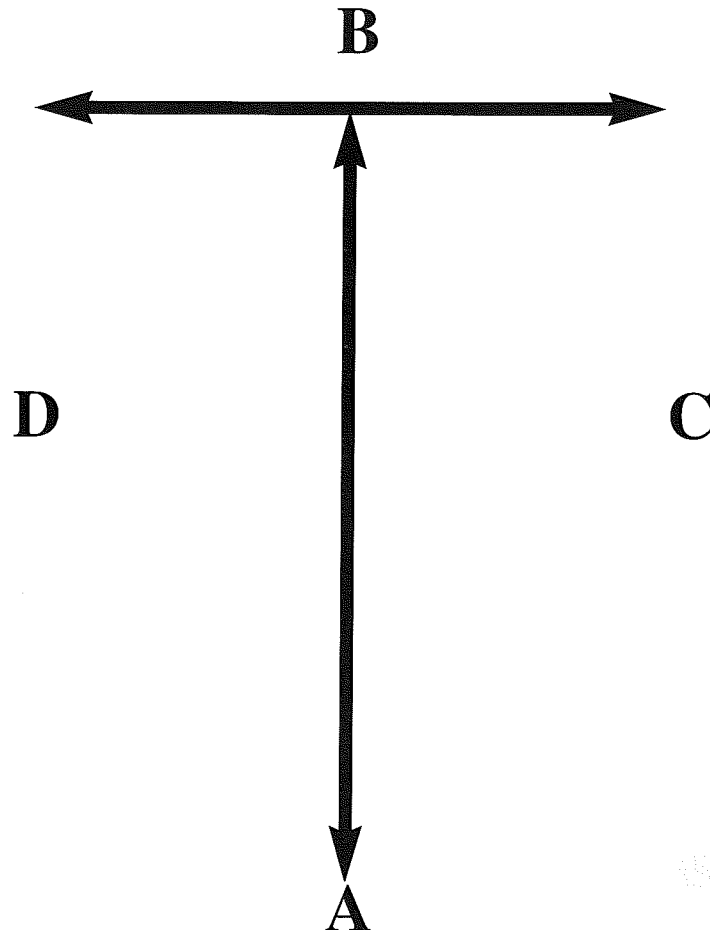
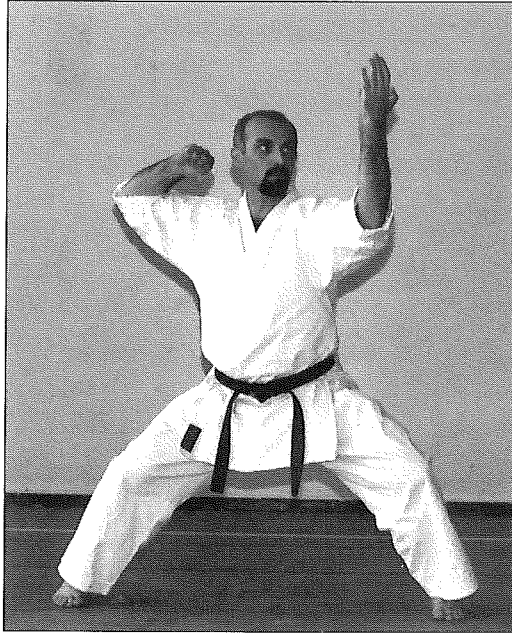
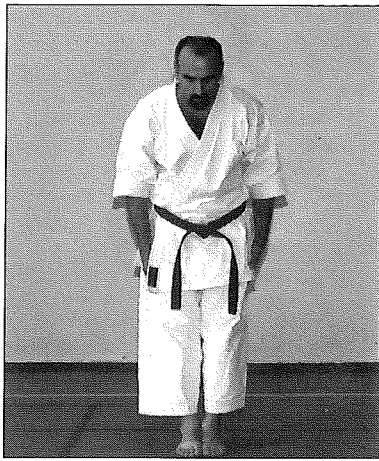


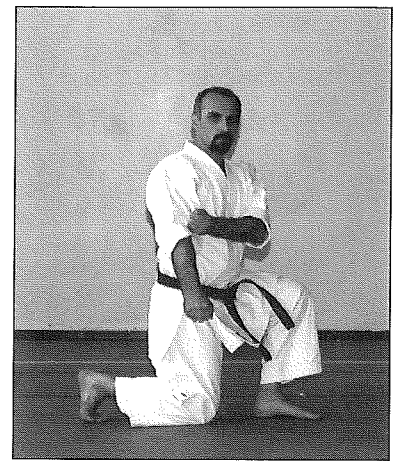
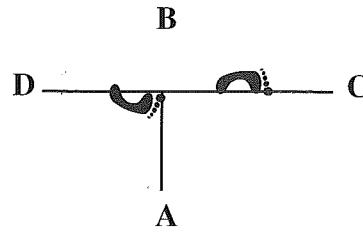
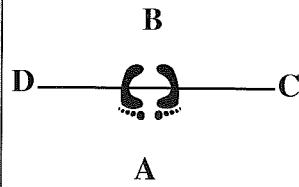
# EMPI (\*)

Exécuté par Stavros STAVRIANIDIS, 4<sup>ème</sup> dan  
Professeur des dojos de Katérini et Thessaloniki (Grèce)  
Responsable du Shotokai Egami ryu pour la Grèce

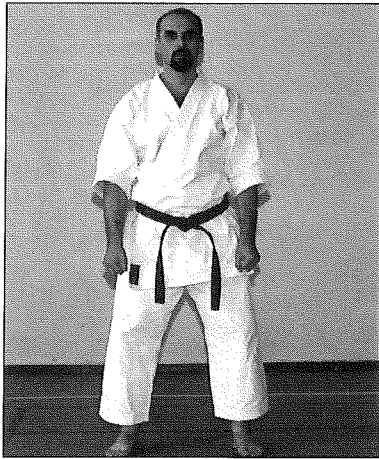




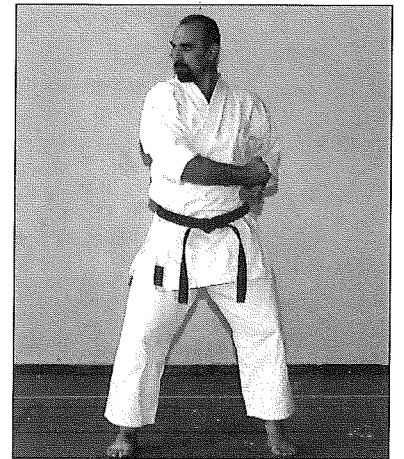
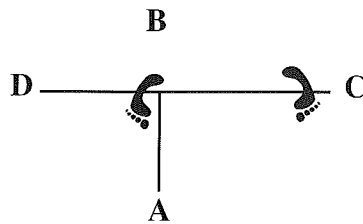
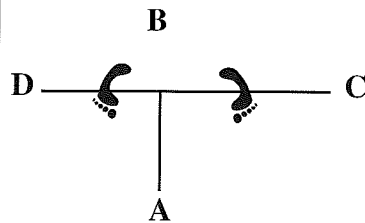
1 - Heisoku dachi - Rei



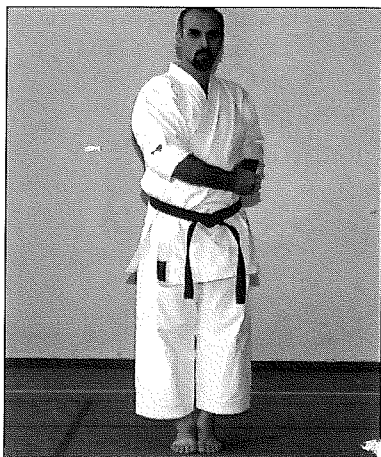
4 - Déplacer pied g vers C - genou d fléchi au sol - gedan barai d - main g kamae - regarder vers A



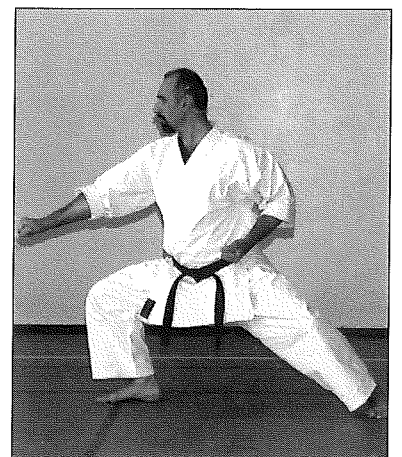
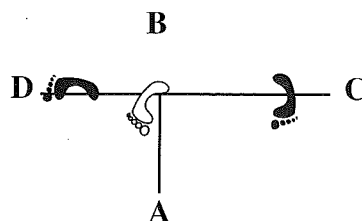
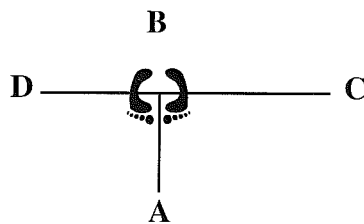
2 - hachiji dachi



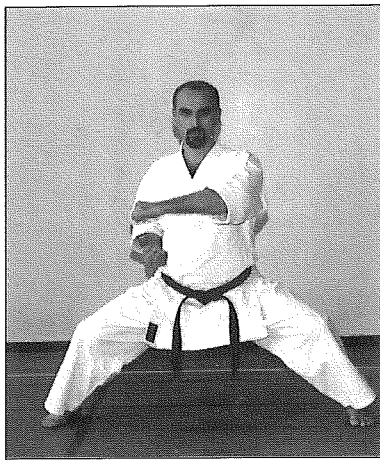
5 - Se relever sur pied d - main g hikite - poing d posé sur dessus poing g - dai dachi - regarder vers D



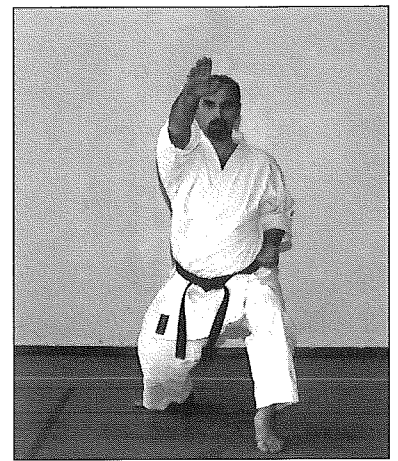
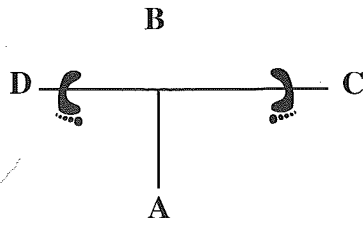
3 - Heisoku dachi - poing d vertical dans paume main g verticale ouverte - Yoi



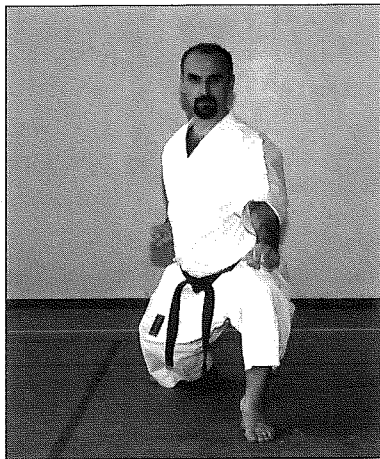
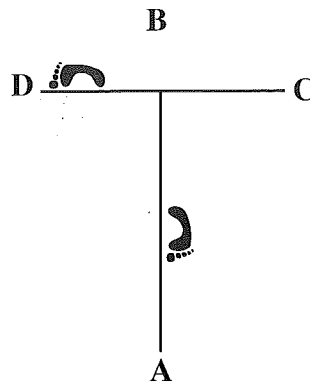
6 - Regarder vers D - déplacer jambe d vers D en zenkutsu d - gedan barai d



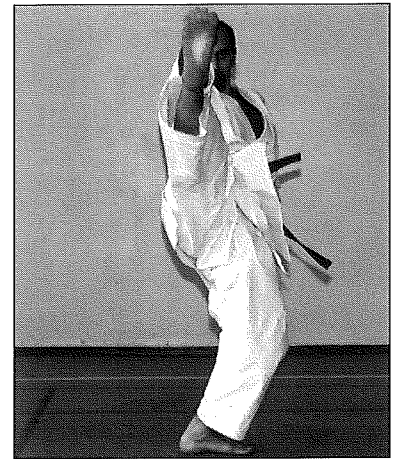
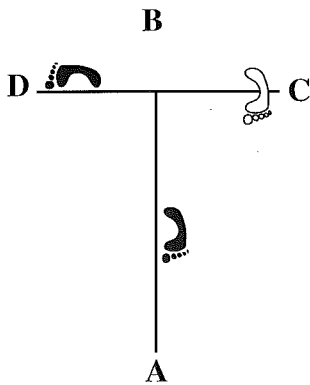
7 - Regarder vers A - pied g tsuri ashi - kiba dachi vers A - kagi tsuki main g



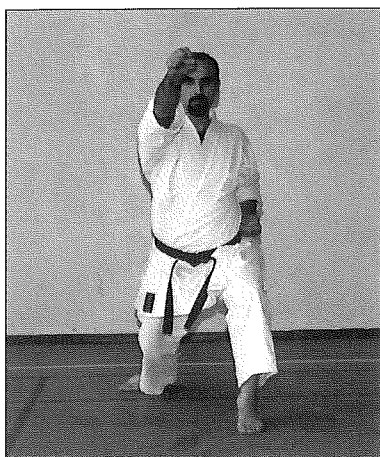
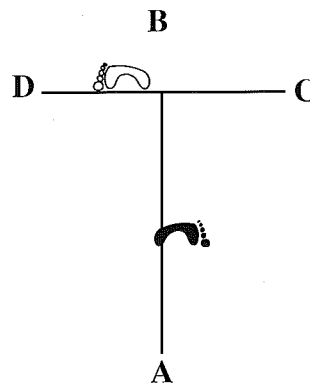
10 - Sur place - ouvrir main d tsukamite - zenkutsu g



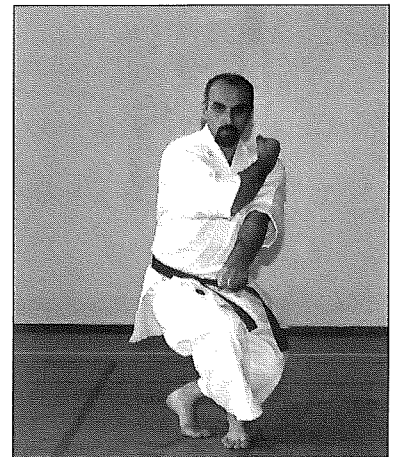
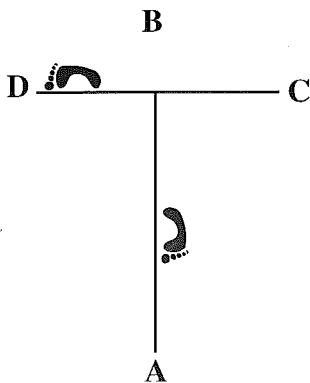
8 - Déplacer jambe g vers A - gedan barai g - zenkutsu g



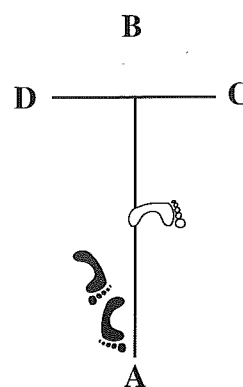
11 - Mae geri ou hiza geri d vers A

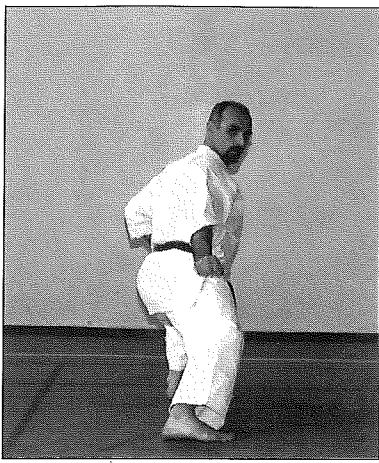


9 - Sur place - jodan gyaku tsuki d vers A - zenkutsu g

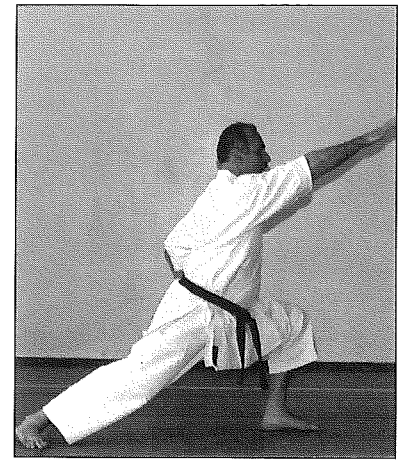
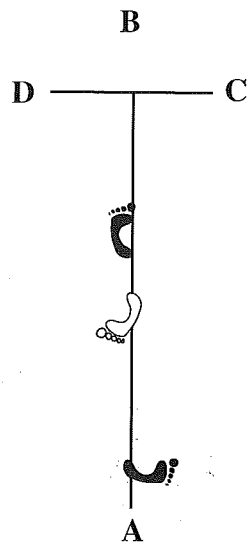


12 - Poser pied d au sol vers A - soe achi - gedan tsuki g - soto nagashi uke d

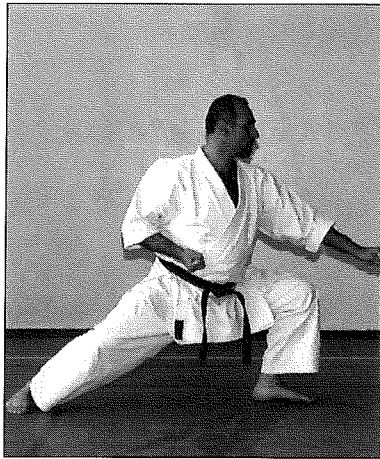
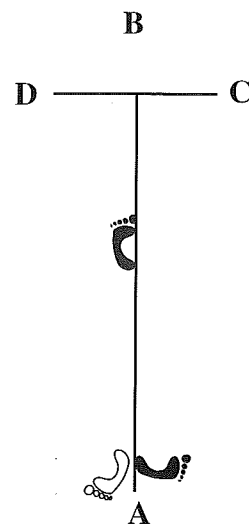




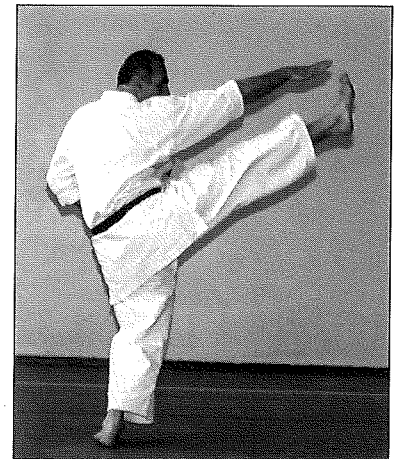
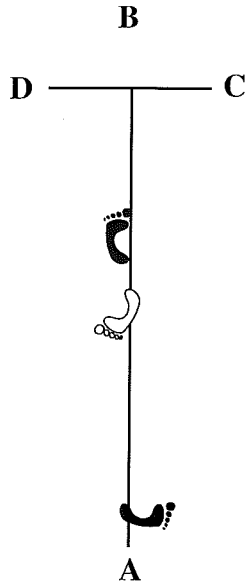
13 - Pivoter de 180° à g - regarder vers A - déplacer jambe g vers B zenkutsu g - gedan barai d vers A



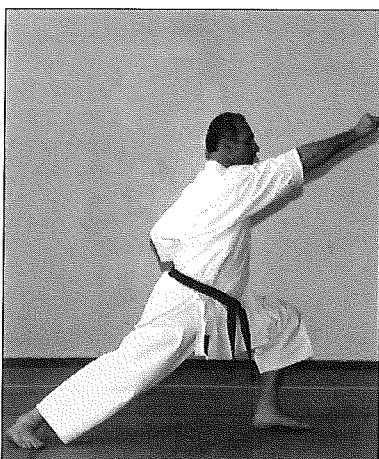
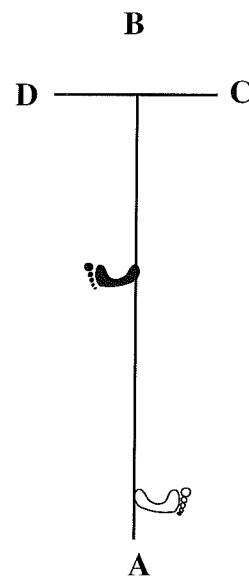
16 - Sur place - ouvrir main d tsukamite - zenkutsu g



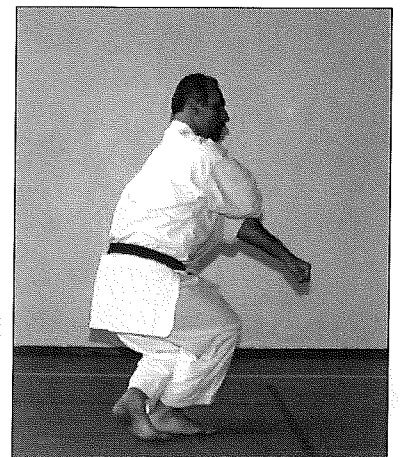
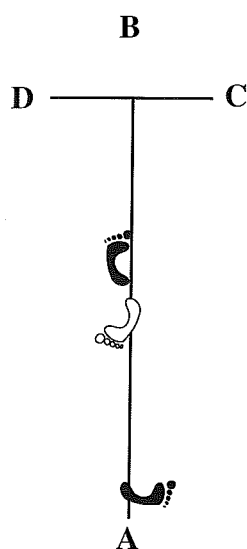
14 - Sur place vers B - zenkutsu g - gedan barai g



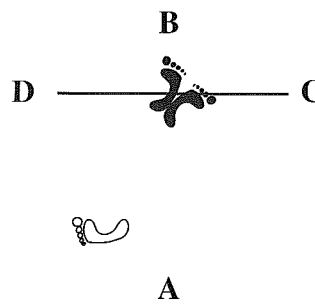
17 - Mae geri ou hiza geri d vers B

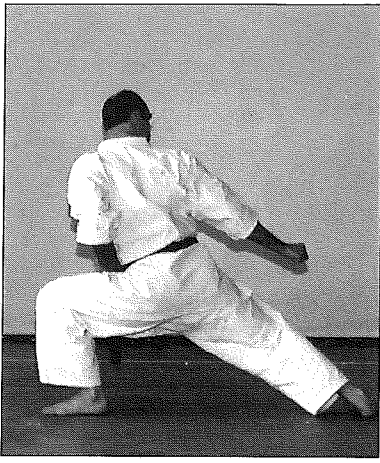


15 - Sur place - jodan gyaku tsuki d vers B - zenkutsu g

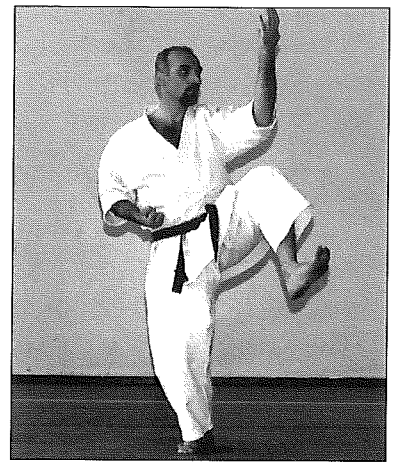
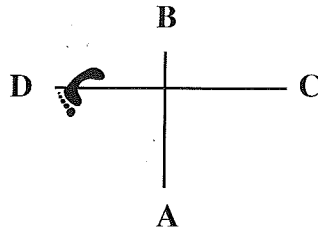
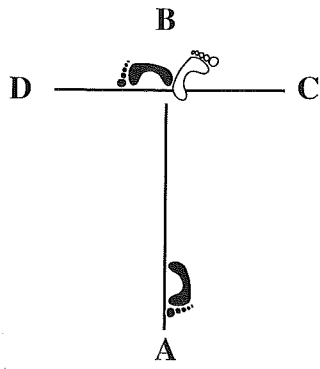


18 - Poser pied d au sol vers B - soe ashi - gedan tsuki g- soto nagashi uke d

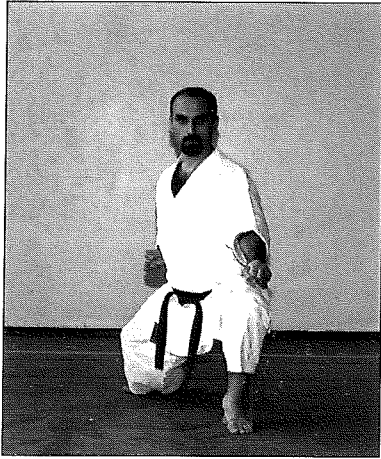




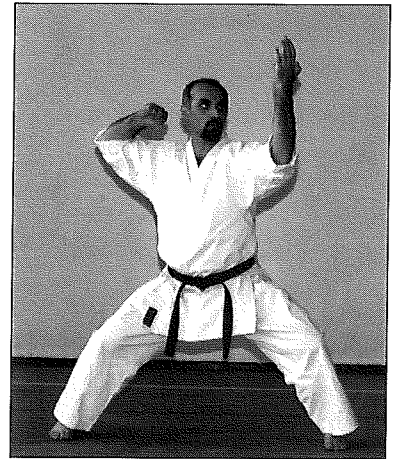
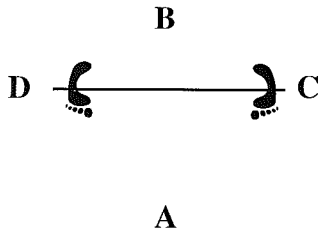
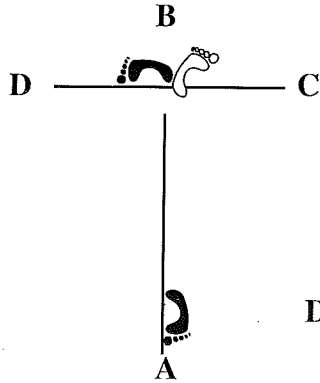
19 - Pivoter de 180° à g vers A - regarder vers B - déplacer jambe g vers A zenkutsu g - gedan barai d vers B



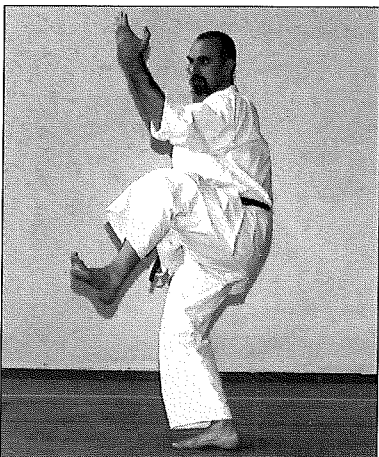
22 - Sur place - continuer mouvement circulaire jambe g vers C - ouvrir main g en mouvement jodan 45° vers C



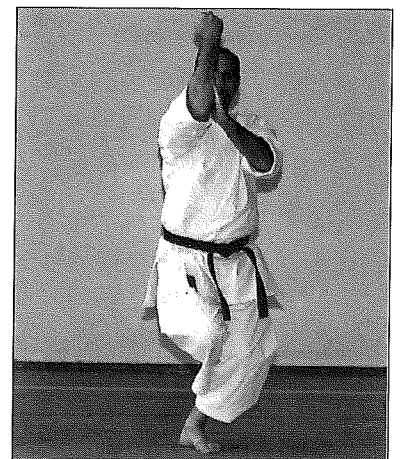
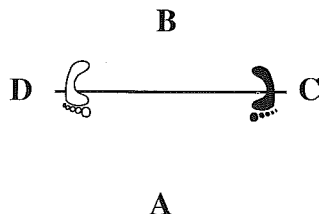
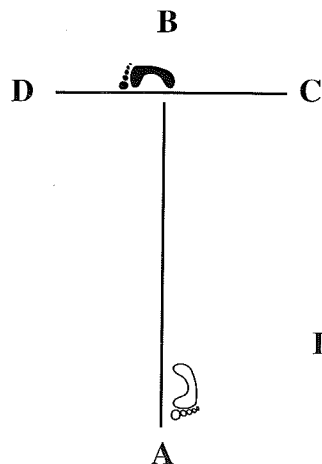
20 - Sur place vers A - zenkutsu g - gedan barai g



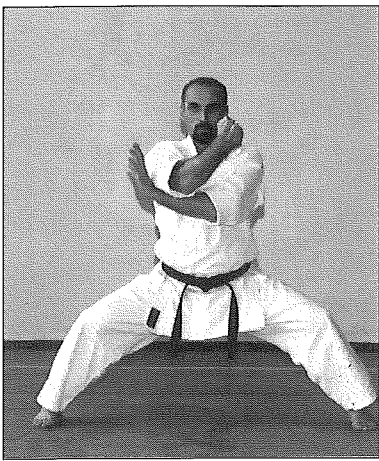
23 - Sur place - reposer pied g en kiba dachi - main g jodan haito uke - armer main d



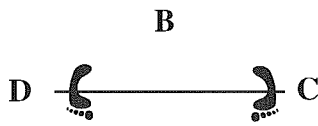
21 - Sur place - soulever et ramener jambe g en mouvement circulaire vers arrière d - armer bras g



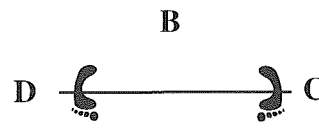
24 - Regrouper jambe d en tsuru ashi dachi appui sur pied g - jodan uchi uke dans main g - Kiai



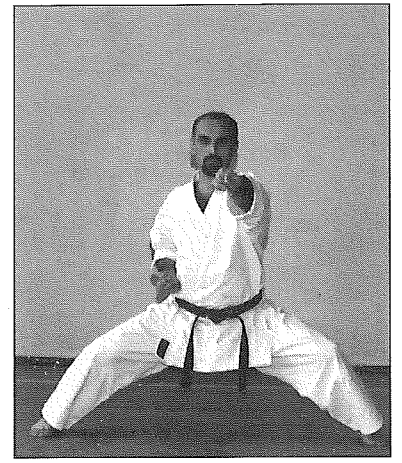
25 - Reposer pied d en kiba dachi - regarder vers A - main g passe sous bras d



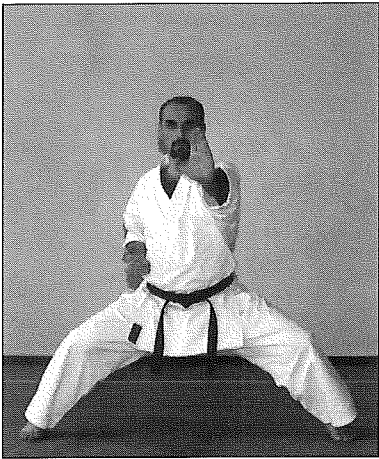
A



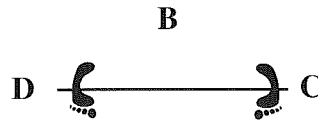
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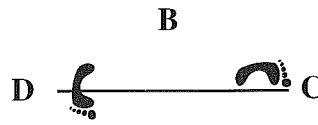
28 - Sur place - vers A - seiken chudan tsuki g - kiba dachi



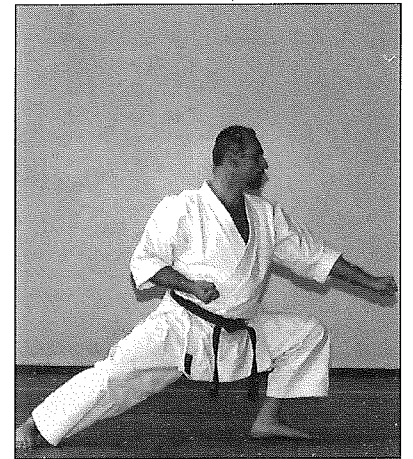
26 - Sur place - vers A - main g chudan tate shuto uke - main d hikite - kiba dachi



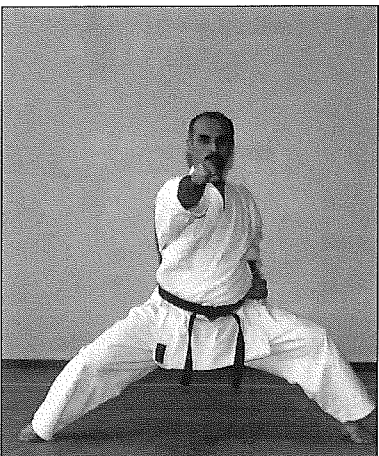
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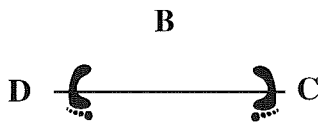
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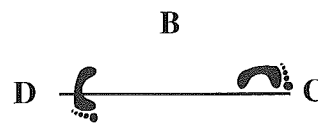
29 - Pivoter de 90 ° à g vers C - gedan barai g - zenkutsu g



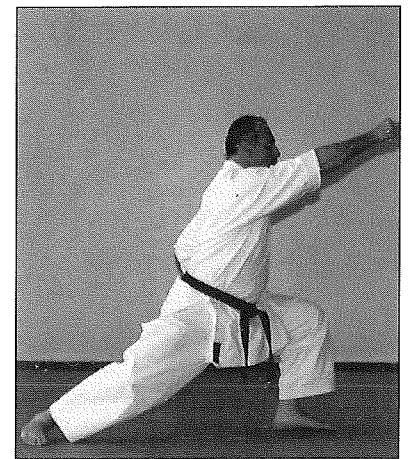
27 - Sur place - vers A - seiken chudan tsuki d - kiba dachi



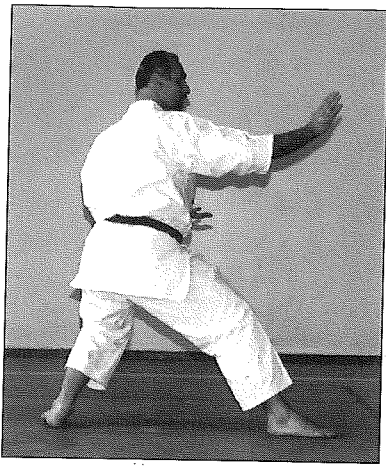
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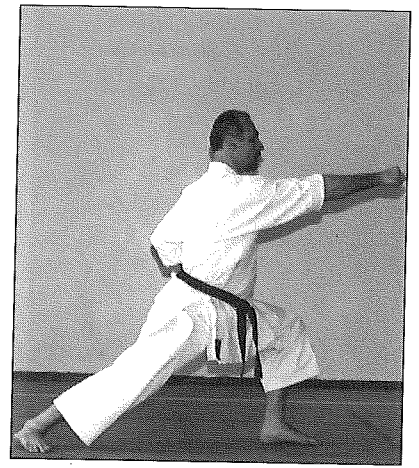
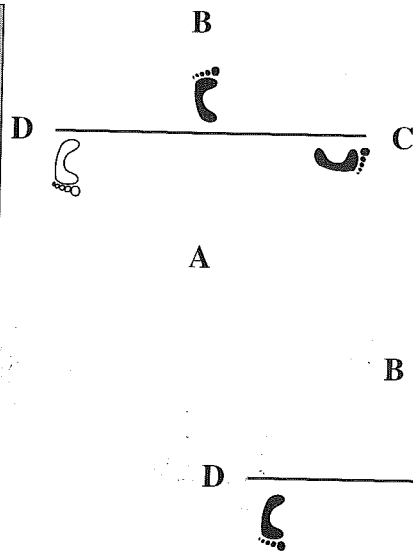
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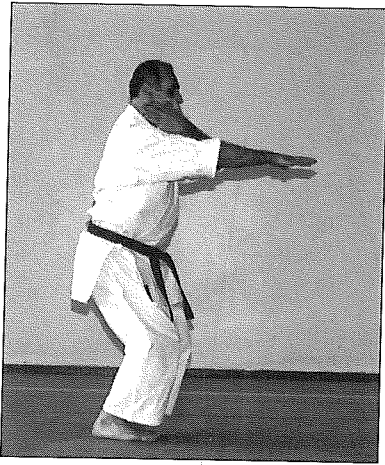
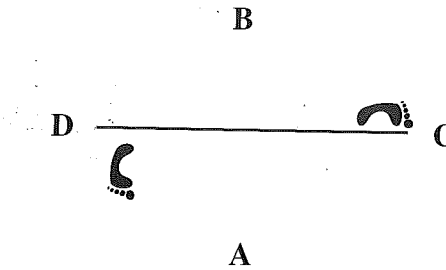
30 - Sur place - jodan gyaku tsuki vers C - zenkutsu g



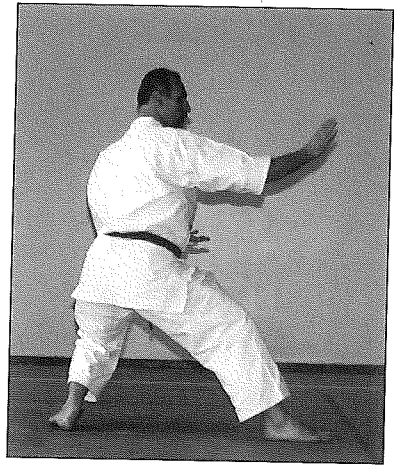
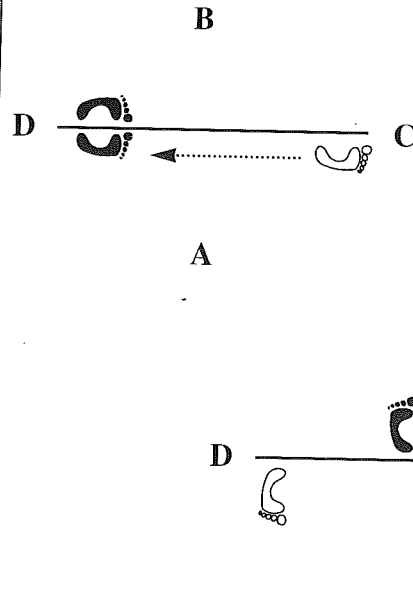
31 - Avancer d'un pas vers C - chudan shuto uke d - kokutsu d



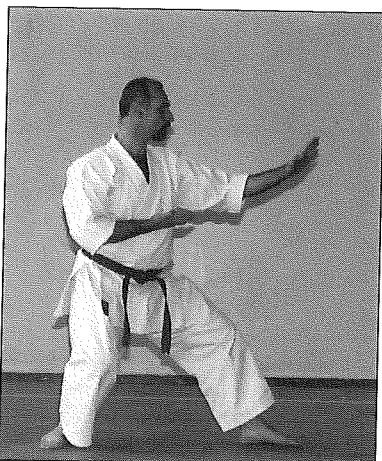
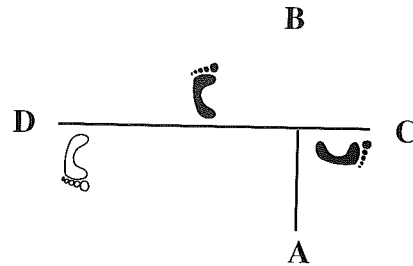
34 - Sur place - passer en zenkutsu g en tsuri ashi - gyaku tsuki d vers C



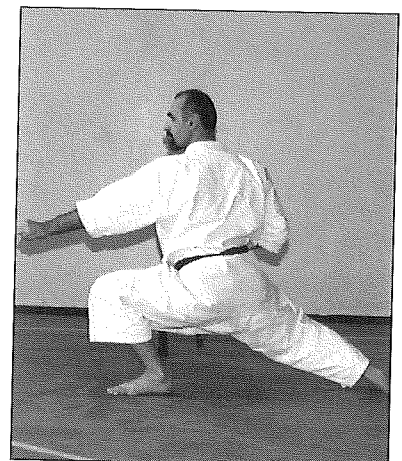
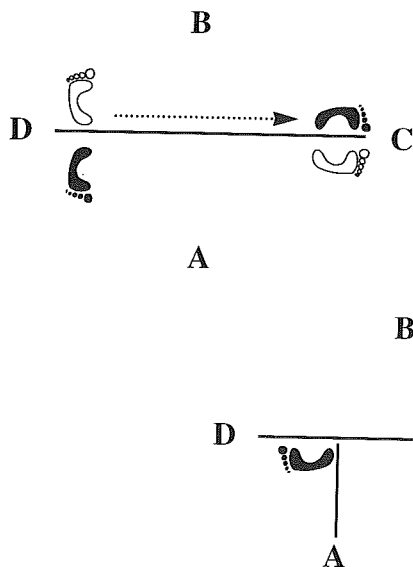
32 - Ramener pied d à côté pied g - armer bras g pour shuto uke g



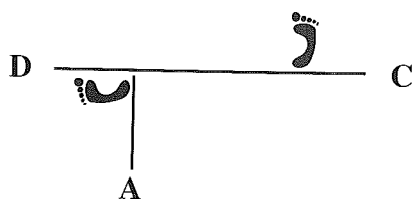
35 - Avancer d'un pas vers C - chudan shuto uke d - kokutsu d

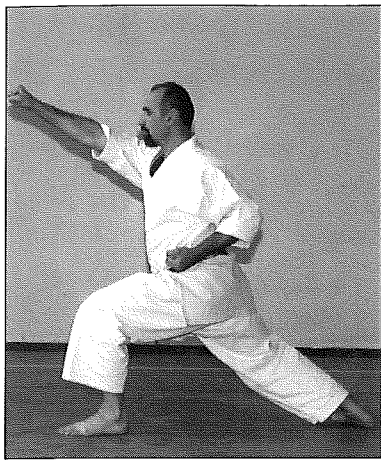


33 - Avancer pied g en kokutsu g vers C - chudan shuto uke g

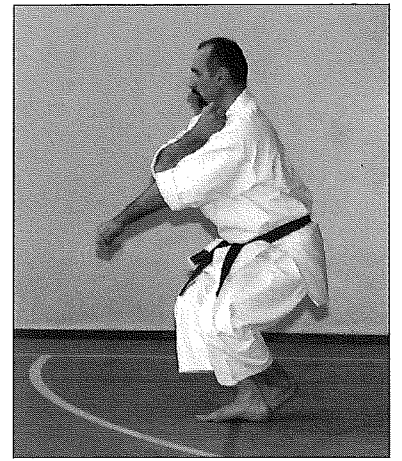
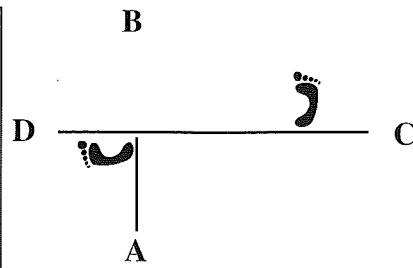


36 - Pivoter de 180° à g vers D - gedan barai g vers D - zenkutsu g

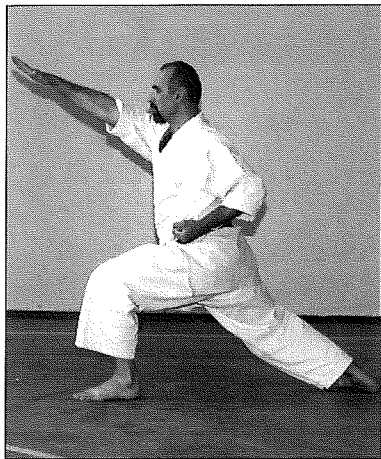
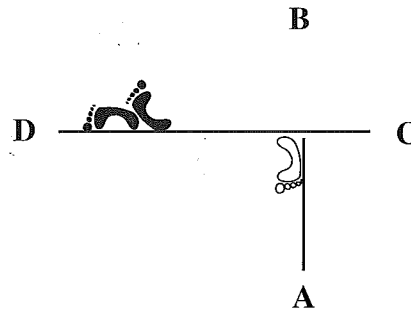




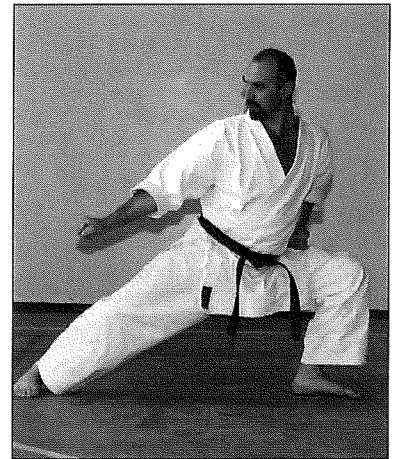
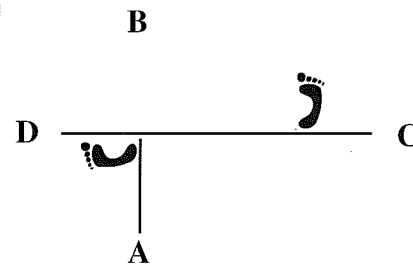
37 - Sur place vers D - jodan gyaku tsuki d vers D - zenkutsu g



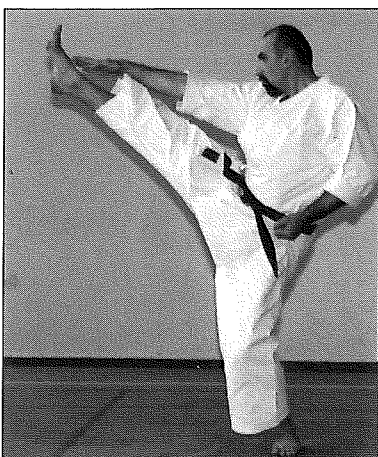
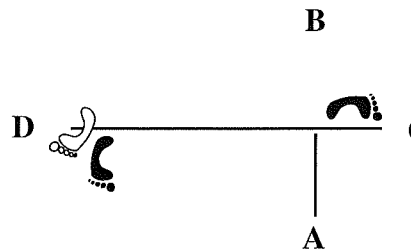
40 - Poser pied d au sol vers D - soe ashi - gedan tsuki g - soto nagashi uke d



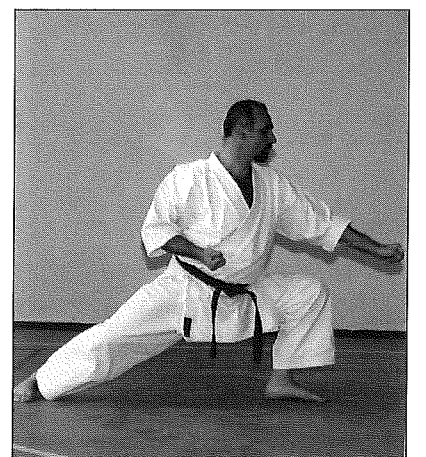
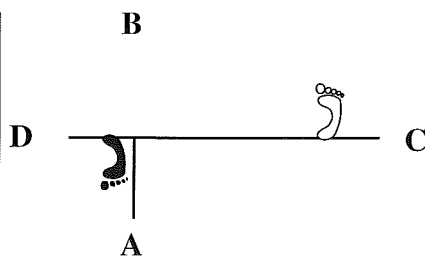
38 - Sur place vers D - ouvrir main d tsukamite - zenkutsu g



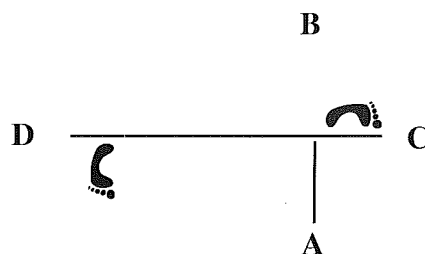
41 - Pivoter de 180° à g vers C - regarder vers D - déplacer jambe g vers C - gedan barai d vers D - zenkutsu g



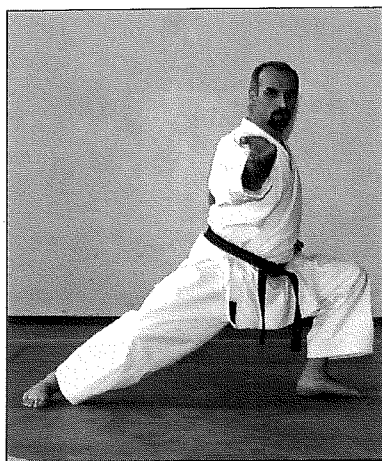
39 - Mae geri ou hiza geri d vers D



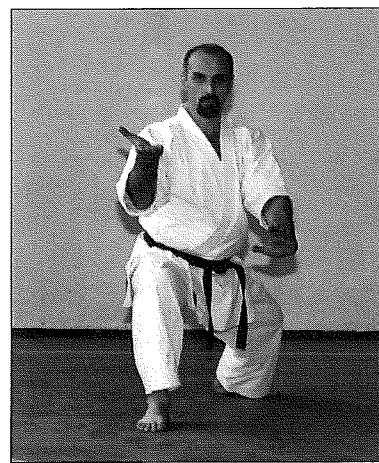
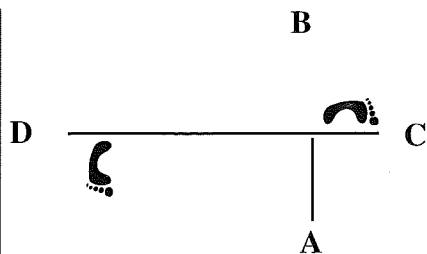
42 - Sur place - regarder vers C - gedan barai g - zenkutsu g



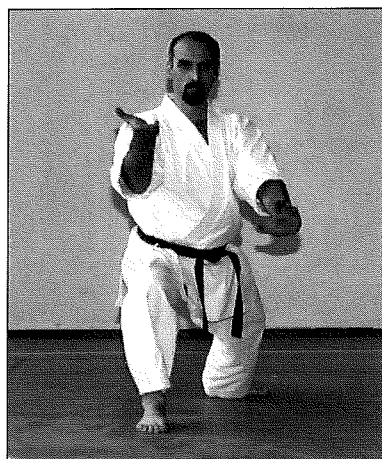




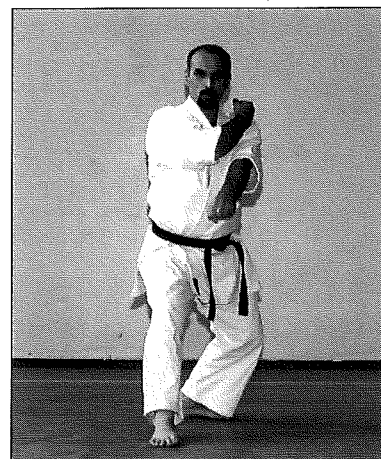
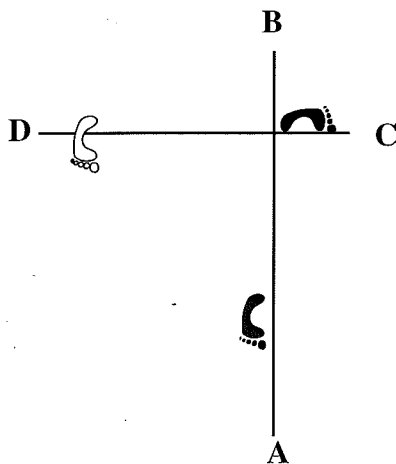
43 - Regarder vers A - main g hikite - main d chudan teisho barai - zenkutsu g vers C



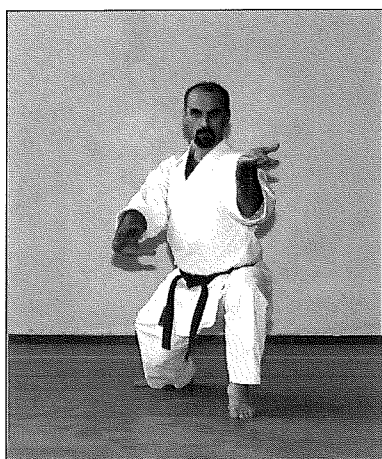
46 - Avancer d'un pas vers A - inverser les mains - chudan teisho uke d - gedan gyaku teisho uke g



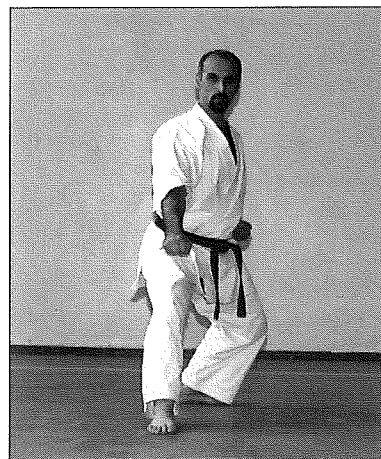
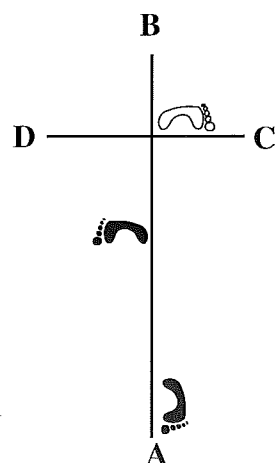
44 - Ramener pied g vers D et avancer pied d vers A - armer teisho d et teisho g



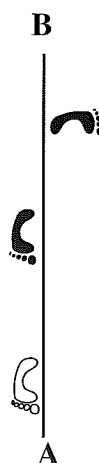
47 - Ramener légèrement pied d en tsuri ashi vers B en kokutsu d - armer gedan barai d vers A

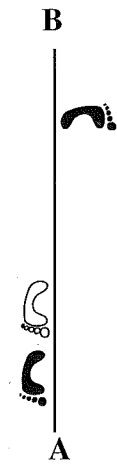
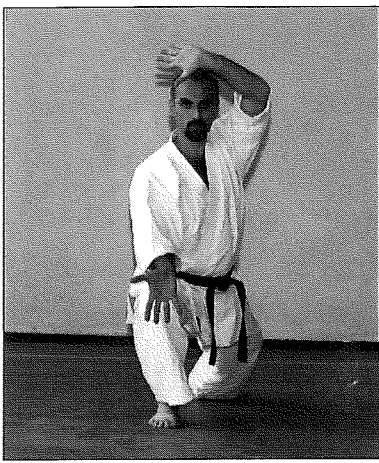


45- Avancer d'un pas vers A - inverser les mains - chudan teisho uke g - gedan gyaku teisho uke d

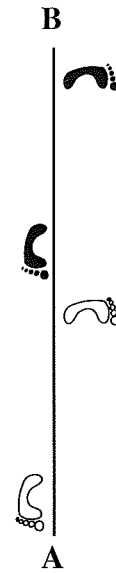
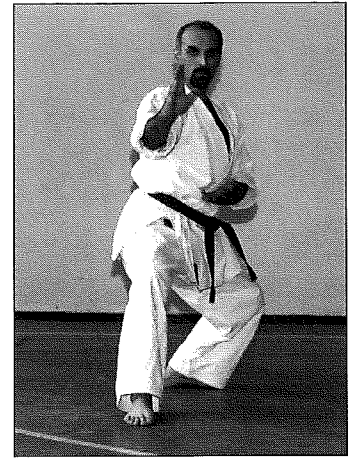


48 - Sur place - gedan barai d - kokutsu d vers A

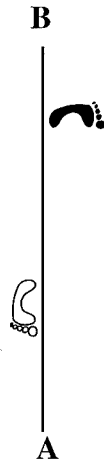
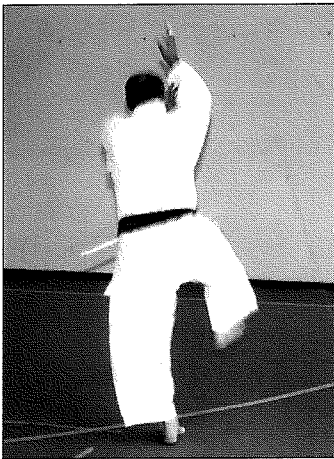




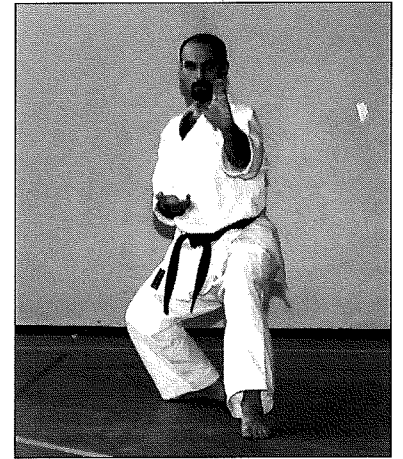
49 - Glisser légèrement pied d en tsuri ashi vers A en zenkutsu d - ouvrir les mains comme sur photo



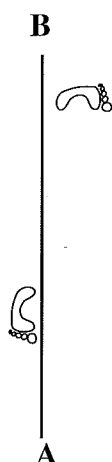
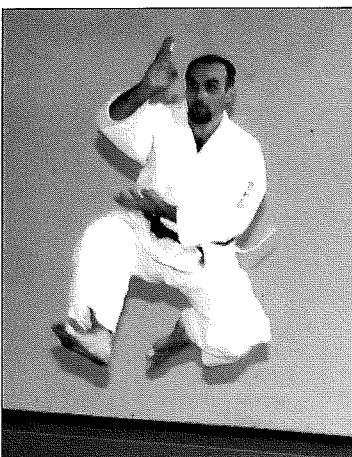
52 - Retomber en kokutsu d vers A - chudan shuto uke d - Kiai



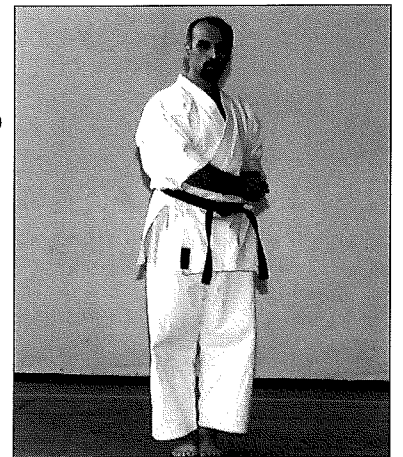
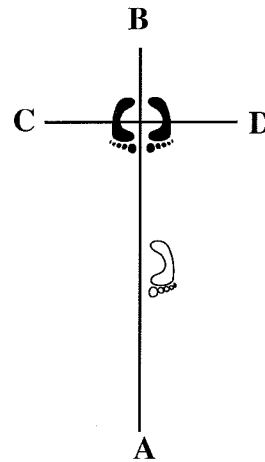
50 - Amorcer saut 360° vers g



53 - Reculer d'un pas vers B en kokutsu g - chudan shuto uke g



51 - Faire saut 360° vers arrière g vers A - durant le saut armer bras d



54 - Ramener jambe g à côté jambe d en heisoku dachi comme en 3 - écarter jambe d en hachiji dachi - FIN