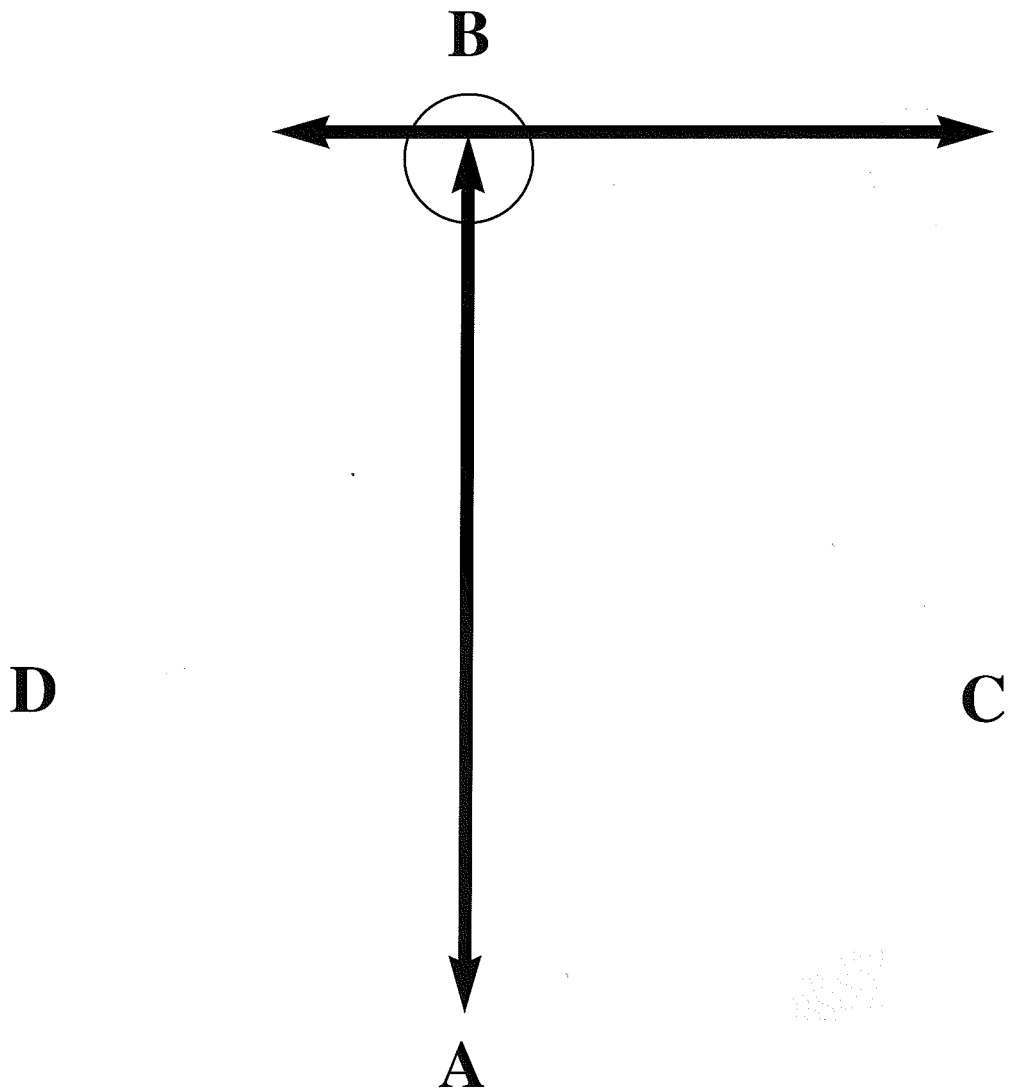
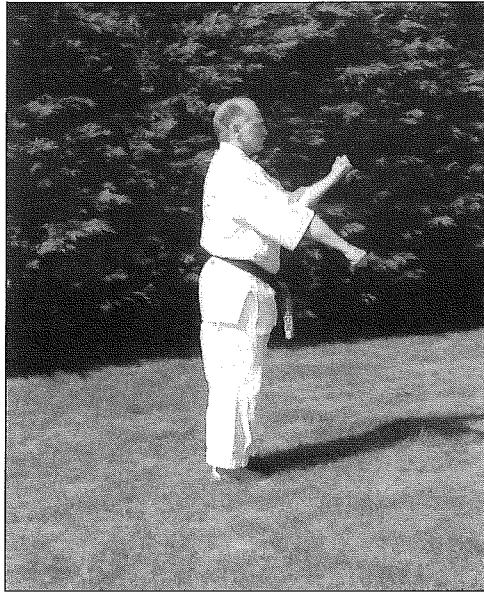
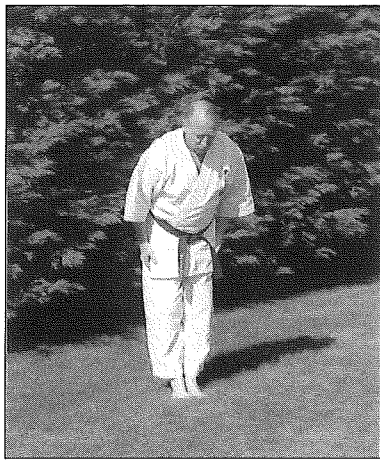
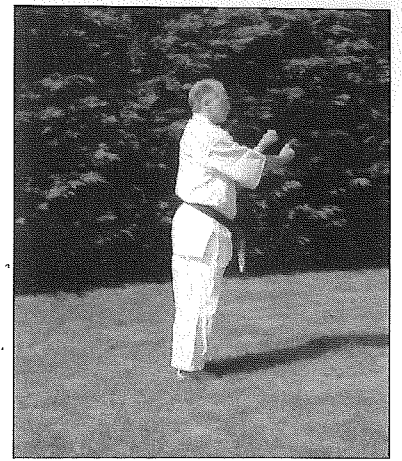
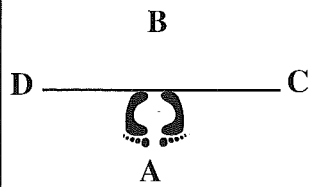


HEIAN SANDAN

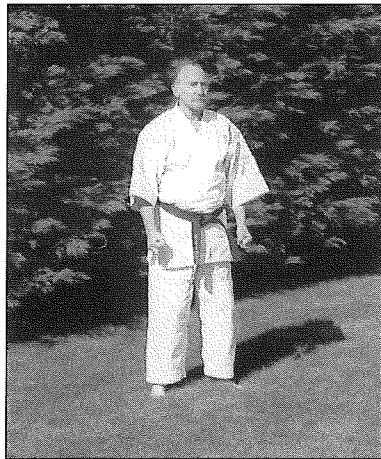
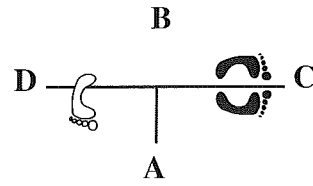




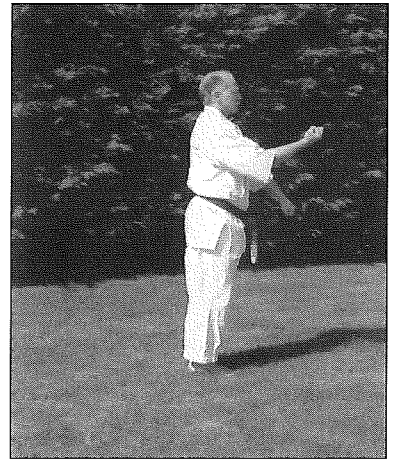
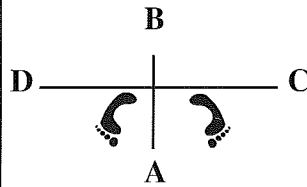
1 - Heisoku dachi vers A - Rei



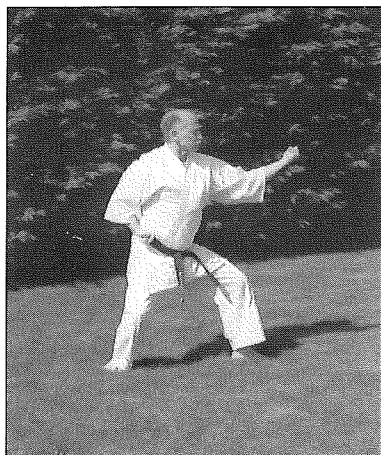
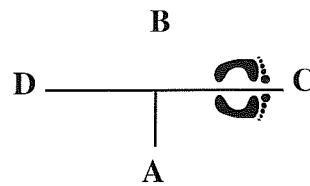
4 - Avancer pied d à hauteur pied g vers C en heisoku - armer bras d



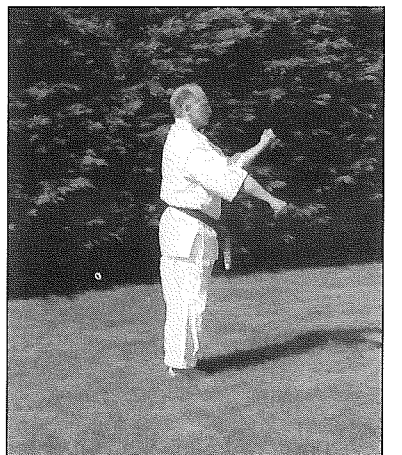
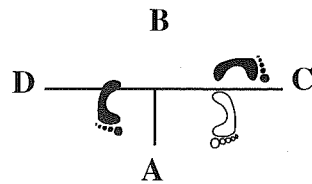
2 - Hachiji dachi - Yoi



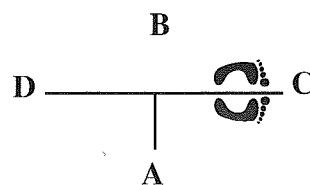
5 - Sur place chudan uchi ude uke bras d - gedan barai bras g - heisoku dachi

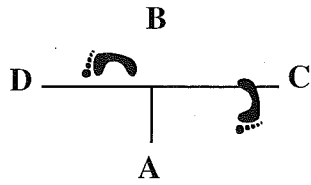
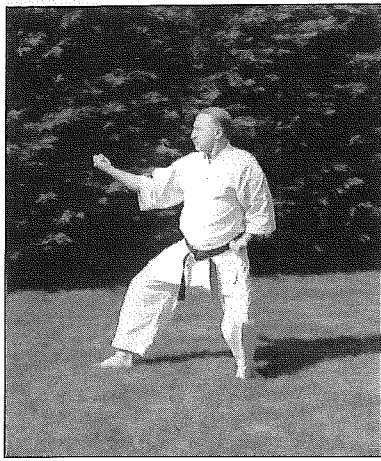


3 - Pivoter vers C - chudan uchi ude uke bras d - kokutsu g

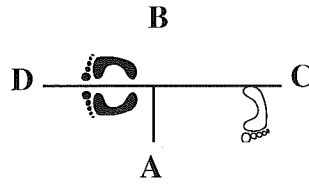
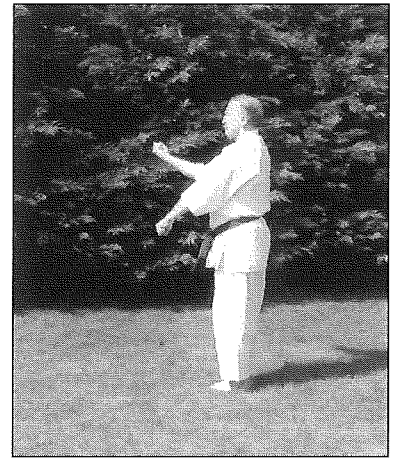


6 - Sur place inverser les deux blocages - heisoku dachi

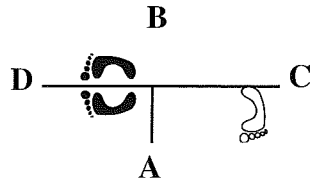
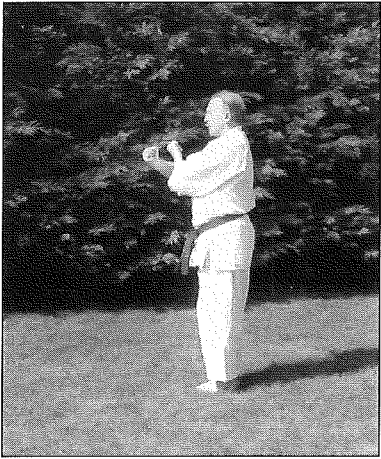




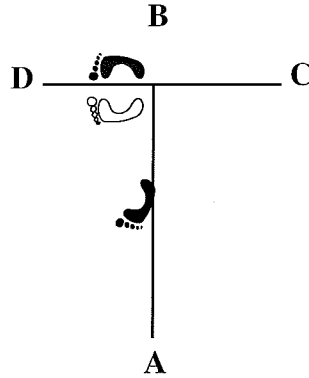
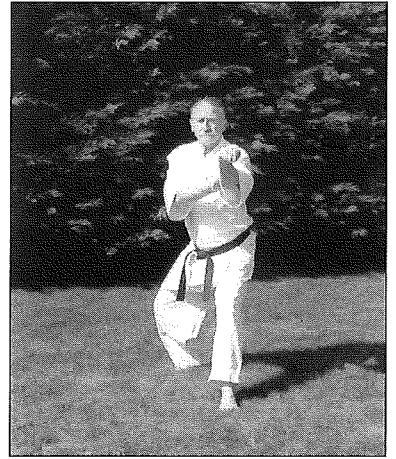
7 - Pivoter à d de 180° vers D - chudan uchi ude uke bras d - kokutsu d



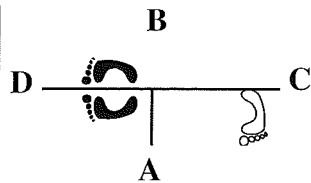
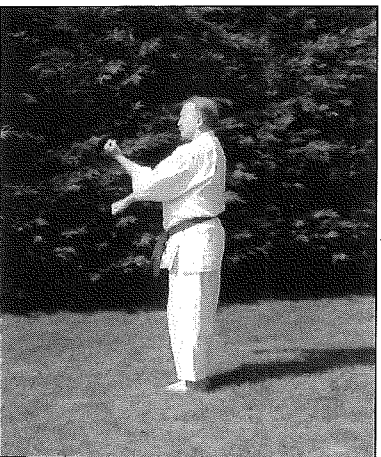
10 - Sur place inverser les deux blocages - heisoku dachi



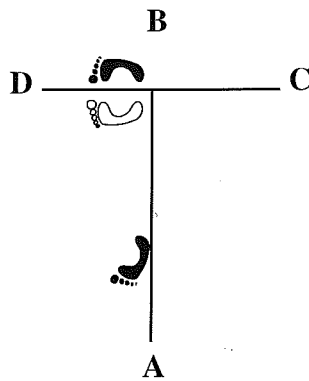
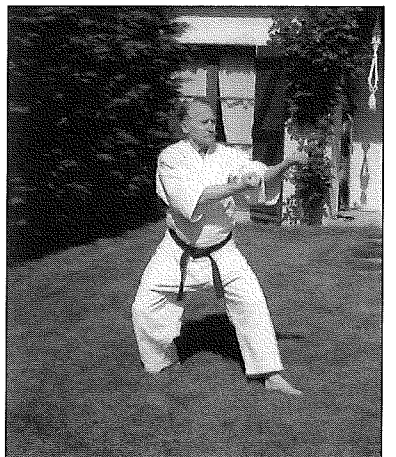
8 - Avancer pied g à hauteur pied d vers D en heisoku - armer bras g



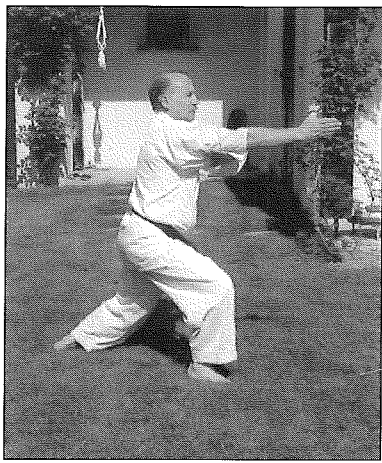
11 - Pivoter à g de 90° vers A - chudan morote ude uke - kokutsu g



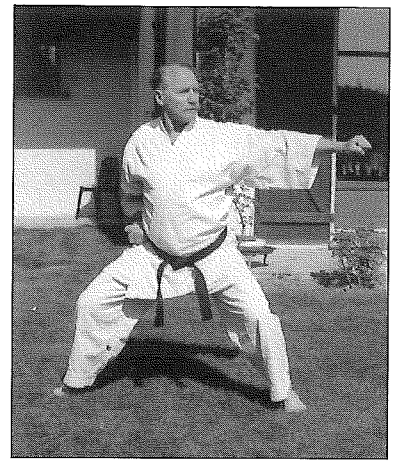
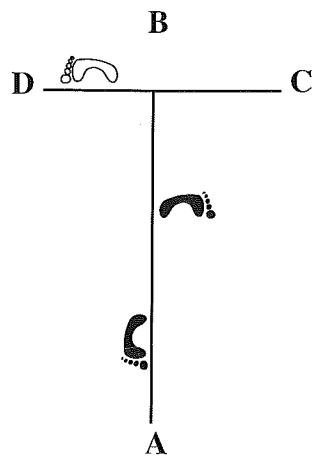
9 - Sur place chudan uchi ude uke bras g - gedan barai bras d - heisoku dachi



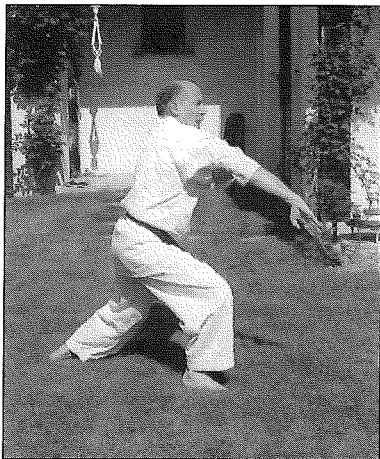
12 - Vue de côté



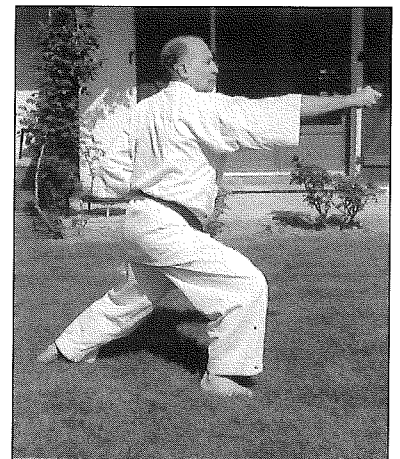
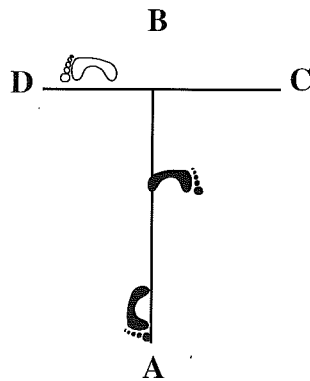
13 - Avancer d'un pas vers A - bras g osae uke - bras d chudan gohon nukite - zenkutsu d



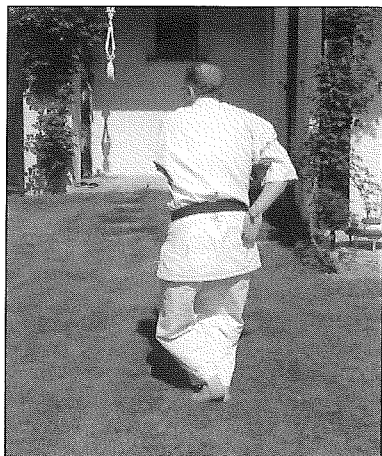
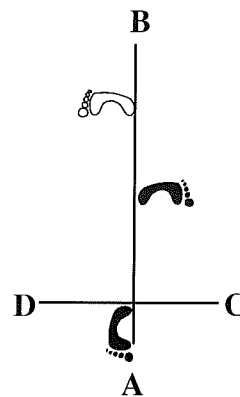
16 - Chudan tetsui uchi poing g vers A - kiba dachi



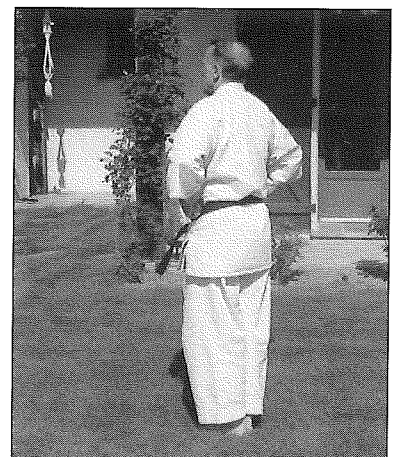
14 - Sur place tourner poignet d vers l'intérieur et le bas - zenkutsu d



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

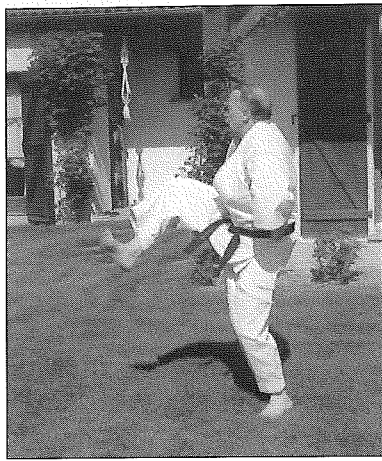


15 - Pivoter à g de 180° vers A en amenant le bras d derrière le dos (dégagement)

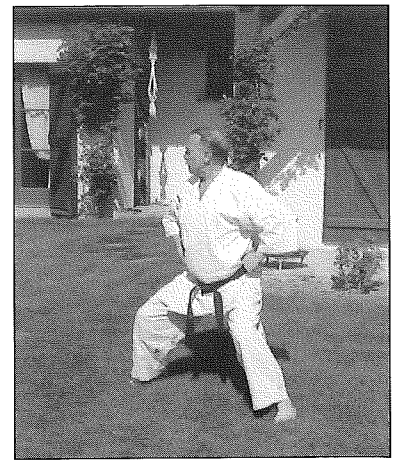


18 - Pivoter sur pied d à g de 180° vers B en ramenant jambe g en arrière heisoku dachi - les bras kamae sur les hanches

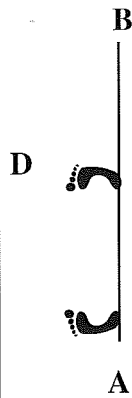
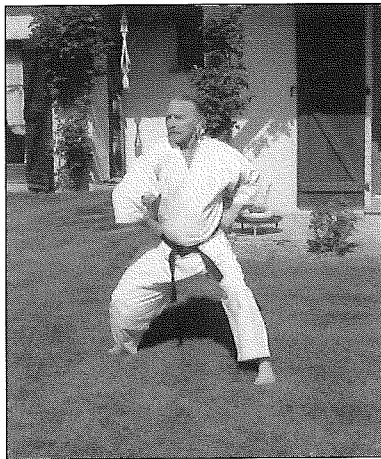




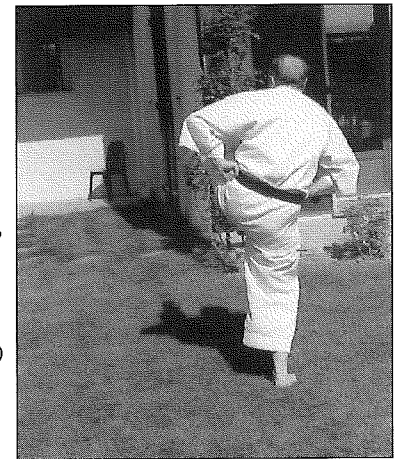
19 - Fumi komi pied d vers B et enchaîner



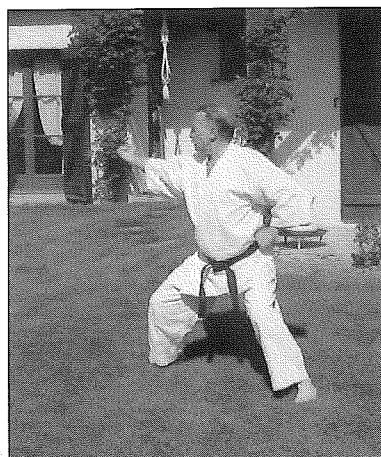
22 - Pivoter sur pied d de 180° vers B - armer pied g pour fumi komi



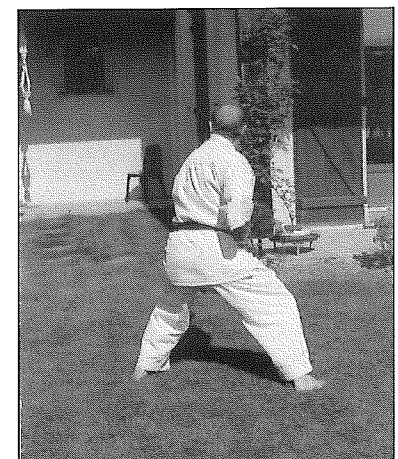
20 - Sur place kata uke bras d vers B - kiba dachi face à D



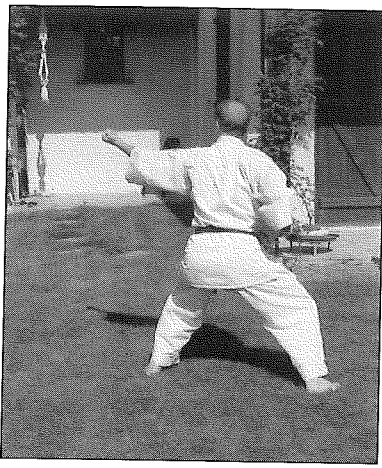
23 - Fumi komi pied g vers B et enchaîner



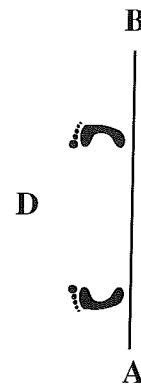
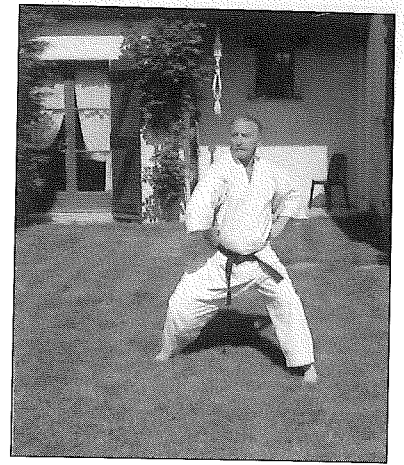
21 - Sur place uraken d vers B - kiba dachi



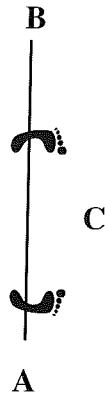
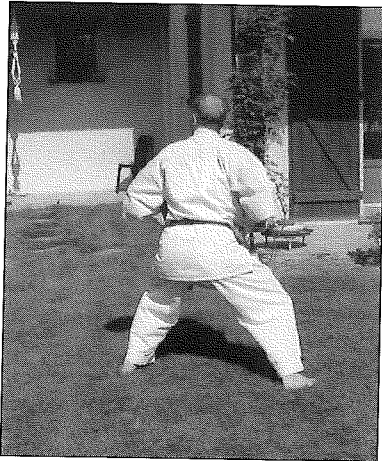
24 - Sur place kata uke bras g vers B - kiba dachi face à C



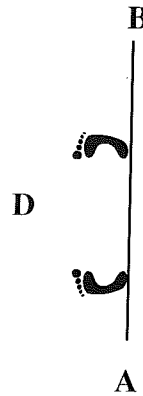
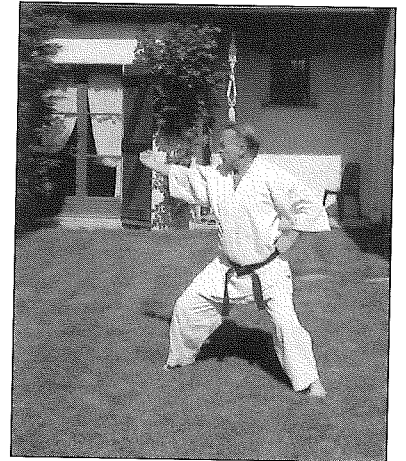
25 - Sur place uraken g vers B - kiba dachi



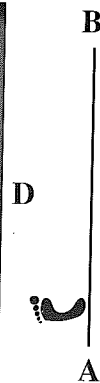
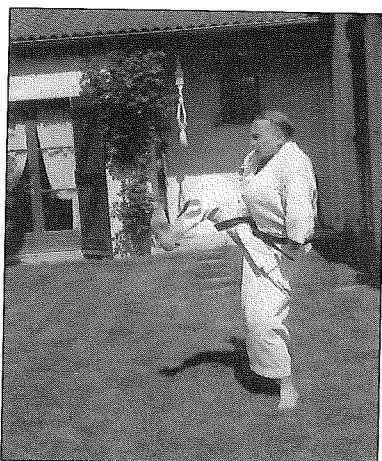
28 - Sur place kata uke bras d vers B - kiba dachi face à D



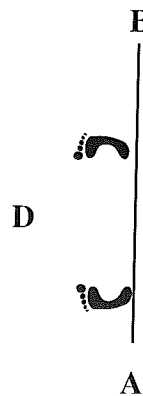
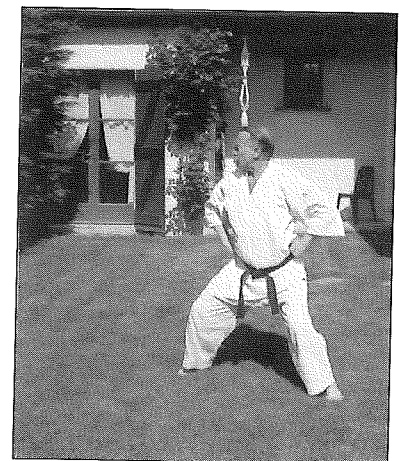
26 - Pivoter sur pied g de 180° - armer pied d pour fumi komi



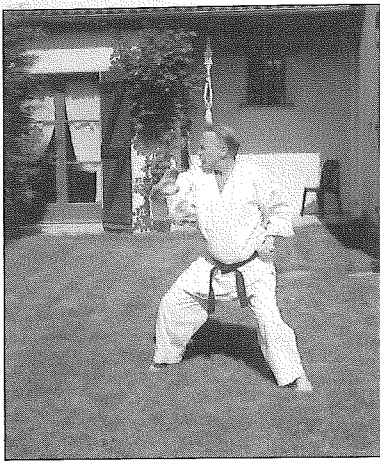
29 - Sur place uraken d vers B - kiba dachi



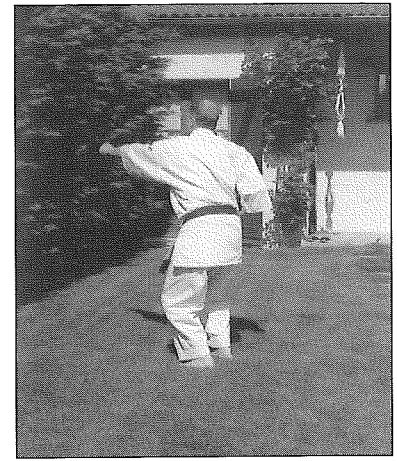
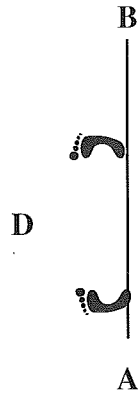
27 - Fumi komi pied d vers B et enchaîner



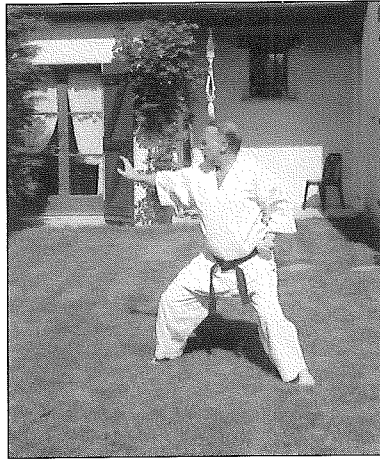
30 - Les deux bras en kamae sur les hanches - kiba dachi



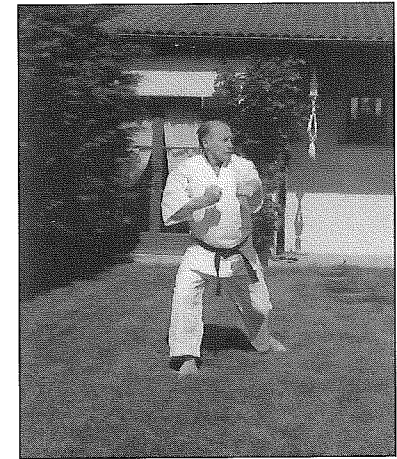
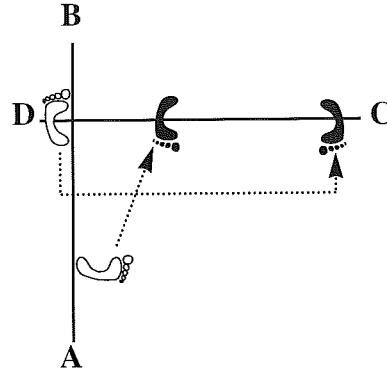
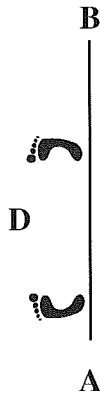
31 - Sur place armer mawashi tate uke bras d vers B - kiba dachi



34 - Amener pied d à côté pied g vers B sur la même ligne



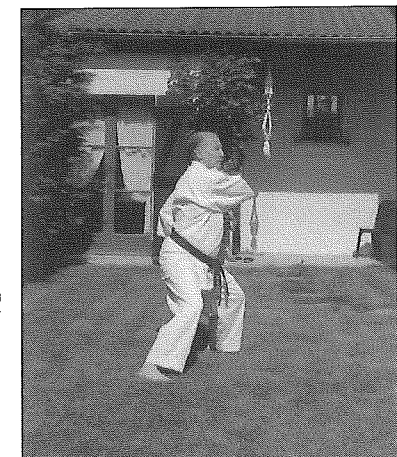
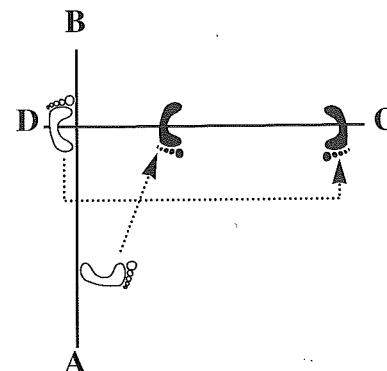
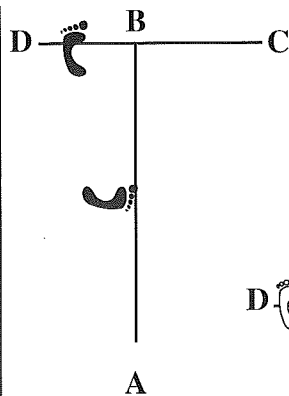
32 - Sur place chudan tate shuto uke bras d vers B - bras g hikite kiba dachi



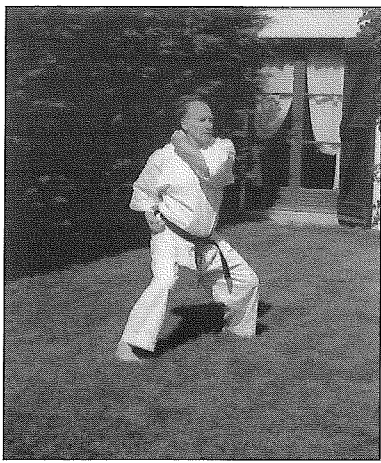
35 - Pivoter à g sur pied d de 180° vers A - armer les deux bras



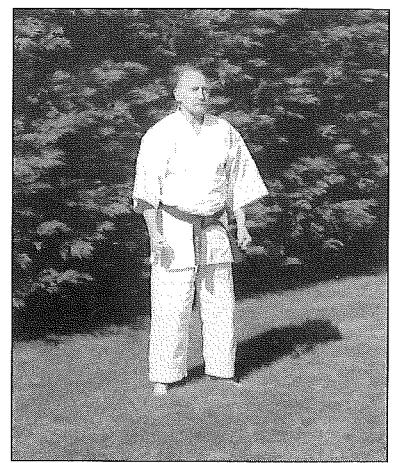
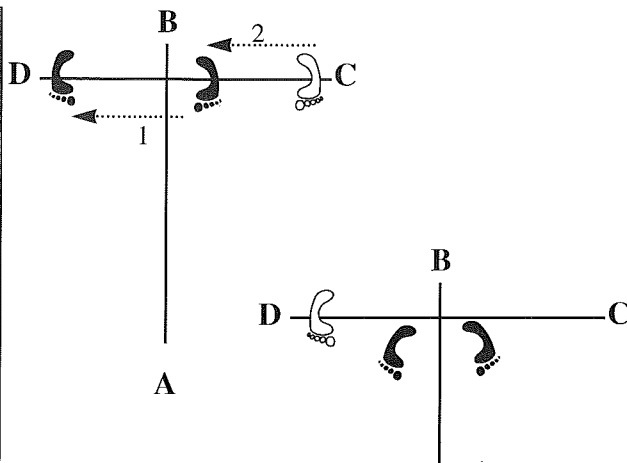
33 - Avancer d'un pas pied g vers B - chudan oi-tsuki g - zenkutsu g



36 - Ushiro mawashi tsuki jodan bras d vers B - ushiro empi bras g vers B - kiba dachi vers A



37 - Sur place face à A tsuru ashi en kiba dachi vers D - ushiro mawashi tsuki jodan bras g vers B - ushiro empi bras d vers B - kiba dachi



38 - Ramener jambe d en hachiji dachi face à A - FIN