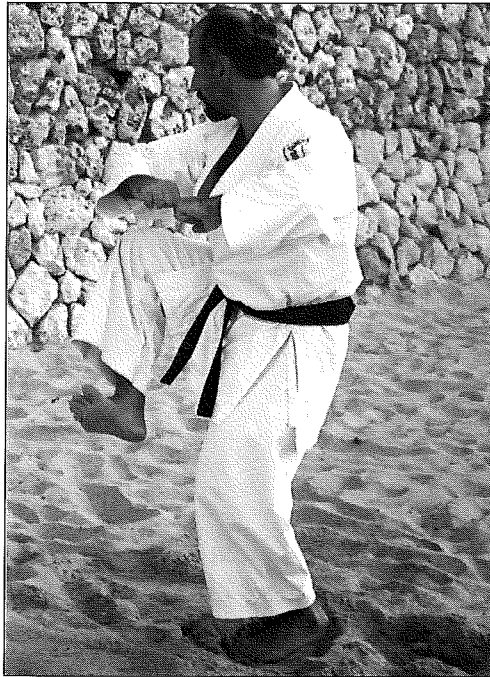
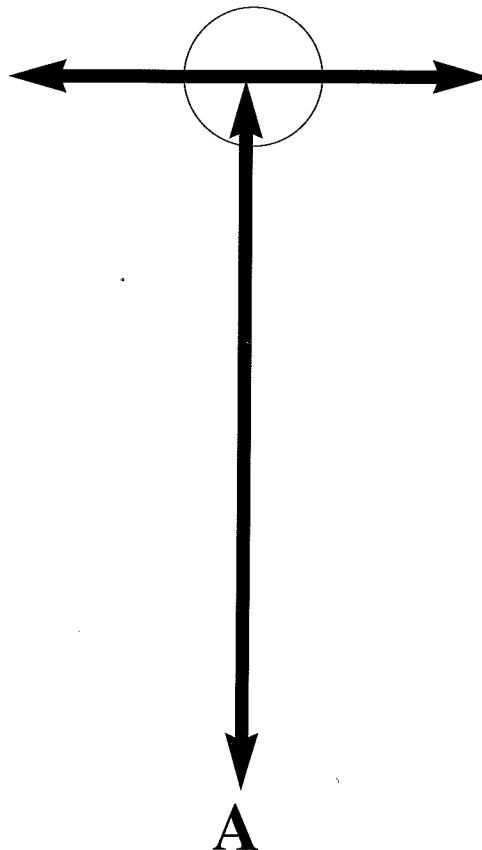


BASSAI SHO (*)

Exécuté par Stavros STAVRIANIDIS, 4^{ème} dan Shotokaï Egami ryu (Grèce)



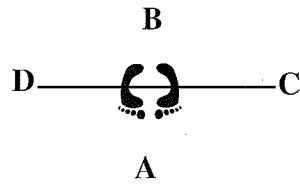
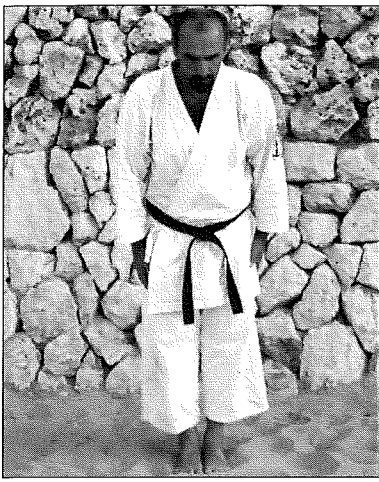
B



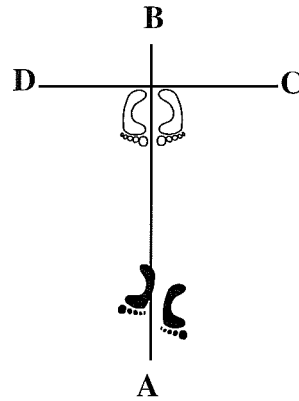
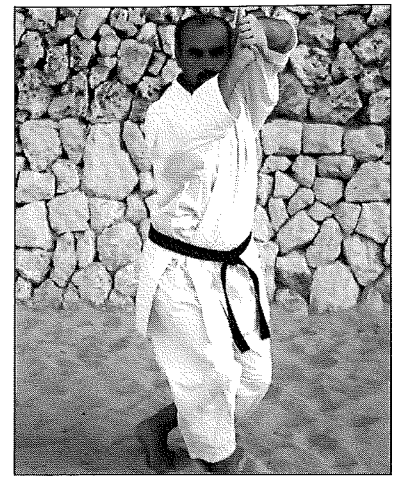
D

C

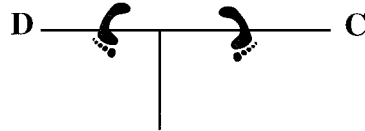
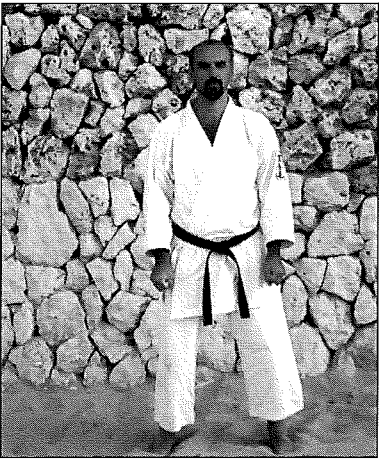
A



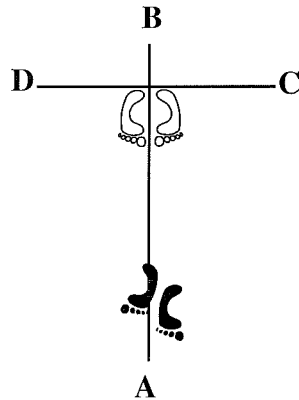
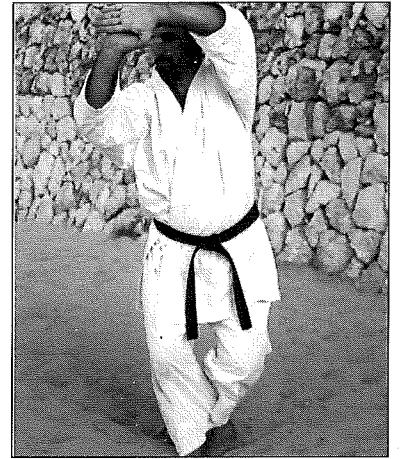
1 - Heisoku dachi - Rei



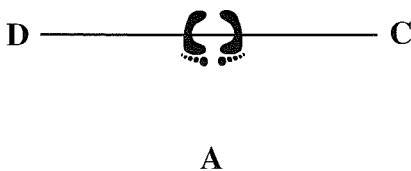
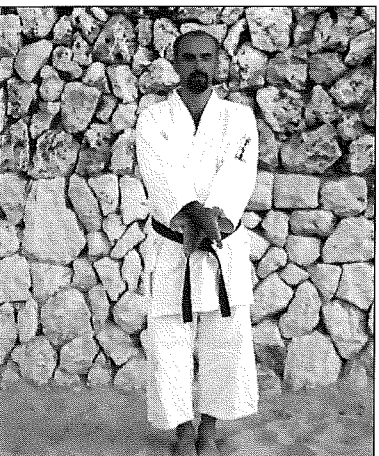
4 - Faire mouvement circulaire vers arrière g avec les mains croisées (voir photo) - avancer pied d vers A et regrouper pied g en soe ashi derrière pied d



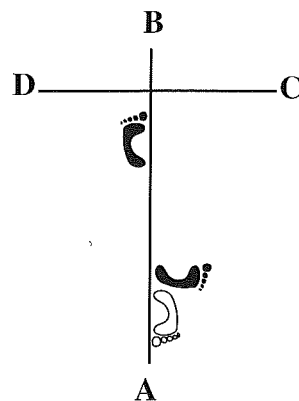
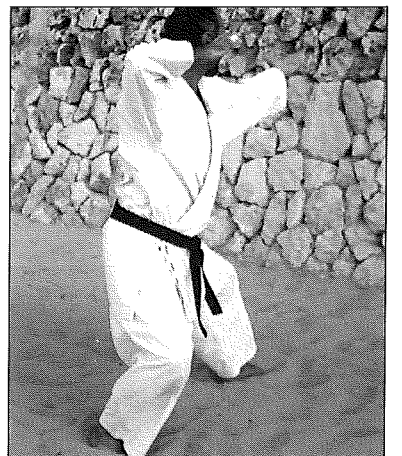
2 - Hachiji dachi



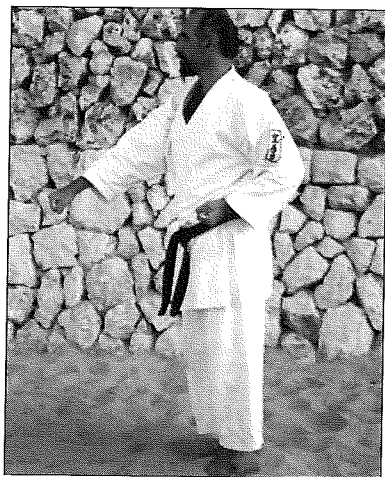
5 - Vue de 45° de C de photo 4



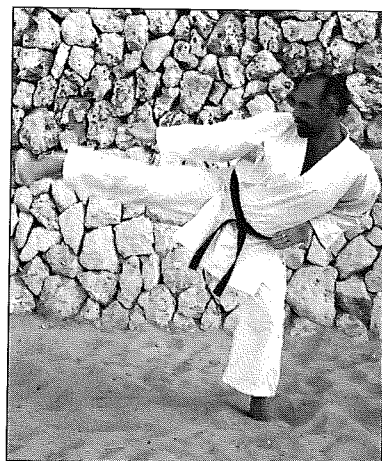
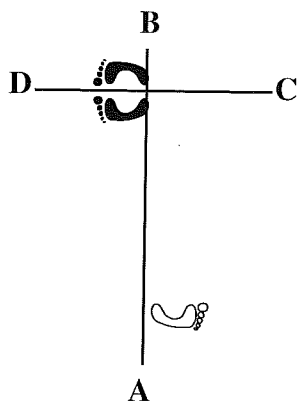
3 - Heisoku dachi - main d croisée au-dessus main g devant le corps niveau gedan - Yoi



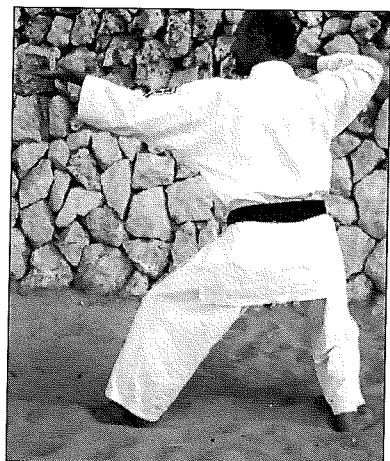
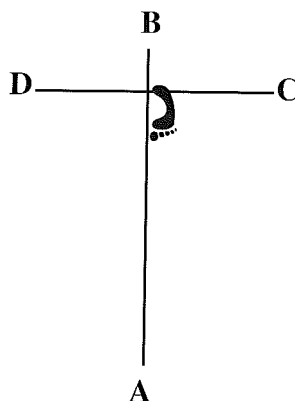
6 - Sur place - regarder et pivoter de 180° à g vers B - avancer pied g en kokutsu g - les mains en bo uke kamae (voir photo)



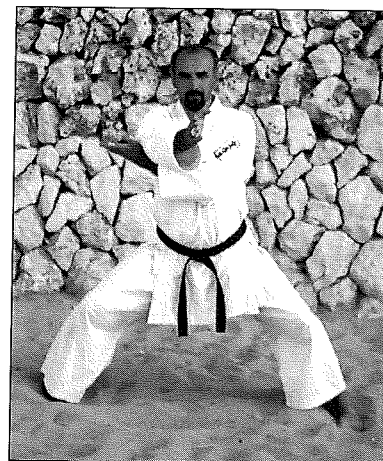
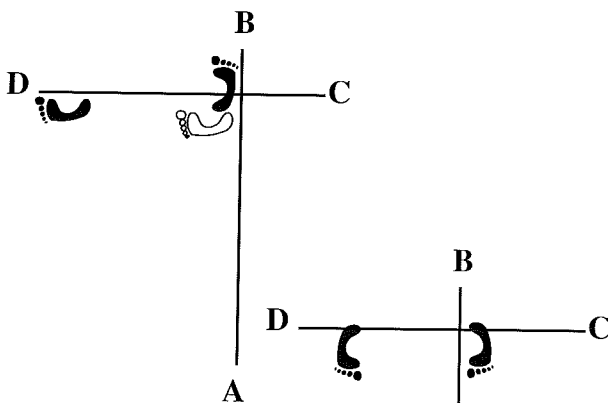
7 - Sur place - appui sur pied g - pivoter à d de 270° vers D en heisoku dachi en faisant deux fois gedan barai d circulaire (variante : pivoter directement à g vers D en heisoku dachi)



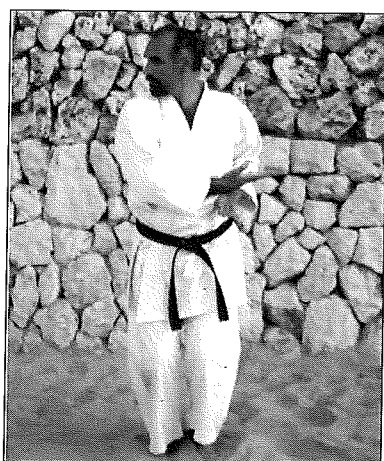
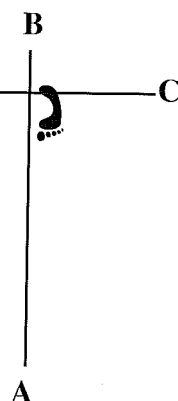
10 - Sur place - yoko geri d et haito uke ou haito uchi d vers D



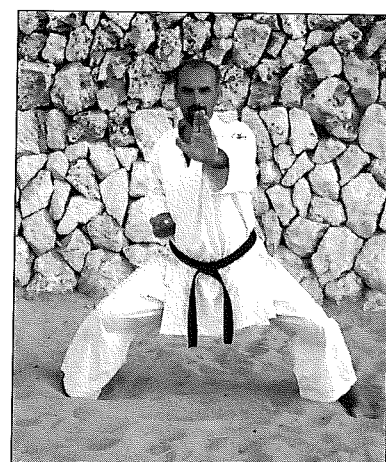
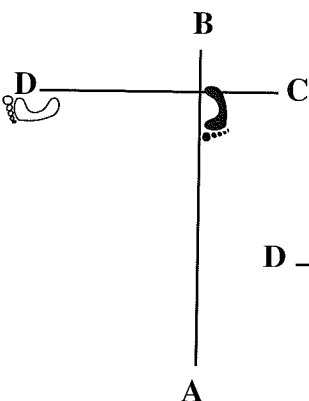
8 - Sur place - avancer pied g vers D en kokutsu g - les mains en bo uke kamae (voir photo)



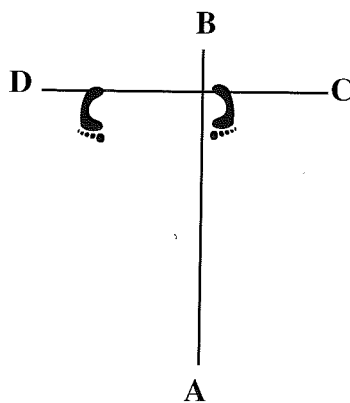
11 - Reposer pied d au sol en kiba dachi face à A - main d vers A en tate kamae - main g passe sous aisselle d

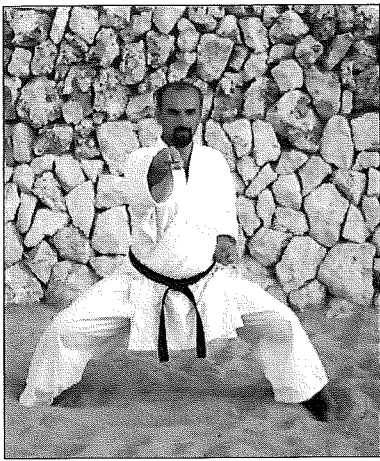


9 - Sur place - regarder toujours vers D - ramener pied g vers C en heisoku dachi - main d ouverte en hikite à g sur main g ouverte

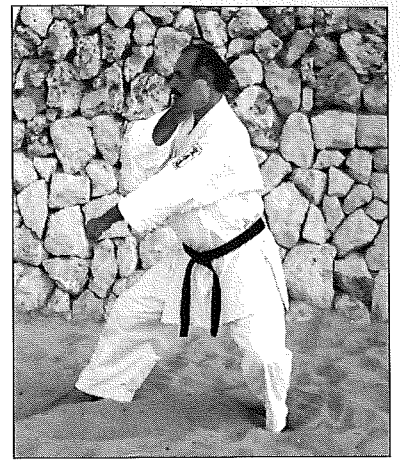
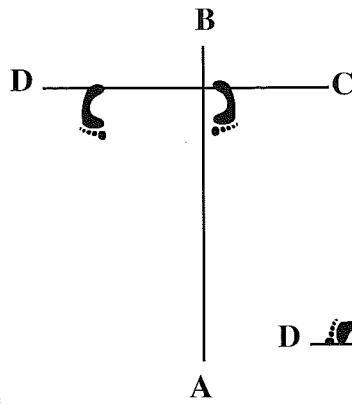


12 - Sur place - main g mouvement circulaire vers A en tate shuto barai - kiba dachi vers A

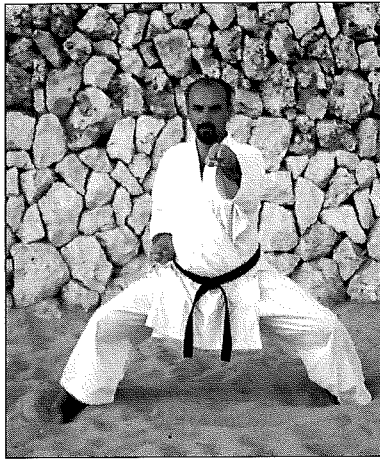
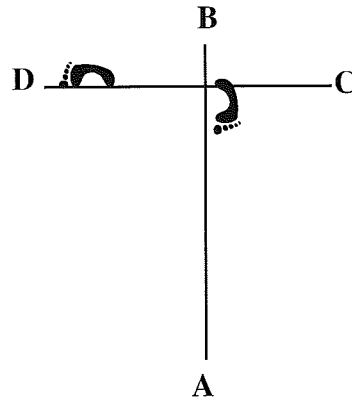




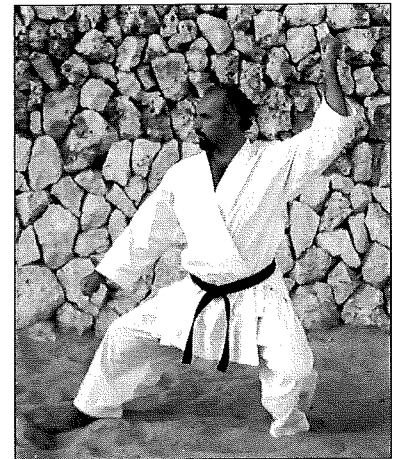
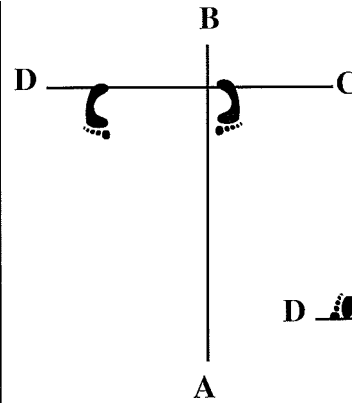
13 - Sur place - chudan tsuki d vers A - kiba dachi



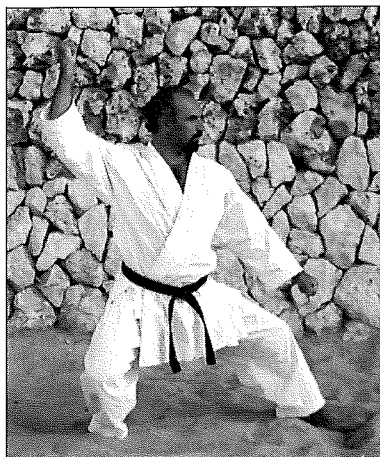
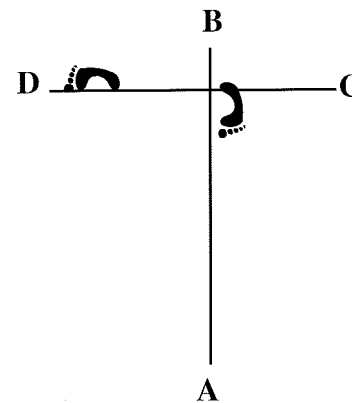
16 - Sur place - regarder et pivoter à D en appui sur pied g à 90° à d vers D en kokutsu d - les deux mains en kamae pour mouvements suivants



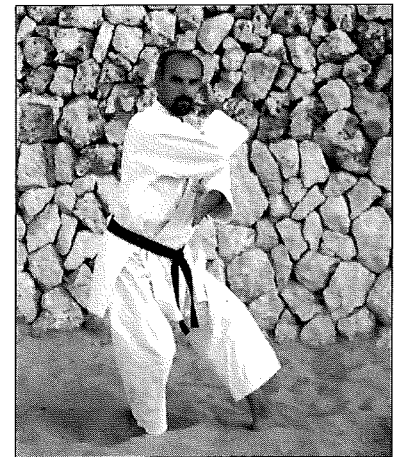
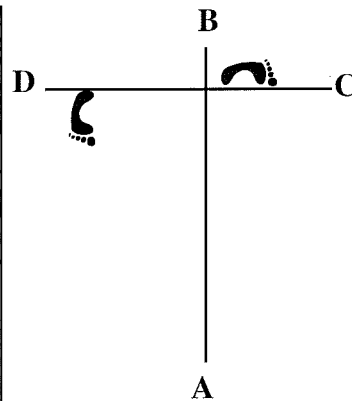
14 - Sur place - chudan tsuki g vers A - kiba dachi



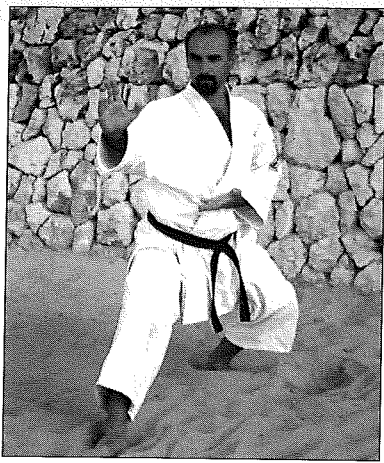
17 - Sur place vers D - main g jodan nagashi uchi uke - main d gedan barai - kokutsu d



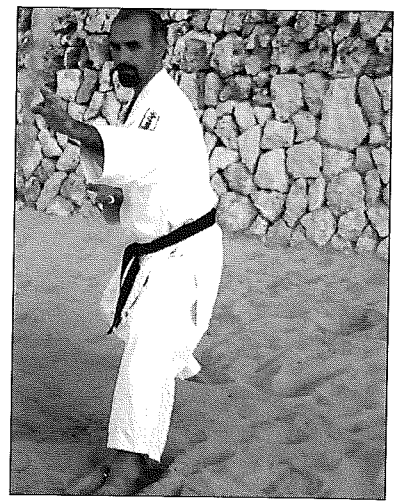
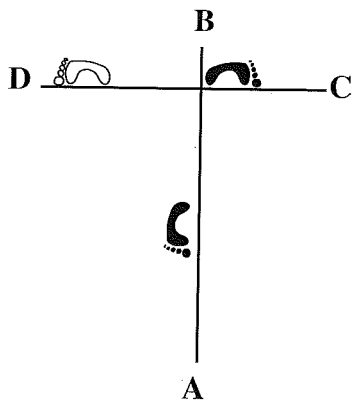
15 - Sur place - regarder et pivoter en appui sur pied d à 90° à g vers C en kokutsu g - main d jodan nagashi uchi uke - main g gedan barai



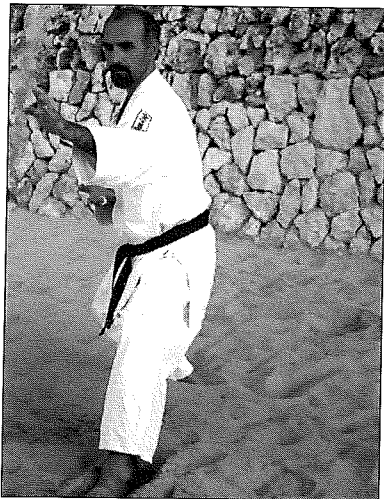
18 - Sur place regarder vers A - regrouper pied g sur axe central - main d se prépare pour shuto uke - main g kamae vers A



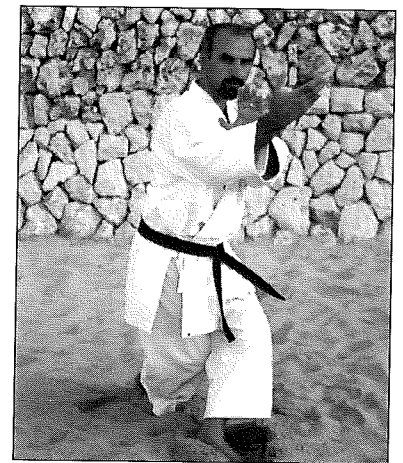
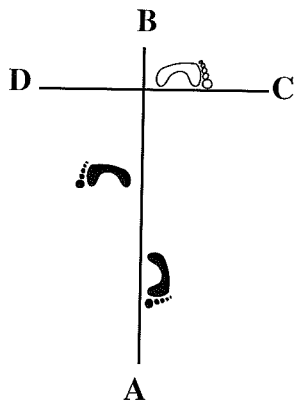
19 - Avancer pied d vers A en kokutsu d - chudan shuto uke d



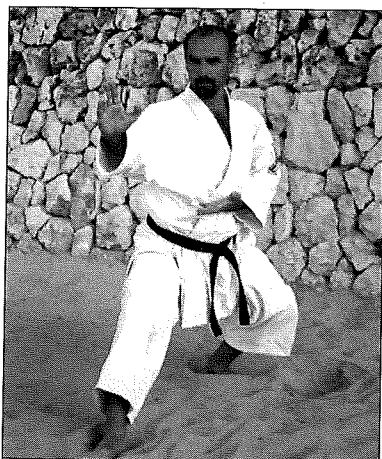
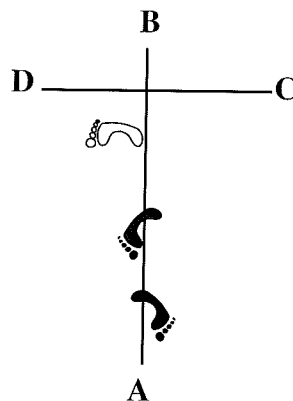
22 - Reculer pied d en kokutsu g vers A - chudan shuto uke g



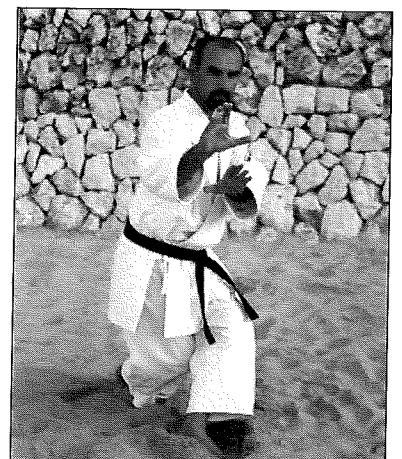
20- Avancer d'un pas avec pied g en kokutsu g - chudan shuto uke g



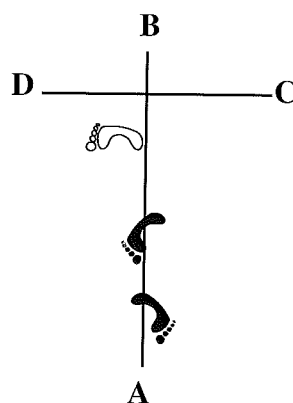
23 - Tourner légèrement le corps vers la gauche - les mains kamae comme sur photo

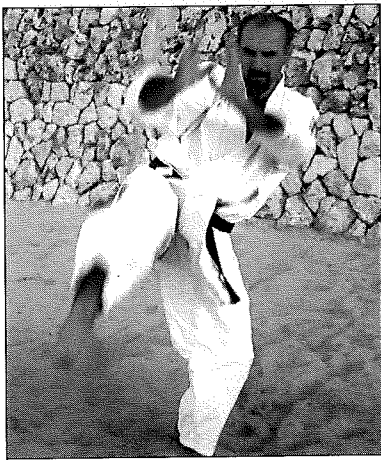


21 - Déplacement et mouvement identiques à 19

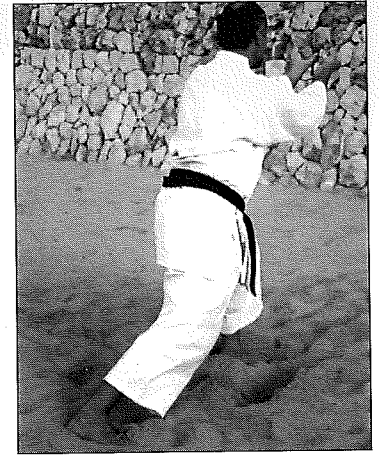
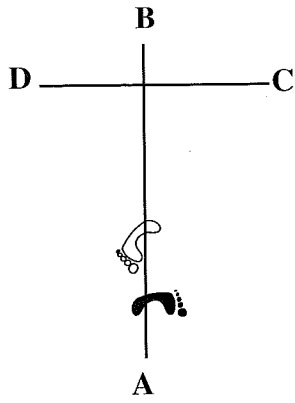


24 - Sur place - chudan tsukami uke - soete vers A

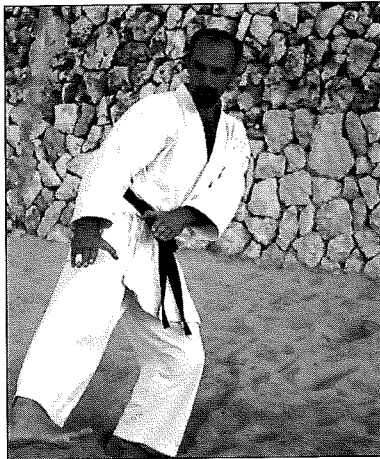




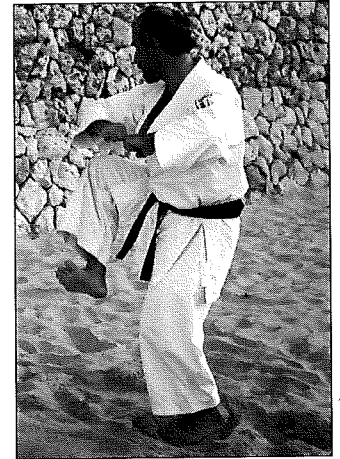
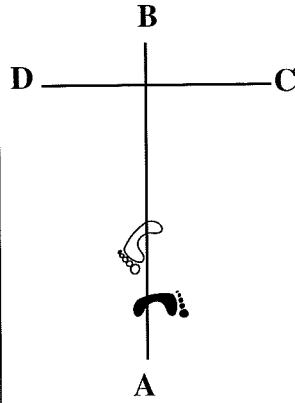
25 - Sur place - armer jambe d pour fumikomi d vers A - les mains en tsukami uke kamae



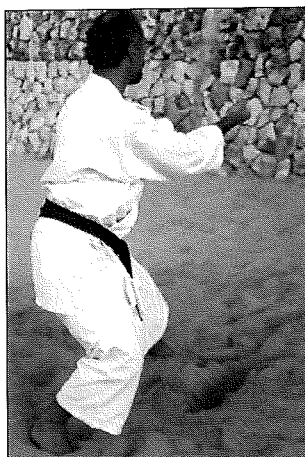
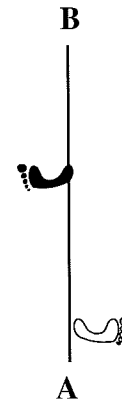
28 - Sur place - tsuri ashi des deux pieds vers B - chudan morote tsuki - zenkutsu g



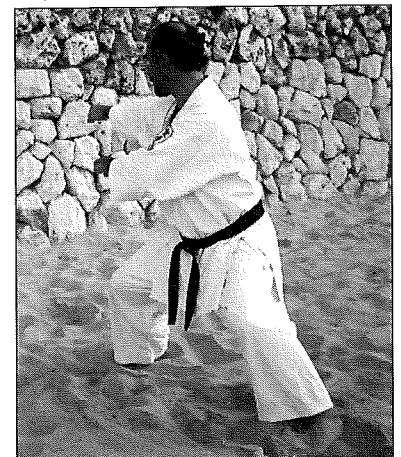
26 - Sur place - fumikomi d vers A - les mains en tsukami uke font un mouvement descendant sur côté d - Kiai



29 - Sur place - ashi barai pied d en tournant le corps à g vers D - morote kamae en regardant vers B

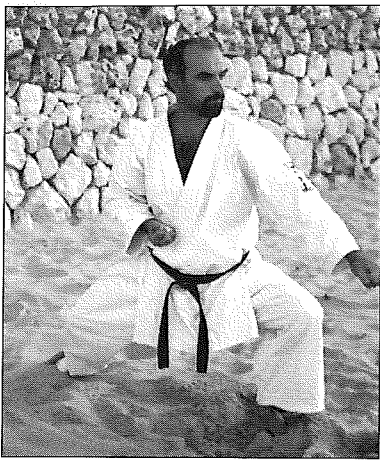


27 - Pivoter à g de 180° vers B - kokutsu g - chudan morote uchi kakiwake uke

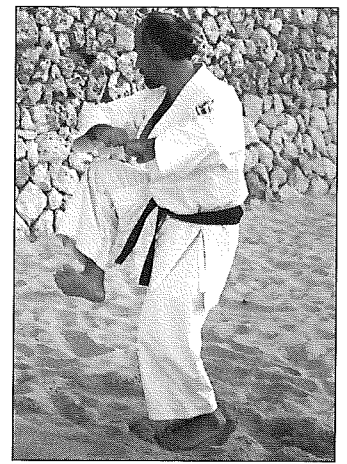


30 - Sur place - poser pied d au sol kiba dachi vers D - chudan morote tsuki d vers B

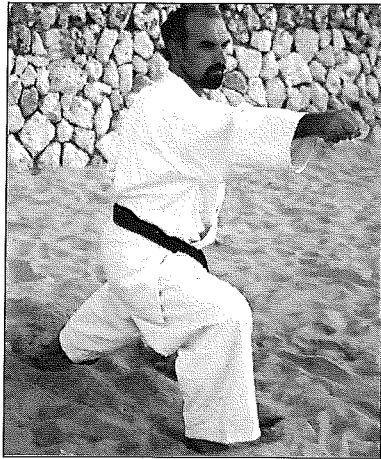




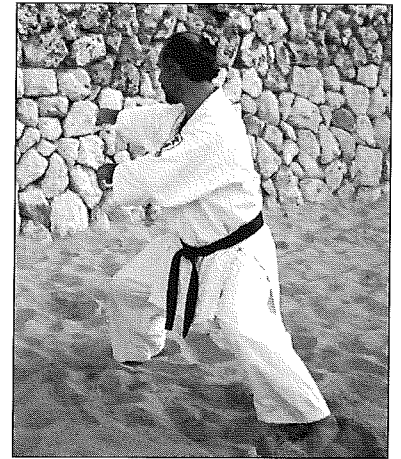
31 - Sur place - regarder et pivoter de 90° à g vers A sur pied g - zenkutsu g - gedan barai g



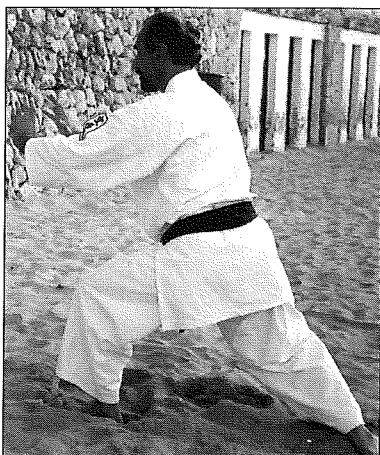
34 - Sur place - mouvements identiques à 29



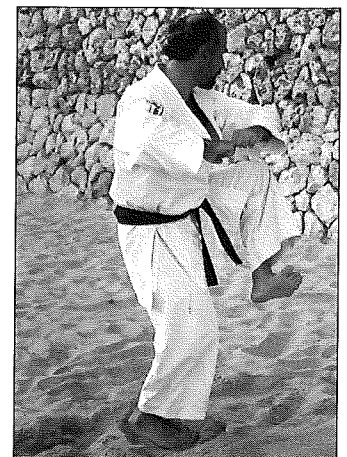
32 - Avancer d'un pas pied d vers A - zenkutsu d - chudan oi-tsuki d - Kiai



35 - Sur place - mouvements identiques à 30

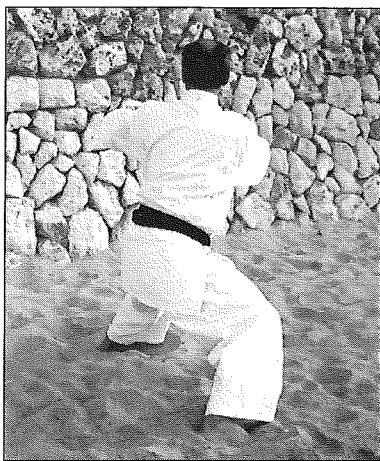


33 - Sur place - regarder et pivoter à g 180° vers B - zenkutsu g - les deux mains tendues en tate shuto vers B



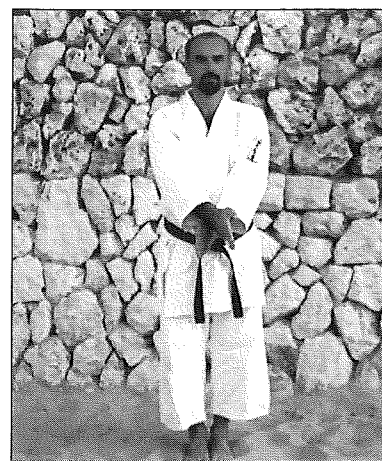
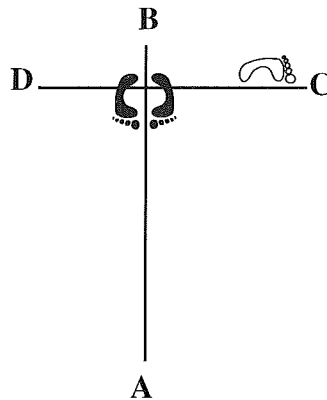
36 - Pivoter à d de 180° vers C - regarder vers B - ashi barai pied g en tournant le corps à d vers B





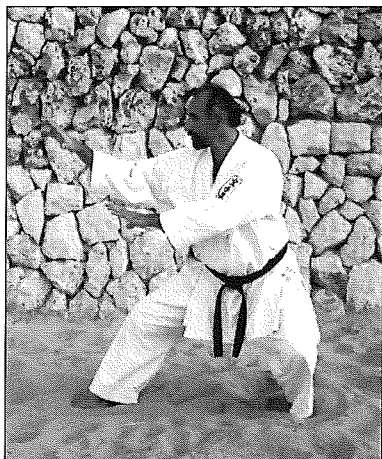
37 - Mouvements identiques à 30 mais chudan morote tsuki g vers B

Note : Les techniques n°34 et 35 peuvent se répéter une troisième fois.



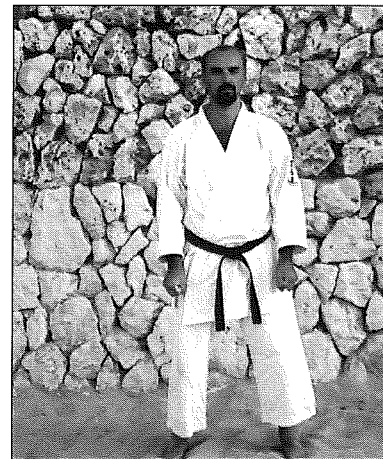
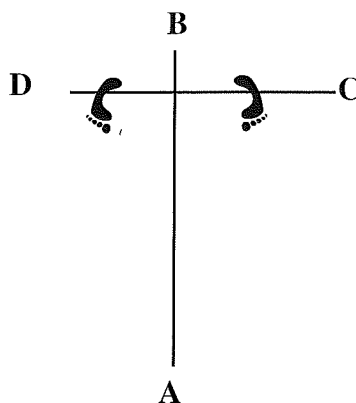
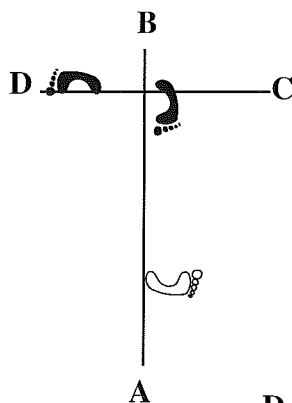
40 - Ramener pied g en heisoku dachi vers A

Note : Dans le cas de la variante ci-dessus, ramener pied d

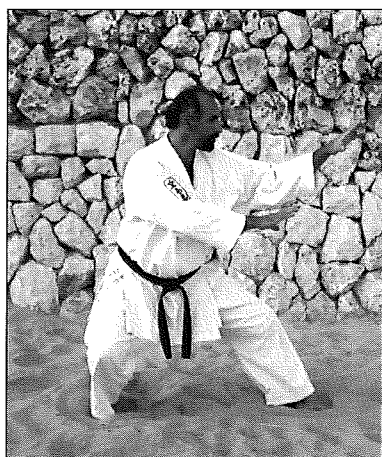


38 - Sur place en appui sur pied g - pivoter à d de 270° vers D en kokutsu d - main d chudan uke circulaire vers D - main gauche ouverte paume vers le bas en kamae

Note : Dans le cas où la variante n°34 et 35 est exécutée, les techniques n°38 et 39 sont inversées.



41 - Hachiji dachi face à A - FIN



39 - Sur place regarder et pivoter de 180° à g vers C - kokutsu g - main chudan uke circulaire vers C - main d ouverte paume vers le bas en kamae

