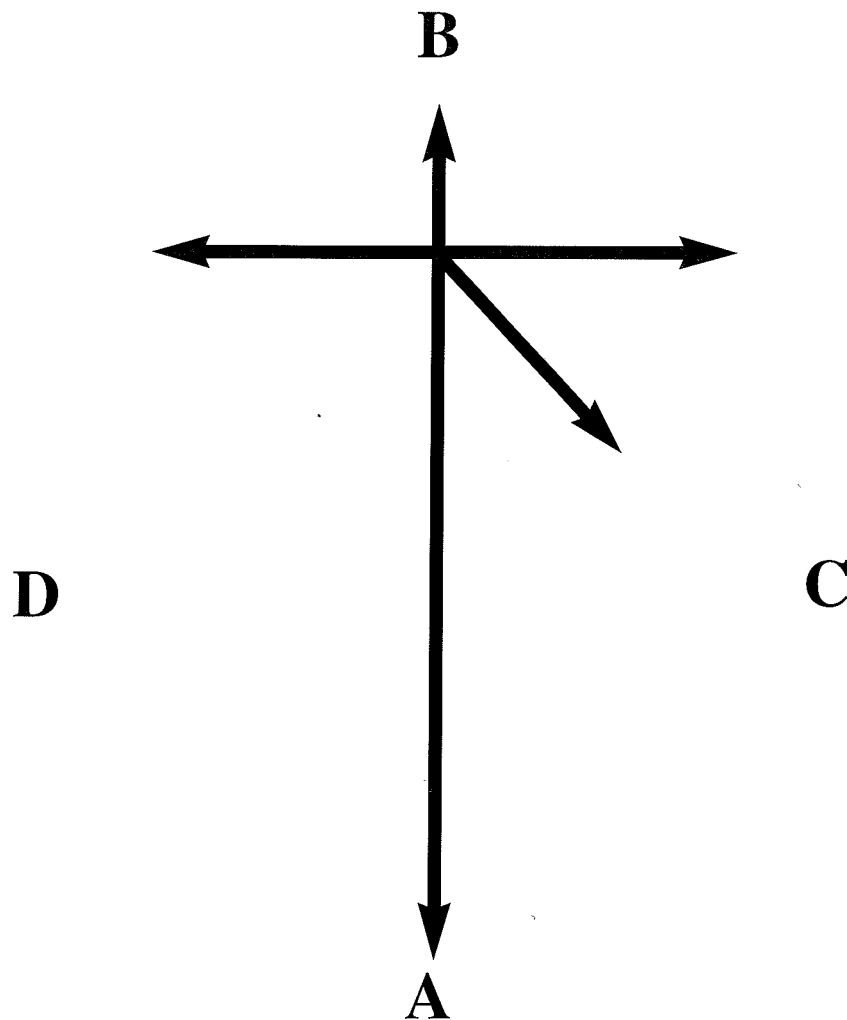
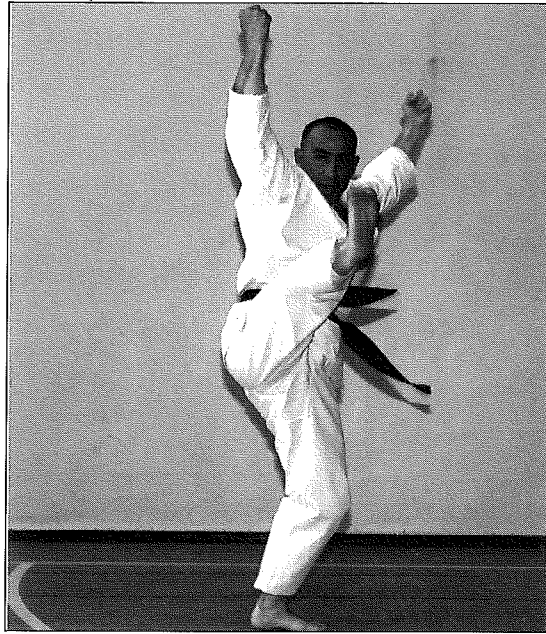
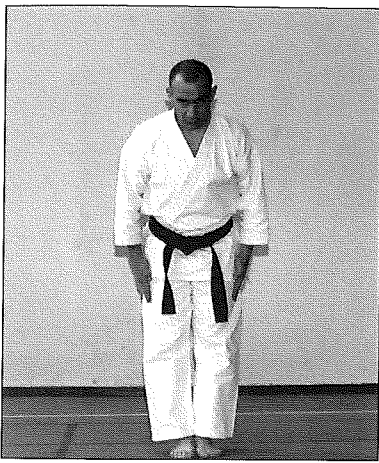


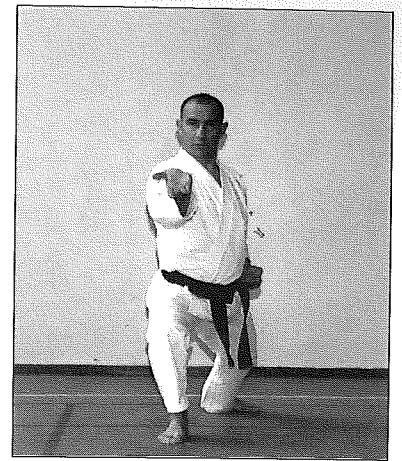
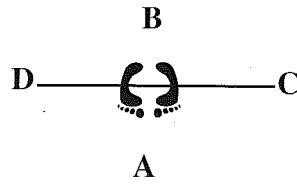
JITE (*)

Exécuté par Jean-Pierre VELA - 2^{ème} dan Shotokai Egami ryu du club de Peynier (13)





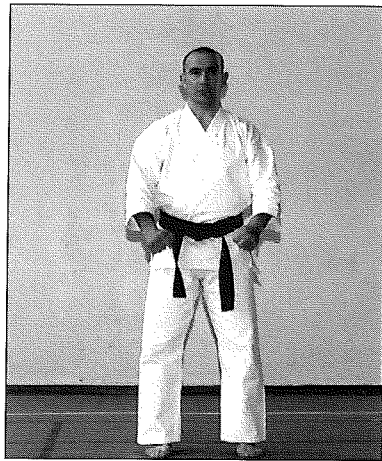
1 - Heisoku dachi - Rei



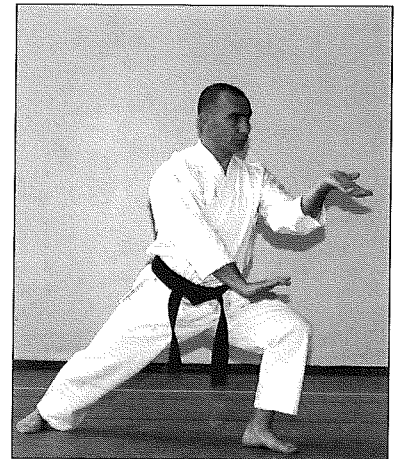
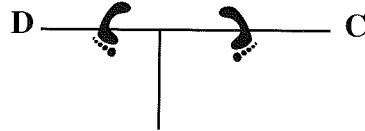
4 - Amener pied g en arriere vers B - zenkutsu d vers A - durant le mouvement la main g fait un osae teisho uke circulaire - main d mouvement circulaire vers A - en fin de mouvement main d chudan tekubi uke - main g hikite - zenkutsu d vers A



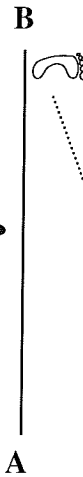
C



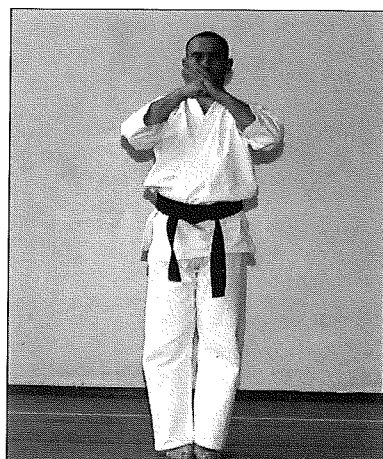
2 - Hachiji dachi



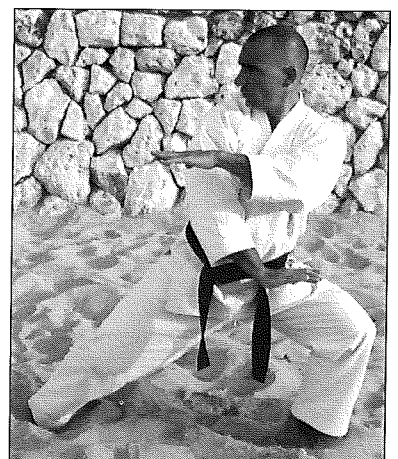
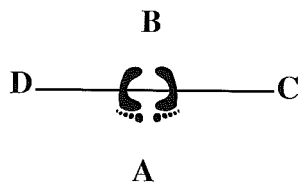
5 - Regarder à g à 45° vers CA - avancer pied g dans cette direction - chudan teisho uke g et gedan teisho uke d - zenkutsu g



D



3 - Heisoku dachi - les mains comme sur la photo main g ouverte - Yoi

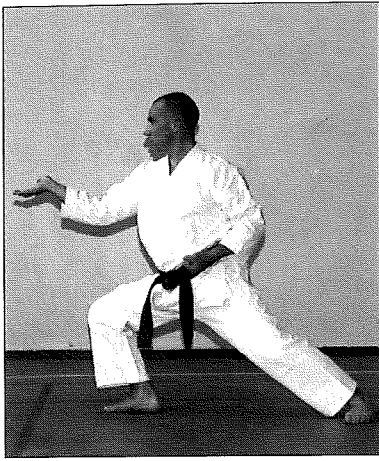


6 - Sur place - regarder vers D - main g chudan osae uke - main d en gedan teisho - zenkutsu g

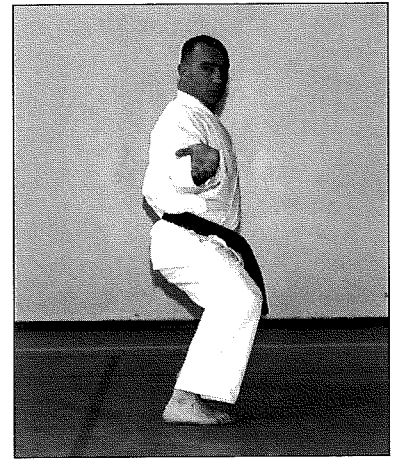
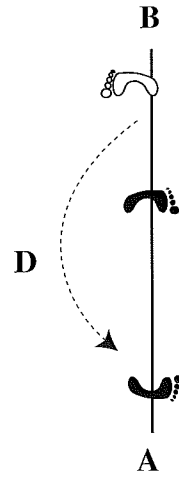
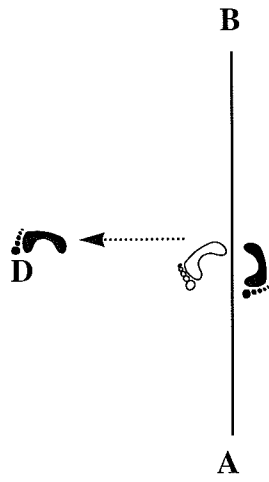


D

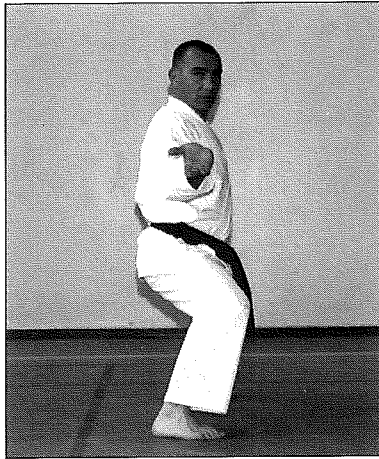
C



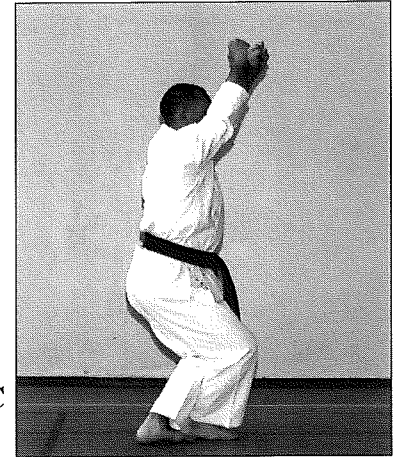
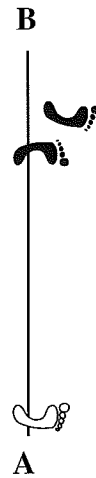
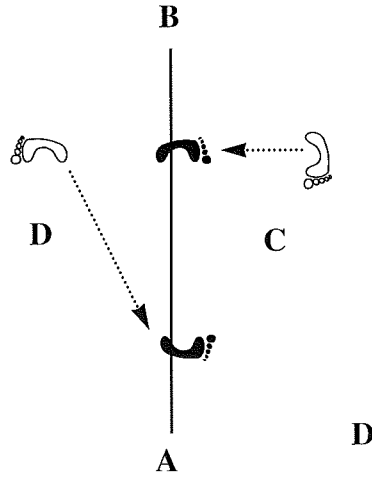
7 - Sur place - avancer légèrement en tsuri ashi pied d vers D en zenkutsu d vers D - main d chudan teisho barai



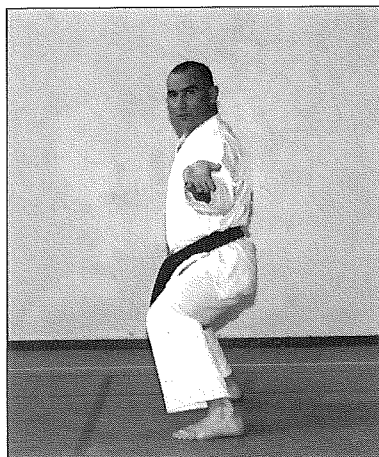
10 - mouvements et déplacements identiques à 9 mais inversés



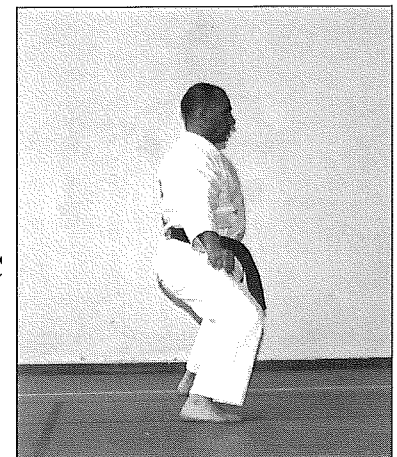
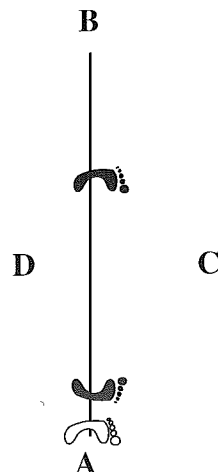
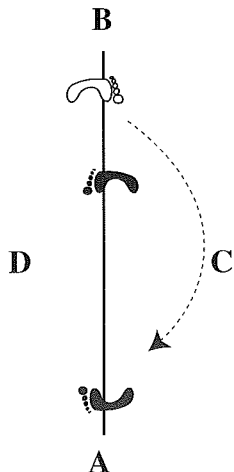
8 - Regarder vers A et ramener pied g vers pied d - avancer pied d sur l'axe central vers A - kiba dachi vers C - chudan teisho uke d



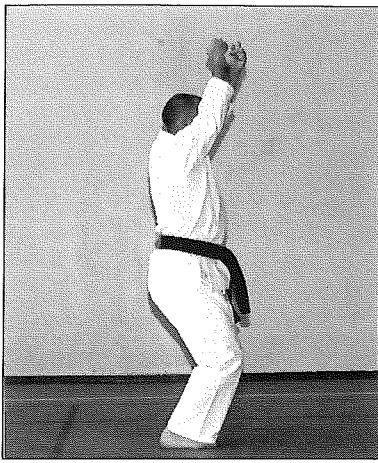
11 - Déplacer pied d sur l'axe vers B devant pied g - kosa dachi vers C - jodan juji uke



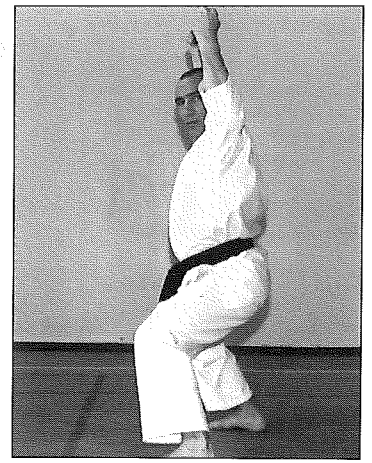
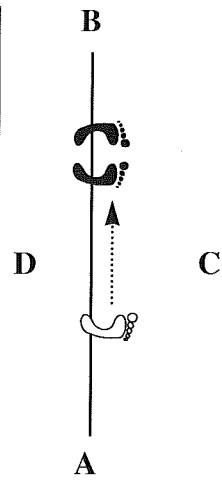
9 - Avancer d'un pas vers A sur l'axe central avec pied g - kiba dachi vers D - chudan teisho uke g



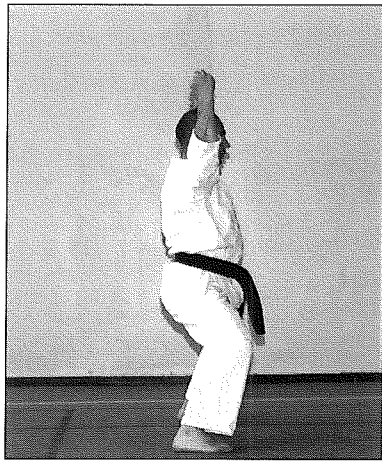
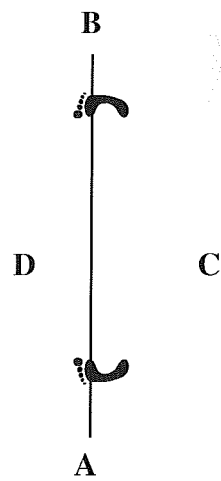
12 - Déplacer pied g sur l'axe vers B - kiba dachi vers C - morote gedan uke latéral



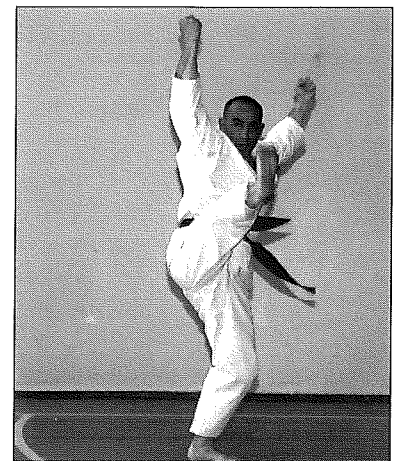
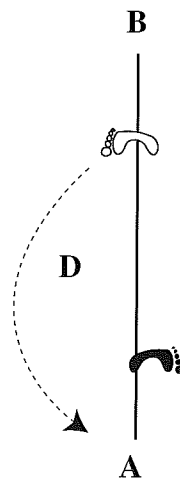
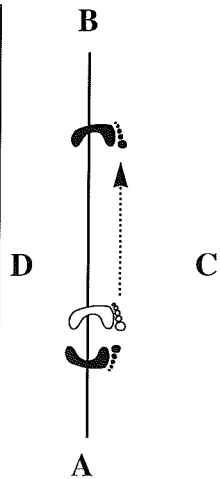
13 - Faire yori ashi vers la g vers B - armer jodan nagashi uke - kiba dachi vers C



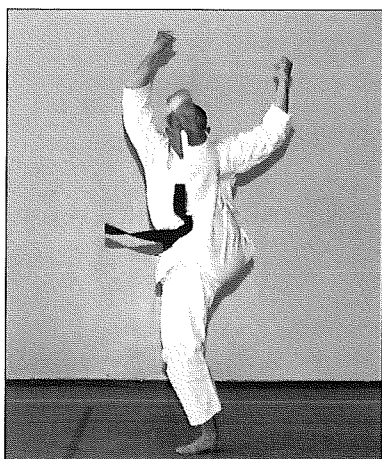
16 - Vers A - frapper le sol avec pied g - les mains en jodan nagashi uke - kiba dachi vers D



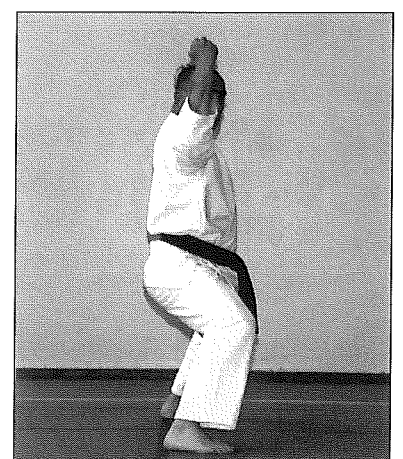
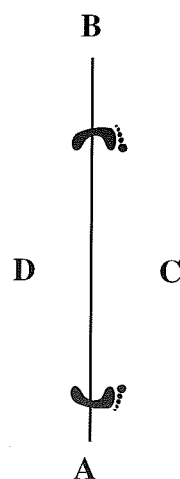
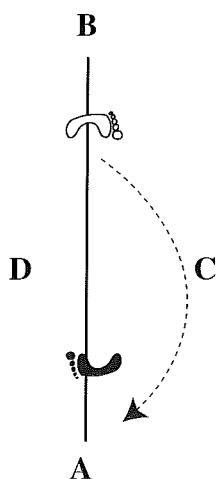
14 - Déplacer pied g vers B - kiba dachi vers C - jodan morote nagashi uke



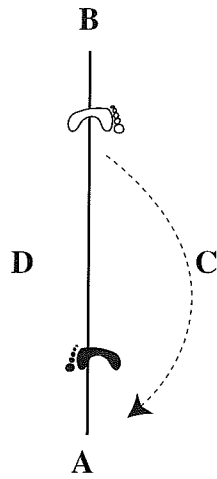
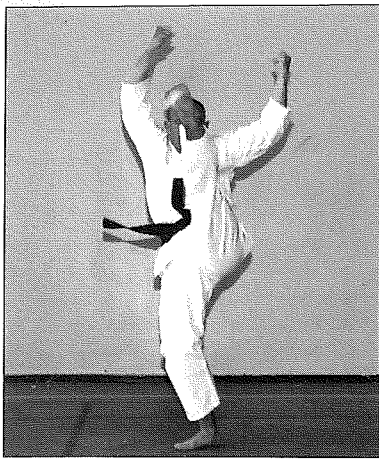
17 - Regarder vers A - pivoter sur pied g de 180° à g vers C - armer pied d pour fumi komi d - les mains ne bougent pas



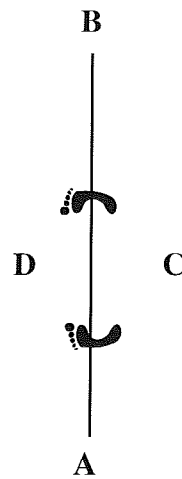
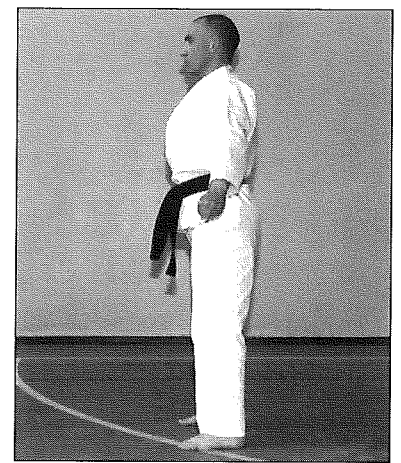
15 - Regarder vers A - pivoter sur pied d de 180° à d vers D - armer pied g pour fumi komi g - les mains ne bougent pas



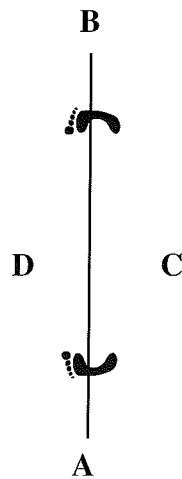
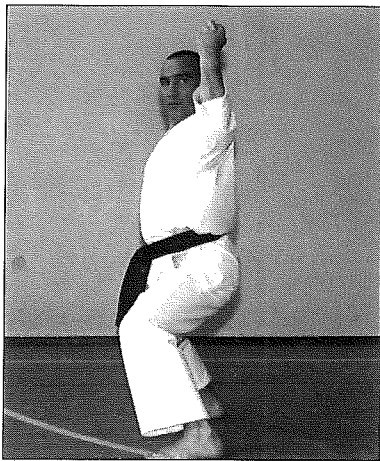
18 - Vers A - frapper le sol avec pied d - les mains en jodan nagashi uke - kiba dachi vers C



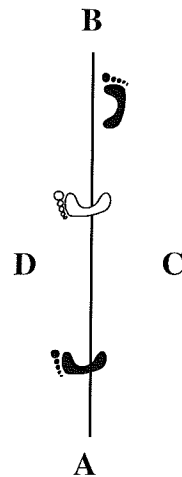
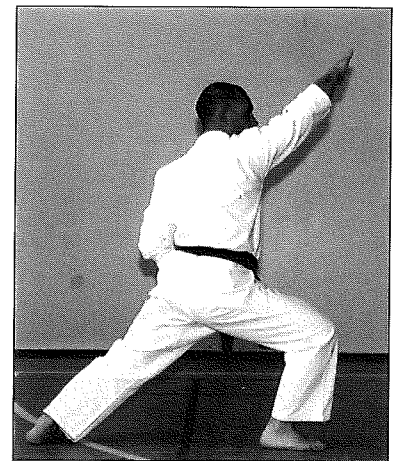
19 - Regarder vers A - pivoter sur pied d de 180° à d vers D - armer pied g pour fumi komi g - les mains ne bougent pas



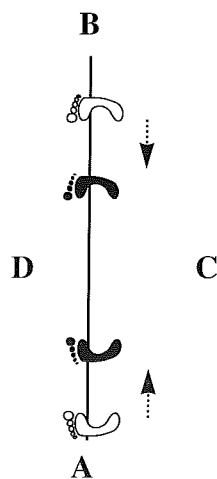
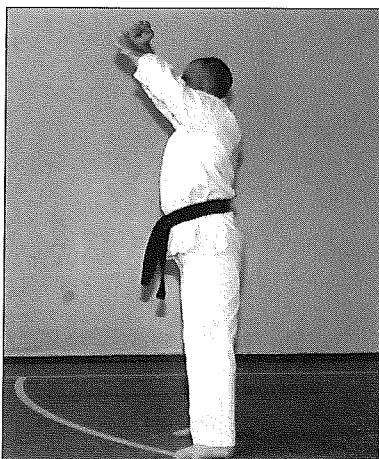
22 - Sur place - amener les bras en gedan morote uke latéral



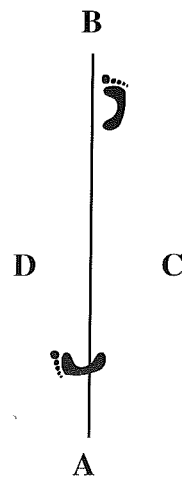
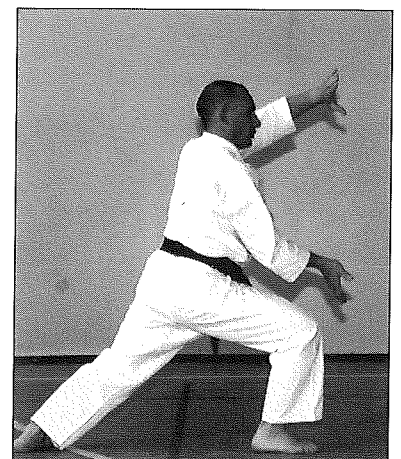
20 - Vers A - frapper le sol avec pied g - les mains en jodan nagashi uke - kiba dachi vers D - Kiai



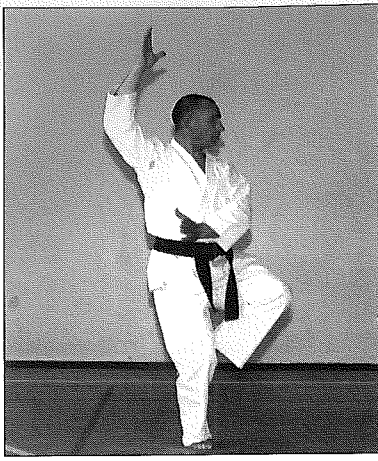
23 - Regarder et tourner de 90° à d en avançant pied d vers B - zenkutsu d - jodan shuto age uke d - main g hikite



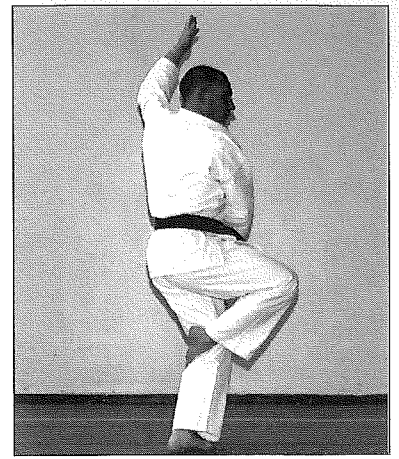
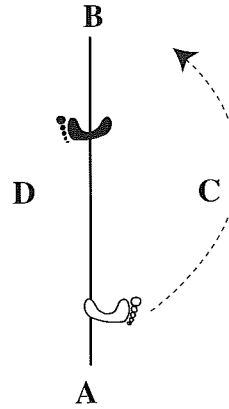
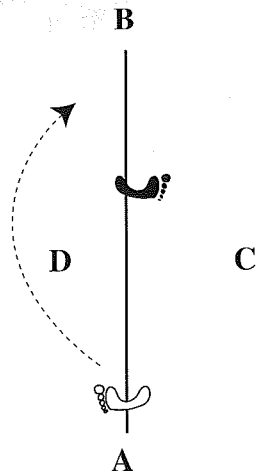
21 - Amener en même temps les deux pieds en hachiji dachi sur l'axe face à D - jodan juji uke vers D



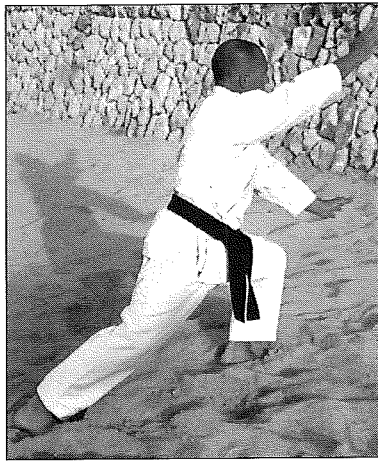
24 - Sur place - main g monte en gyaku jodan bo uke - main d descend en gedan bo uke



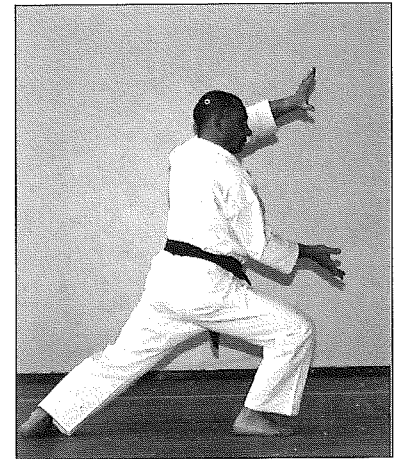
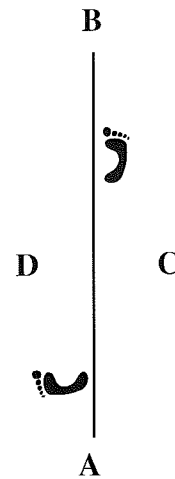
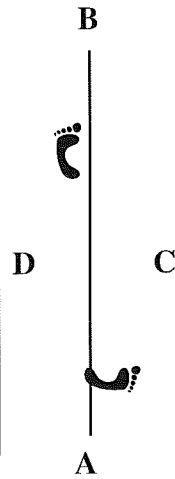
25 - Pivoter sur pied d de 90° à d vers B - lever jambe g en tsuru ashi dachi face à C - regarder vers B - main d monte en jodan kamae - main g en kamae devant poitrine - regarder vers B



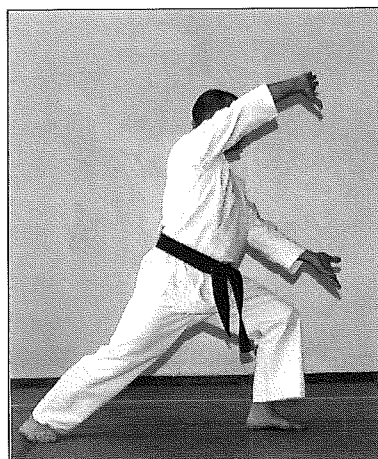
28 - En appui sur pied g vers B - lever jambe d en tsuru ashi dachi face à D - regarder vers B - main g monte en jodan kamae - main d en kamae devant poitrine - regarder vers B



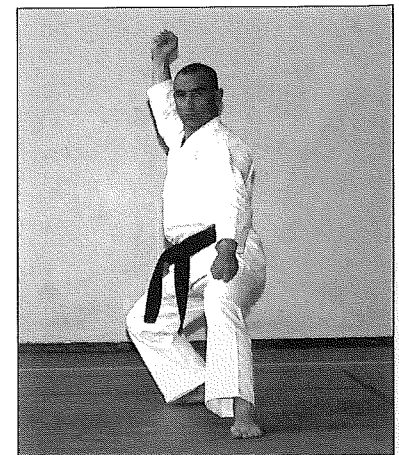
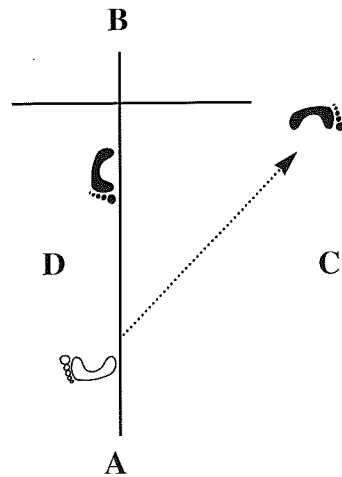
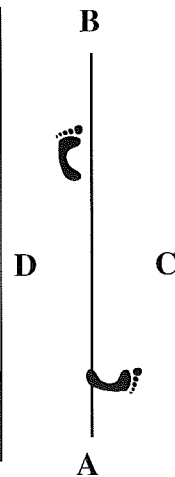
26 - Reposer pied g vers B en zenkutsu g - main d en jodan gyaku bo uke - main g en gedan bo uke



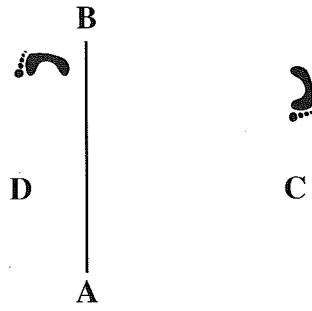
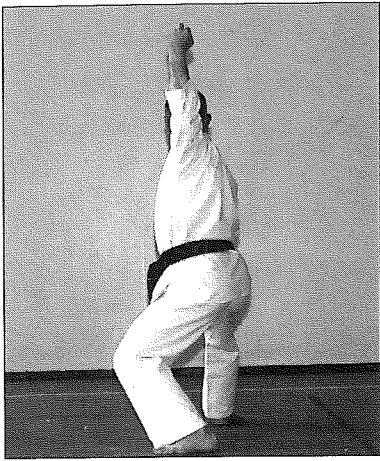
29 - Reposer pied d vers B en zenkutsu d - main g en jodan gyaku bo uke - main d en gedan bo uke



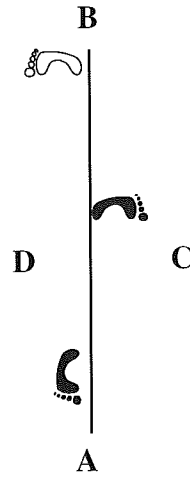
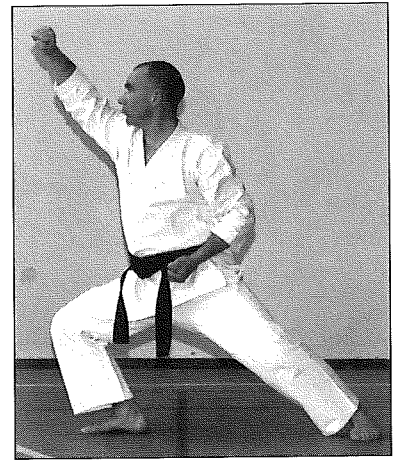
27 - Sur place inverser la position des mains



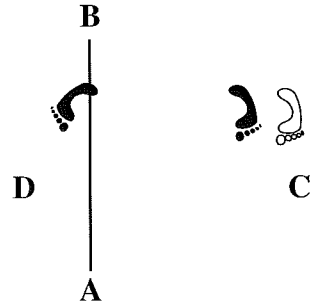
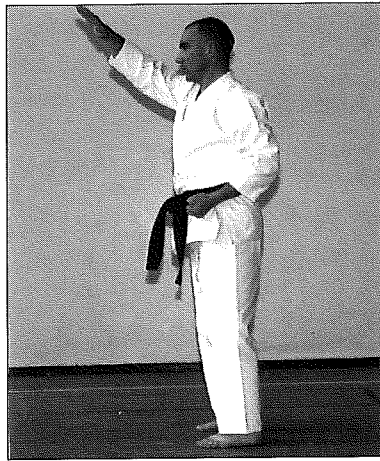
30 - Pivoter de 270° à g vers C - main d jodan uchi nagashi uke - main g gedan barai - kokutsu g vers C



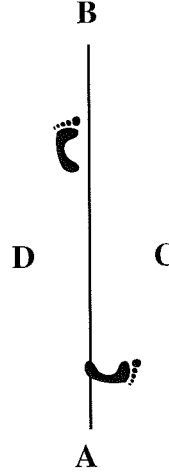
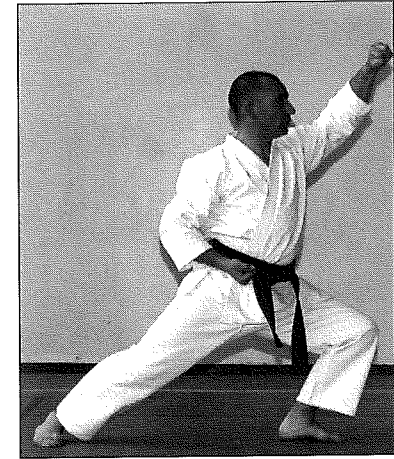
31 - Sur place - pivoter de 180° à d vers D - main g jodan uchi nagashi uke - main d gedan barai - kokutsu d vers D



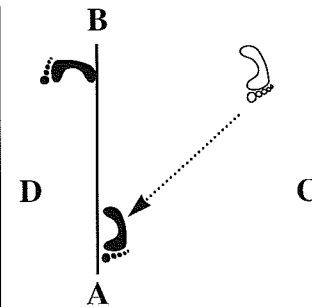
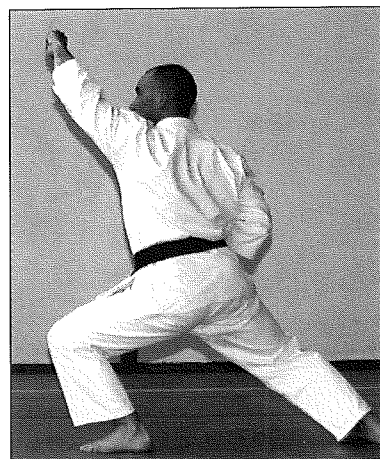
34 - Avancer d'un pas avec pied d vers A en zenkutsu d - jodan age uke d



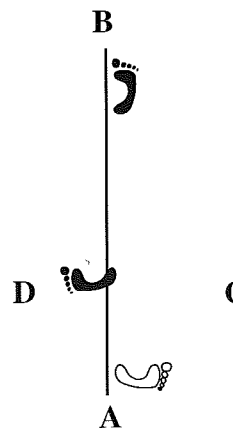
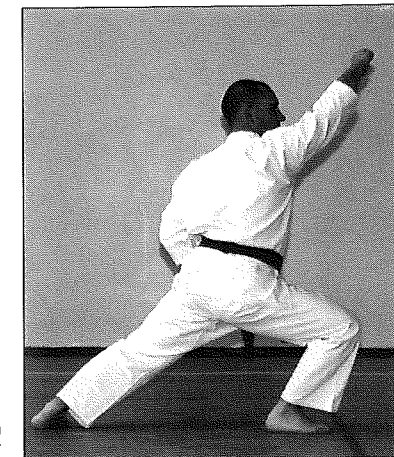
32 - En appui sur pied d ramener pied g en hachiji dachi face à A - main d jodan shuto age uke



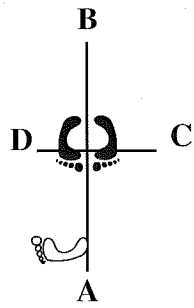
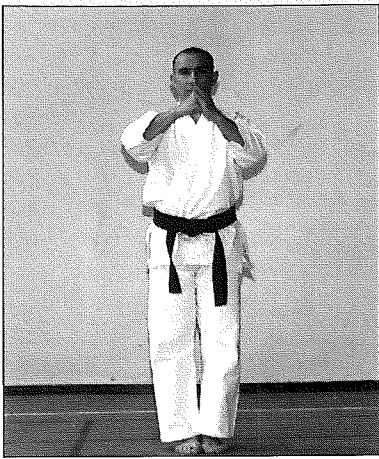
35 - Sur place tourner de 180° à g vers B - jodan age uke g - zenkutsu g



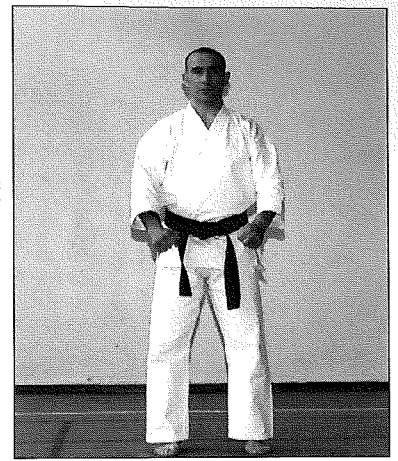
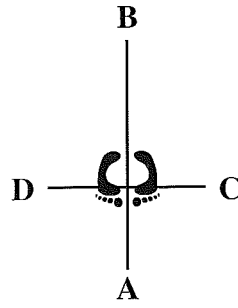
33 - Avancer pied g vers A en zenkutsu g - jodan age uke g



36 - Avancer d'un pas pied d vers B - jodan age uke d - zenkutsu d - Kiai



37 - Pivoter de 180° à d vers A en ramenant pied g en arrière en heisoku dachi face à A comme photo 3



38 - Hachiji dachi vers A - FIN