

Heian Shodan

Shingitai Karate-Do Saint-Jérôme



Rei Heian shodan / musubi-dachi



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



1-Hidari-sokumen-hidari-gedan-barai
/ hidari-zenkutsu-dachi (9 hrs)



2-Migi-chudan-oi-zuki / migi-zenkutsu-dachi



Tourner (3 hrs)



3-Migi-gedan-barai / migi-zenkutsu-dachi



4A



4-Migi-kentsui-tate-mawashi-uchi / migi-zenkutsu-dachi



5- Hidari-chudan-oi-zuki / hidari-zenkutsu-dachi



Tourner (12 hrs)



6-Hidari-gedan-barai / hidari-zenkutsu-dachi



7-Ouvrir la main



7-Migi-jodan-age-uke / migi-zenkutsu-dachi



8-Ouvrir la main



8-Hidari-jodan-age-uke / hidari-zenkutsu-dachi

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9-Ouvrir la main



9-Migi-jodan-age-uke / migi-zenkutsu-dachi **KIAI**



Tourner (3 hrs)



10-Hidari-gedan-barai / hidari-zenkutsu-dachi



11-Migi-chudan-oi-zuki / migi-zenkutsu-dachi



Tourner (9hrs)



12-Migi-gedan-barai / migi-zenkutsu-dachi



13- Hidari-chudan-oi-zuki / hidari-zenkutsu-dachi



Tourner (6 hrs)



14-Hidari-gedan-barai / hidari-zenkutsu-dachi



15- Migi-chudan-oi-zuki / migi-zenkutsu-dachi



16- Hidari-chudan-oi-zuki / hidari-zenkutsu-dachi



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



Tourner (9 hrs)



18-Hidari-Shuto-chudan-uke / migi-kokutsu-dachi



19-Migi-shuto-chudan-uke / hidari-kokutsu-dachi (10hrs)

Heian Shodan

Shingitai Karate-Do Saint-Jérôme Par Annette Arpin 1 Kyu



Tournier (3 hrs)



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



Tournier (2 hrs)



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



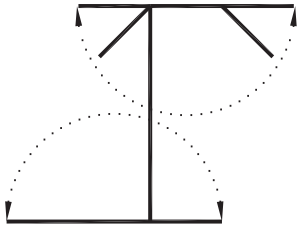
Naore / hachiji-dachi



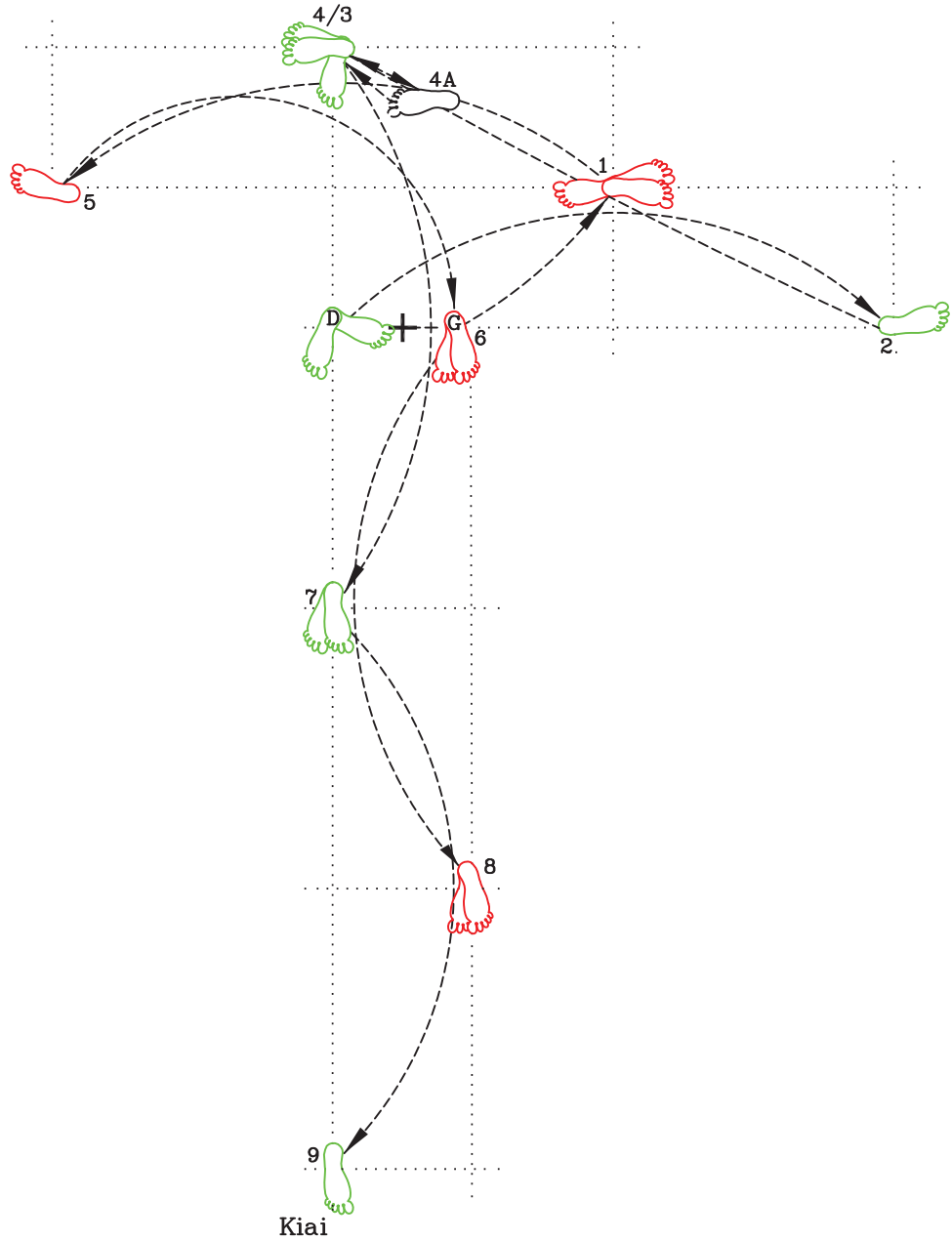
Rei / musubi-dachi



(pied gauche après le droit)

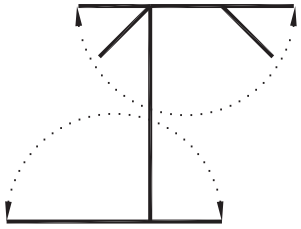


Heian Shodan

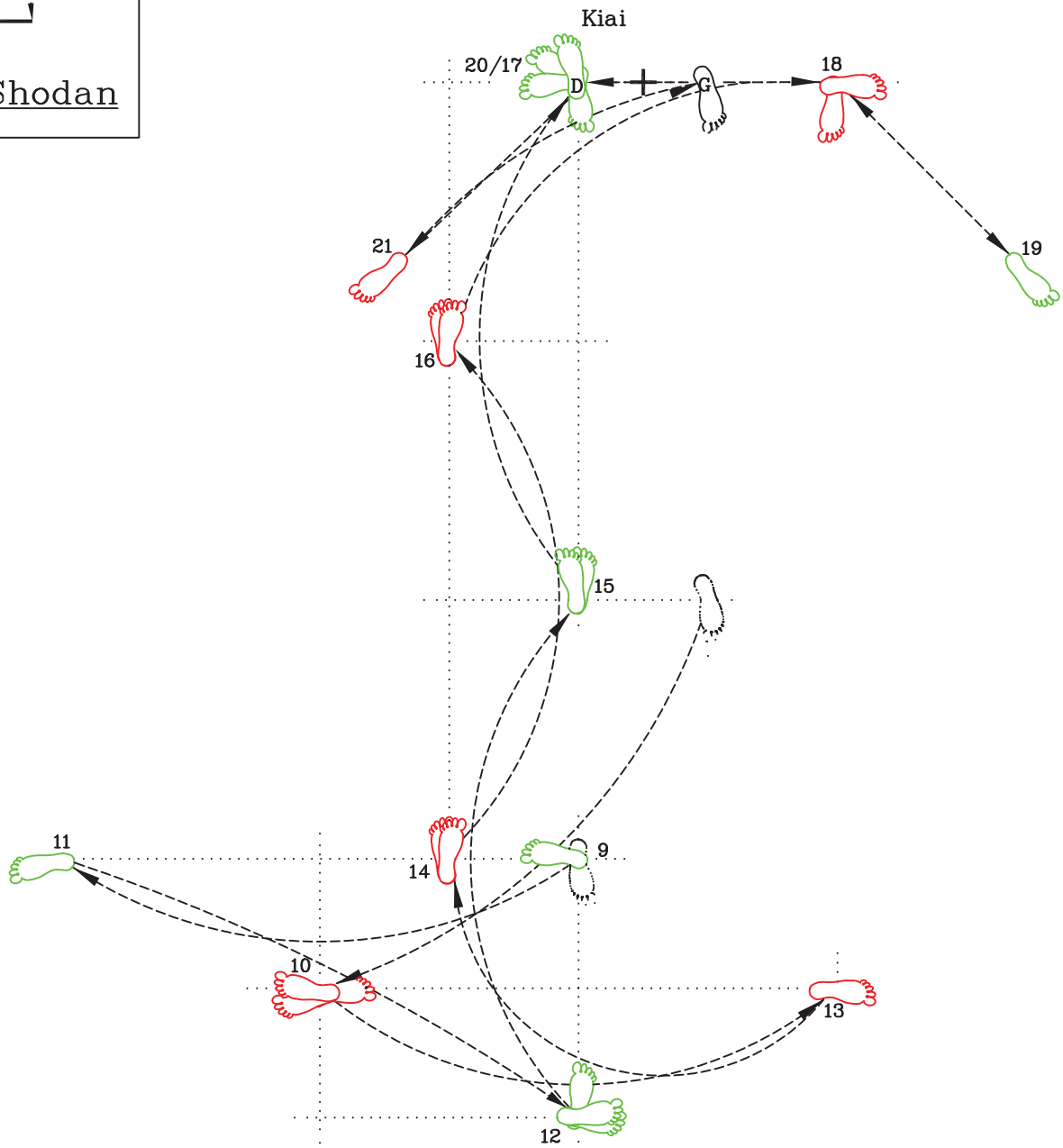


Partie 1

Heian Shodan



Heian Shodan



Partie 2

Heian Shodan

