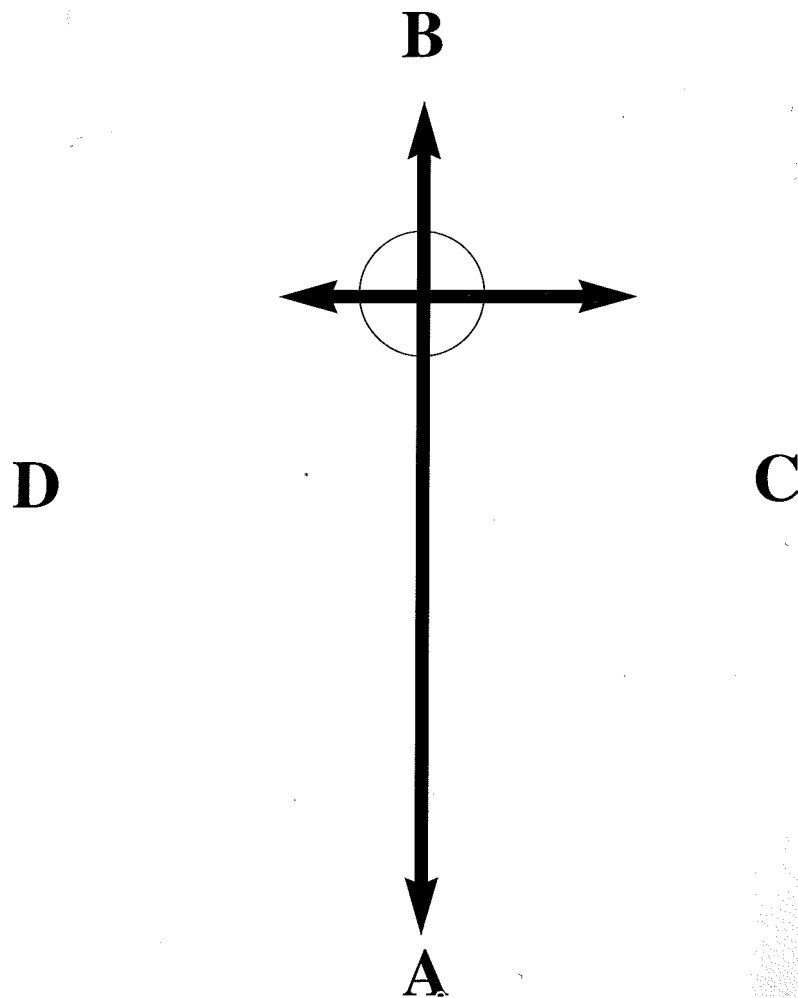


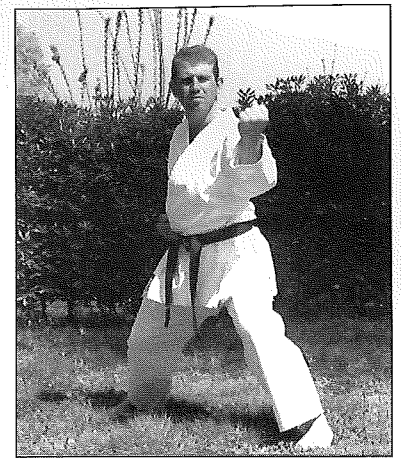
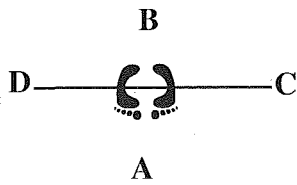
HANGETSU (*)

Exécuté par Kostas PANAGIOTIS, 2^{ème} dan Shotokaï Egami ryu (Grèce)

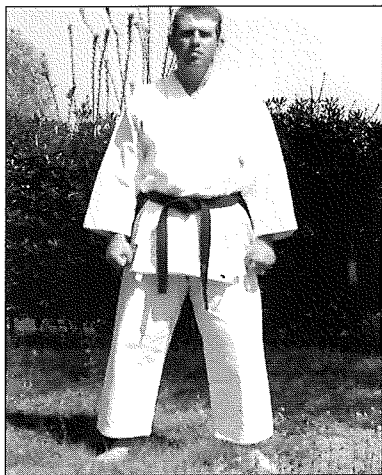
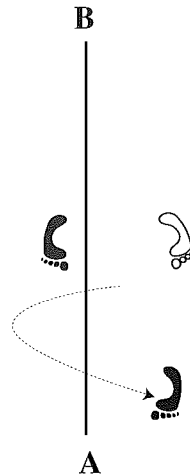




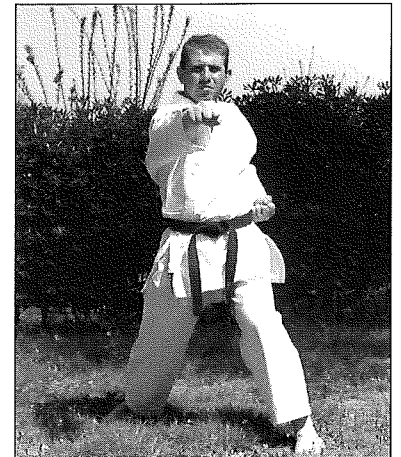
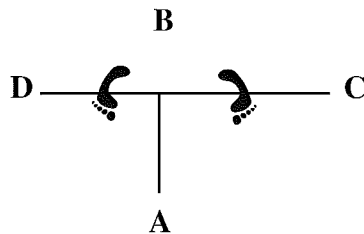
1 - Heisoku dachi - Rei



4 - Hangetsu dachi g - chudan uchi uke g vers A



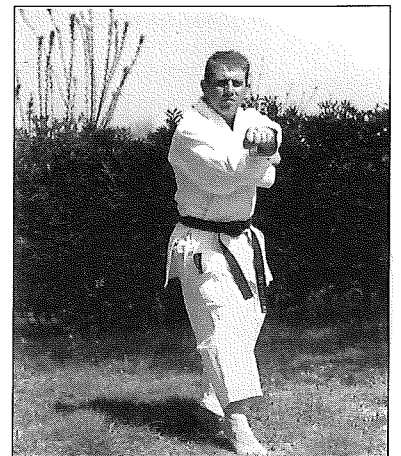
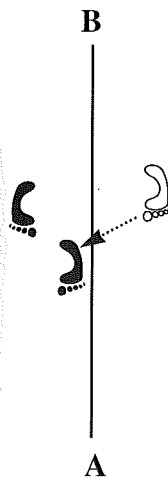
2 - Hachiji dachi vers A - Yoi



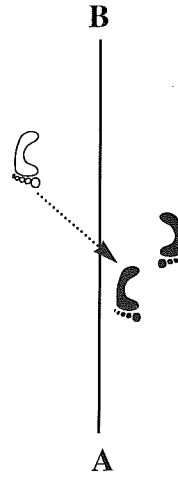
5 - Sur place - chudan gyaku tsuki d vers A



3 - Armer bras g sous bras d pour uchi ude uke - déplacer pied g en mouvement semi-circulaire vers A

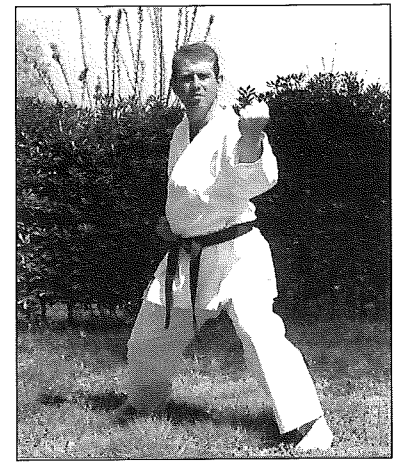
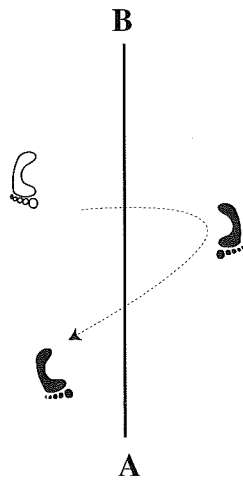


6 - Armer bras d sous bras g pour uchi ude uke - déplacer pied d en mouvement semi-circulaire vers A

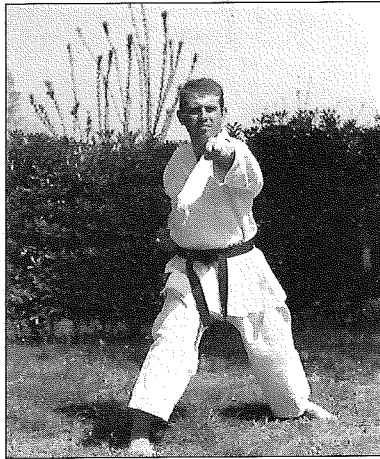
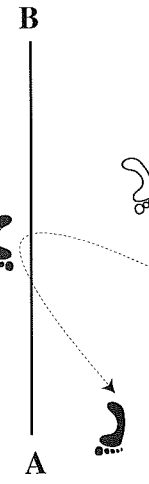




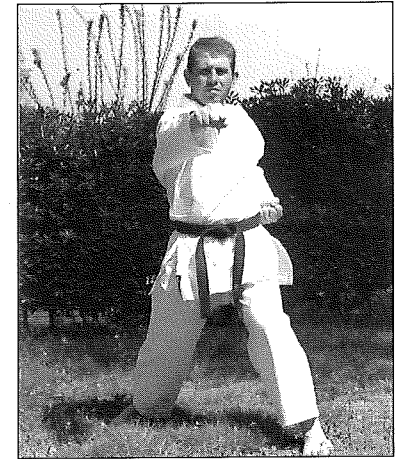
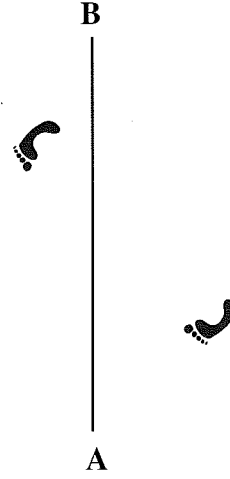
7 - Hangetsu dachi d - chudan uchi uke d vers A



10 - mouvements identiques à 4



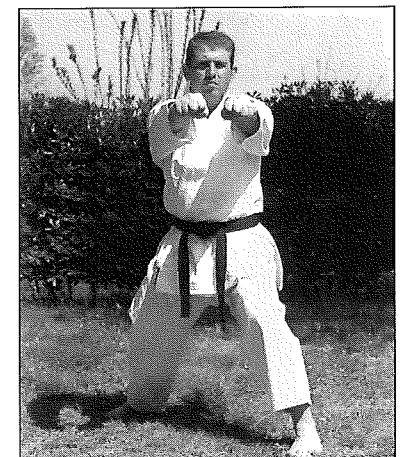
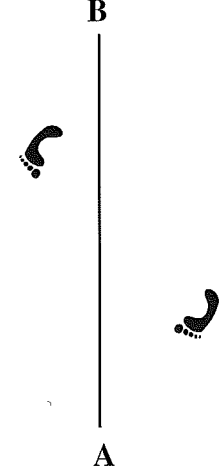
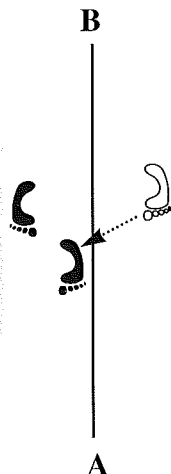
8 - Sur place - chudan gyaku tsuki g vers A



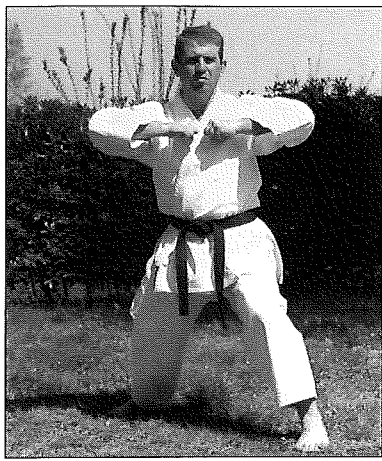
11 - mouvements identiques à 5



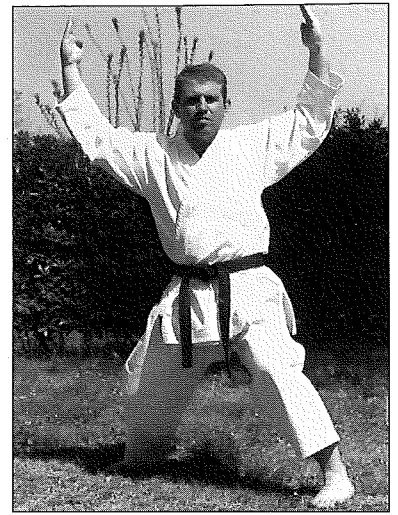
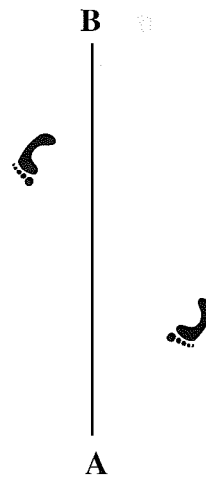
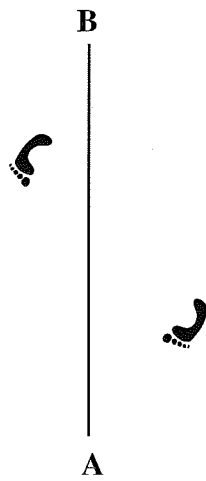
9 - mouvements identiques à 3



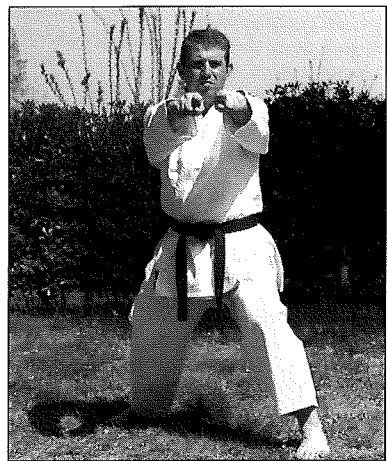
12 - Sur place - mouvement intermédiaire - amener bras g vers A à côté bras d puis...



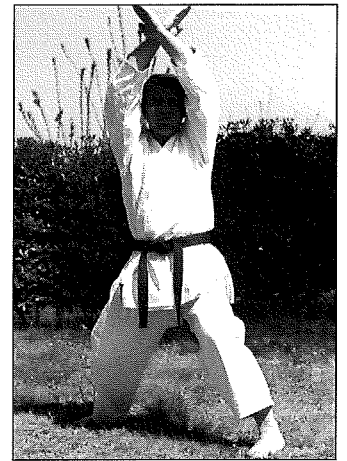
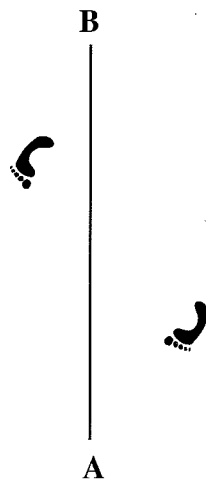
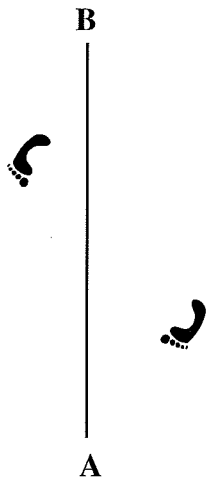
13 - Sur place - Ramener les deux bras vers la poitrine comme sur la photo



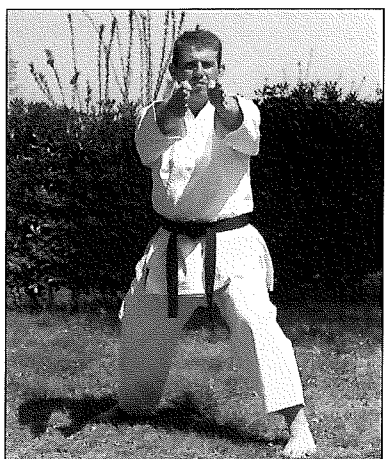
16 - Sur place - jodan nagashi uchi uke des deux bras comme sur la photo



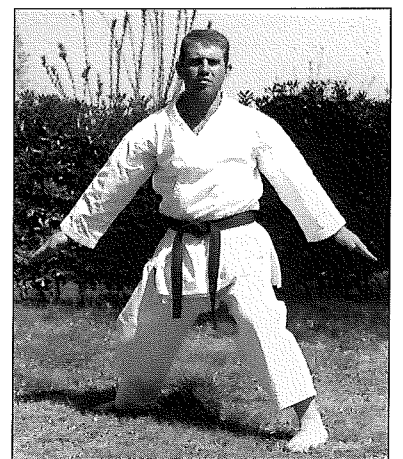
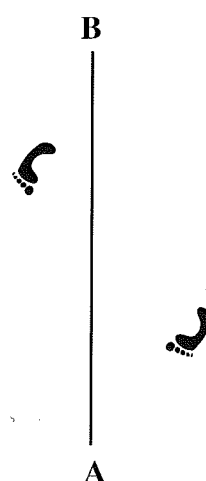
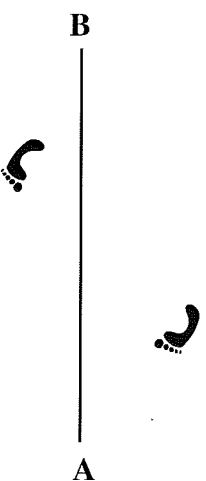
14 - Sur place - morote ipponken hon tsuki vers A - hangetsu dachi g



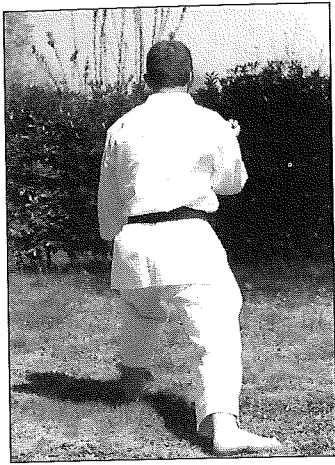
17 - Sur place - croiser les deux mains en juji uke au-dessus de la tête vers A hangetsu dachi



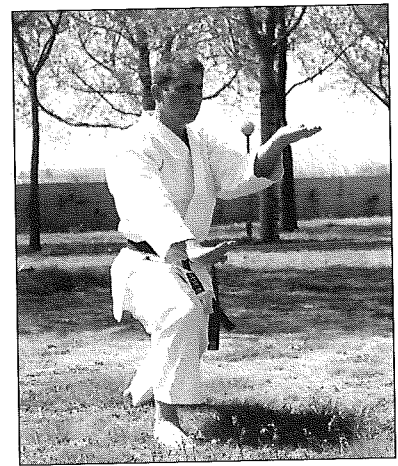
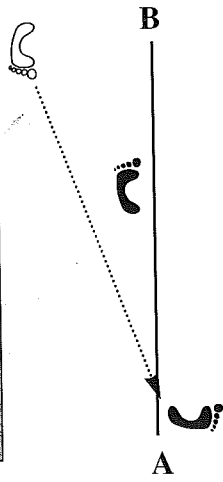
15 - Sur place - ouvrir les mains en nukite vers A



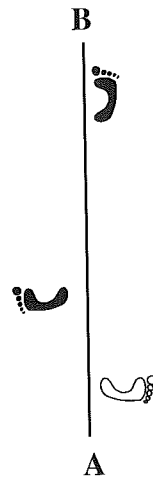
18 - Sur place - morote gedan shuto uke latéral



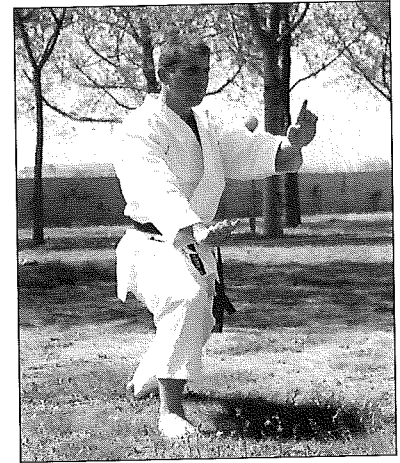
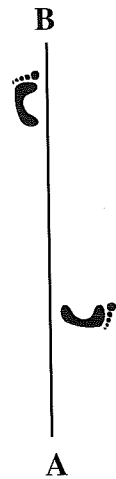
19 - En appui sur pied g - avancer pied d vers A et pivoter de 180° vers B - en zenkutsu g vers B - chudan keito barai d - gedan teisho barai g



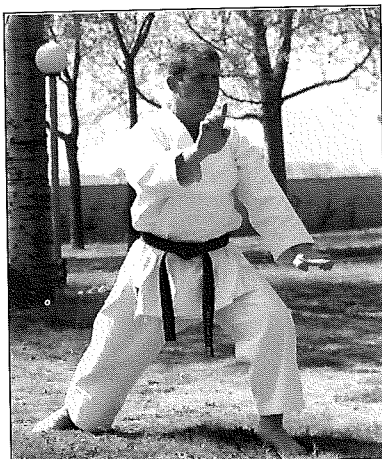
22 - Avancer d'un pas zenkutsu d vers B - uke kae (inverser les blocages)



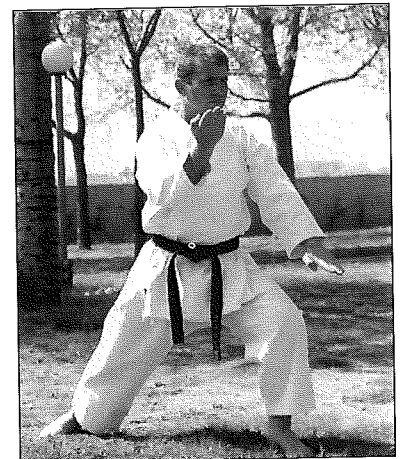
20 - Vue de B de photo 19



23 - Sur place - la main g tourne autour du bras de TORI - zenkutsu d vers B

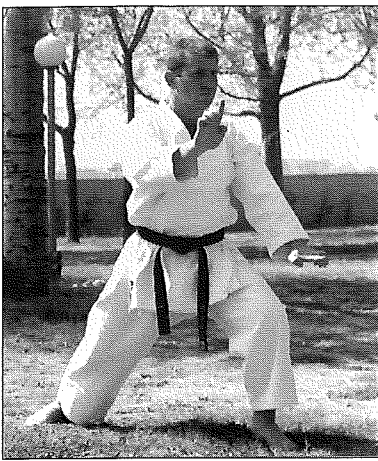


21 - Sur place - la main d tourne autour du bras de TORI - zenkutsu g vers B

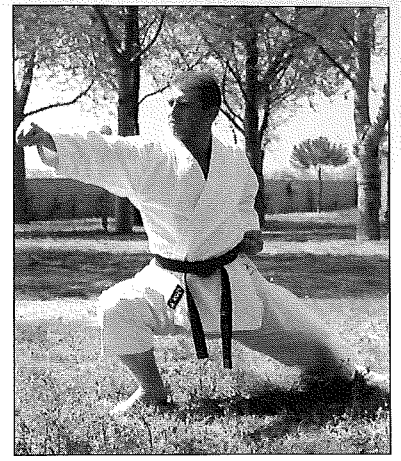
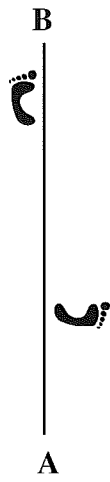


24 - Avancer d'un pas zenkutsu g vers B - uke kae

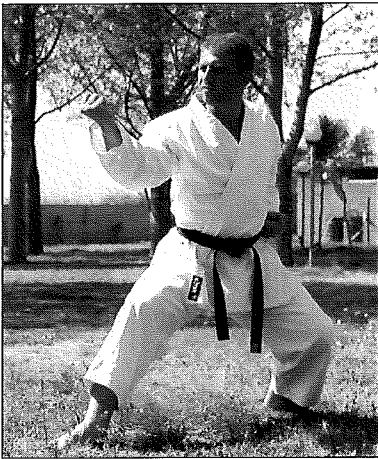




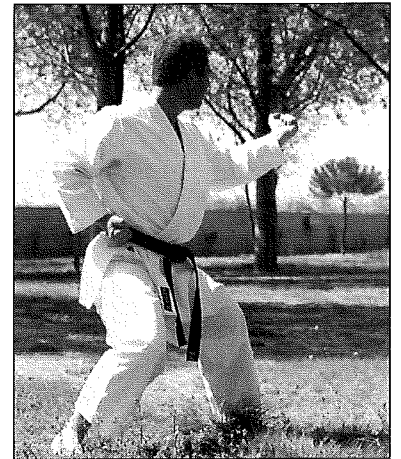
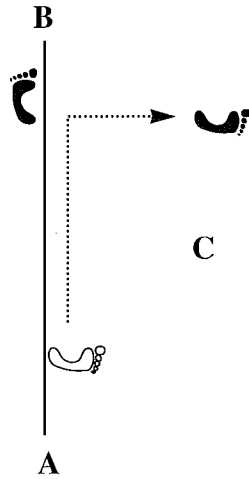
25 - Sur place - la main d tourne autour du bras de TORI - zenkutsu g vers B



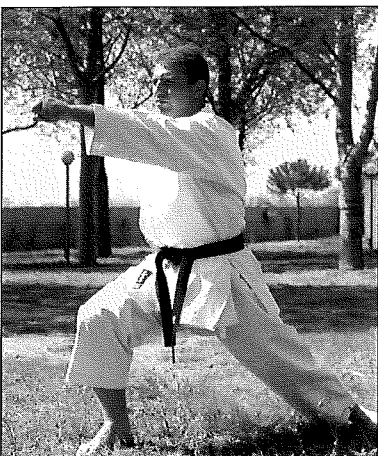
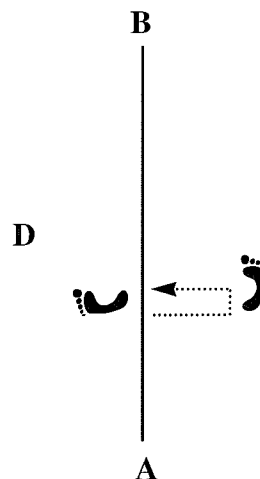
28 - Sur place - zenkutsu d vers C - chudan hon tsuki d vers C



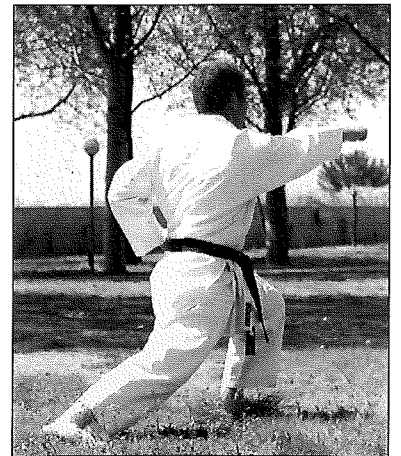
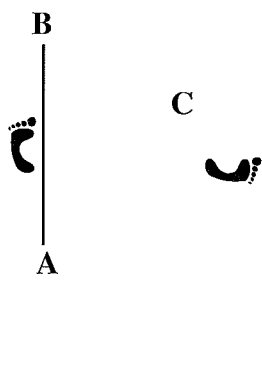
26 - En appui sur pied g - tourner de 90° à d vers C en avançant pied d - kokutsu d vers C - chudan uchi uke d



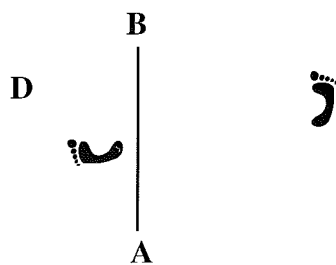
29 - En appui sur pied d - sur place pivoter à g de 180° vers D - kokutsu g vers D - chudan uchi uke g

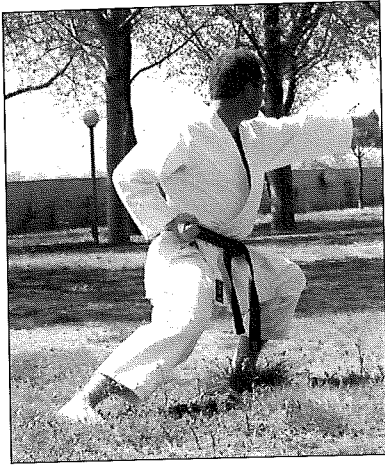


27 - Sur place - tsuri ashi pied d vers C en zenkutsu d - chudan gyaku tsuki g

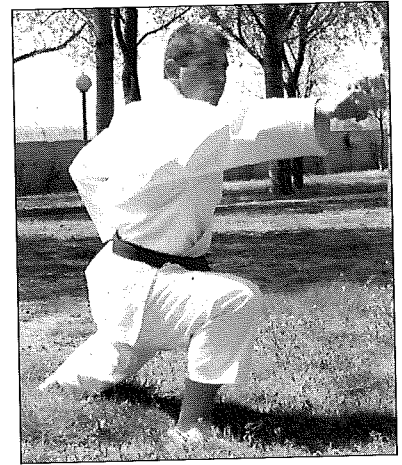
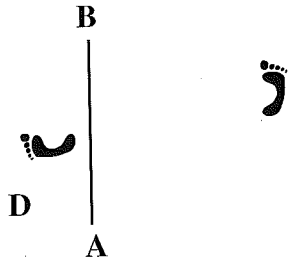


30 - Sur place - tsuri ashi pied g vers D en zenkutsu g - chudan gyaku tsuki d

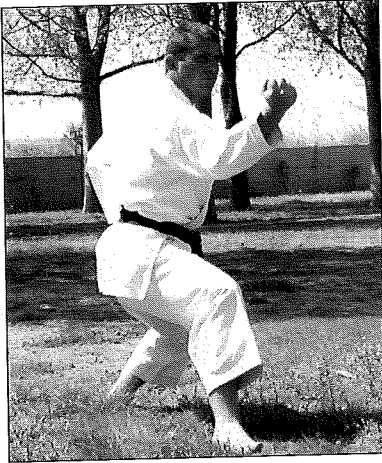
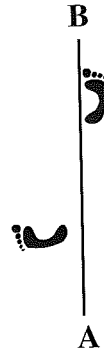




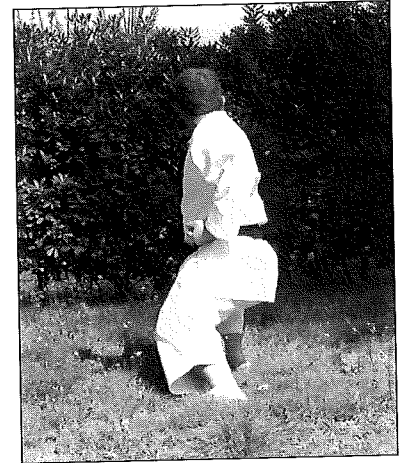
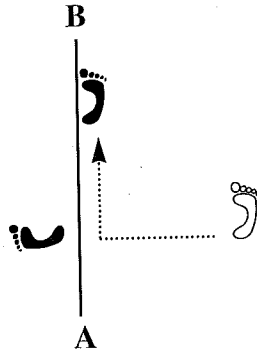
31 - Sur place - zenkutsu g vers D
- chudan hon tsuki g vers D



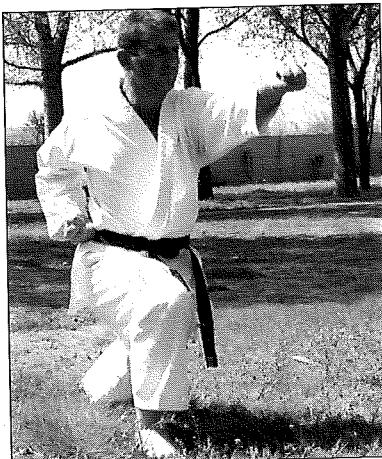
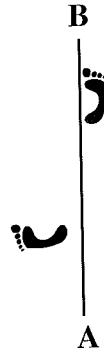
34 - Sur place - zenkutsu d vers B -
chudan hon tsuki d vers B



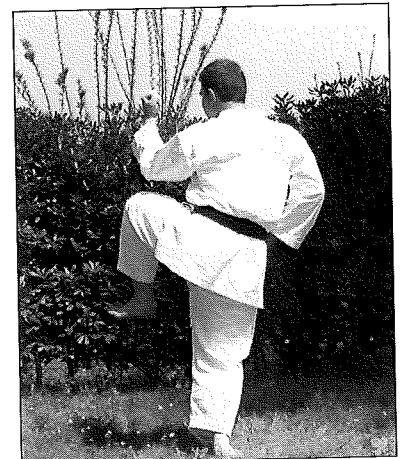
32 - En appui sur pied g - tourner
à d de 90° vers B - kokutsu d vers
B - chudan uchi ude uke d



35 - Vue de A de photo 34

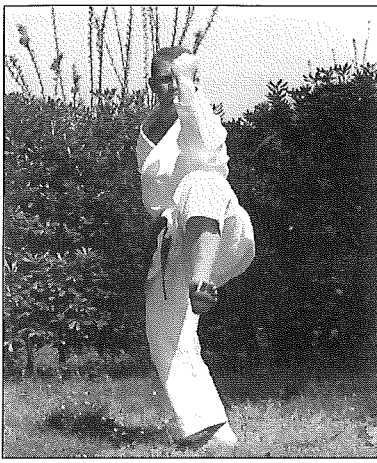


33 - Sur place - tsuri ashi pied d
vers B en zenkutsu d - chudan
hon tsuki d

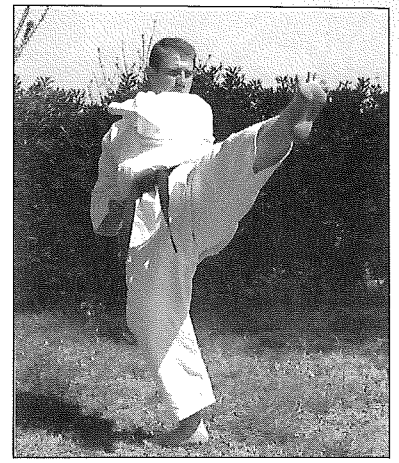


36 - Sur place - en appui sur pied d
- pivoter à g de 180° et regarder vers
A en soulevant le pied g en balayage
- main g chudan uchi nagashi uke

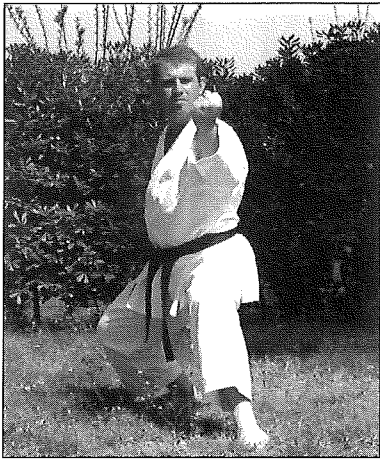




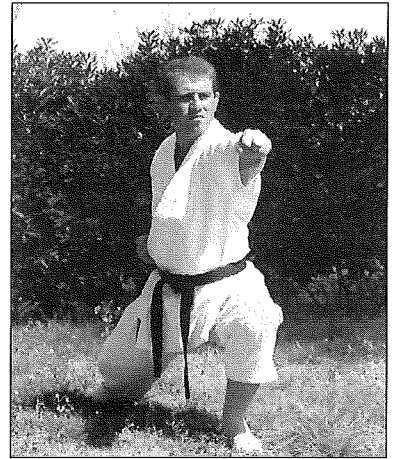
37 - Continuer à pivoter vers A
pied g levé et main g kamae pour
uraken



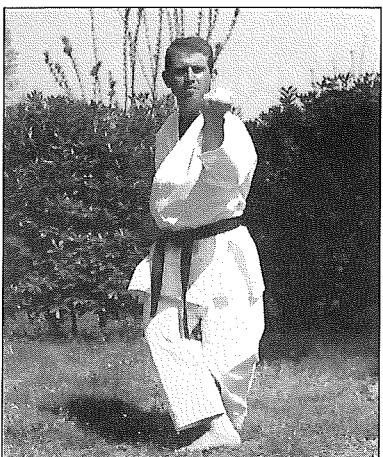
40 - Mae geri g vers A - chudan
nagashi uchi uke bras g



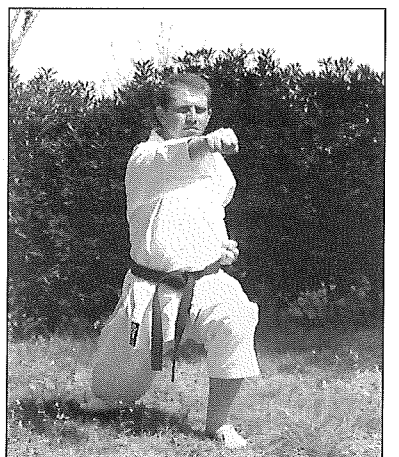
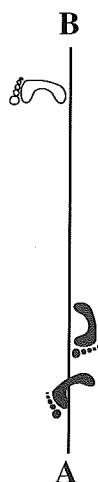
38 - Poser pied g au sol en kokutsu
g vers A - chudan uraken g vers A



41 - Reposer pied g en zenkutsu g
vers A - chudan hon tsuki g vers A
(variante : gedan barai g)

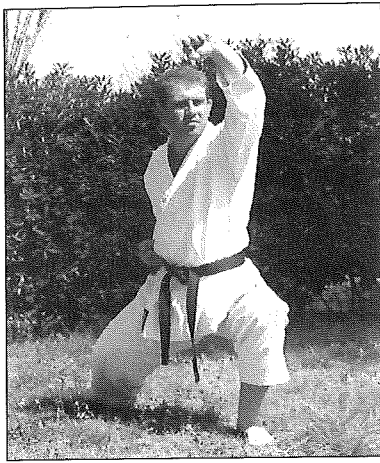


39 - Avancer pied d en soe ashi
devant pied g vers A - bras g reste
en kamae

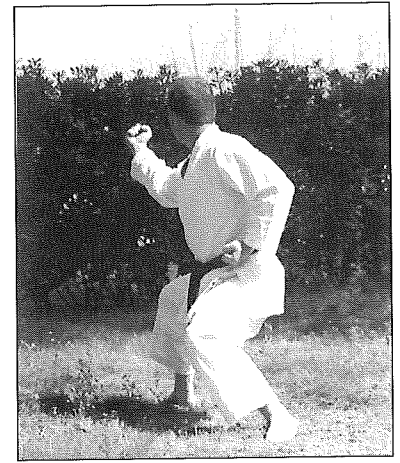


42 - Sur place - zenkutsu g vers A -
chudan gyaku tsuki vers A

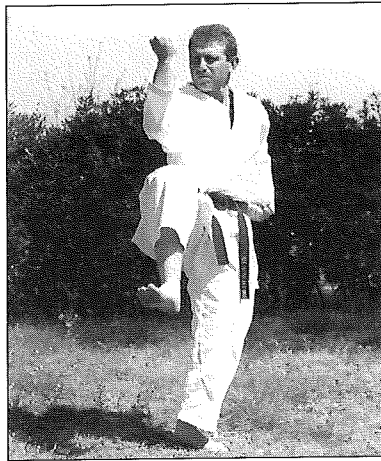




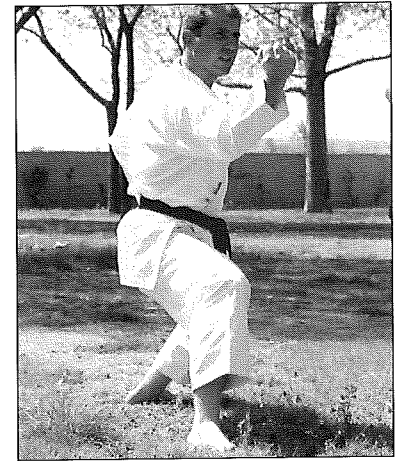
43 - Sur place - zenkutsu g vers A - jodan age uke g vers A



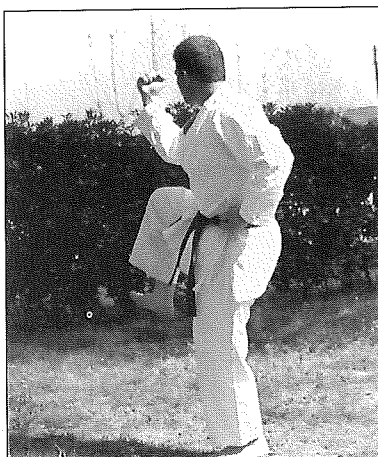
46 - Poser pied d au sol en kokutsu d vers B - chudan uraken d vers B



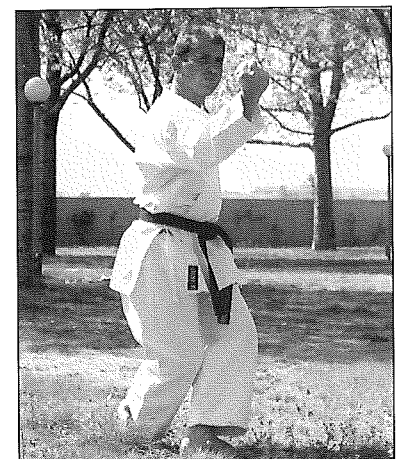
44 - En appui pied g - pivoter à d de 180° et regarder vers B en soulevant le pied d en balayage - main d chudan nagashi uke



47 - Vue de B de photo 46

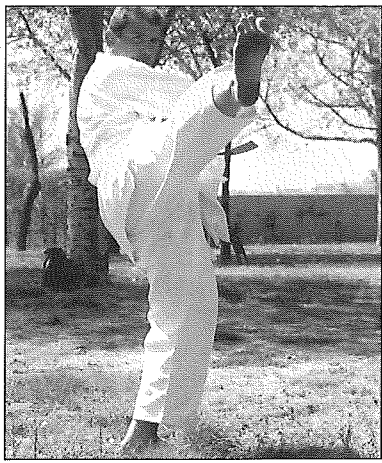


45 - Continuer à pivoter vers B pied levé et main d kamae pour uraken

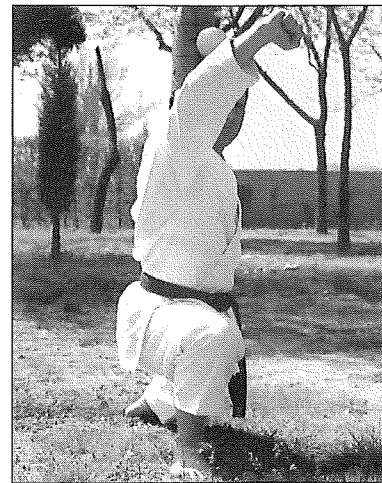


48 - Avancer pied g en soe ashi devant pied d vers B - bras d reste en kamae

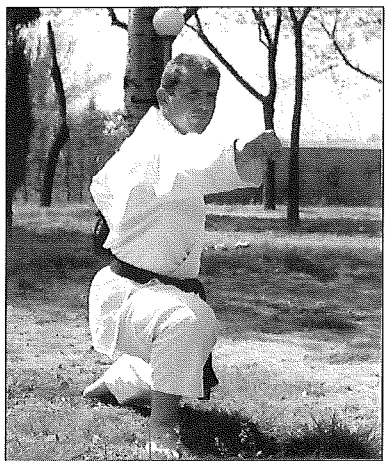




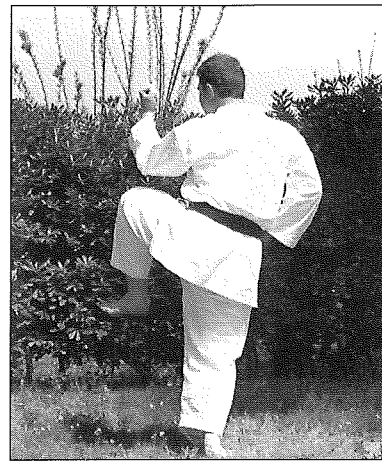
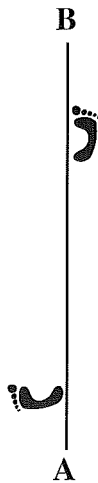
49 - Mae geri d vers B - chudan nagashi uchi uke bras d



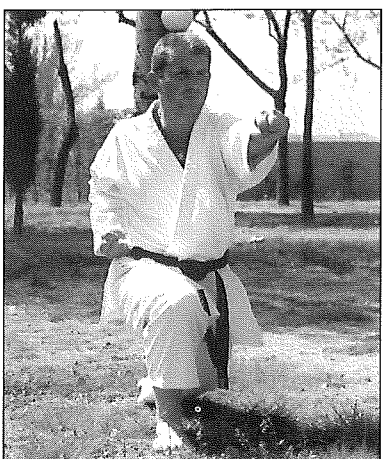
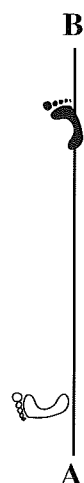
52 - Sur place - zenkutsu d vers B - jodan age uke d vers B



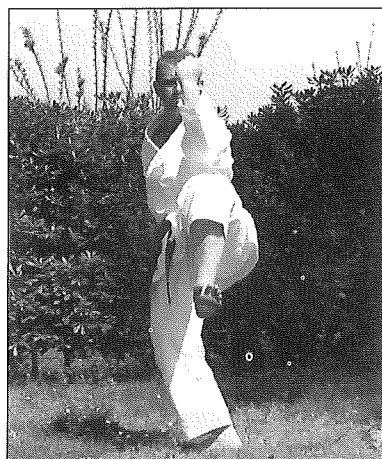
50 - Reposer pied d en zenkutsu d vers B - chudan hon tsuki d vers B (variante : gedan barai d)



53 - Mouvements identiques à 36 vers A

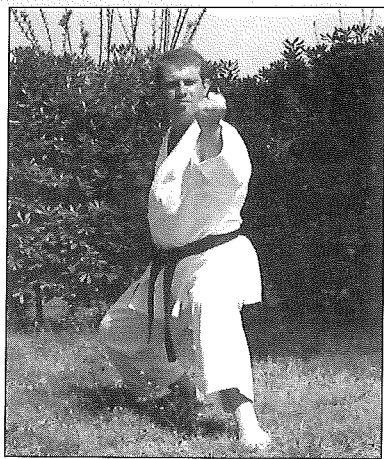


51 - Sur place - zenkutsu d vers B - chudan gyaku tsuki g vers B



54 - Mouvements identiques à 37 vers A

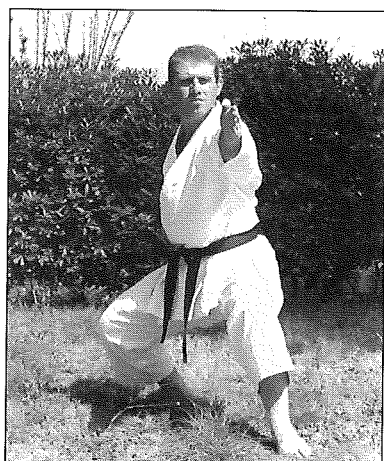




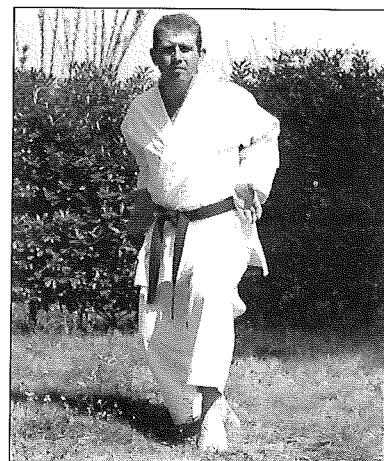
55 - Mouvements identiques à 38 vers A



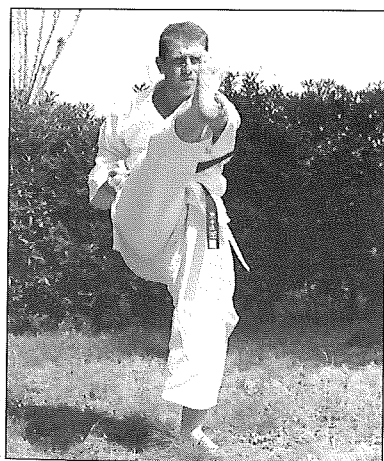
58 - Reposer pied d en arrière en zenkutsu g vers A - gedan gyaku tsuki d vers A



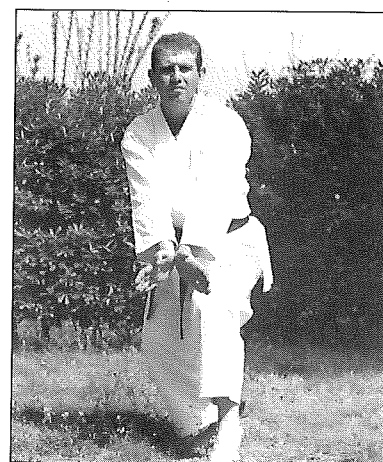
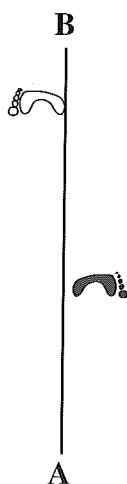
56 - Sur place - chudan haishu uke vers A - kokutsu g vers A



59 - Ramener pied g en arrière en neko ashi dachi g vers A - hikite des deux mains

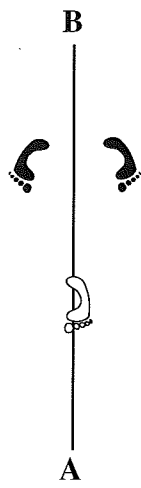


57 - Sur place - chudan mikazuki geri d vers A dans paume main g



60 - Sur place - gedan morote teisho awase uke vers A





61 - Ramener pied g en hachiji dachi - FIN