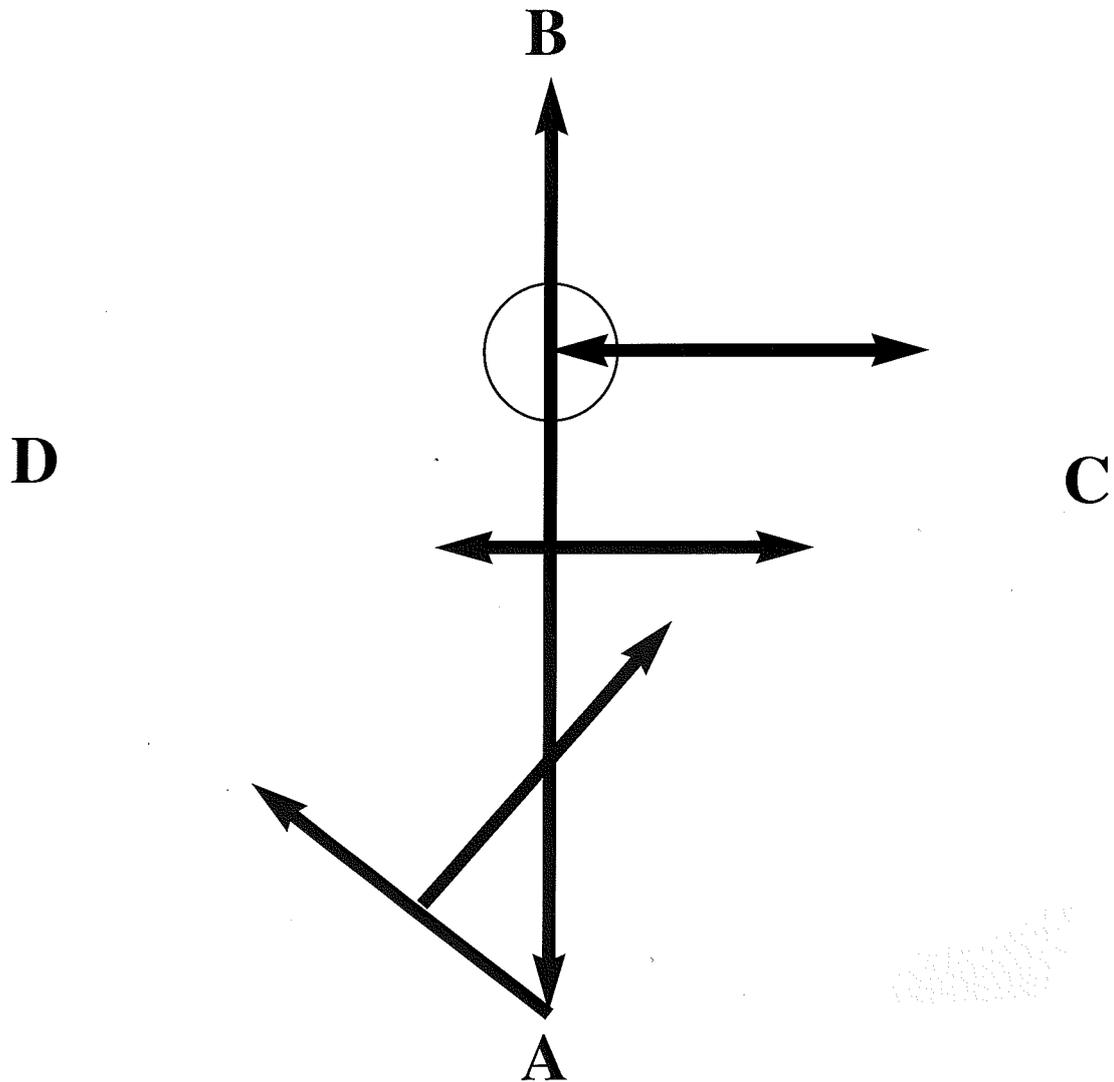
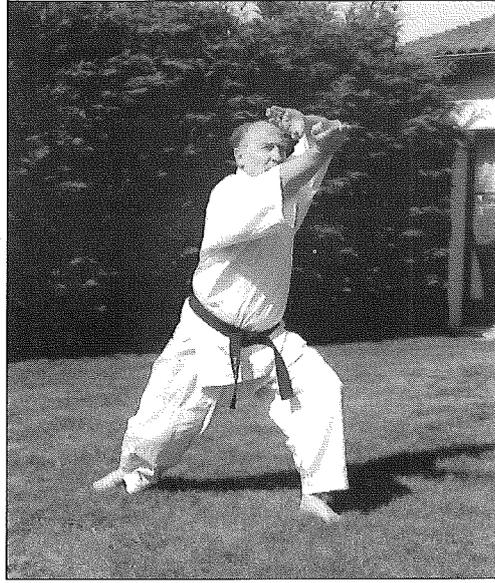
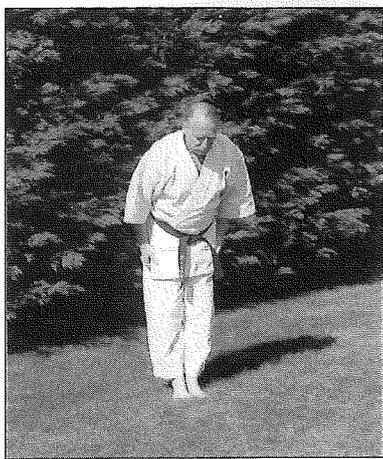
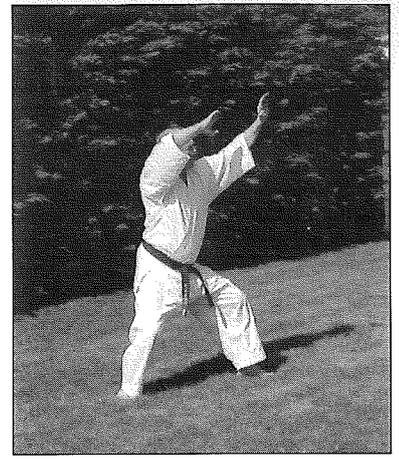
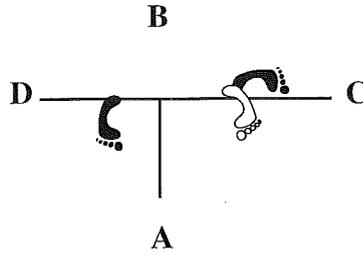
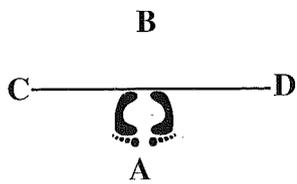


HEIAN YODAN (*)

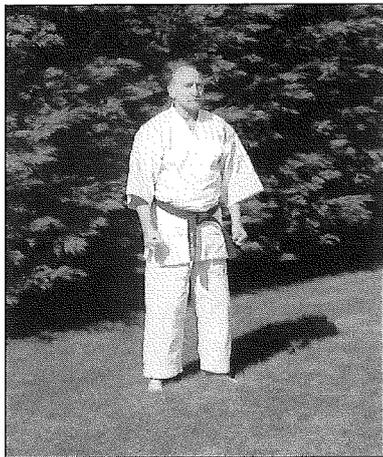




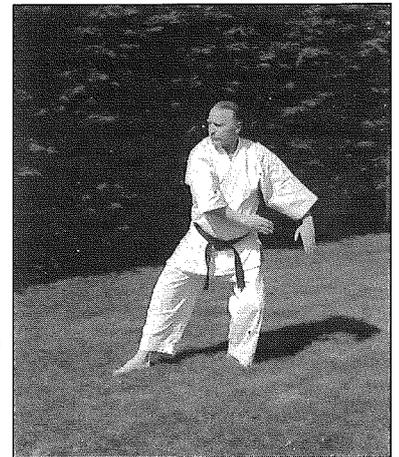
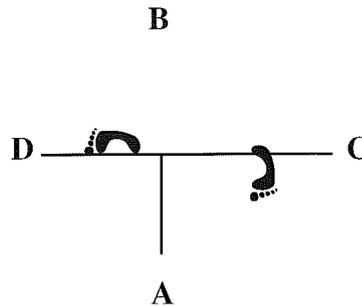
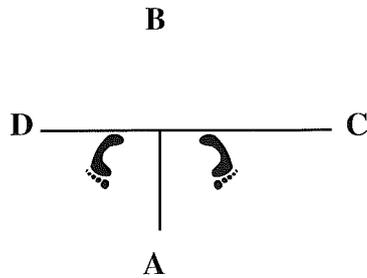
1 - Heisoku dachi - Rei



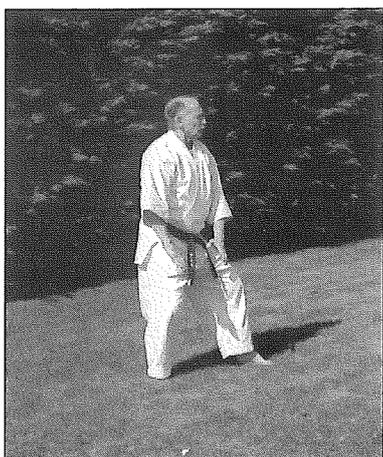
4 - Pivoter à g de 90° vers C - jodan shuto age uke g - bras d kamae main ouverte - kokutsu g



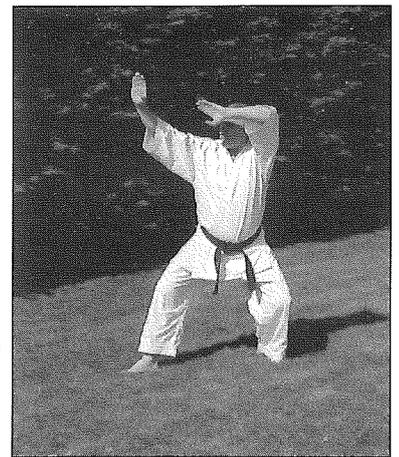
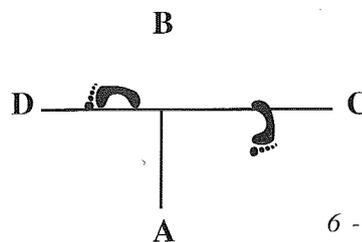
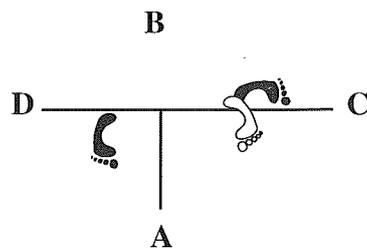
2 - Hachiji dachi - Yoi



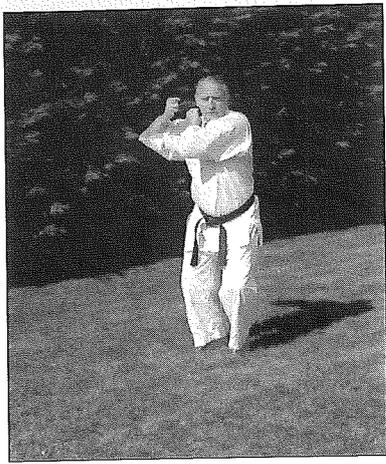
5 - Regarder vers D - les mains descendent et remontent lentement vers D



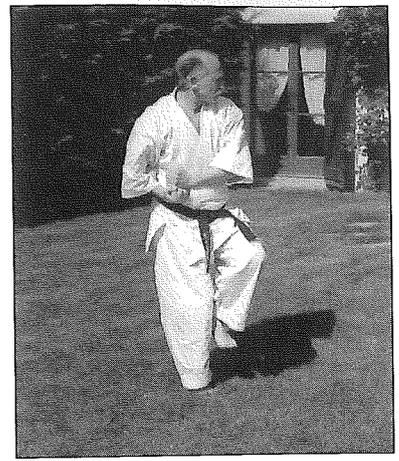
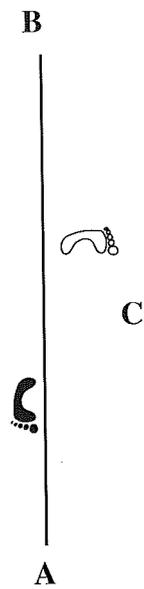
3 - Regarder vers C - les mains font une action montante lentement vers C



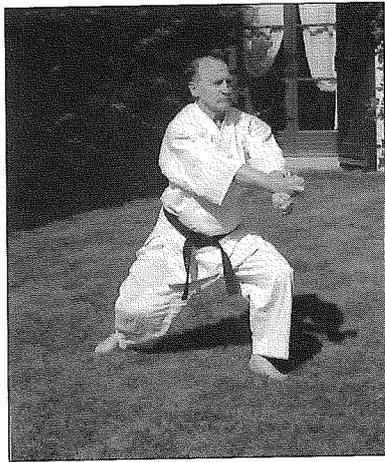
6 - Pivoter à d sur place vers D - les mains descendent pour remonter devant le corps vers D - jodan shuto age uke d - bras g kamae main ouverte - kokutsu d



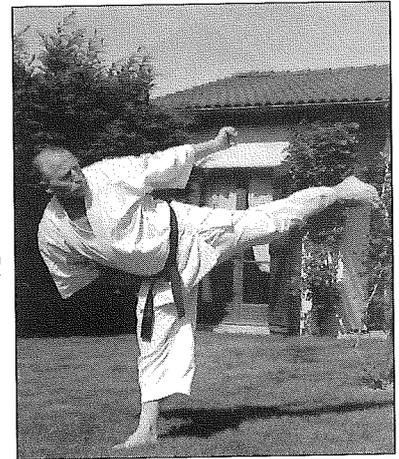
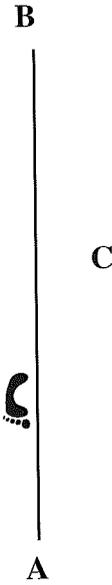
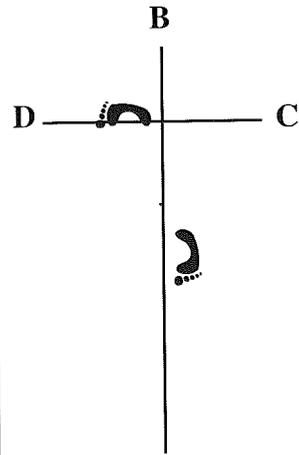
7 - Pivoter à g de 90° vers A - armer les deux bras - avancer pied g vers A



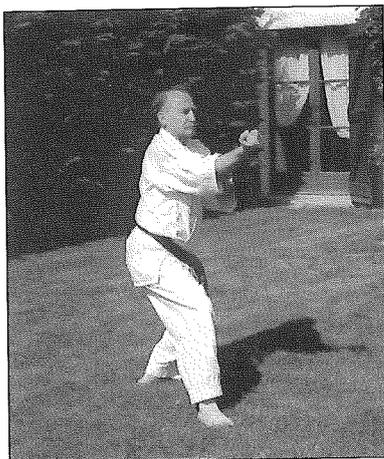
10 - Appui sur jambe d - armer jambe g pour yoki geri - les poings en kamae d - regarder vers C



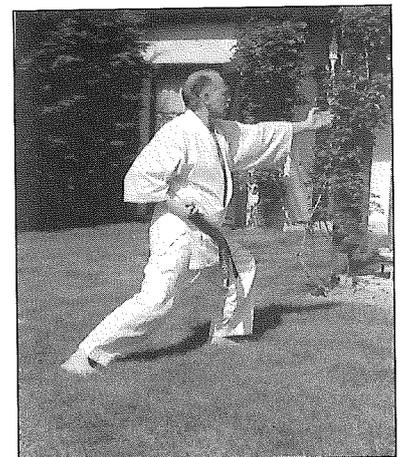
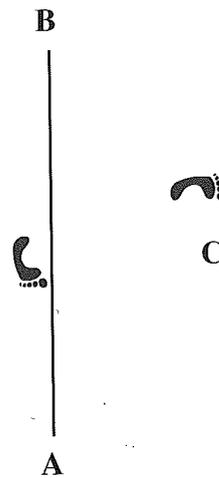
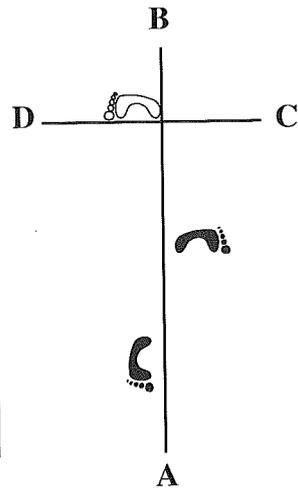
8 - Gedan juji uke g main d au dessus main g en tate tsuki - zenkutsu g



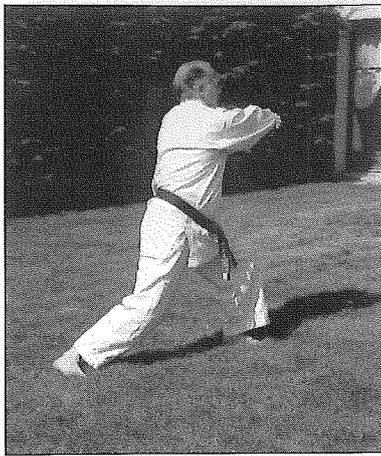
11 - Yoko geri g et uraken g vers C - reposer pied zenkutsu g vers C



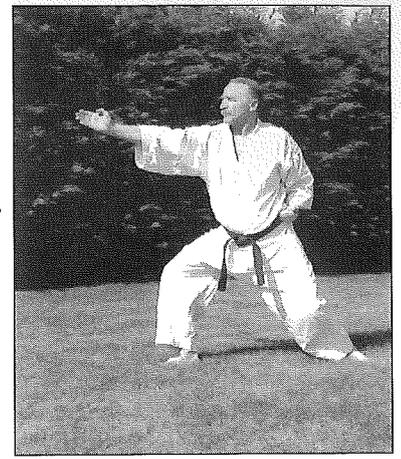
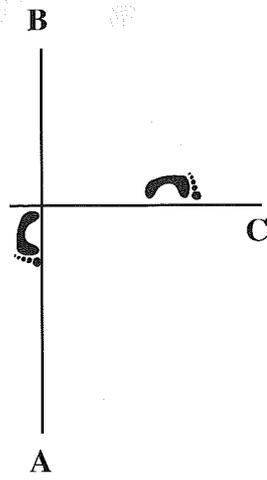
9 - Avancer d'un pas vers A - chudan morote ude uke d vers A - kokutsu d



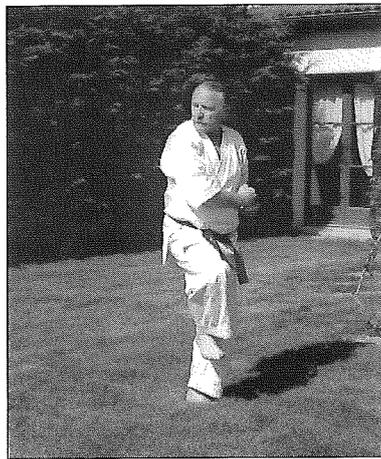
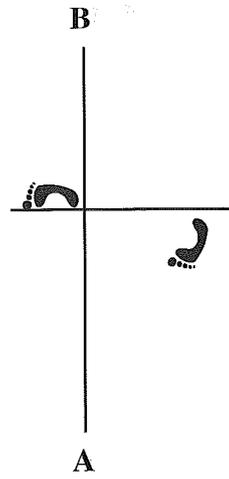
12 - Ouvrir main g en haishu uke - zenkutsu g vers C



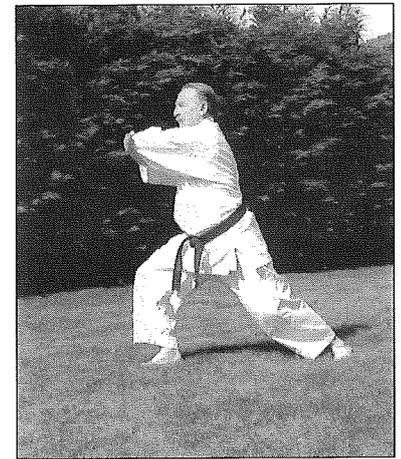
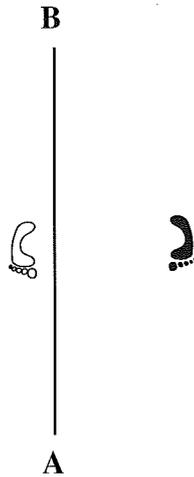
13 - Empi uchi d dans paume main g - zenkutsu vers C



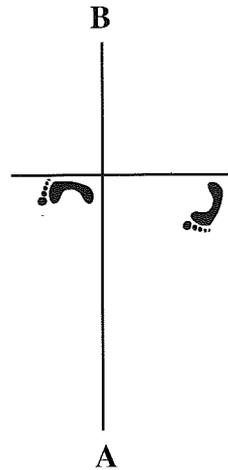
16 - Ouvrir main d en haishu uke - zenkutsu d vers D



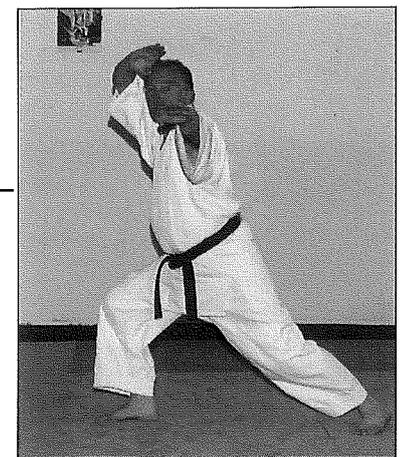
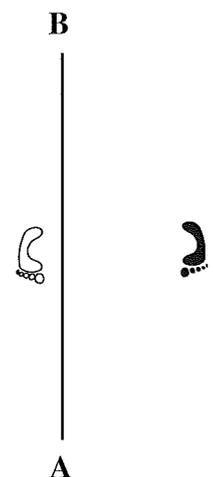
14 - Regarder vers D - ramener et armer jambe d pour yoko geri - les poings en kamae g



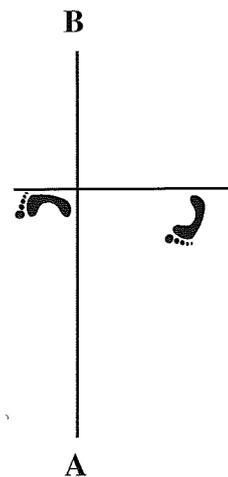
17 - Empi uchi g dans paume main d - zenkutsu d vers D

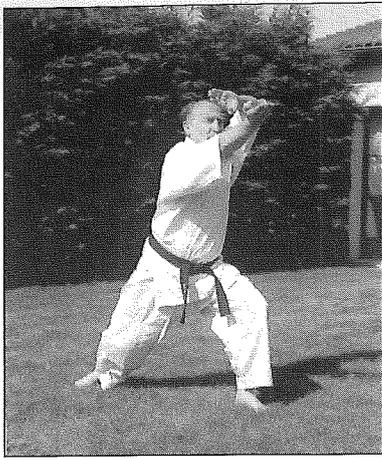


15 - Yoko geri d et uraken d vers D - reposer pied d vers A

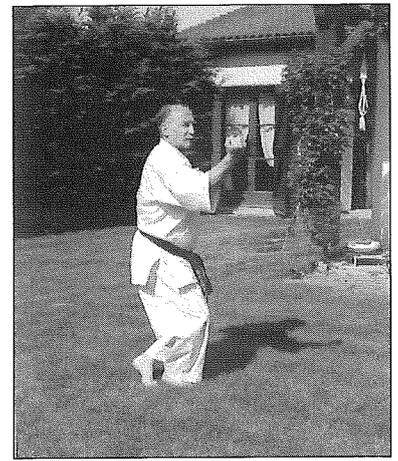
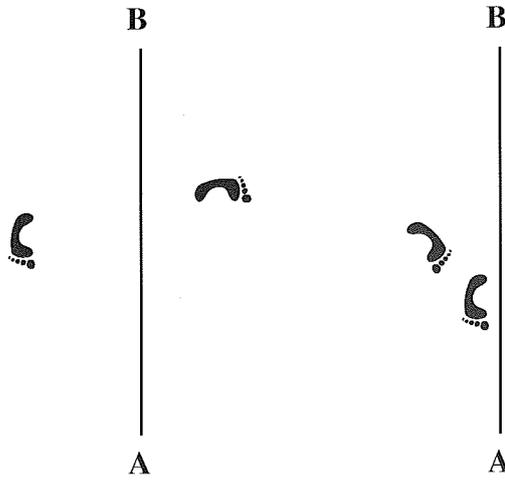


18 - Regarder 90° vers A - armer bras g tendu vers A - armer main d jodan age uke

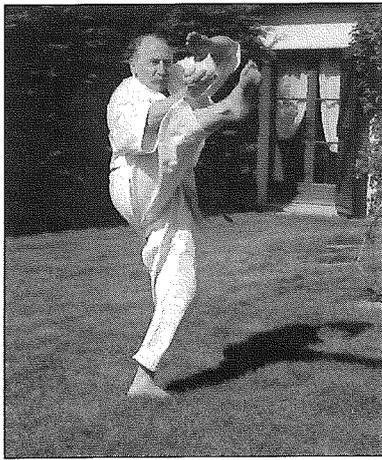




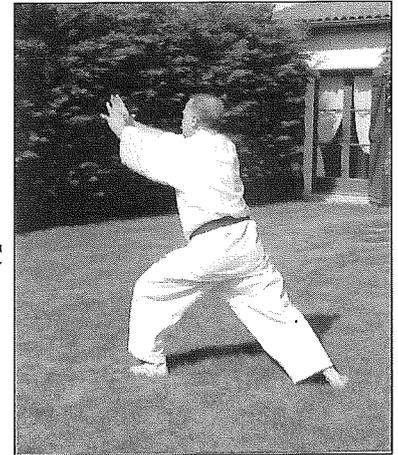
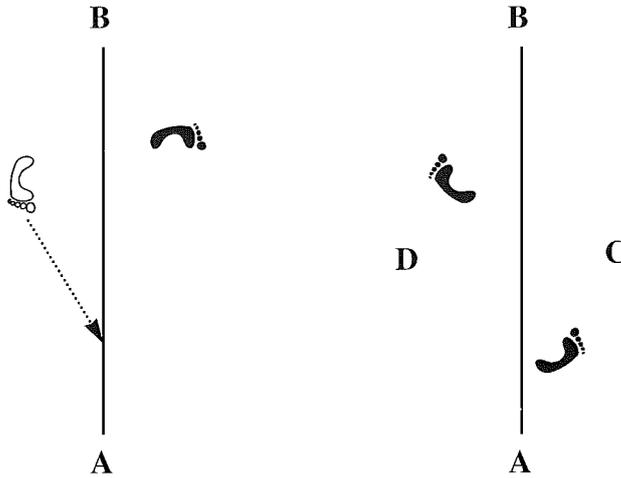
19 - Pivoter sur place de 90° vers A - jodan shuto uchi d - jodan age uke g - zenkutsu vers C



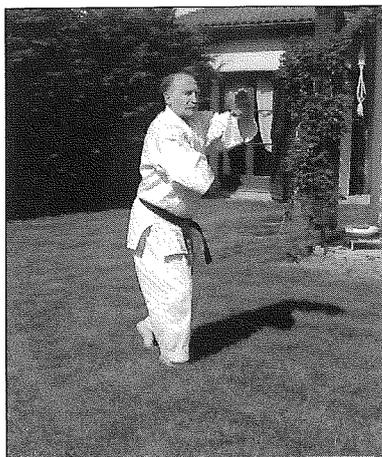
22 - Jodan uraken uchi d - kosa dachi vers A - Kiai



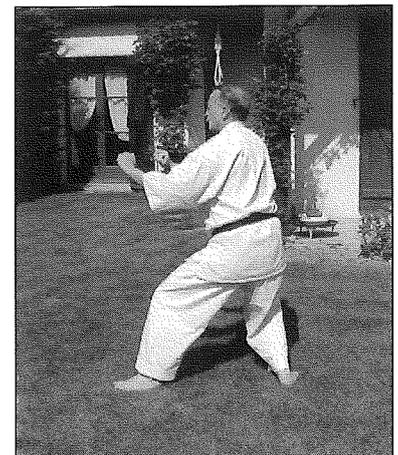
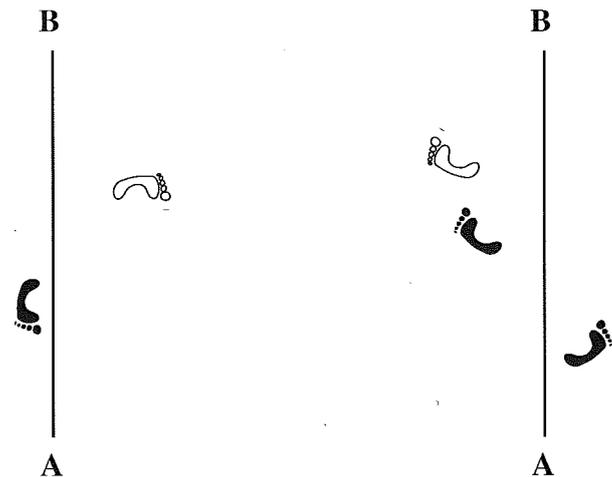
20 - Jodan mae geri d vers A



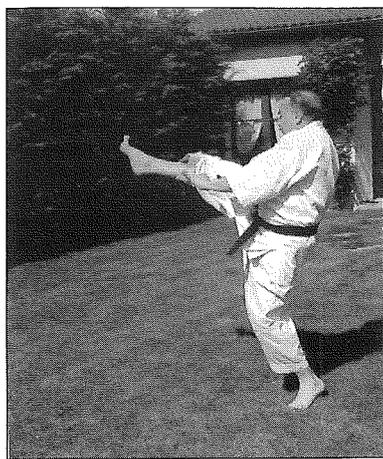
23 - Pivoter à g de 225° sur pied d vers DB - jodan juji uke mains ouvertes - zenkutsu g



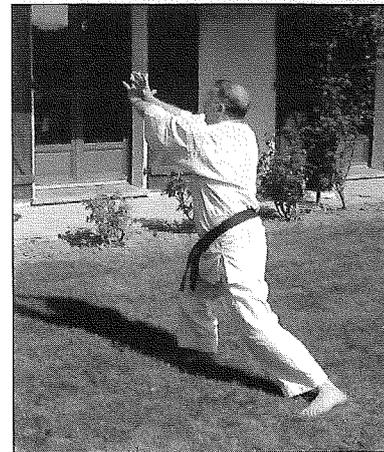
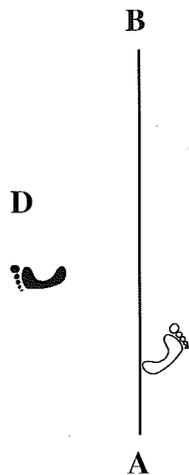
21 - Reposer pied d au sol - glisser pied g derrière pied d en kosa dachi vers A - armer main d



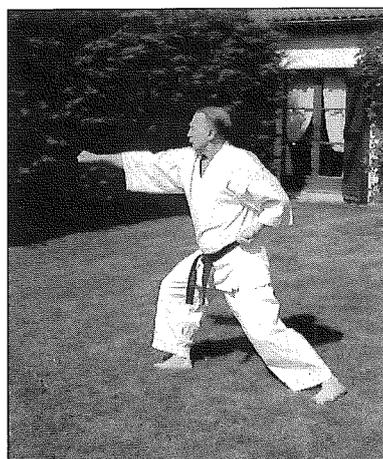
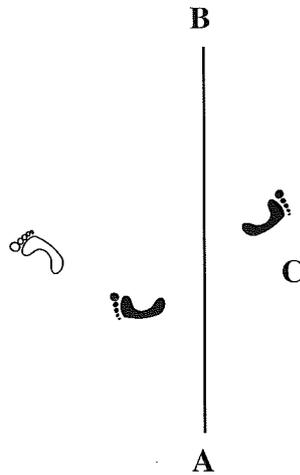
24 - Kakiwake uke chudan - kokutsu g vers DB



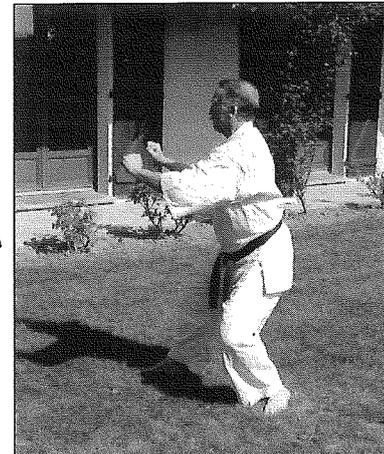
25 - Mae geri d vers DB



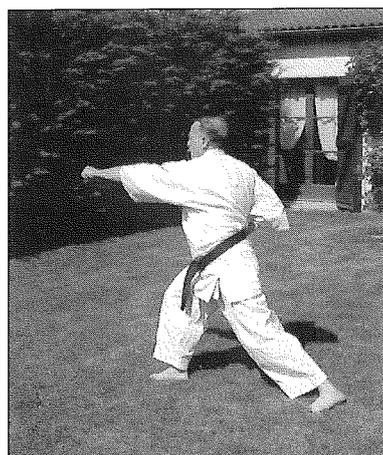
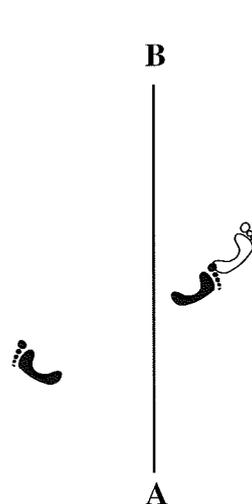
28 - Ramener jambe d en arriere - pivoter à d de 90° vers CB - jodan juji uke - zenkutsu d



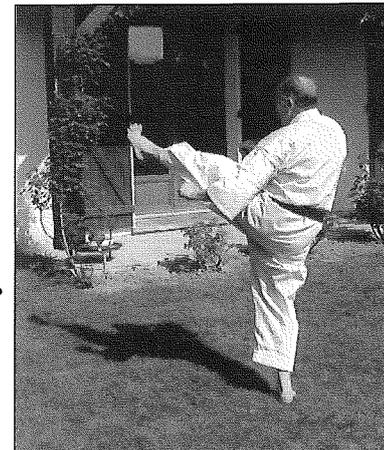
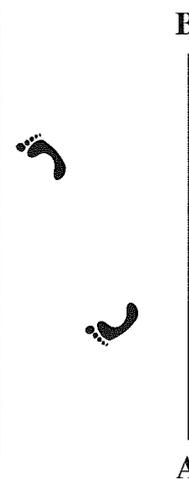
26 - Reposer pied d au sol - oitsuki d - zenkutsu d



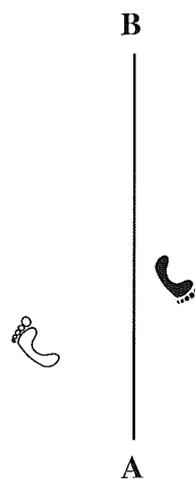
29 - Kakiwake uke chudan - kokutsu d vers CB

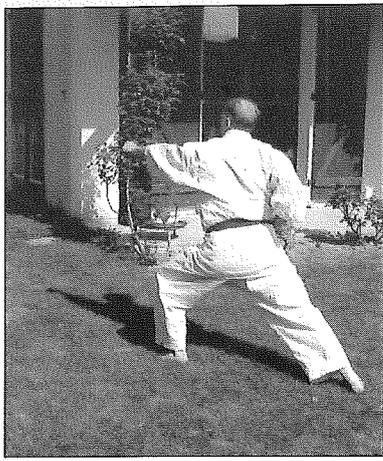


27 - Sur place chudan gyaku tsuki



30 - Mae geri g vers CB



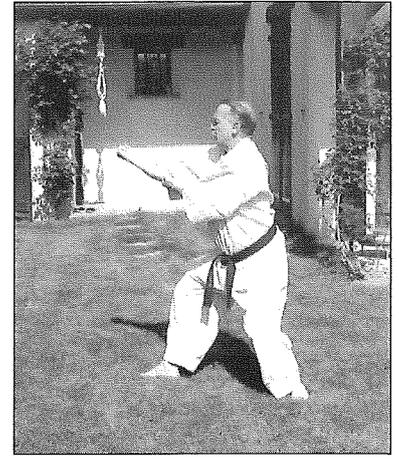


B



A

31 - Reposer pied g au sol - oitsuki g - zenkutsu g

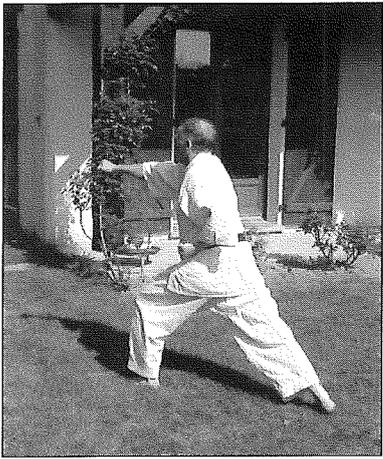


B



A

34 - Avancer d'un pas vers B - chudan morote ude uke d vers B - kokutsu d

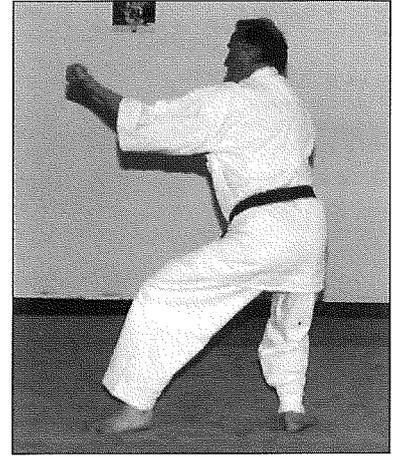
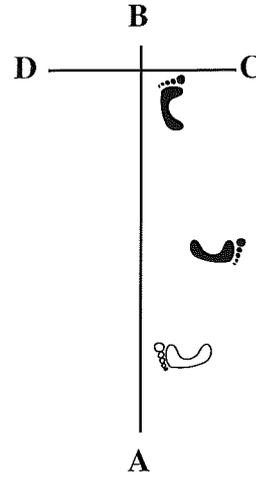


B

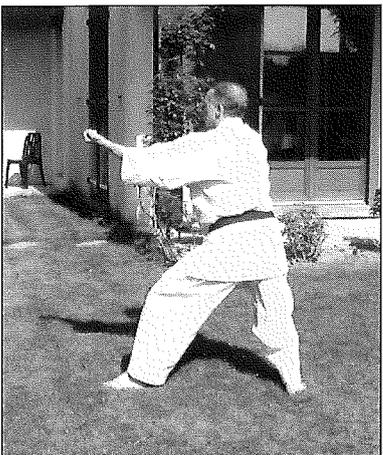


A

32 - Sur place chudan gyaku tsuki d



35 - Avancer d'un pas vers B - chudan morote ude uke g vers B - kokutsu g

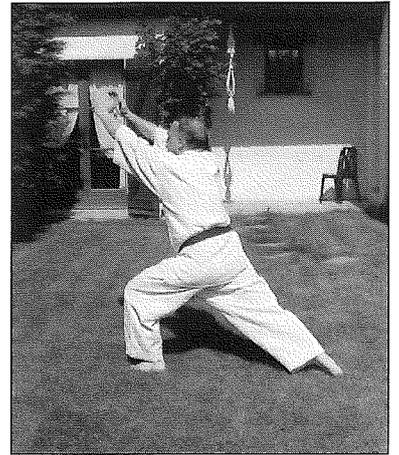
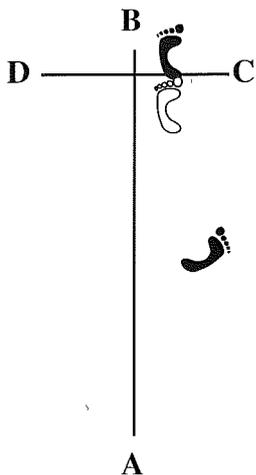


B

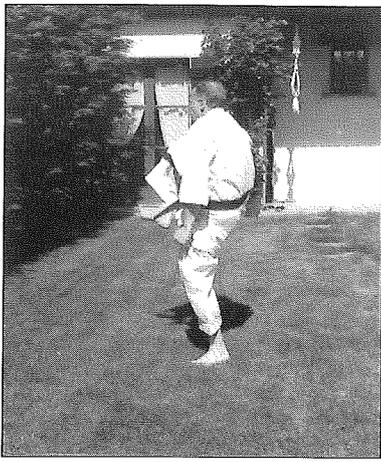


A

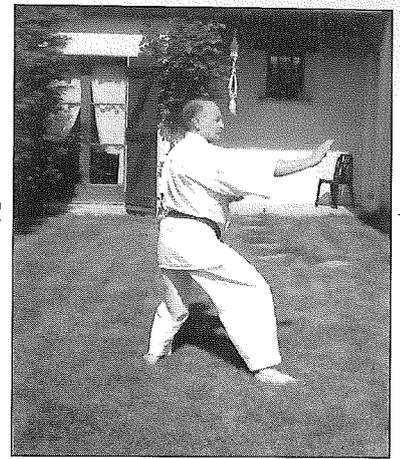
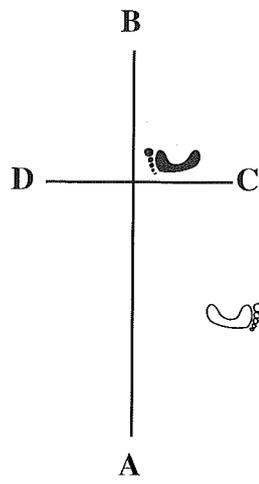
33 - Pivoter à g de 45° vers B - armer bras g - chudan morote ude uke vers B - kokutsu g



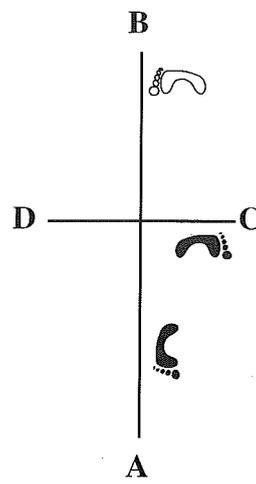
36 - Glisser avec pied g en tsuri ashi vers B - lever bras tendus niveau jodan



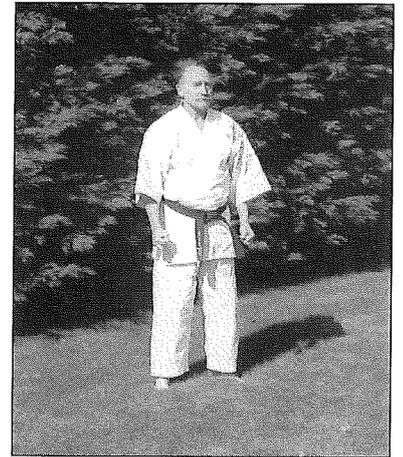
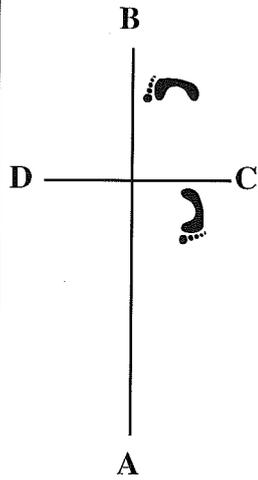
37 - Hitsui geri genou d - les mains font une action descendante - Kiai



39 - Avancer d'un pas vers A - chudan shuto uke (ou uchi) d - kokutsu d



38 - Reposer pied d au sol - pivoter à g de 180° vers A - chudan shuto uke g - kokutsu g



40 - Ramener pied d en hachiji dachi - FIN

