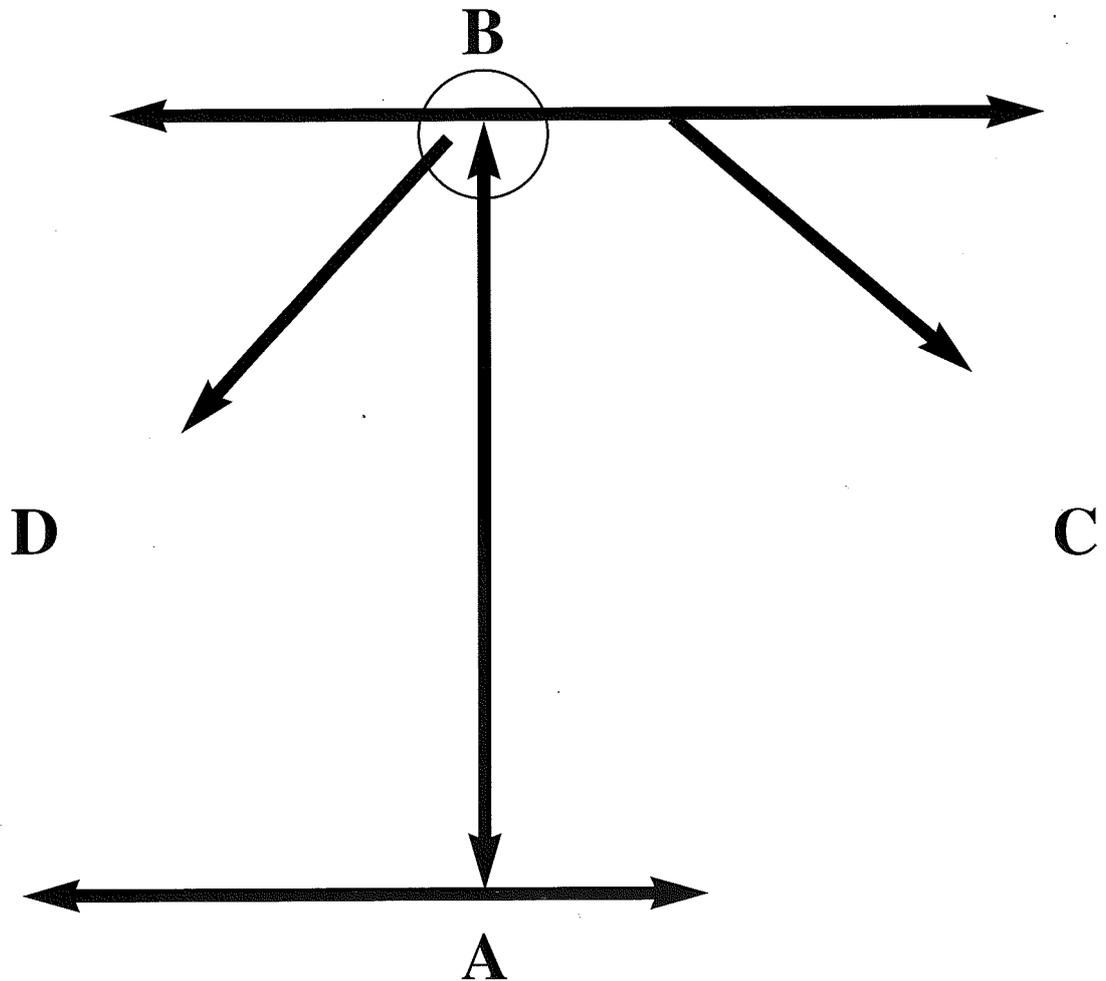
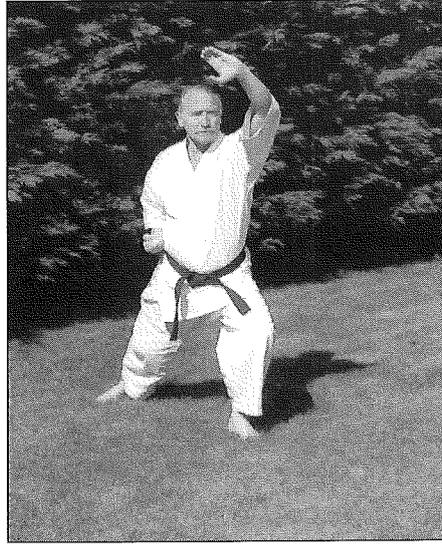
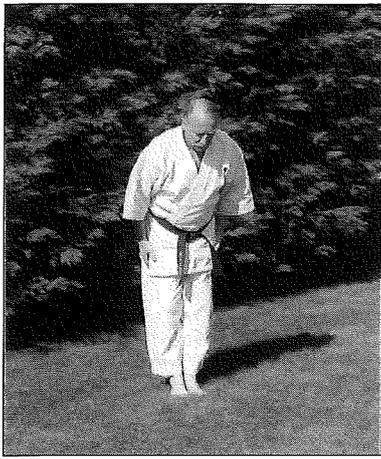


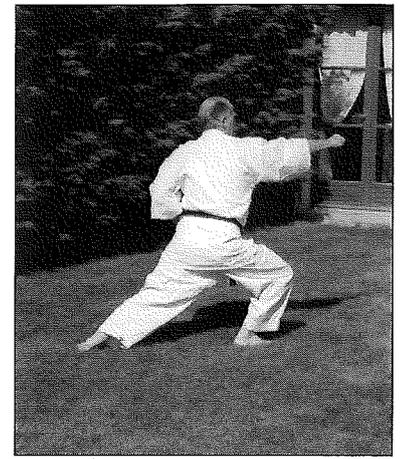
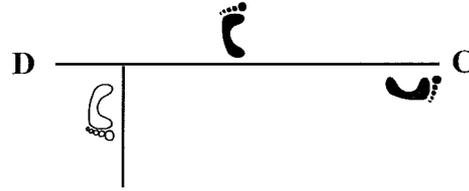
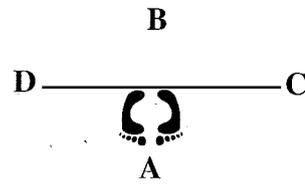
HEIAN SHODAN

Les cinq Heian sont exécutés par Adolphe SCHNEIDER - 5^{ème} dan Shotokai Egami ryu
Dojos de Mirepoix, Laroque d'Olmes et Pamiers (Ariège)

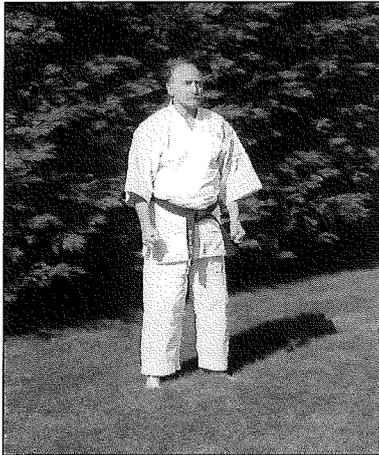




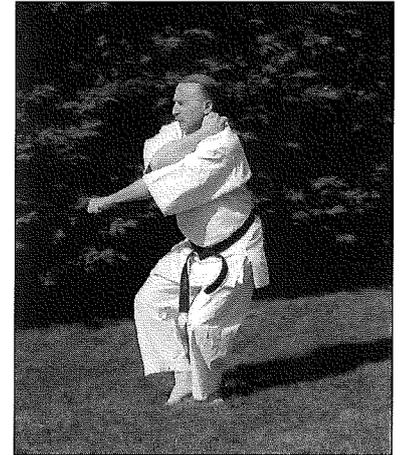
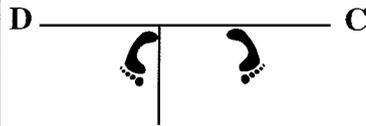
1 - Heisoku dachi - face à A - Rei (salut)



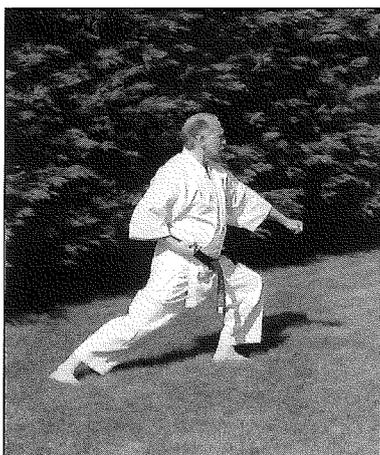
4 - Avancer d'un pas vers C - chudan oi-tsuki d - zenkutsu d



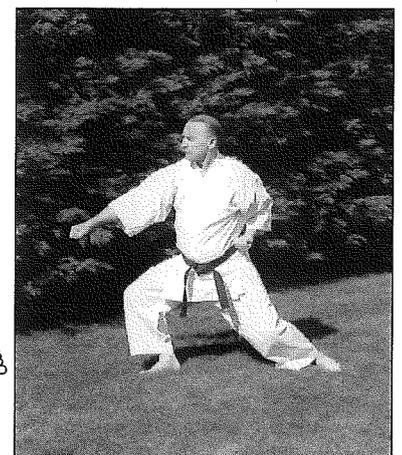
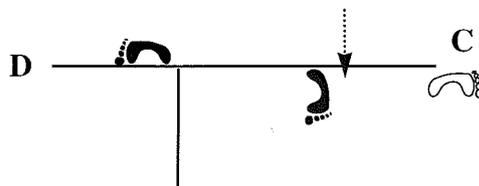
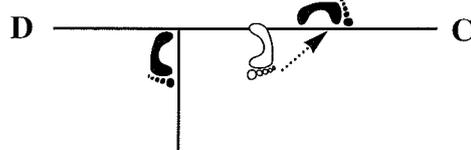
2 - Hachiji dachi - Yoi



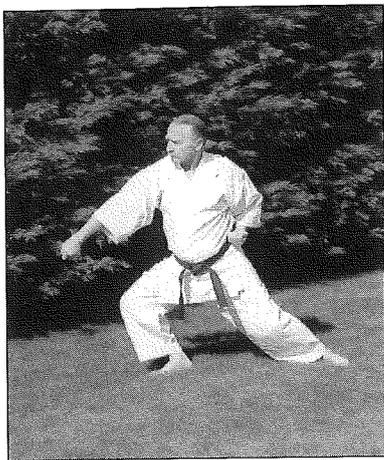
5 - Pivoter à d de 180° vers D



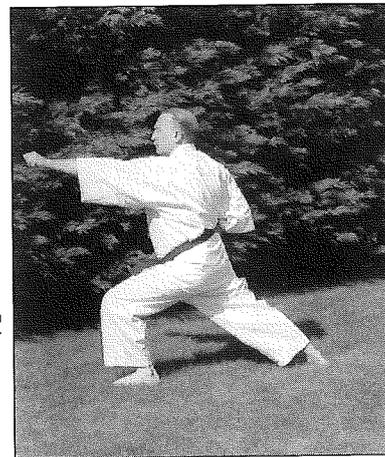
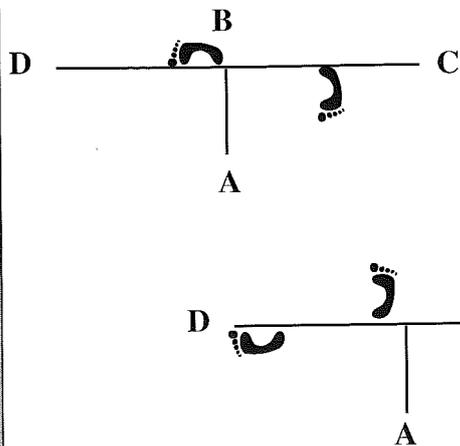
3 - Gedan barai g vers C - zenkutsu



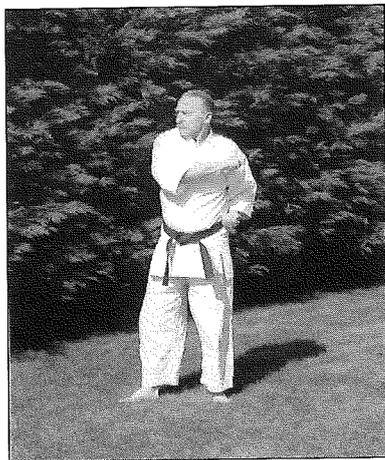
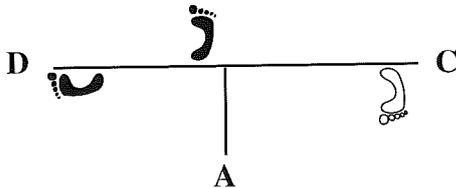
6 - Gedan barai d - zenkutsu d



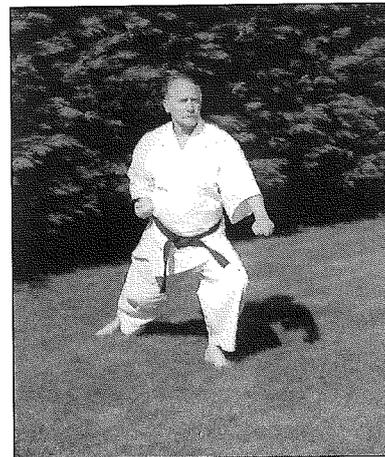
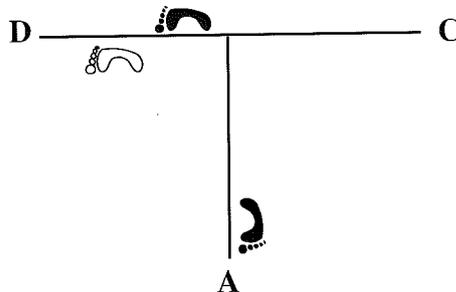
7 - Sur place - tourner poignet d vers extérieur d



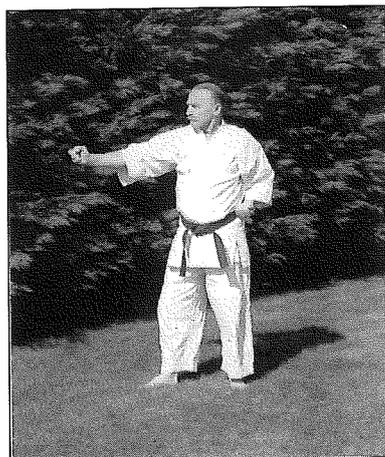
10 - Avancer d'un pas vers D - chudan oi-tsuki g - zenkutsu g



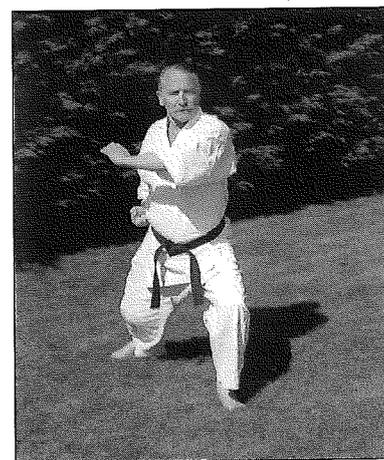
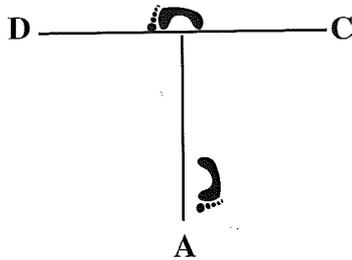
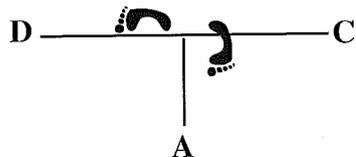
8 - Ramener jambe d en arrière en renoji dachi - faire mouvement circulaire avec le bras



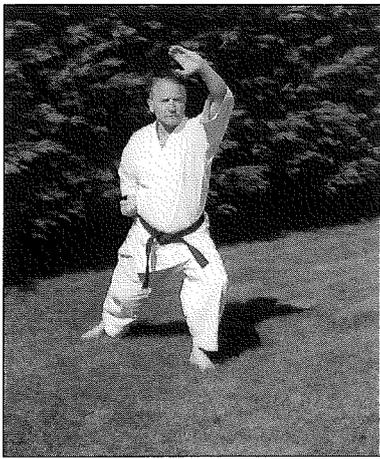
11 - Pivoter de 90° vers A avec jambe g - gedan barai g - zenkutsu g



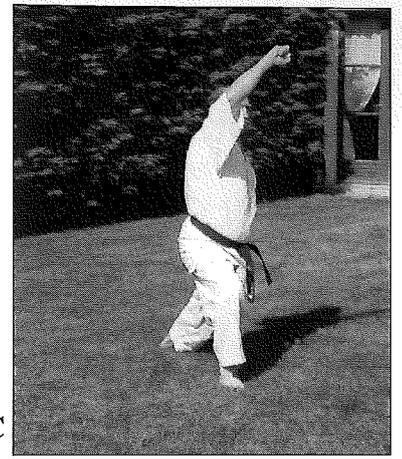
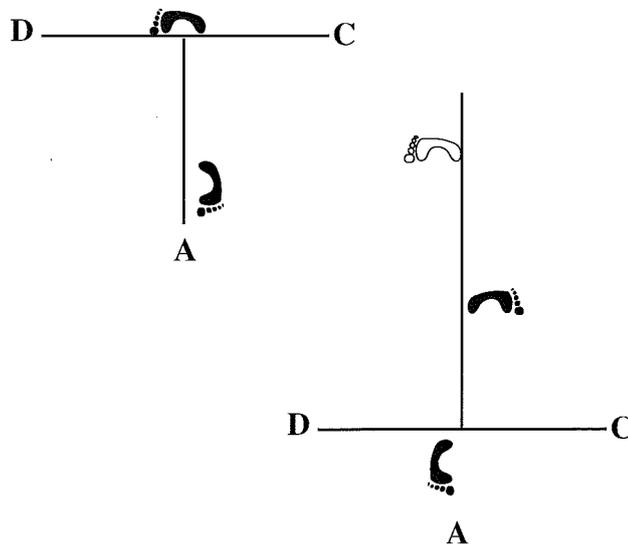
9 - Terminer en tetsui uchi niveau chudan



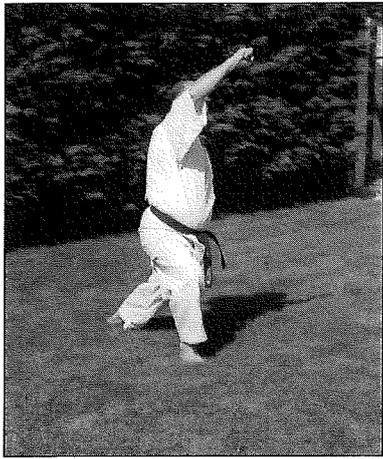
12 - Sur place jodan age uke semi-circulaire avec bras g



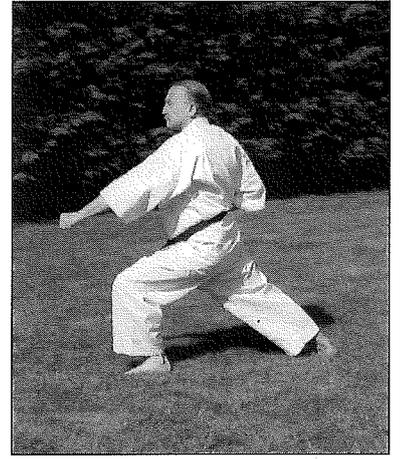
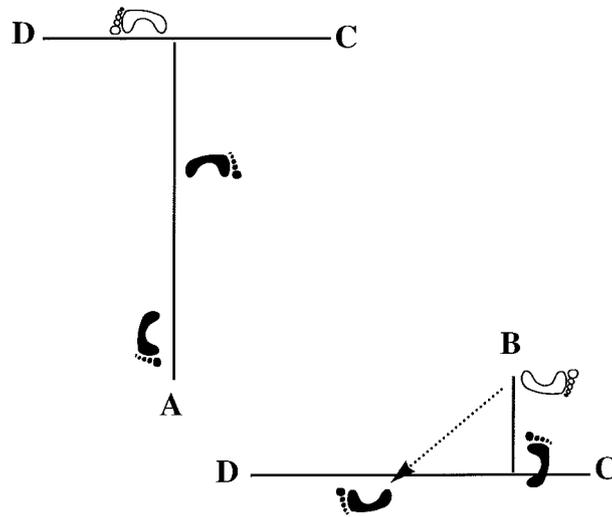
13 - Sur place jodan age uke avec bras g main ouverte



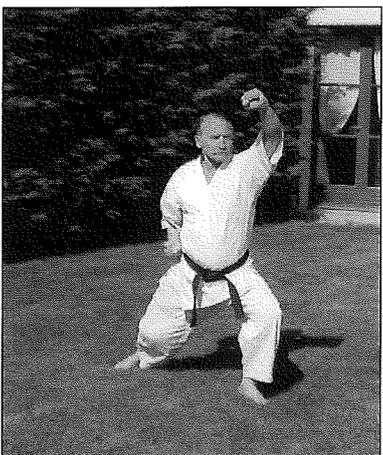
16 - Ouvrir main g avancer d'un pas vers A - age uke d - zenkutsu d - Kiai



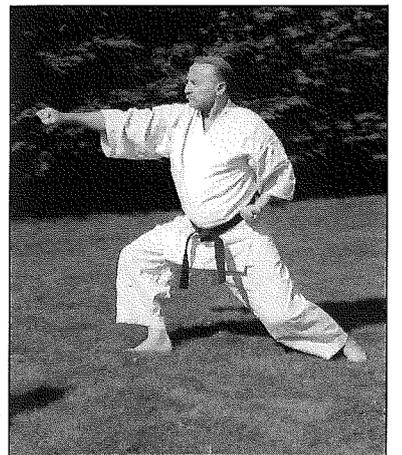
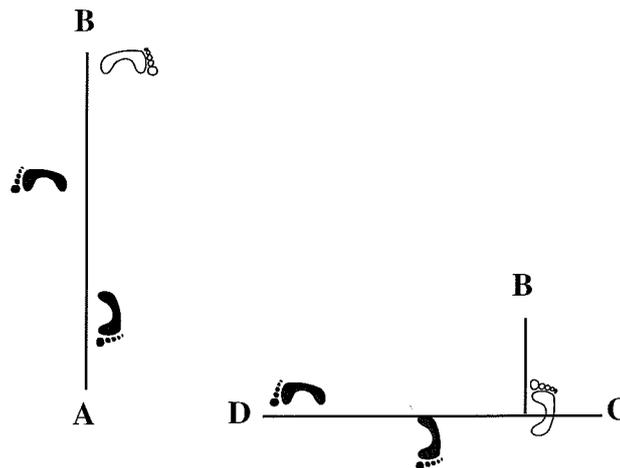
14 - Ouvrir main g - avancer d'un pas vers A - age uke d - zenkutsu d



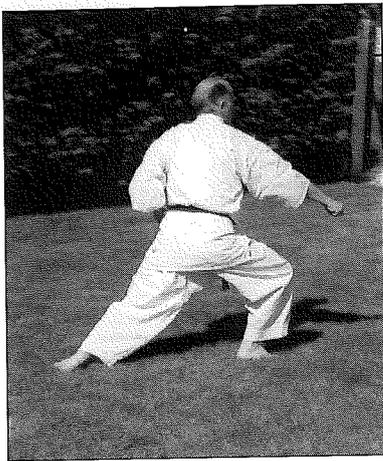
17 - Pivoter à g de 270° vers D - gedan barai g - zenkutsu g



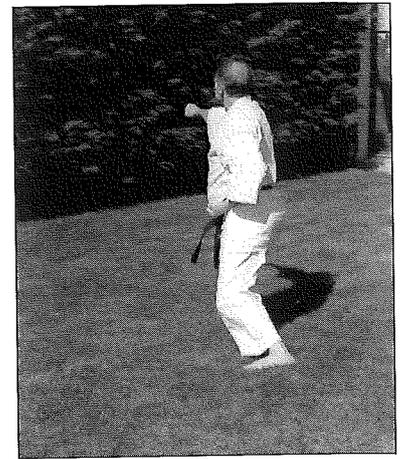
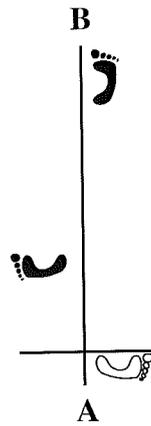
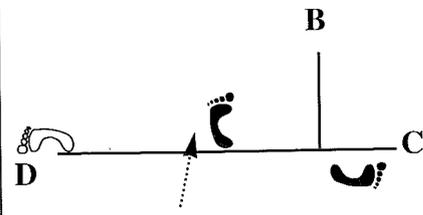
15 - Ouvrir main d - avancer d'un pas vers A - age uke g - zenkutsu g



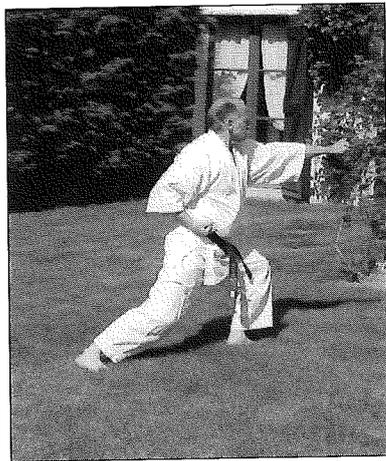
18 - Avancer d'un pas vers D - chodan oi-tsuki d - zenkutsu g



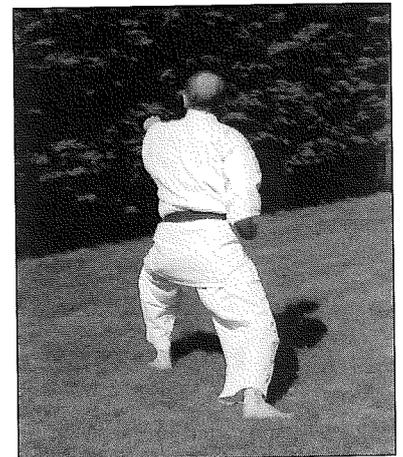
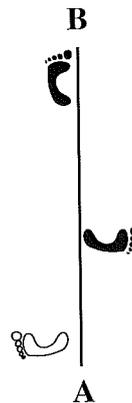
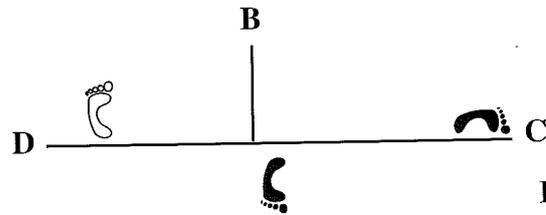
19 - Pivoter à d de 180° vers C -
gedan barai d - zenkutsu d



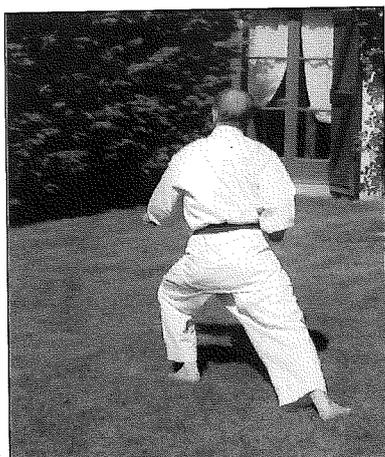
22 - Avancer d'un pas vers B -
chudan oi-tsuki d - zenkutsu d



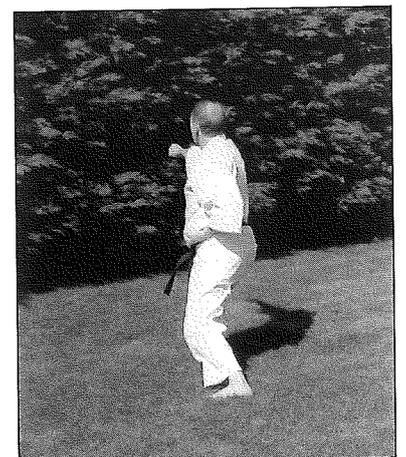
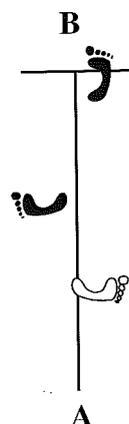
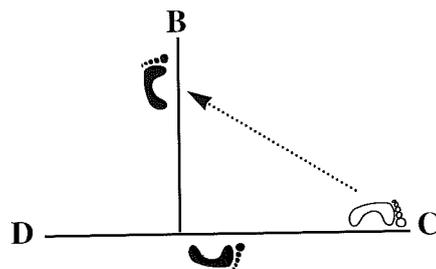
20 - Avancer d'un pas vers C -
chudan oi-tsuki g - zenkutsu g



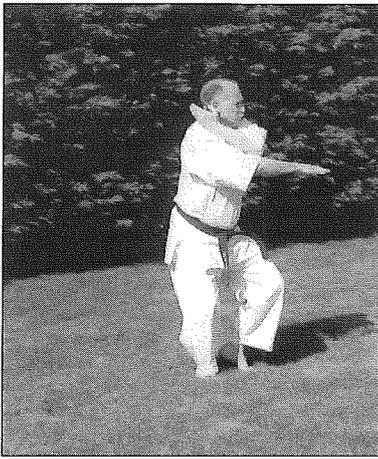
23 - Avancer d'un pas vers B -
chudan oi-tsuki g - zenkutsu g



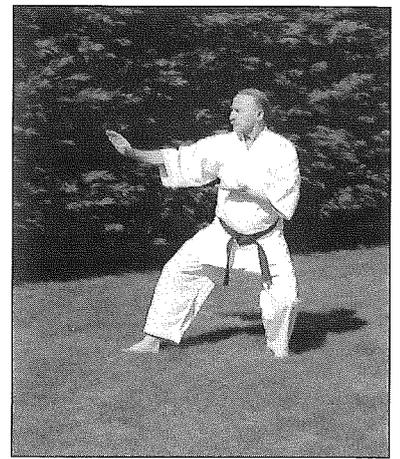
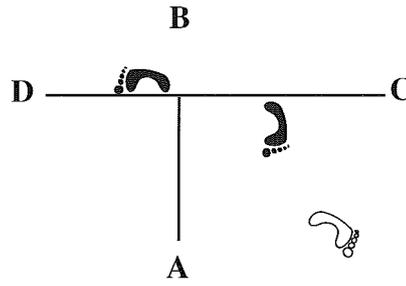
21 - Pivoter à g de 90° vers B -
gedan barai g - zenkutsu g



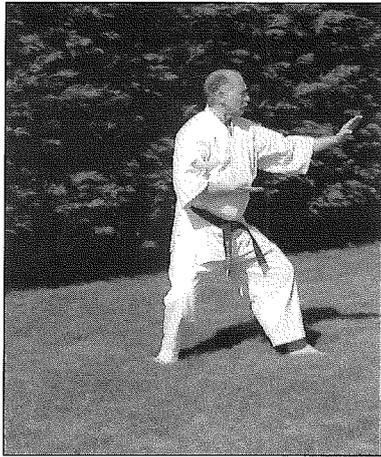
24 - Avancer d'un pas vers B - oi-
tsuki d - zenkutsu d - Kiai



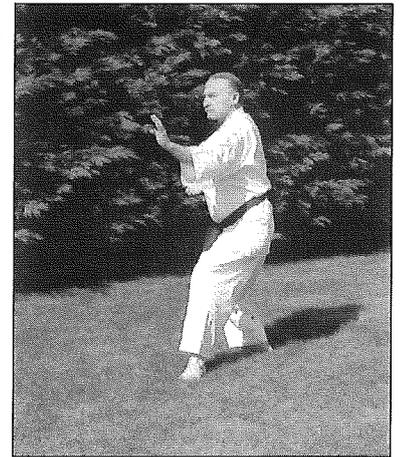
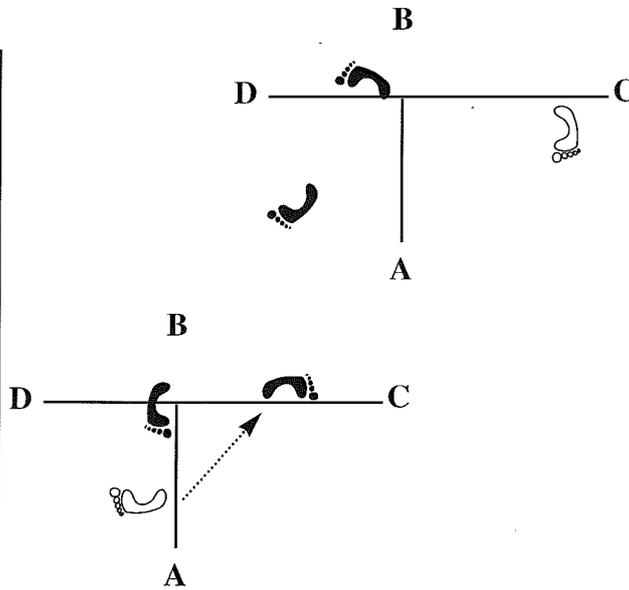
25 - Pivoter à g de 270° vers C - armer bras g



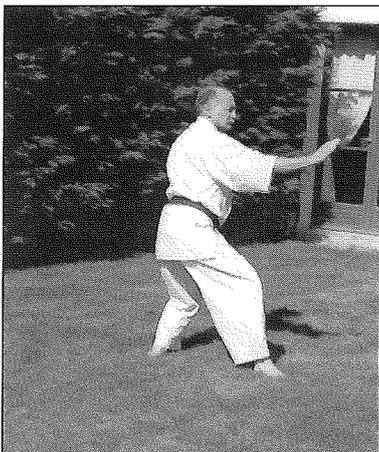
28 - Pivoter à d de 135° vers D - chudan shuto barai d - kokutsu d



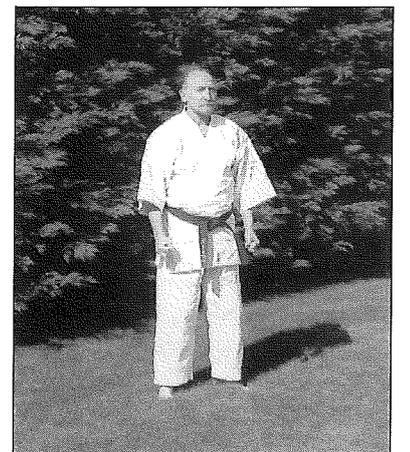
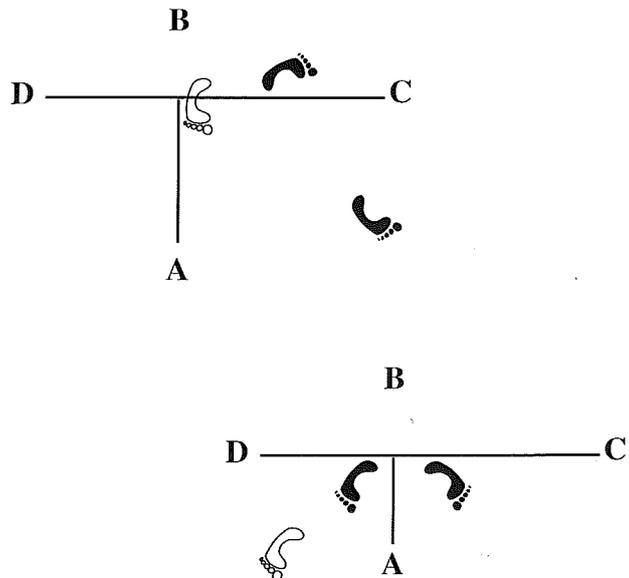
26 - Chudan shuto barai g - kokutsu g



29 - Avancer à 45° un pas à g vers DA - chudan shuto barai g - kokutsu g



27 - Avancer à 45° un pas à d vers CA - chudan shuto barai d - kokutsu d



30 - Ramener jambe g en arrière en hachiji dachi - FIN