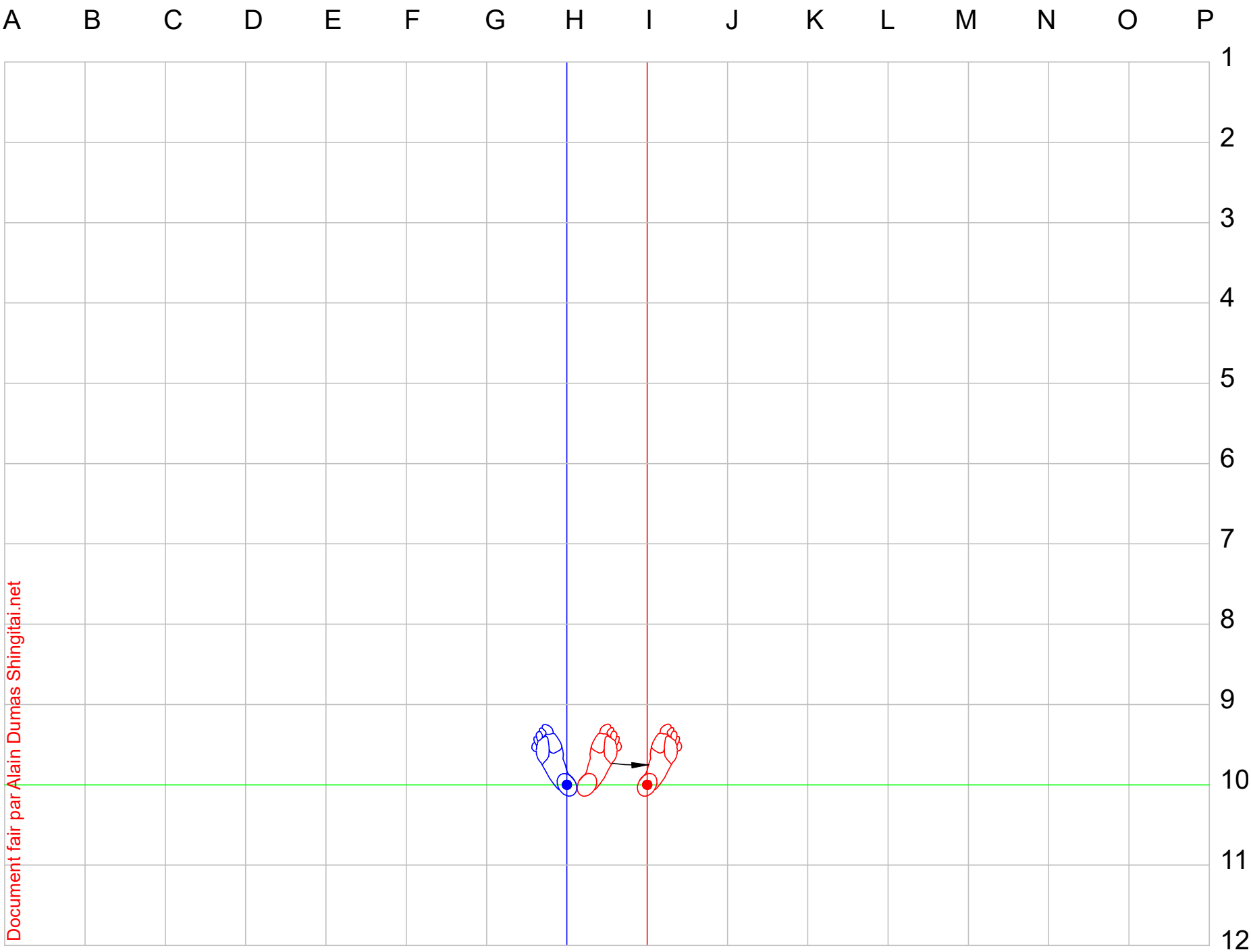
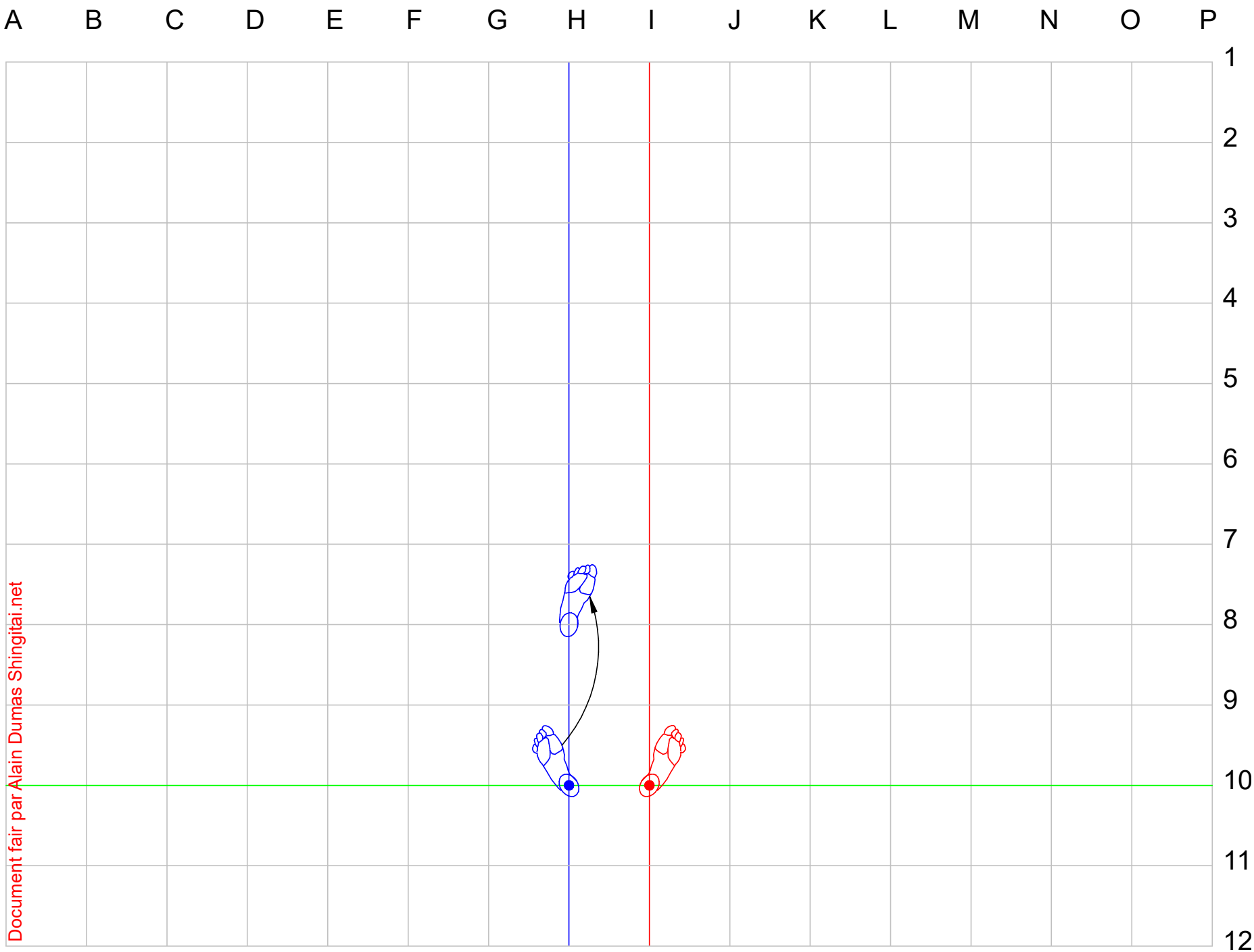
Shizen-tai



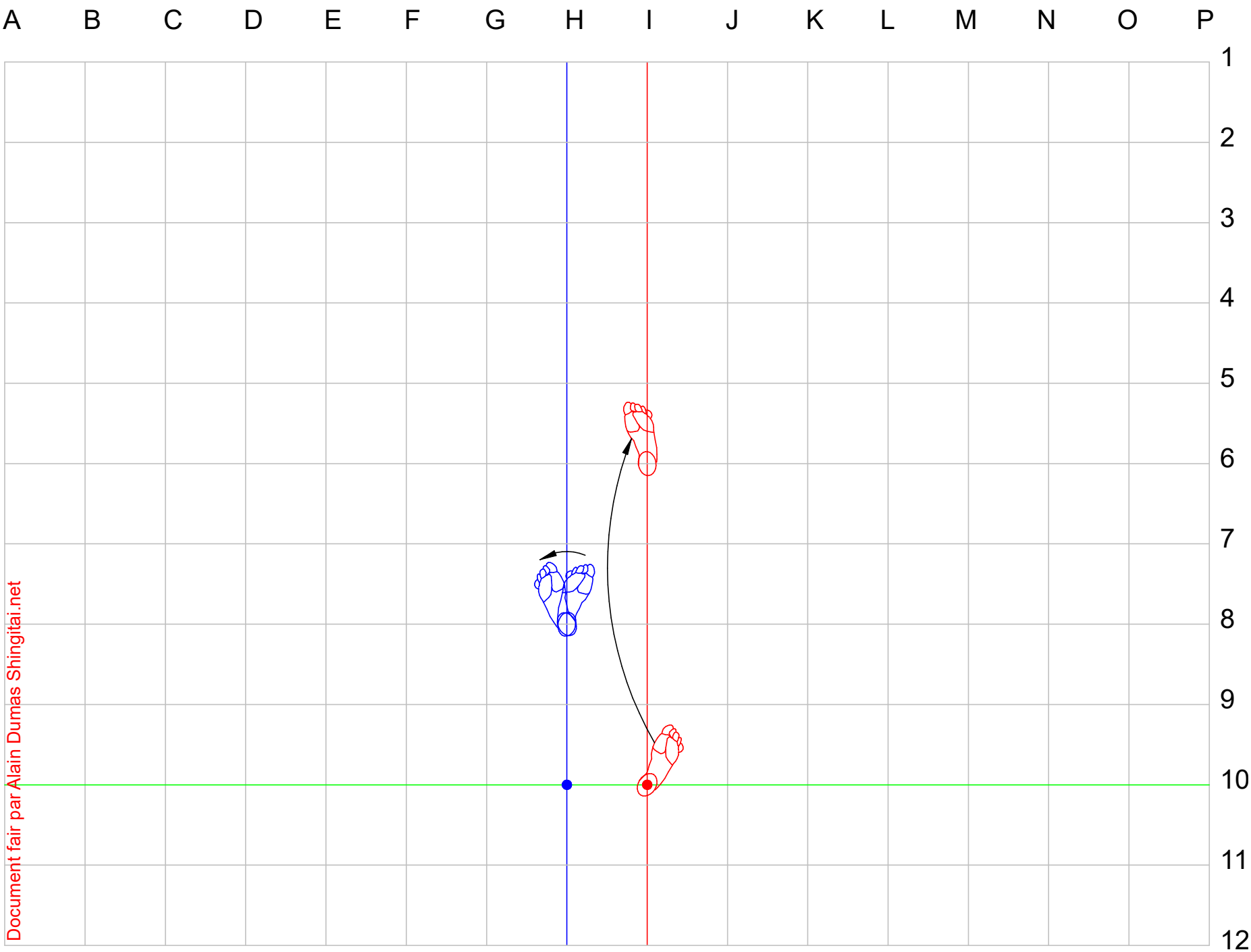
1a) Musubi-dachi



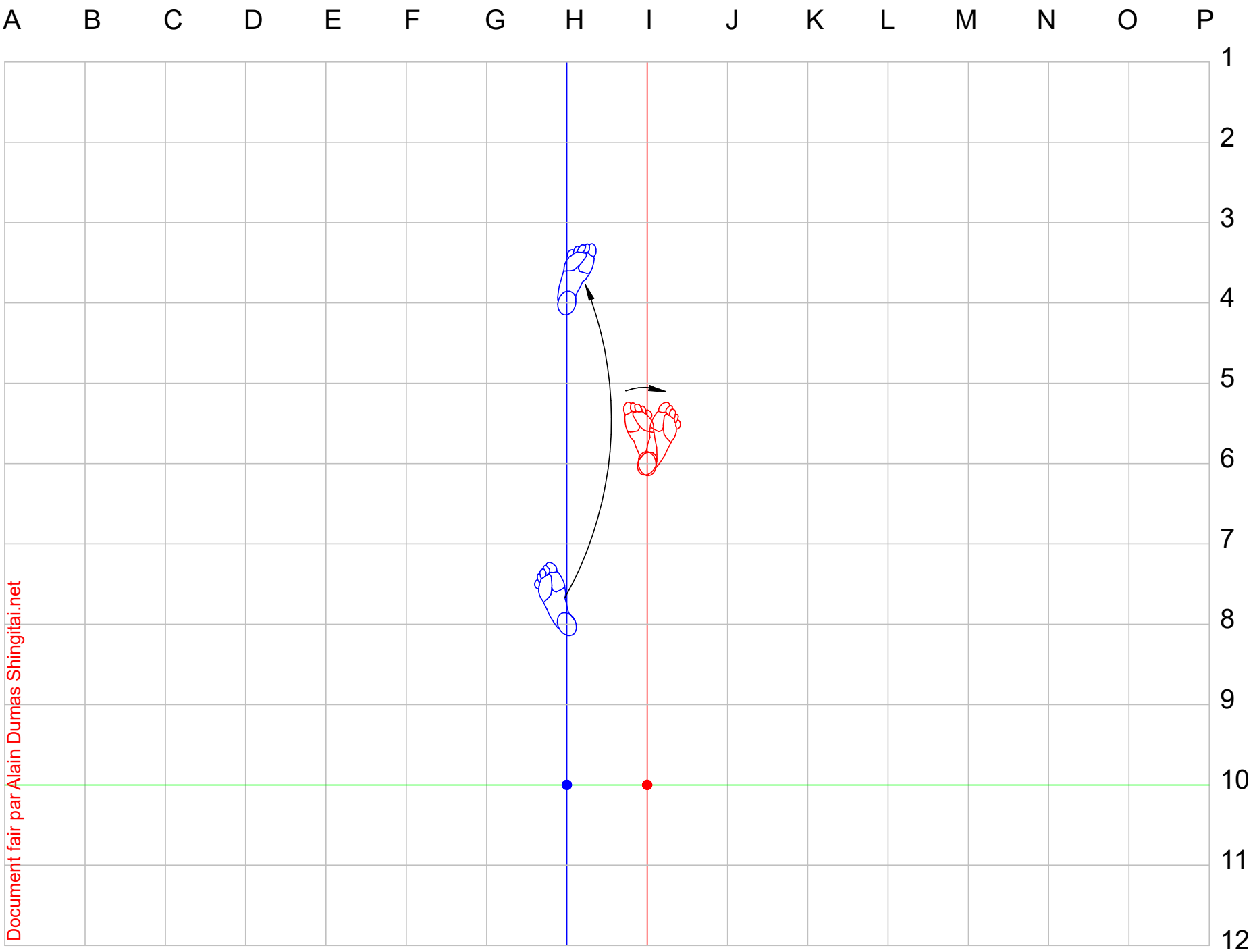
1b) Shizen-tai



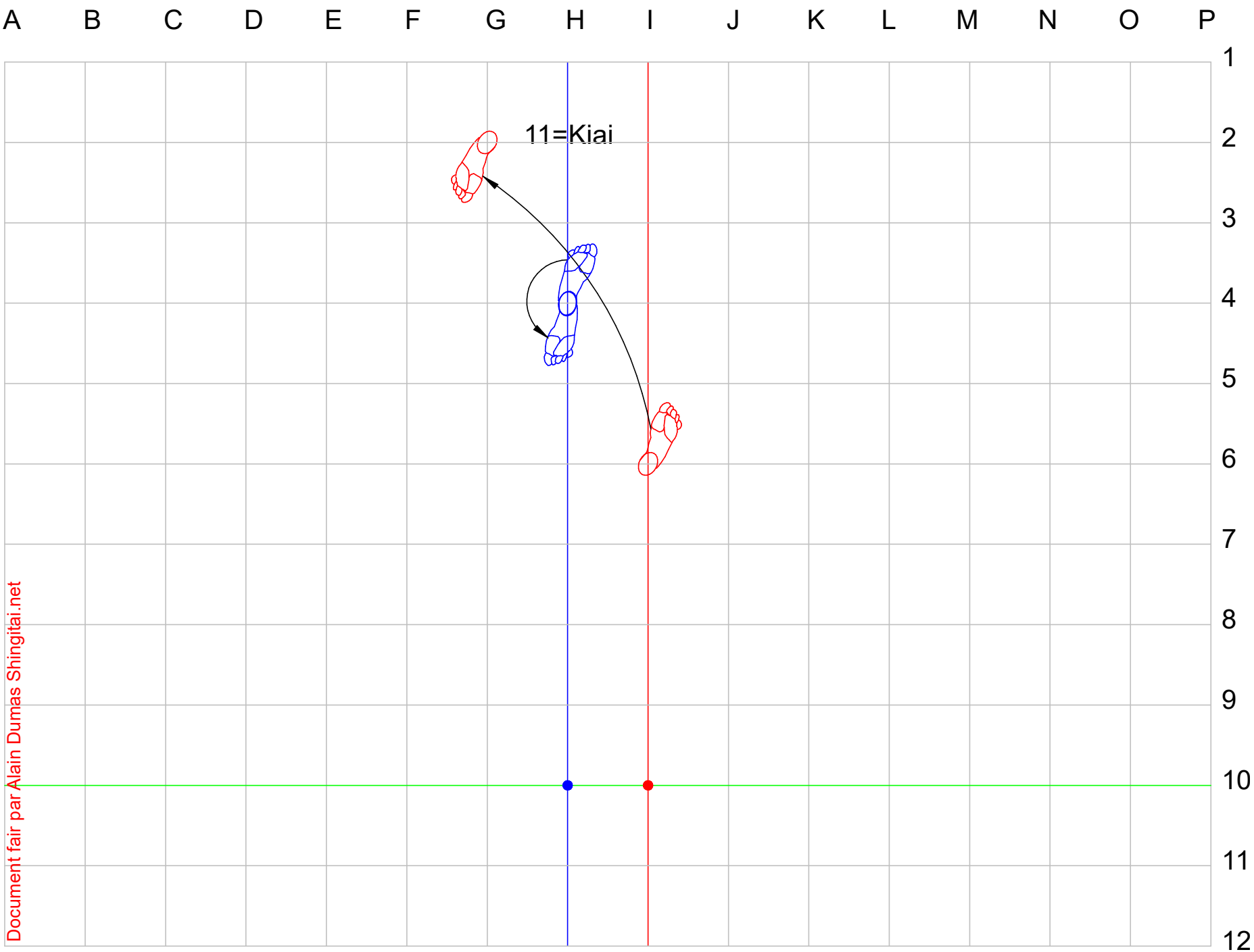
1c,2) Hangetsu-dachi



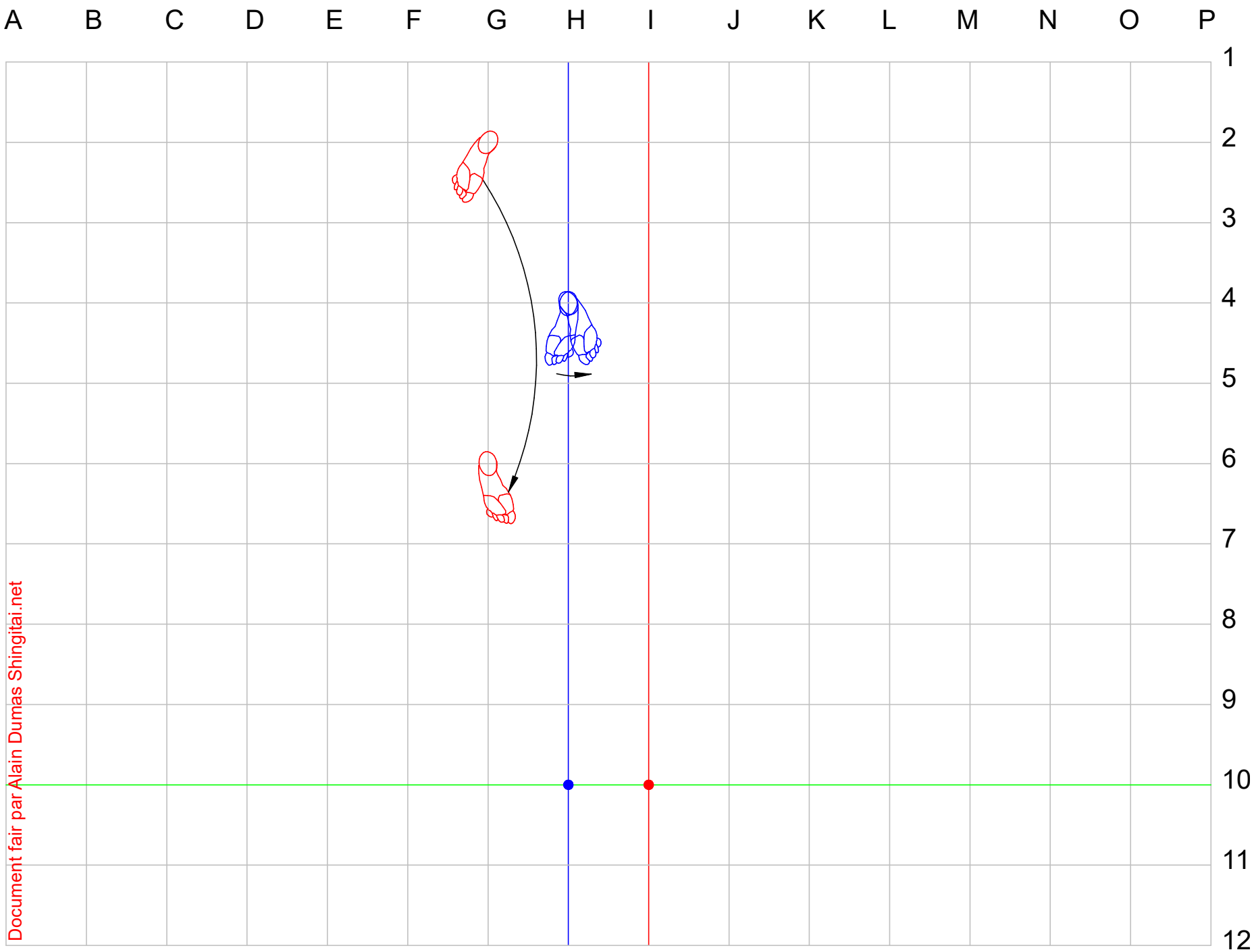
3,4) Hangetsu-dachi



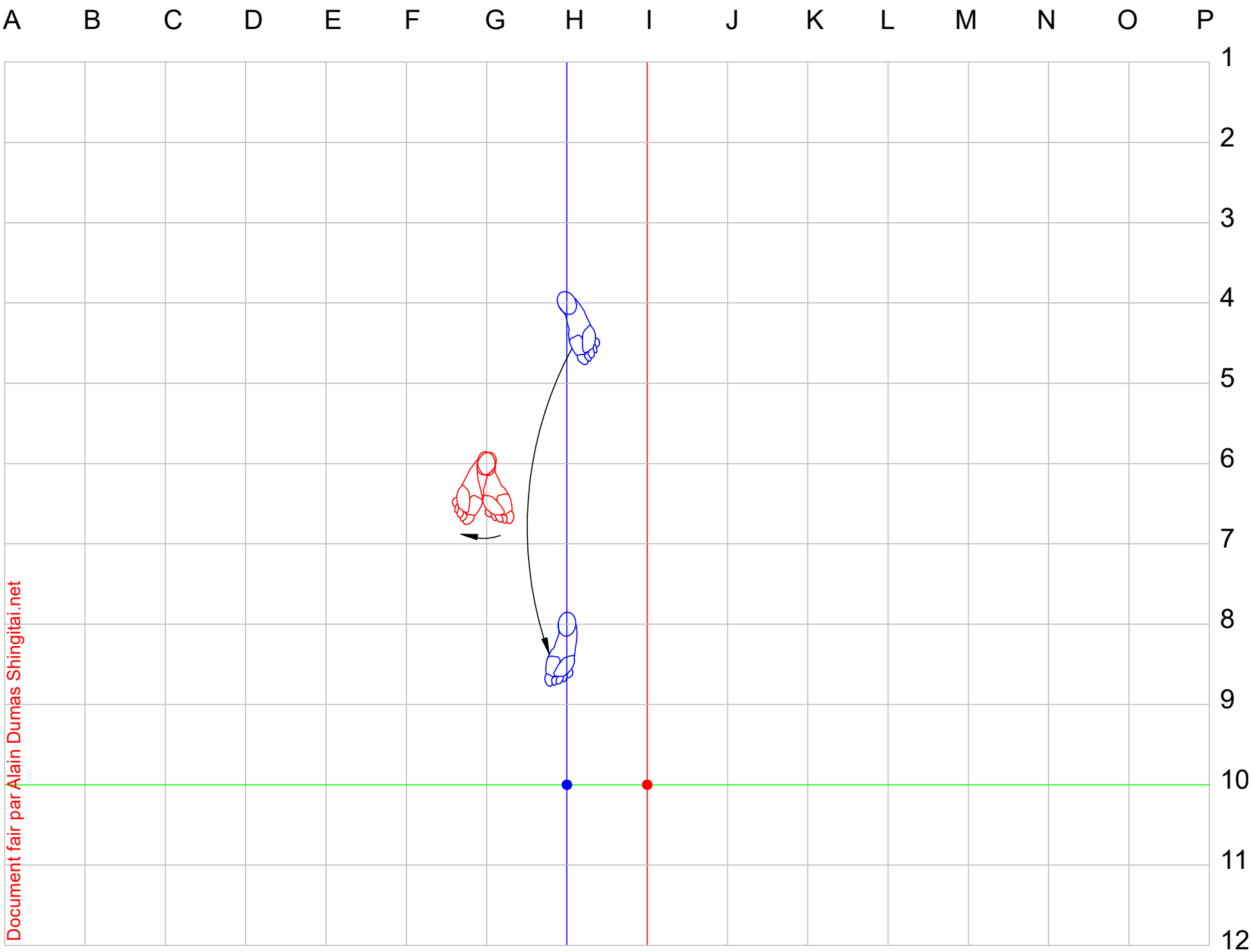
5...10) Hangetsu-dachi



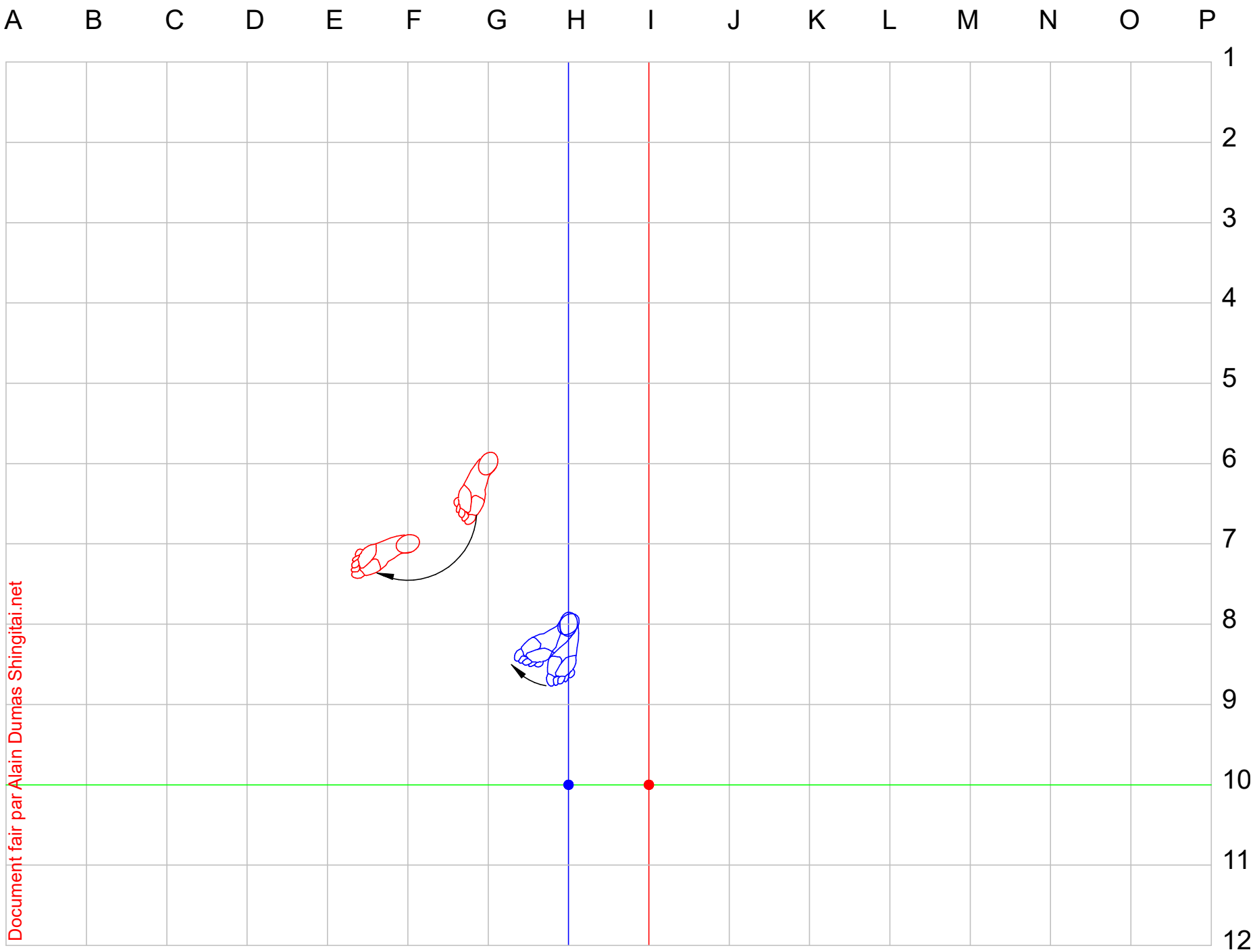
11,12) Hangetsu-dachi



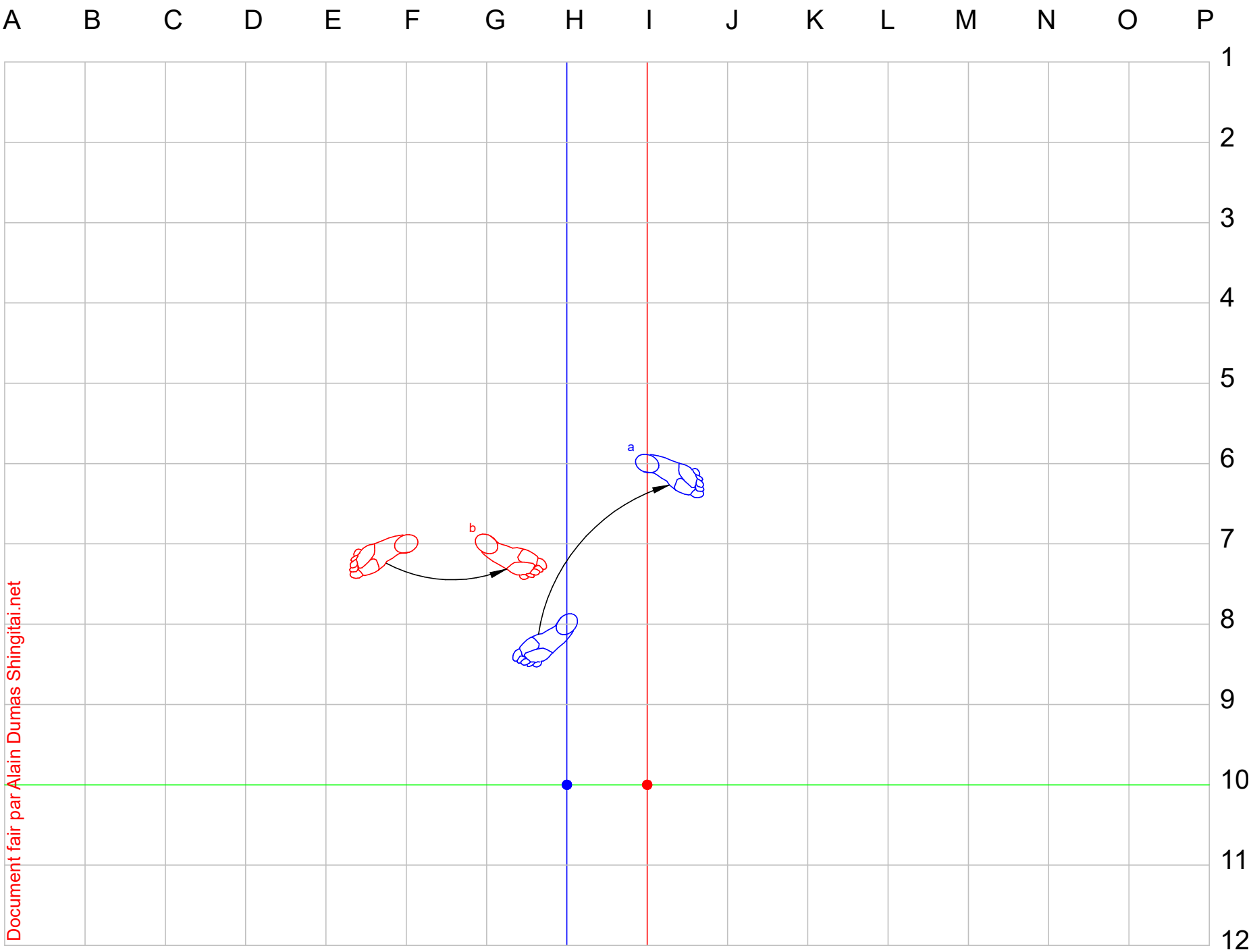
13,14) Hangetsu-dachi



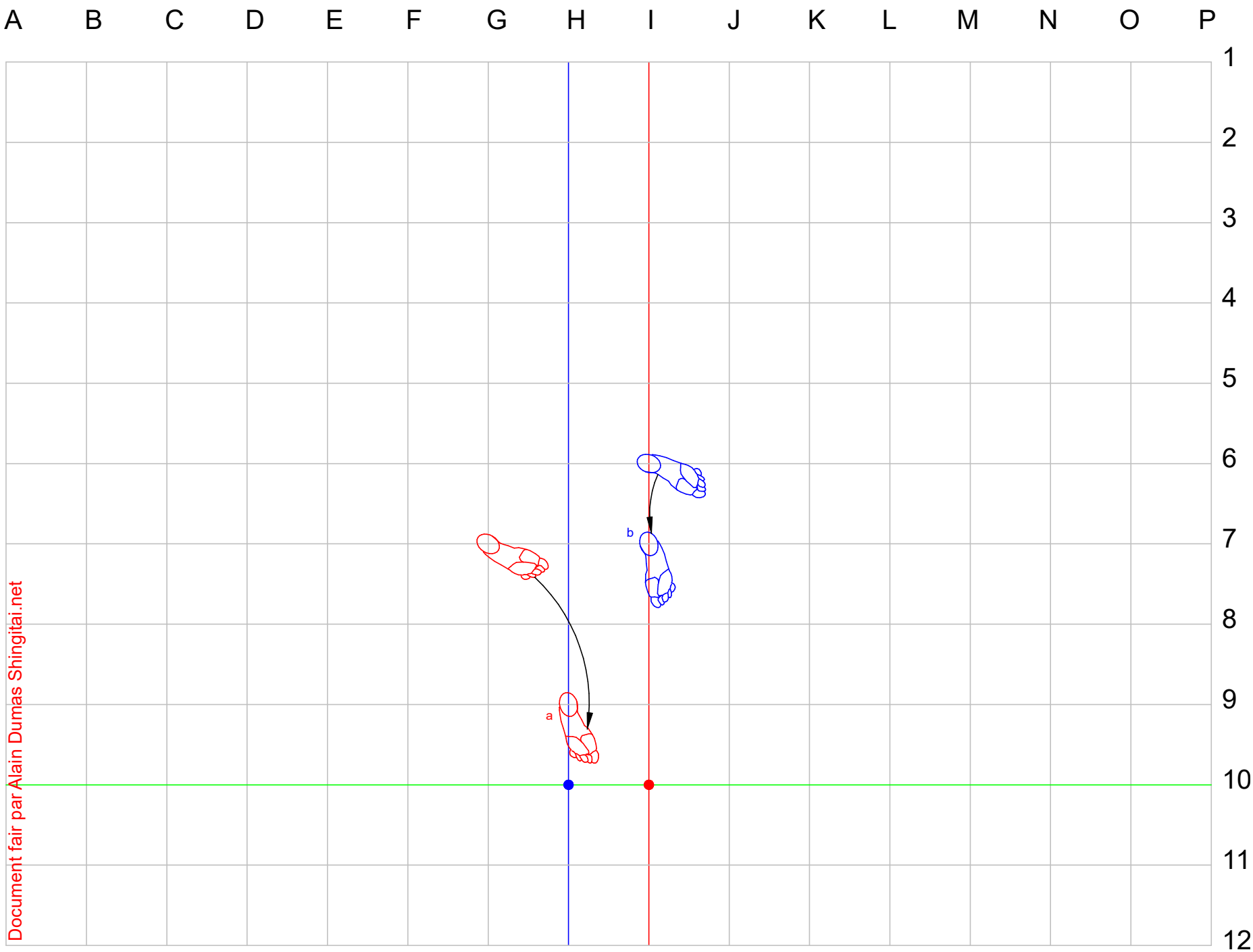
15,16) Hangetsu-dachi



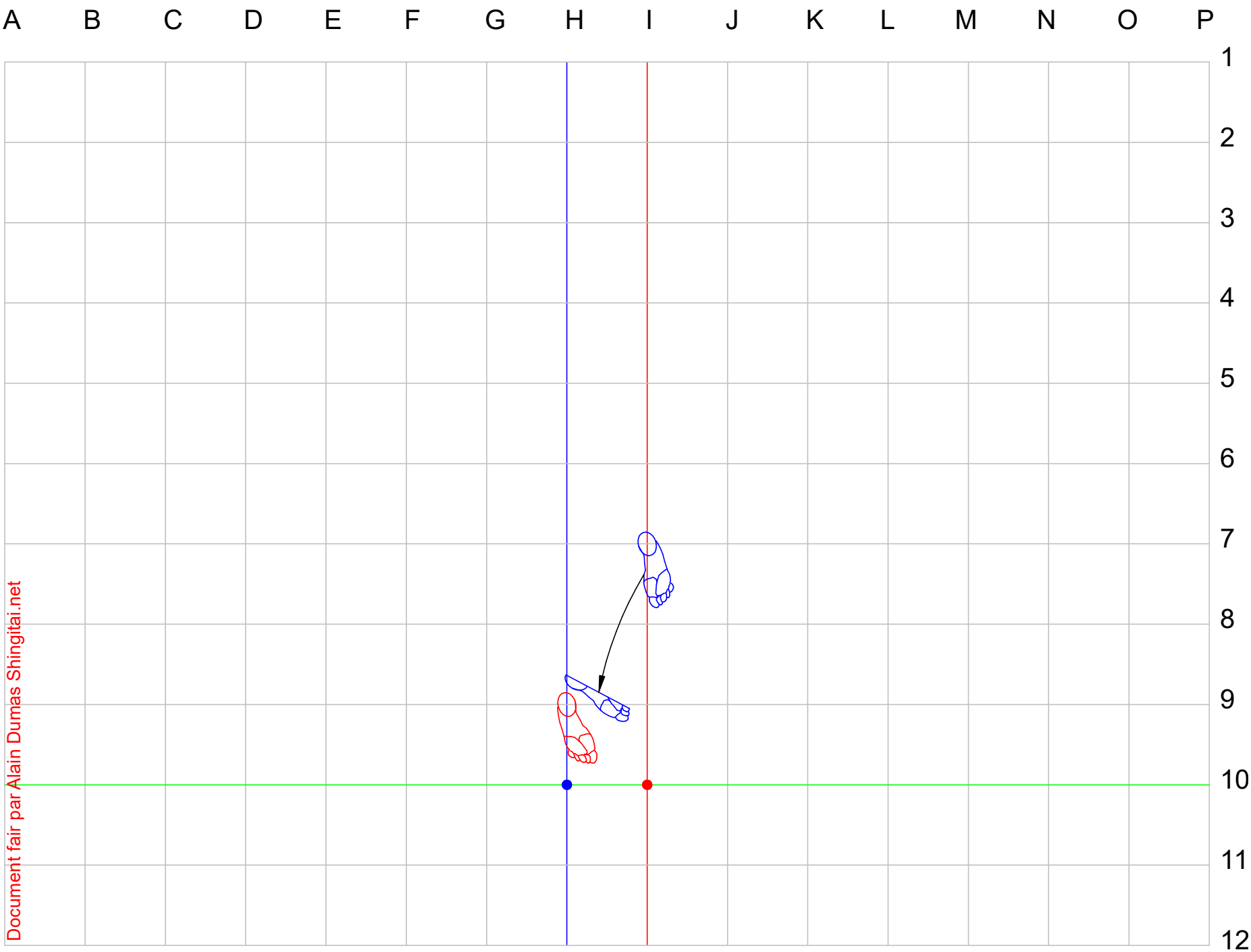
17...19) Hangetsu-dachi



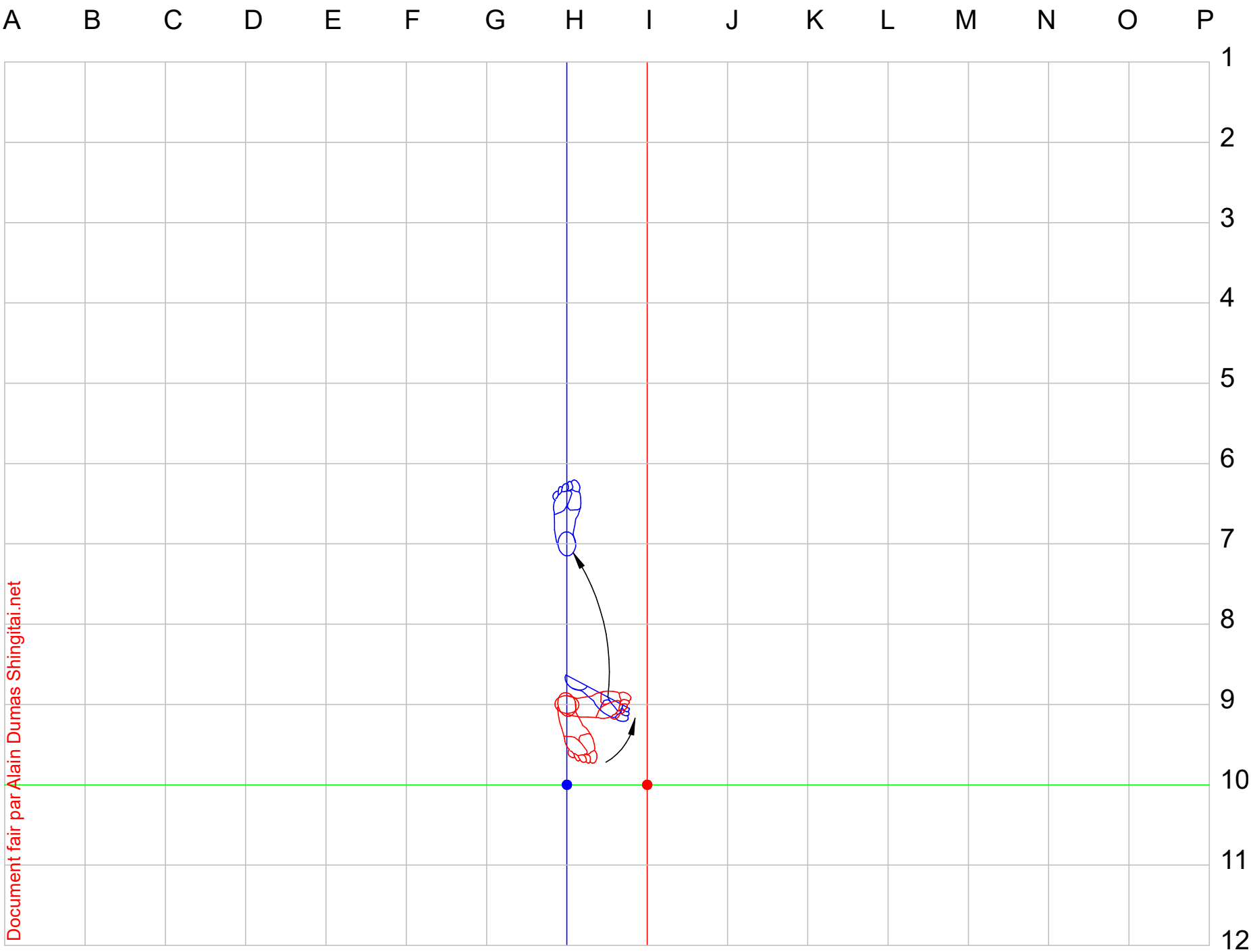
20a,20b...22) Hangetsu-dachi



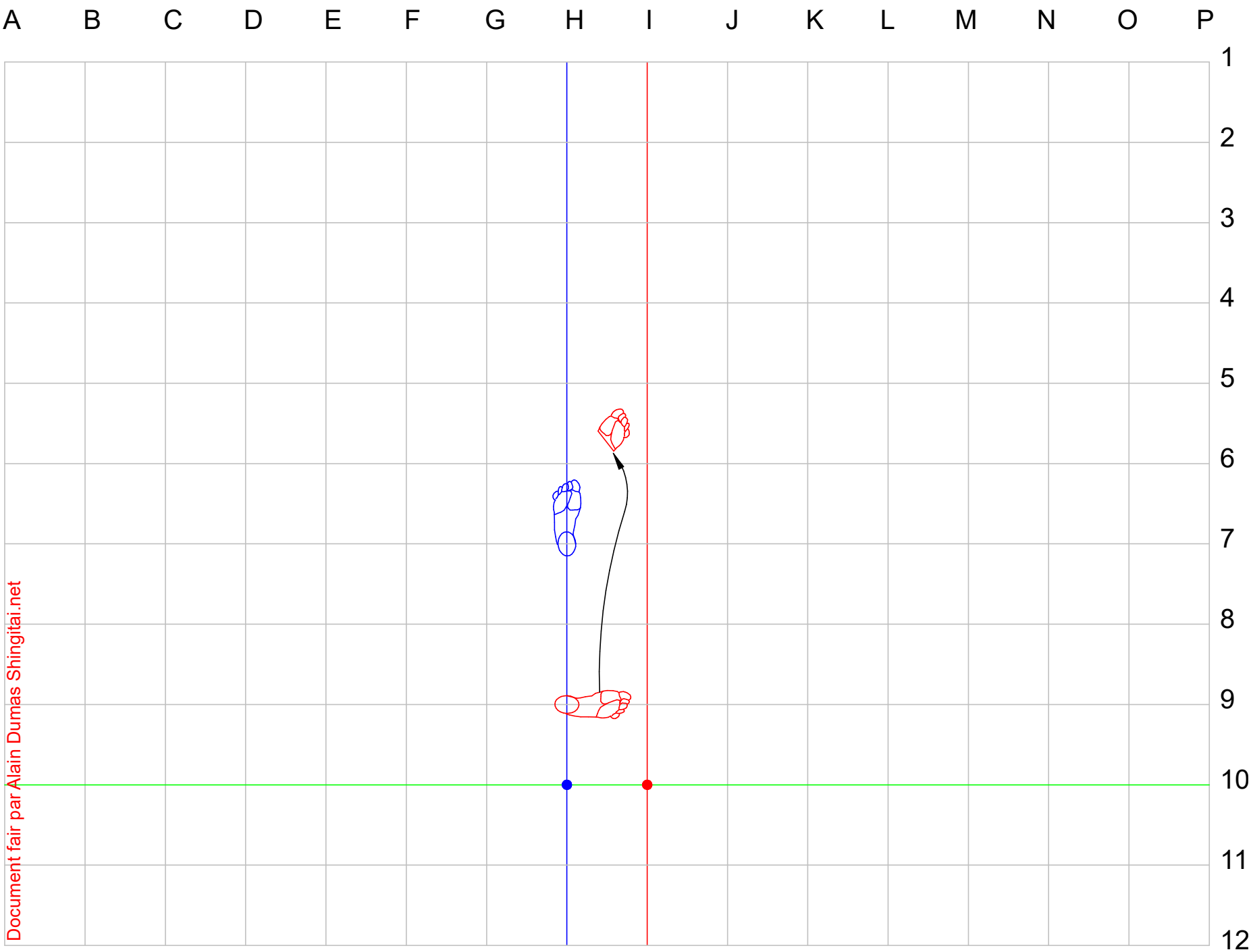
23a,23b...25) Hangetsu-dachi



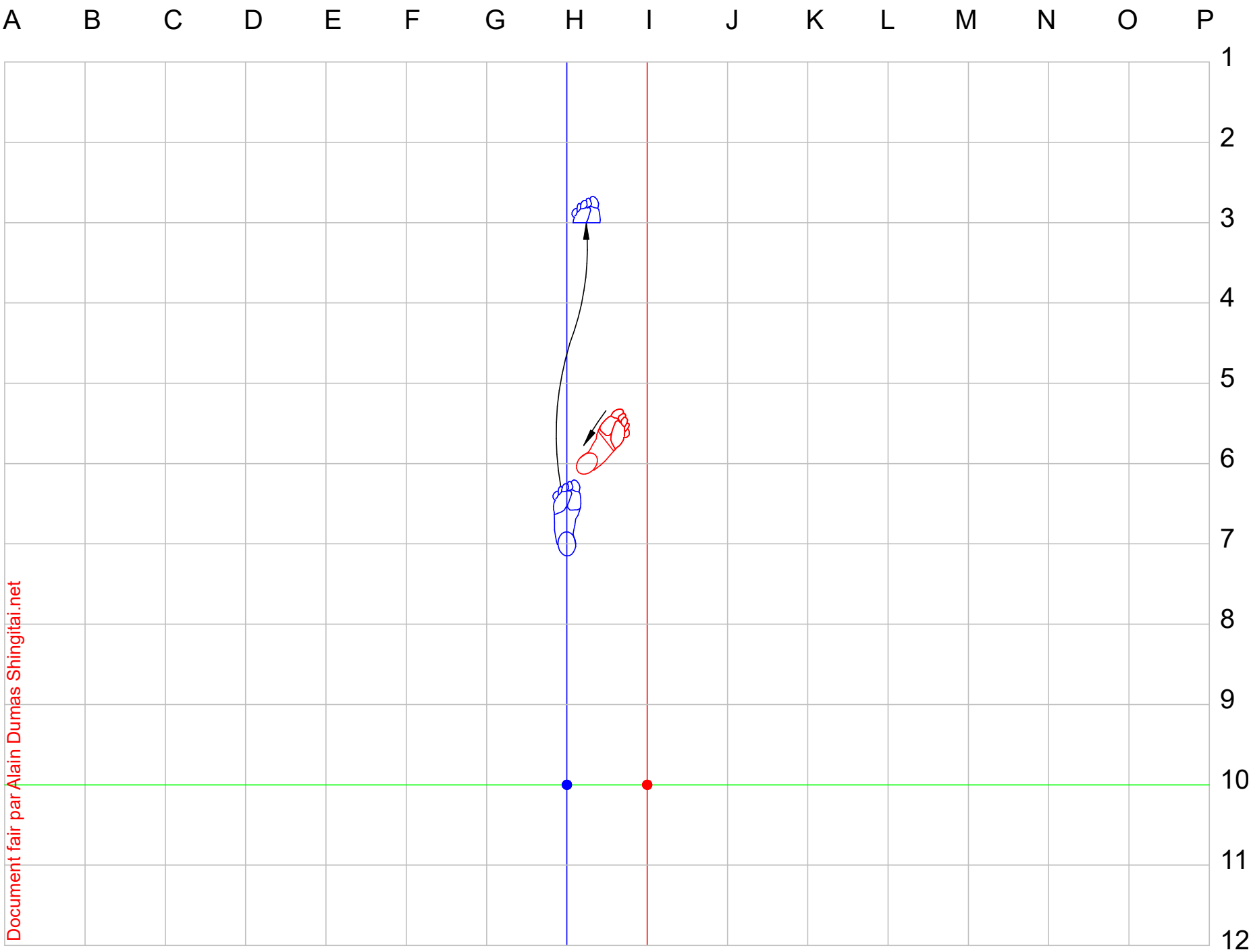
26a) Ashi-dachi



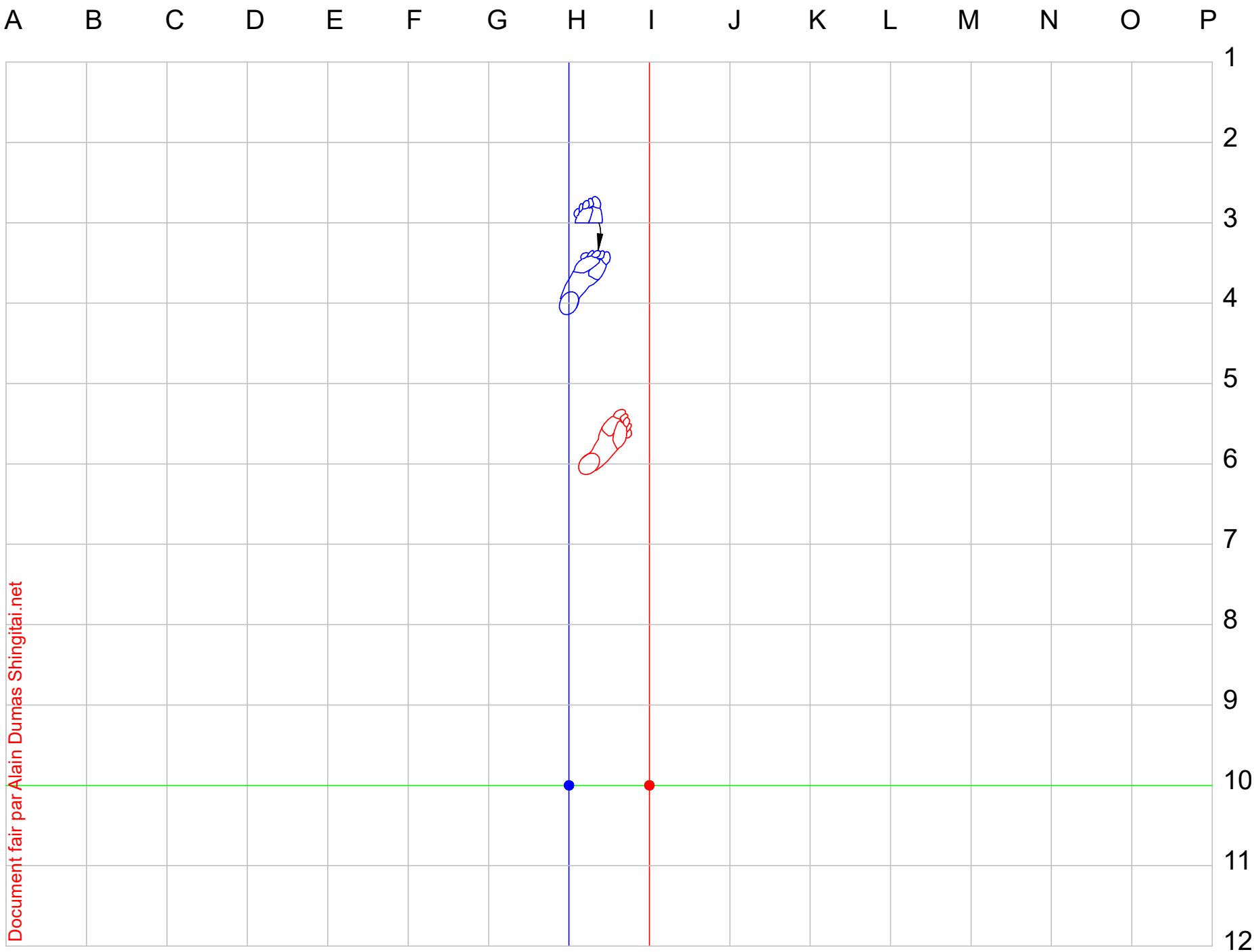
26b) Kokutsu-dachi



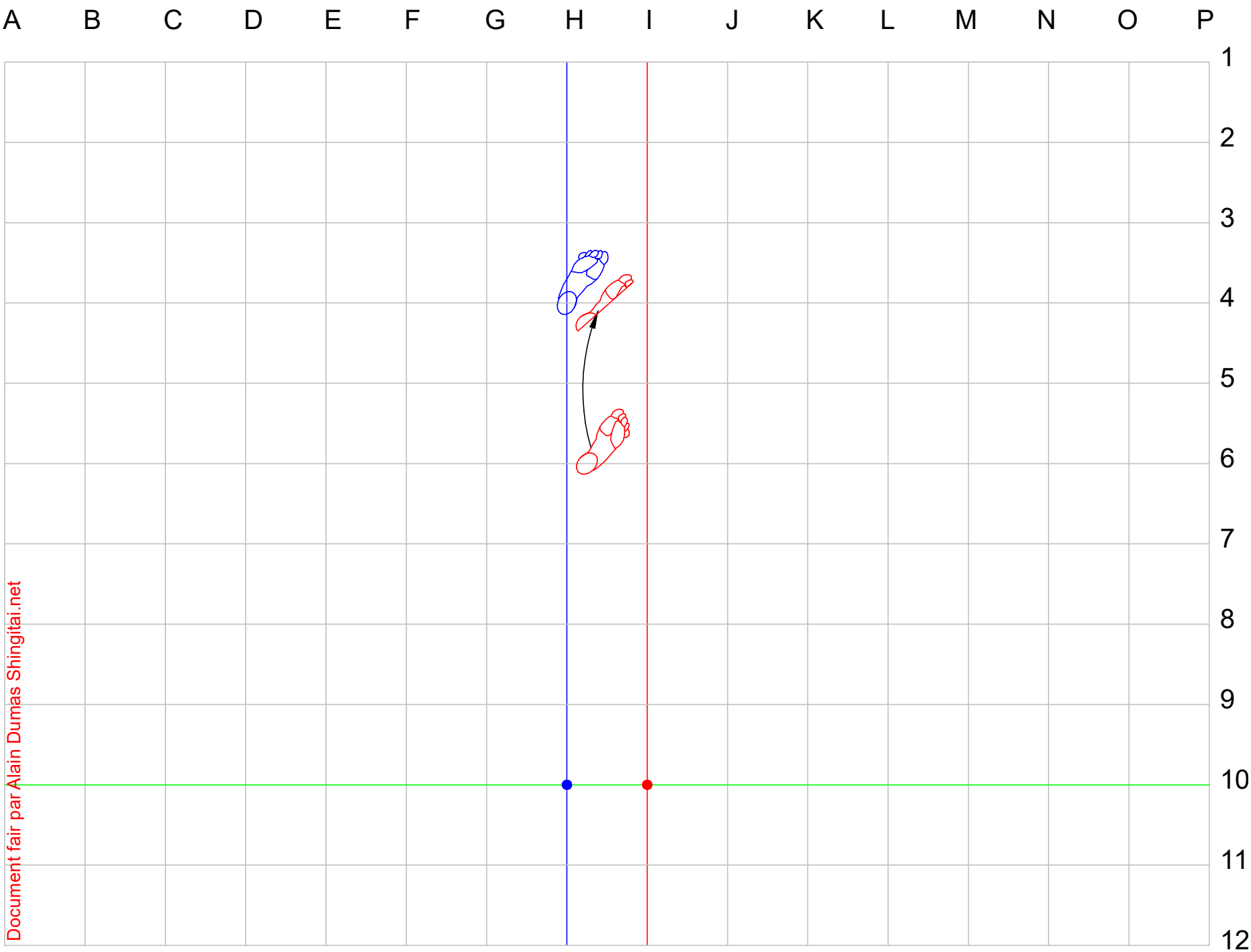
27) Sachi ashi



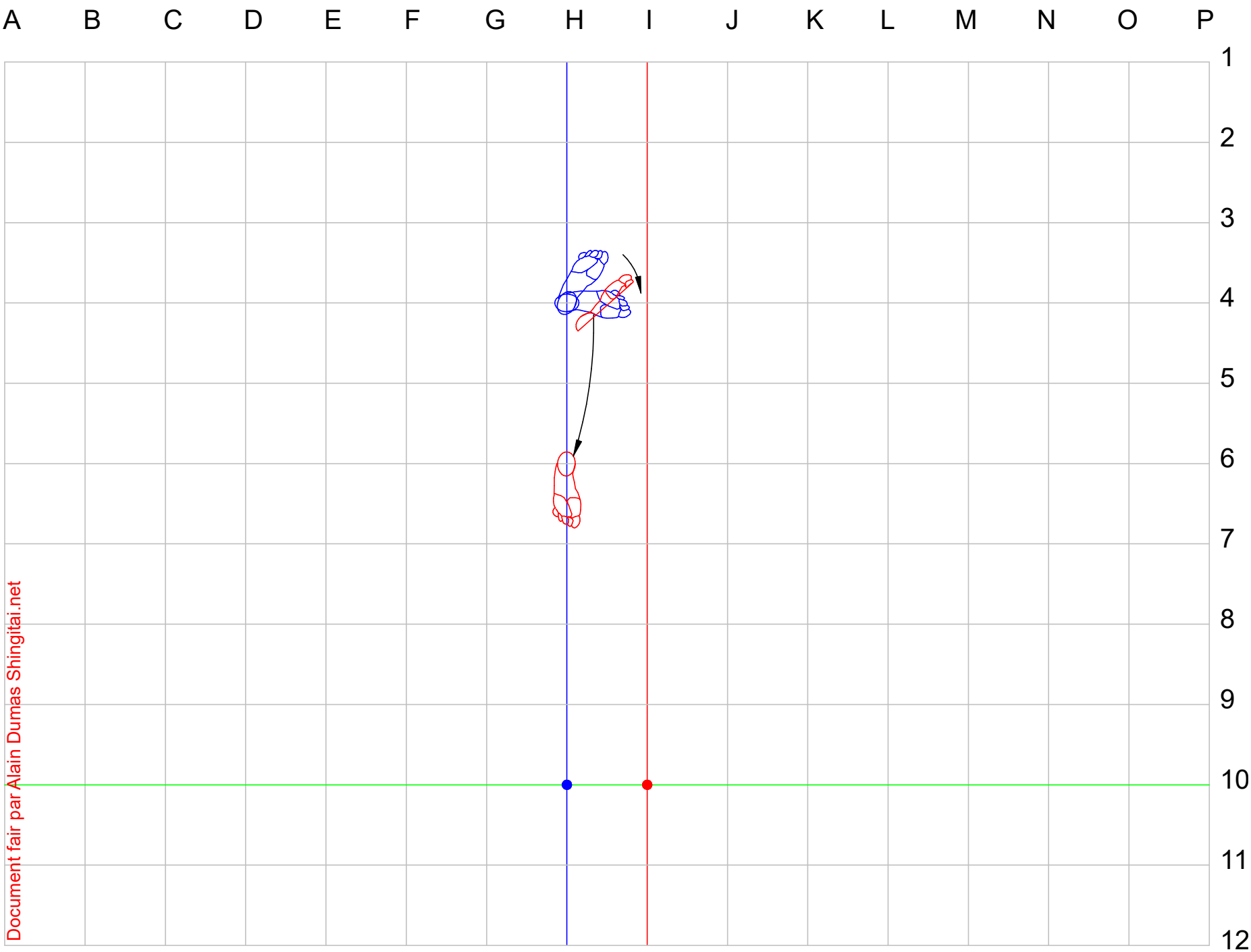
28) Ashi-dachi



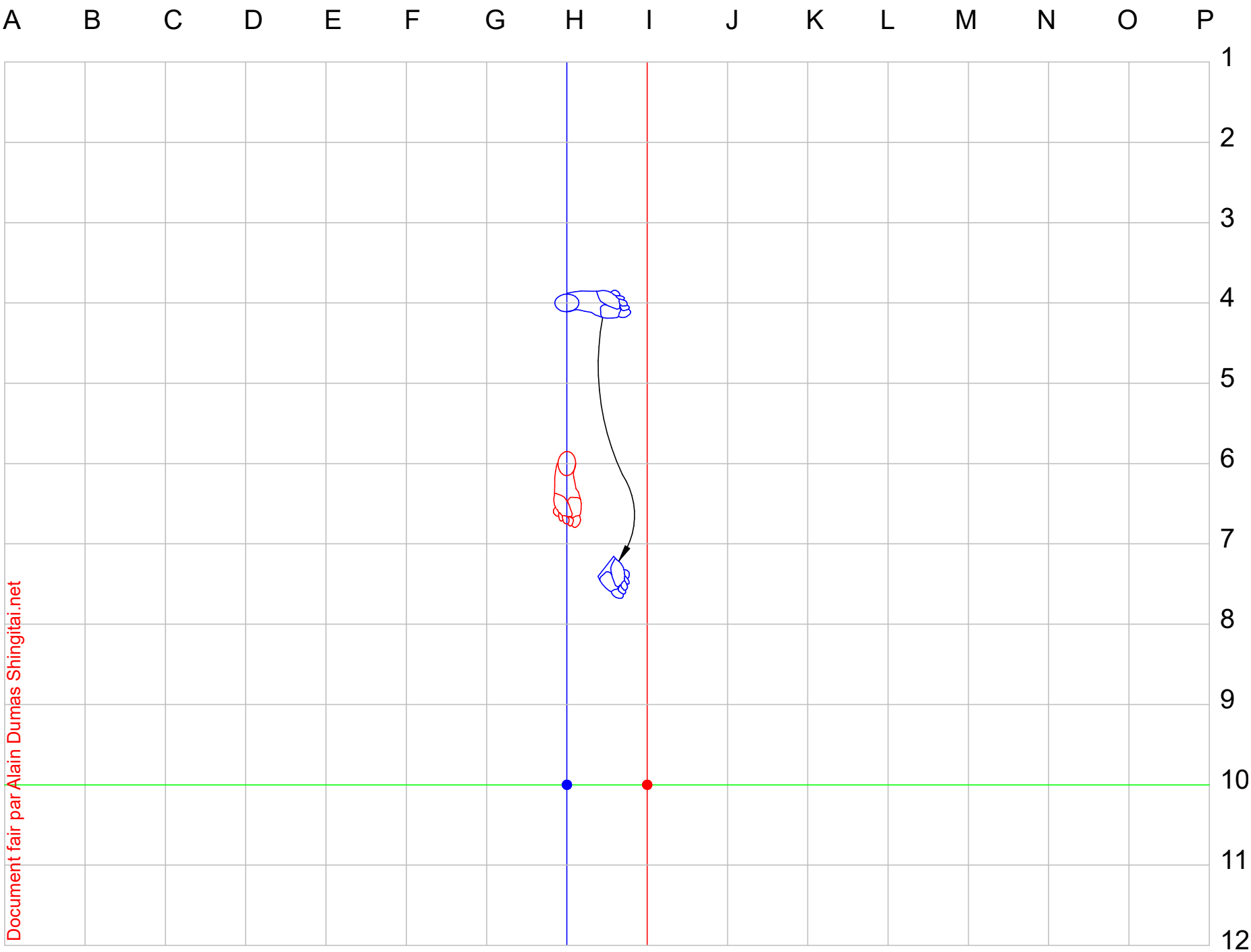
29...31) Hangetsu-dachi (hiza kussu)



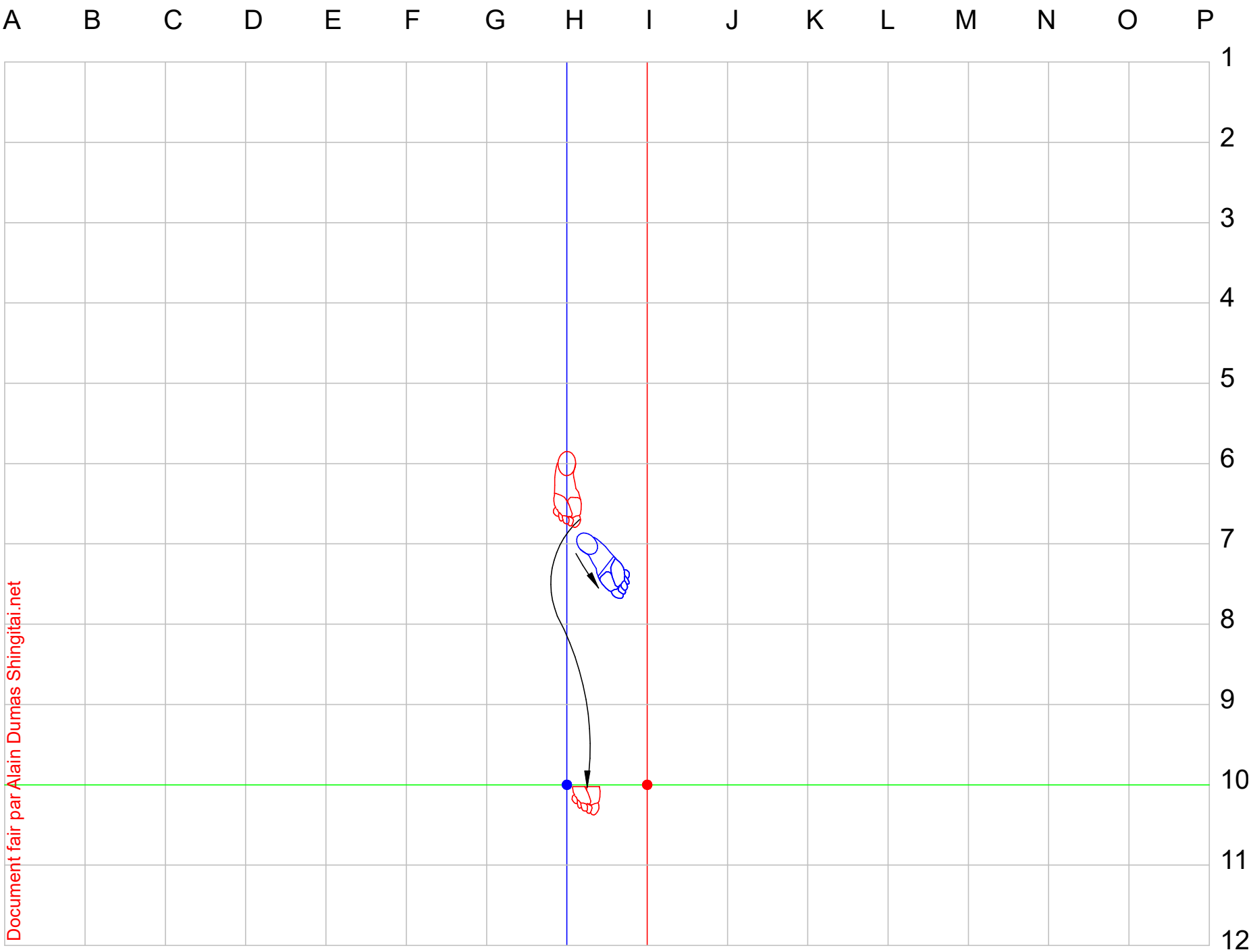
32a) Ashi-dachi



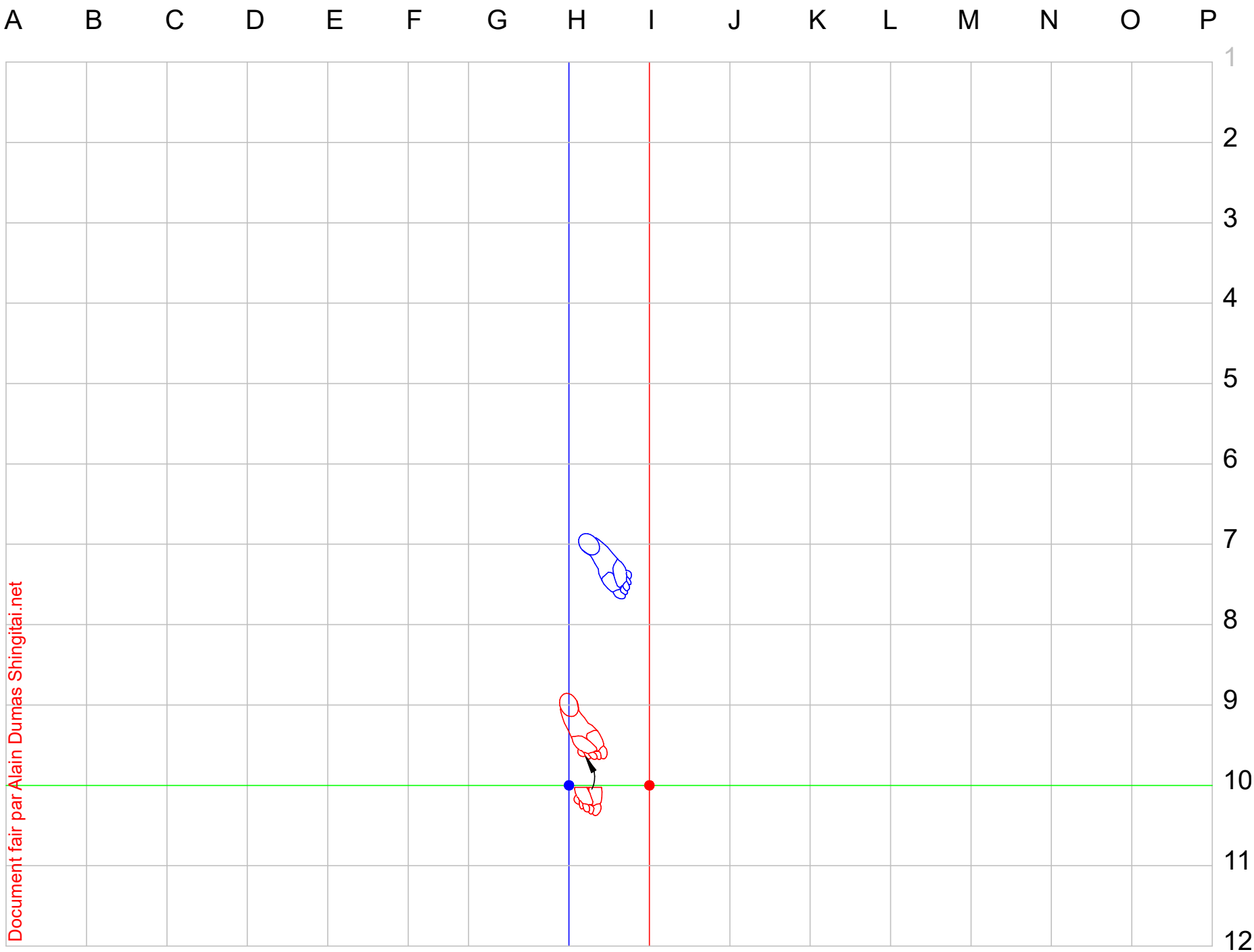
32b) Kokutsu-dachi



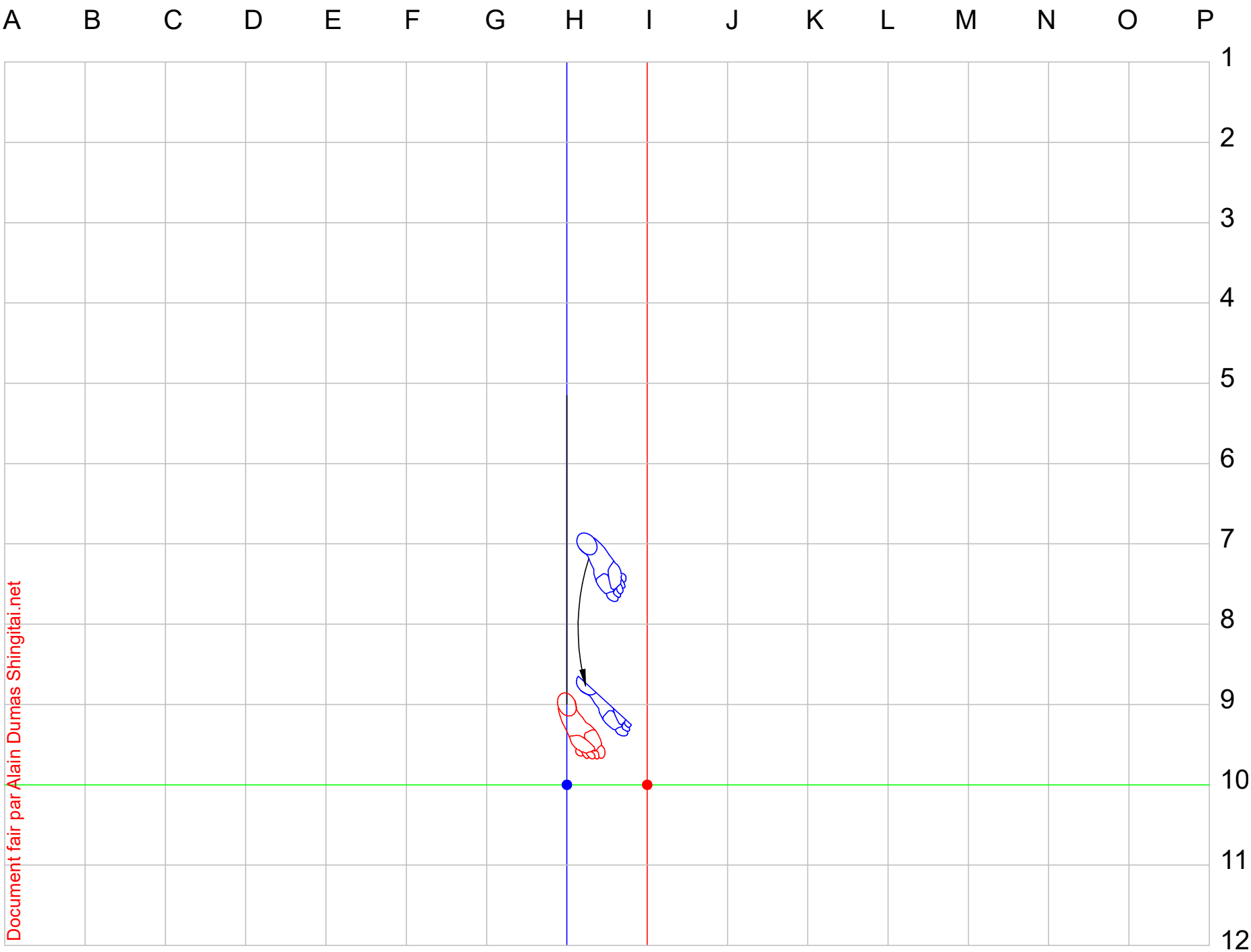
33) Sachi-ashi



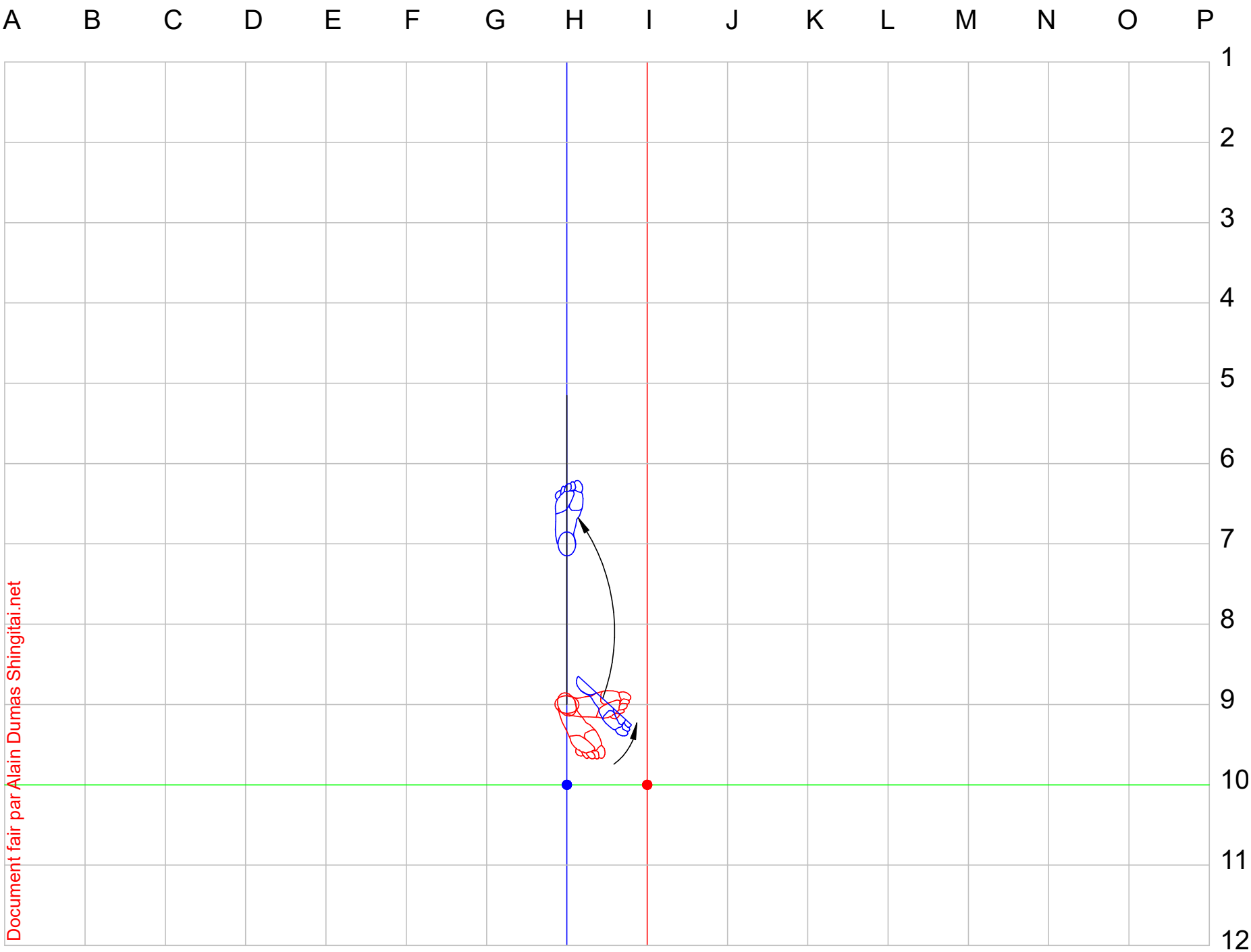
34) Ashi-dachi



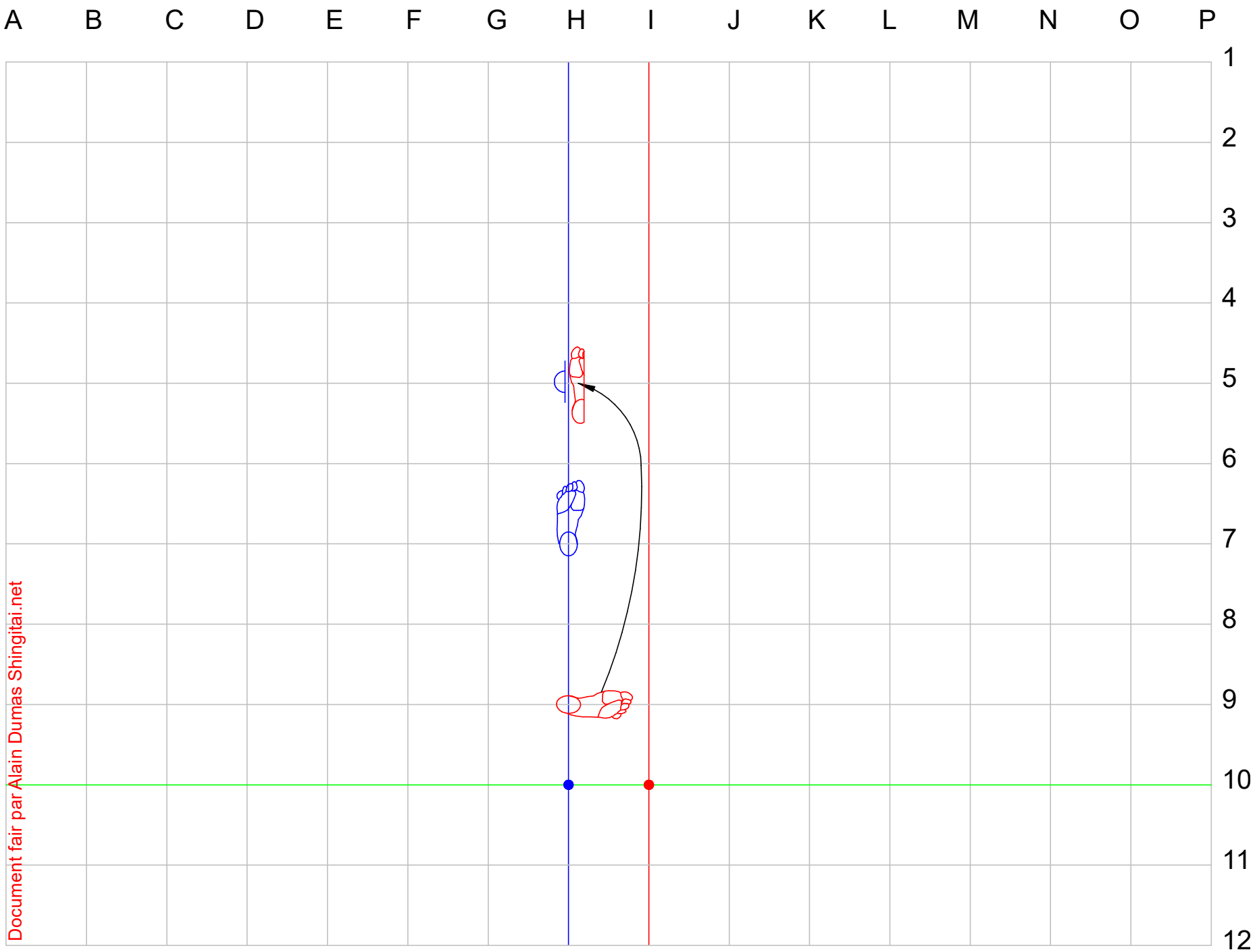
35...37) Hagetsu-dachi (hiza kussu)



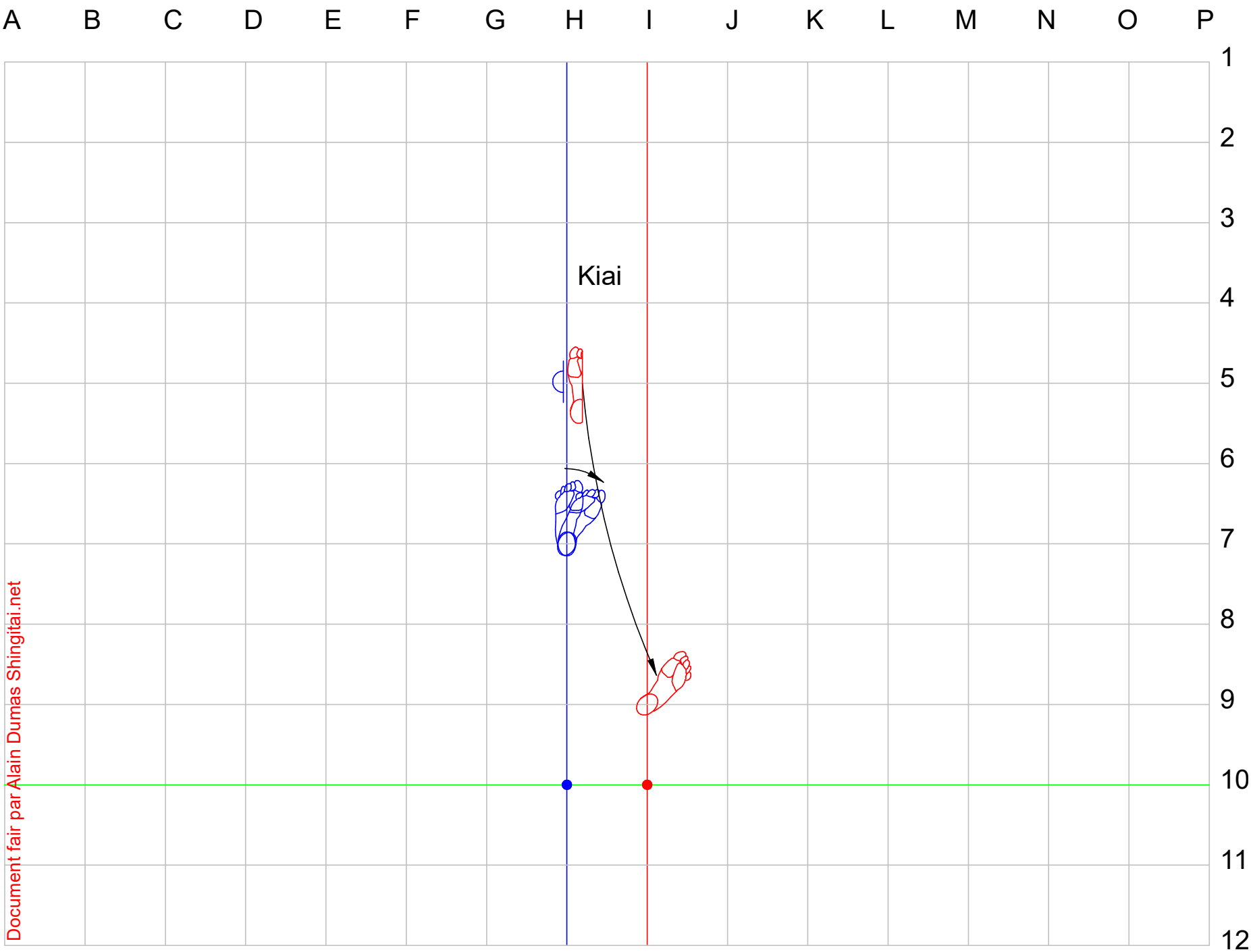
38a) Ashi-dachi



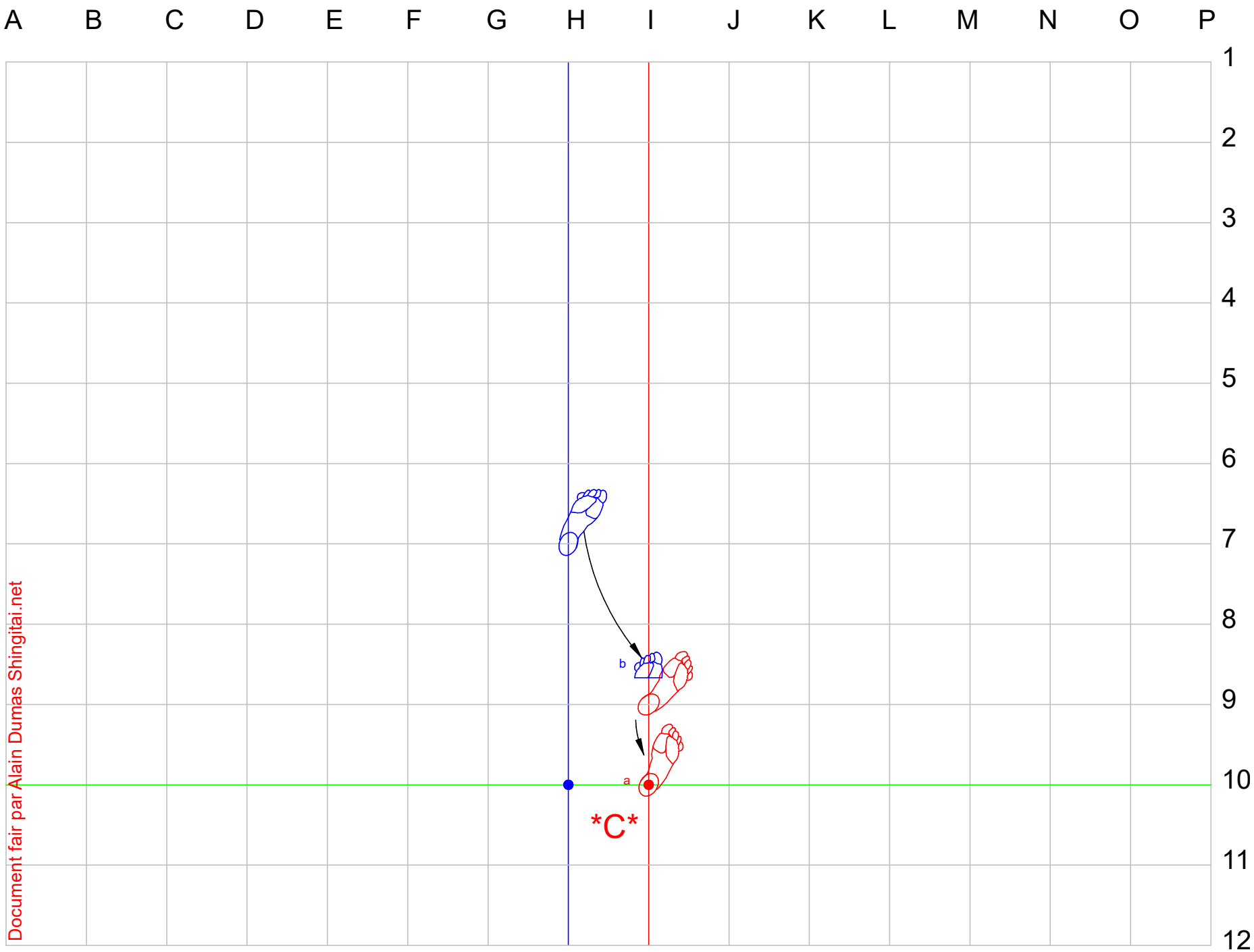
38b kokutsu-dachi



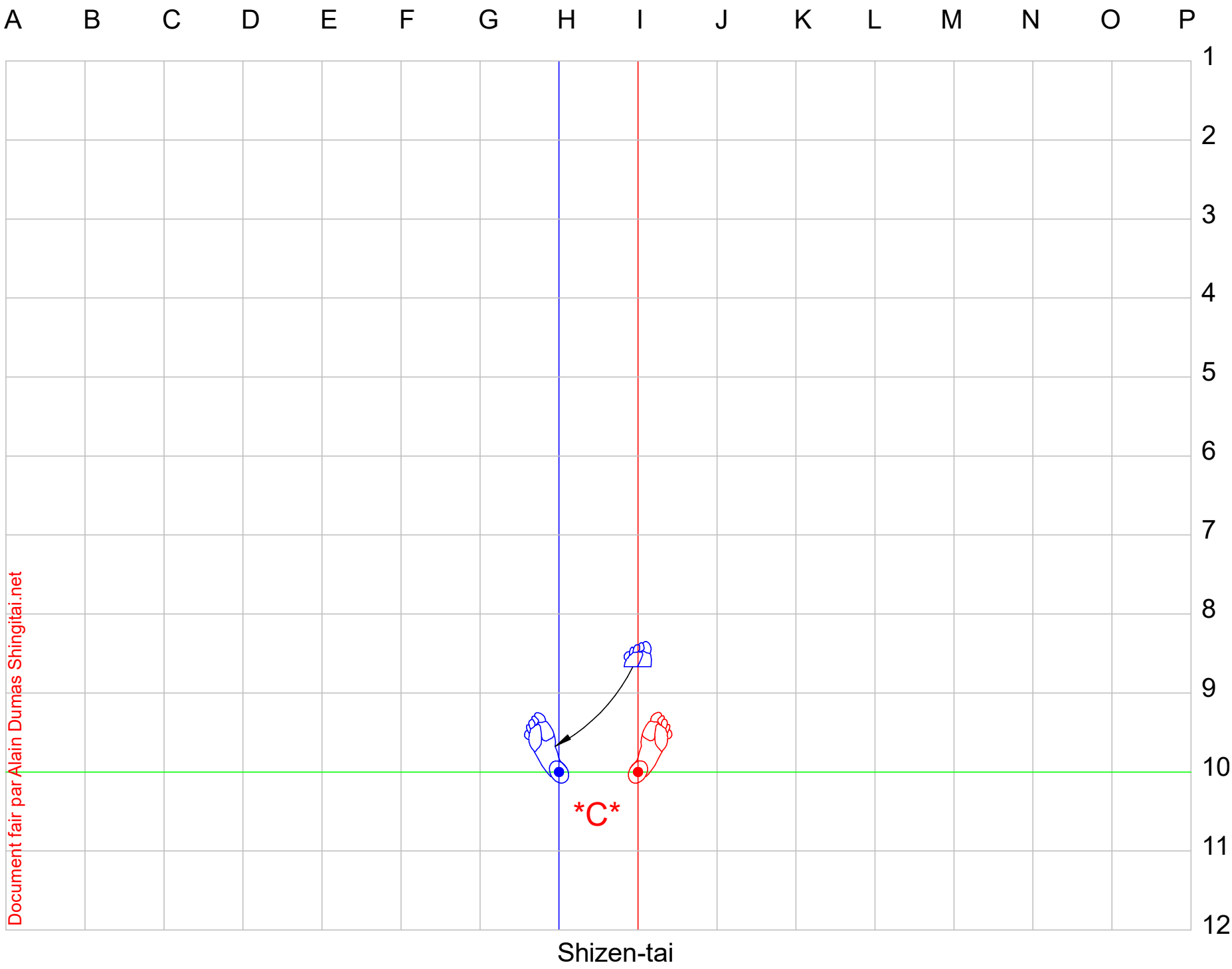
39) Ashi-dachi



40) Hangetsu-dachi



41a,41b) Neko-ashi-dachi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C
Shizen-tai
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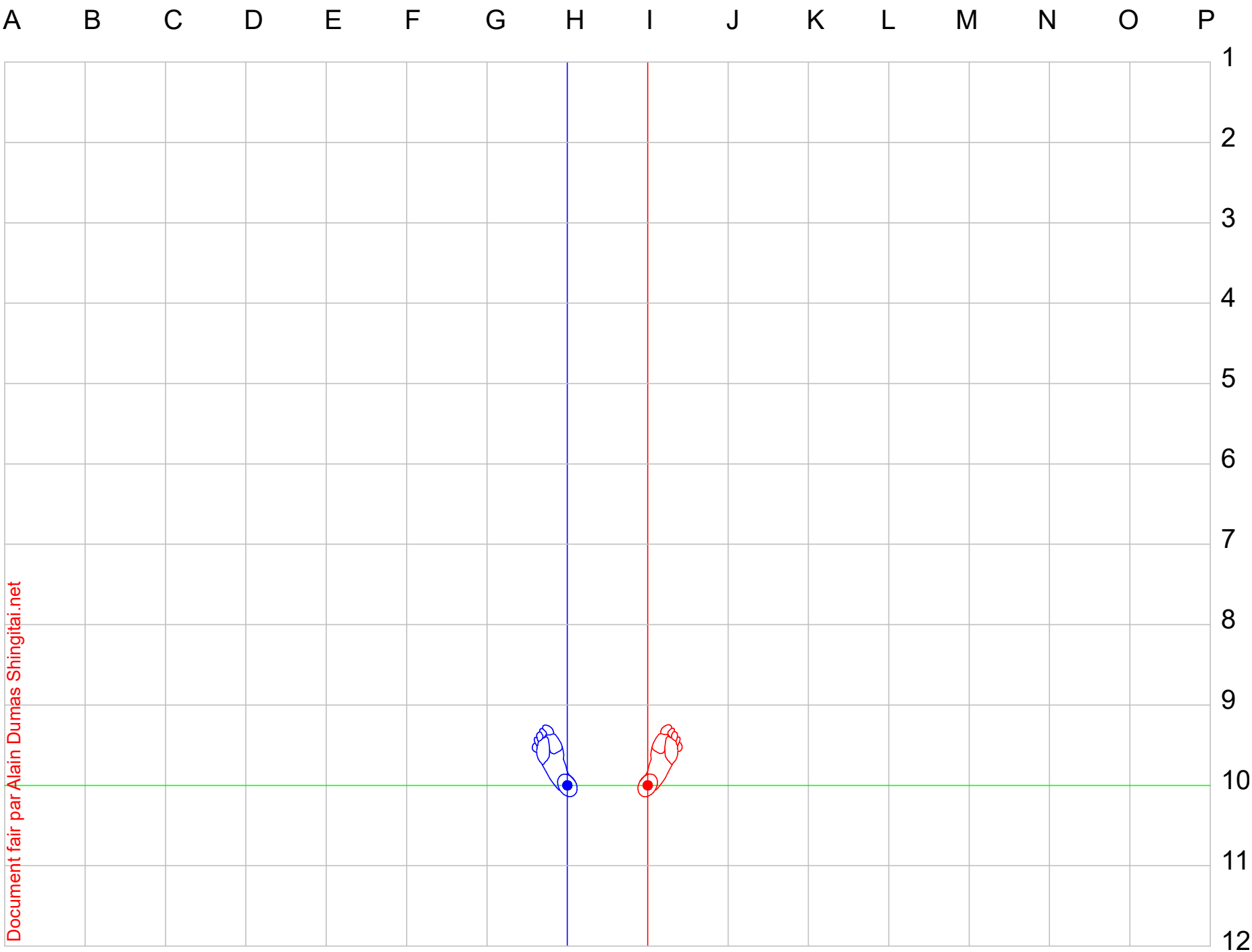
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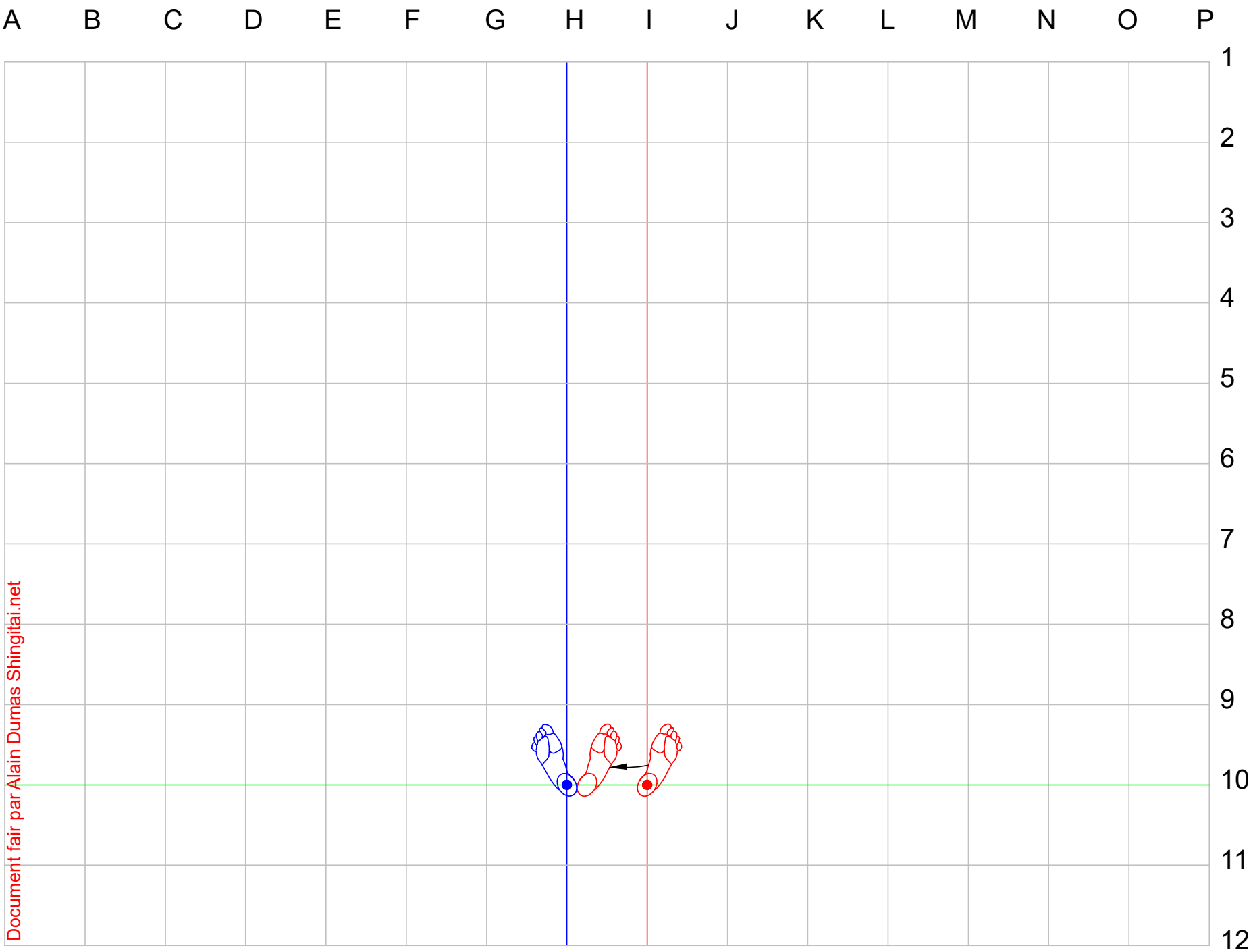
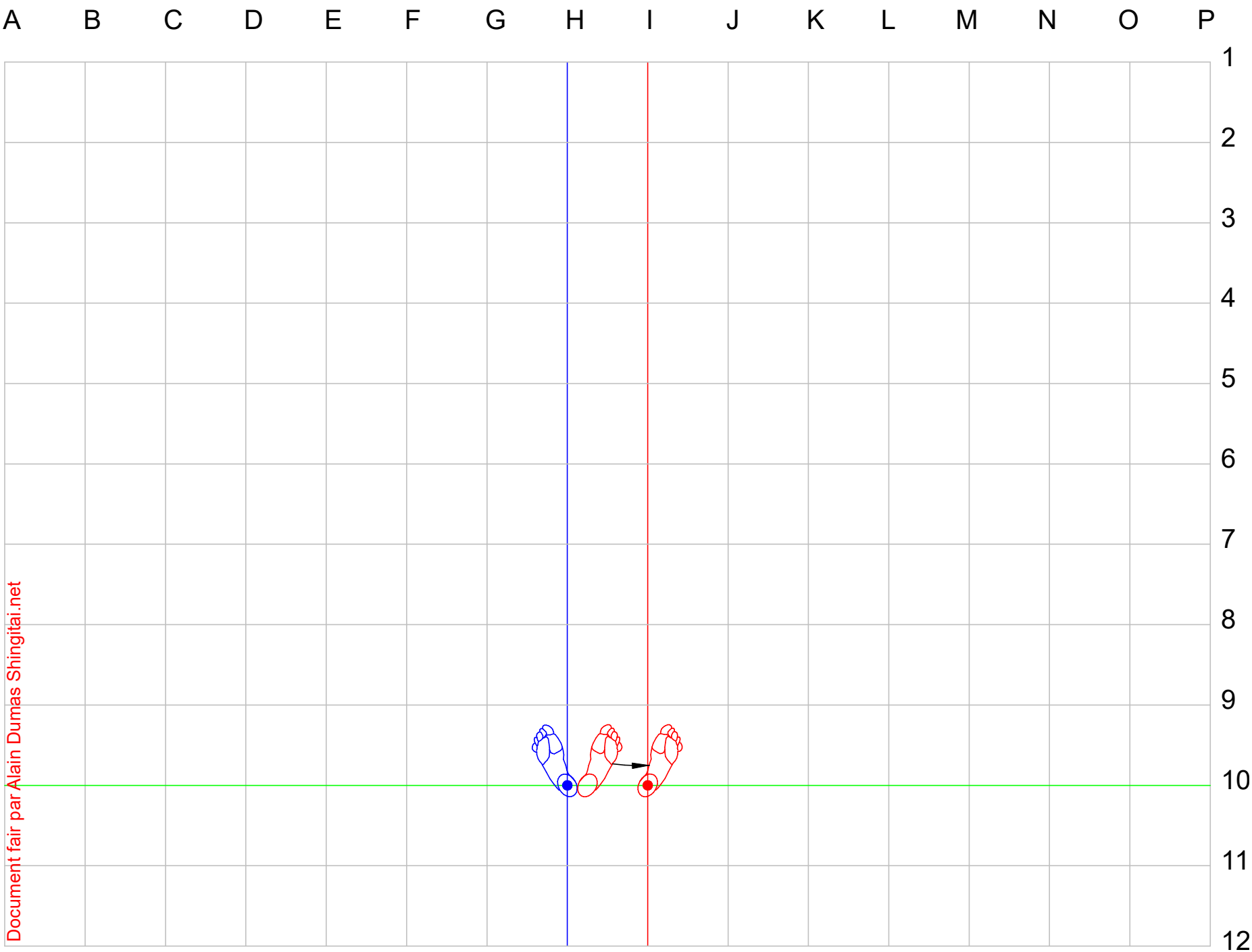


Musubi-dachi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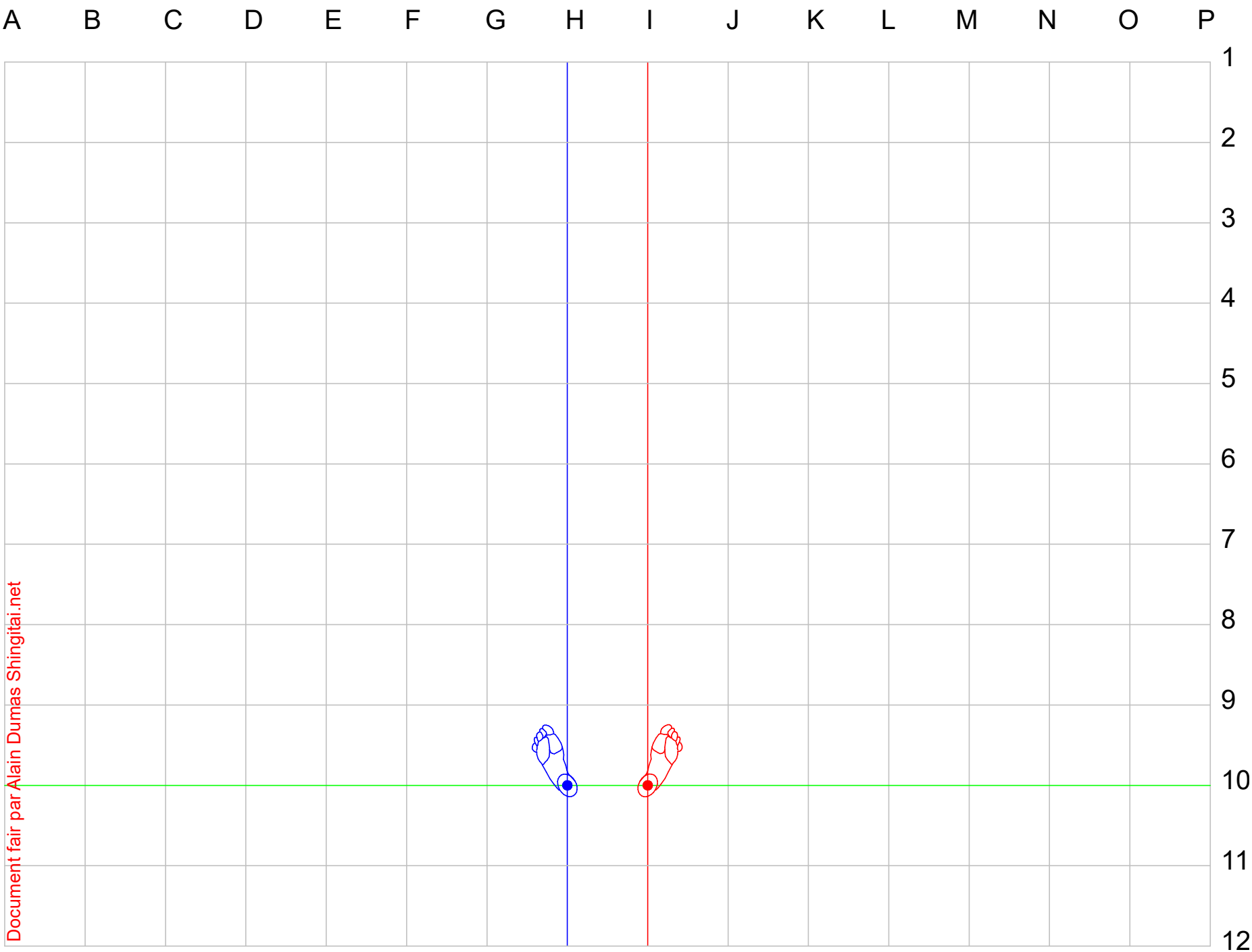
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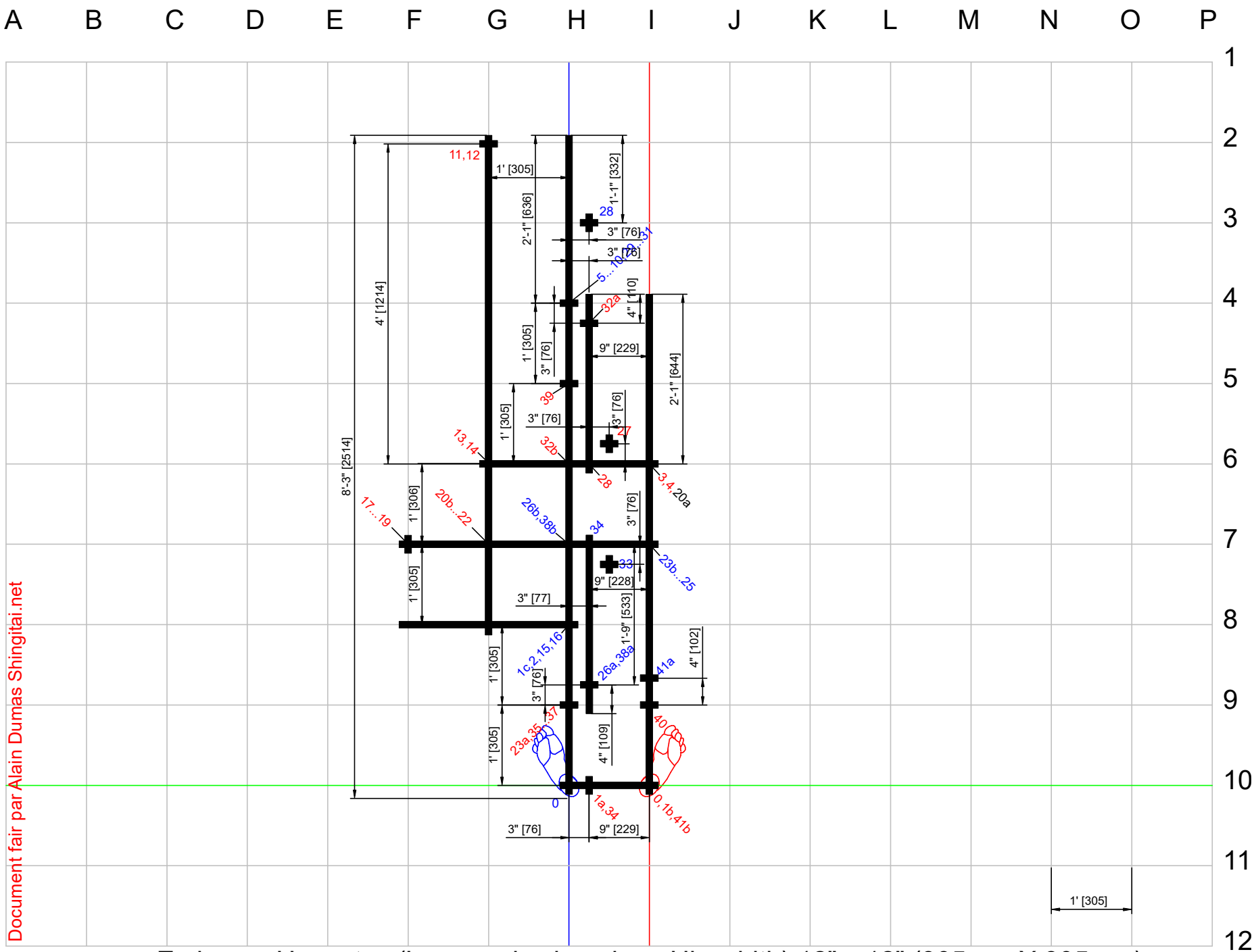

Embusen Hangetsu (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)

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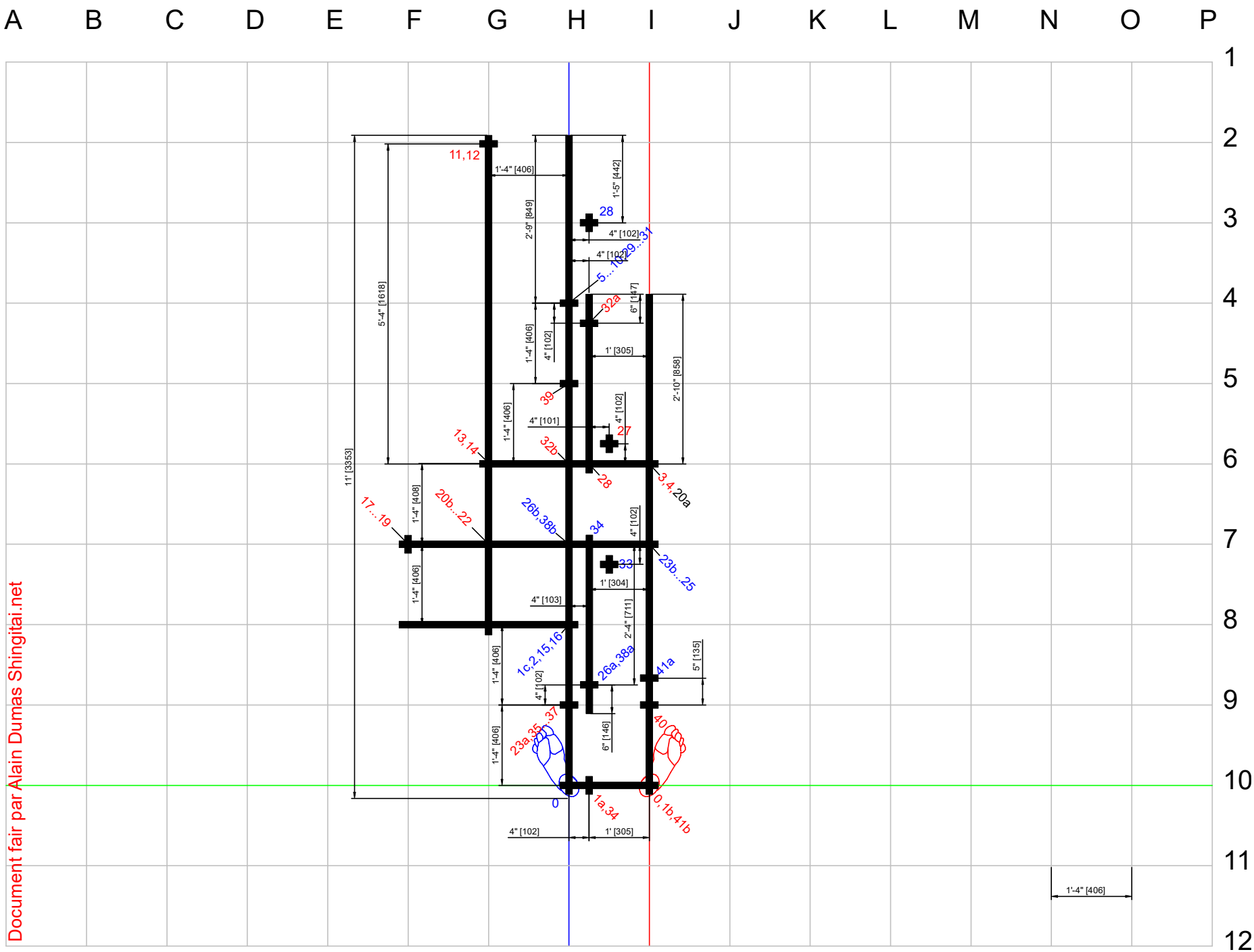

Embusen Hangetsu (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)