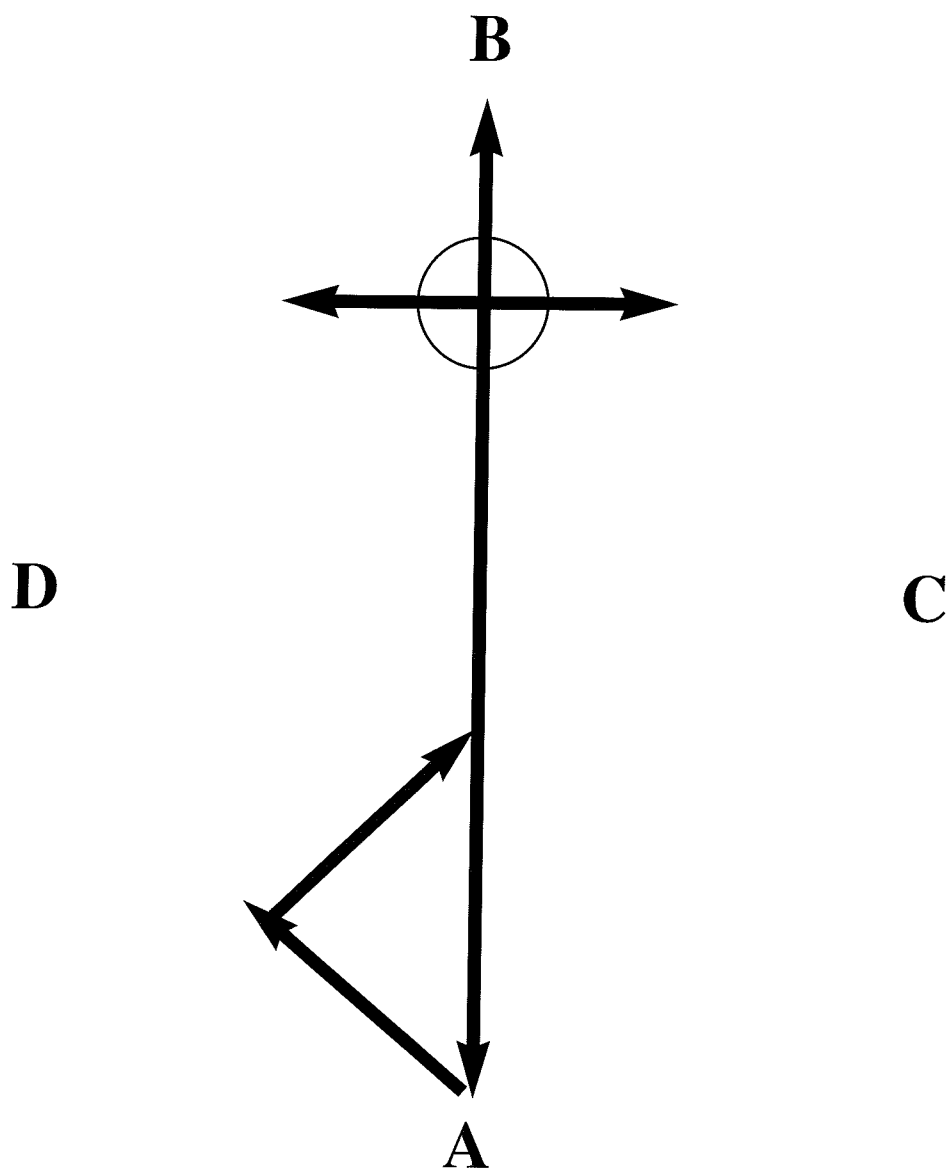
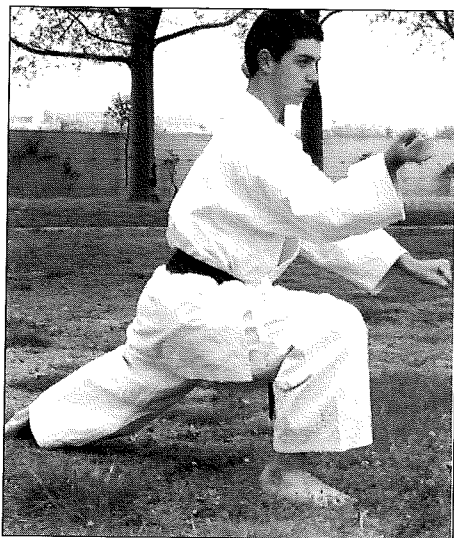


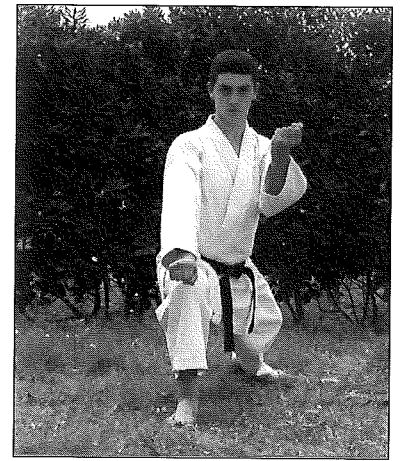
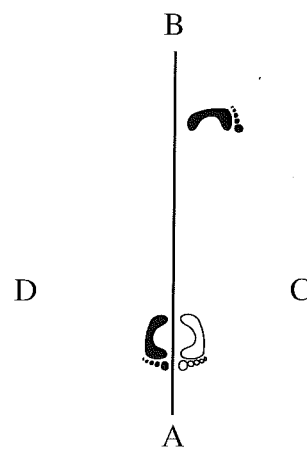
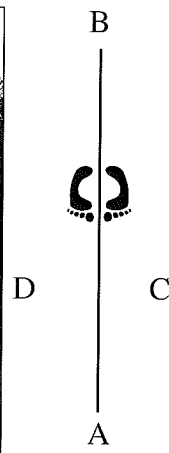
# JIIN (\*)

Exécuté par Thomas STAVRIANIDIS, 1<sup>er</sup> dan Shotokai Egami ryu (dojo de Katerini - Grèce)

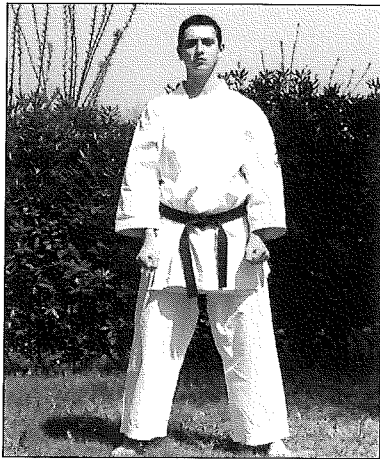




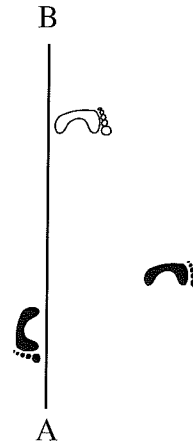
1 - Heisoku dachi face à A - Rei



4 - Reculer pied g - zenkutsu d vers A - chudan gyaku ude uke g vers A - gedan barai d vers A



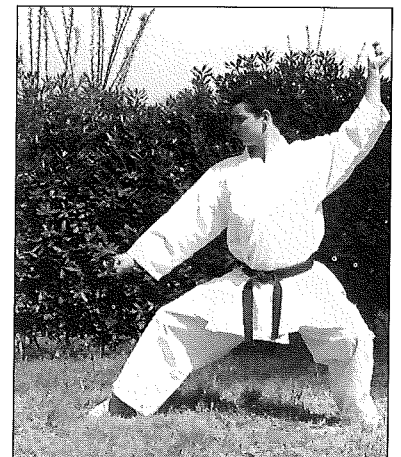
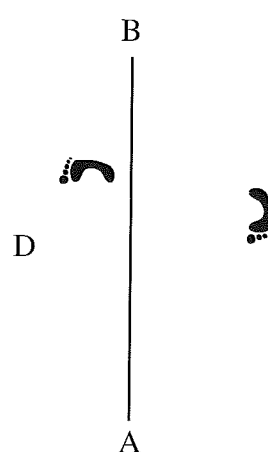
2 - Hachiji dachi - Yoi



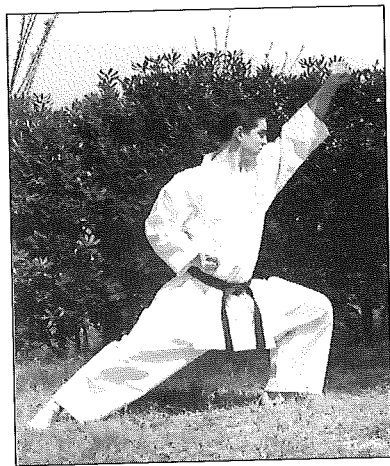
5 - Regarder à g et amener pied g 90° à g vers C - kokutsu g - jodan nagashi ude uke d - gedan barai g vers C



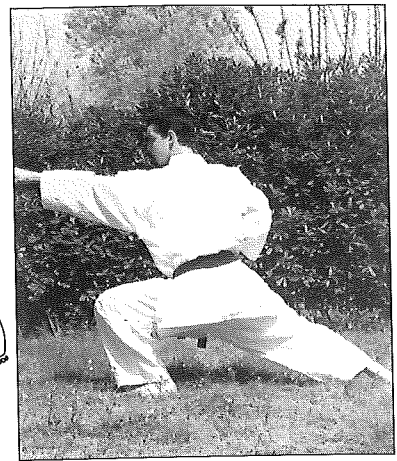
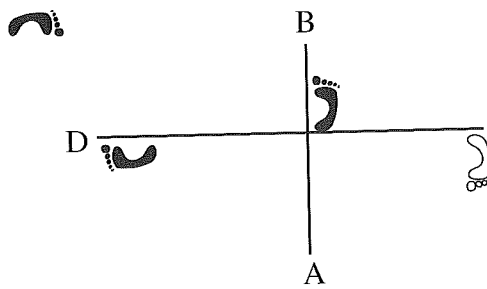
3 - Heisoku dachi - les mains comme sur la photo



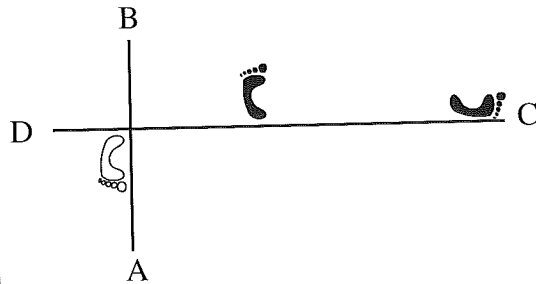
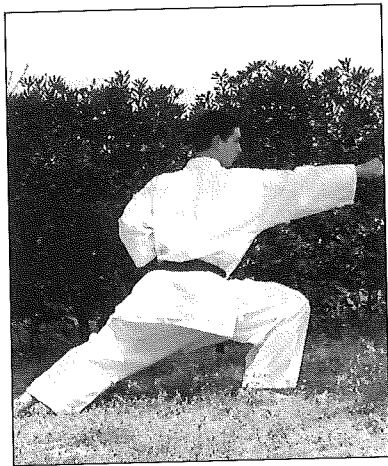
6 - Regarder et tourner de 180° à d vers D - kokutsu d - jodan nagashi ude uke g - gedan barai d vers D



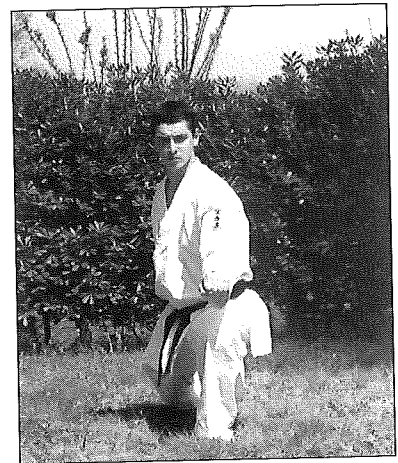
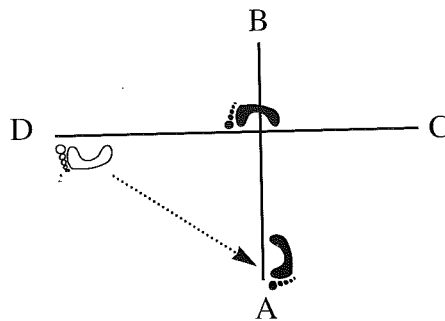
7 - Sur place pivoter de 180° à g vers C - zenkutsu g - jodan age uke g vers C



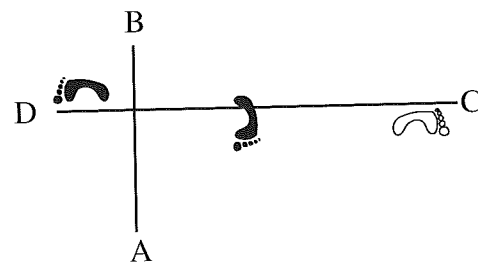
10 - Avancer d'un pas du pied g vers D en zenkutsu g - chudan oi-tsuki g



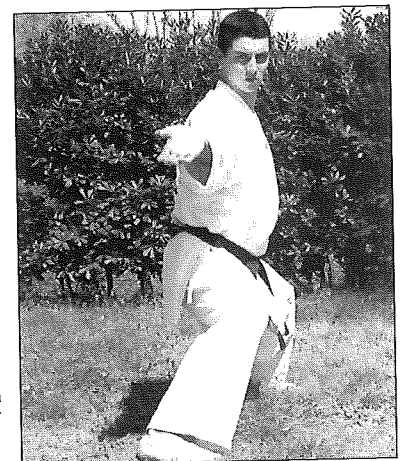
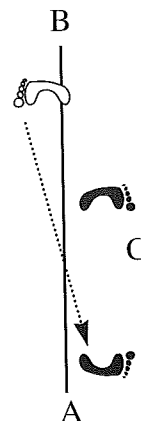
8 - Avancer d'un pas du pied d vers C en zenkutsu d - chudan oi-tsuki d



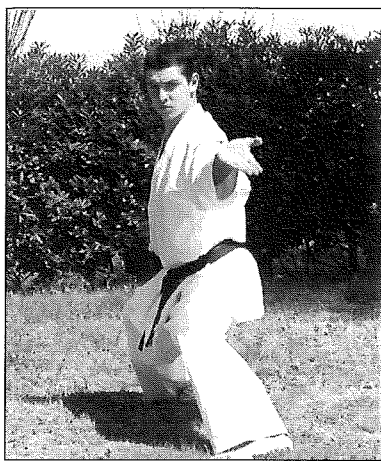
11 - Regarder et tourner avec pied g de 90° à g vers A - zenkutsu g - gedan barai g vers A



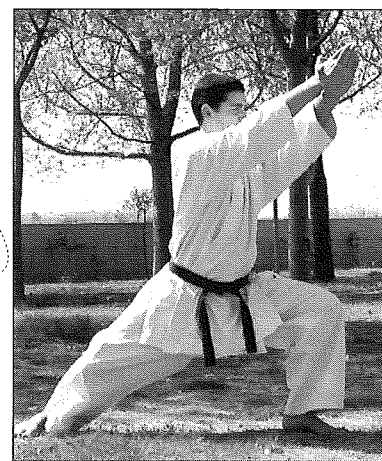
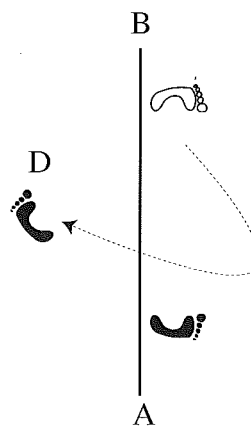
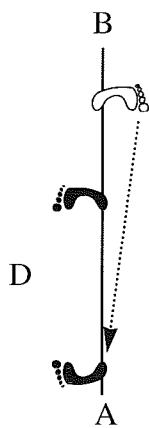
9 - Tourner à d de 180° vers D avec pied d - zenkutsu d - jodan age uke d vers D



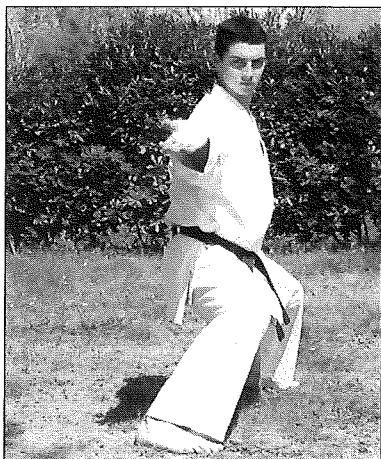
12 - Avancer d'un pas pied d en kiba dachi face à C - regarder vers A - chudan teisho barai d vers A



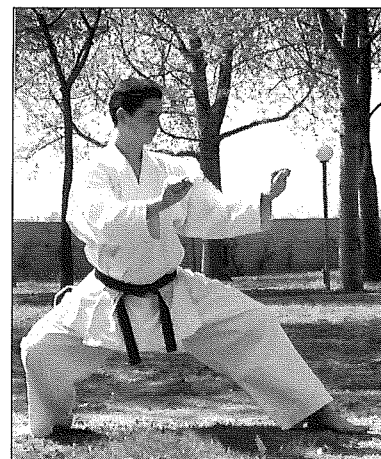
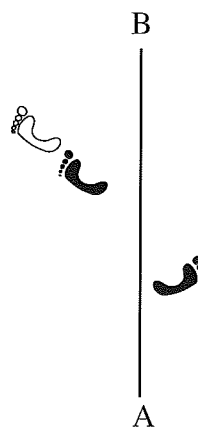
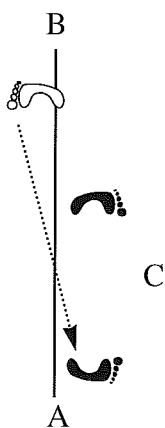
13 - Avancer d'un pas pied g en kiba dachi face à D - regarder vers A - chudan teisho barai g vers A



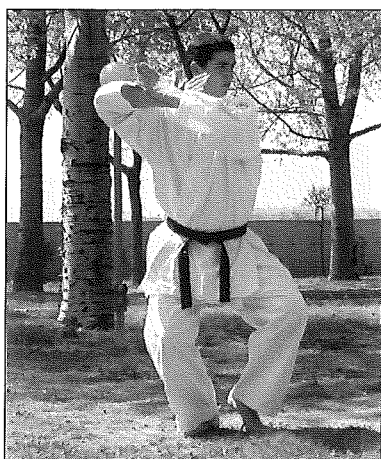
16 - Avancer vers DB pied g en zenkutsu g - jodan juji uke



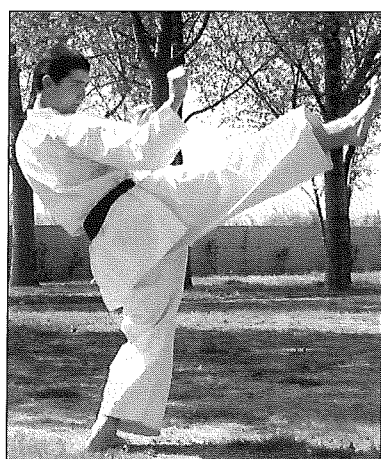
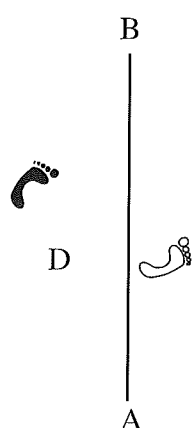
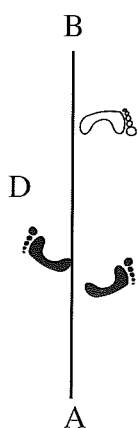
14 - Avancer d'un pas pied d en kiba dachi face à C - regarder vers A - chudan teisho barai d vers A - Kiai



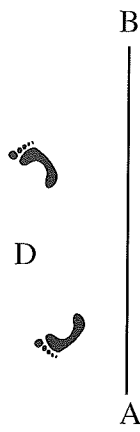
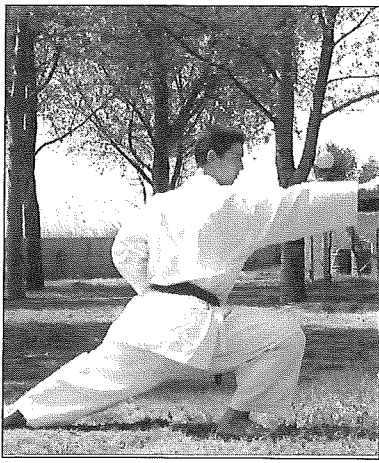
17 - Sur place - tsuri ashi arrière du pied g en kokutsu g vers DB - chudan kakiwake uke



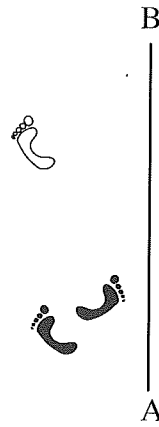
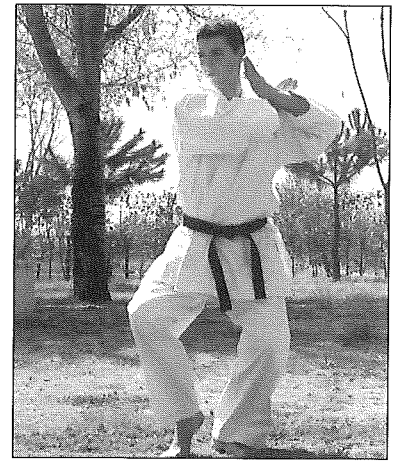
15 - Pivoter sur pied d à g de 225° vers DB - armer les mains comme sur la photo



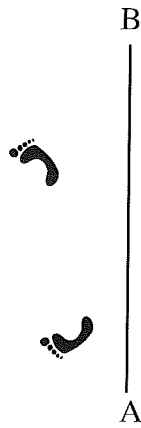
18 - Mae geri d vers DB



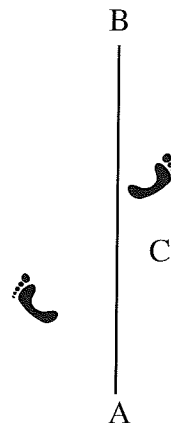
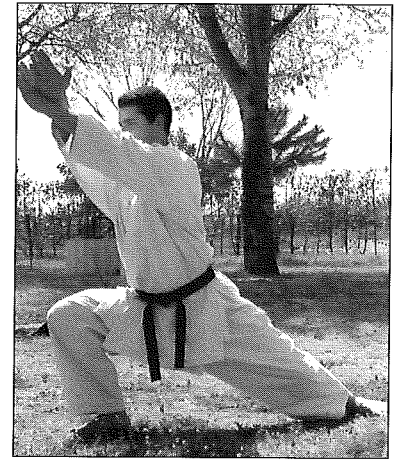
19 - Reposer pied d vers l'avant en zenkutsu d - chudan oi-tsuki d vers DB



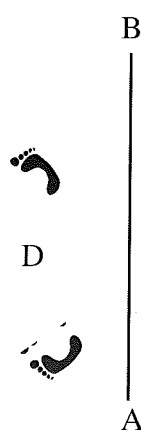
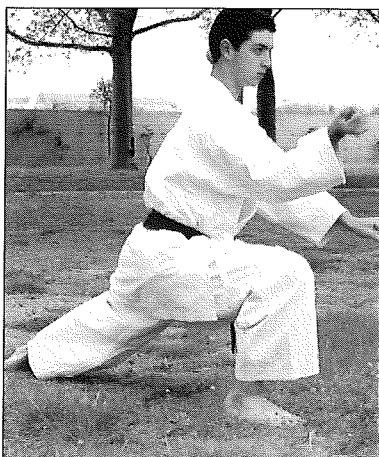
22 - Ramener pied d vers pied g - regarder et pivoter de 90° à d vers BC - armer les mains comme sur la photo



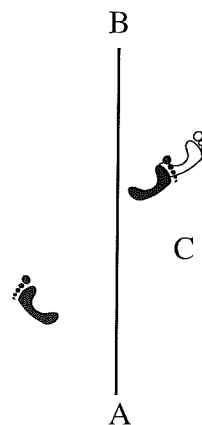
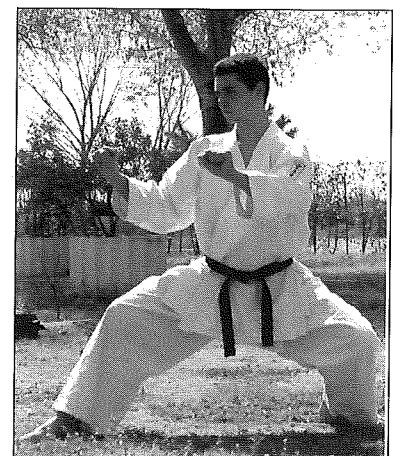
20 - Sur place - chudan gyaku tsuki g vers DB - zenkutsu d



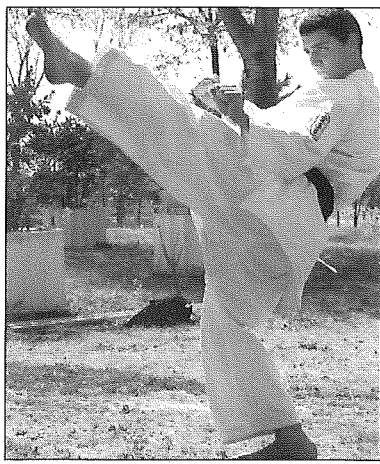
23 - Avancer vers BC pied d en zenkutsu d - jodan juji uke



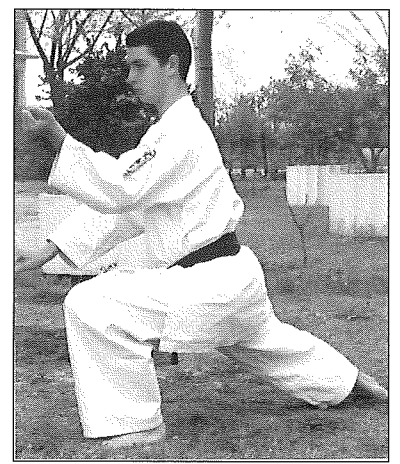
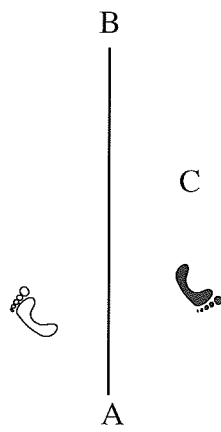
21 - Sur place - chudan uchi ude uke d - gyaku gedan barai g vers DB



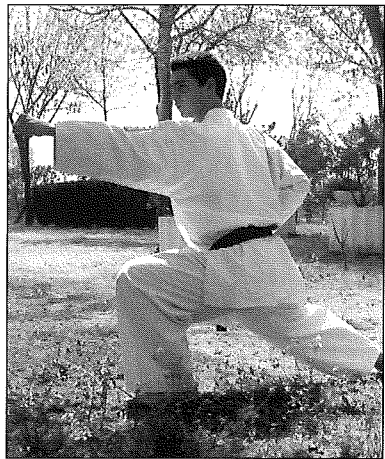
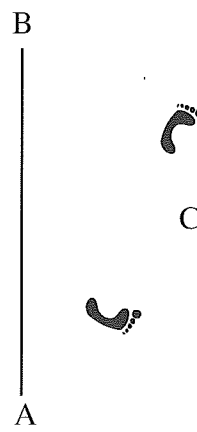
24 - Sur place - tsuri ashi arrière du pied d en kokutsu d vers BC - chudan kakiwake uke



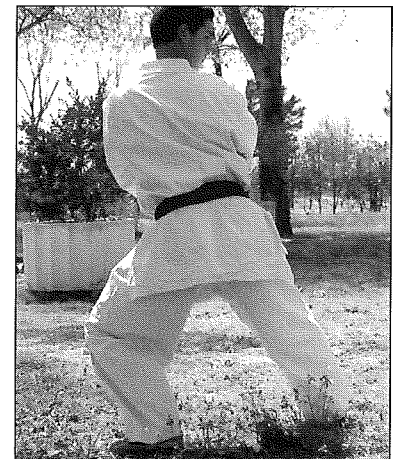
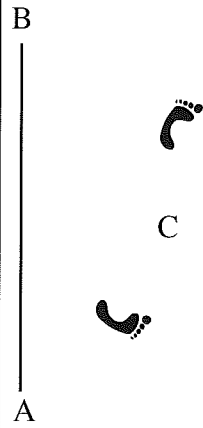
25 - Mae geri g vers BC



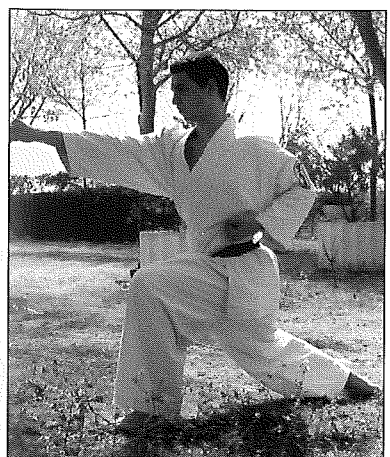
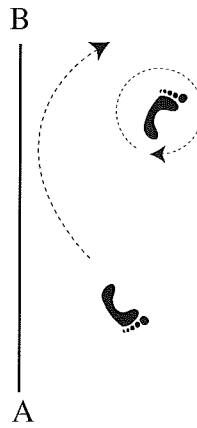
28 - Sur place - chudan uchi ude uke g - gyaku gedan barai d vers BC



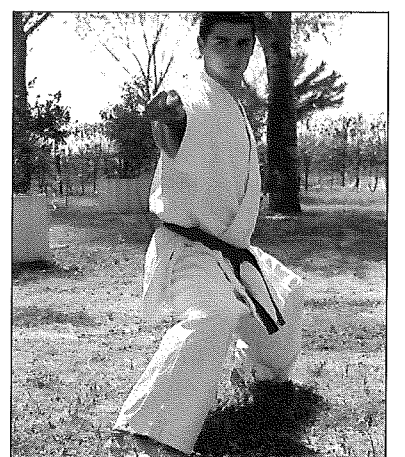
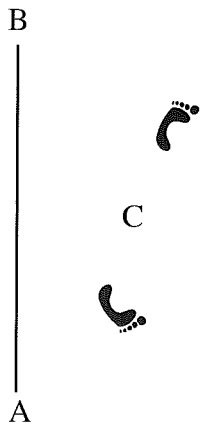
26 - Reposer pied g vers l'avant en zenkutsu g - chudan oi-tsuki g vers BC



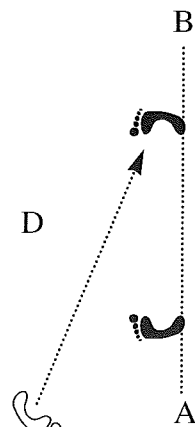
29 - Pivoter sur pied g - regarder et tourner à d avec pied d à 315° vers B

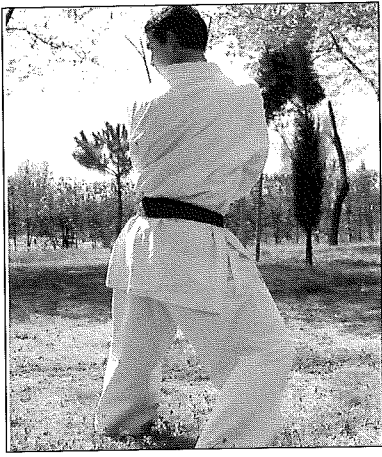


27 - Sur place - chudan gyaku tsuki d vers BC - zenkutsu g

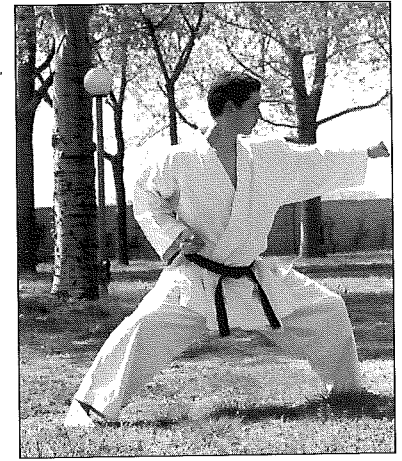
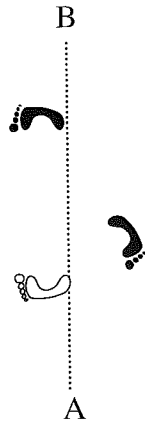


30 - Kiba dachi face à D - regarder vers B - chudan tetsui uchi d vers B

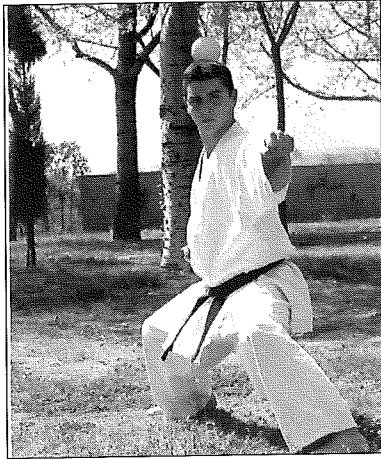
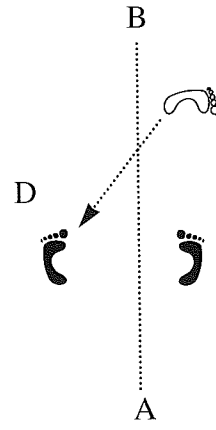




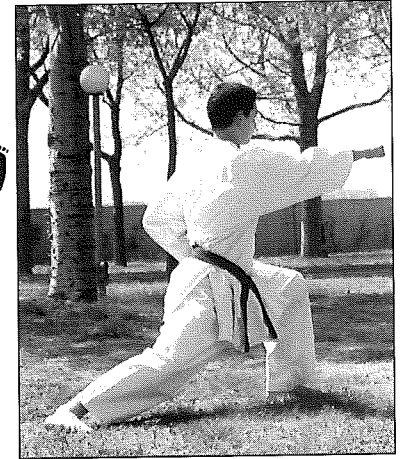
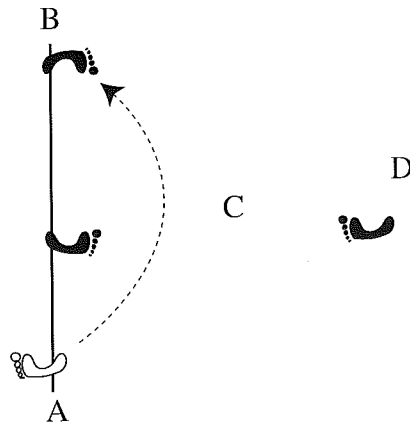
31 - Pivoter sur pied d - tourner de 180° à g vers B



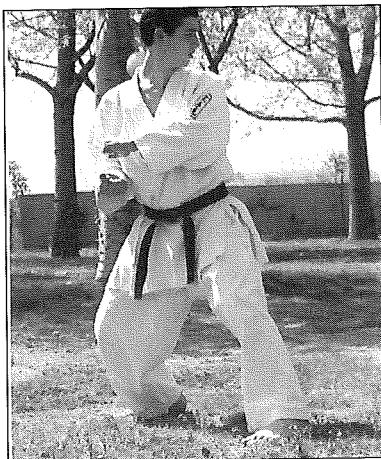
34 - Kiba dachi vers B - chudan tetsui uchi g vers D



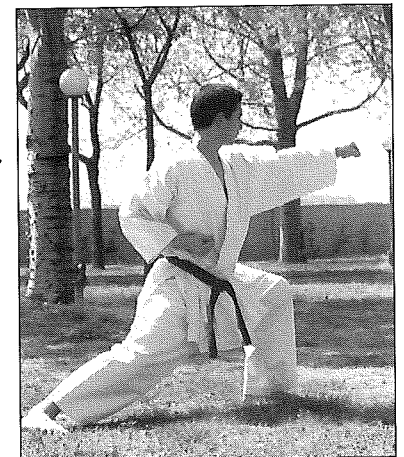
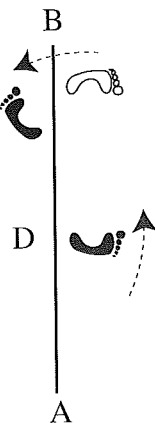
32 - Kiba dachi vers C - chudan tetsui uchi g vers B



35 - Sur place - tourner le pied g vers D en zenkutsu g - chudan gyaku tsuki d vers D

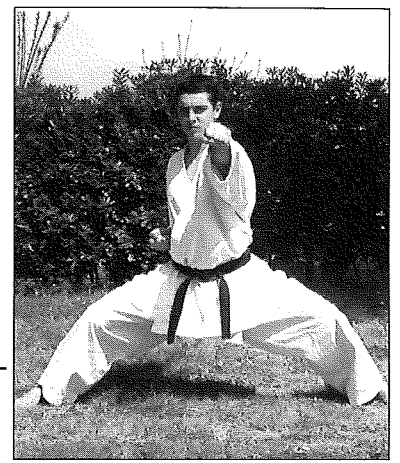
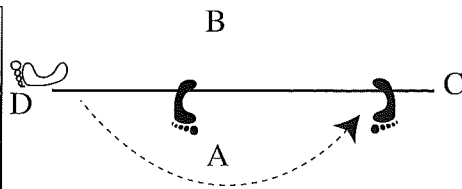


33 - Pivoter sur pied g - regarder et tourner à g de 90° vers D



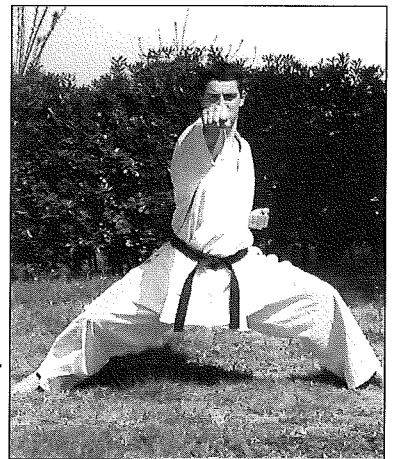
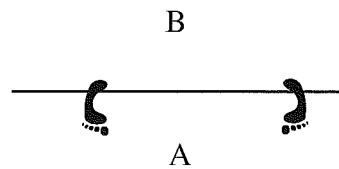
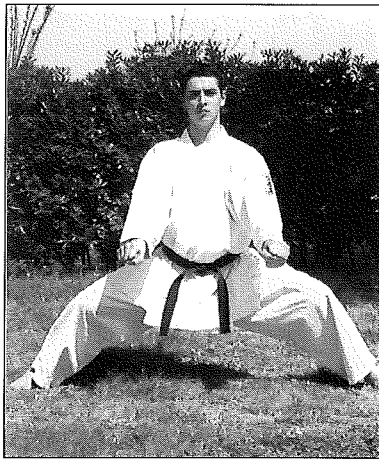
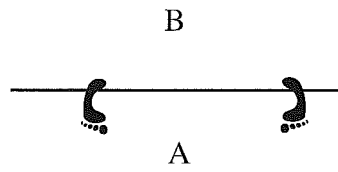
36 - Sur place - chudan hon tsuki g vers D



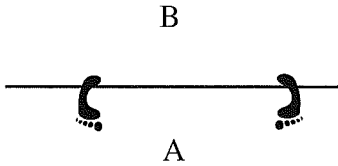


37 - Pivoter sur pied d - regarder et tourner de 180° à g vers A - kiba dachi - chudan uchi ude uke g et gedan barai d vers A

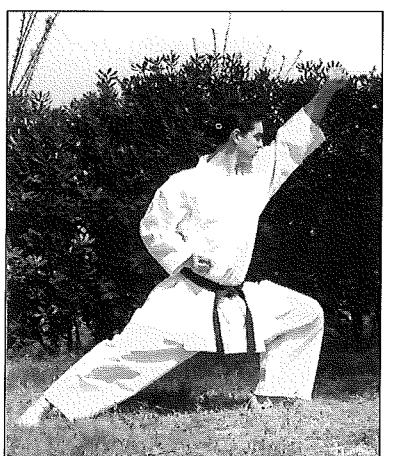
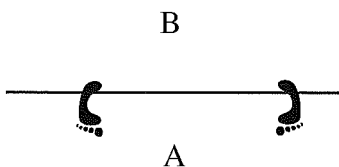
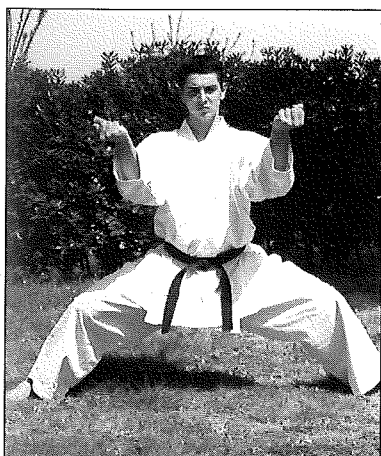
40 - Sur place - chudan hon tsuki g vers A



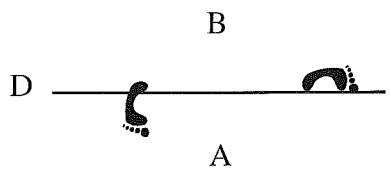
38 - Sur place - abaisser bras g - morote gedan barai vers A - kiba dachi



41 - Sur place - chudan hon tsuki d vers A - kiba dachi



39 - Sur place - chudan uchi ude uke des deux mains vers A - kiba dachi

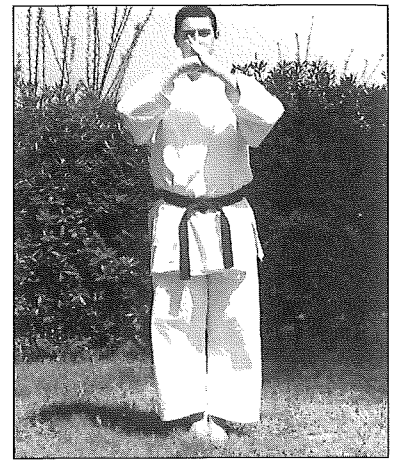
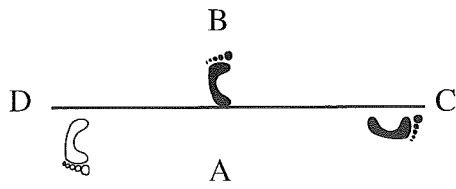


42 - Regarder et tourner pied g vers C en zenkutsu g vers C - jodan age uke g vers C

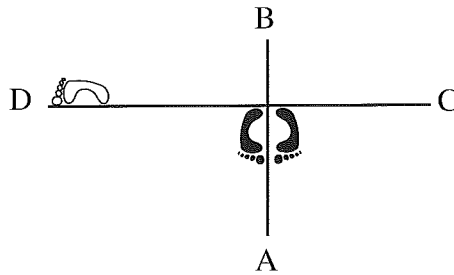




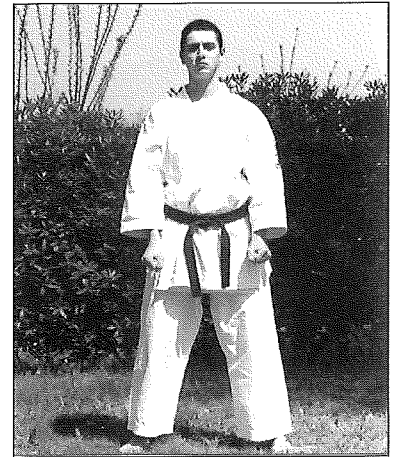
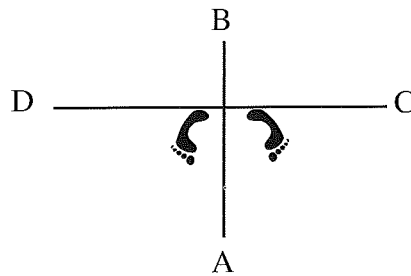
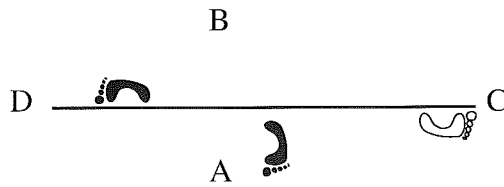
43 - Avancer d'un pas du pied d vers C en zenkutsu d - chudan oitsuki d vers C



46 - Ramener pied g en heisoku dachi face à A comme photo 3



44 - Regarder et tourner à d 180° avec pied d vers D - zenkutsu d - jodan age uke d vers D



47 - Hachiji dachi face à A - FIN



45 - Avancer d'un pas du pied g vers D en zenkutsu g - chudan oitsuki g vers D - Kiai

