

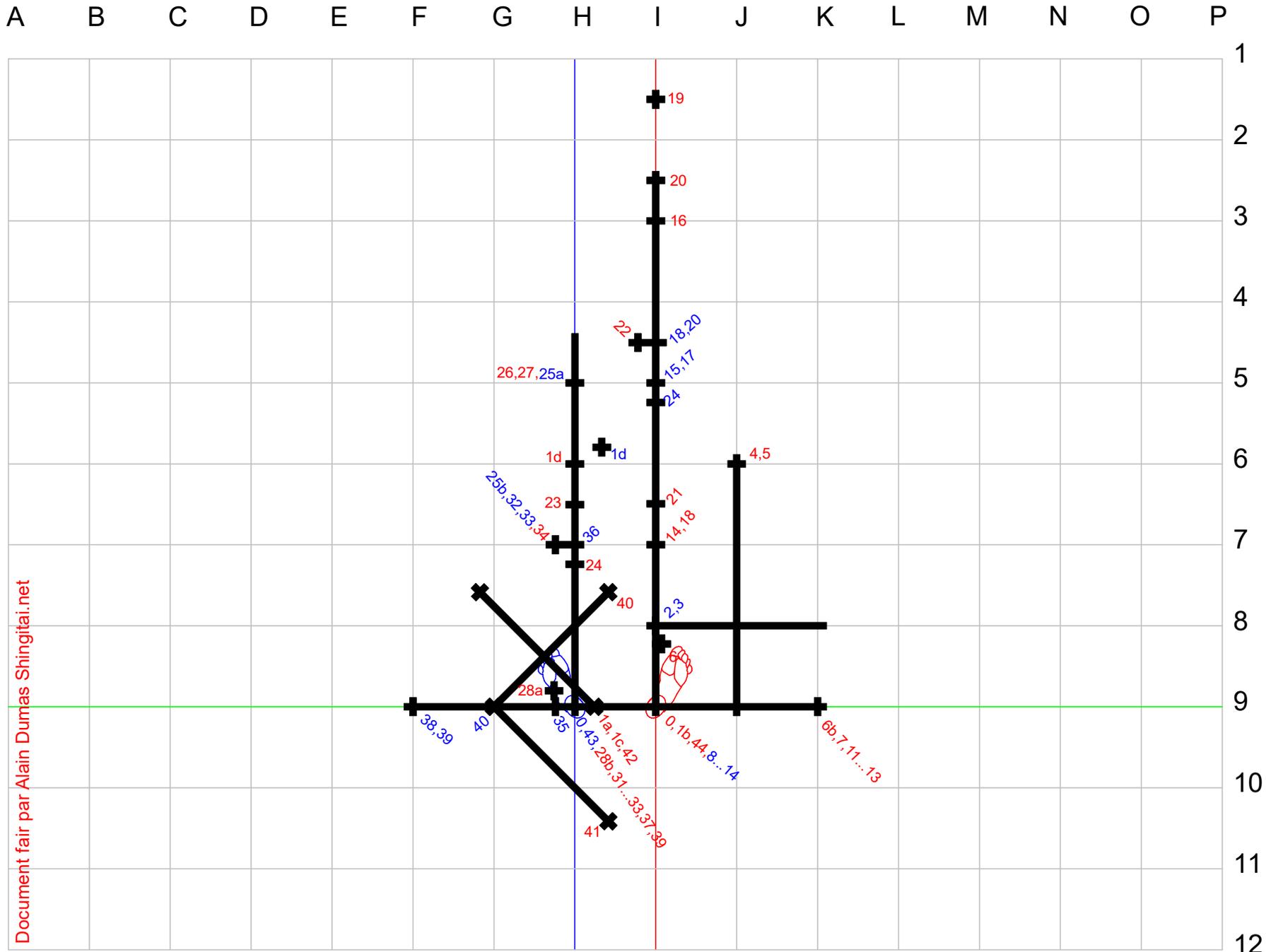
EMBUSEN BASSAI-DAI (PASSAI)

Best karate # 6

PÉNÉTRER LA FORTRESSE				TO PENETRATE A FORTRESSE			
Origine : Okinawa, date de création : 14 ^e siècle, auteur : maître Itosu				Origin : Okinawa, date created: 14 th century, author : master Itosu			
Bas : combattre avec stratégie dans l'intention déterminée de gagner, Sai : territoire de l'adversaire, Dai : grand, plus éloigné.				Bas : fight with strategy and with the intention to win, Sai : territory of the opponent, Dai : 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> <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>				<p style="text-align: center;"><u>Important points:</u></p> <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>			
<p style="text-align: center;"><u>Note:</u></p> <p>Dans ce kata on retrouve des thèmes : 1^{re} partie gyaku-hamni, 2^e 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>				<p style="text-align: center;"><u>Note:</u></p> <p>Different themes are found in this kata: 1st part gyaku-hamni, 2nd 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.</p>			
<p><u>Points de convergence *C*</u> (où on repasse par le même point)</p>				<p><u>Points of convergence *C*</u> (where one passes at the same point)</p>			
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	Stats, (right foot on 28b/31,37), end.	● I-9	Start, (left foot on 8/10), end.

Par Alain Dumas 7^e dan, IKD 2025-03-04

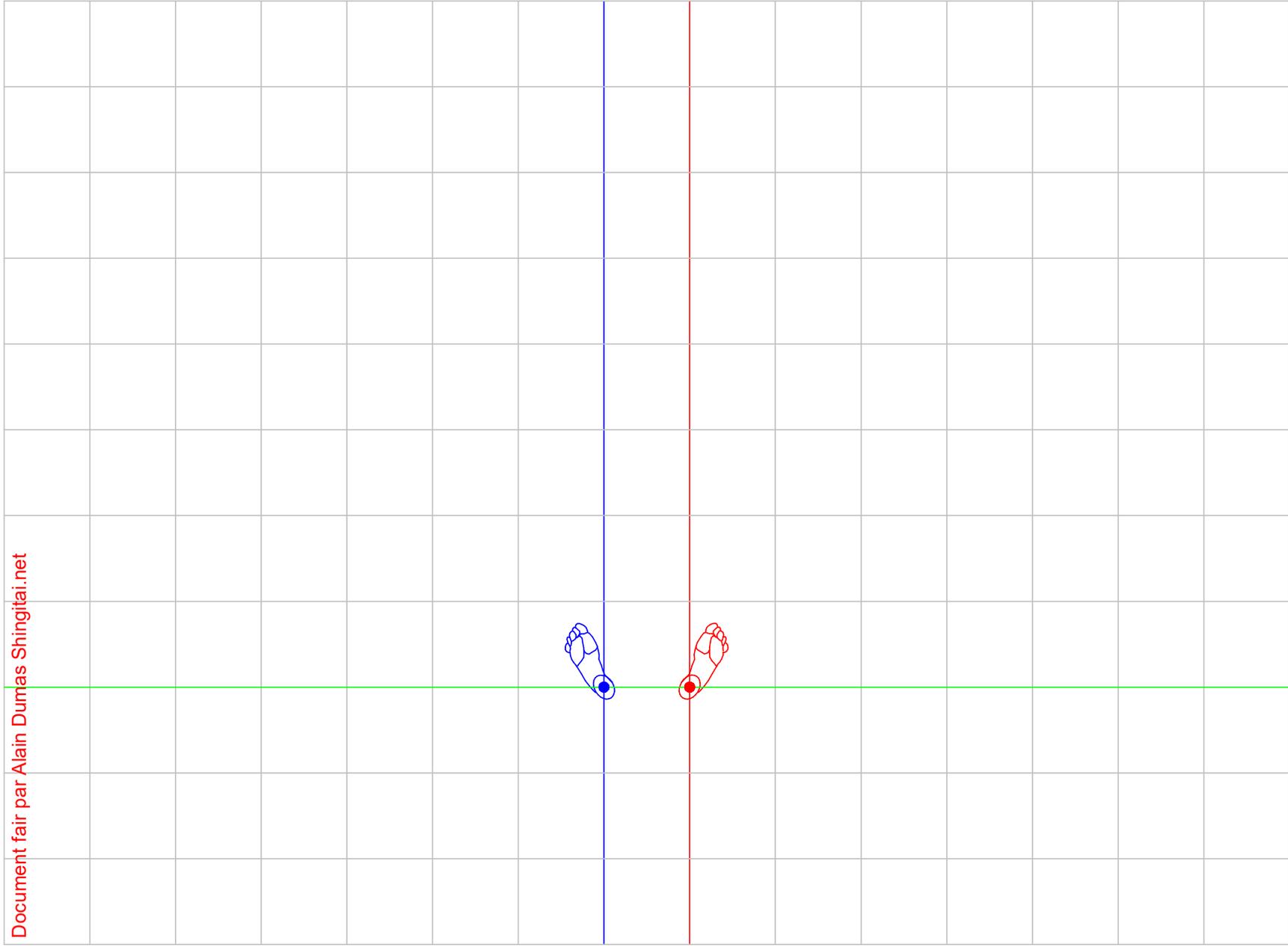




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Embusei Bassai-dai

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



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Shizen-tai

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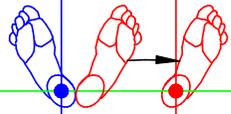
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Musubi-dachi

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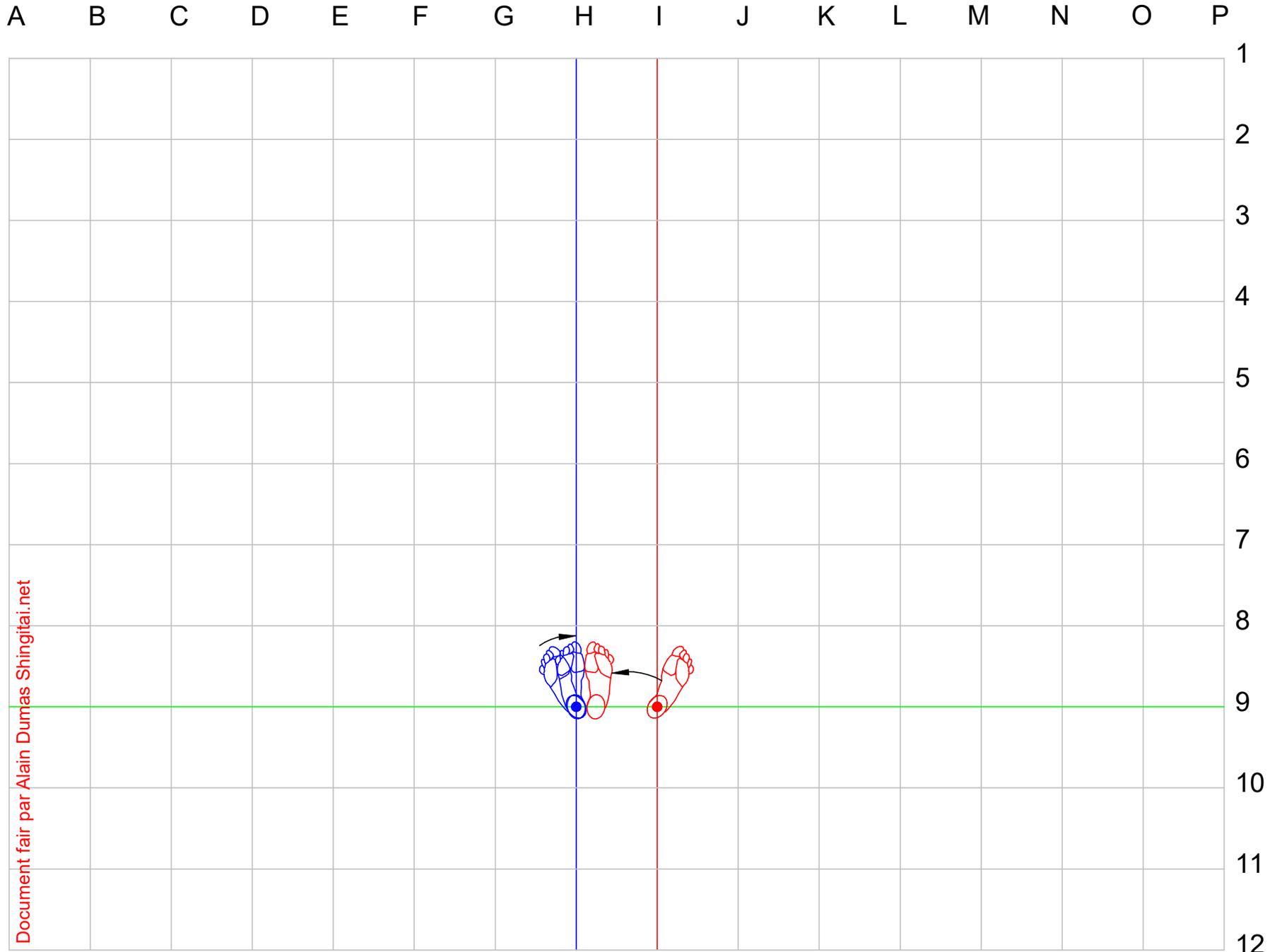
Shizen-tai

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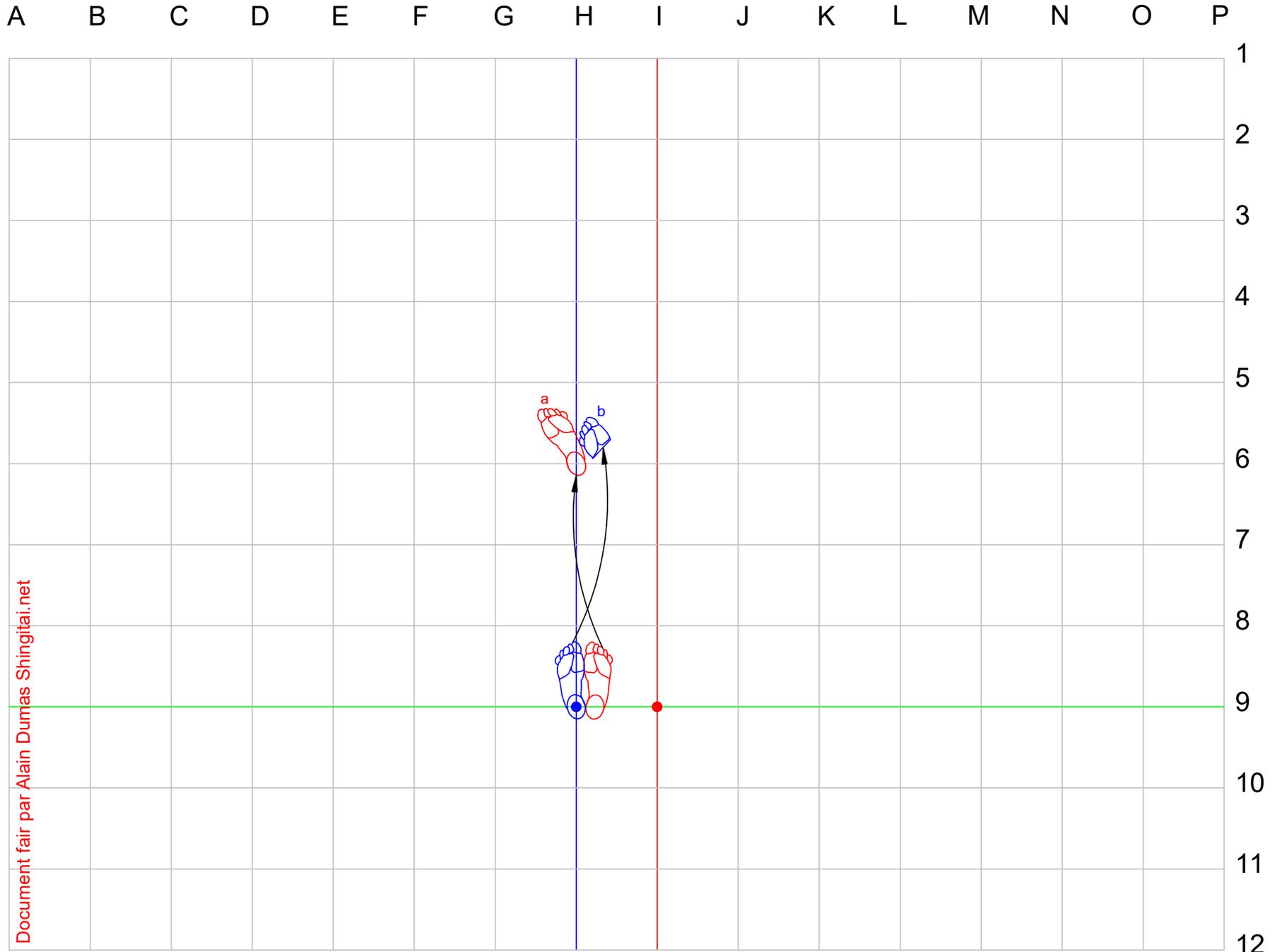
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Shizen-tai



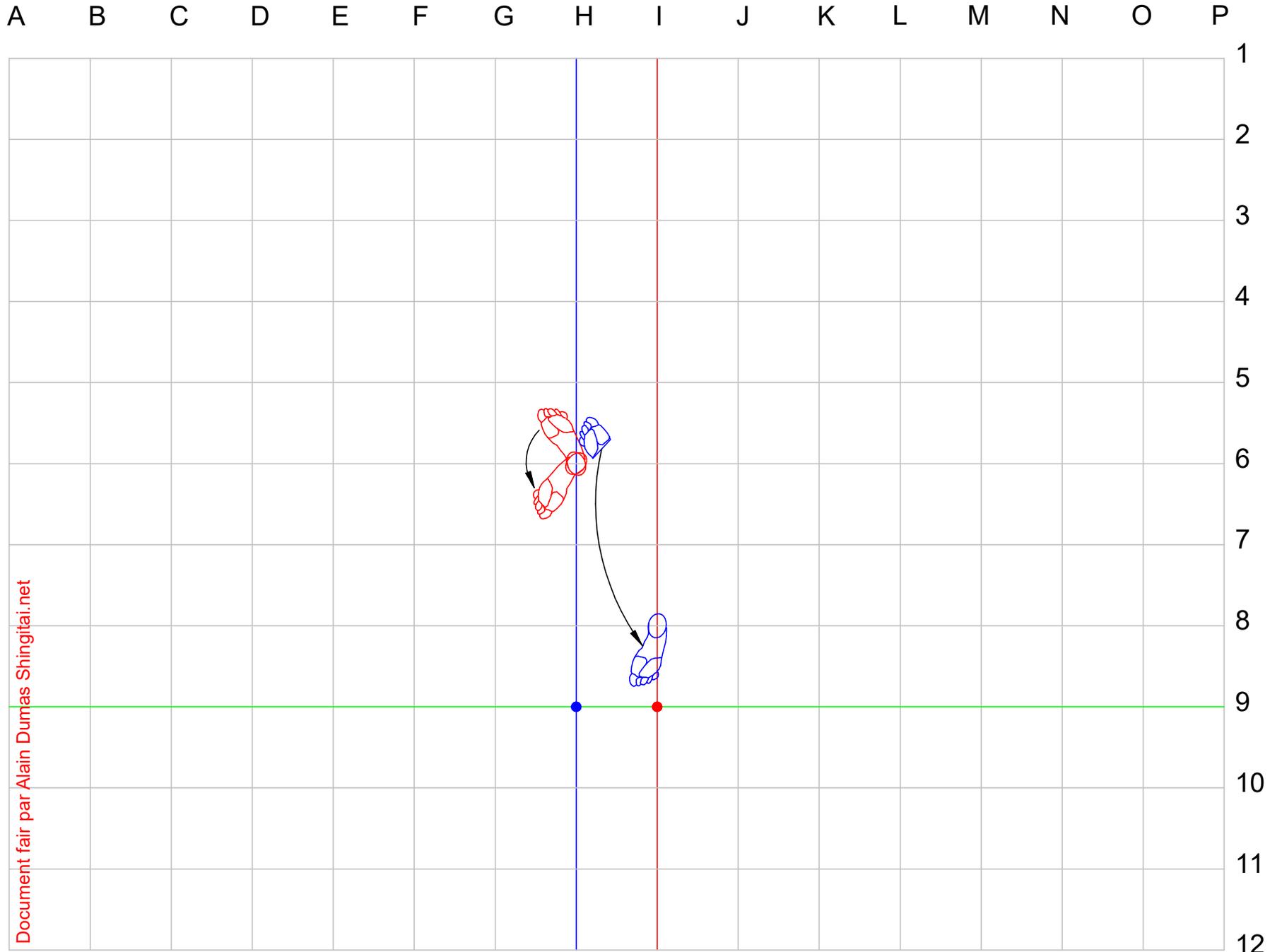
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1) Heisoku-dachi



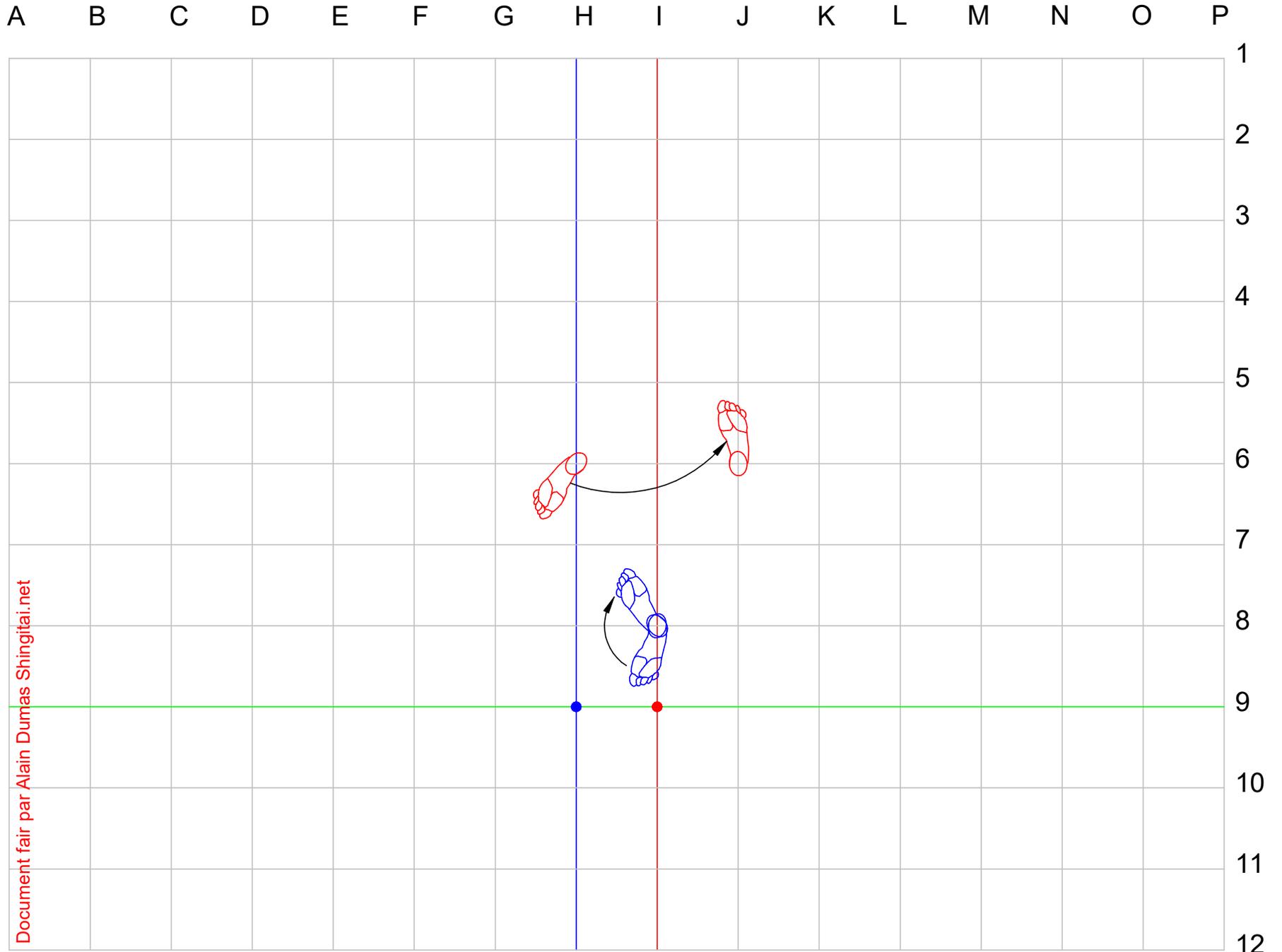
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1b) Kosa-dachi



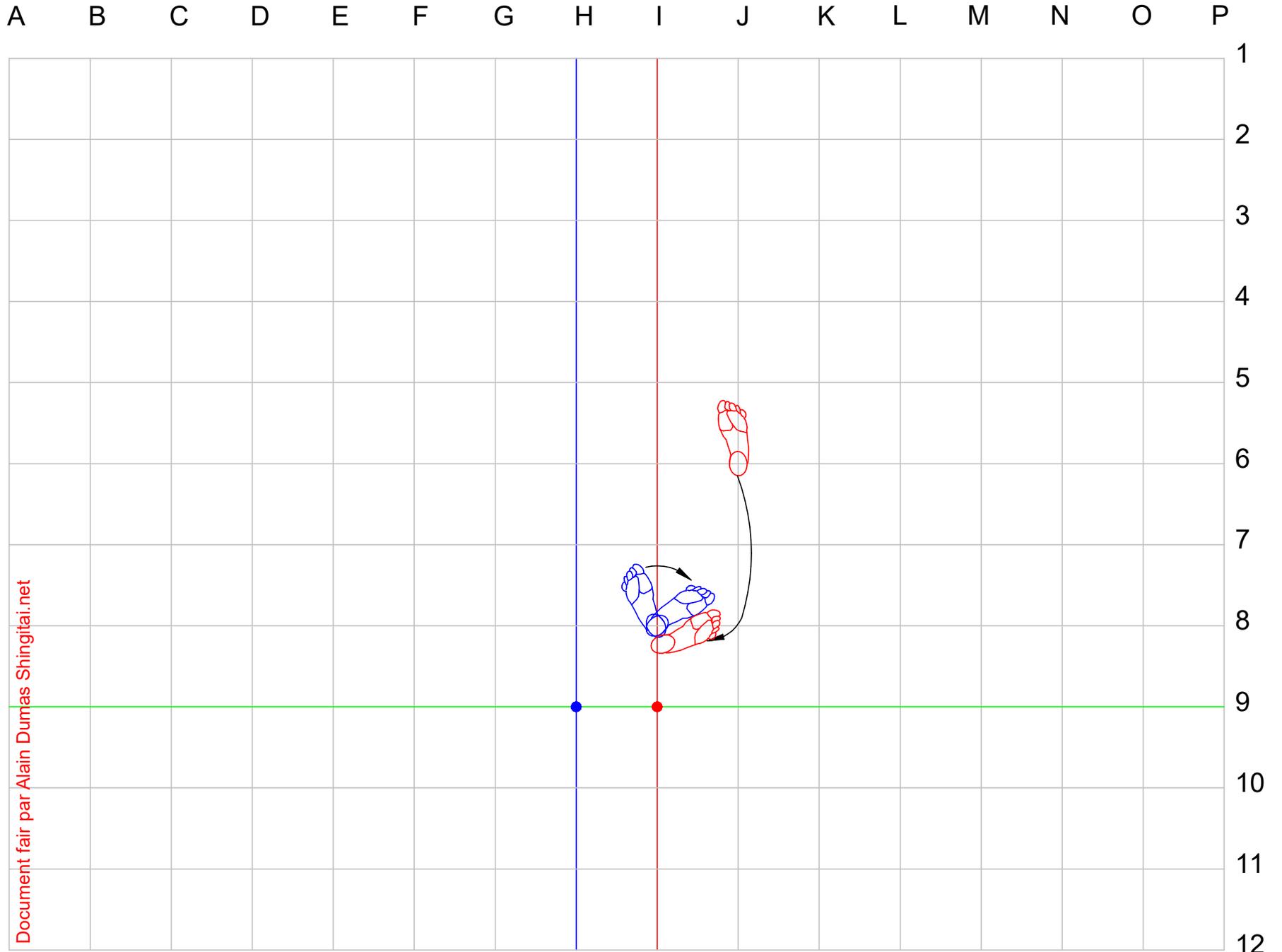
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2,3) Zenkutsu-dachi



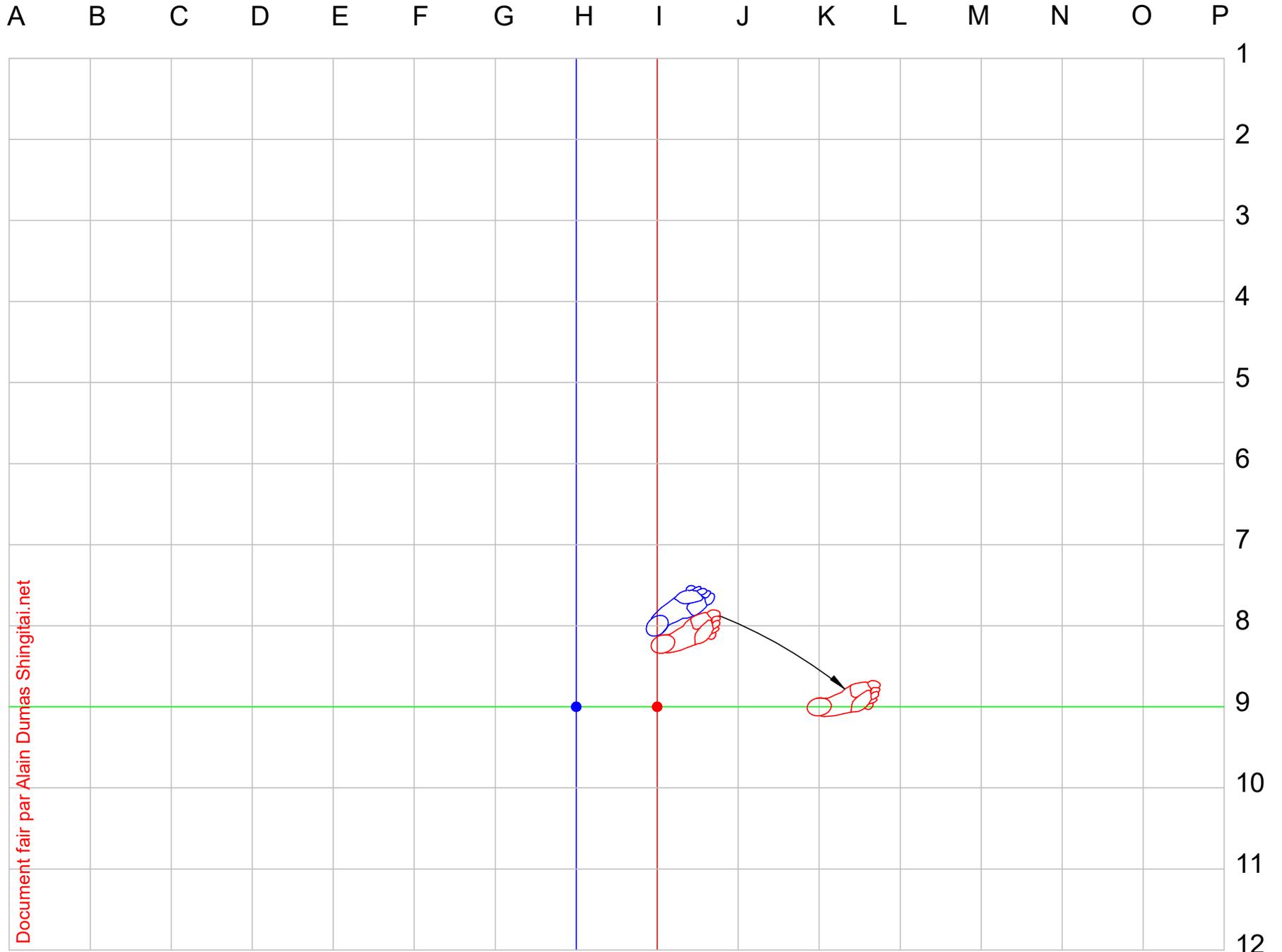
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4,5) Zenkutsu-dachi

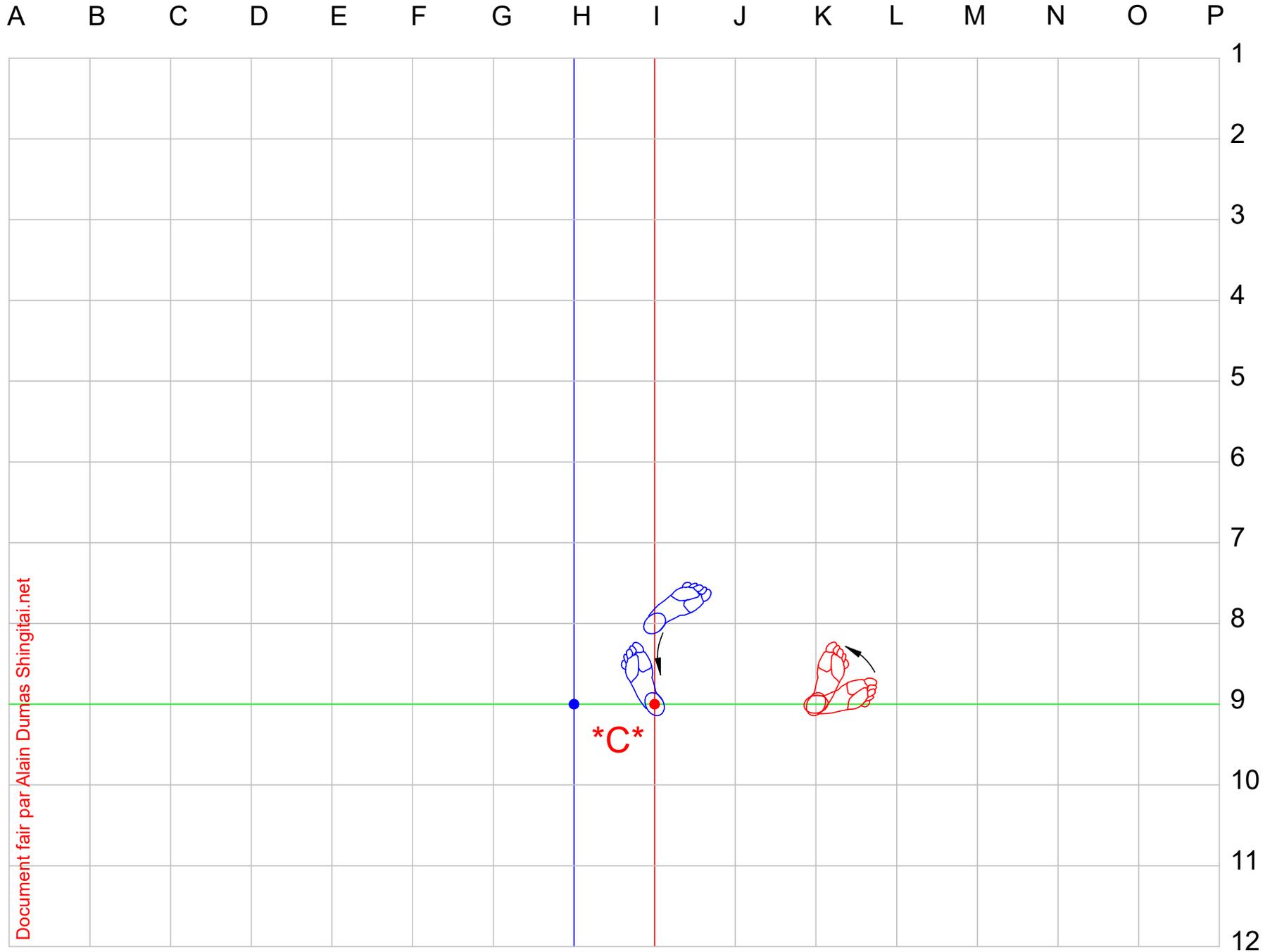


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6) Zenkutsu-dachi



6b,7) Zenkutsu-dachi

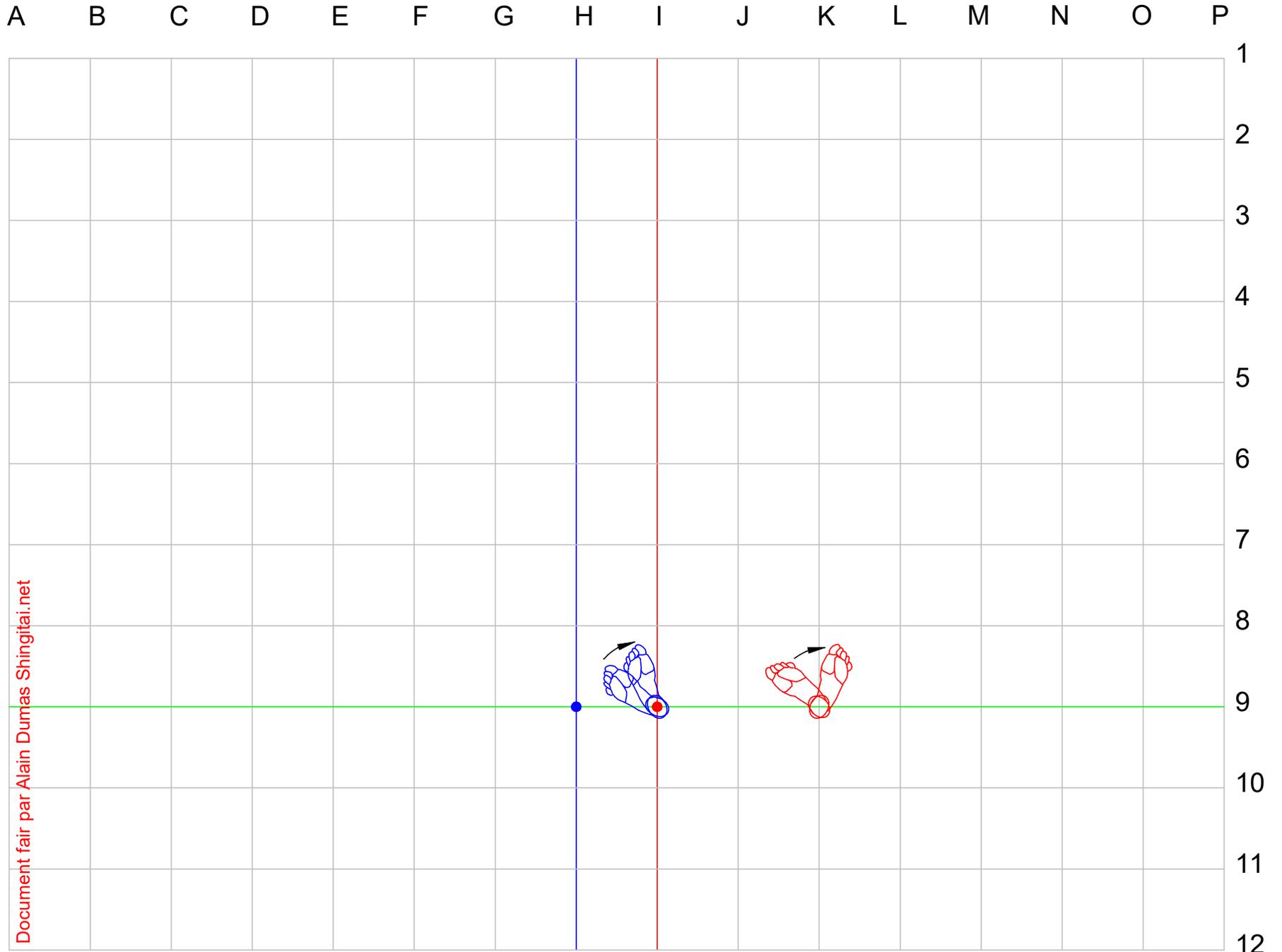


8...10) Hachinoji-dachi

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11) Hiza-kussu



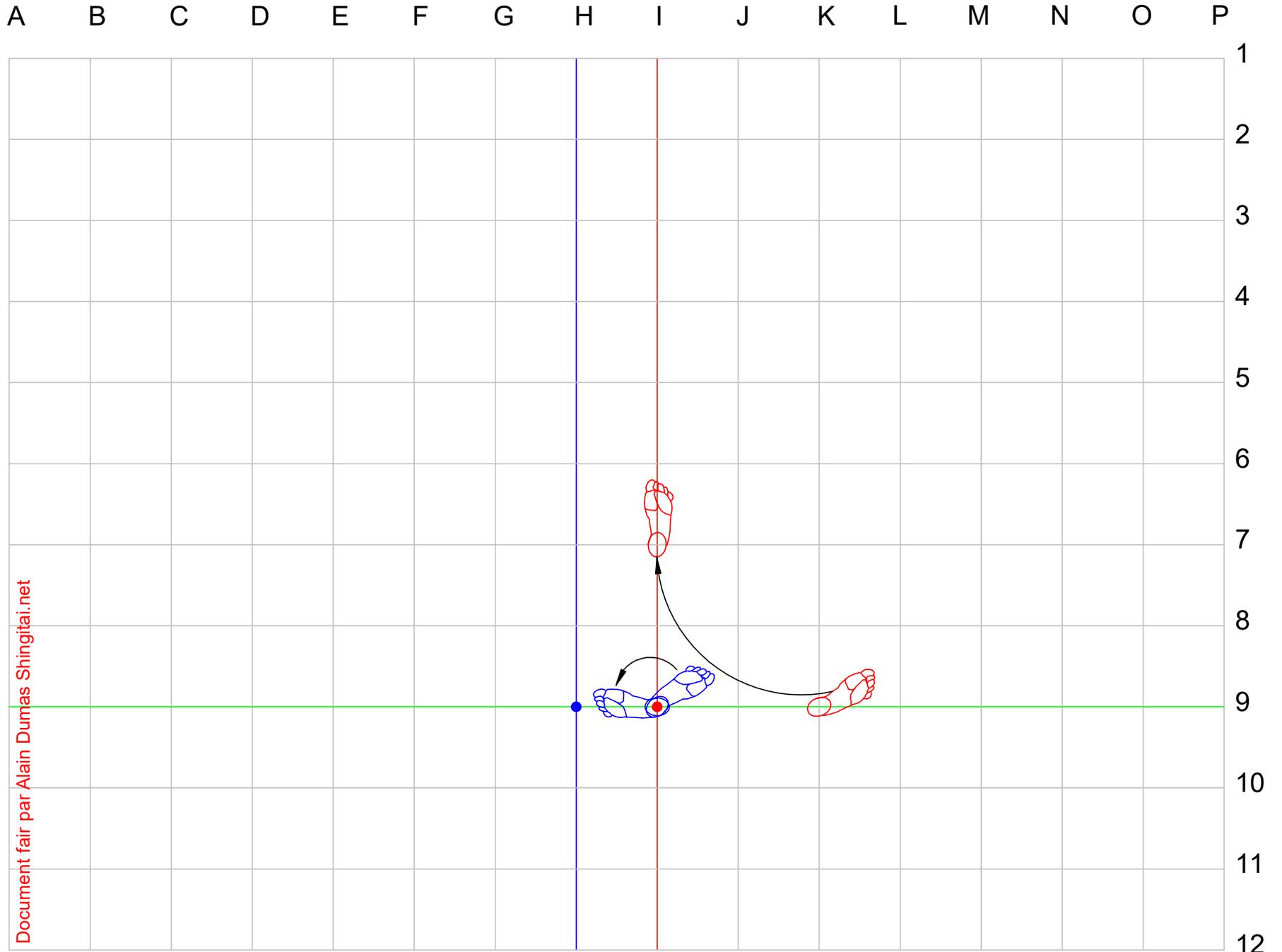
12) Hachinoji-dachi

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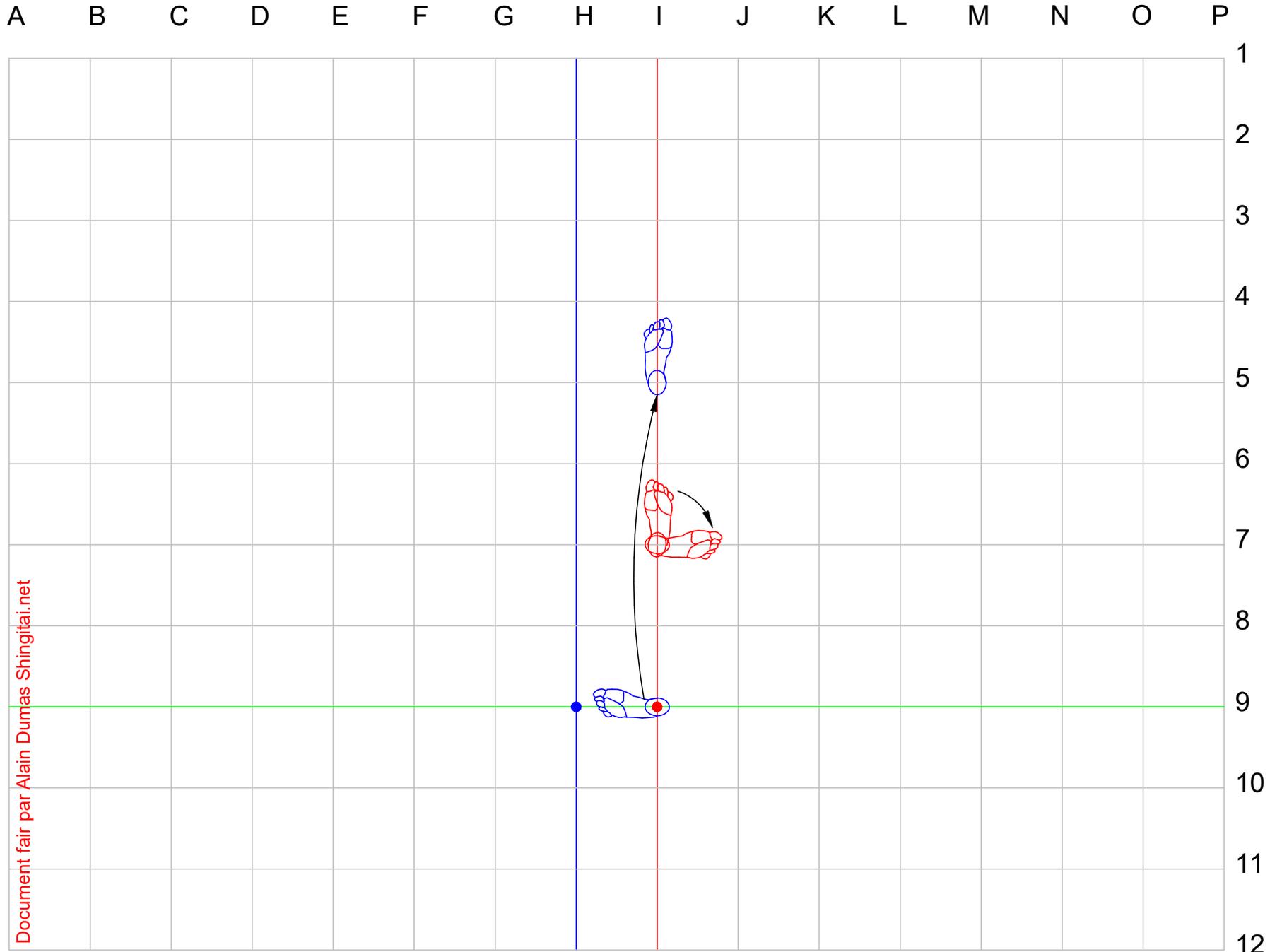
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13) Hiza-kussu



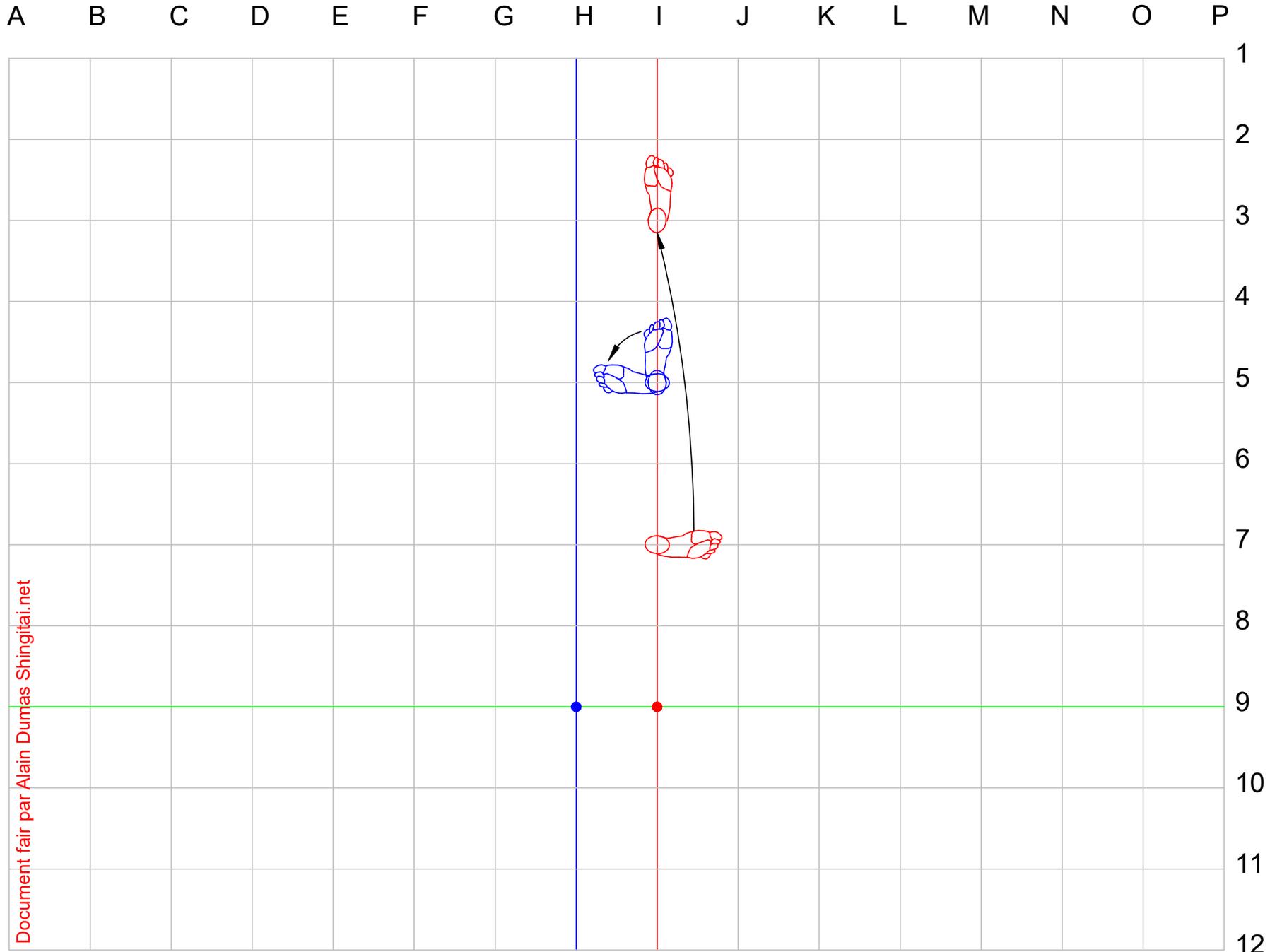
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14) Kokutsu-dachi



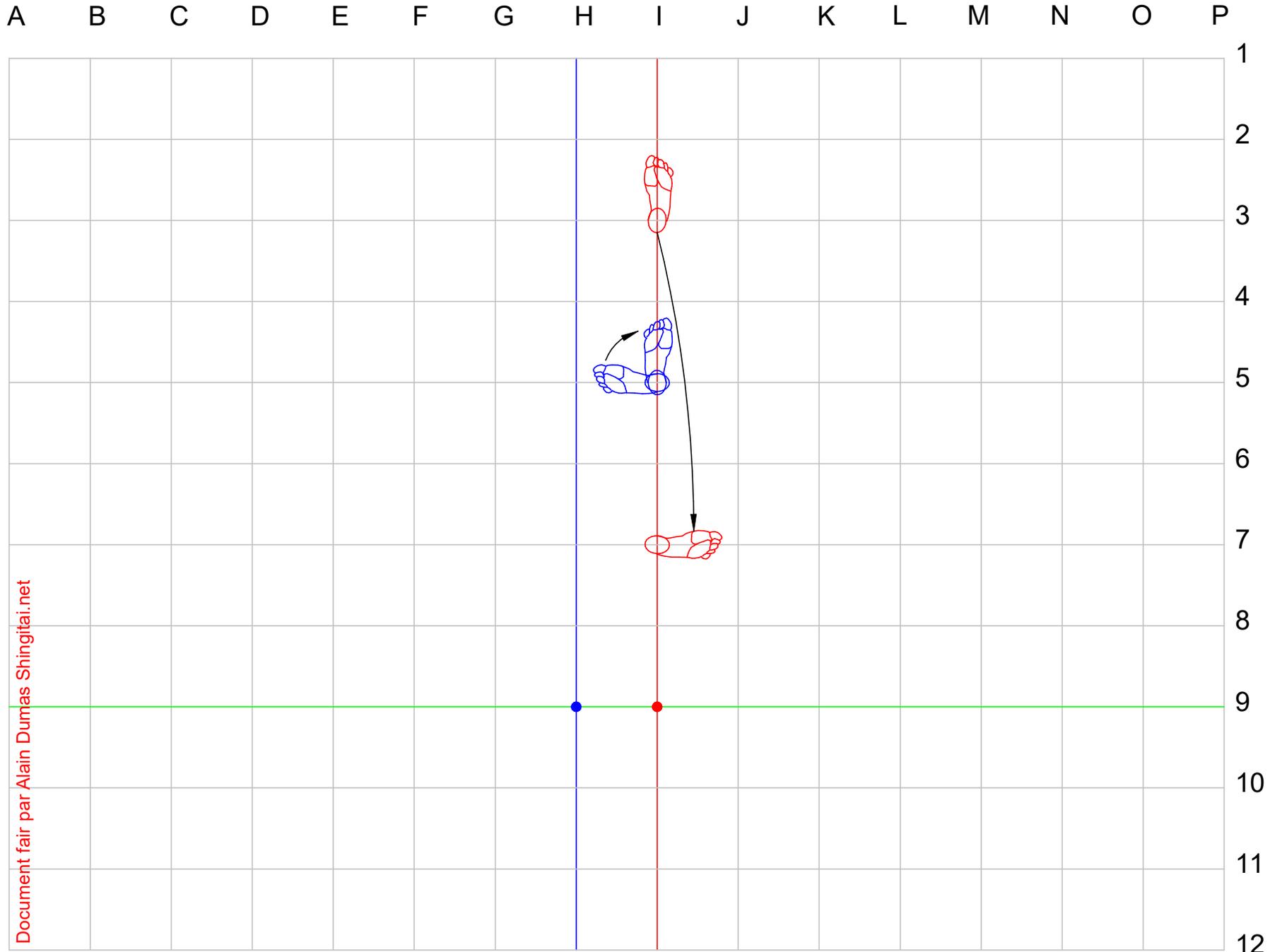
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15) Kokutsu-dachi



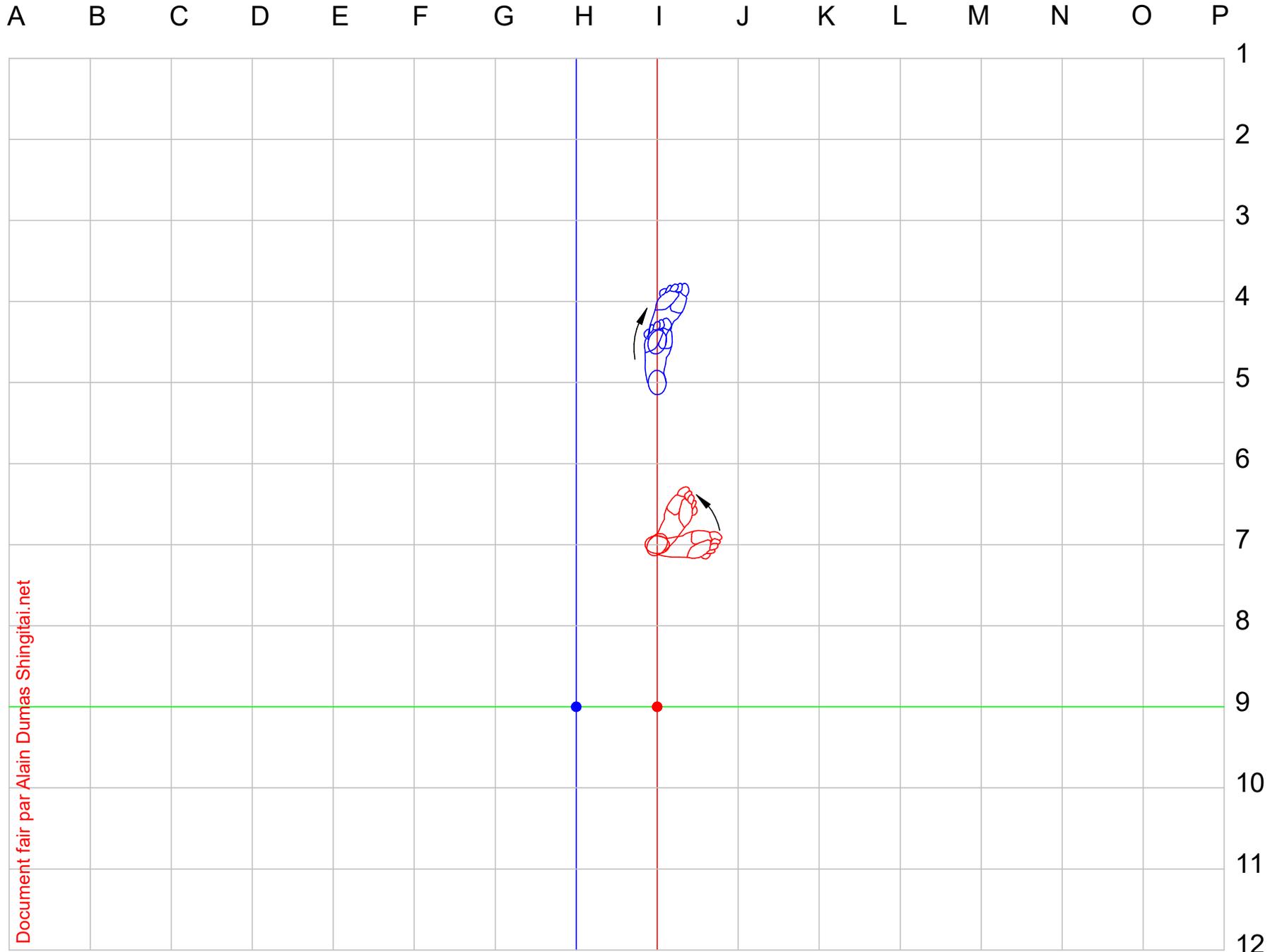
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16) Kokutsu-dachi



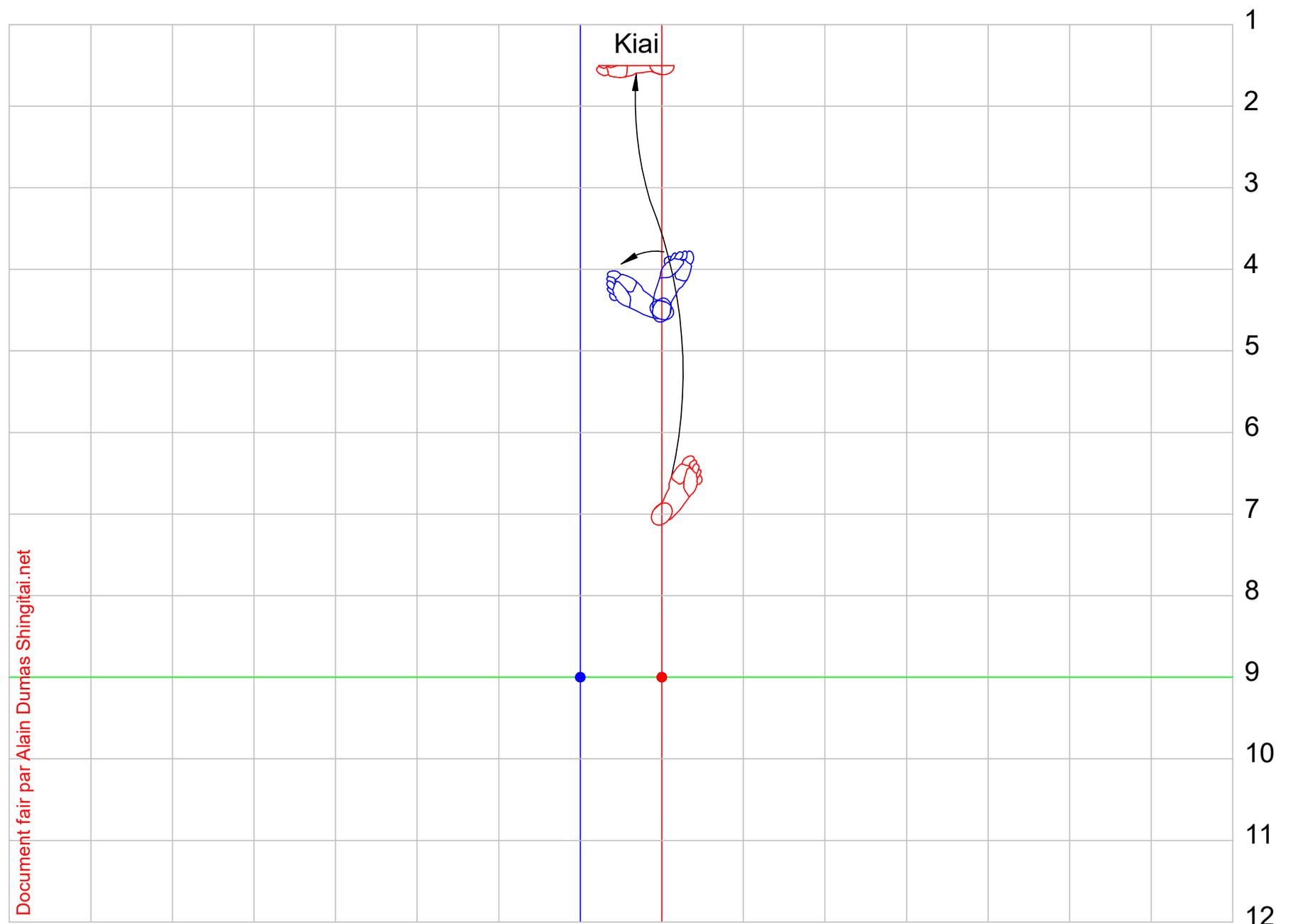
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17) Kokutsu-dachi



18) Mae hiza yaya kussu

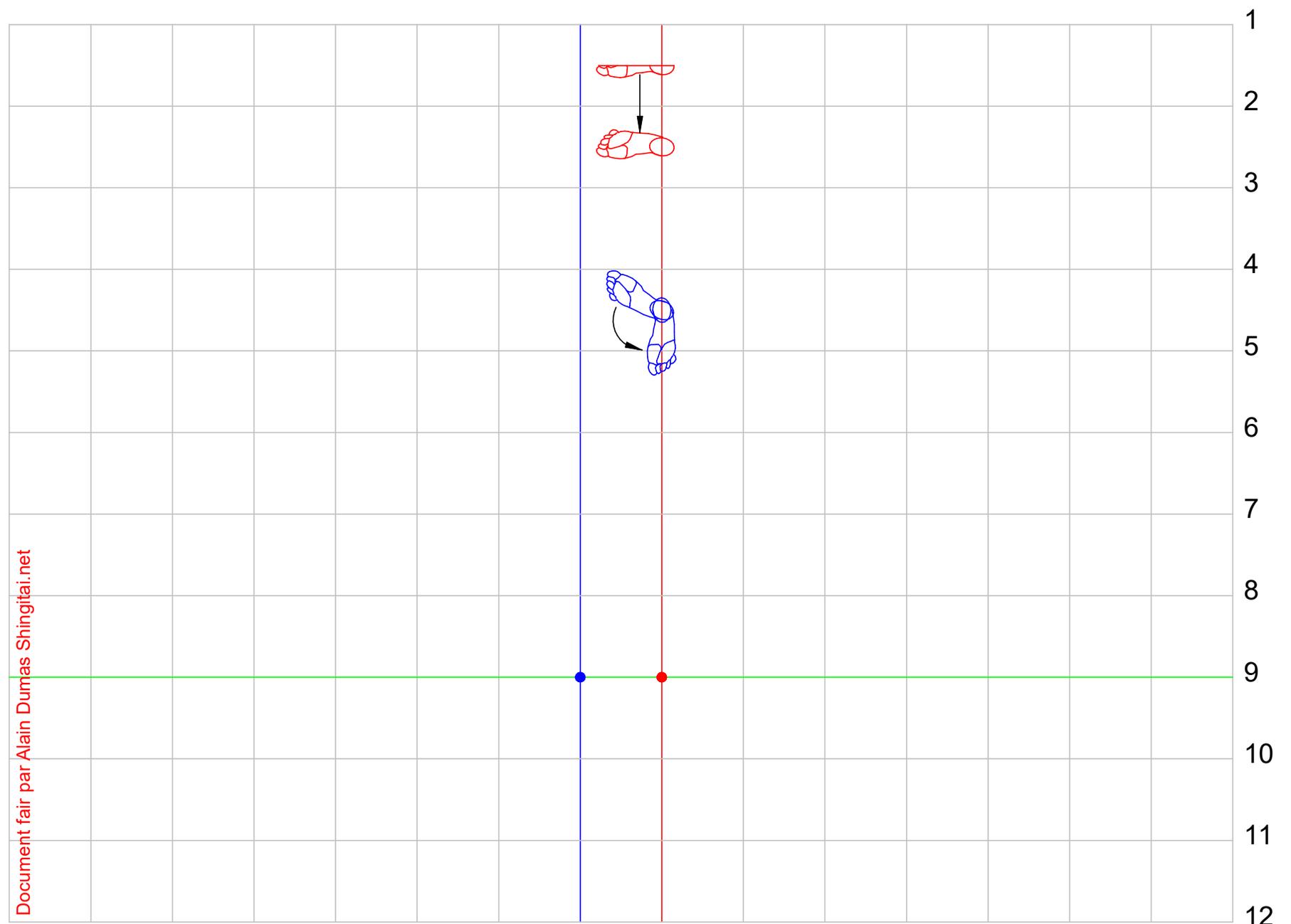
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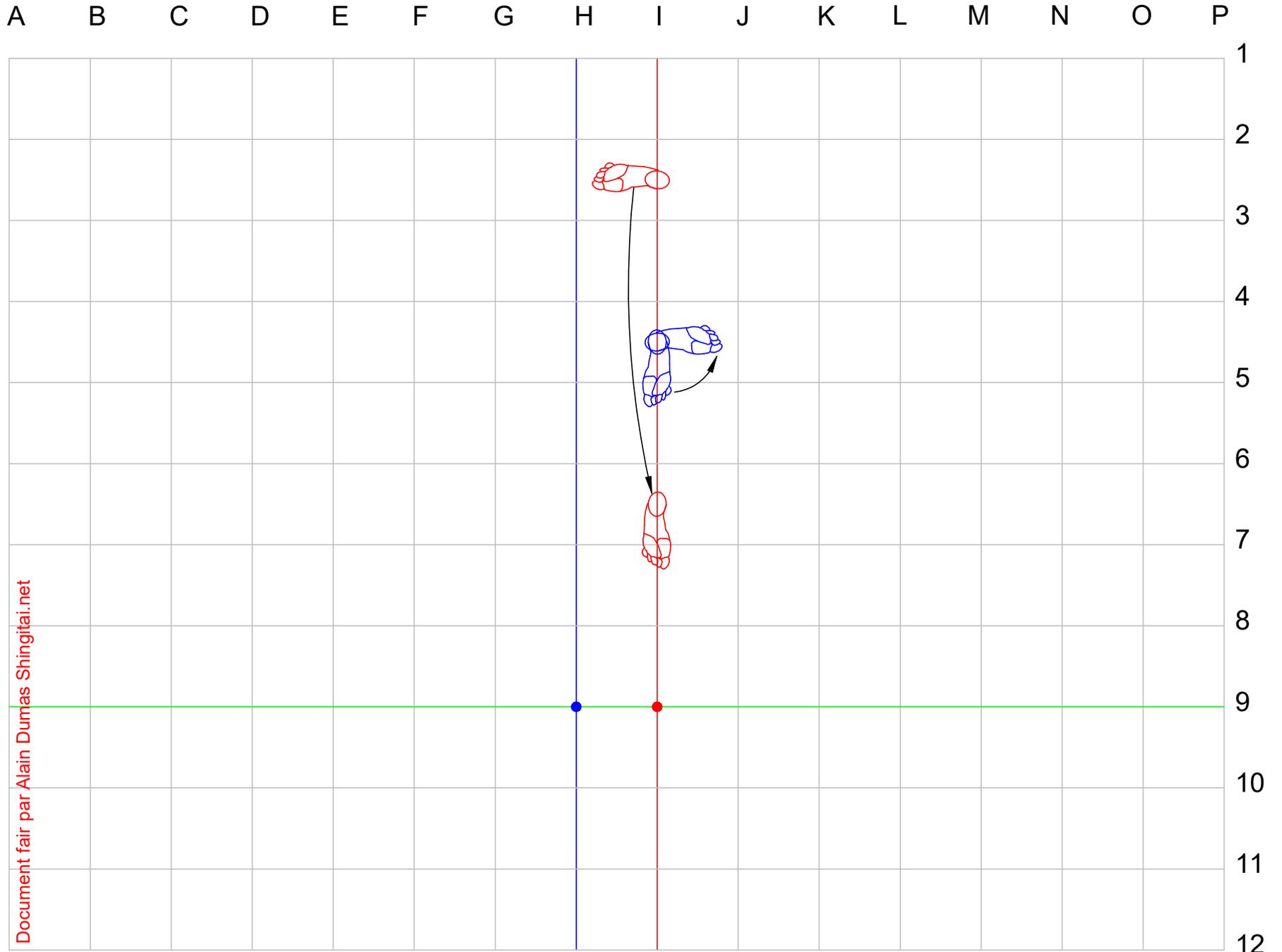
19) Ashi-dachi

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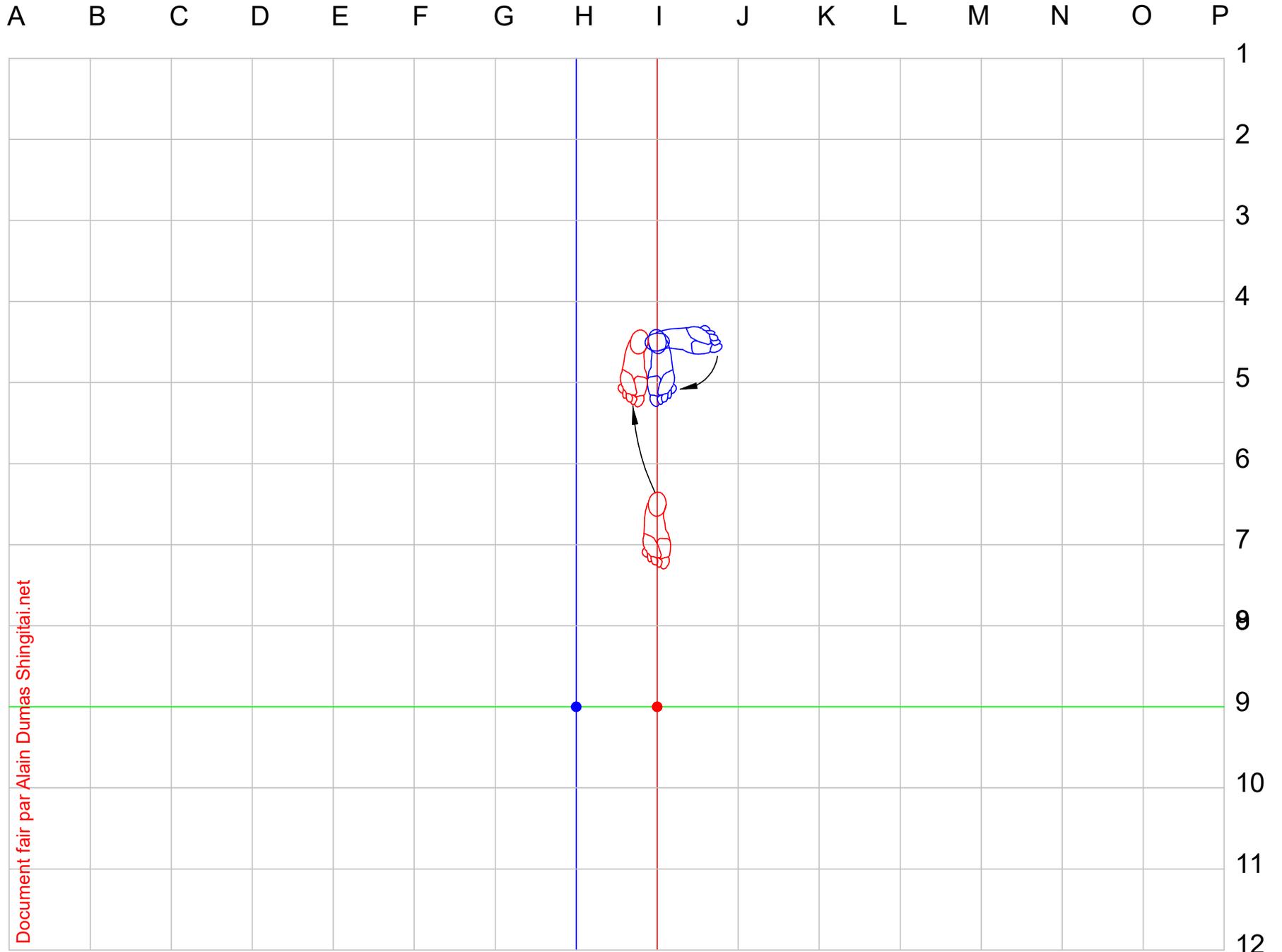
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20) Kokutsu-dachi



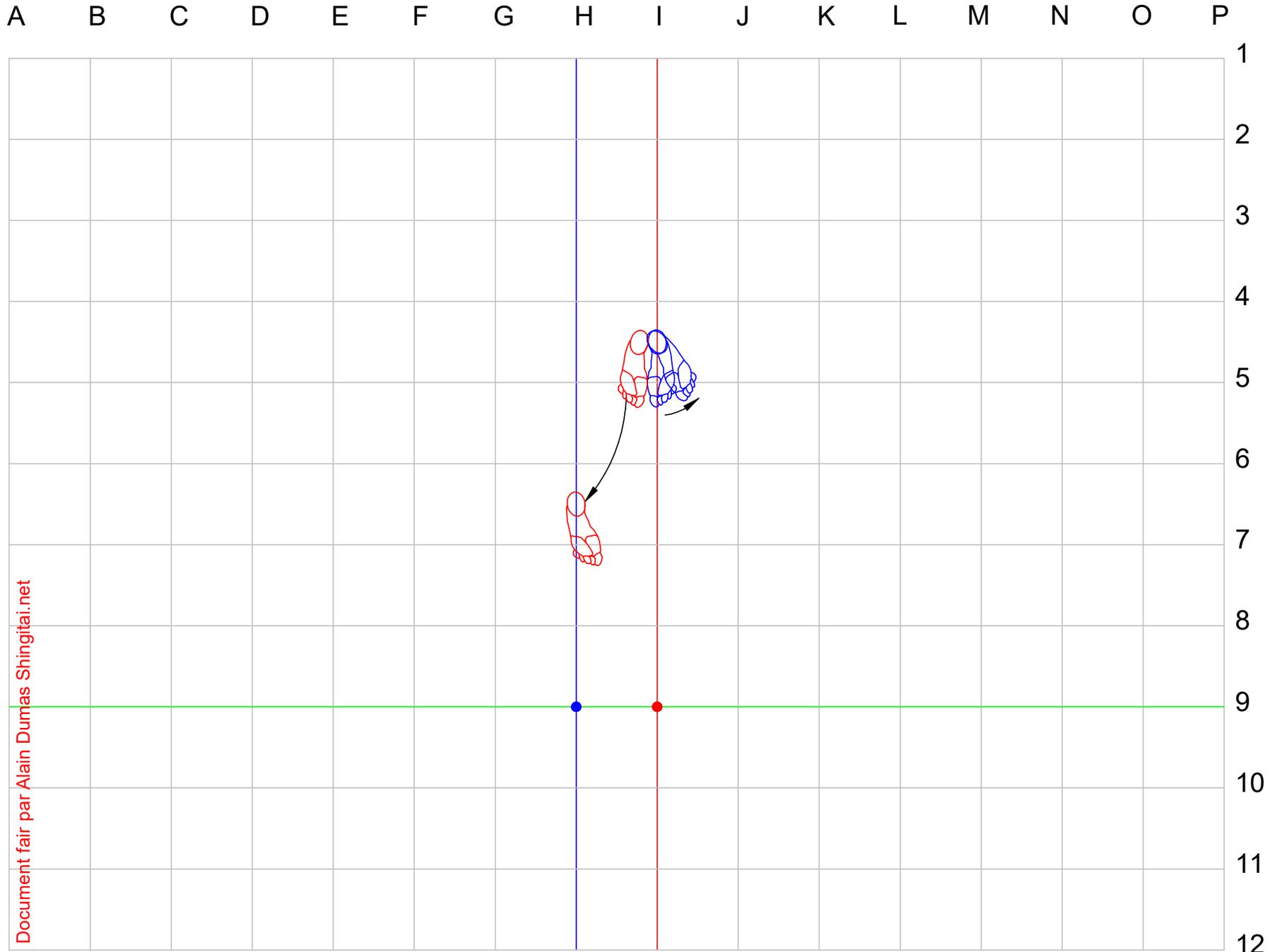
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21) Kokutsu-dachi



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22) Heisoku-dachi

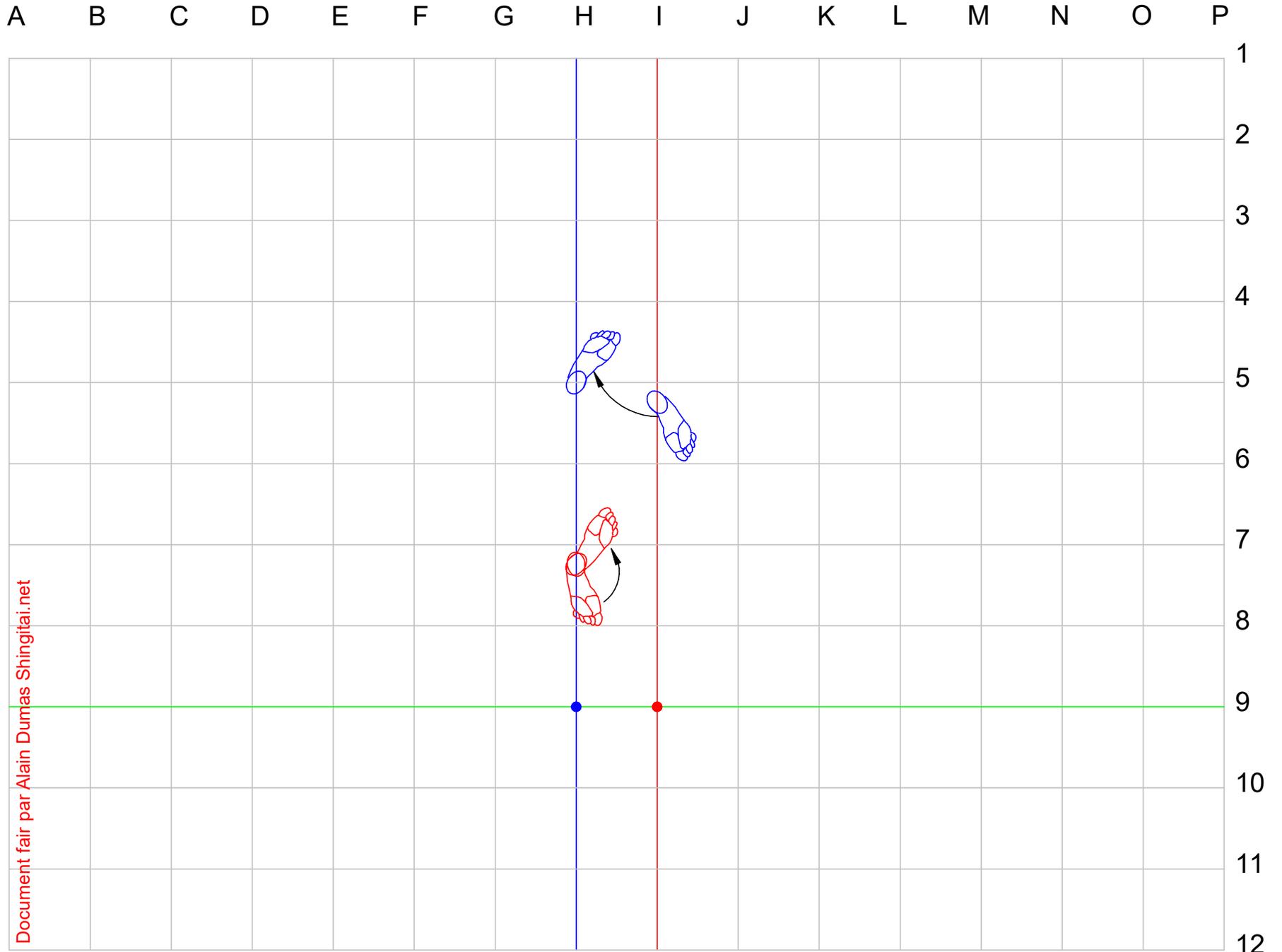


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23) Zenkutsu-dachi

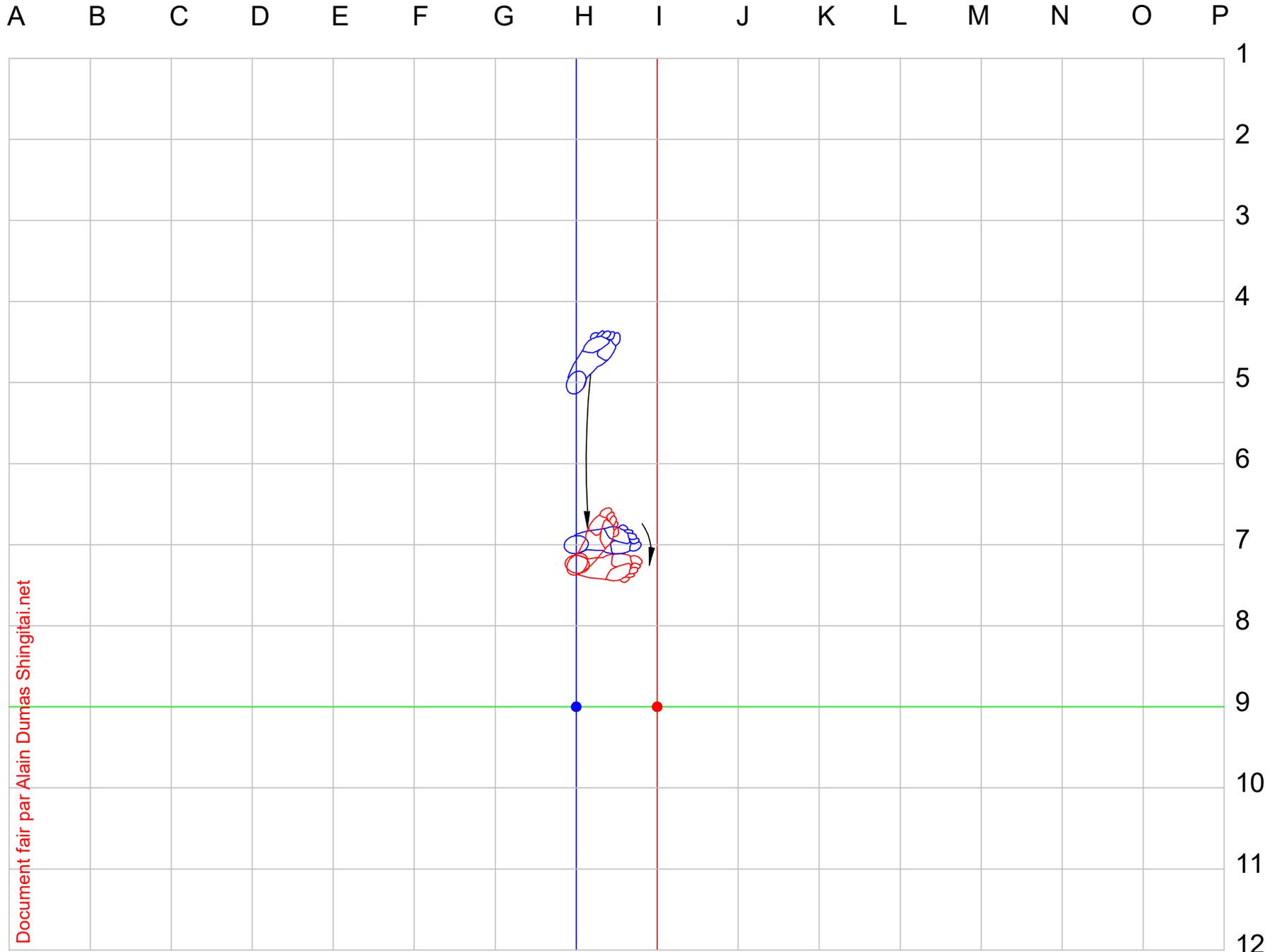


24) Zenkutsu-dachi



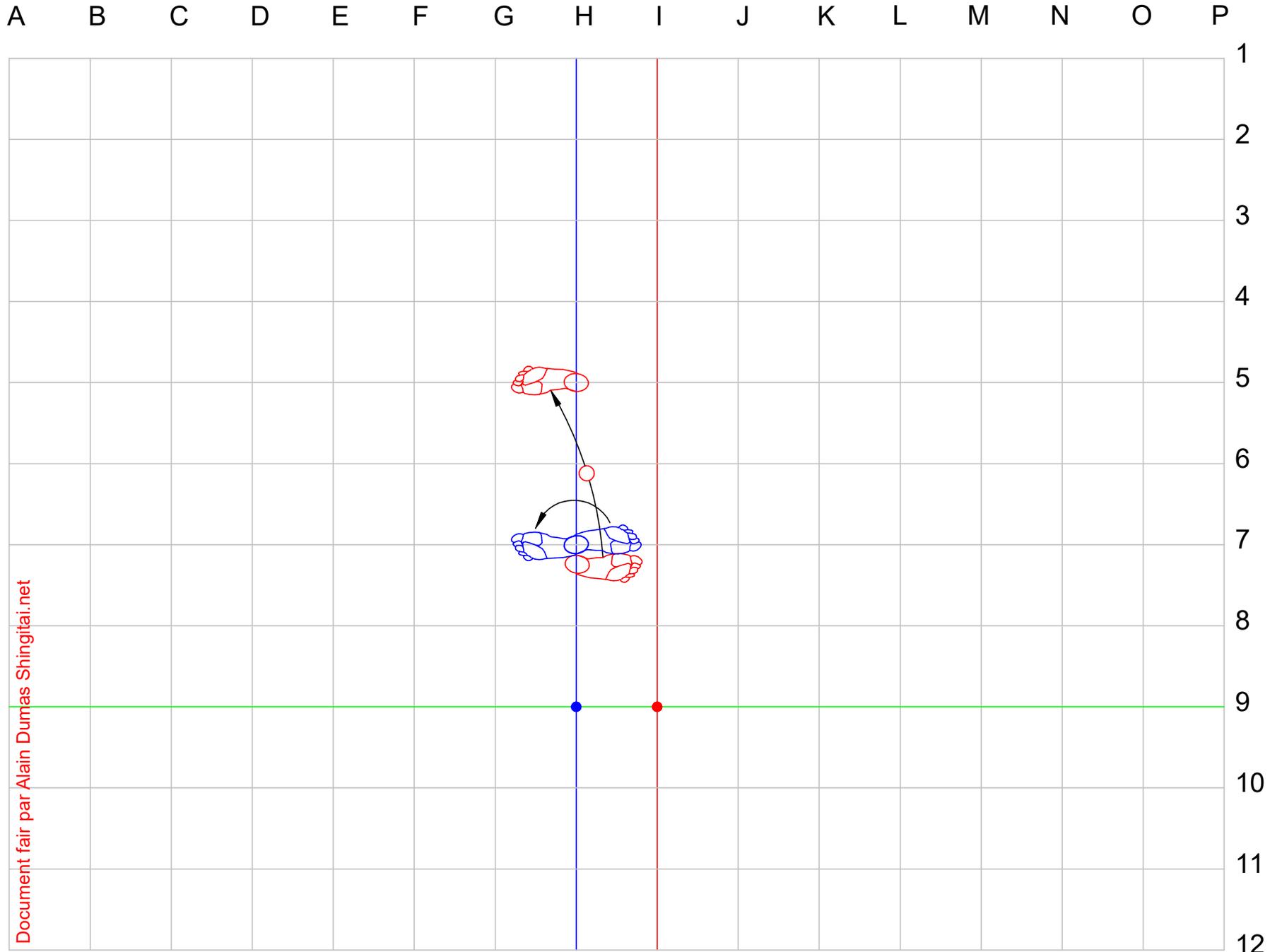
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25a) Hiza-kussu



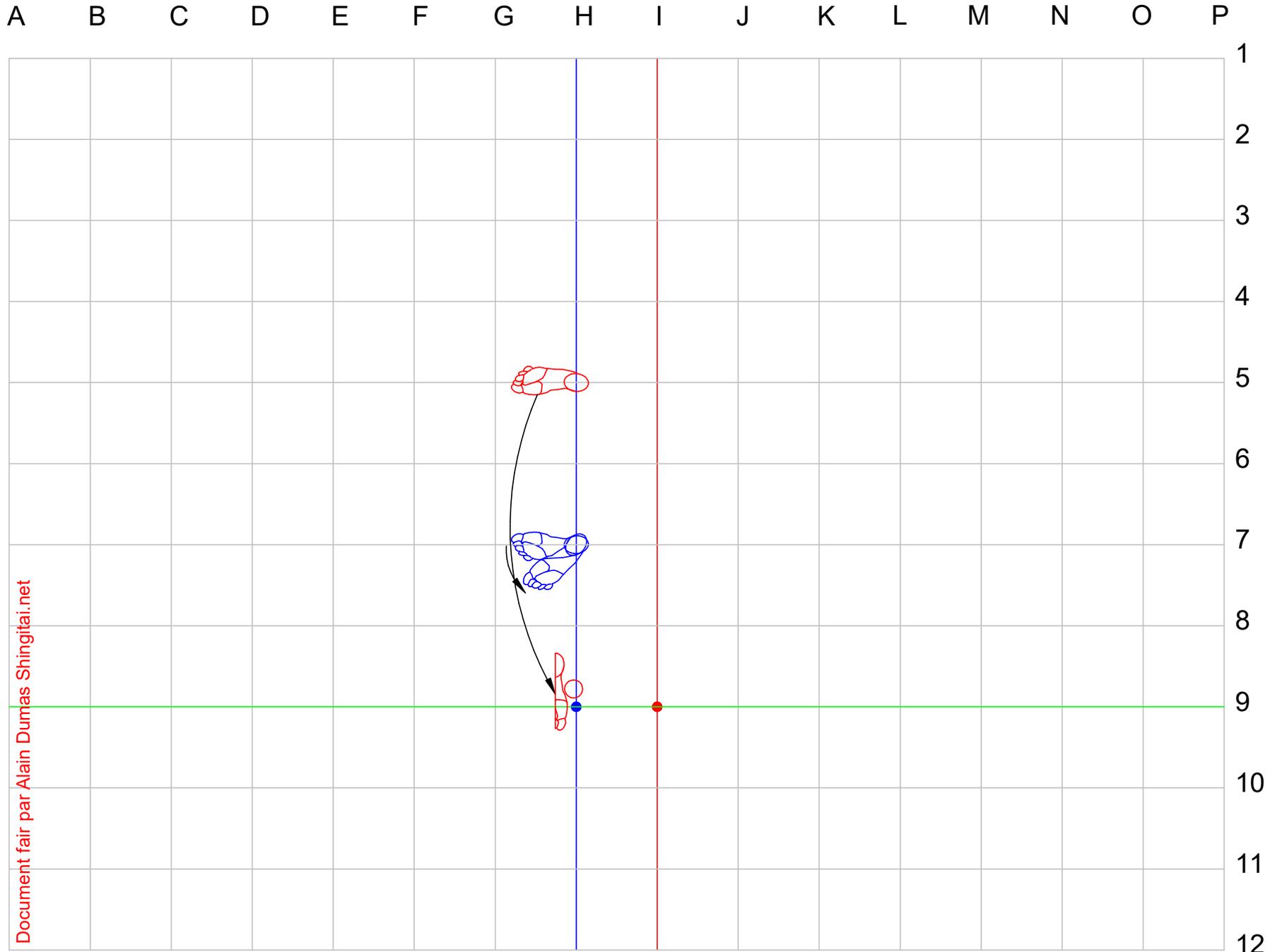
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25b) Heisoku-dachi



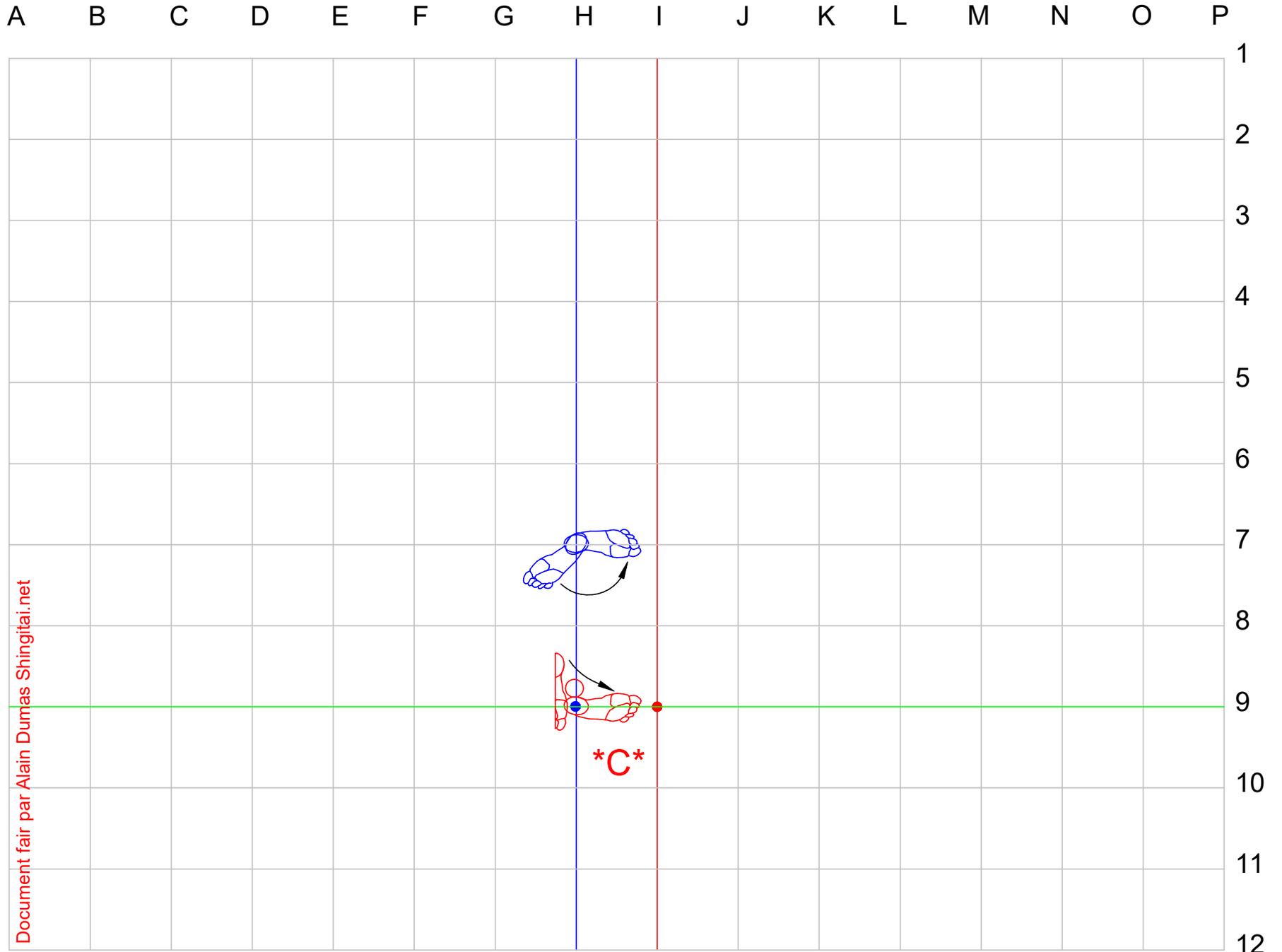
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26,27) Kiba-dachi



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28a) Ashi dachi

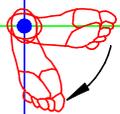


28b...31) Kiba-dachi

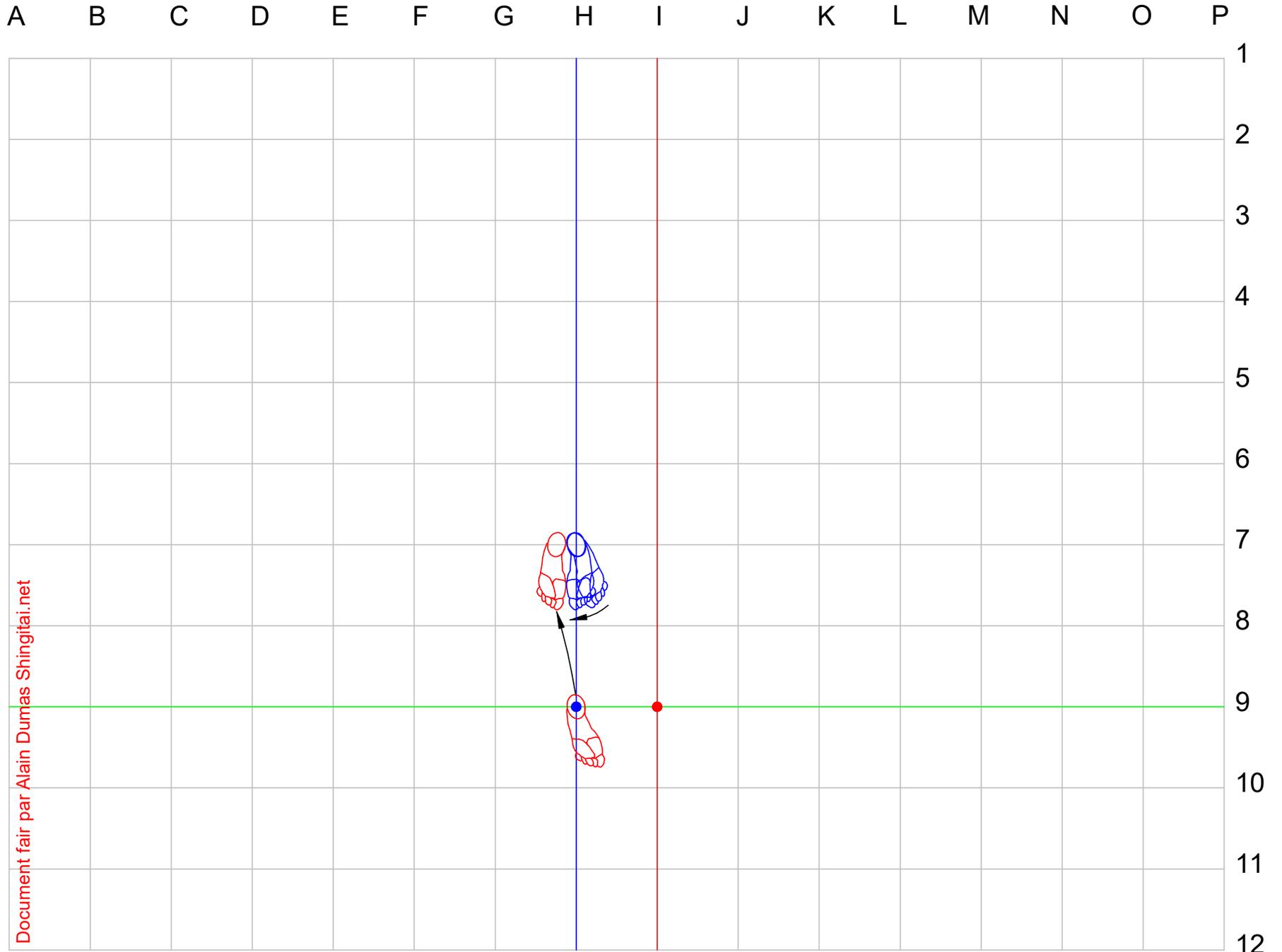
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32,33) Hiza-kussu



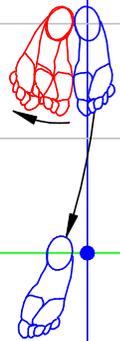
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34) Heisoku-dachi

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35) Hiza-kussu

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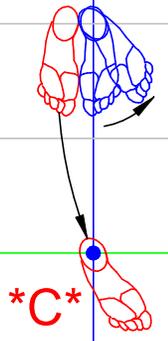
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36) Heisoku-dachi

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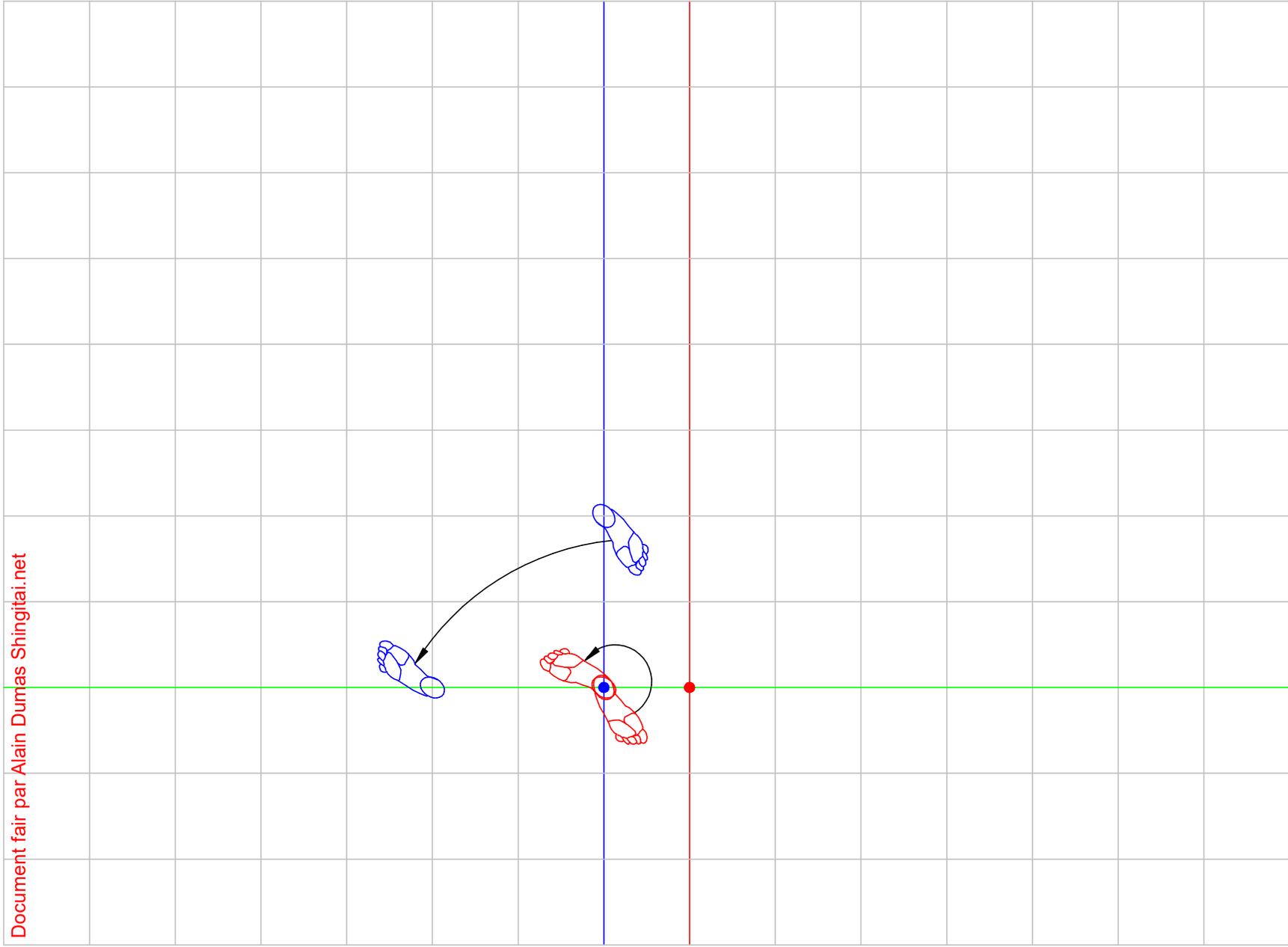


37) Hiza-kussu

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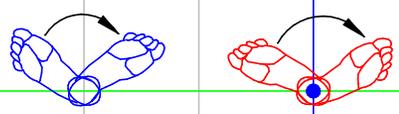


38) Hiza-kussu

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39) Hiza-kussu



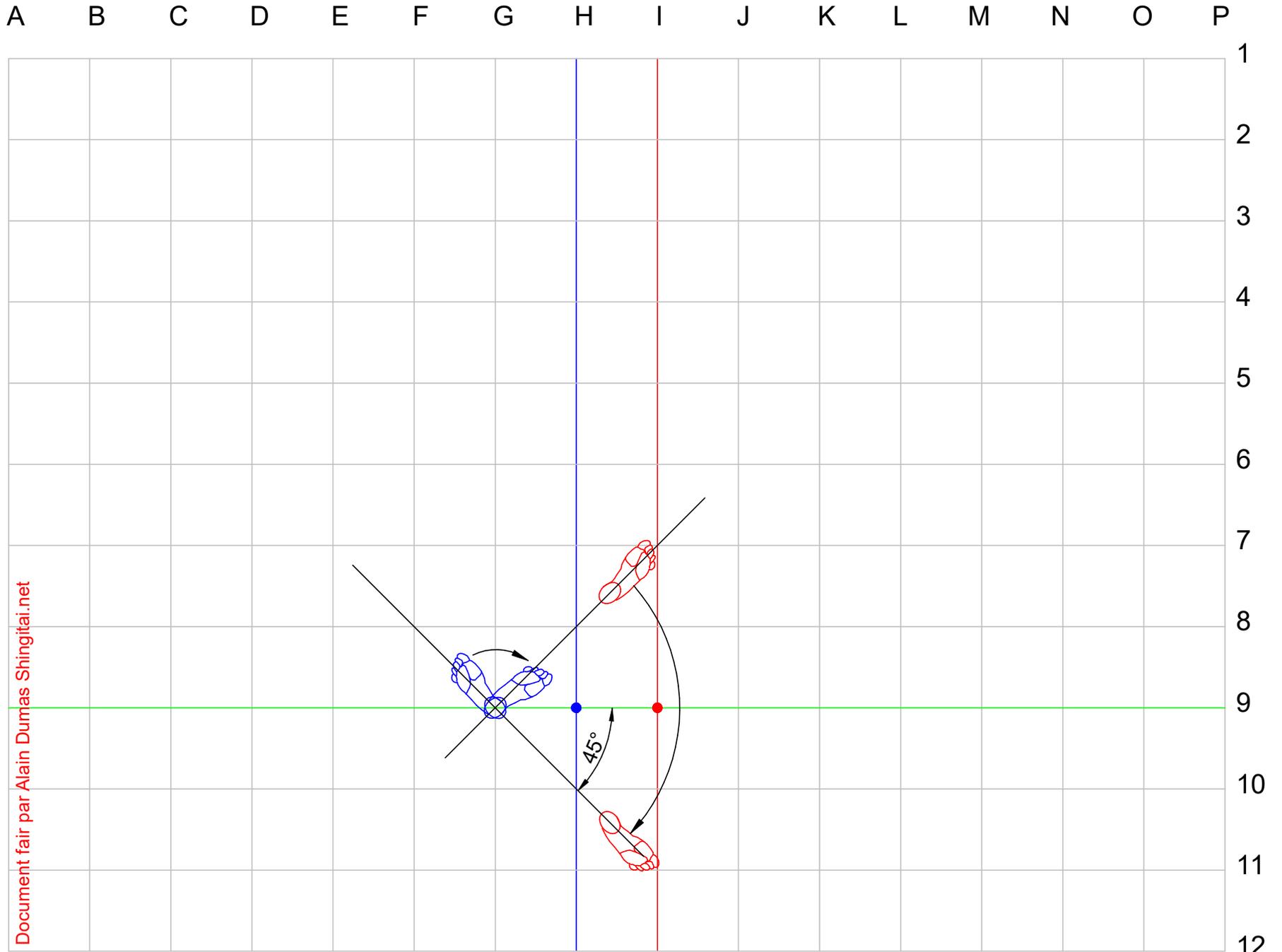
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40a) Kokutsu-dachi



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40b) Kokutsu-dachi



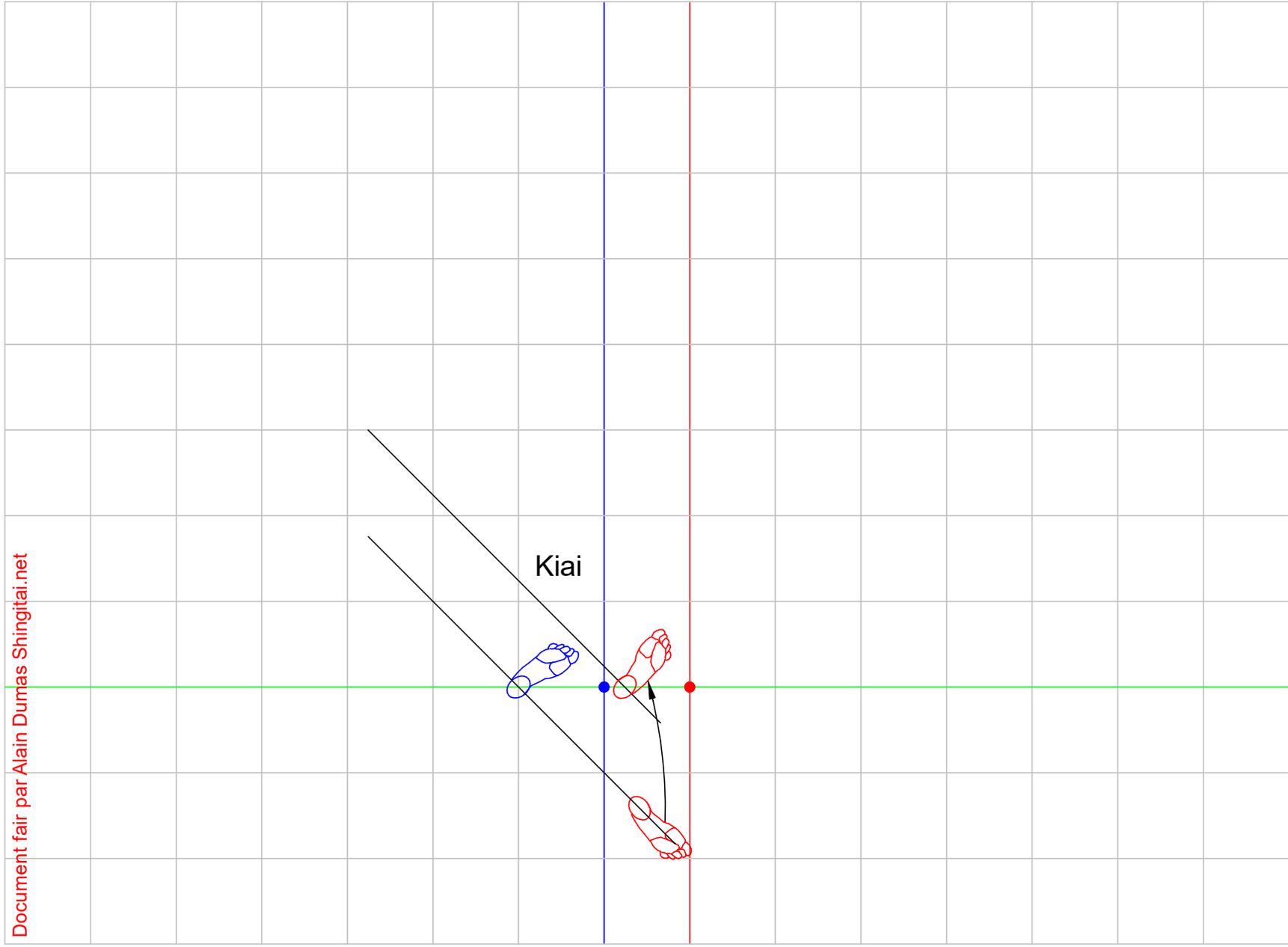
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41) Kokutsu-dachi

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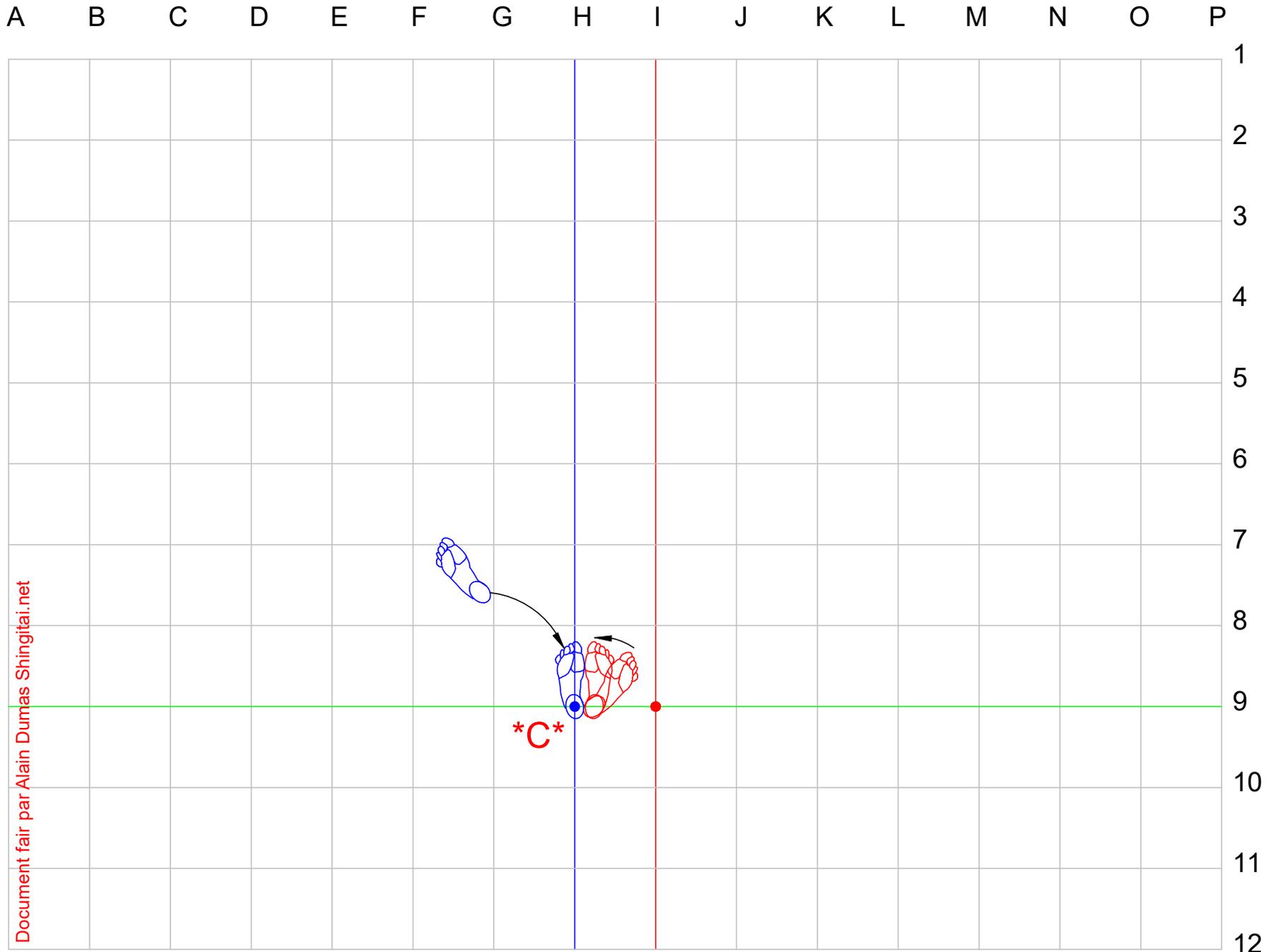
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Kiai

42a) Kokutsu-dachi



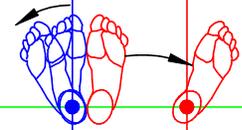
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43) Heisoku-dachi

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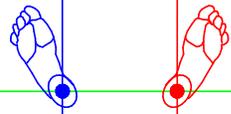
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44) Shizen-tai

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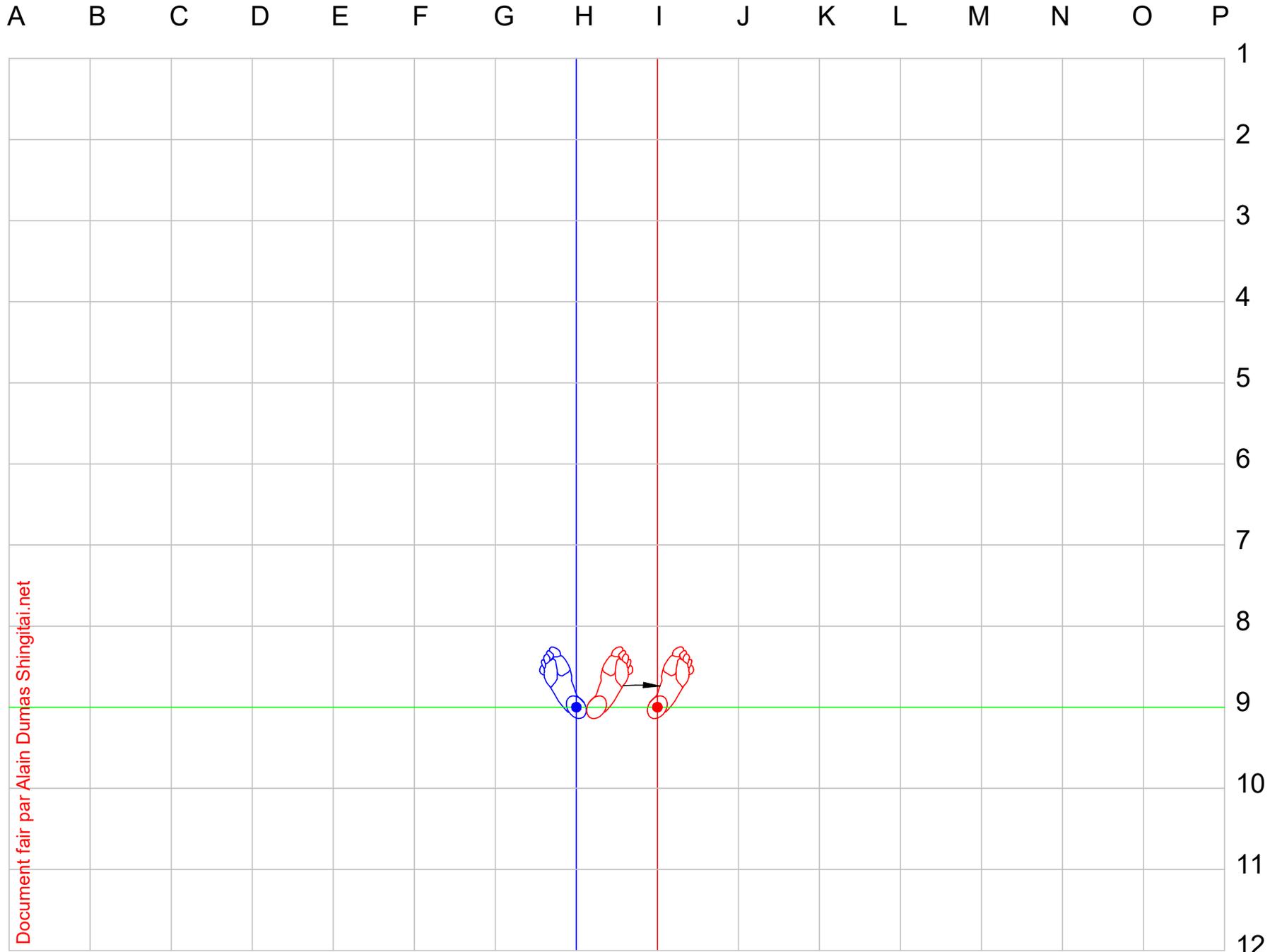
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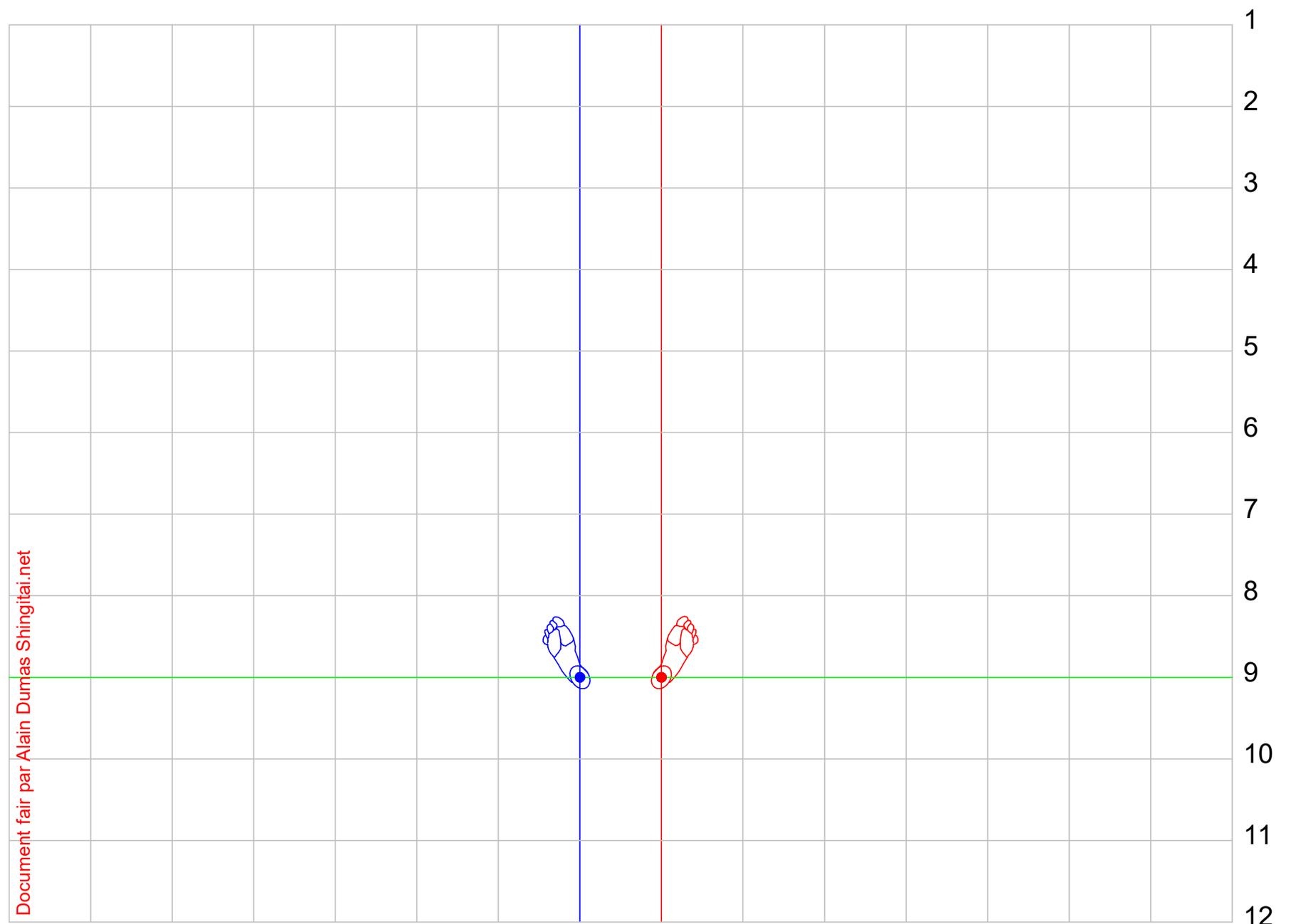
46) Musubi-dachi



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47) Shizen-tai

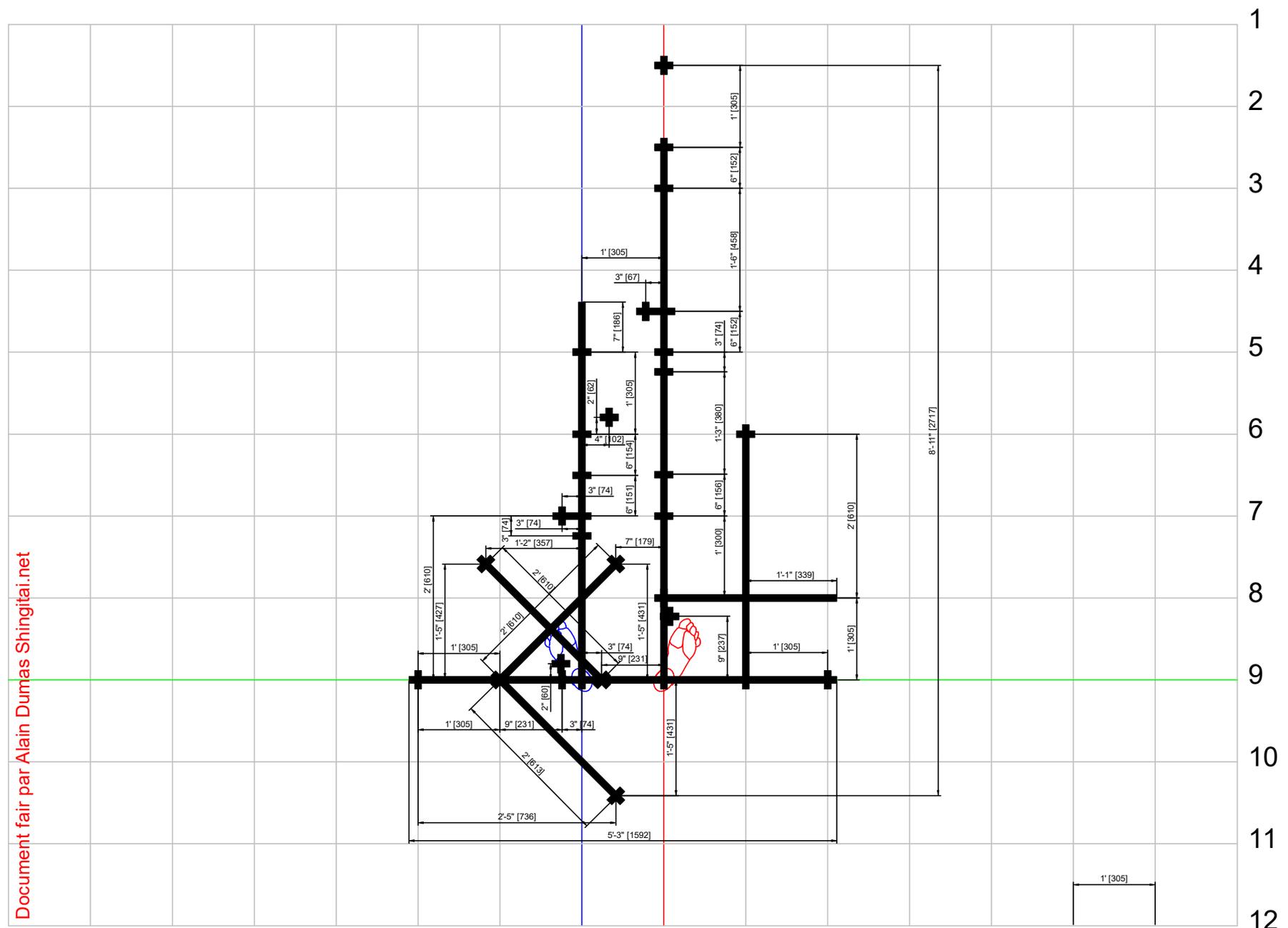
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48) Shizen-tai

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Embusen Bassai-dai (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)

