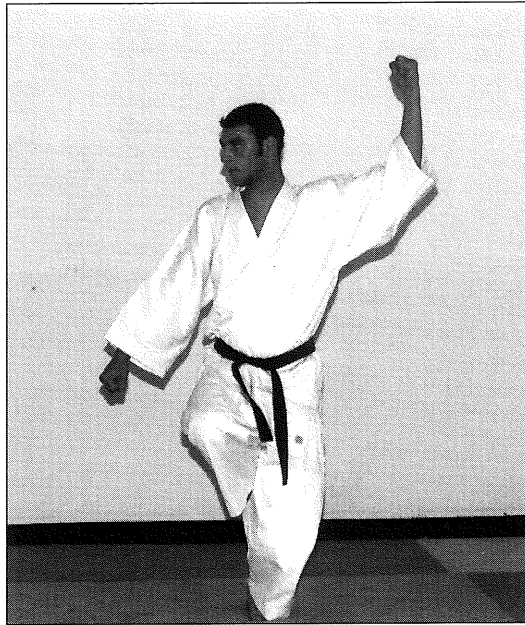
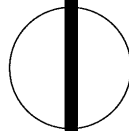


GANKAKU (*)

Exécuté par Vassilis STAVRIANIDIS, 2^{me} dan Shotokai Egami ryu



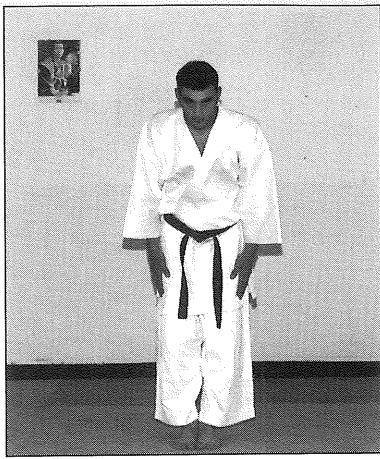
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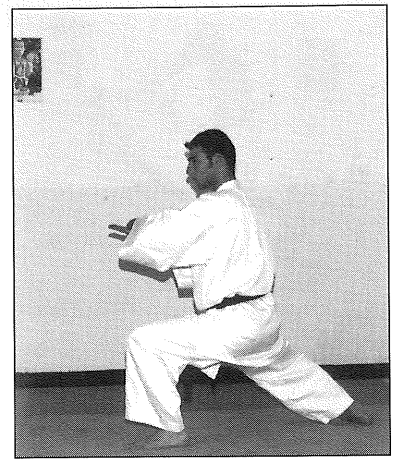
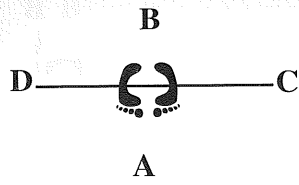
A

D

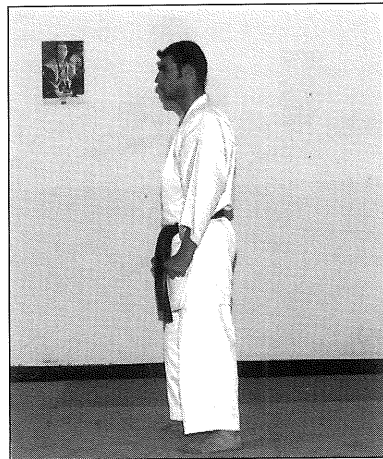
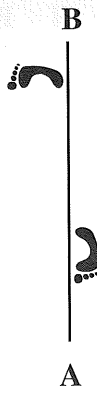
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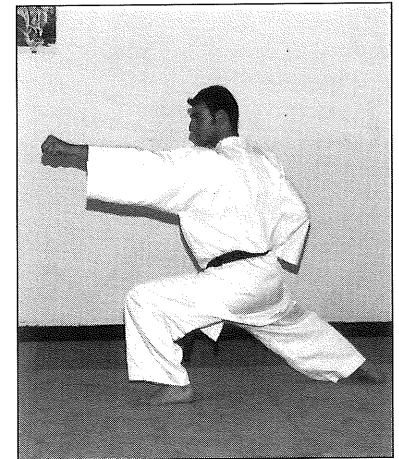
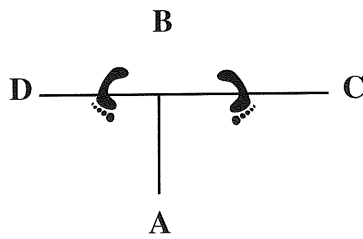
1 - Heisoku dachi - Rei



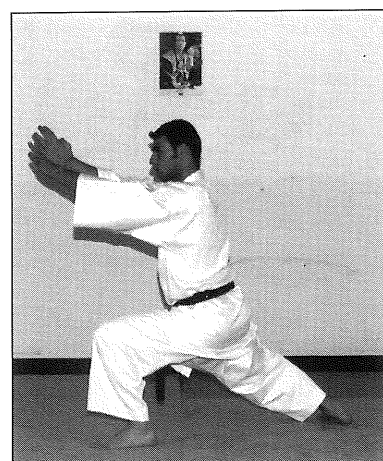
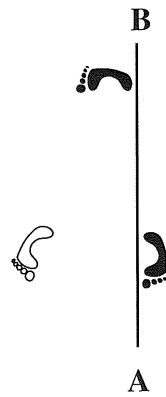
4 - Sur place - rotation des deux mains ouvertes - amener les mains devant la poitrine - paumes l'une contre l'autre - zenkutsu g



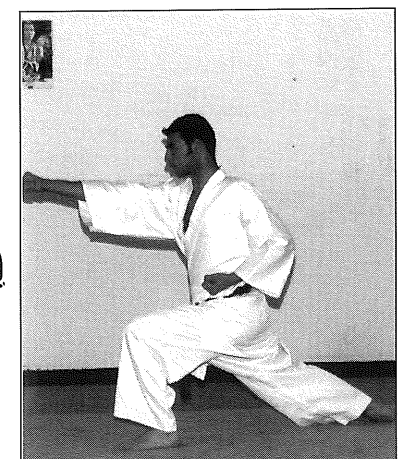
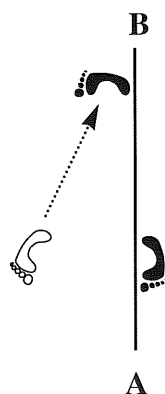
2 - Hachiji dachi face à A - Yoi



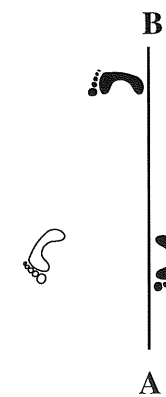
5 - Sur place - chudan harai hon tsuki g - zenkutsu g

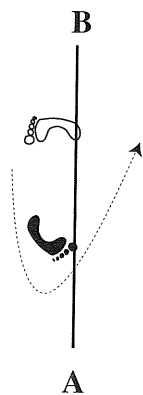
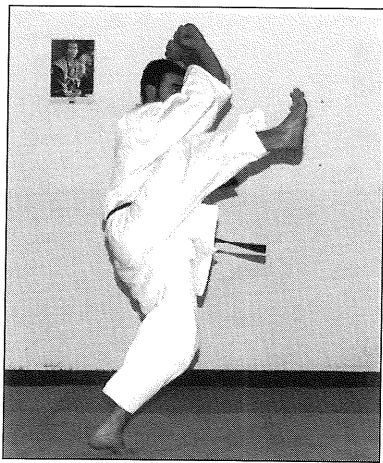


3 - Reculer pied d vers B - jodan juji uke vers A - zenkutsu g

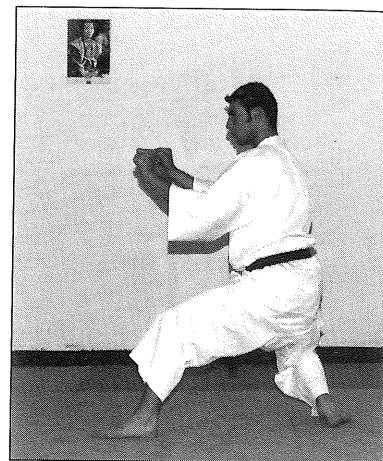


6 - Sur place - chudan gyaku tsuki d - zenkutsu g vers A

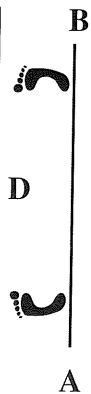
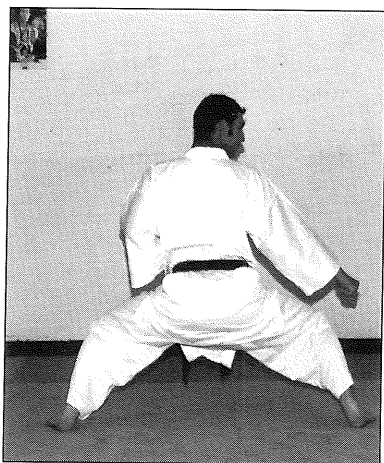




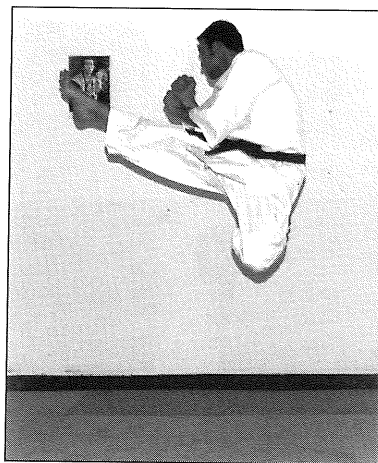
7 - Appui sur pied g - pivoter vers g de 180° en armant le pied d



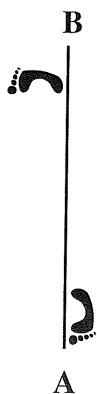
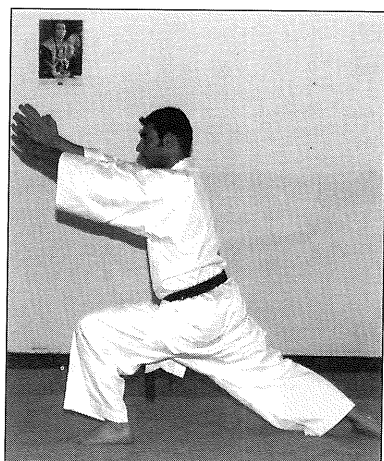
10 - Sur place - tirer pied g en tsuri ashi vers l'arrière en kokutsu g - ramener les mains en juji uke chudan



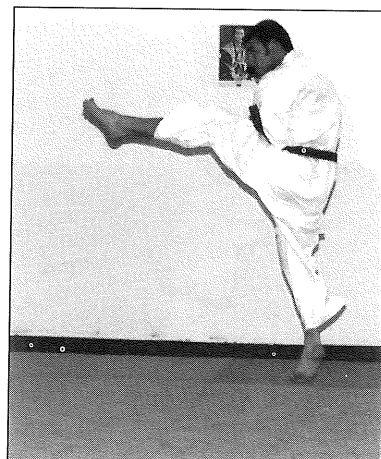
8 - retomber sur l'axe en kiba dachi face à D - gedan barai d vers B - regarder vers B



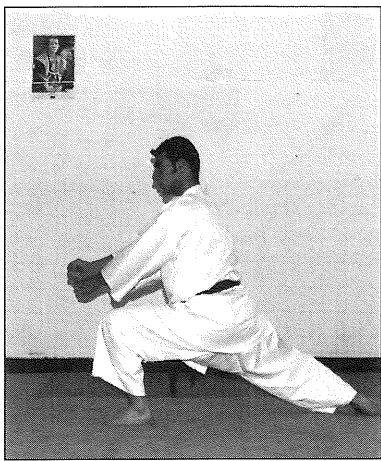
11 - Vers A - nidan mae tobi geri - pied d chudan geri



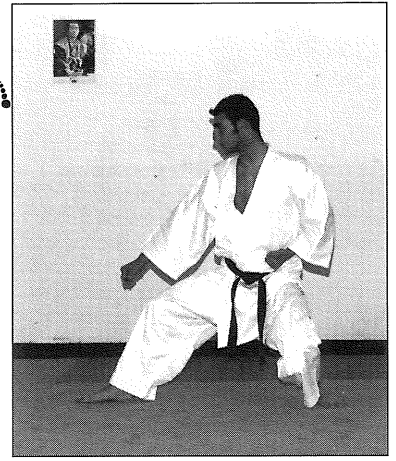
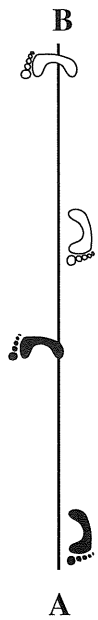
9 - Sur place - regarder vers A - pivoter sur pied g de 90° à g en zenkutsu g vers A - jodan juji uke



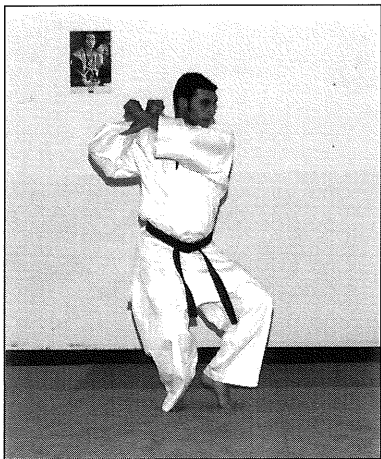
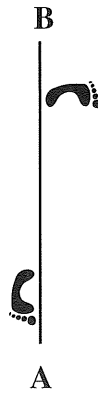
12 - Vers A - nidan tobi geri - pied g jodan geri



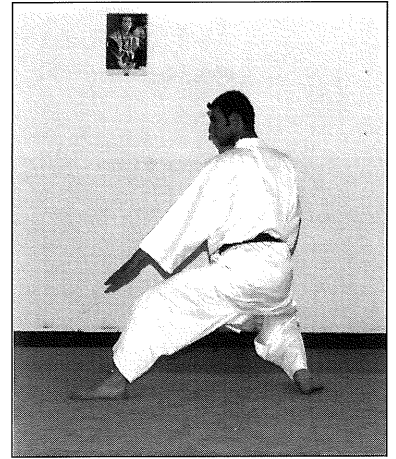
13 - Retomber sur l'axe vers A en zenkutsu g - gedan juji uke



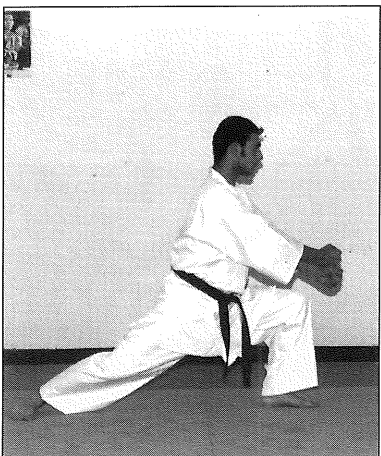
16 - Sur place pivoter de 180° à d vers A - kokutsu d - gedan barai d



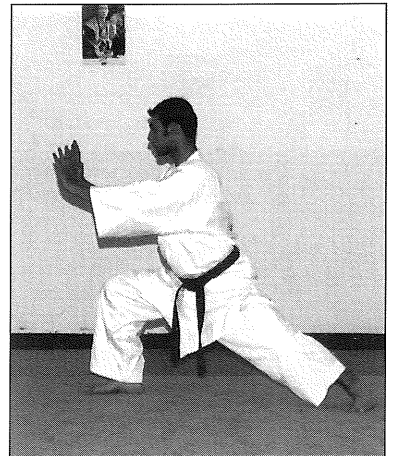
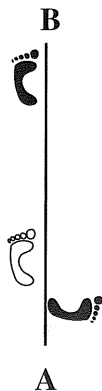
14 - Regarder à g vers B - ramener pied g en arrière et pivoter de 180° à g vers B - les deux mains kamae (comme sur la photo)



17 - Avancer d'un pas avec pied g vers A en kokutsu g - gedan shuto barai g - main d hikite devant poitrine

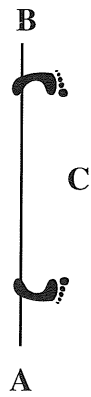
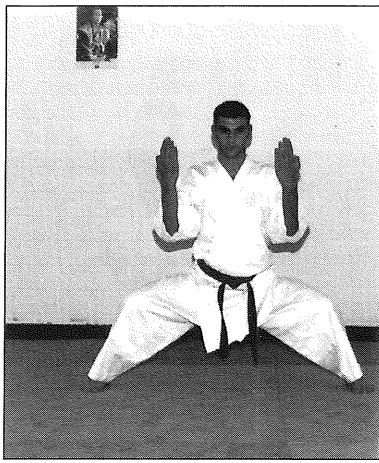


15 - Avancer pied g vers B - zenkutsu g - gedan juji uke

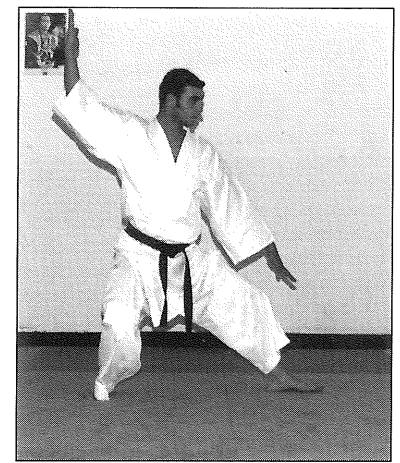


18 - Avancer d'un pas avec pied d vers A - zenkutsu d - chudan morote shuto kakiwake uke

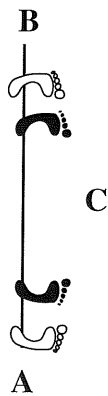
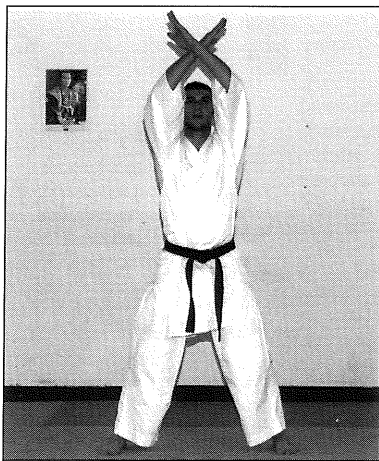




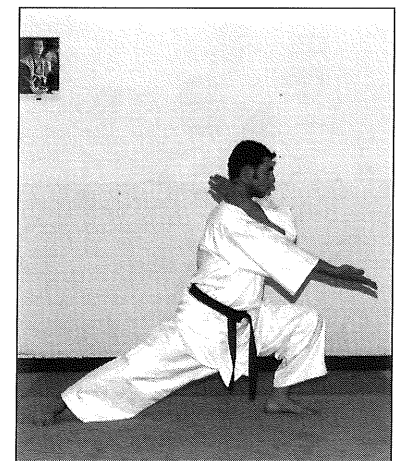
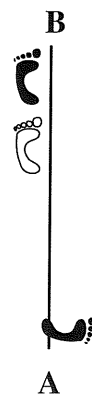
19 - Pivoter de 90° à d sur appui pied d - kiba dachi vers C - chudan morote haito kakiwake uke



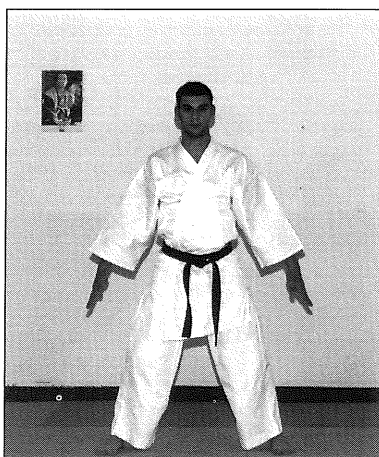
22 - Sur place - regarder à g - tourner de 90° à g et avancer pied g vers B en kokutsu g - jodan nagashi haito uchi uke d - gedan shuto barai g



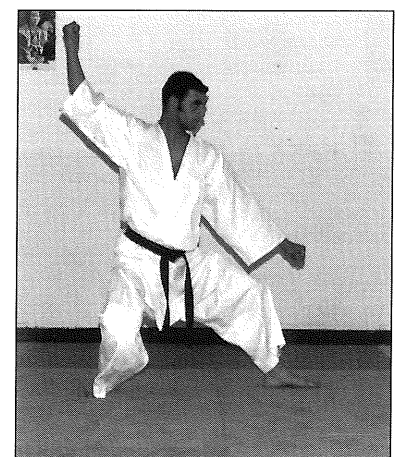
20 - Sur place - remonter en dai dachi face à C - les mains montent en jodan juji uke



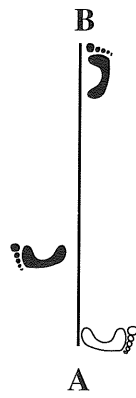
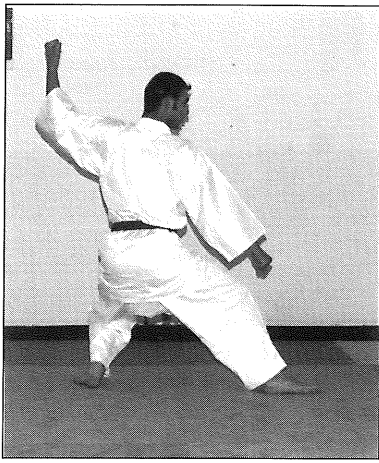
23 - Sur place - tsuri ashi vers B - zenkutsu g - armer main g en uchi nagashi shuto uke - main d gedan gyaku nukite



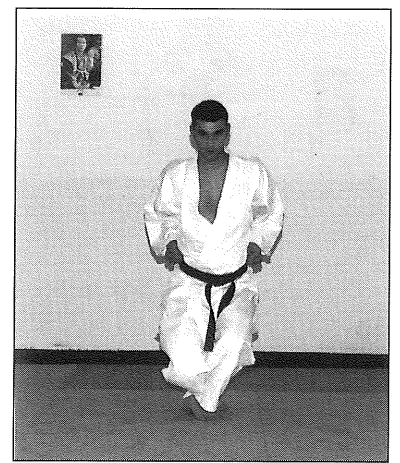
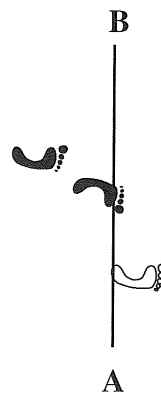
21 - Sur place face à C - les mains descendent en gedan morote shuto uke latéral



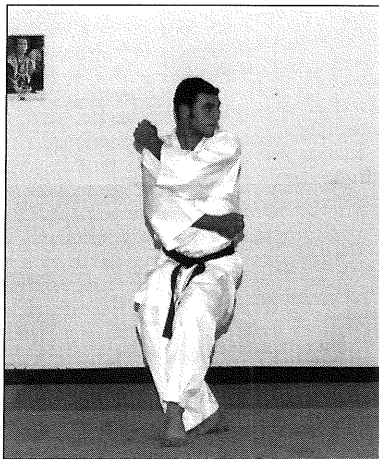
24 - Sur place revenir en tsuri ashi arrière en kokutsu g - main d fermée jodan nagashi uchi uke - main g gedan barai



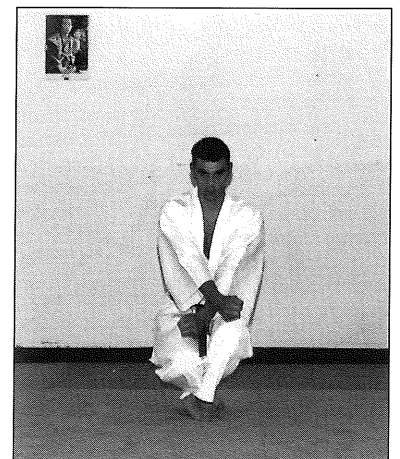
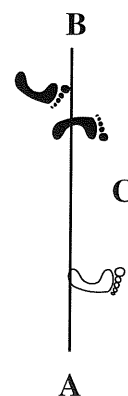
25 - Avancer d'un pas avec pied d vers B en kokutsu d - main g jodan nagashi uchi uke - main d gedan barai vers B



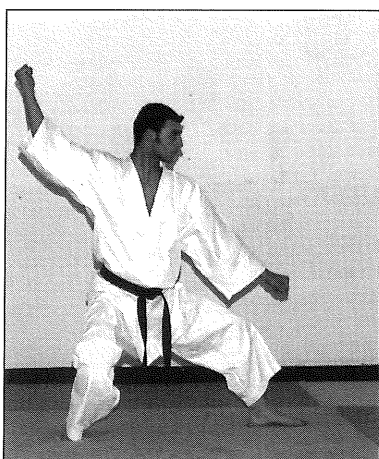
28 - Sur place - amener pied d derrière pied g en kosa dachi vers C - armer les deux bras en hikite



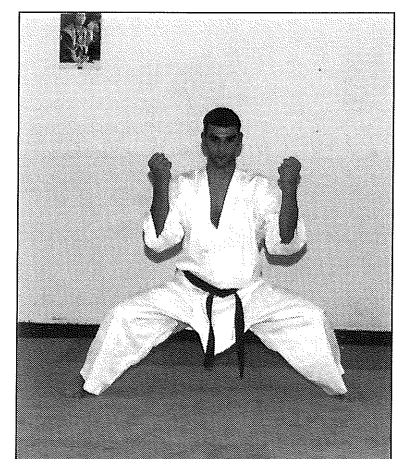
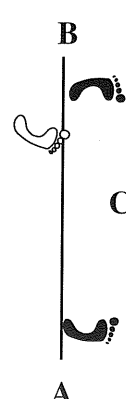
26 - Pivoter à g de 360° en appui sur pied d



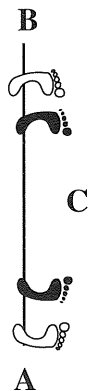
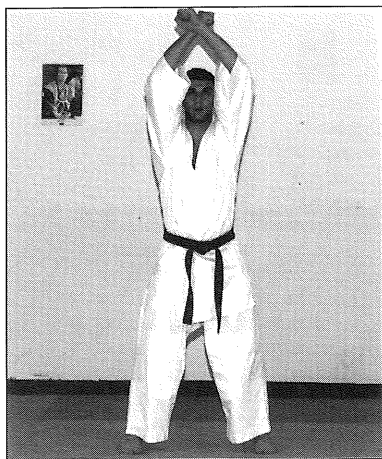
29 - Sur place fléchir les genoux - gedan juji uke vers C



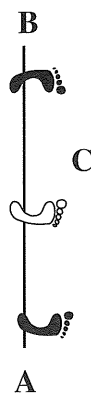
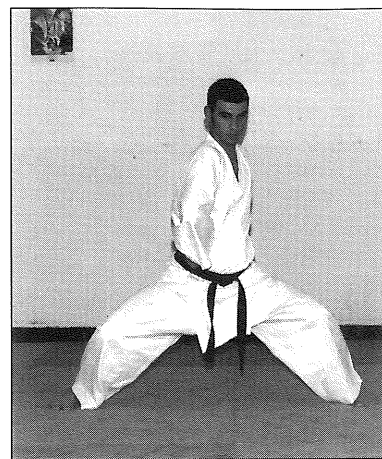
27 - Avancer pied g vers B en kokutsu g - main d jodan uchi uke - main g gedan barai



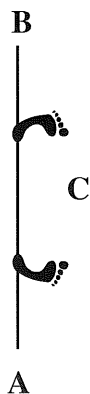
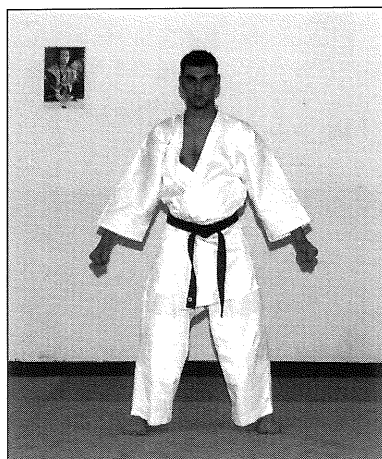
30 - Sur place - déplacer pied d en kiba dachi face à C - chudan morote uchi kakiwake uke



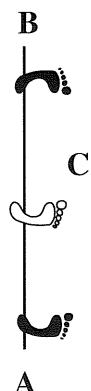
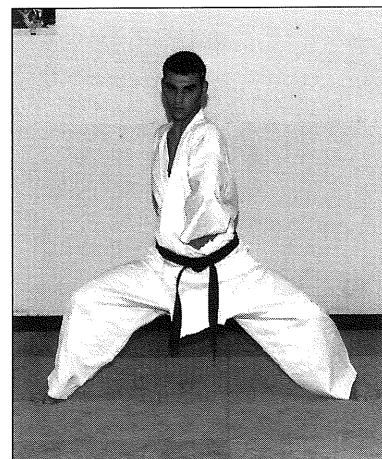
31 - Sur place face à C - remonter la posture en dai dachi - jodan juji uke



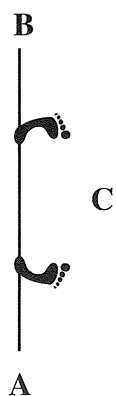
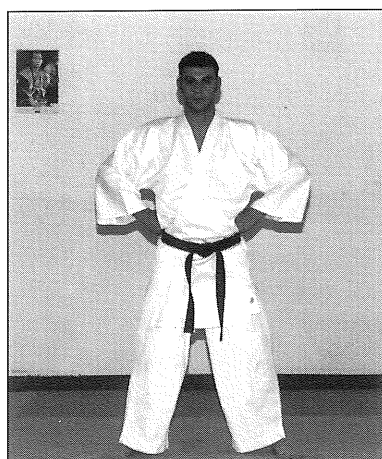
34 - Yori ashi avec pied g vers B - kiba dachi vers C - kata uke d vers C



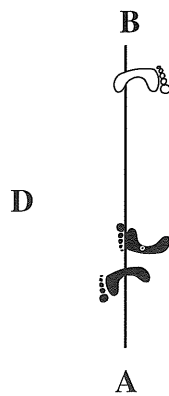
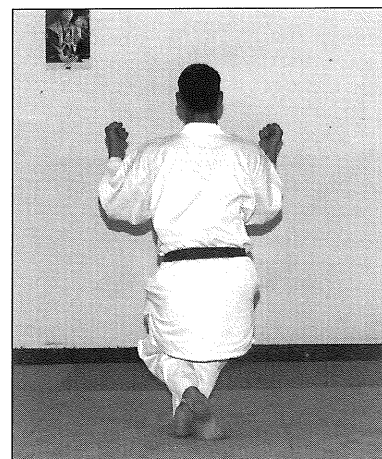
32 - Sur place face à C - descendre les bras latéralement en morote gedan barai latéral



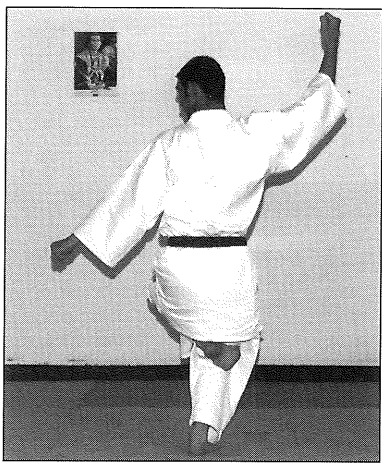
35 - Sur place - kiba dachi vers C - kata uke g vers C



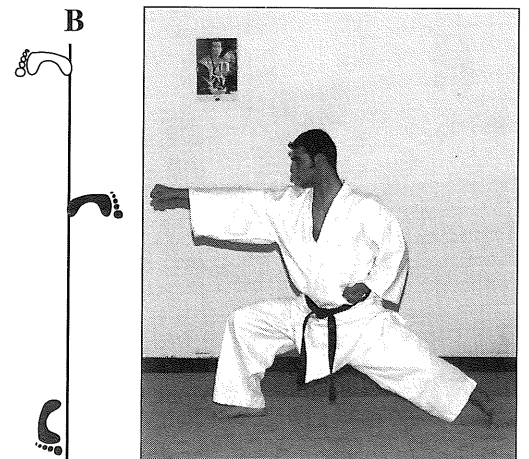
33 - Sur place mettre les deux bras en kamae de kata uke



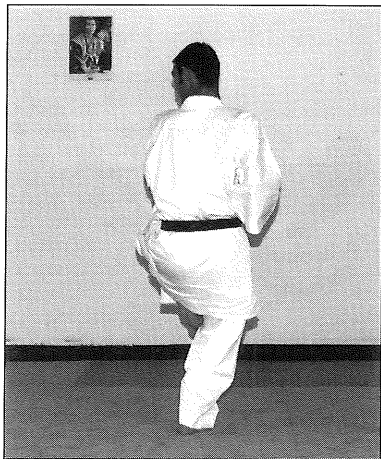
36 - Pivoter sur pied d de 180° à d face à D - kosa dachi face à D - chudan morote uchi kakiwake vers D



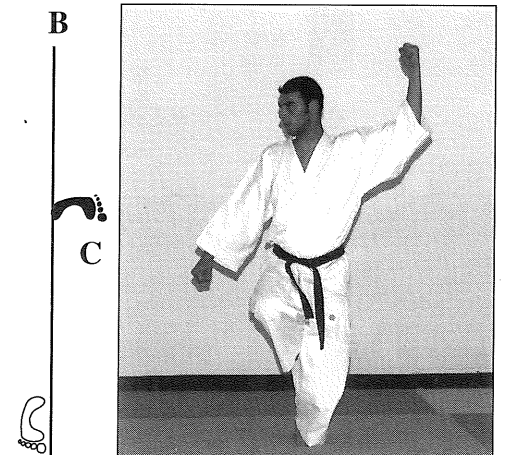
37 - Regarder vers A - armer pied g en tsuri ashi dachi vers D - main d en jodan nagashi uchi uke - main g gedan barai



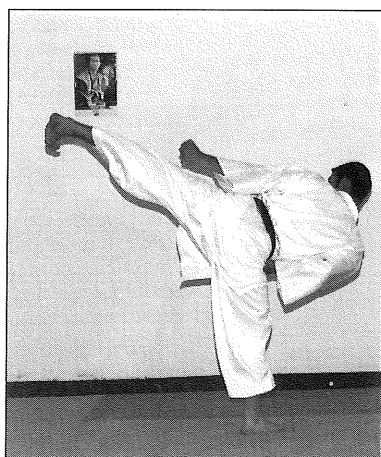
40 - Reposer pied g vers A - avancer d'un pas avec pied d en zenkutsu d - oi-tsuki d - Kiai



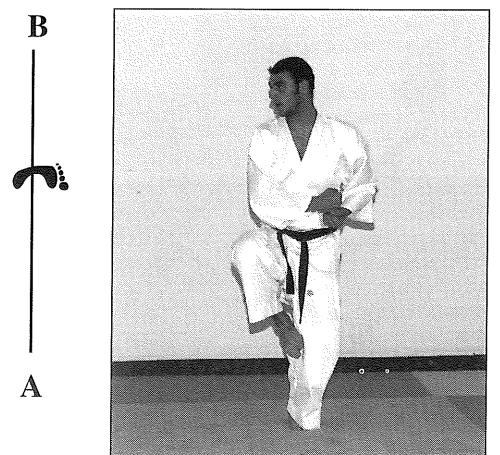
38 - Sur place amener pied g devant genou d, armer pour yoko geri - les mains kamae hikite à d



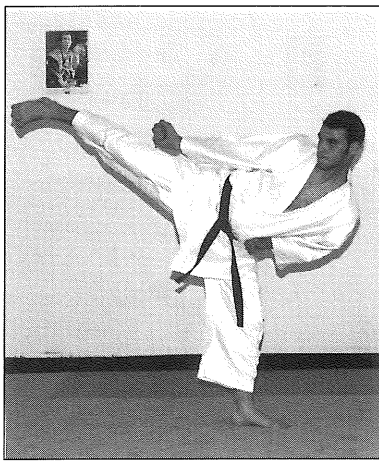
41 - Sur place - armer pied d en tsuri ashi dachi vers C - regarder vers A - main g en jodan nagashi uchi uke -- main d gedan barai



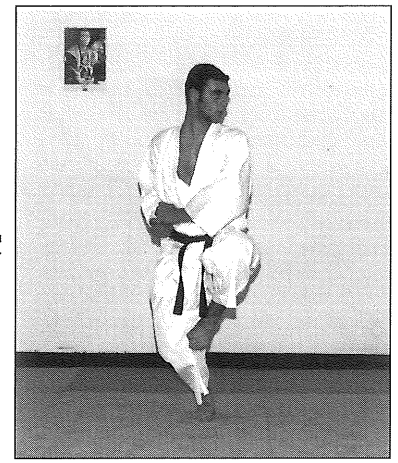
39 - Yoko geri g et uraken g vers A



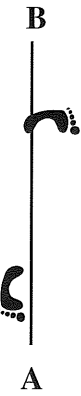
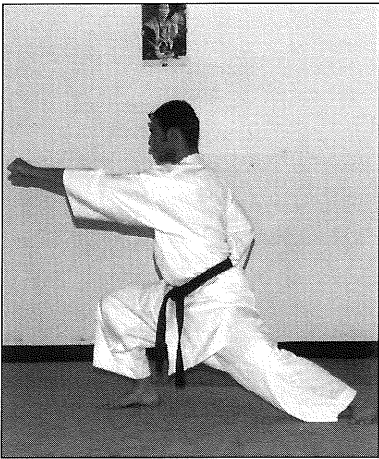
42 - Sur place amener pied d devant genou g, armer pour yoko geri - les mains kamae hikite à g



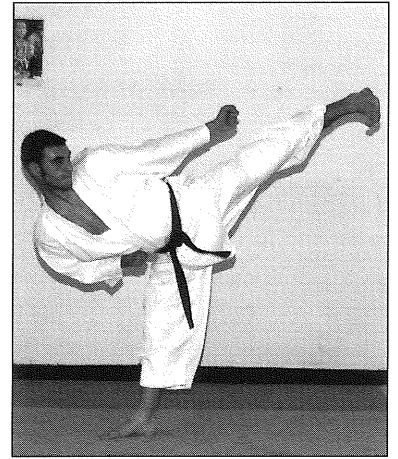
43 - Yoko geri d et uraken d vers A



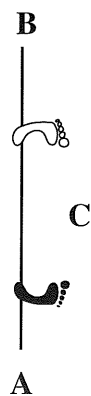
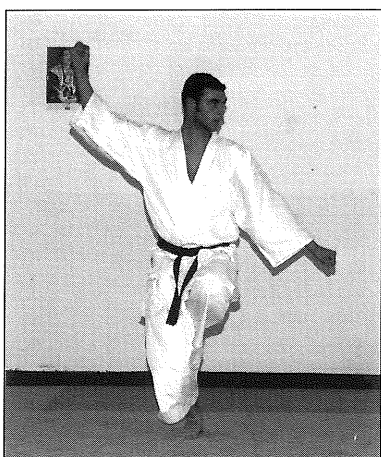
46 - Sur place - amener pied g devant genou d, armer pour yoko geri - les mains kamae hikite à d



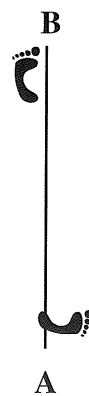
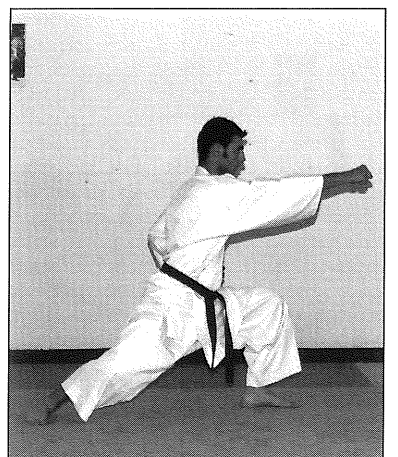
44 - Reposer pied d vers A - zenkutsu d - chudan gyaku tsuki g vers A



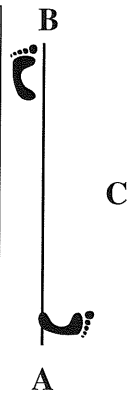
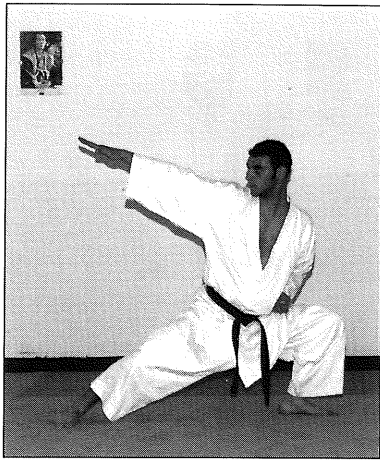
47 - Yoko geri g et uraken g vers B



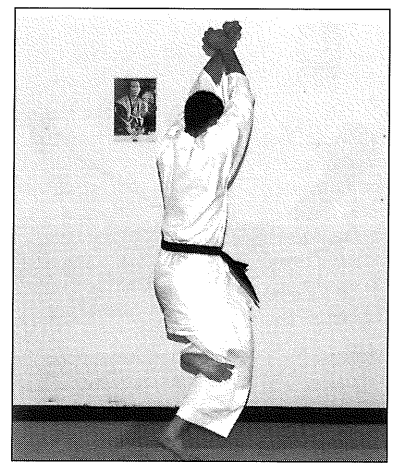
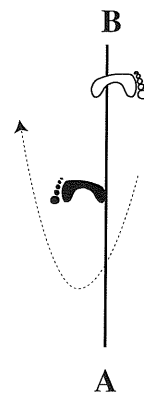
45 - Sur place - regarder vers B - armer pied g en tsuri ashi achi dachi face à C - main d en jodan nagashi uchi uke - main g gedan barai vers B



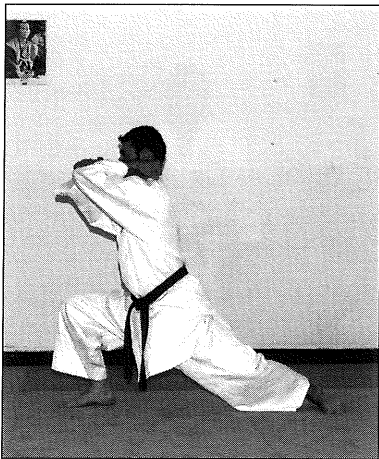
48 - Reposer pied g en zenkutsu g vers B - chudan gyaku tsuki d vers B



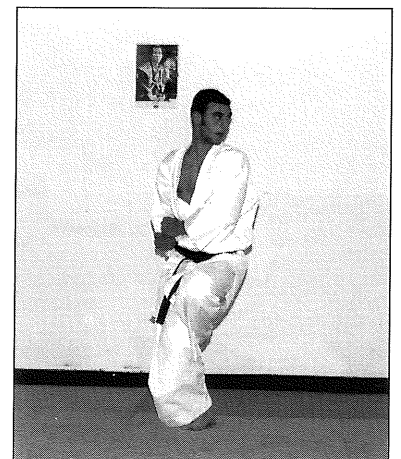
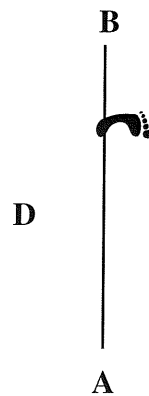
49 - Sur place regarder vers A - rester en zenkutsu g vers B - armer main d en jodan shuto barai vers A - main g hikite



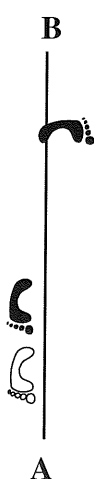
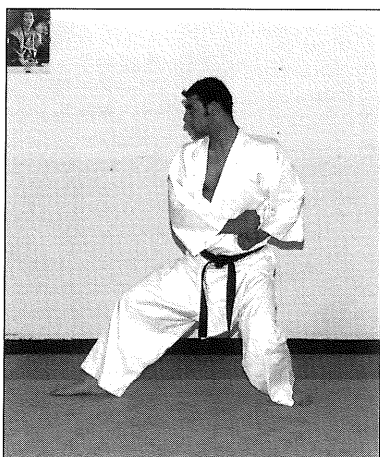
52 - sur pied d - pivoter de 180° à d vers B - regrouper pied g en tsuru ashi dachi derrière le pied d - les mains en jodan juji uke - regarder vers B



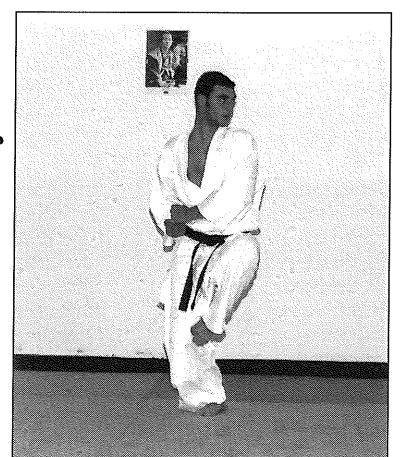
50 - Sur place pivoter de 180° à d vers A - jodan empi uchi g dans main d ouverte - zenkutsu d vers A



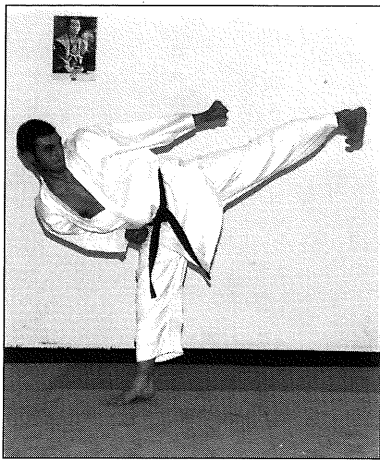
53 - Sur place face à D regarder vers B - tsuru ashi dachi - les mains hikite à d



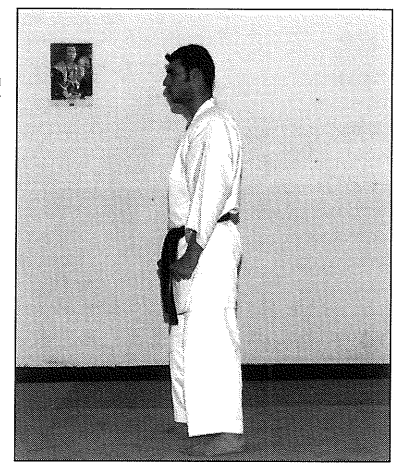
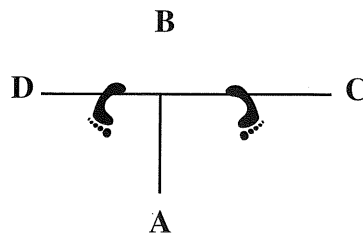
51 - Ramener légèrement pied d en tsuru ashi en arrière - kokutsu d vers A - les deux mains en hikite à g



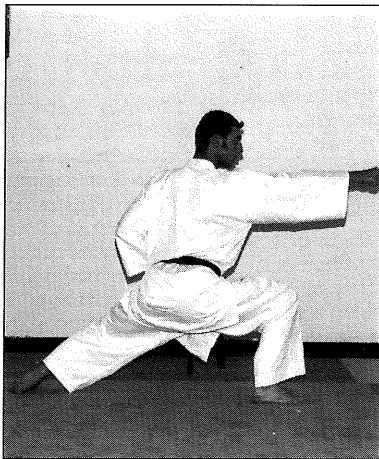
54 - Sur place amener pied g devant genou d - les mains restent en hikite à d



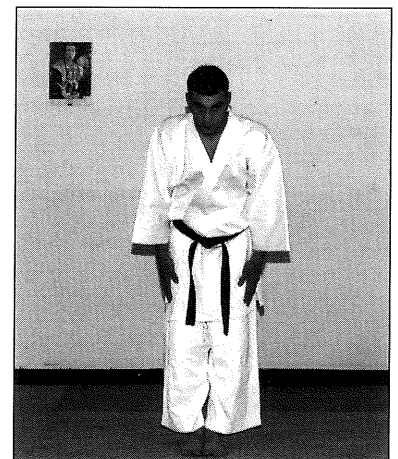
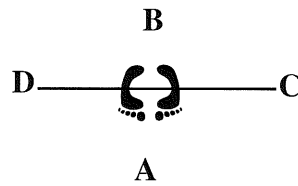
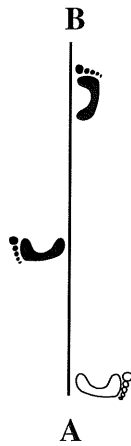
55 - Yoko geri g et uraken g vers B



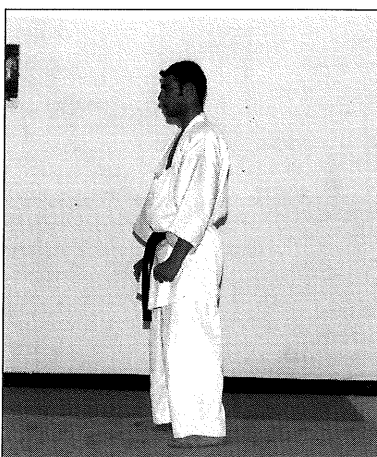
58 - Hachiji dachi vers A - FIN



56 - Reposer pied g vers B - avancer d'un pas pied d en zenkutsu d vers B - chudan oi-tsuki d - Kiai



59 - Heisoku dachi - Rei



57 - Tourner à g de 180° vers A en appui sur pied d en ramenant pied g en hachiji dachi vers A (photo profil)

