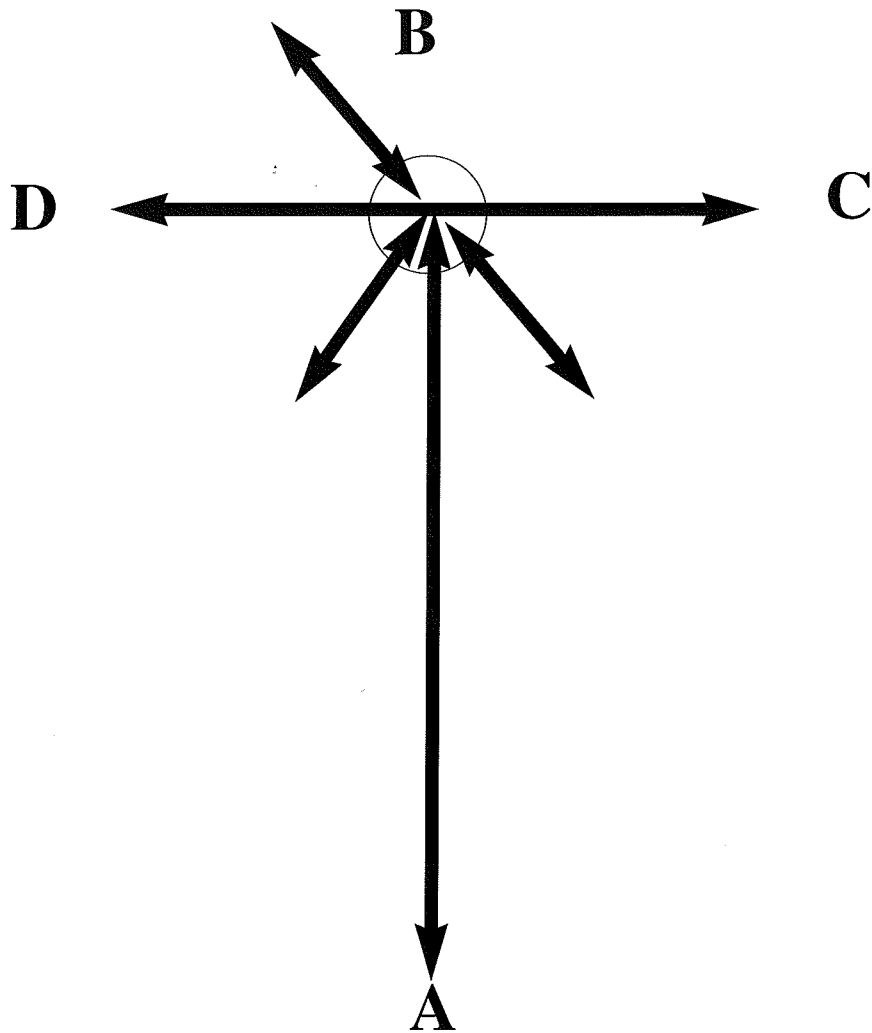
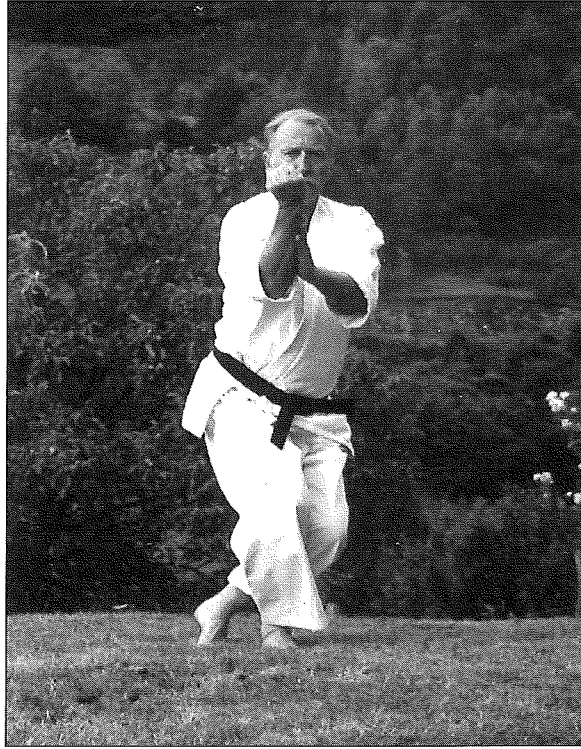
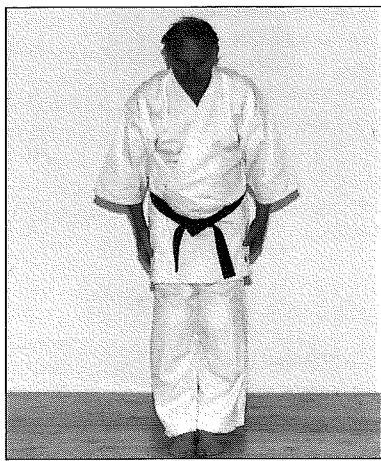


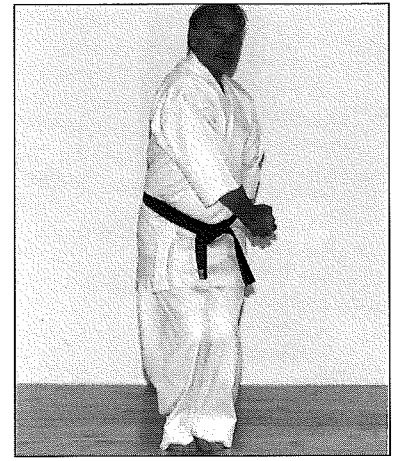
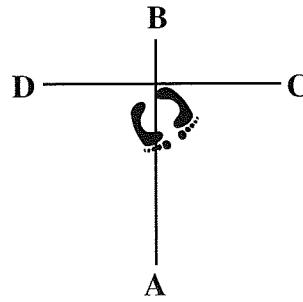
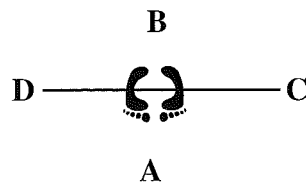
# BASSAI DAI (\*)

Exécuté par Adolphe SCHNEIDER - 5<sup>ème</sup> dan Shotokai Egami ryu

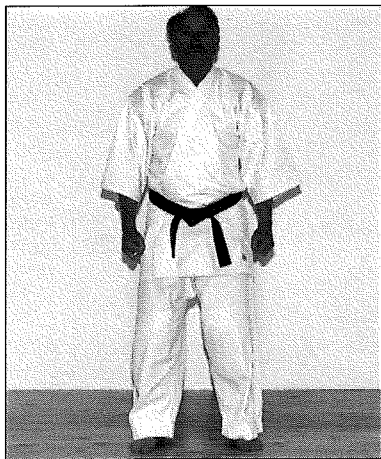




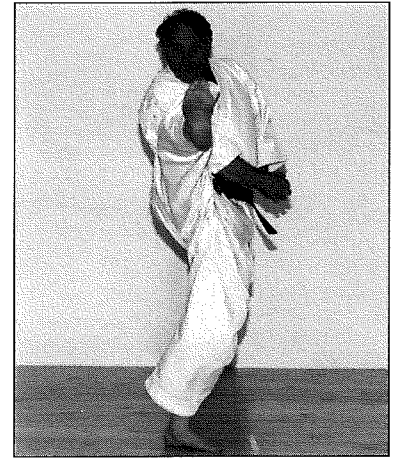
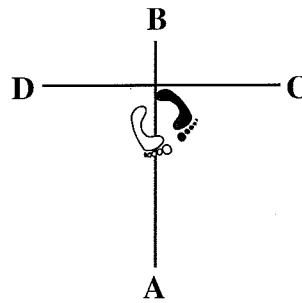
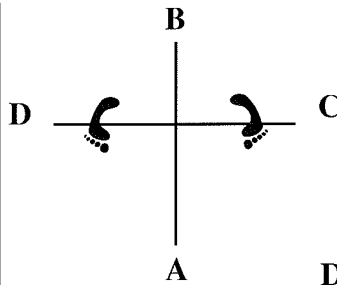
1 - Heisoku dachi - Rei



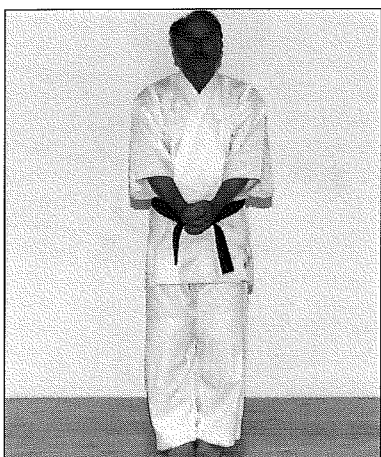
4 - Fléchir légèrement les genoux en présentant le profil d vers A, les mains effectuent un mouvement circulaire vers l'arrière g



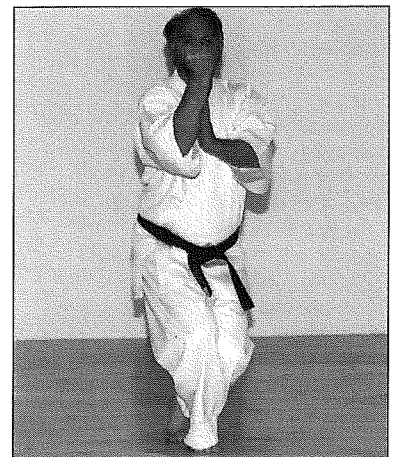
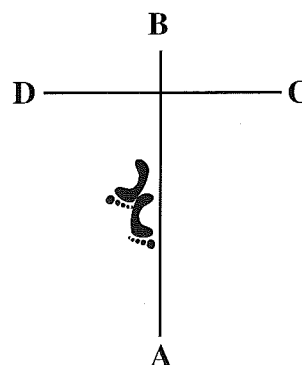
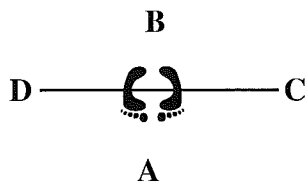
2 - Hachiji dachi



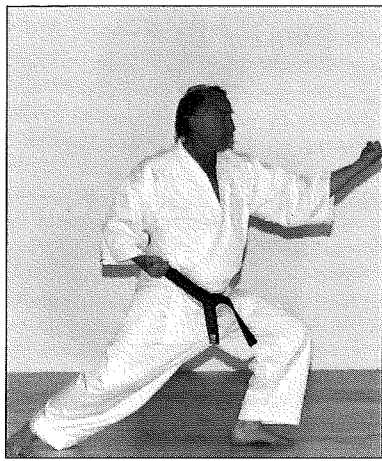
5 - Se propulser vers A avec chudan mae geri ou hiza geri d (variante : mikazuki geri)



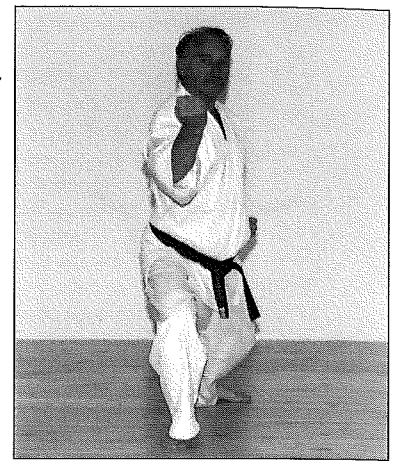
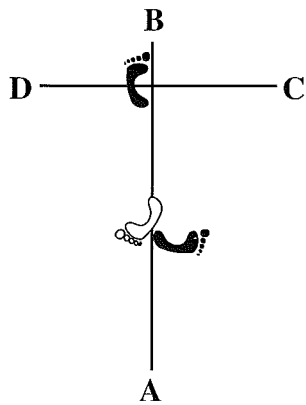
3 - Heisoku dachi - poing d dans paume main g - Yoi



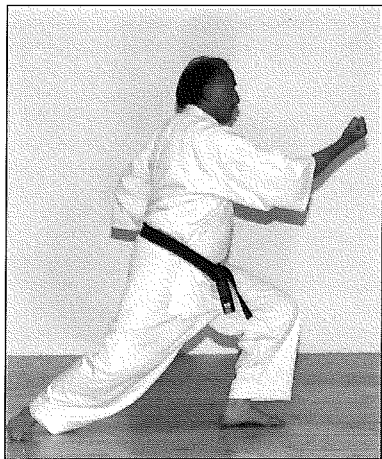
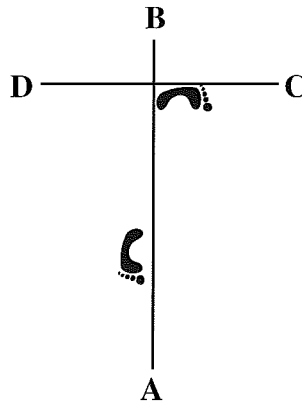
6 - Reposer pied d au sol - soe ashi pied g - morote uchi uke d main g ouverte sur avant-bras d



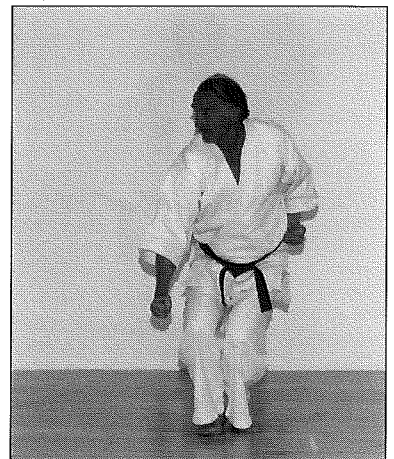
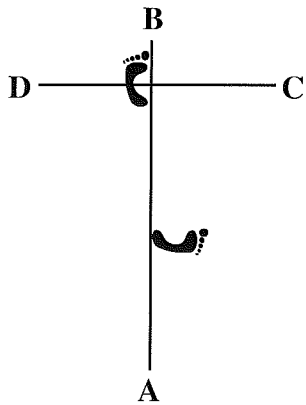
7 - Tourner à g de 180° vers B - avancer pied g en zenkutsu g vers B - chudan uchi uke g



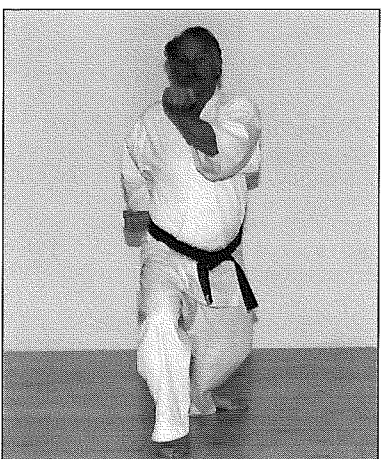
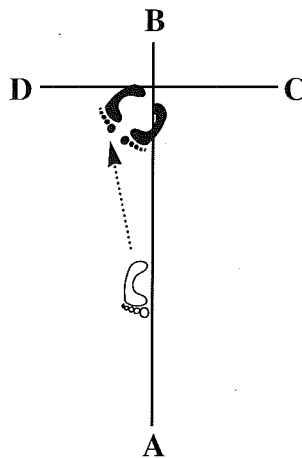
10 - Sur place - chudan uchi uke d



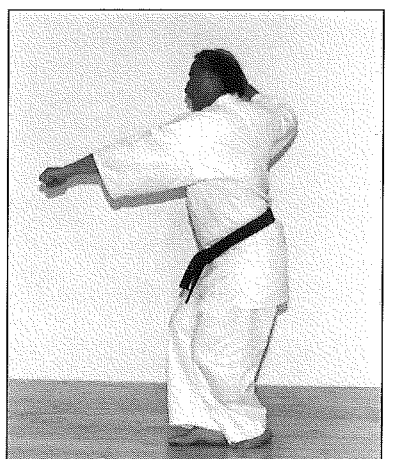
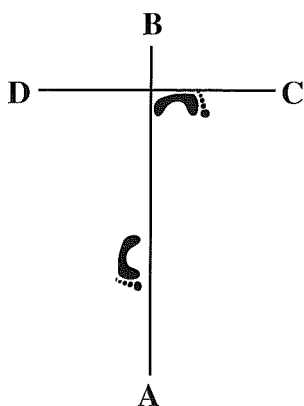
8 - Sur place - chudan gyaku uchi uke d - zenkutsu g vers B



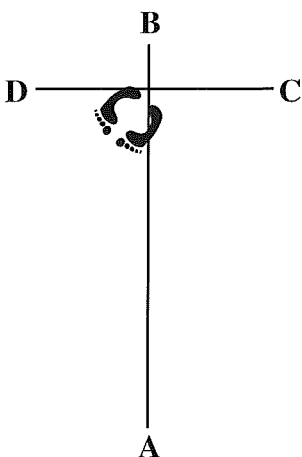
11 - Regarder vers D - ramener pied d en arrière en heisoku dachi face à A - fléchir les genoux et armer bras d vers le bas

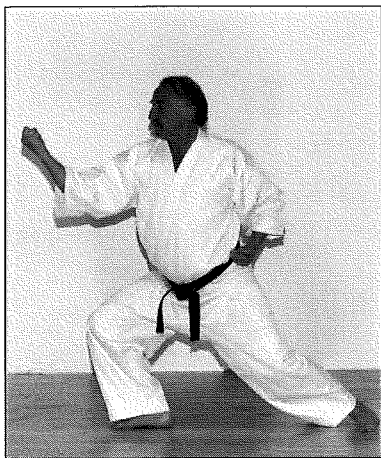


9 - Tourner à d de 180° vers A - chudan gyaku soto uke g - zenkutsu d vers A

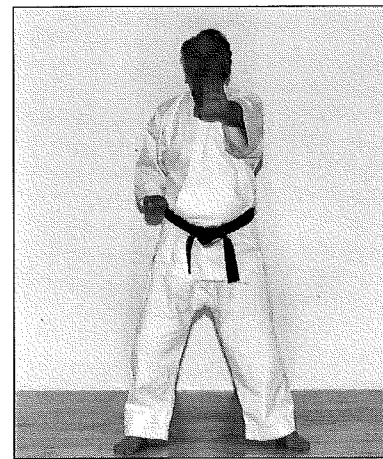
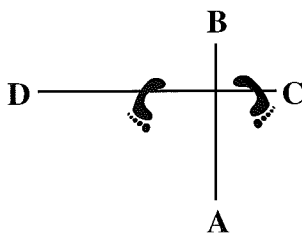
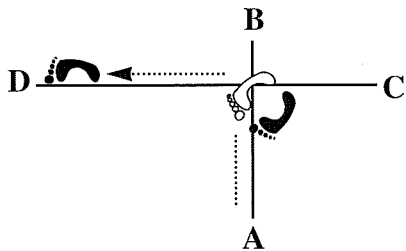


12 - Tourner à d de 90° vers D - Monter le bras en mouvement circulaire en sukui uke et l'armer pour soto uke d

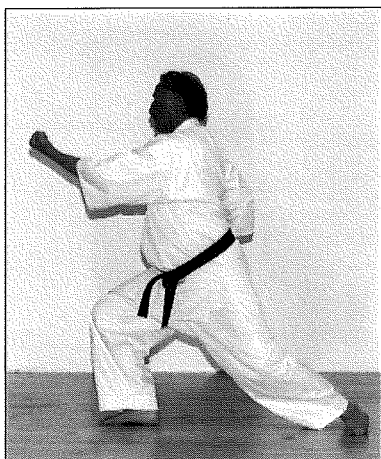




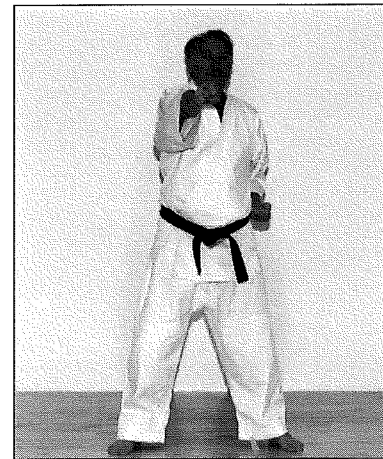
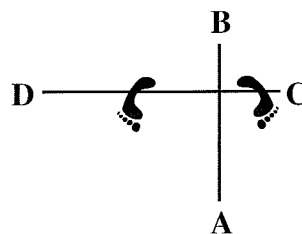
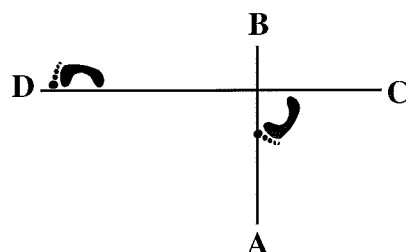
13 - Avancer pied d vers D en zenkutsu d - chudan soto uke d vers D



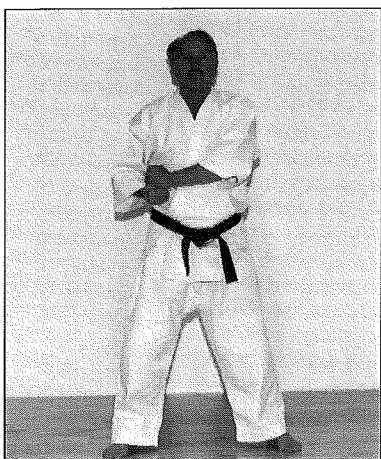
16 - Sur place face à A - chudan tate shuto uke g



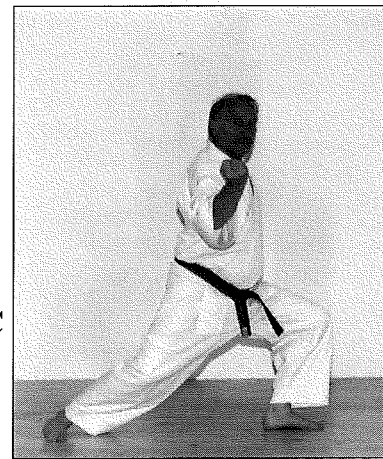
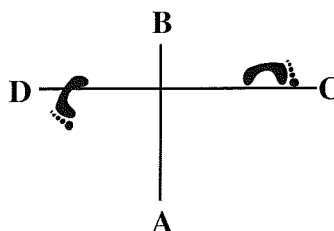
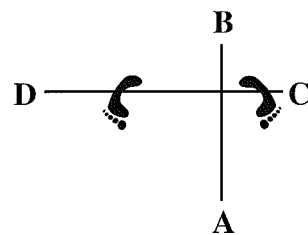
14 - Sur place - chudan gyaku uchi uke g - zenkutsu d vers D



17 - Sur place - chudan hon tsuki d vers A - dai dachi

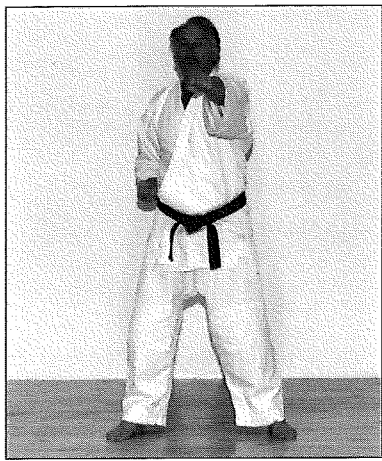


15 - Ramener pied d en dai dachi vers A - armer poing g sur poing d à la hanche d

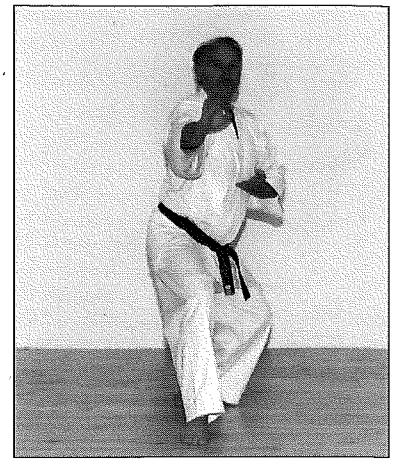
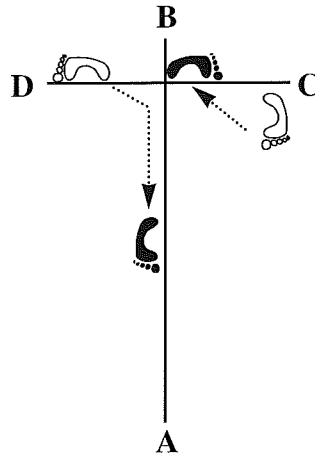
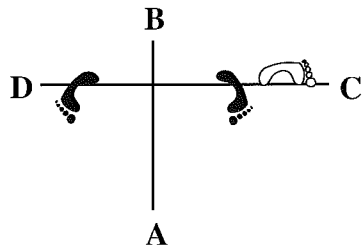


18 - Déplacer pied g de 90° vers C en zenkutsu g - regarder vers A - chudan uchi uke d vers A

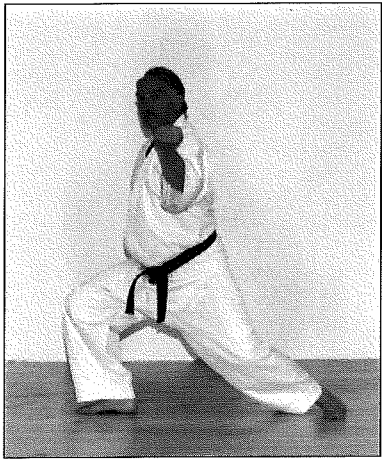




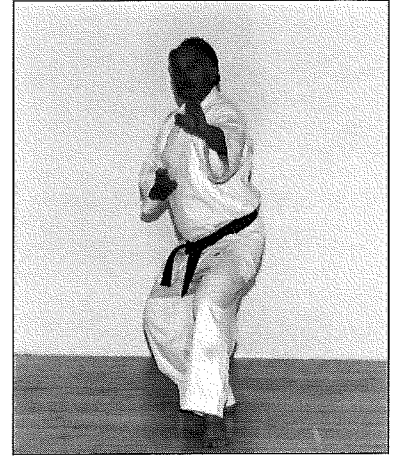
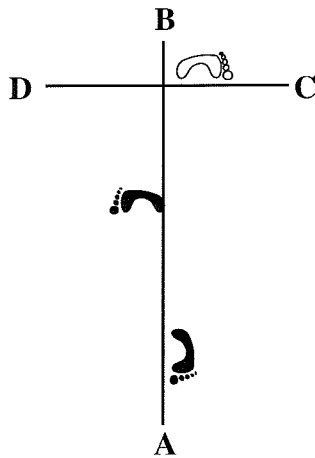
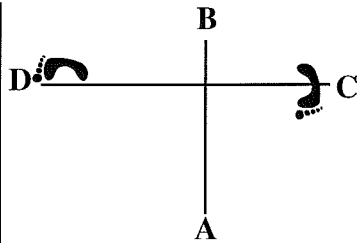
19 - Ramener pied g en dai dachi vers A - chudan hon tsuki vers A



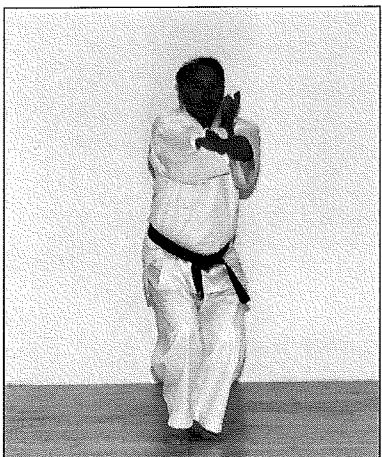
22 - Avancer pied d en kokutsu d vers A - chudan shuto uke d vers A



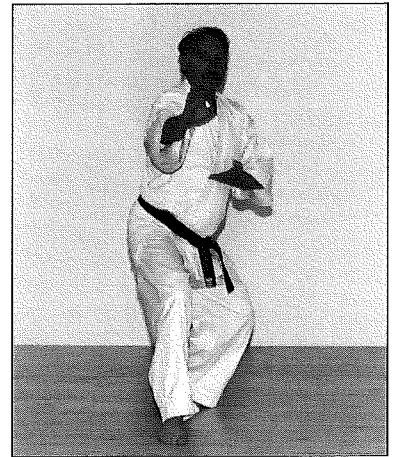
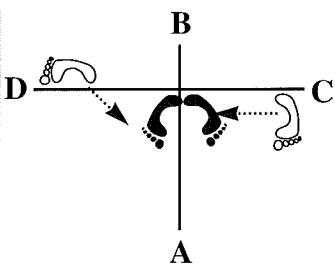
20 - Déplacer pied d de 90° vers D en zenkutsu d - regarder vers A - chudan uchi uke g vers A



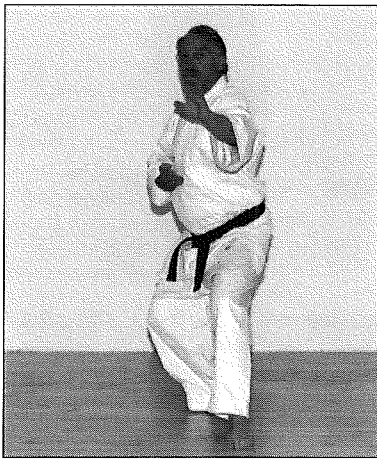
23 - Avancer d'un pas pied g en kokutsu g vers A - chudan shuto uke vers A



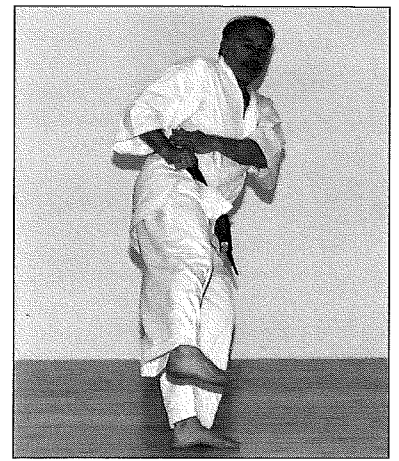
21 - Rapprocher pied g d'un demi pas vers pied d - tourner à g de 90° vers A - armer bras d pour shuto uke



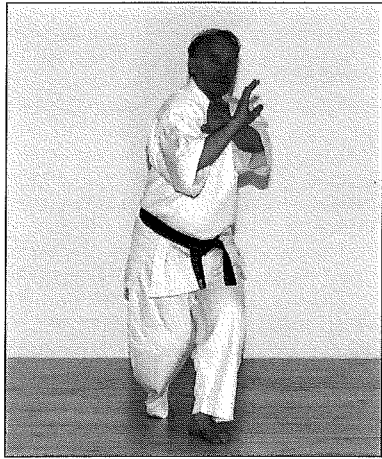
24 - Avancer d'un pas pied d en kokutsu d vers A - chudan shuto uke vers A



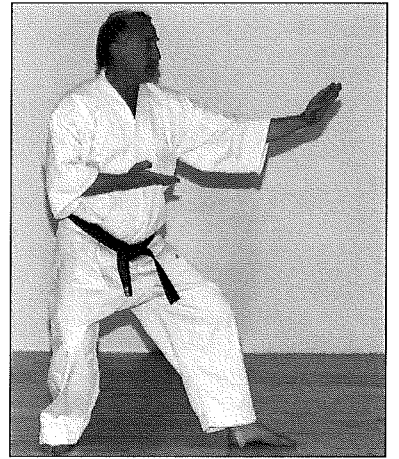
25 - Reculer d'un pas pied d vers B en kokutsu g vers A - chudan shuto uke vers A



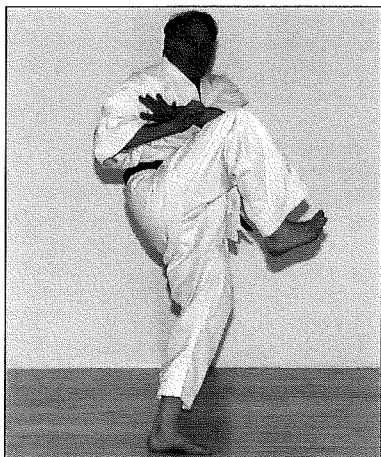
28 - Sur place - fumi komi vers A - les mains se ferment au niveau de la hanche d comme sur photo - Kiai



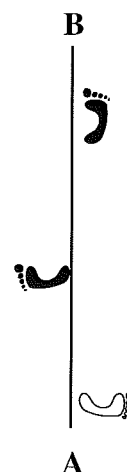
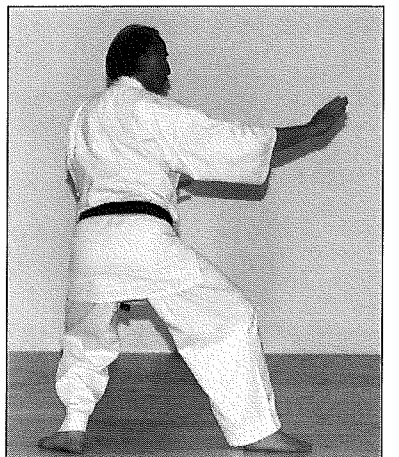
26 - Sur place - tourner le corps vers la g - chudan juji uke vers A



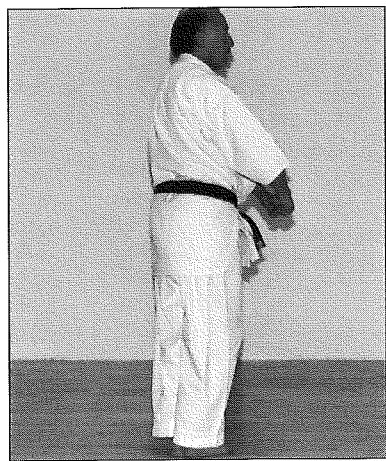
29 - Tourner à g de 180° vers B en kokutsu g - chudan shuto uke vers B



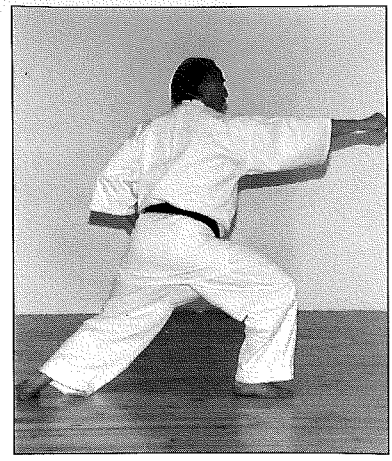
27 - Sur place - armer pied d pour fumi komi vers A - les mains viennent vers la hanche d



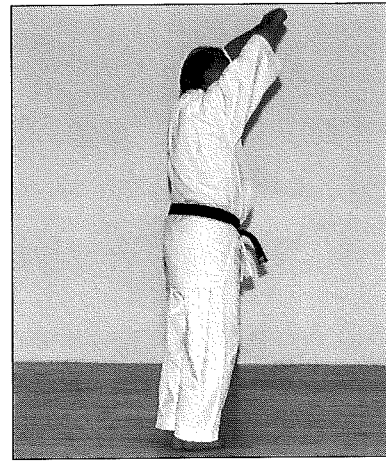
30 - Avancer d'un pas pied d en kokutsu d vers B - chudan shuto uke vers B



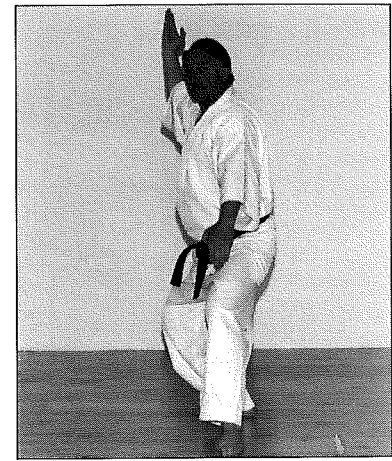
31 - Sur place - ramener pied d en arrière en heisoku dachi à 45° vers DB - les poings devant le corps - regarder vers B



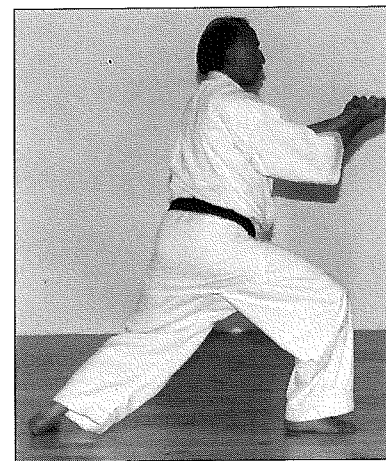
34 - Faire tsuri ashi en zenkutsu d et chudan maete tsuki vers B



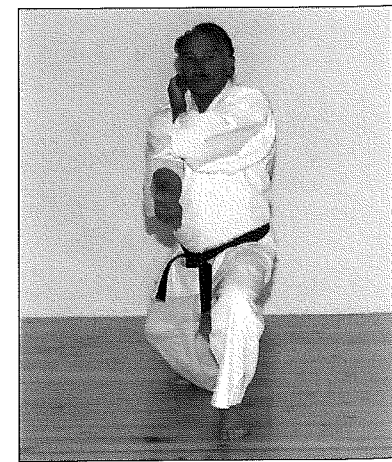
32 - Sur place - jodan morote age uke vers B



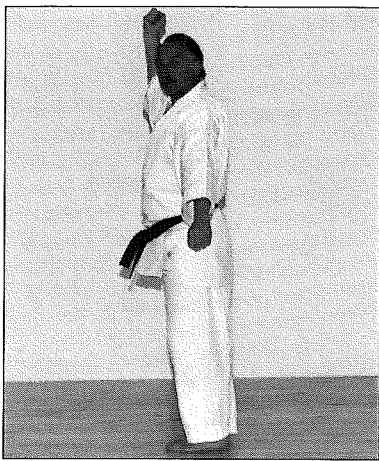
35 - Tourner à g de 180° vers A - kokutsu g - main d jodan nagashi uchi uke main ouverte - main g gedan shuto uke vers A



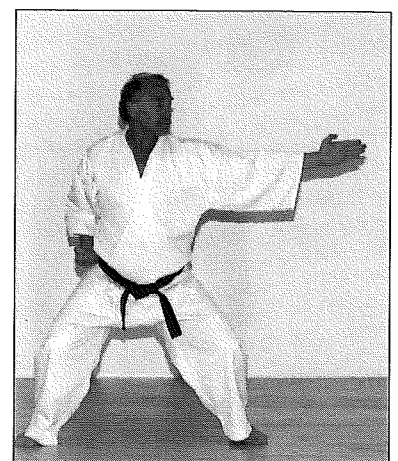
33 - Avancer pied d en zenkutsu d vers B - chudan morote tetsui uchi vers B (variante : avancer en faisant hiza uchi genou d)



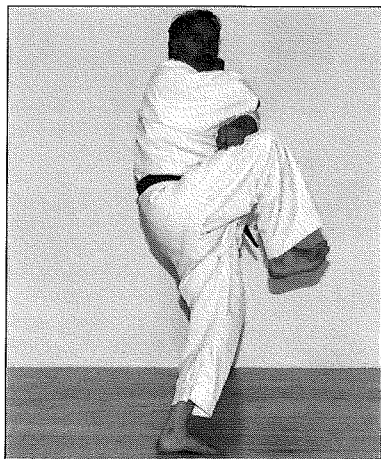
36 - Tsuru ashi en zenkutsu g vers A - main g chudan nagashi uchi uke - main d gedan nukite vers A



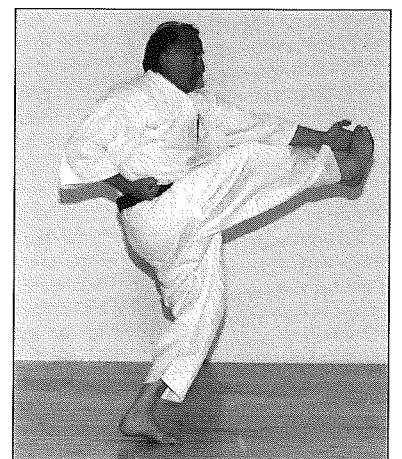
37 - Ramener pied g à côté pied d en heisoku dachi face à D - regarder vers A - main d jodan nagashi uchi uke - main g gedan barai vers A



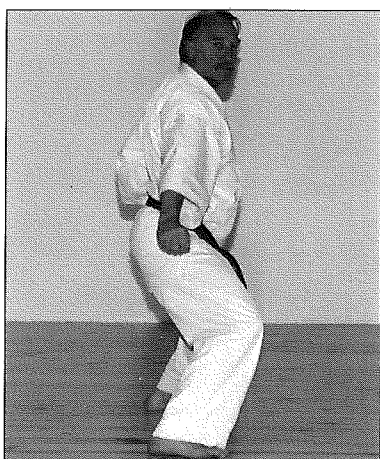
40 - Regarder vers B - chudan haisyu uke g vers B en passant main g sous aisselle d - kiba dachi



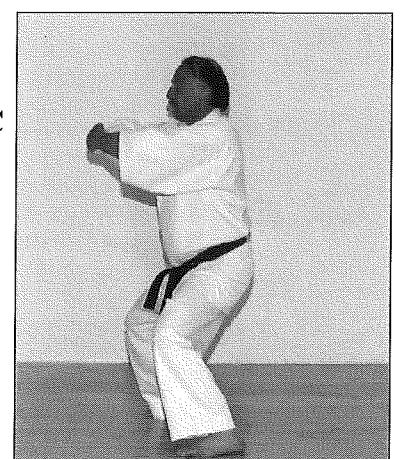
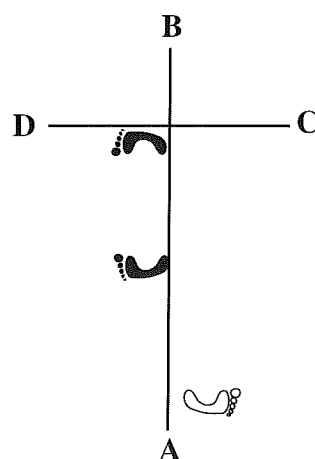
38 - Pivoter à g de 180° sur pied g vers C - armer pied d pour fumi komi - armer bras d pour gedan barai



41 - Sur place - mikazuki geri d vers B - dans paume main g en pivotant vers la gauche de 180° vers C

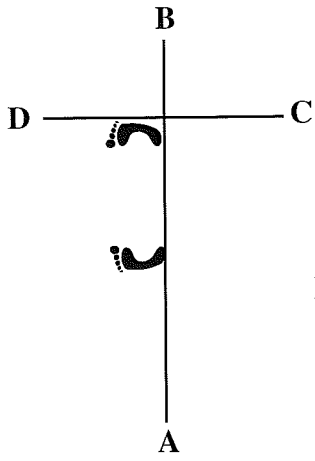
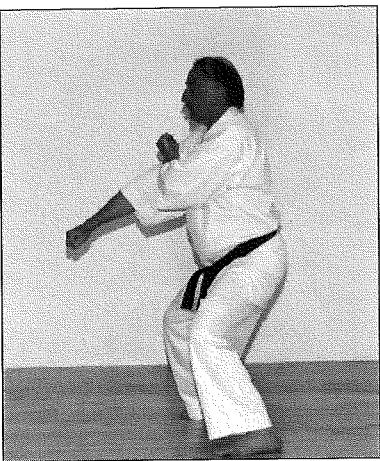


39 - Fumi komi vers A - kiba dachi vers C - gedan barai d vers A

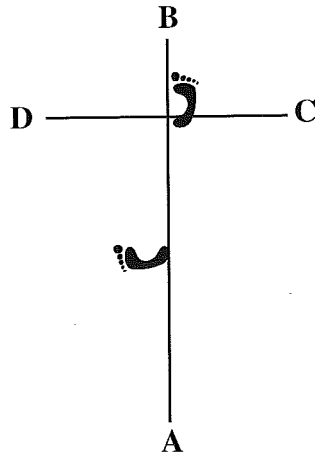
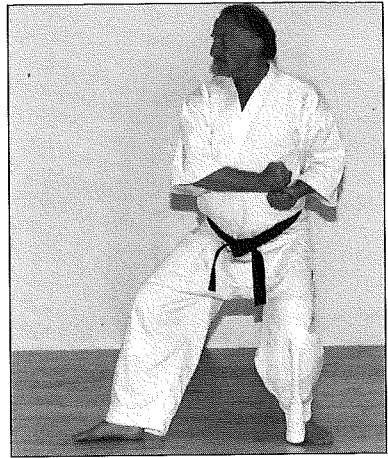


42 - Reposer pied d au sol en kiba dachi face à D - empi uchi d dans paume main g vers D

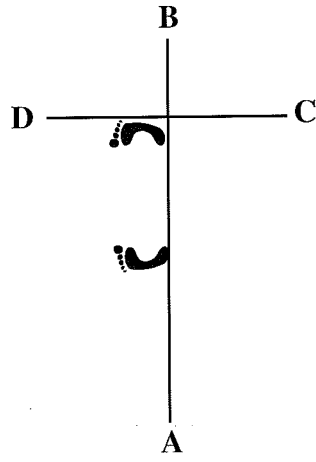
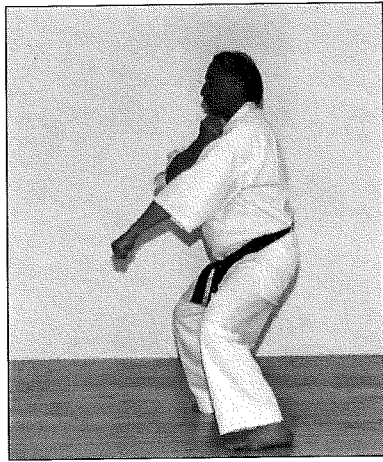




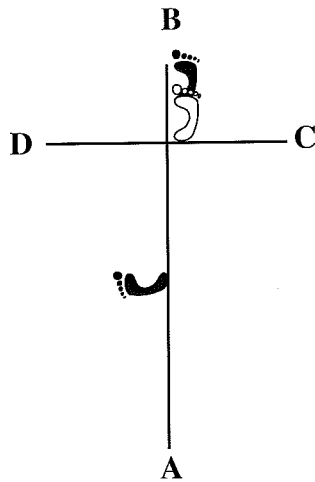
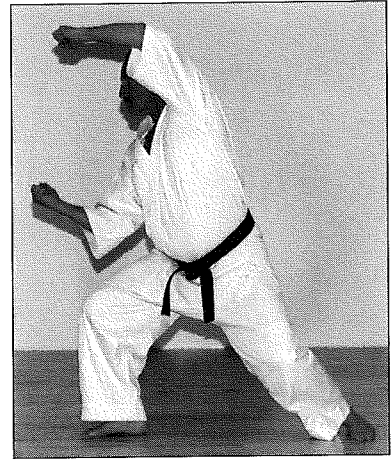
43 - Sur place - gedan barai d vers D - main g kamae le long du bras d



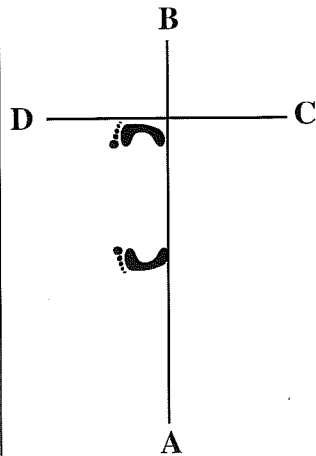
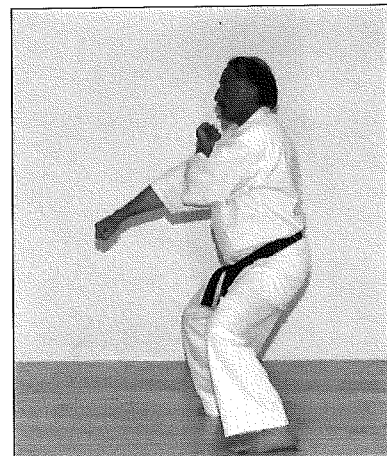
46 - Regarder et pivoter sur pied g vers B - kokutsu d vers B - poing d en kamae sur poing g à la hanche g



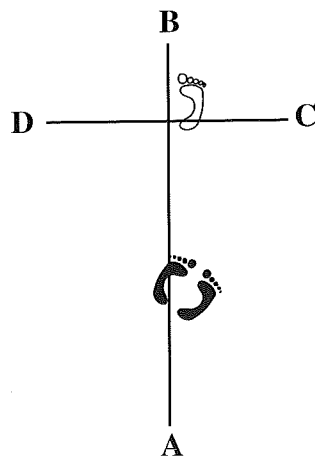
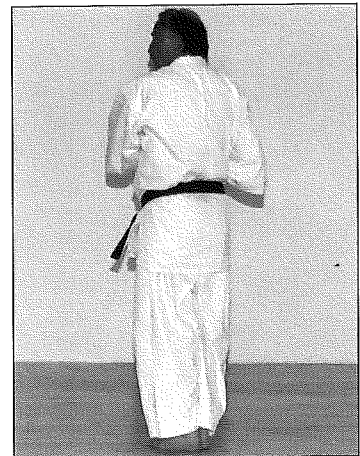
44 - Sur place - gedan barai g vers D - main d kamae le long du bras g



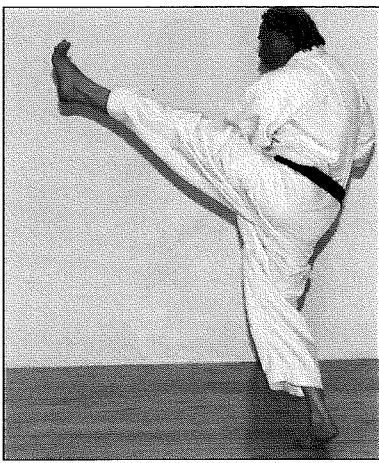
47 - Tsuru ashi pied d en zenkutsu d vers B - yama tsuki vers B



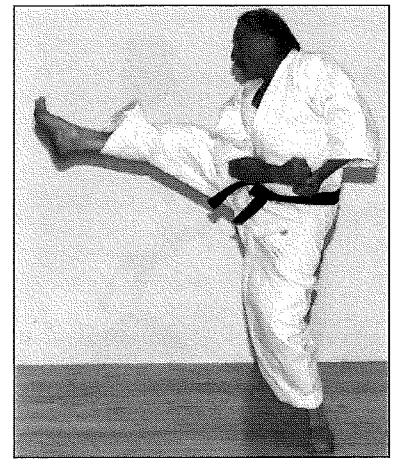
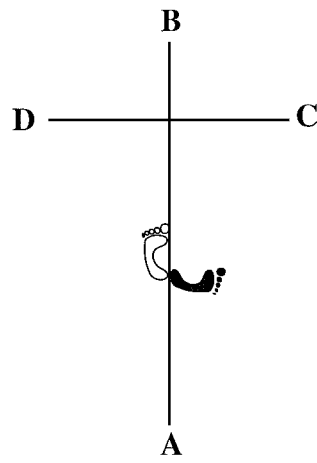
45 - Sur place - mouvements identiques à 43



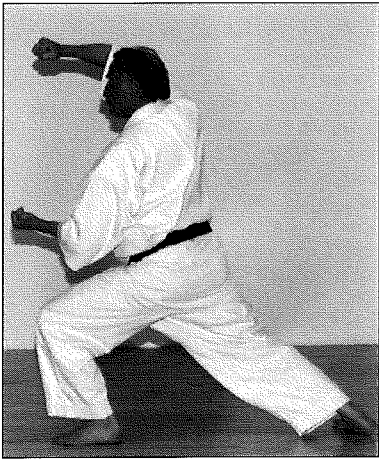
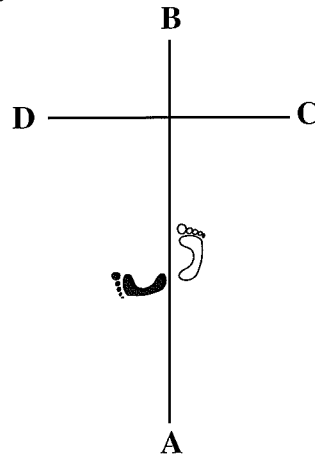
48 - Ramener pied d en arrière en heisoku dachi à 45° vers CB - poings en kamae à la hanche g comme en 46 - regarder vers B



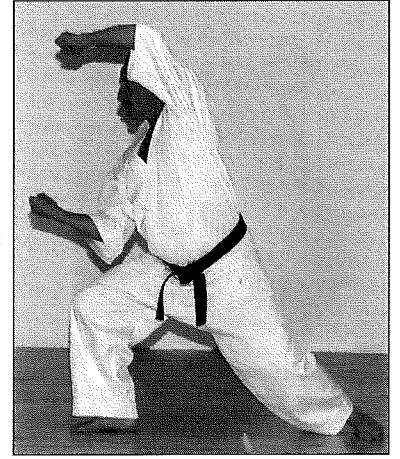
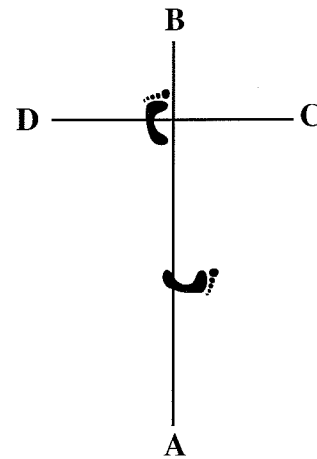
49 - Mae geri g vers B



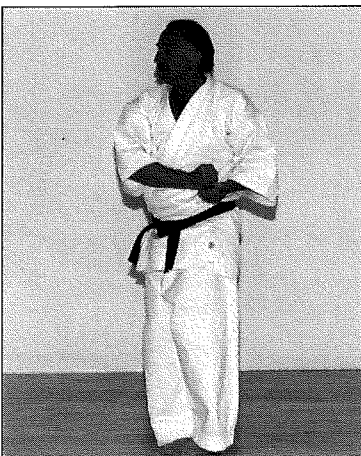
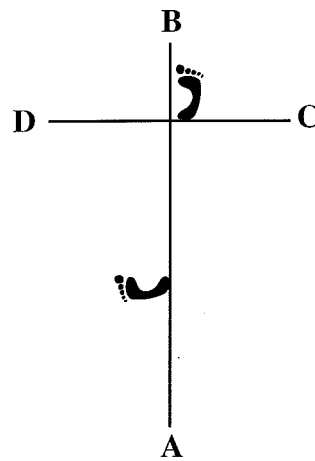
52 - Mae geri d vers B



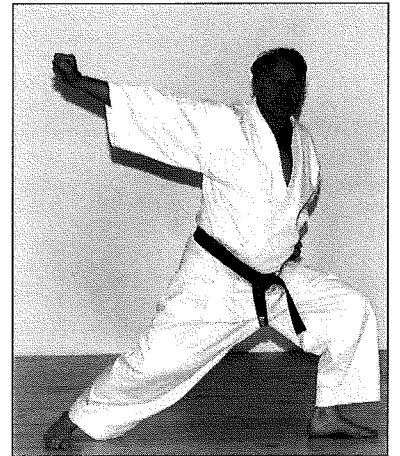
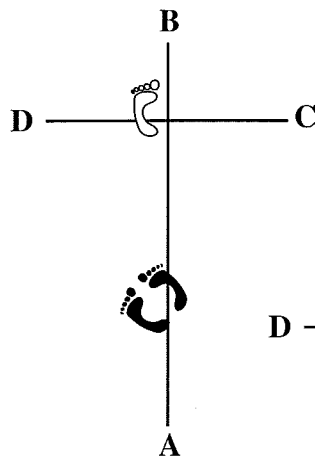
50 - Reposer pied g au sol en zenkutsu g vers B - yama tsuki vers B



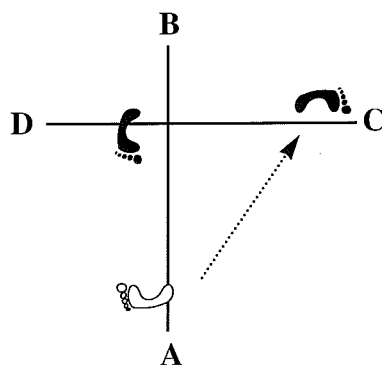
53 - Reposer pied d au sol en zenkutsu d vers B - yama tsuki vers B

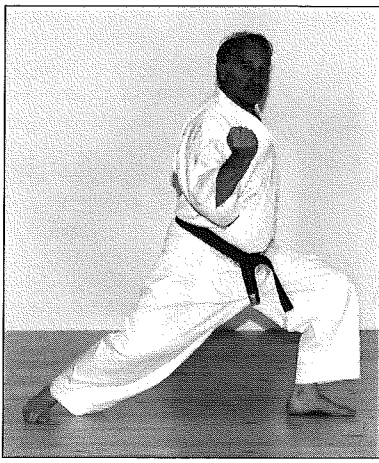


51 - Ramener pied g en arrière en heisoku dachi à 45° vers DB - poings en kamae comme en 46

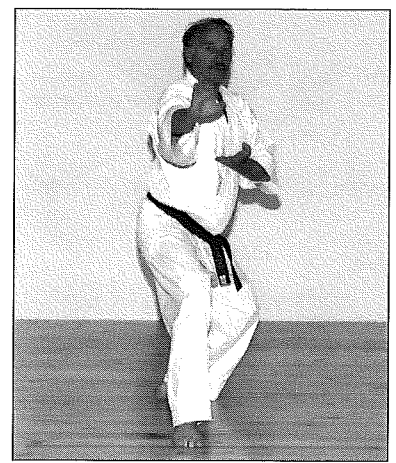
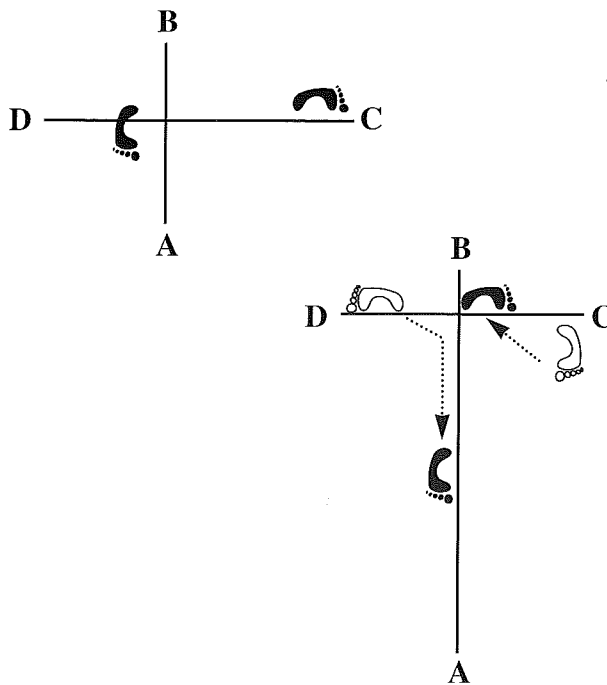


54 - Pivoter sur pied d de 270° à g en zenkutsu g vers C - regarder vers A - armer bras d - main g hiki-te

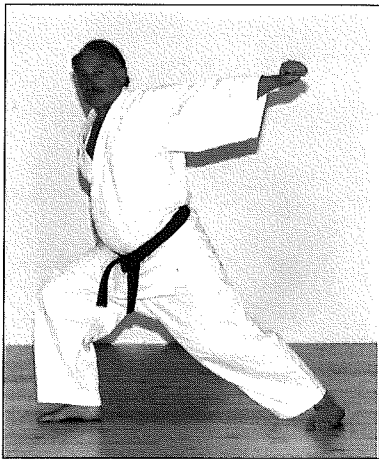




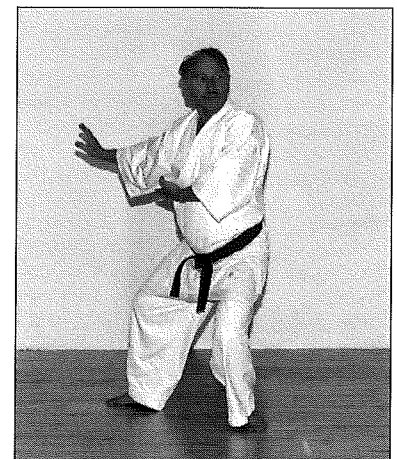
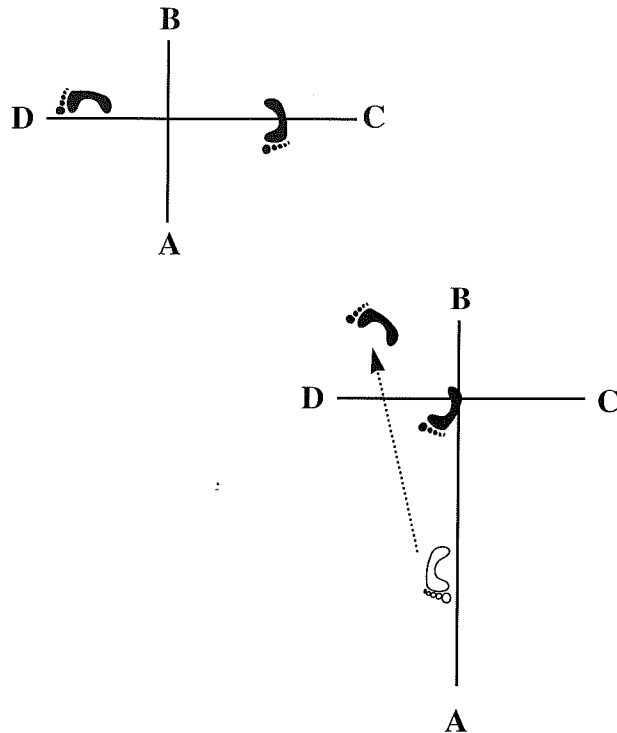
55 - Sur place - zenkutsu g vers C - chudan uchi uke d vers A



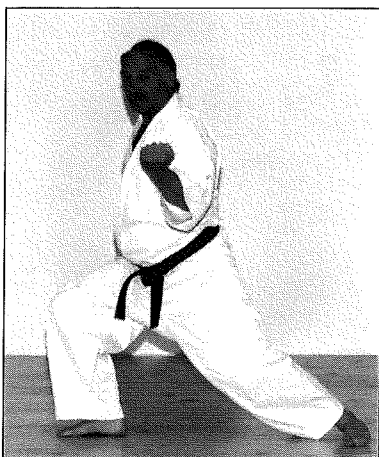
58 - Ramener d'un demi pas pied g vers pied d - tourner à g de 90° vers A - avancer pied d en kokutsu d vers A - chudan shuto uke vers A



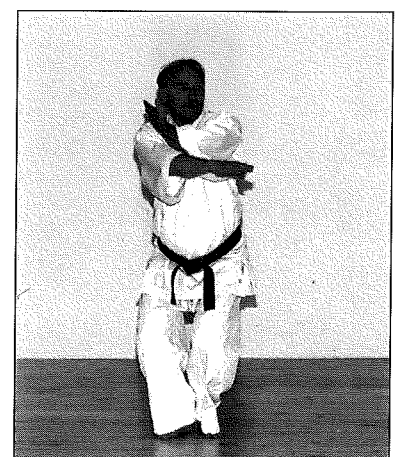
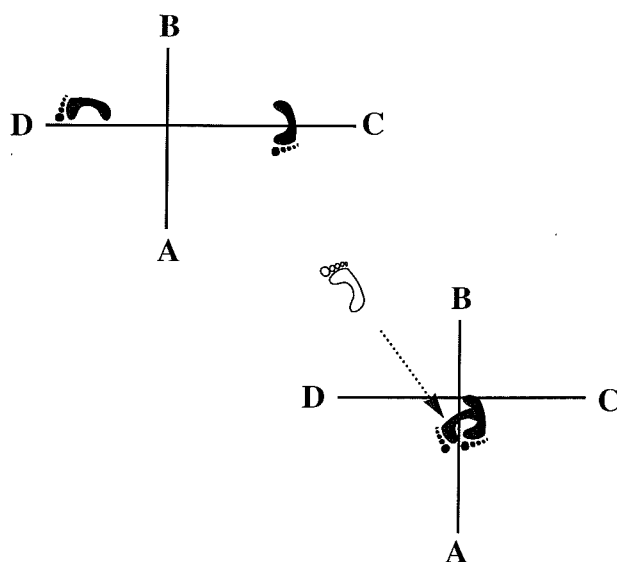
56 - Tourner à d de 180° vers D en zenkutsu d vers D - regarder vers A - armer bras g - main d hikite



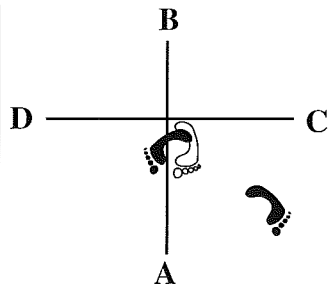
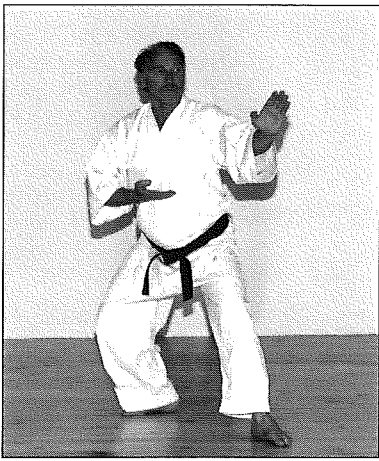
59 - Faire un déplacement circulaire avec le pied d en kokutsu d de 135° vers DB en amenant les deux bras dans la même direction en nagashi uke et kamae - regarder à 45° vers CA



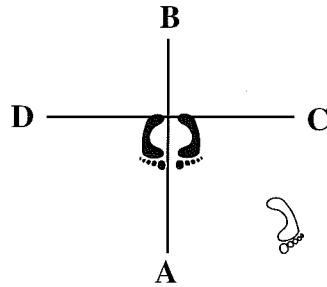
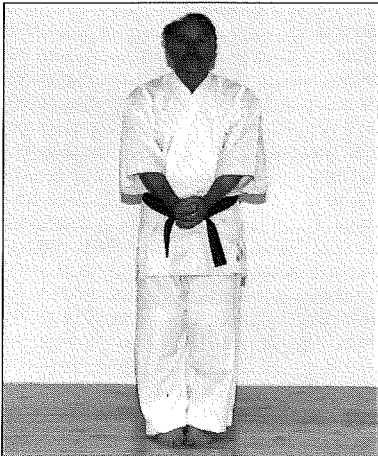
57 - Sur place - zenkutsu d vers D - chudan uchi uke g vers A



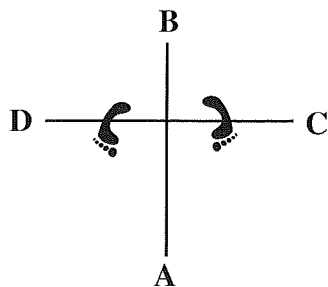
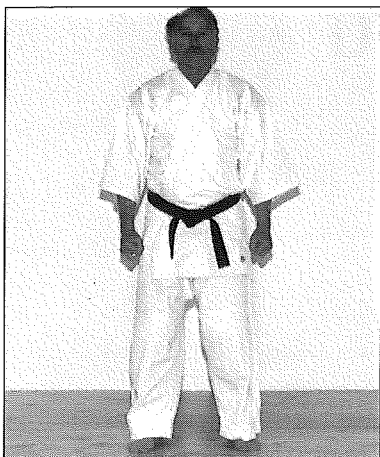
60 - Avancer pied d à hauteur pied g - armer bras g pour shuto barai - main d en mae kamae vers CA



61 - Avancer pied g en kokutsu g à 45° vers CA - chudan shuto barai g vers CA - Kiai



62 - Ramener pied g en heisoku dachi vers A comme en 3



63 - Ramener pied g en hachiji dachi face à A - FIN