

Heian Nidan

Shingitai Karate-Do Saint-Jérôme



Rei, Heian Nidan / musubi-dachi



Yoi / hachiji-dachi, (pied gauche après le droit)



1-Hidari-haiwan-hidari-sokumen-jodan-yoko-uke, migi-zenwan-hitai-mae-yoko-kamae / migi-kokutsu-dachi (9hrs)



2-Hidari-jodan-soto-nagashi-uke, migi-kentsui-hidari-sokumen-soto-mawashi-uchi / migi-kokutsu-dachi



3-Saken-hidari-sokumen-chudan-zuki, uken-migi-koshi / migi-kokutsu-dachi



Tourner (9hrs)



4- Migi-haiwan-migi-sokumen-jodan-yoko-uke, hidari-zenwan-hitai-mae-yoko-kamae / hidari-kokutsu-dachi



5- Migi-jodan-soto-nagashi-uke, hidari-kentsui-migi-sokumen-soto-mawashi-uchi / hidari-kokutsu-dachi



6-Uken-migi-sokumen-chudan-zuki, saken-hidari-koshi / hidari-kokutsu-dachi



7-Ryoken-hidari-koshi-kamae, migi-ashi-uke-hidari-hiza-yoko, migi-uraken-jodan-yoko-mawaschi-uchi, migi-sokuto-chudan-yoko-geri-keage / hidari-ashi-dachi (6 hrs)



7B-Vue de coté



8-Hidari-shuto-chudan-uke / migi-kokutsu-dachi



9-Migi-shuto-chudan-uke / hidari-kokutsu-dachi

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10-Hidari-shuto-chudan-uke / migi-kokutsu-dachi



11-Sasho-chudan-osae-uke, migi-chudan-shihon-nukite / migi-zenkutsu-dachi **KIAI**



Tourner (3 hrs)



12-Hidari-shuto-chudan-uke / migi-kokutsu-dachi



13-Migi-shuto-chudan-uke / hidari-kokutsu-dachi (4 hrs)



14-Migi-shuto-chudan-uke / hidari-kokutsu-dachi (9 hrs)



15-Hidari-shuto-chudan-uke / migi-kokutsu-dachi (8 hrs)



16-Gyaku hanmi, migi-chudan-uchi-uke / hidari-ashi-zenkutsu (6 hrs)



17-Migi-chudan-mae-geri-keage / hidari-ashi-dachi



18-uken-migi-koshi, saken-chudan-zuki / migi-zenkutsu-dachi



19- Gyaku hanmi, hidari-chudan-uchi-uke / migi-ashi-zenkutsu



20-Hidari-chudan-mae-geri-keage / migi-ashi-dachi



21-Saken-hidari-koshi, uken-chudan-zuki / hidari-zenkutsu-dachi



22-Migi-chudan-morote - uke / migi-zenkutsu-dachi



Vue de coté

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Shingitai Karate-Do Saint-Jérôme Par Carl Lavallé 2 kyu



23-Hidari-gedan-barai /
Hidari-zenkutsu-dachi (9 hrs)



24-Migi-jodan-age-uke / migi-zenkutsu-dachi (10hrs)



25-Migi-gedan-barai /
migi-zenkutsu-dachi (3 hrs)



25- Ouvrir la main vers l'hrs.



26-Hidari-jodan-age-uke **KIAI**
/ hidari-zenkutsu-dachi



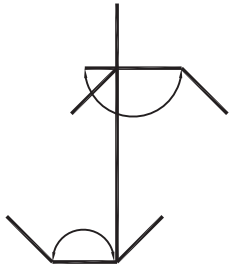
Naore / hachiji-dachi



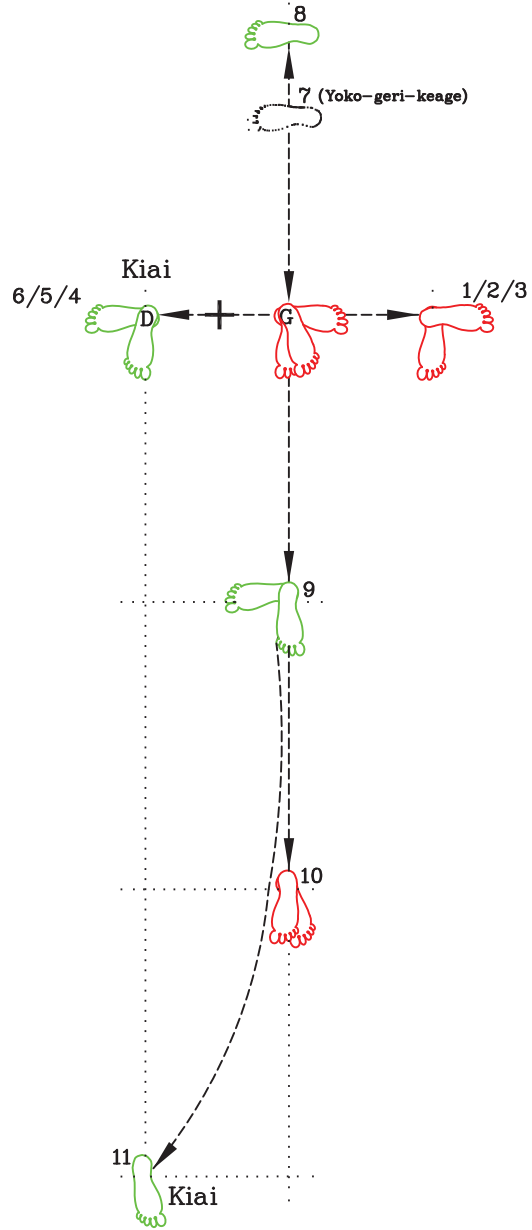
Rei / musubi-dachi



(pied gauche après le droit)



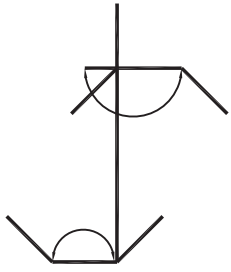
Heian Nidan



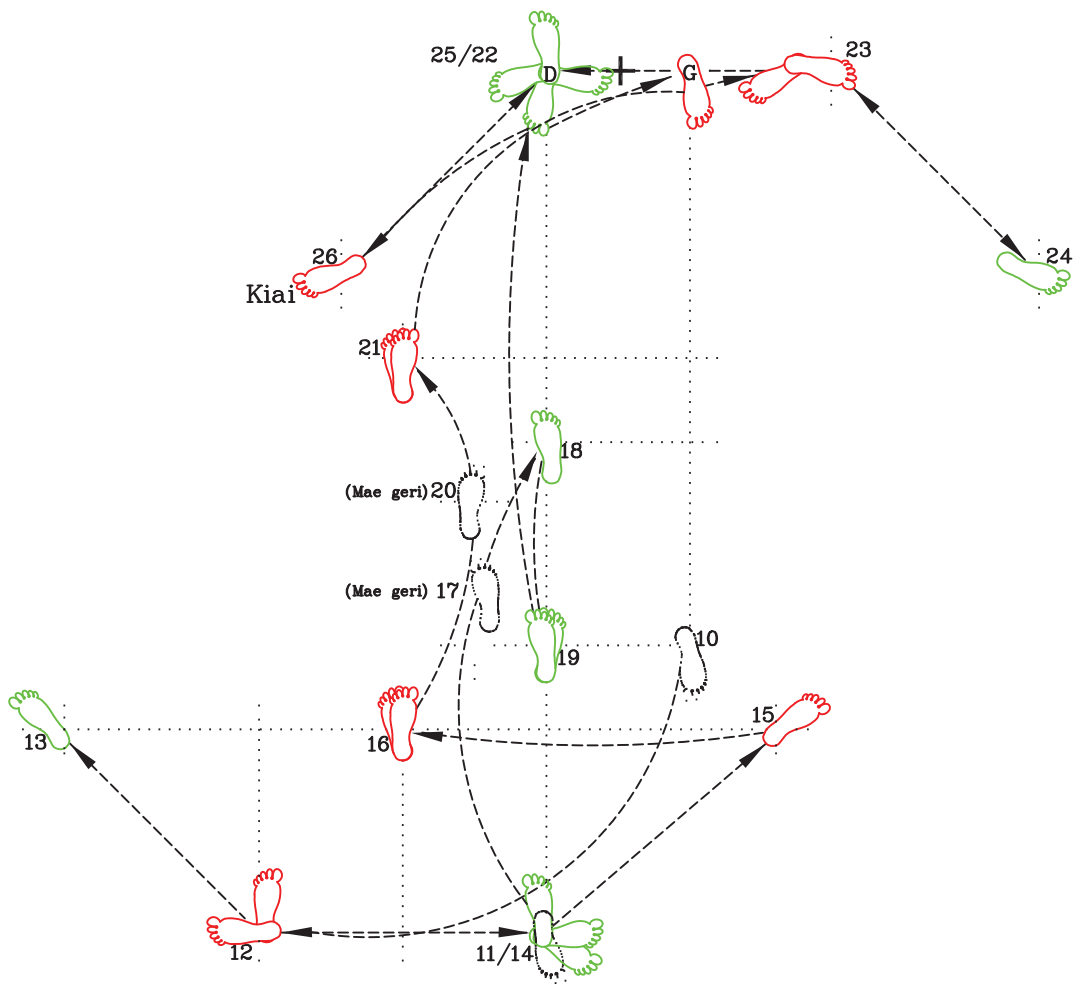
Partie 1

Heian Nidan





Heian Nidan



Partie 2

Heian Nidan

