

# Heian Sandan

Shingitai Karate-Do Saint-Jérôme



Rei, Heian Sandan / musubi-dachi



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



1-Hidari-sokumen-hidari-chudan uchi-uke /  
migi-kokutsu-dachi (9hrs)



2-Migi-chudan-uchi-uke, hidari-gedan-uke /  
heisoku-dachi



3-Hidari-chudan-uchi-uke, migi-gedan-  
uke / heisoku-dachi



4-Migi-chudan uchi-uke / hidari-kokutsu-  
dachi (3hrs)



5-Hidari-chudan-uchi-uke, migi-gedan uke /  
heisoku-dachi



6-Migi-chudan-uchi-uke, hidari-gedan-  
uke / heisoku-dachi



7-Hidari-chudan-morote-uke / migi-Kokutsu-  
dachi (12hrs)



8-Sasho-chudan-osae-uke, migi-chudan-shihon-  
nukite / migi-zenkutsu-dachi



9-Hidari-kentsui-chudan-uchi-mawachi-uchi, uken-migi-  
koshi / kiba-dachi



10-Migi-chudan-oi-zuki /  
migi-zenkutsu-dachi **KIAI**



# Heian Sandan

## Shingitai Karate-Do Saint-Jérôme



11-Ryoken-ryokoshi-kamae / heisoku-dachi (6hrs)



12-Migi-furi-enpi / migi-ashi-fumikomi, kiba-dachi



13-Migi-uraken-migi-sokumen-tate-mawashi-uchi / kiba-dachi



14- Hidari-furi-enpi / hidari-ashi-fumikomi, kiba-dachi



15- Hidari-uraken-hidari-sokumen-tate-mawashi-uchi / kiba-dachi



16- Migi-furi-enpi / migi-ashi-fumikomi, kiba-dachi



17-Migi-uraken-migi-sokumen-tate-mawashi-uchi / kiba-dachi



18-Migi-tate shuto-chudan-uke, hidari-chudan-oi-zuki / hidari-zenkutsu-dachi



19-Uraken-hidari-kata-ue-koho-tsukiage, hidari-ushiro-enpi / kiba-dachi (9hrs)



19A- Migi-e-yori-ashi

# Heian Sandan

Shingitai Karate-Do Saint-Jérôme Par Olivier fortin 3 kyu



20-Saken-migi-kata-ue-koho-tsukiage, migi-ushiro-enpi / kiba-dachi (3hrs) **KIAI**



Naore



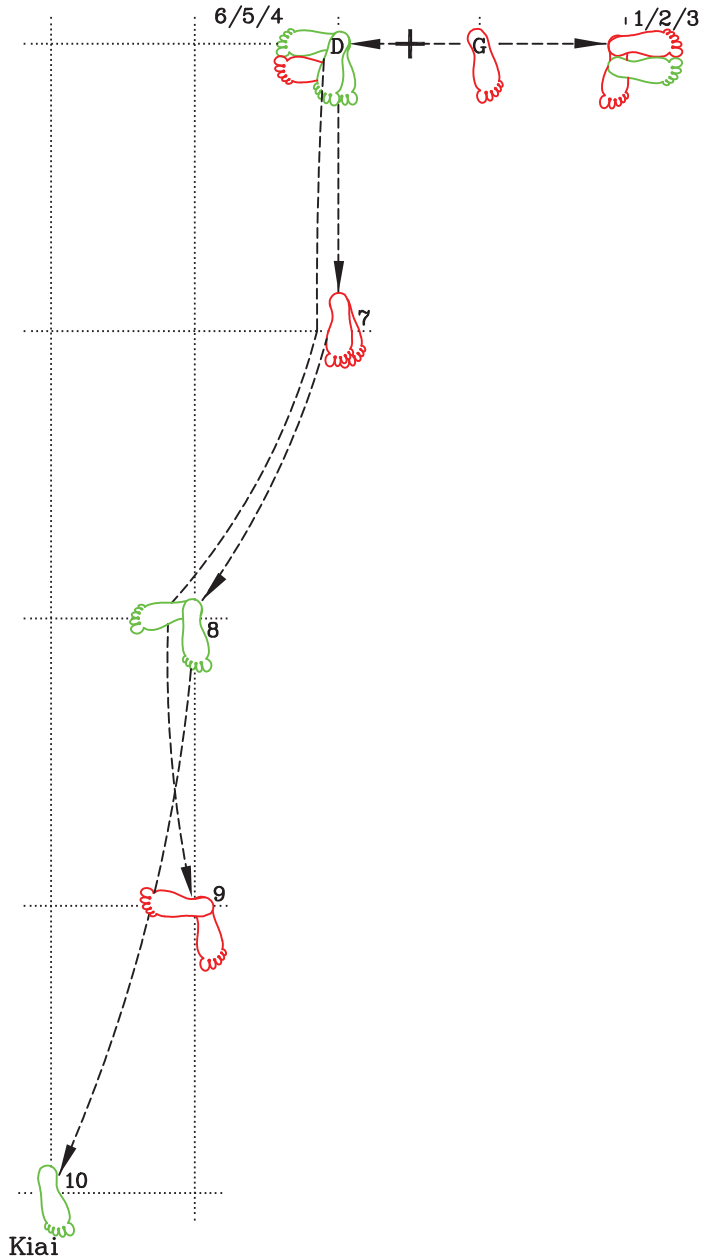
Rei musubi-dachi



(pied gauche après le droit)



Heian Sandan



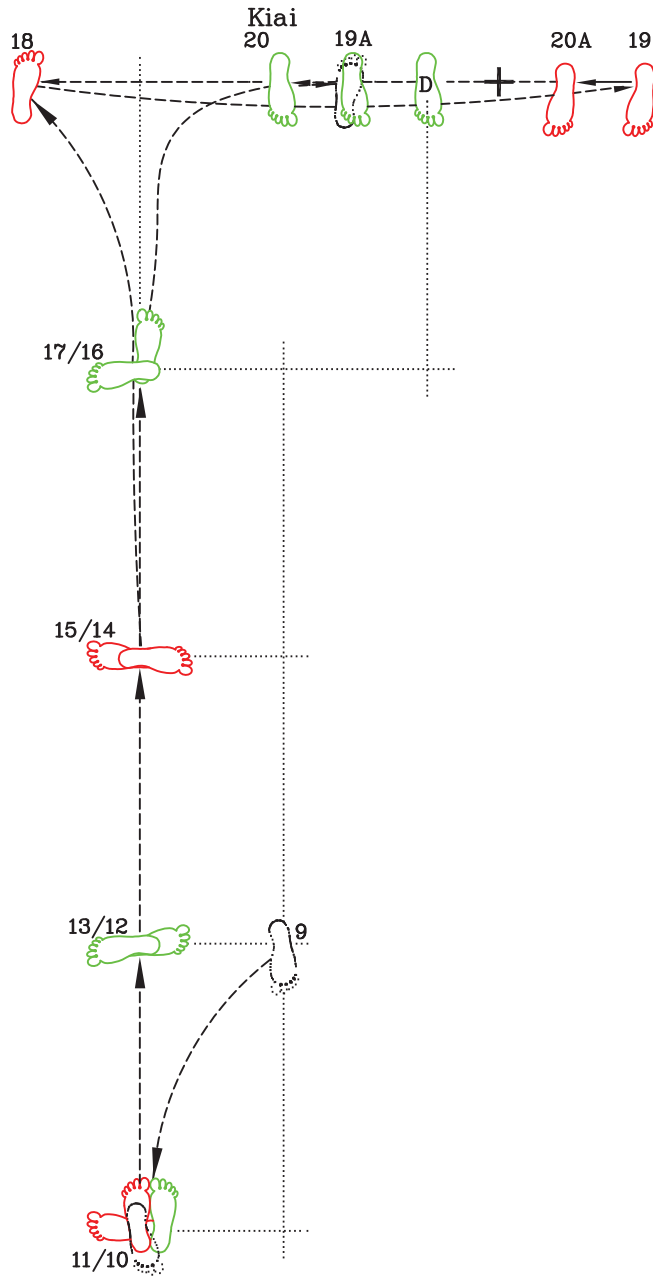
Partie 1

Heian Sandan





Heian Sandan



Partie 2

Heian Sandan

