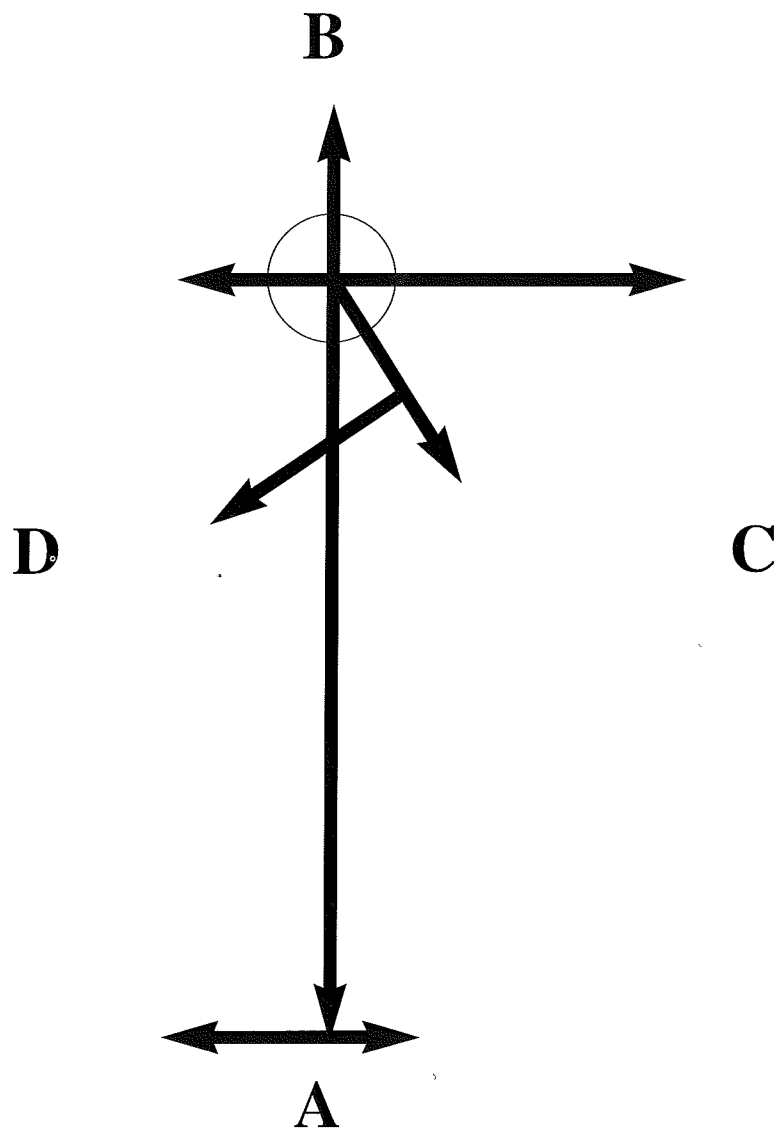
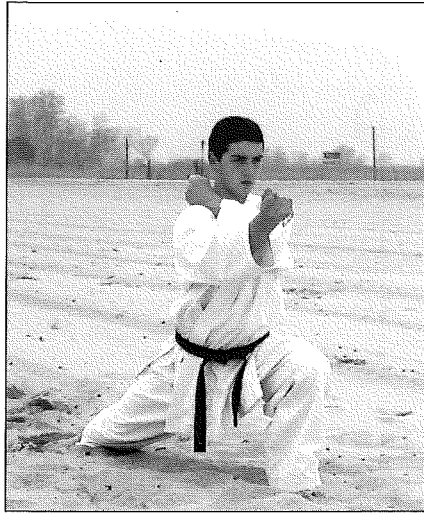
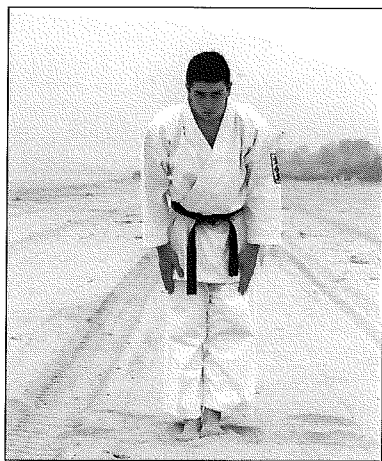


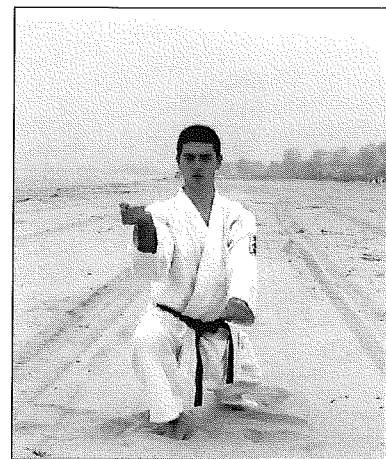
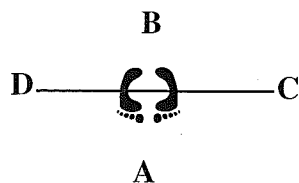
JION (*)

Exécuté par Thomas STAVRIANIDIS, 1^{er} dan Shotokai Egami ryu (Grèce)

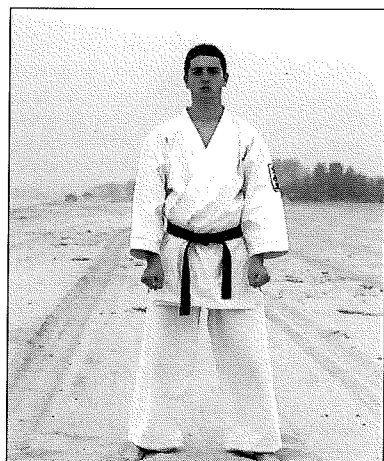
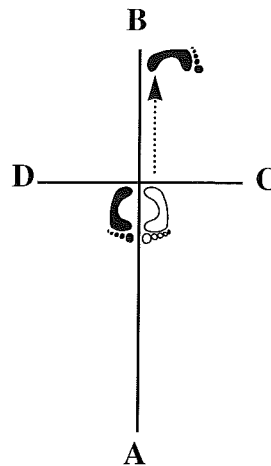




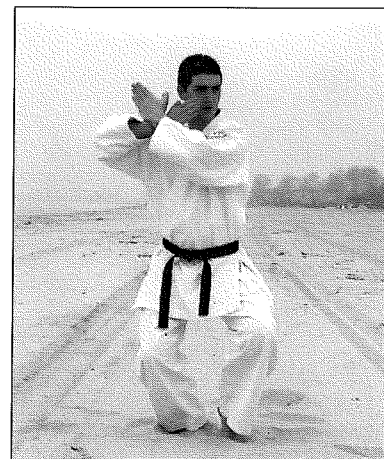
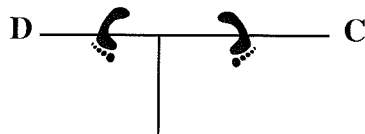
1 - Heisoku dachi - Rei



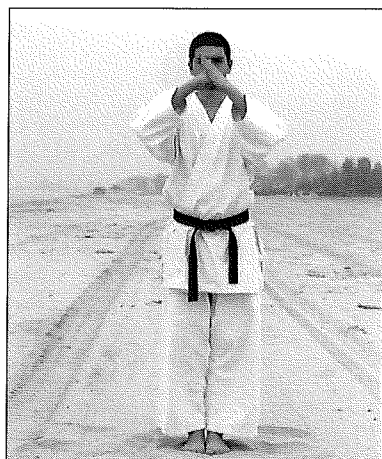
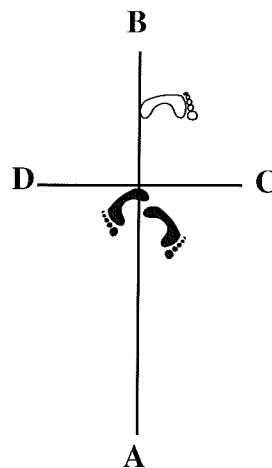
4 - Sur place - reculer pied g en arrière vers B en zenkutsu d vers A - gedan gyaku barai g - uchi ude uke d vers A



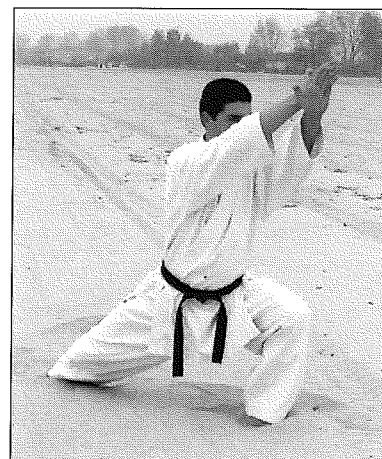
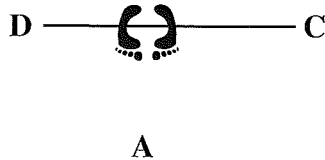
2 - Hachiji dachi face à A



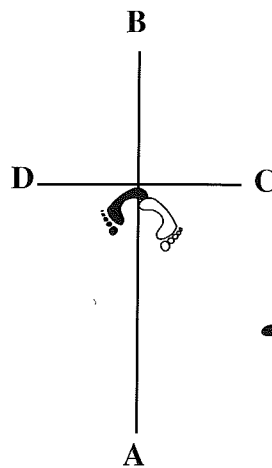
5 - Regarder à g vers CA et avancer avec pied g à 45° à g vers CA - armer les mains pour juji uke

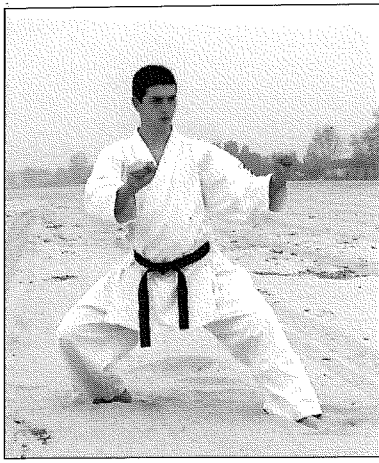


3 - Heisoku dachi - les mains comme sur la photo - Yoi

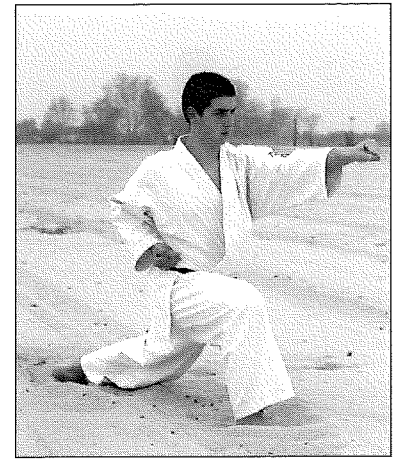
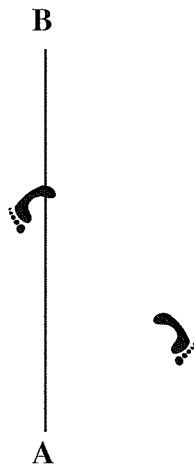


6 - Zenkutsu g vers CA - jodan juji uke

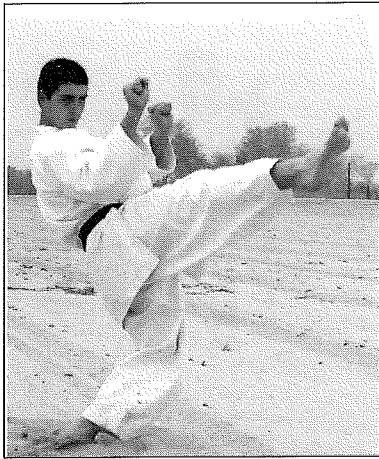
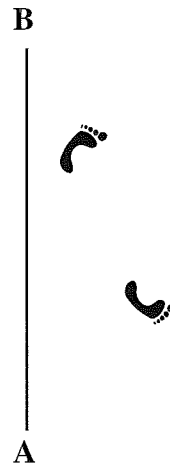




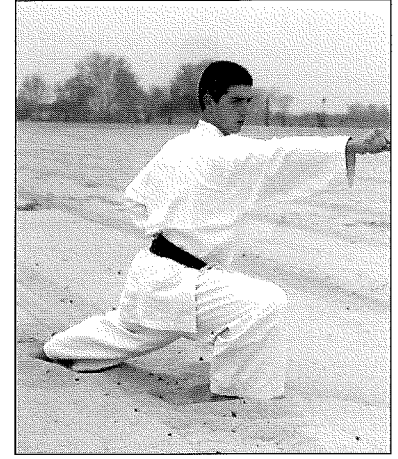
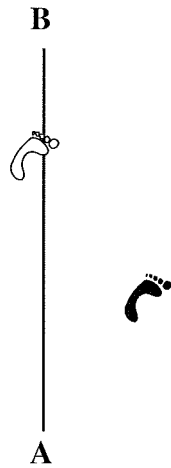
7 - Sur place - tsuri ashi en arrière du pied g - kokutsu g vers CA - chudan kakiwake uke



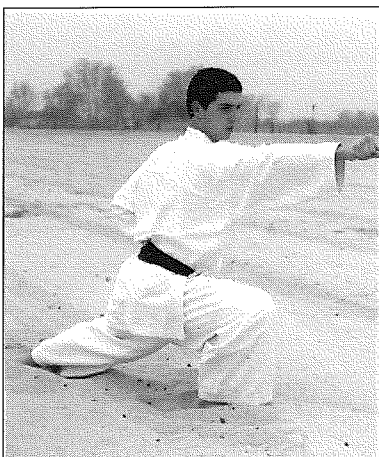
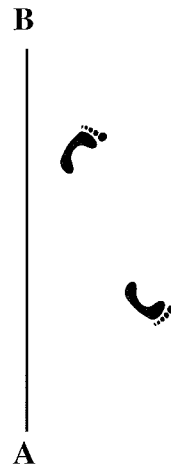
10 - Sur place - chudan gyaku tsuki g vers CA



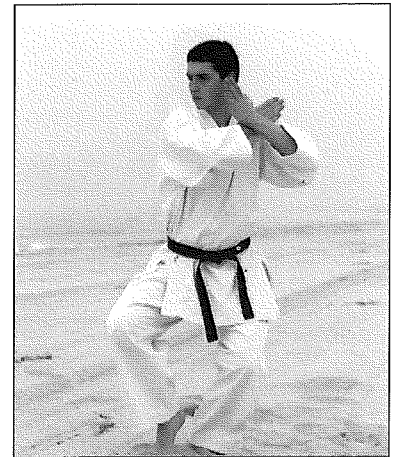
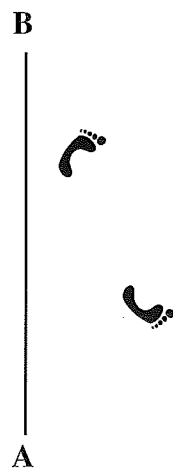
8 - Mae geri d vers CA



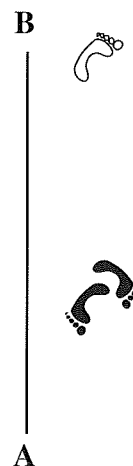
11 - Sur place - chudan hon tsuki d vers CA

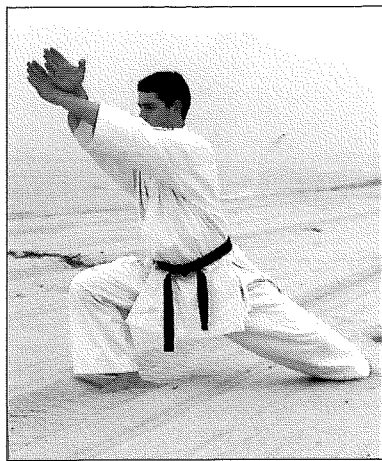


9 - Poser pied d au sol en zenkutsu d vers CA - chudan hon tsuki d

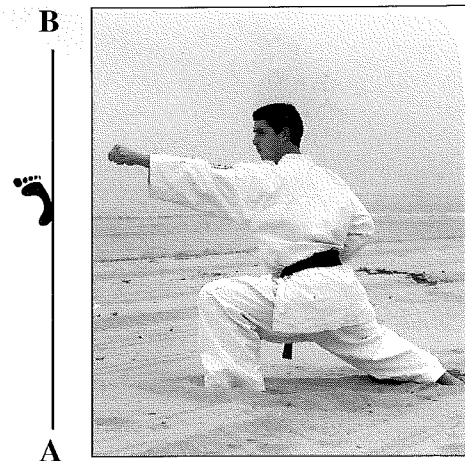


12 - Regarder à d vers DA et avancer avec pied d à 45° à d vers DA - armer les mains en juji uke

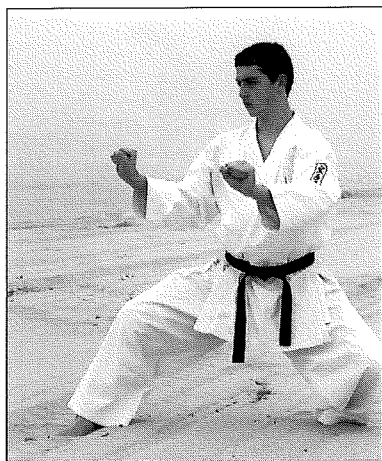




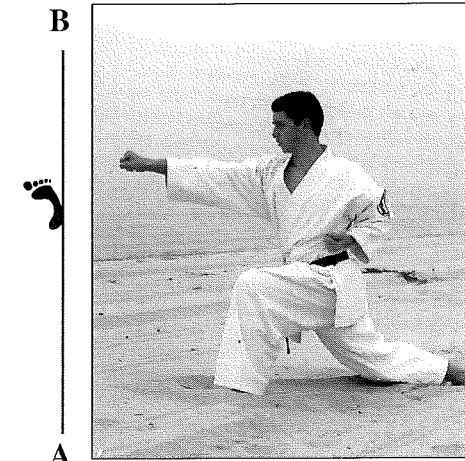
13 - Zenkutsu d vers DA - jodan juji uke



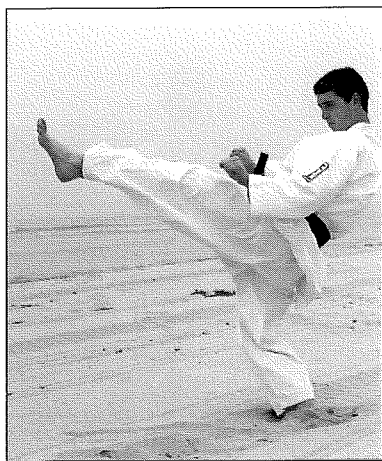
16 - Poser pied g au sol en zenkutsu g vers DA - chudan hon tsuki g



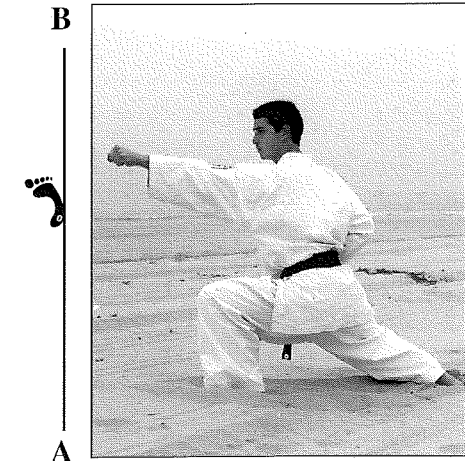
14 - Sur place - tsuri ashi en arrière du pied d - kokutsu d vers DA - chudan kakiwake uke



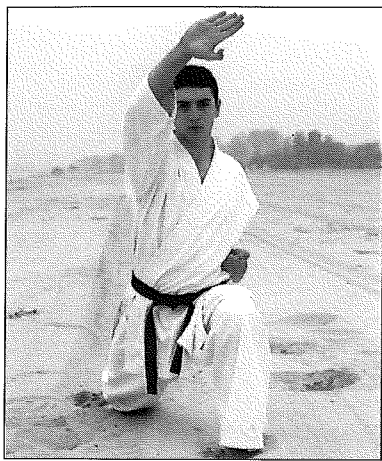
17 - Sur place - chudan gyaku tsuki d vers DA



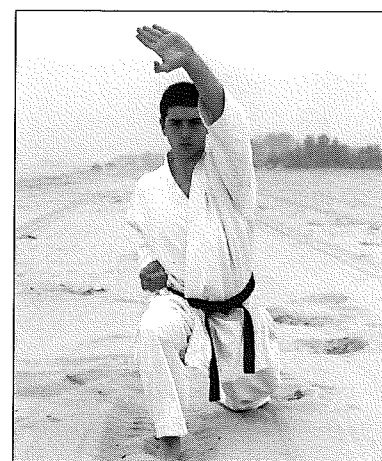
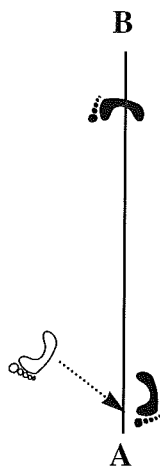
15 - Mae geri g vers DA



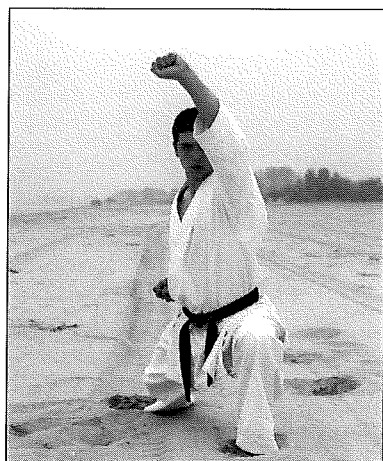
18 - Sur place - chudan hon tsuki g vers DA



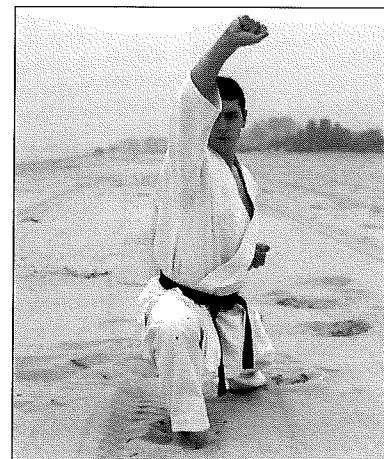
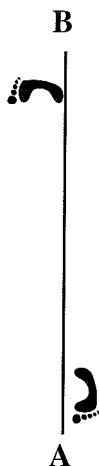
19 - Regarder à g vers A - ramener pied g à g de 45° sur axe central vers A - zenkutsu g - jodan gyaku shuto age uke d vers A



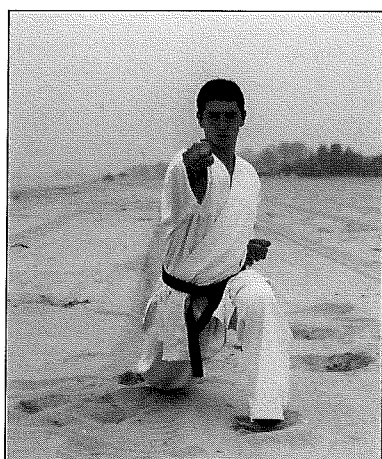
22 - Avancer d'un pas du pied d vers A en zenkutsu d - jodan gyaku shuto age uke g vers A



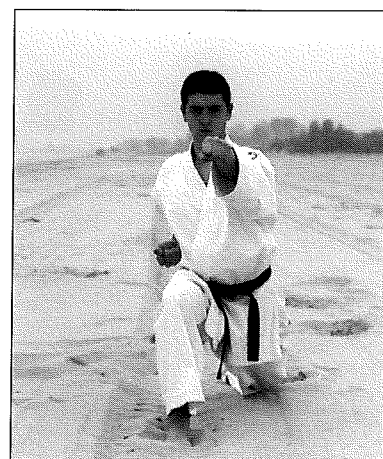
20 - Sur place - jodan age uke g vers A



23 - Sur place - jodan age uke d vers A

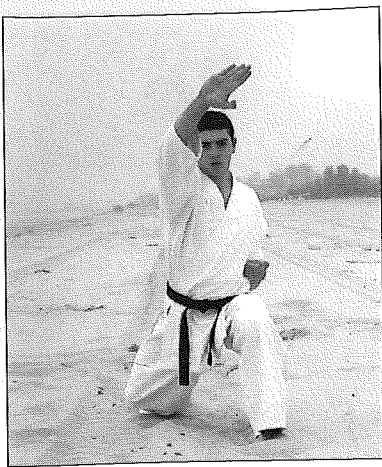


21 - Sur place - chudan gyaku tsuki d vers A - zenkutsu g

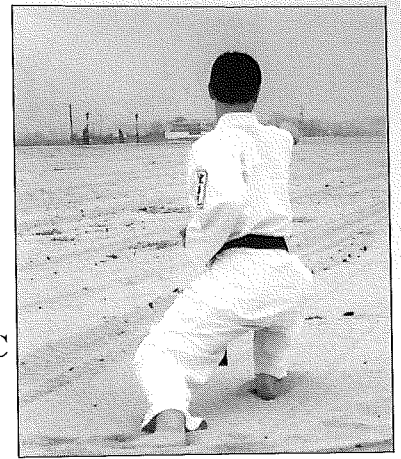
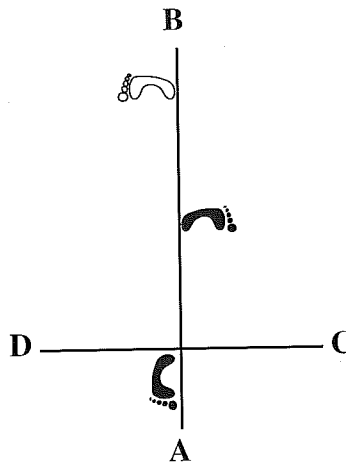
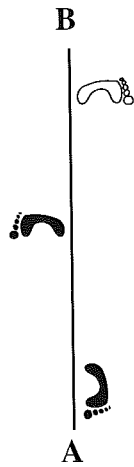


24 - Sur place - chudan gyaku tsuki g vers A - zenkutsu d

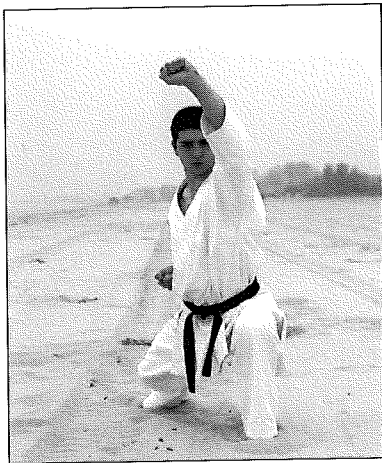




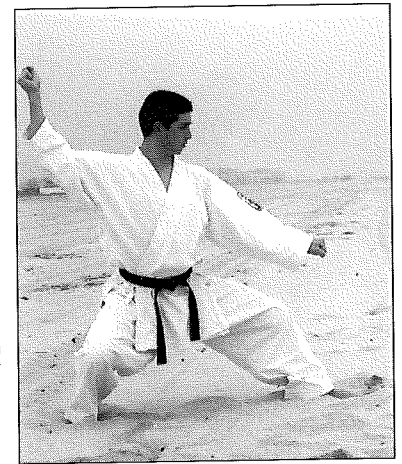
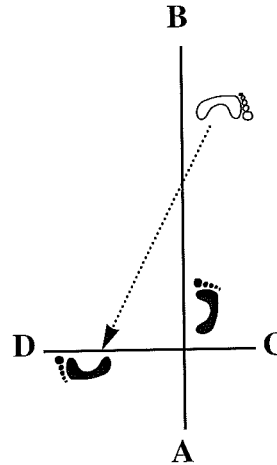
25 - Mouvements identiques à photo 19



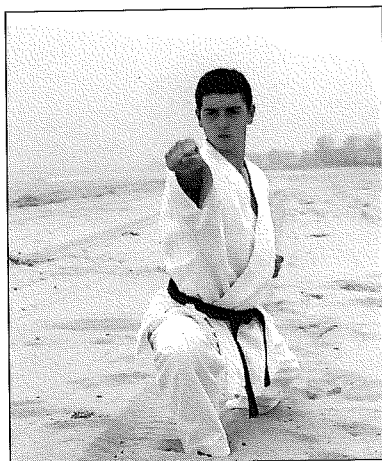
28 - Vue de B de photo 27



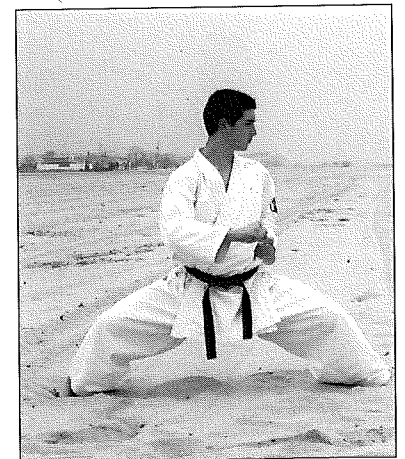
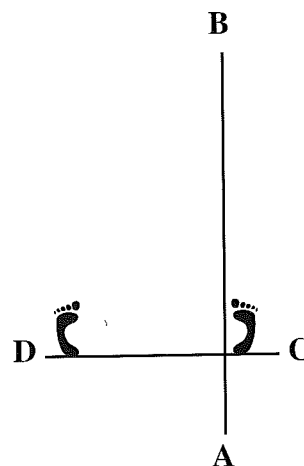
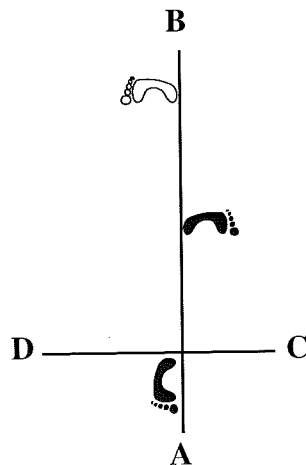
26 - Mouvements identiques à photo 20



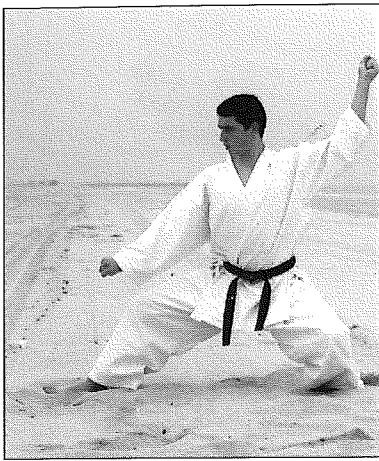
29 - Pivoter sur pied d - tourner avec pied g de 270° à g vers D - regarder vers D kokutsu g vers D - jodan nagashi uchi uke d vers C - gedan barai g vers D



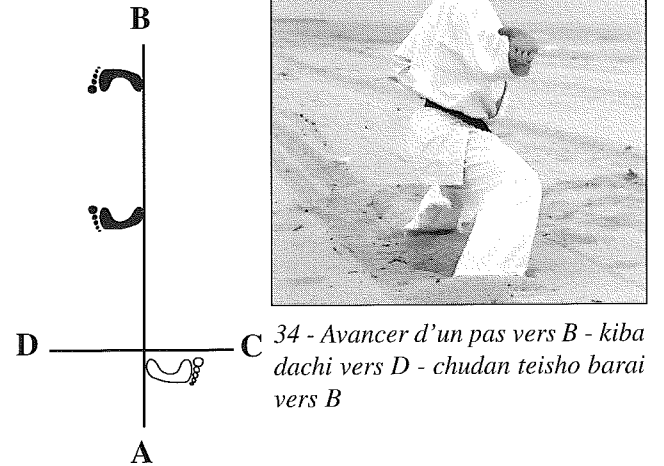
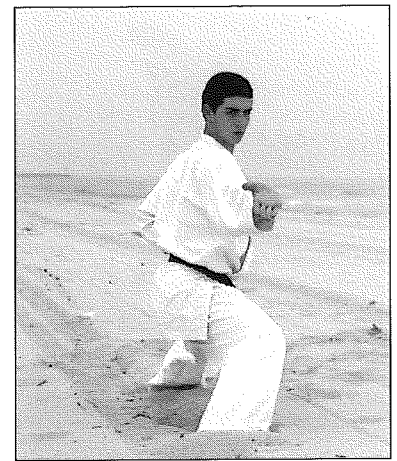
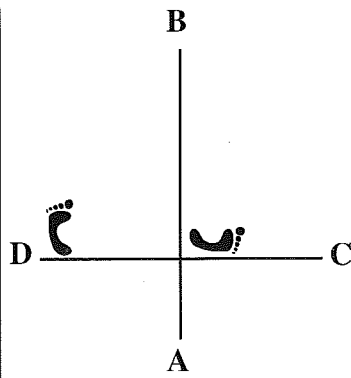
27 - Avancer d'un pas du pied d vers A zenkutsu d - chudan oi-tsuki d vers A - Kiai



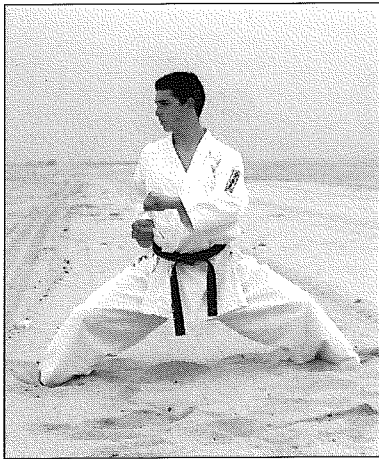
30 - Sur place - tsuri ashi latéral vers D en kiba dachi vers B - kagi tsuki d vers D



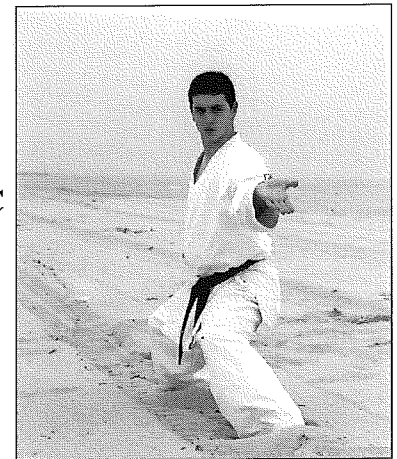
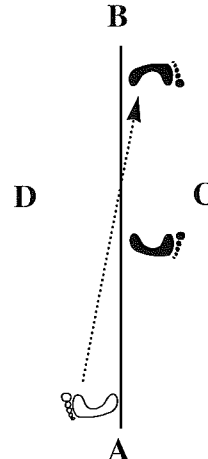
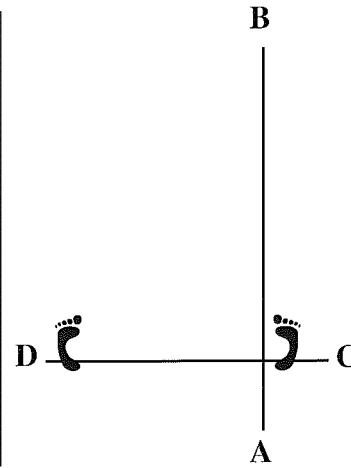
31 - Sur place - tourner pied d de 90° à d vers C - kokutsu d vers C - jodan nagashi uchi uke g vers D - gedan barai d vers C



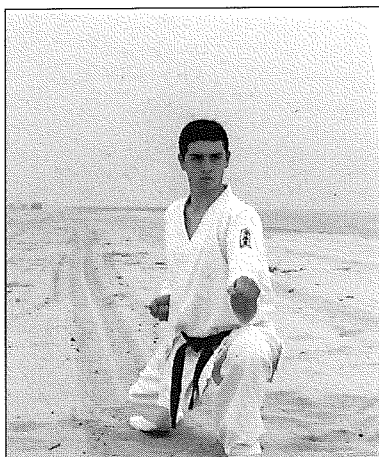
34 - Avancer d'un pas vers B - kiba dachi vers D - chudan teisho barai vers B



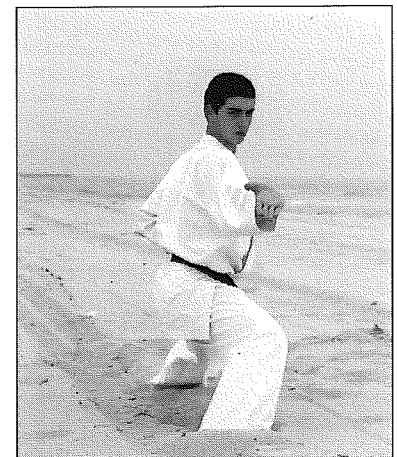
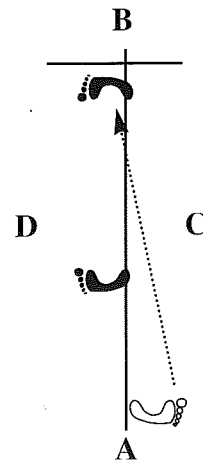
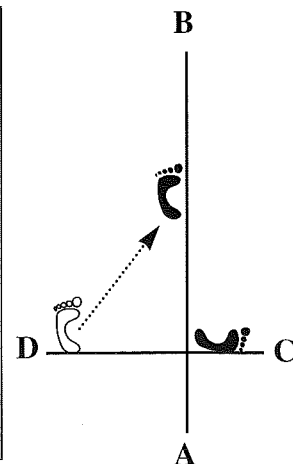
32 - Sur place - tsuri ashi latéral vers C en kiba dachi vers B - kagi tsuki g vers C



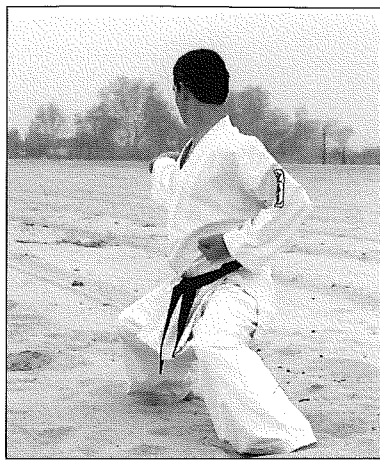
35 - Avancer d'un pas vers B - kiba dachi vers C - chudan teisho barai vers B



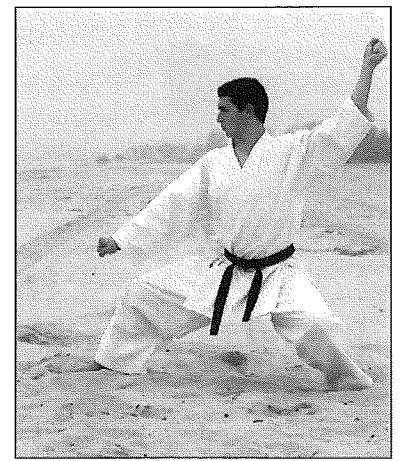
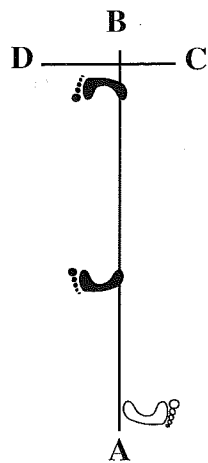
33 - Regarder vers B - Avancer d'un pas du pied g vers B en zenkutsu g - gedan barai g vers B



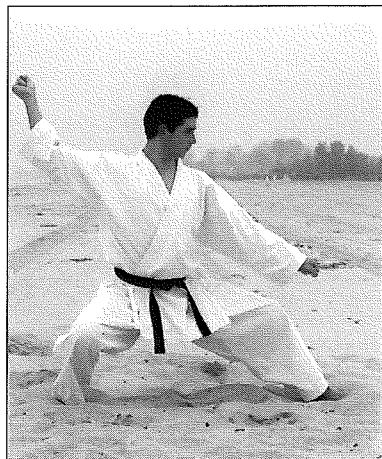
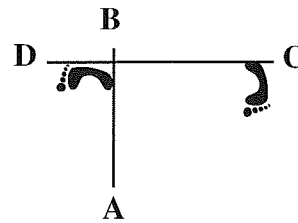
36 - Avancer d'un pas vers B - kiba dachi vers D - chudan teisho barai vers B



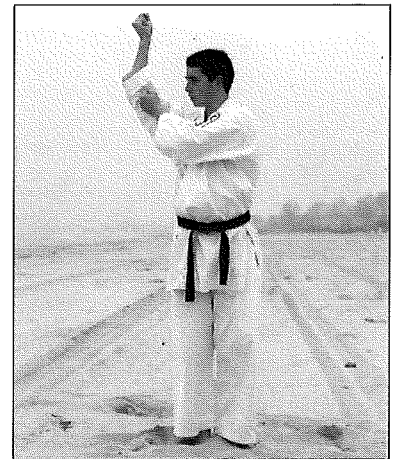
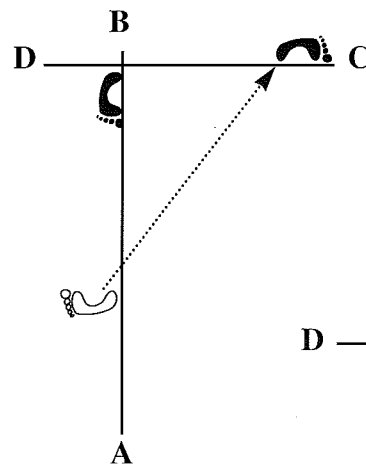
37 - Vue de A de photo 36



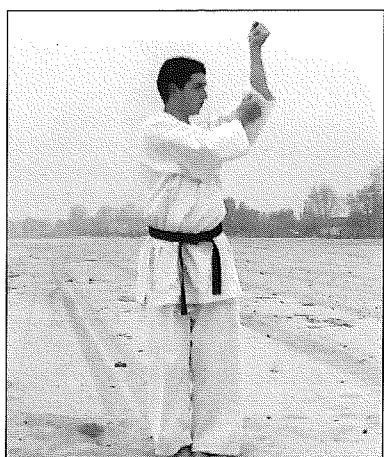
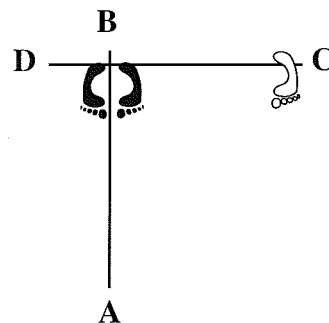
40 - Regarder à d vers D - avancer pied d en kokutsu d vers D - jodan nagashi uchi uke g vers C - gedan barai d vers D



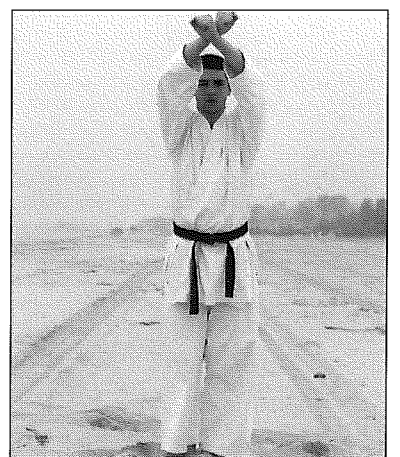
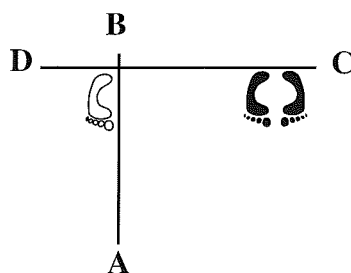
38 - Pivoter sur pied d - tourner et regarder à g avec pied g à 90° vers C - kokutsu g vers C - jodan nagashi uchi uke d vers D - gedan barai g vers C



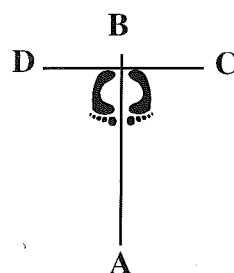
41 - Ramener pied g à côté pied d en heisoku dachi vers A - jodan morote uchi uke vers D

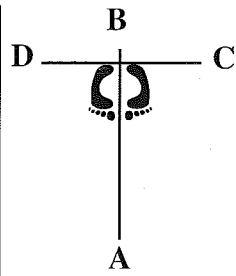
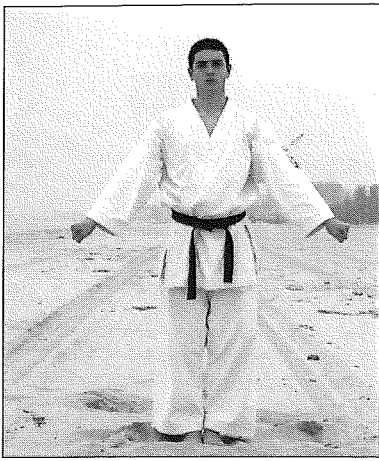


39 - Ramener pied d à côté pied g en heisoku dachi vers A - jodan morote uchi uke vers C

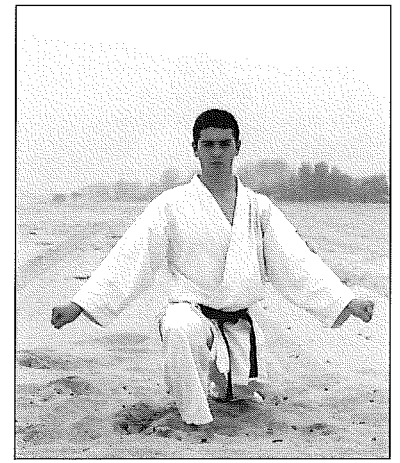


42 - Sur place - regarder vers A - armer les deux mains comme sur la photo

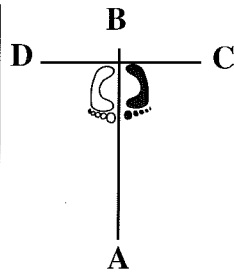
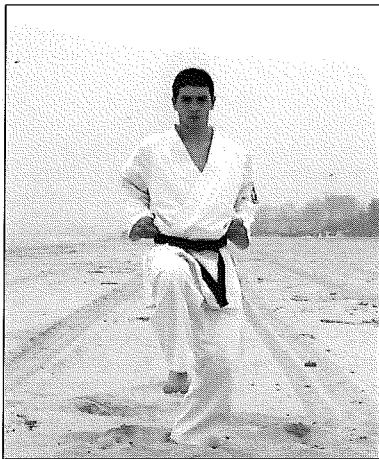




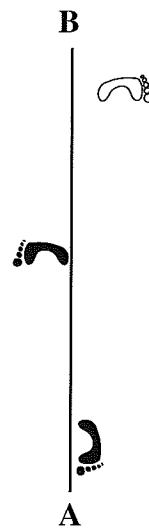
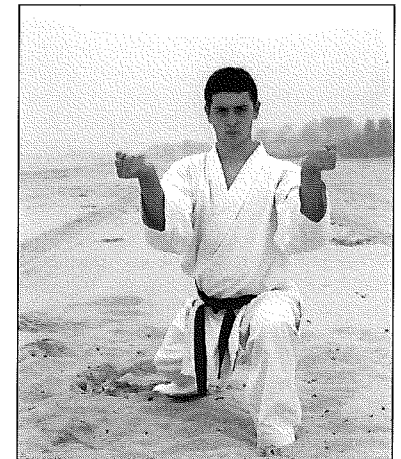
43 - Sur place - gedan barai latéral des deux mains face à A



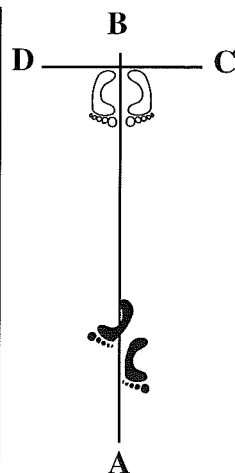
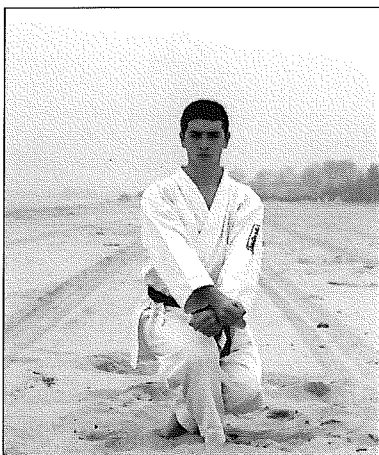
46 - Sur place reculer pied g en zenkutsu d vers A - gedan barai latéral des deux mains face à A



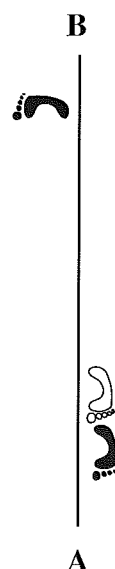
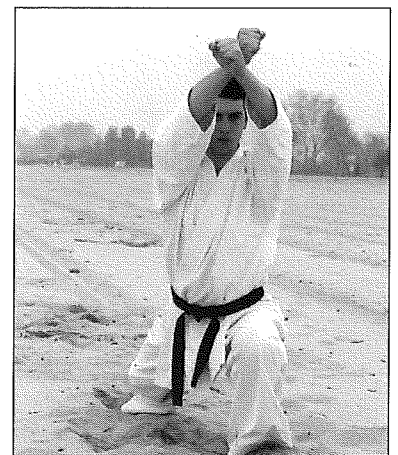
44 - Hikite des deux mains et avancer pied d vers A



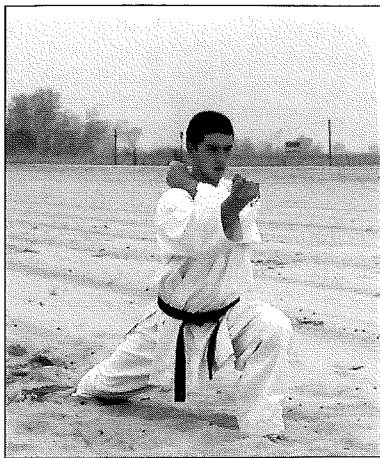
47 - Avancer d'un pas du pied g vers A - chudan uchi ude uke des deux mains vers A



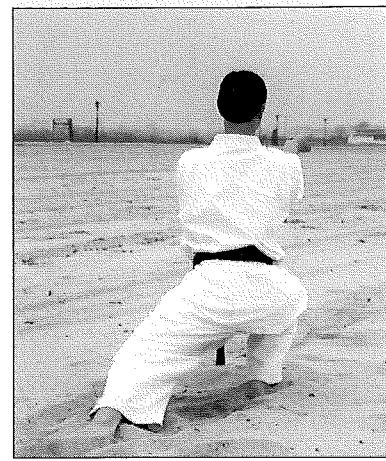
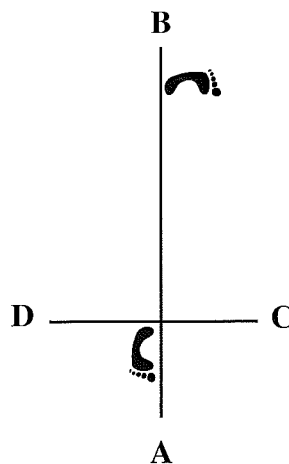
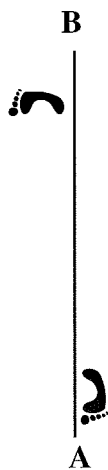
45 - Amener pied g en soe ashi derrière pied d fléchi - gedan juji uke vers A



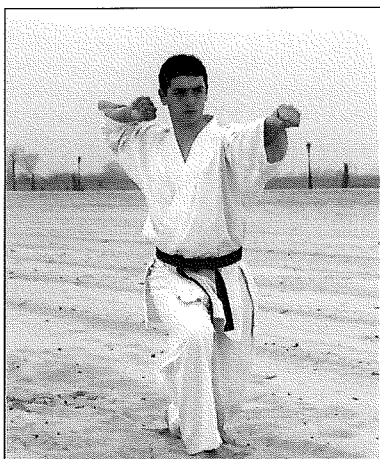
48 - Sur place - lever les deux mains en jodan juji uke vers A - tsuri ashi vers A



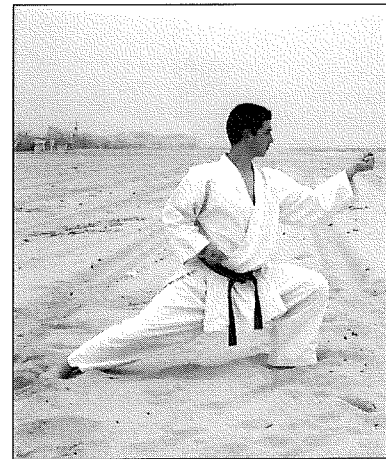
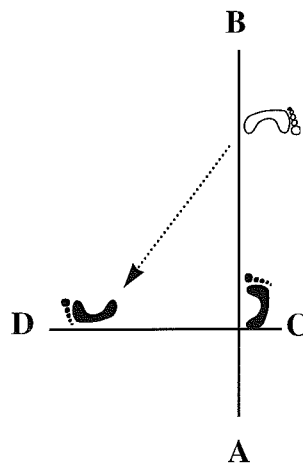
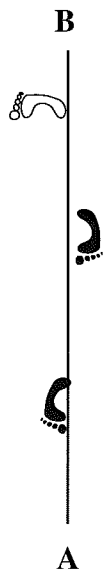
49 - Sur place - uchi ude uke g - uraken gyaku hon tsuki d vers A



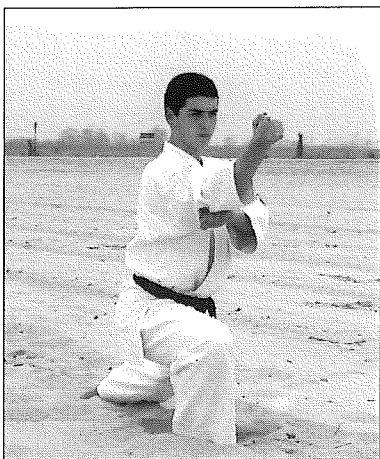
52 - Vue de B de photo 51



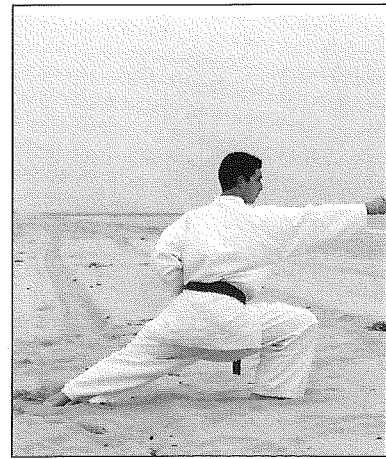
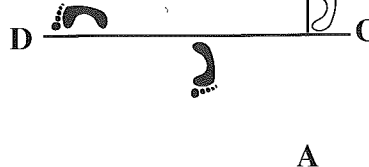
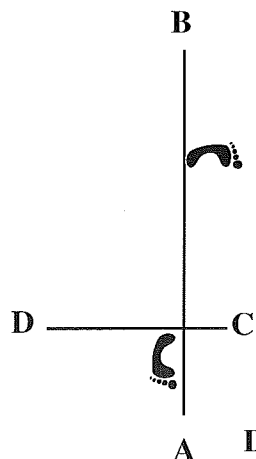
50 - Avancer pied d d'un pas vers A - armer bras g vers l'avant et bras d vers l'arrière comme sur photo



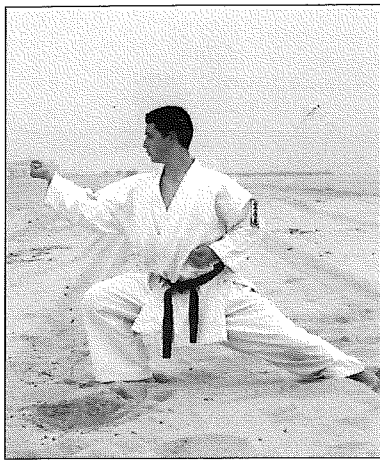
53 - Pivoter pied d - tourner à g avec pied d à 270° vers D - zenkutsu g - chudan uchi ude uke g vers D



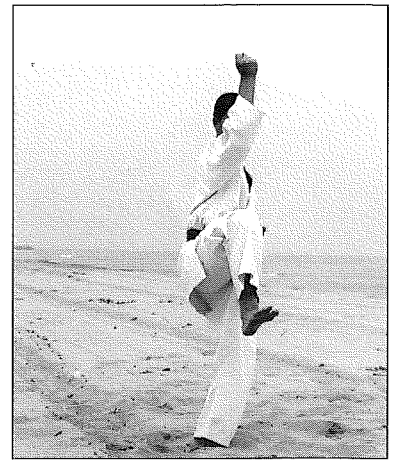
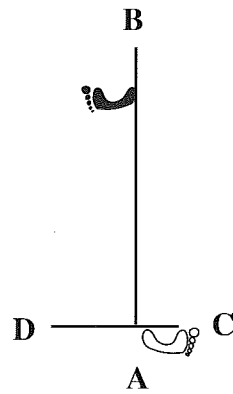
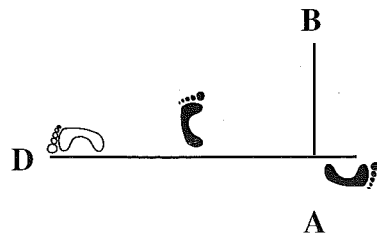
51 - Zenkutsu d vers A - uraken d sur dos main g vers A



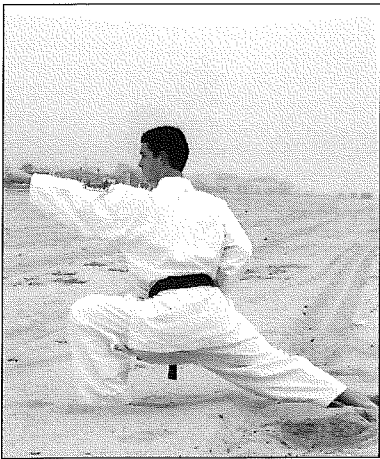
54 - Avancer d'un pas du pied d vers D - zenkutsu d - chudan oi-tsuki d



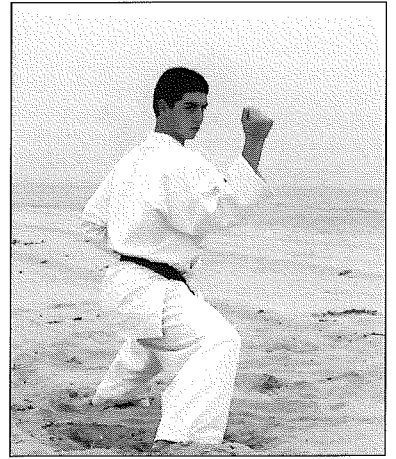
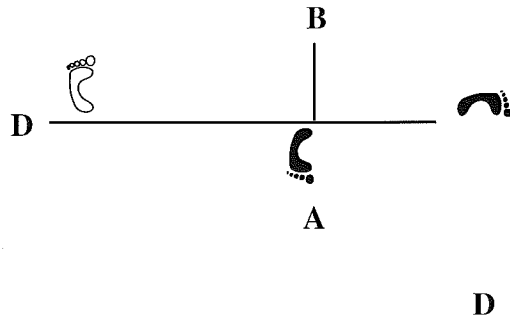
55 - Regarder et pivoter sur pied g à d de 180° vers C avec pied d - zenkutsu d - chudan uchi ude uke d vers C



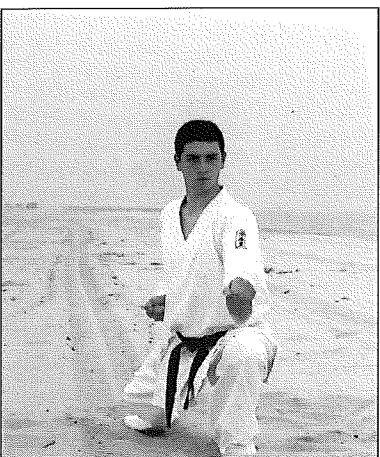
58 - Avancer en armant la jambe d vers B - armer bras d en jodan



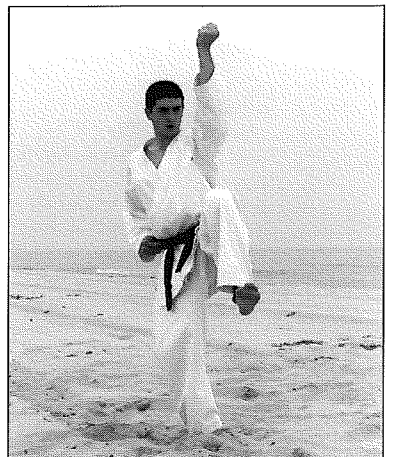
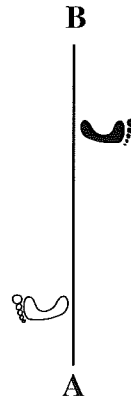
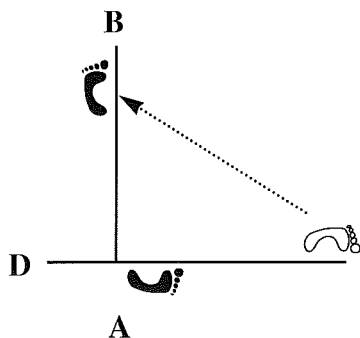
56 - Avancer d'un pas du pied g vers C - zenkutsu g - chudan oitsuki g



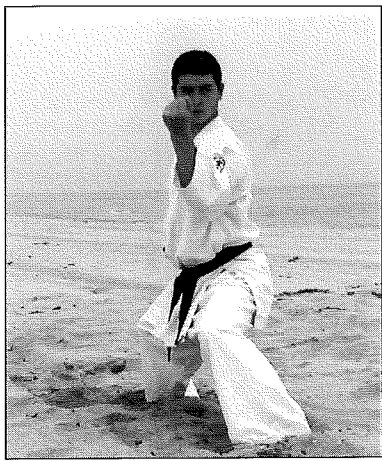
59 - Reposer pied d en kiba dachi vers D (variante : zenkutsu d vers B) osae empi uchi vers B



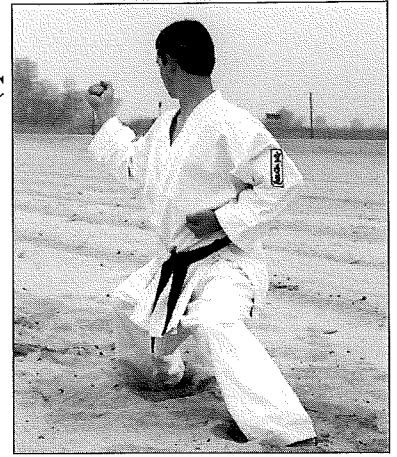
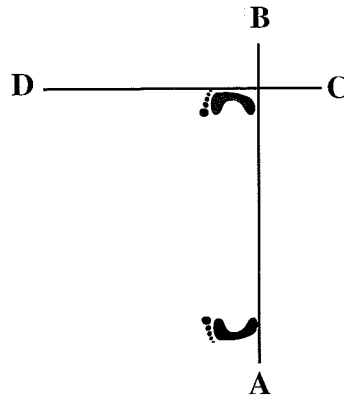
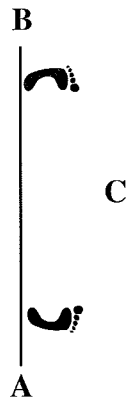
57 - Regarder et tourner à g de 90° avec pied g en zenkutsu g vers B - godan barai



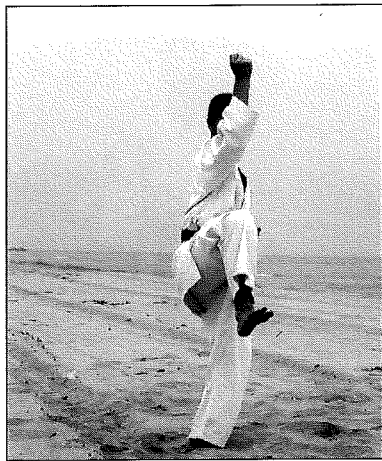
60 - Mouvements et techniques inverses de la photo 58 mais en mouvement et tournant vers la



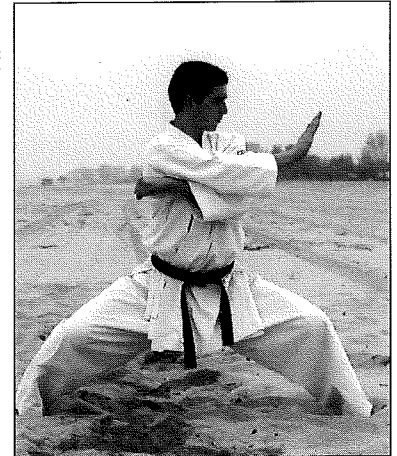
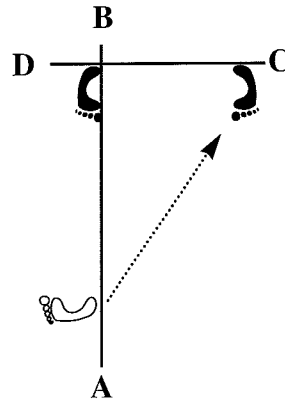
61 - Mouvements et techniques inverses de la photo 59 vers B



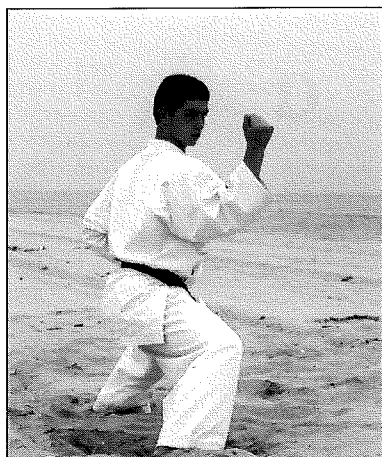
64 - Vue de A de photo 63



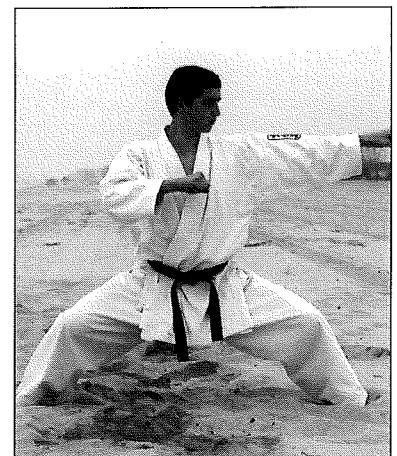
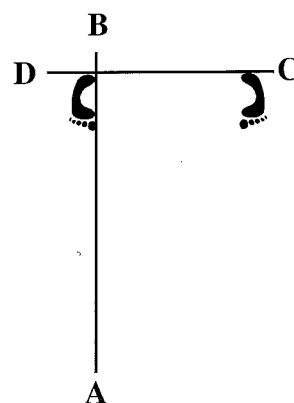
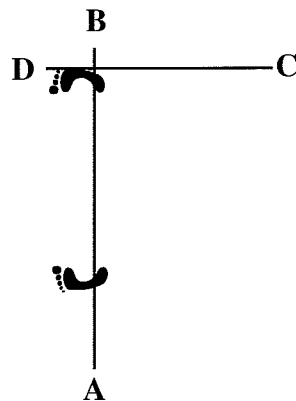
62 - Mouvements et techniques inverses de la photo 58



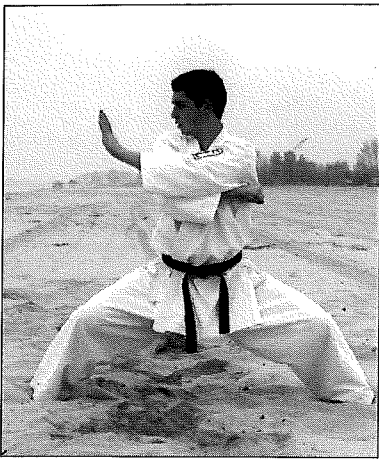
65 - Tourner et regarder à g en pivotant sur pied d de 90° vers C - en kiba dachi vers A (ou 270° vers C si vous êtes dans la variante zenkutsu d vers B) - chudan gyaku Tate uke d vers C - armer bras g sous aisselle d



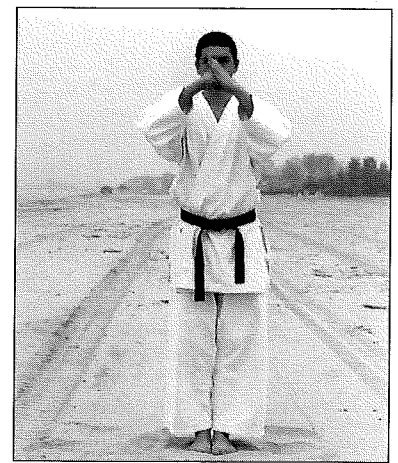
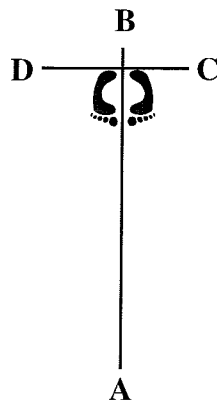
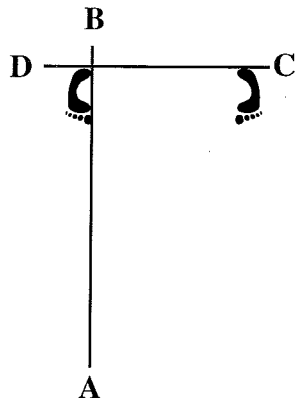
63 - Mouvements et techniques inverses de la photo 59



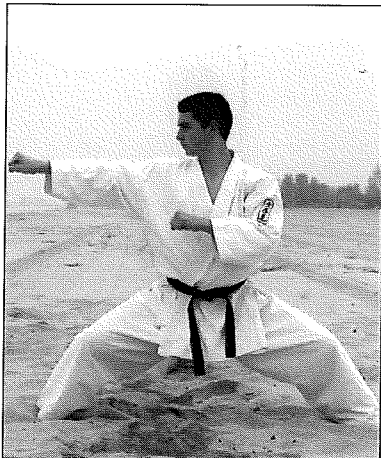
66 - Sur place - chudan harai hon tsuki g vers C - main d kamae



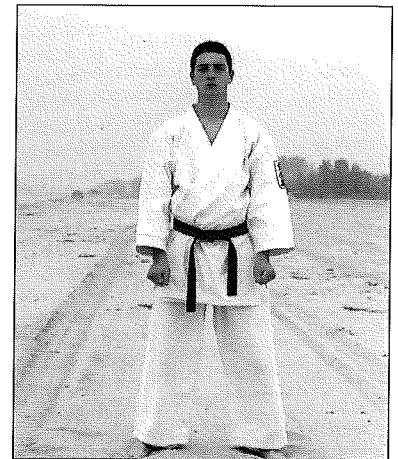
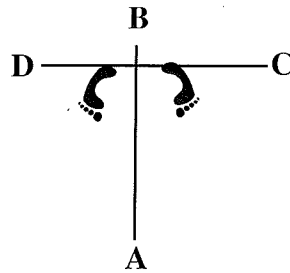
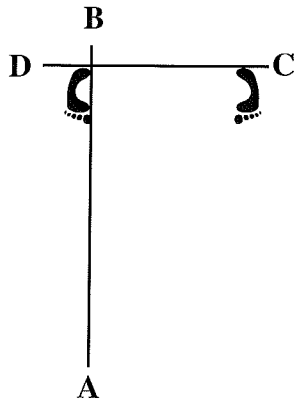
67 - Sur place - regarder vers D - chudan gyaku Tate Uke g vers D - armer bras d sous aisselle g



69 - Ramener pied d en heisoku dachi face à A



68 - Sur place - chudan harai hon tsuki d vers D - main g kamae - kiai



70 - Écarter pied d vers D - hachi-ji dachi vers A - FIN