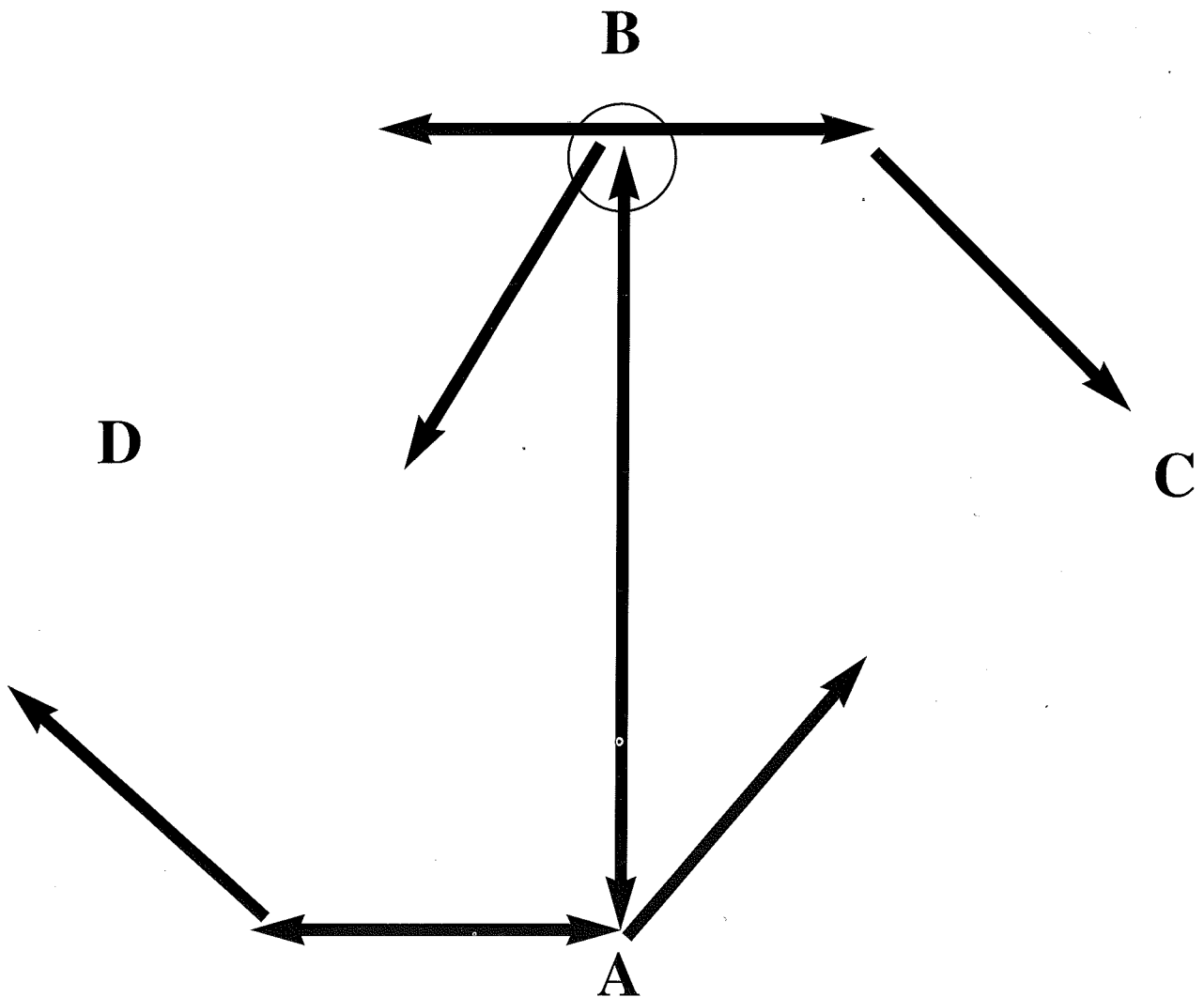
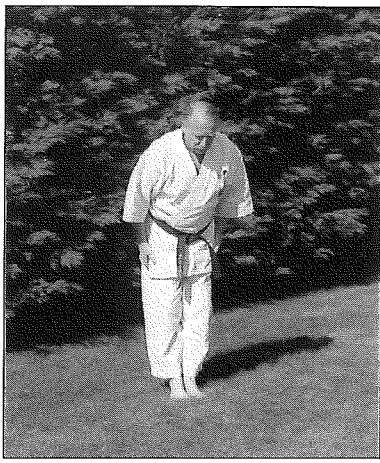
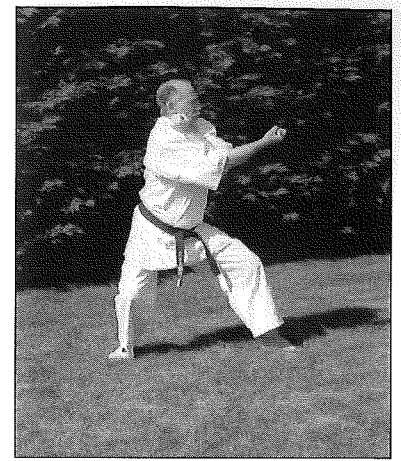
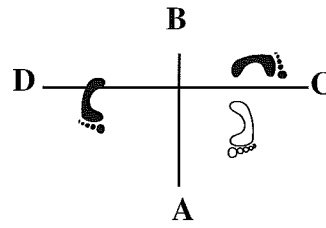
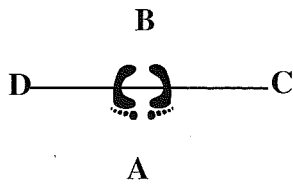


# HEIAN NIDAN(\*)

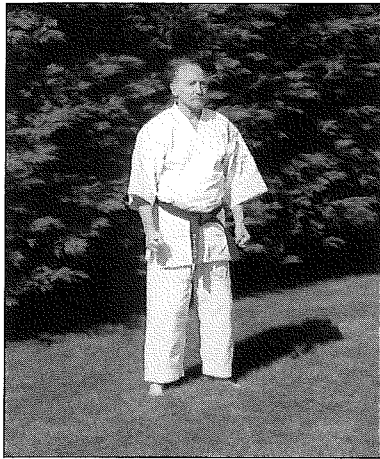




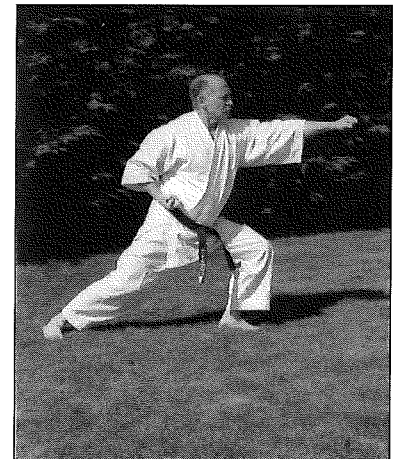
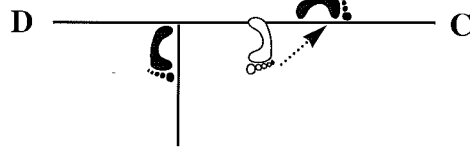
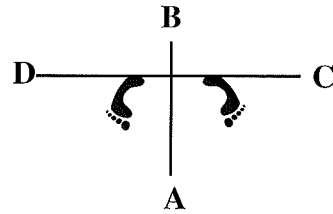
1 - Heisoku dachi vers A - Rei (salut)



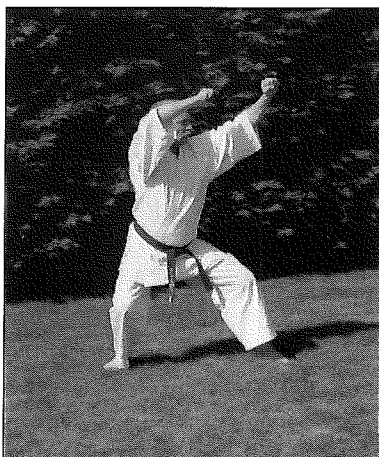
4 - Sur place - Chudan soto uke  
main g - Tetsui uchi main d -  
kokutsu g



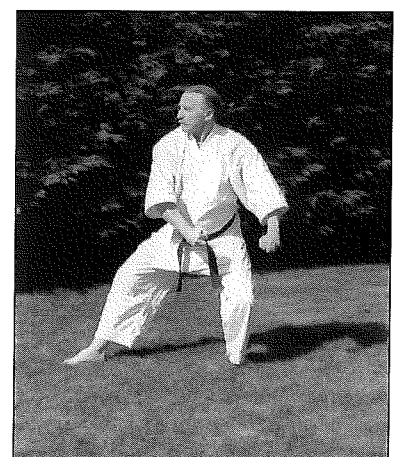
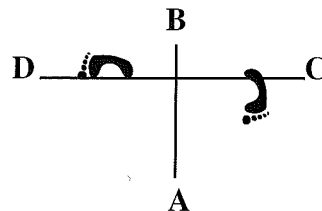
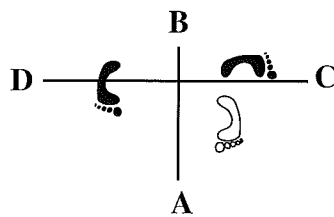
2 - Hachiji dachi - Yoi



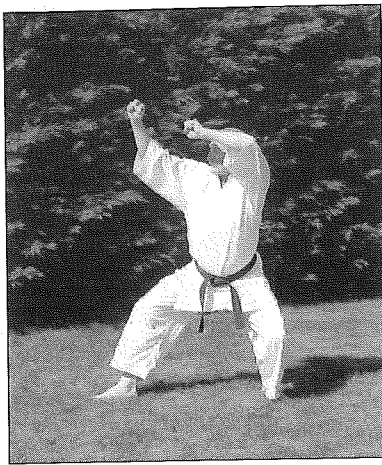
5 - Glisser en tsuri ashi vers C  
avec pied g - chudan harai tsuki g  
- zenkutsu g



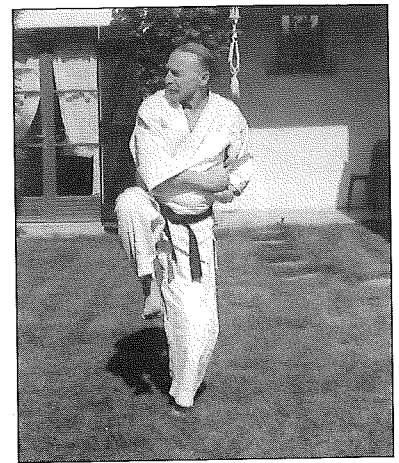
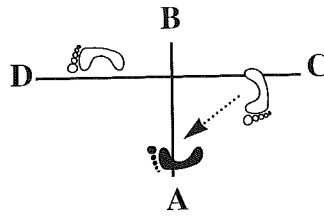
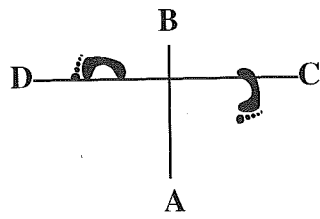
3 - Pivoter à g de 90° vers C -  
jodan age uke g - jodan kamae d -  
kokutsu g



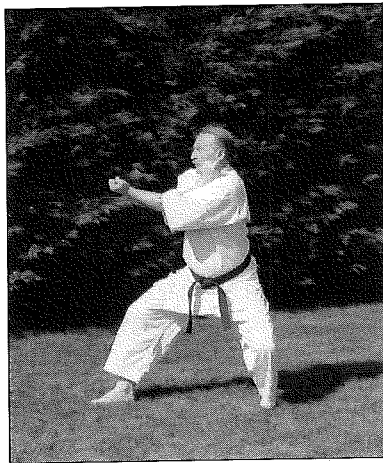
6 - Pivoter sur place à d vers D en  
kokutsu d



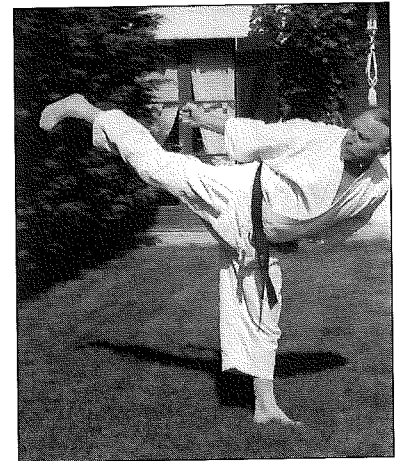
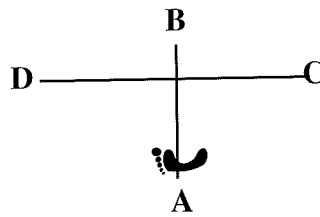
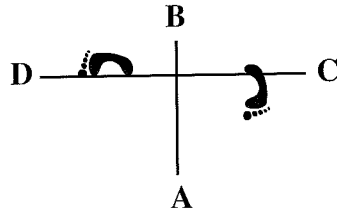
7 - Technique et posture idem que 3 mais vers D



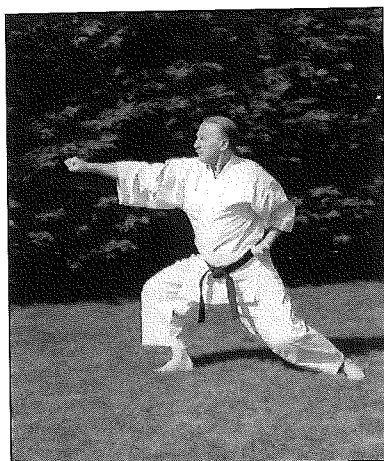
10 - Déplacer pied g sur axe central vers A - armer jambe d pour yoko geri vers B - poing d sur poing g en kamae



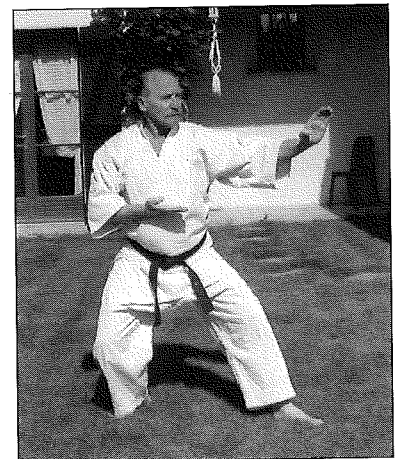
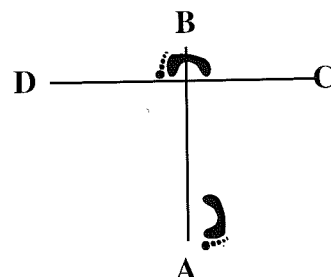
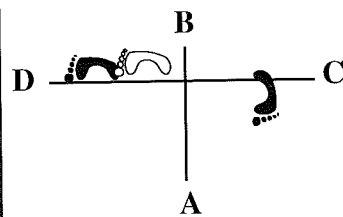
8 - Sur place technique et posture idem que 4 vers D



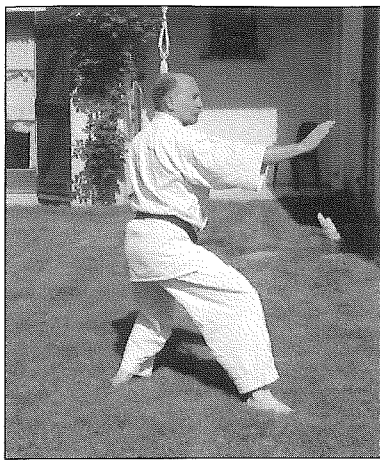
11 - Yoko geri et uraken uchi vers B



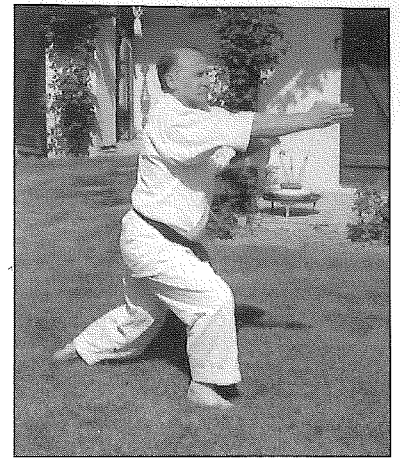
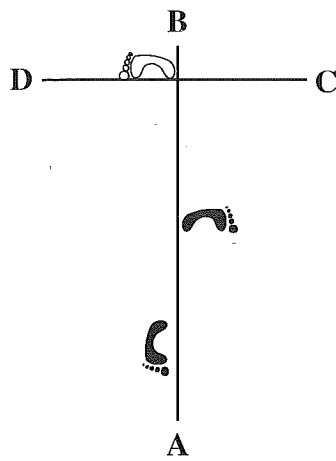
9 - Technique et posture idem que 5 vers D



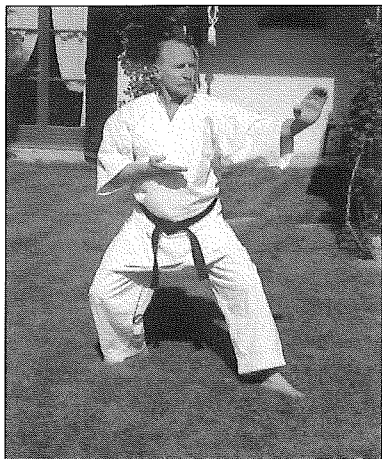
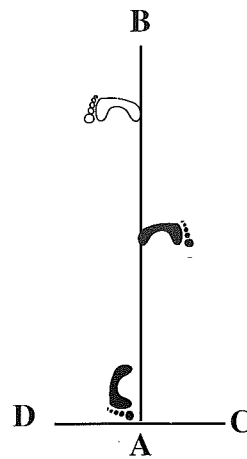
12 - Reposer pied d au sol - chudan shuto uke g vers A - kokutsu dachi g



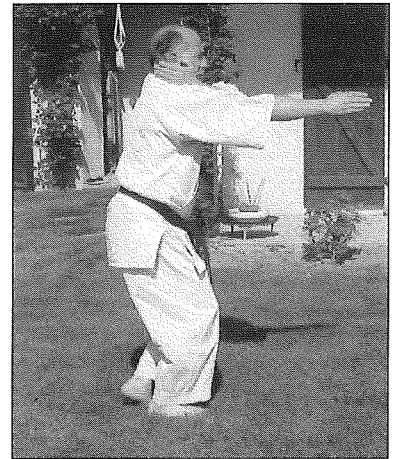
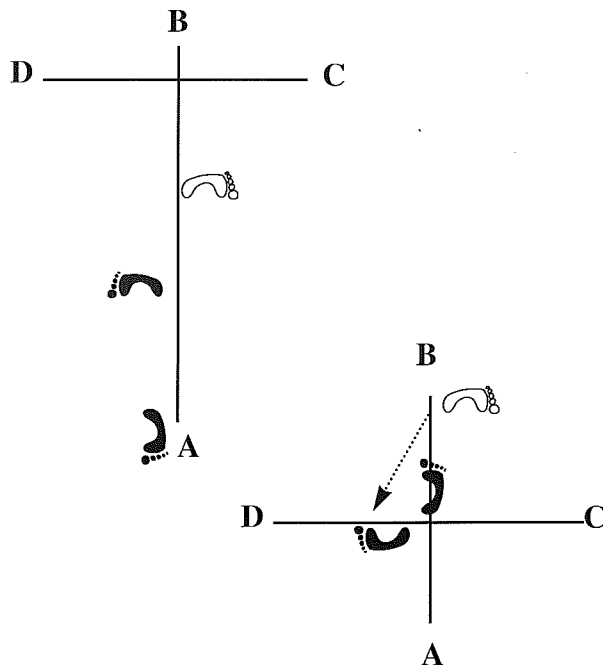
13 - Avancer d'un pas vers A -  
chudan shuto uke d - kokutsu d



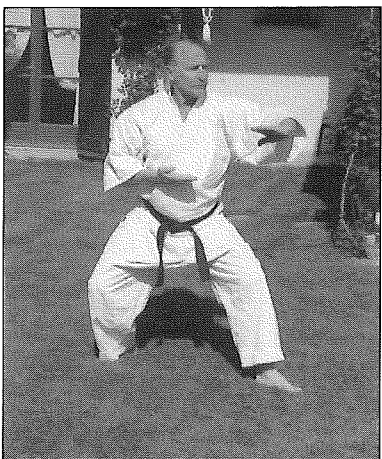
16 - Avancer d'un pas vers A -  
chudan gohon nukite main d -  
zenkutsu d - Kiai



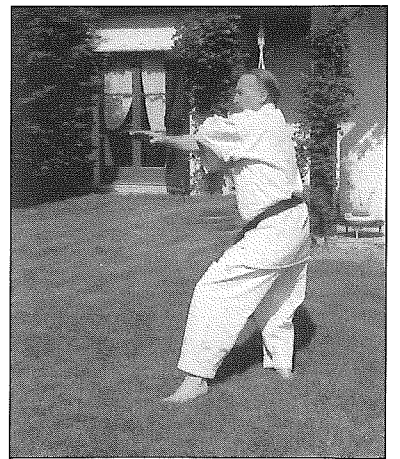
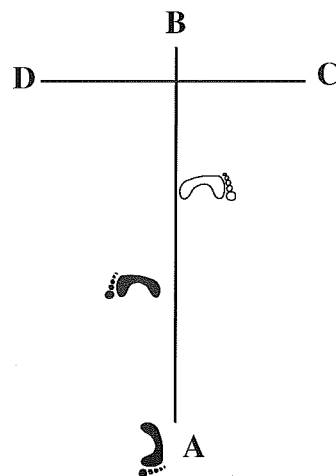
14 - Avancer d'un pas vers A -  
chudan shuto uke g - kokutsu g



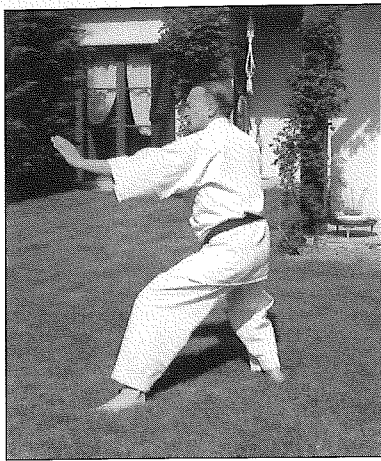
17 - Pivoter à g de 270° vers D -  
armer bras g



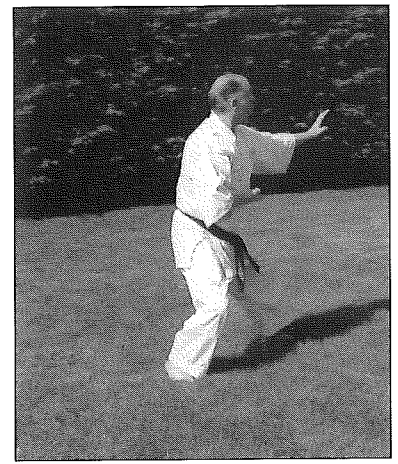
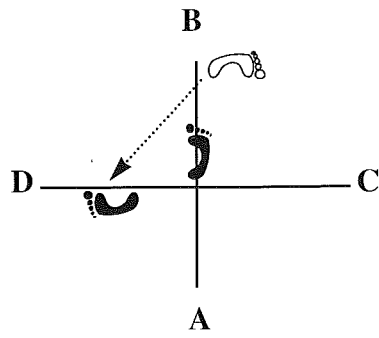
15 - Sur place - osae uke main g



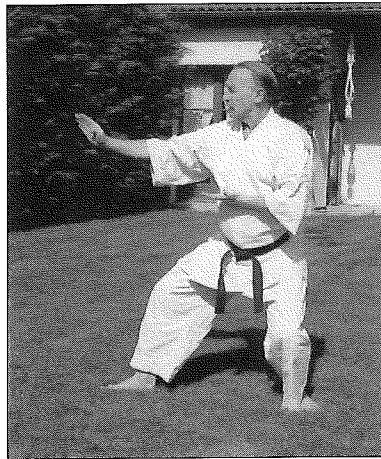
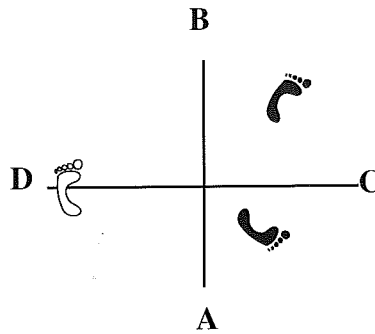
18 - voir 17



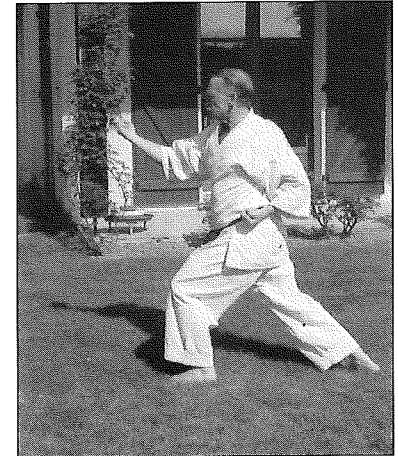
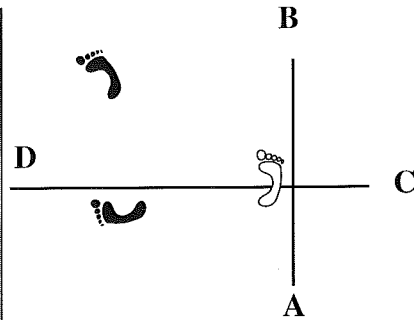
19 - Chudan shuto uke g vers D - kokutsu g



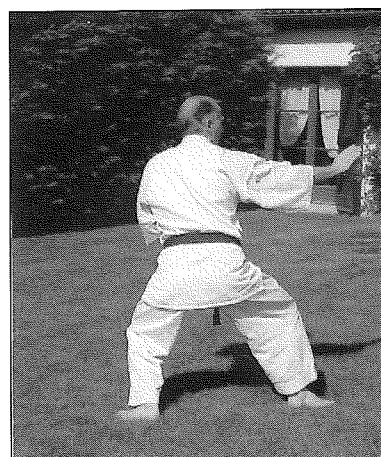
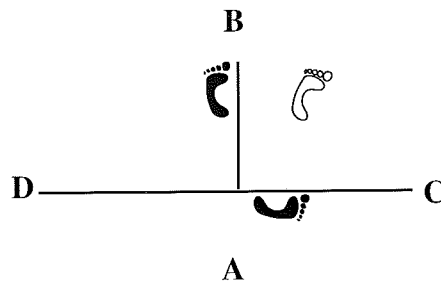
22 - Avancer à g de 45° vers CB - chudan shuto barai g - kokutsu g



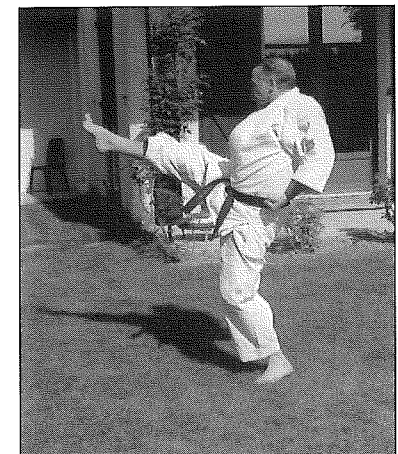
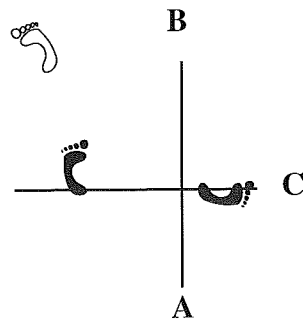
20 - Avancer à d de 45° vers DB - chudan shuto uke d - kokutsu d



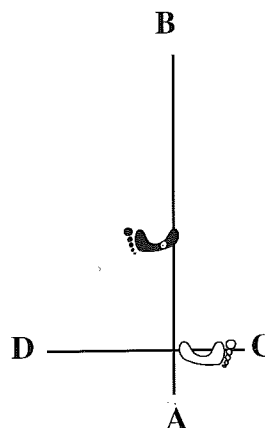
23 - Pivoter de 45° vers B en ramenant la jambe g - chudan uchi uke bras d - zenkutsu g relevé

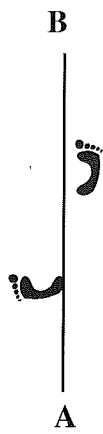
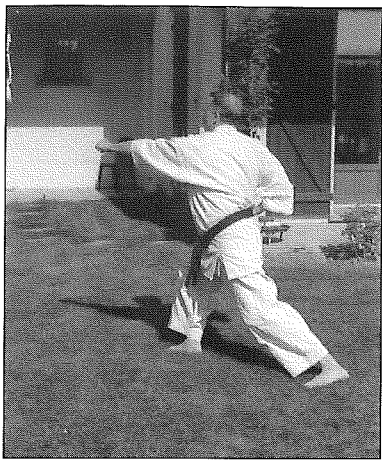


21 - Pivoter à d de 135° vers C - chudan shuto barai d - kokutsu d

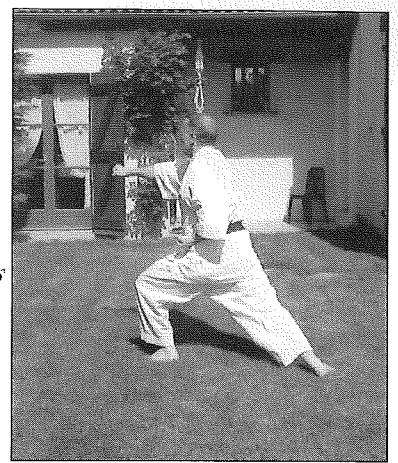


24 - Mae geri jambe d vers B

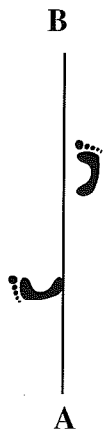
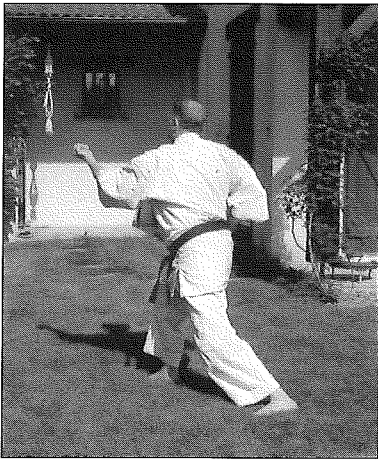




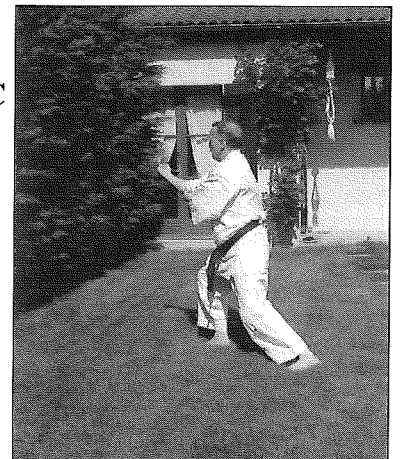
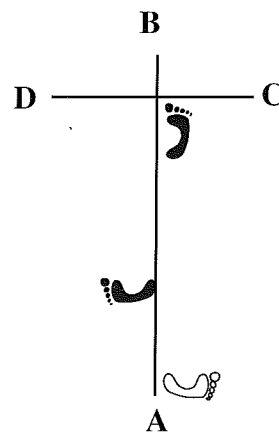
25 - Reposer jambe d en avant - chudan gyaku tsuki g - zenkutsu d



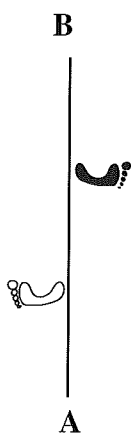
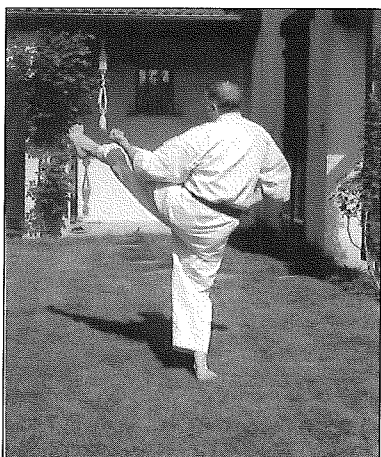
28 - Reposer jambe g en avant - chudan gyaku tsuki d - zenkutsu g



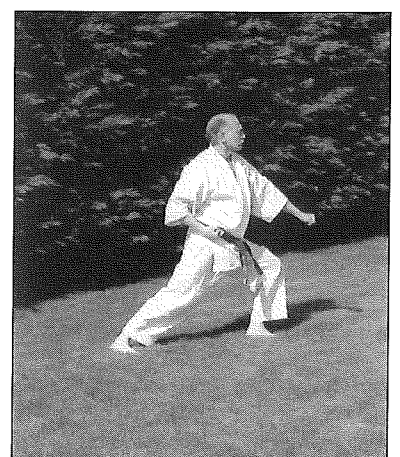
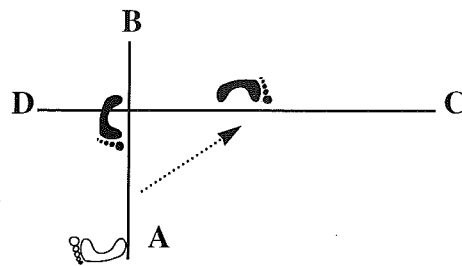
26 - Sur place chudan uchi ude uke bras g - zenkutsu d relevé



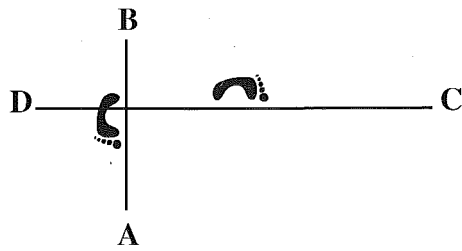
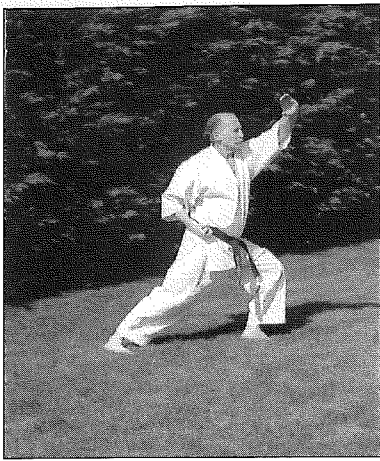
29 - Avancer d'un pas vers B - chudan morote ude uke - zenkutsu d



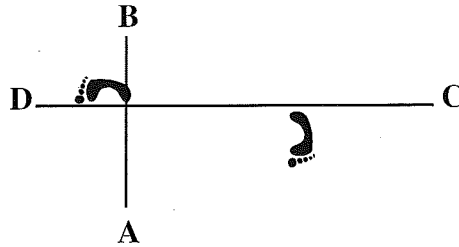
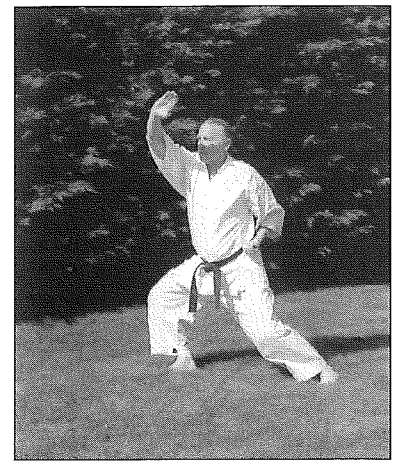
27 - Technique idem que 24 mais avec jambe g



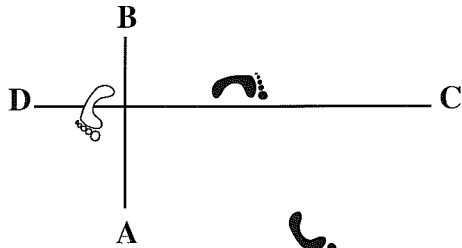
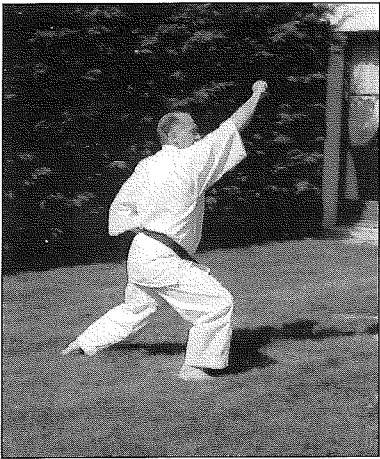
30 - Pivoter à g de 270° vers C - gedan barai g - zenkutsu g



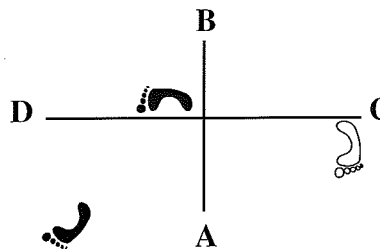
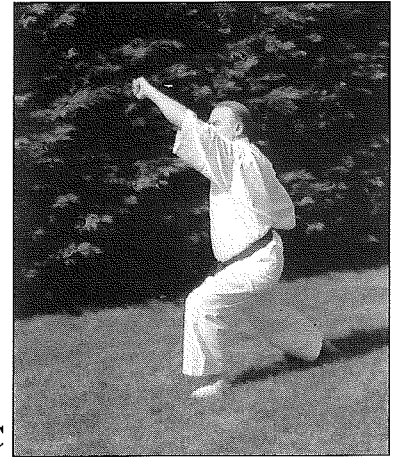
31 - Sur place armer à 45° à d bras g en jodan age uke main ouverte



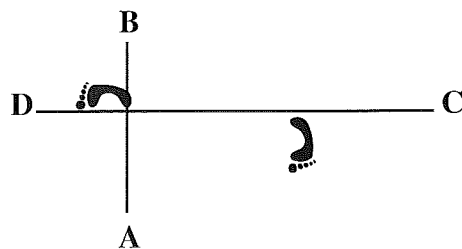
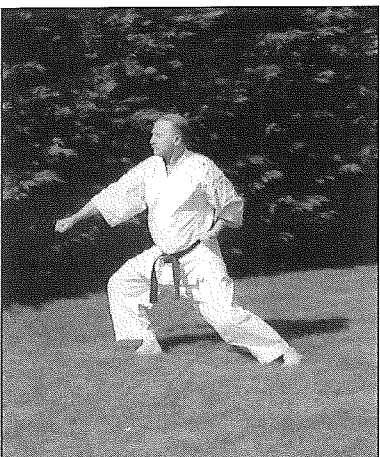
34 - Sur place armer à 45° à g bras d en jodan age uke main ouverte



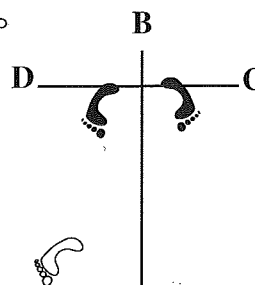
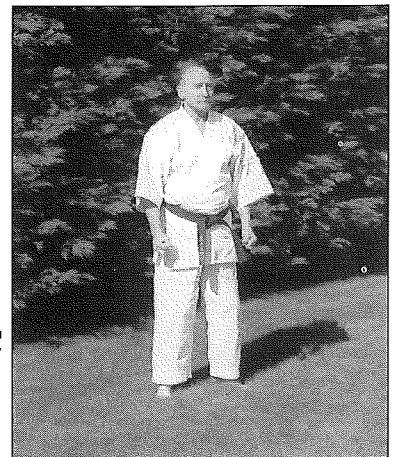
32 - Avancer d'un pas à 45° à d vers CA - jodan age uke d - zenkutsu d



35 - Avancer d'un pas à 45° à g vers DA - jodan age uke g - zenkutsu g - Kiai



33 - Pivoter à d de 135° vers D - gedan barai d - zenkutsu d



36 - Ramener pied g en arrière face à A en hachiji dachi - FIN