

Heian Yondan

Shingitai Karate-Do Saint-Jérôme



Rei, Heian Yondan / 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 (9 hrs)

2-Migi-haiwan-migi-sokumen-jodan-yoko-uke, hidari-zenwan-hitai-mae-yoko-kamae / hidari-kokutsu-dachi (3 hrs)



3-Gedan-kosa-uke / hidari-zenkutsu-dachi



4-Migi-chudan-morote-uke / hidari-kokutsu-dachi (12 hrs)



5-Ryoken-migi-koshi kamae, hidari-ashi-ura-migi-hiza-yoko / migi-ashi-dachi

6-Hidari-uraken-jodan-yoko-mawashi-uchi, hidari-sokuto-chudan-yoko-geri-keage / migi-ashi-dachi



7-Sasho-ni-migi-mae-enpi, hidari-zenkutsu-dachi (9 hrs)

Heian Yondan

Shingitai Karate-Do Saint-Jérôme



8- Ryoken-hidari-koshi-kamae, migi-ashi-ura-hidari-hiza-yoko / hidari-ashi-dachi



9-Migi-uraken-jodan-yoko-mawashi-uchi, migi-sokuto-chudan-yoko-geri-keage / hidari-ashi-dachi (3hrs)



10-Usho-ni-hidari-mae-enpi / migi-zenkutsu-dachi



11-Hidari-shuto-saho-gedan-barai-sasho-jodan-uke, migi-shuto-jodan-soto-mawashi-uchi / hidari-hiza-kussu (12 hrs)



12-Migi-jodan-mae-geri-keage / hidari-ashi-dachi



13-Migi-uraken-tate-mawashi-uchi, saken-hidari-koshi / migi-ashi-mae-kosa-dachi **KIAI**



14-Ryoken-chudan-kakiwake-uke / migi-kokutsu-dachi



15- Migi-jodan-mae-geri-keage / hidari-ashi-dachi

Heian Yondan

Shingitai Karate-Do Saint-Jérôme



16-Uken-chudan-zuki, saken-hidari-koshi /
migi-zenkutsu-dachi (4 hrs)



17-Saken-chudan-zuki, uken-migi-koshi /
migi-zenkutsu-dachi



18-Ryoken-chudan-kakiwake-uke / hidari-
kokutsu-dachi (8 hrs)



19-Hidari-jodan-mae-geri-keage / hidari-ashi-dachi



20- Saken-chudan-zuki, uken-migi-koshi /
hidari-zenkutsu-dachi



21-Uken-chudan-zuki, saken-hidari-
koshi / hidari-zenkutsu-dachi



22-Hidari-chudan-morote-uke /
migi-kokutsu-dachi (6hrs)



(Vue de côté)



23-Migi-chudan-morote-uke /
hidari-kokutsu-dachi



24-Hidari-chudan-morote-
uke / migi-kokutsu-dachi



25-Migi-hiza-tsuchi, ryoken-migi-hiza-ryogawa / hidari-ashi-dachi **KIAI**



(vue de côté)



Heian Yondan

Shingitai Karate-Do Saint-Jérôme Par Benoit Lebel 1 kyu



26-Hidari-shuto-chudan-uke / migi-kokutsu-dachi (12 hrs)



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



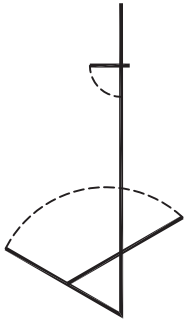
Naore



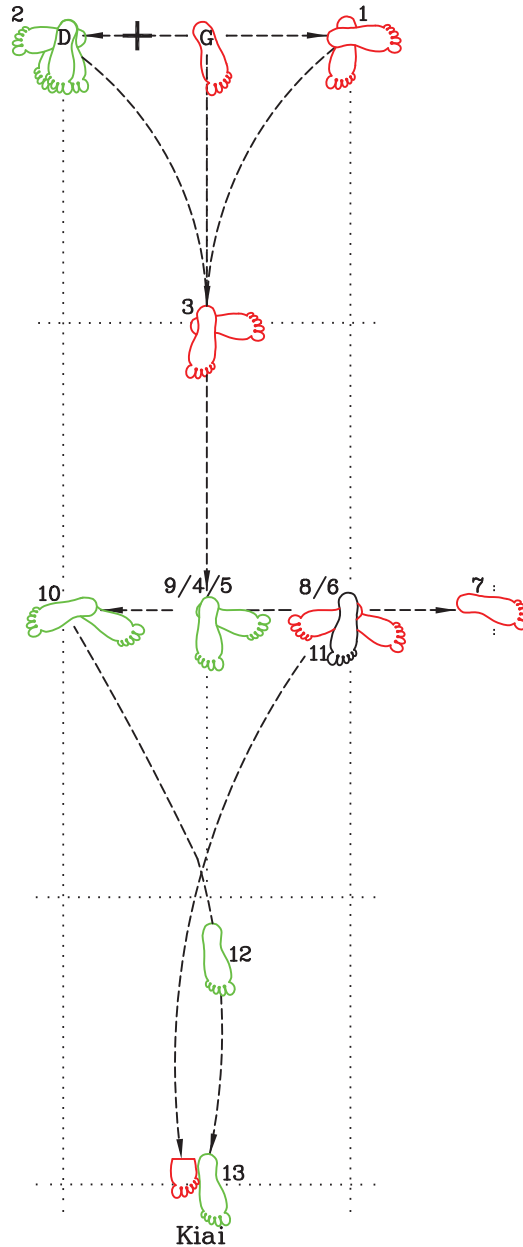
Rei musubi-dachi



(pied gauche après le droit)



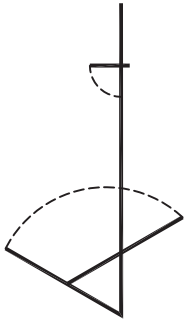
Heian Yondan



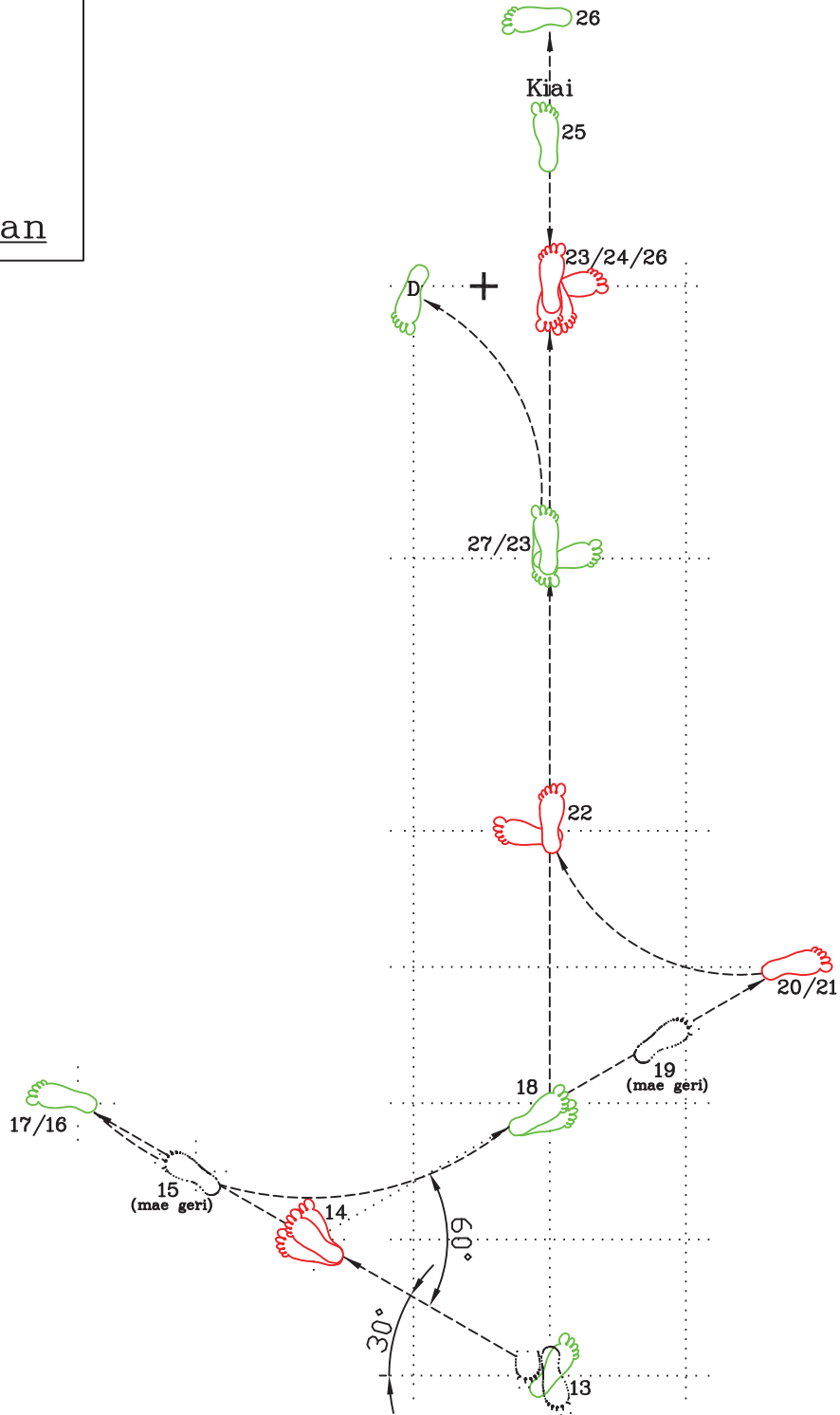
Partie 1

Heian Yondan





Heian Yondan



Partie 2

Heian Yondan

