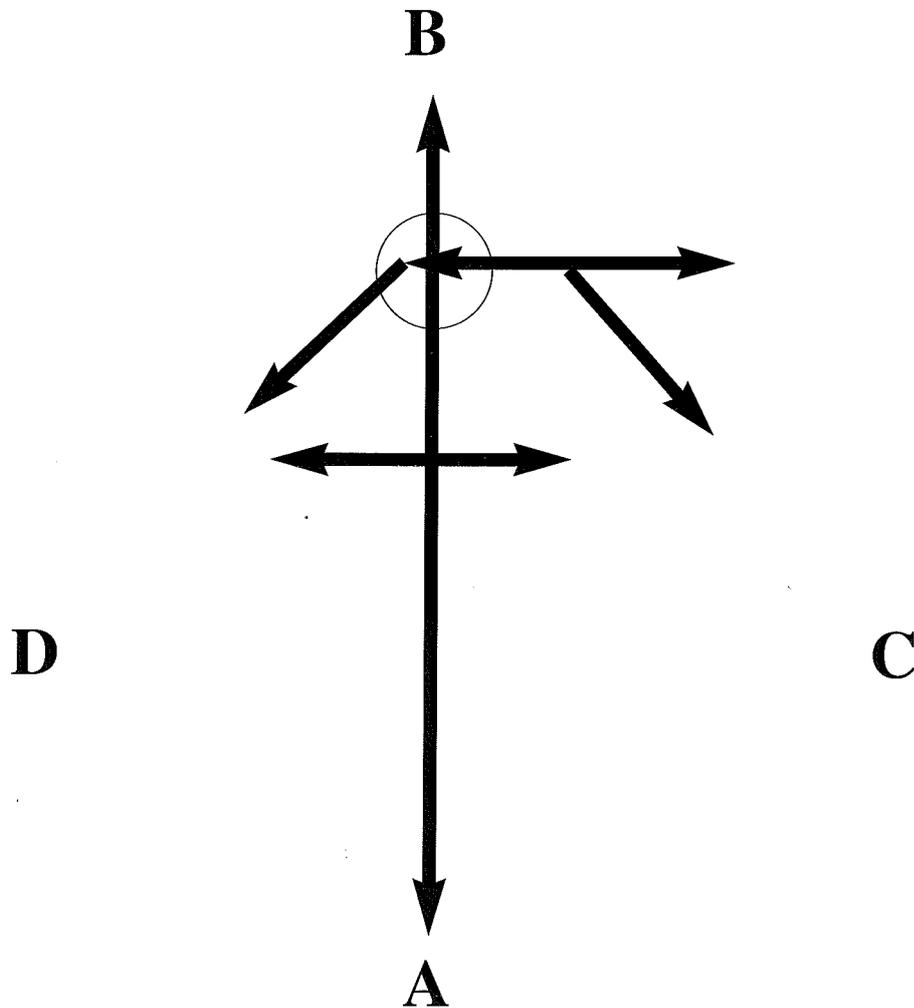
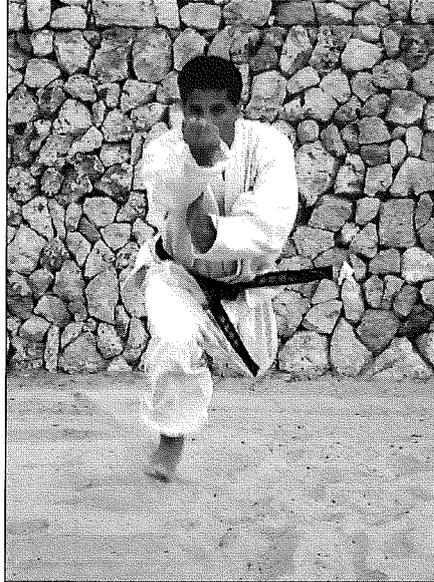
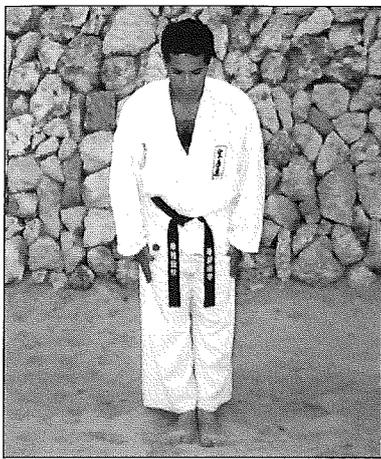


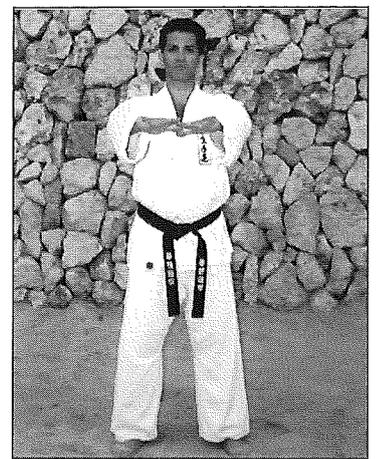
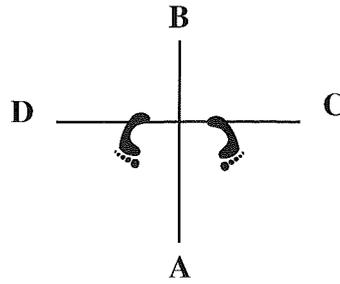
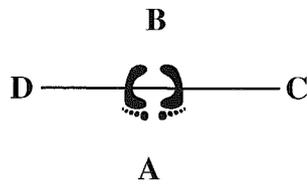
# KANKU DAI (\*)

Exécuté par Alain BOTTALICO - 1<sup>er</sup> dan Shotokai Egami ryu -  
Professeur au dojo "Point Martial" de Marseille (Bouches-du-Rhône)

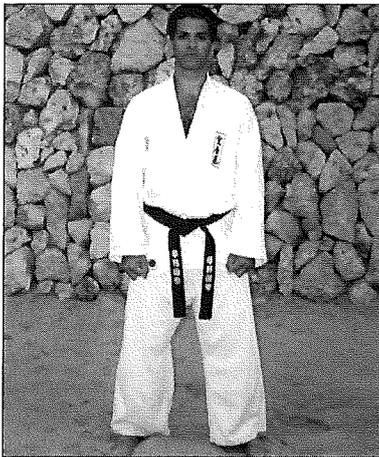




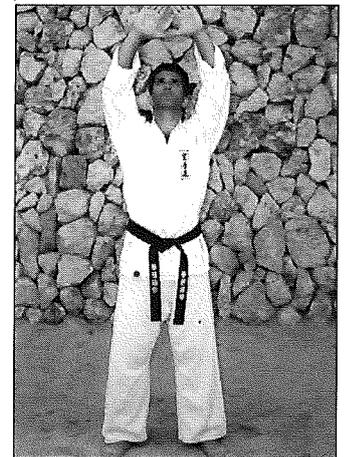
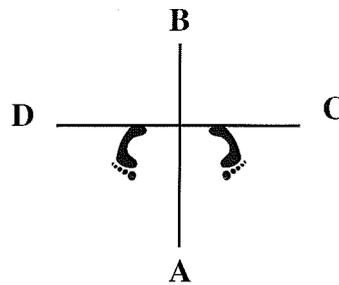
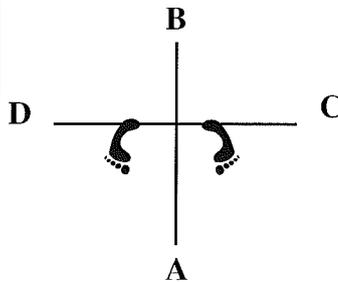
1 - Heisoku dachi face à A - Rei



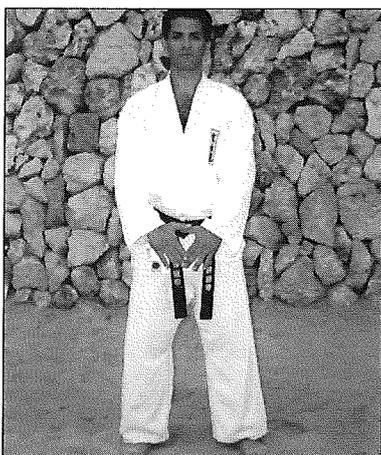
4 - Sur place - monter les bras tendus verticalement



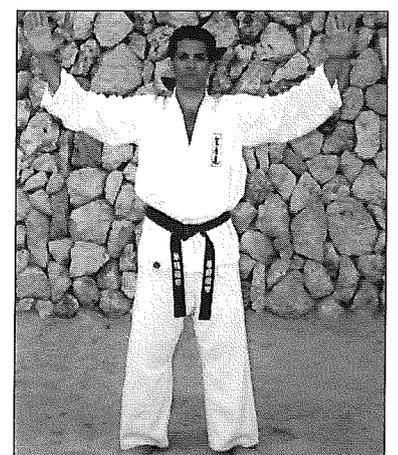
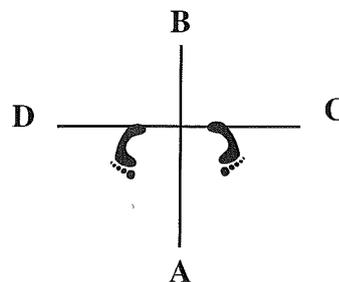
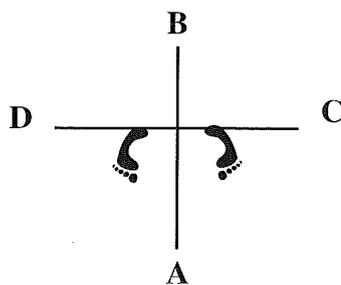
2 - Hachiji dachi - Yoi



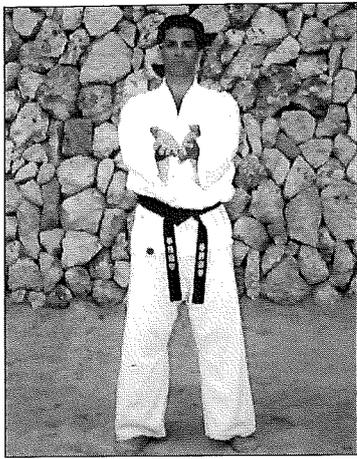
5 - Sur place - amener les bras tendus au-dessus de la tête - regarder le ciel à travers le triangle formé par les mains



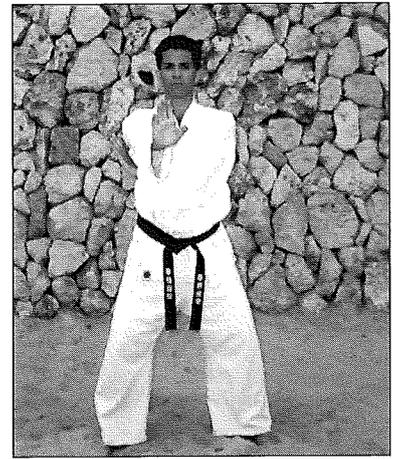
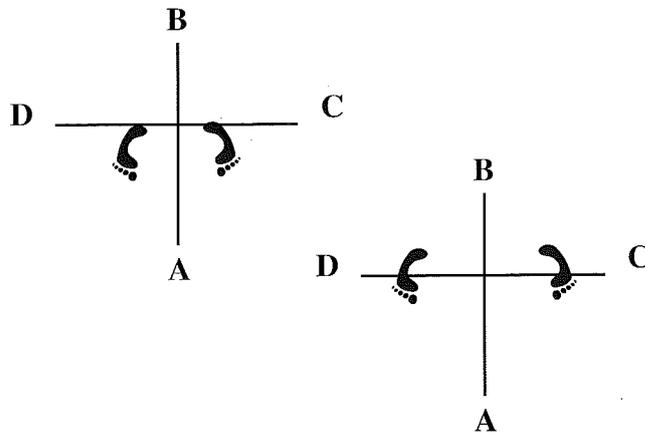
3 - Sur place - joindre les mains en triangle pouce d au-dessus pouce g hachiji dachi vers A



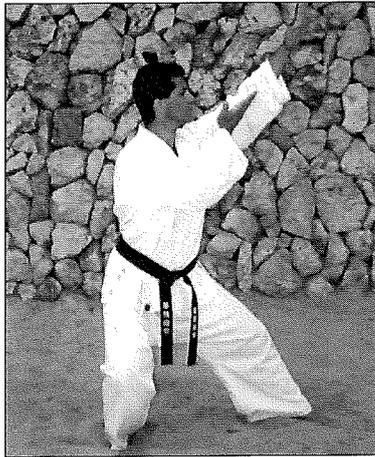
6 - Sur place - regarder vers A - écarter les bras tendus de chaque côté du corps



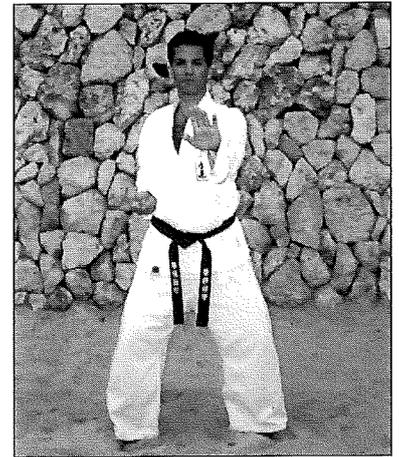
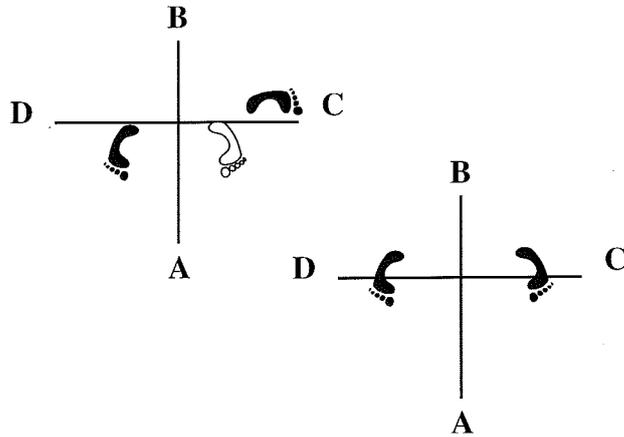
7 - Sur place - ramener les mains vers l'avant - shuto uchi d dans paume main g - hachiji dachi vers A



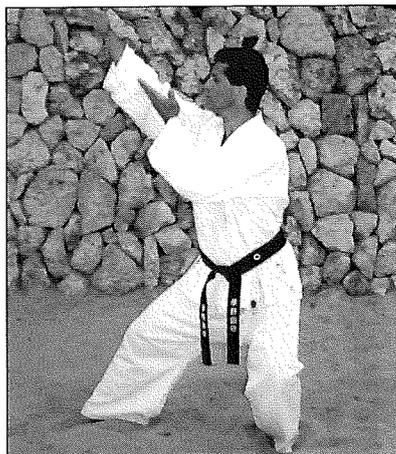
10 - Sur place - regarder vers A - ramener pied d à côté pied g en dai dachi face à A - armer main g sous aisselle bras d - main d en tate uke vers A



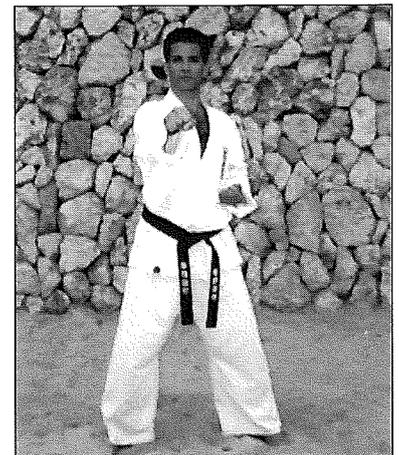
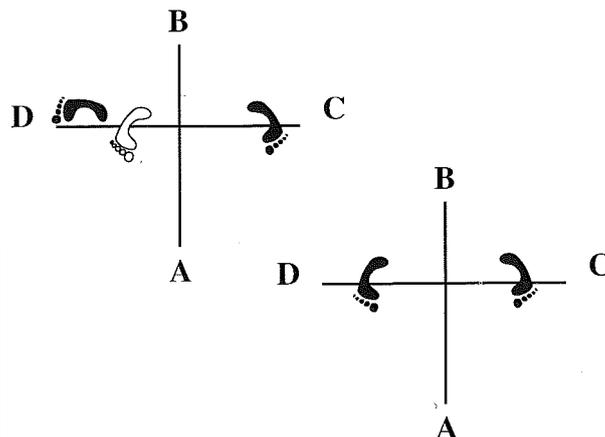
8 - Sur place - regarder et pivoter sur pied d à g de 90° vers C - avancer pied g en kokutsu g - jodan shuto age uke g vers C - main d jodan nukite vers C



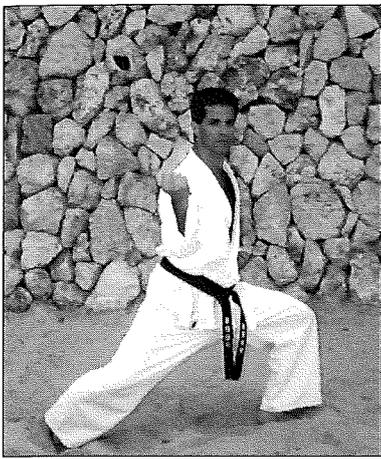
11 - Sur place - mouvement circulaire vers A main g chudan tate uke - dai dachi vers A



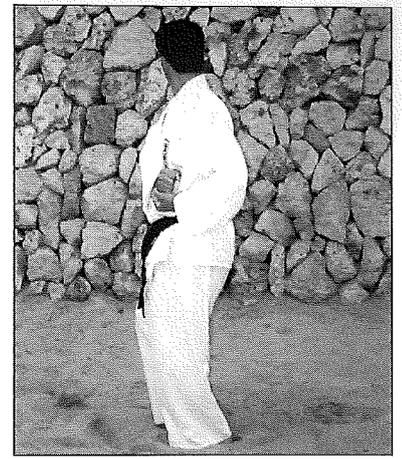
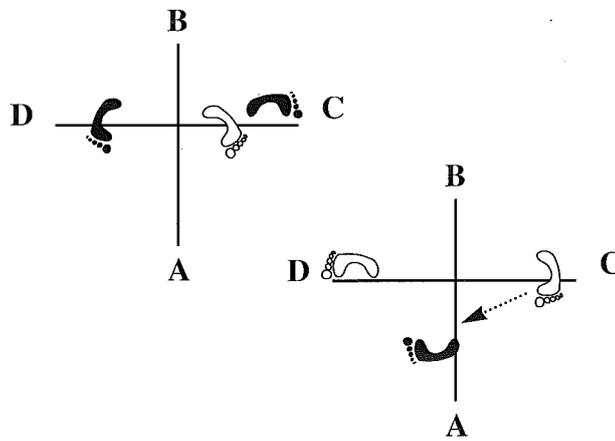
9 - Sur place - regarder et pivoter sur pied g à d de 180° vers D - avancer pied d en kokutsu d - jodan shuto age uke d vers D - main g jodan nukite vers D



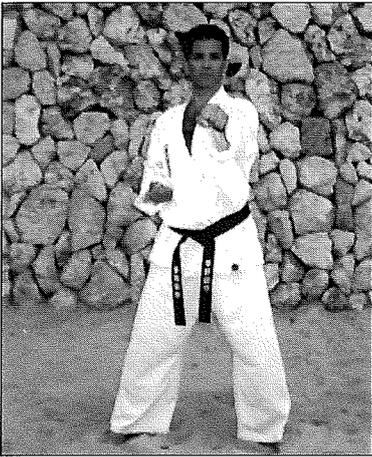
12 - Sur place - hon tsuki d vers A - dai dachi vers A



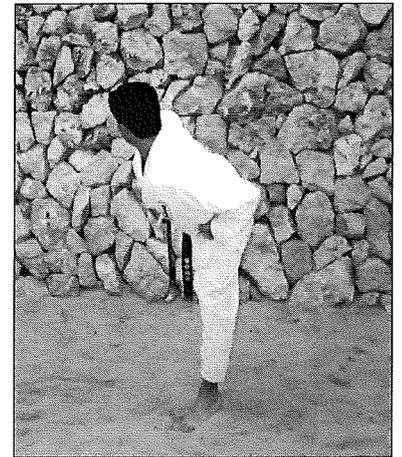
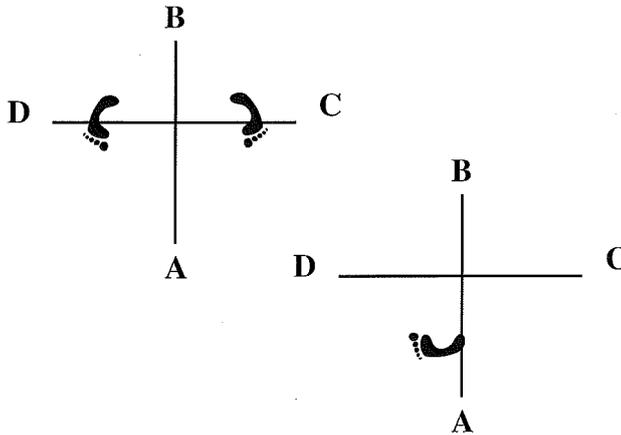
13 - Pivoter sur pied d à g de 90° vers C - avancer pied g vers C en zenkutsu g - chudan uchi uke d vers A en regardant vers A



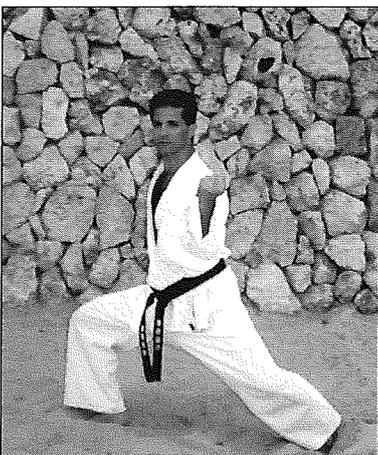
16 - Regarder et pivoter à d de 90° vers B en faisant demi-pas vers D avec pied g - regrouper en arrière pied d à côté pied g - poing g en hikite à g et poing d posé sur poing g - armer yoko geri



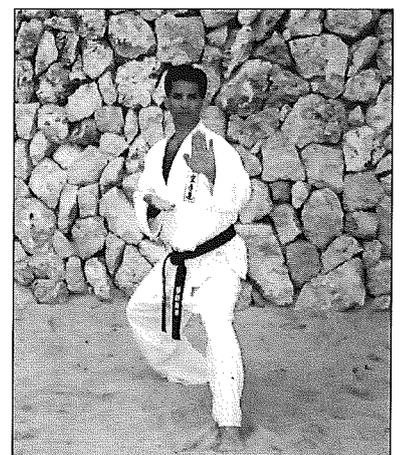
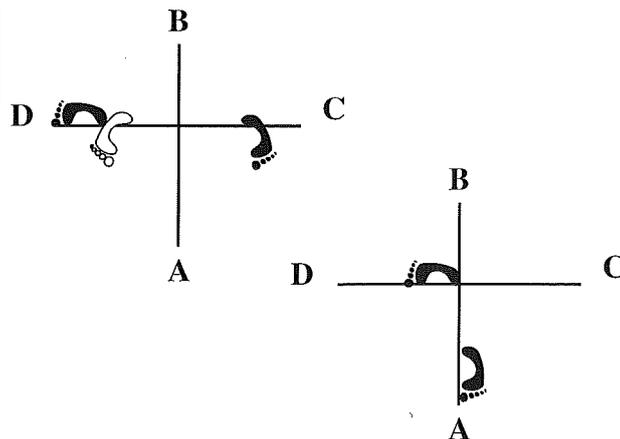
14 - Ramener pied g en dai dachi vers A - hon tsuki g vers A



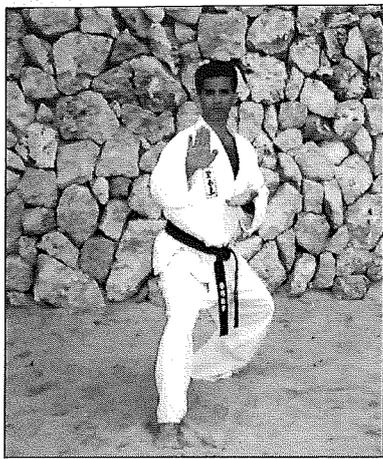
17 - Sur place - yoko geri et uraken d vers B



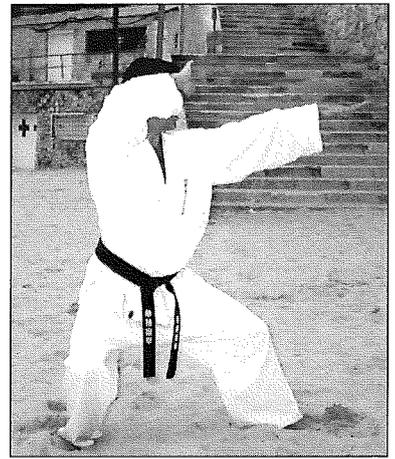
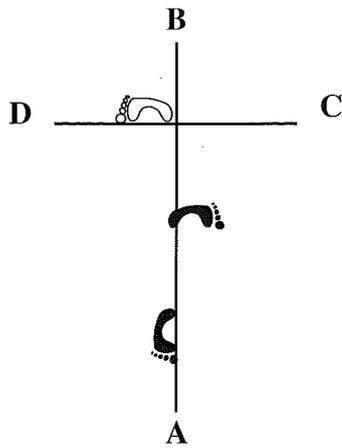
15 - Sur place - pivoter sur pied g à d de 180° vers D - avancer pied d vers D en zenkutsu d - chudan uchi uke g vers A en regardant vers A



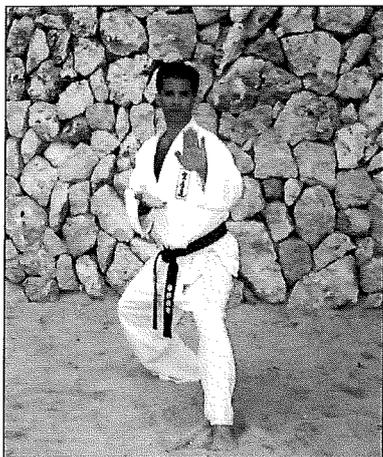
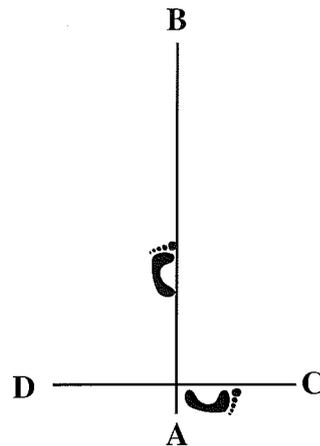
18 - Reposer pied d au sol - tourner vers A - avancer pied g en kokutsu g - chudan shuto uke g vers A



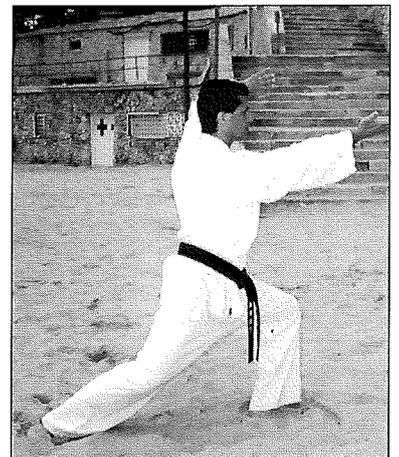
19 - Avancer d'un pas pied d vers A en kokutsu d - chudan shuto uke d vers A



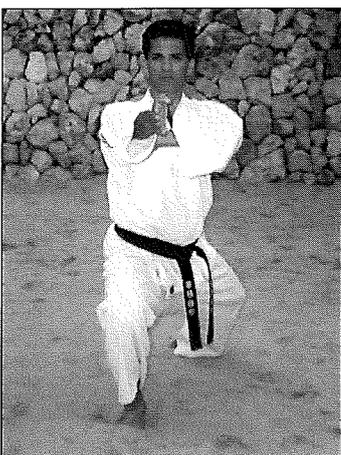
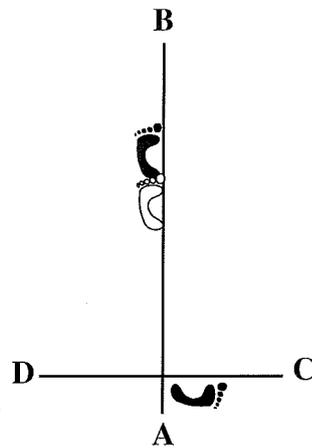
22 - Sur place - pivoter et regarder à g de 180° vers B - kokutsu g - main d jodan age uke vers B - bras g tendu vers B, paume vers le bas



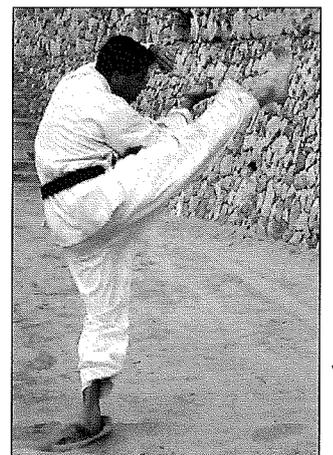
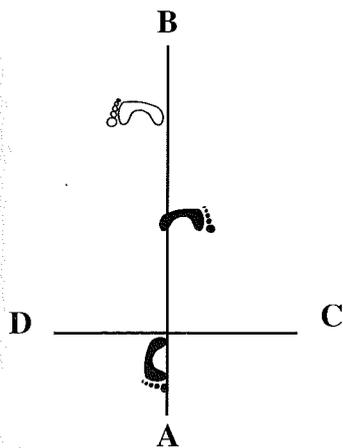
20 - Avancer d'un pas pied g vers A en kokutsu g - chudan shuto uke g vers A



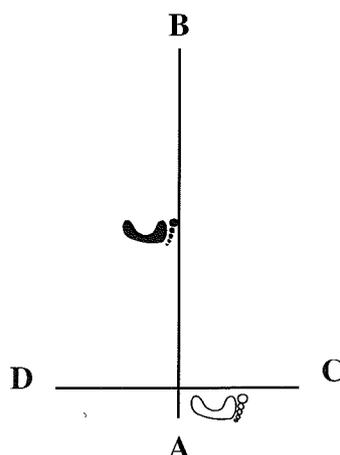
23 - Sur place - tsuri ashi pied g en zenkutsu g vers B - main g jodan age uke vers B - main d jodan shuto uchi vers B

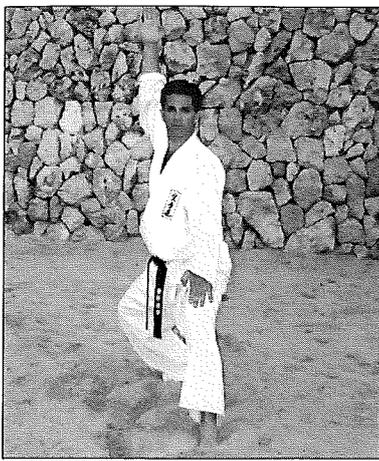


21 - Avancer d'un pas pied d vers A en zenkutsu d - chudan nukite vers A main g en osae uke sous coude d

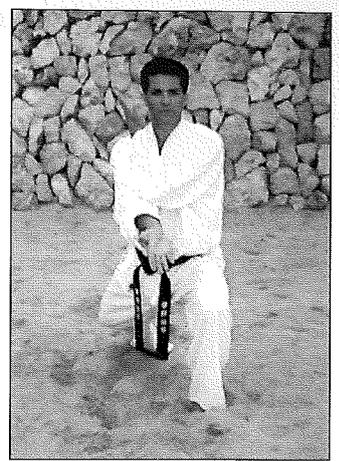


24 - Sur place - mae geri d vers B

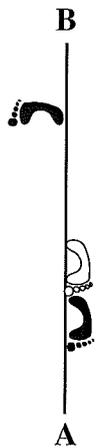
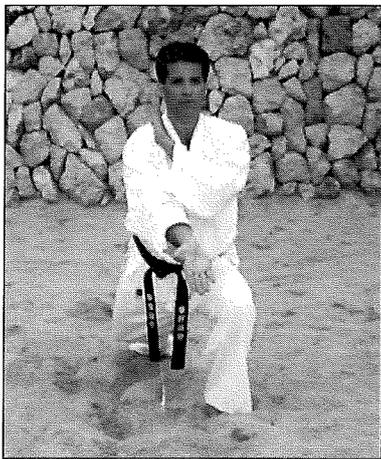




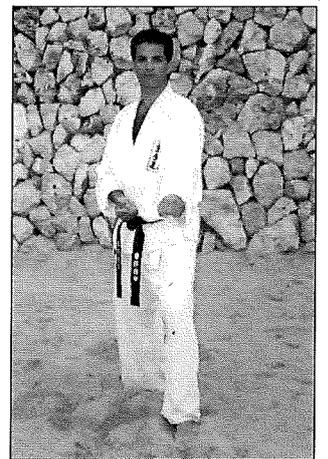
25 - Reposer pied d au sol - regarder et pivoter à g de 180° vers A en kokutsu g vers A - main d et g ouvertes en kamae comme sur photo



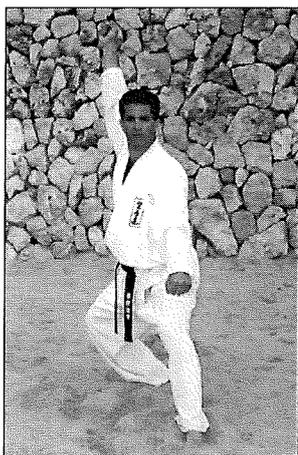
28 - Mouvements identiques à 26



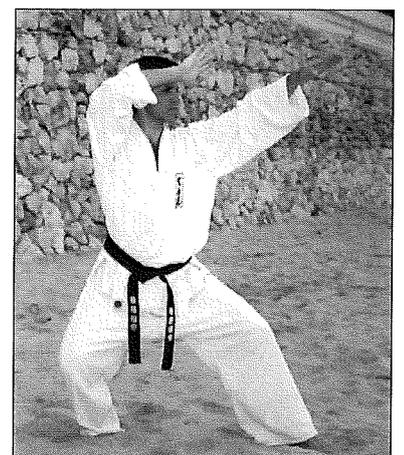
26 - Sur place - tsure ashi pied g vers A en zenkutsu g - main g chudan nagashi uchi uke - main d gedan nukite vers A



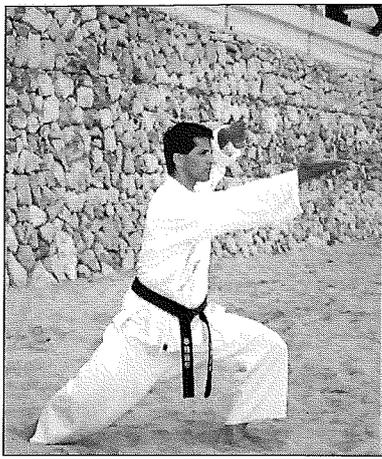
29 - Sur place - ramener pied g en arriere en renoji dachi face à A - main g gedan barai - main d kamae devant le ventre



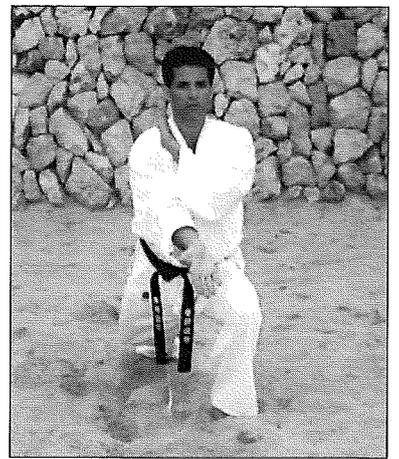
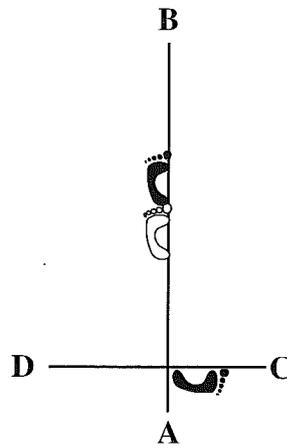
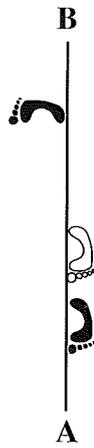
27 - Sur place - tsure ashi pied g en arriere en kokutsu g - main d jodan nagashi uke vers l'arriere - main g gedan barai vers A



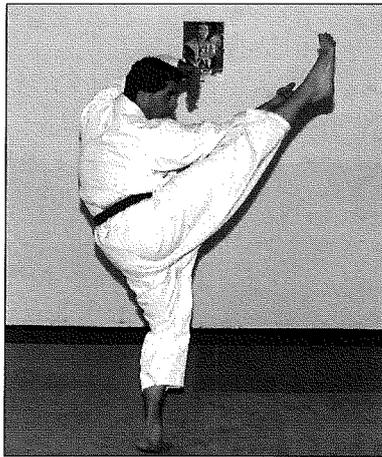
30 - Sur place - déplacer pied g vers A en kokutsu g - mêmes mouvements que 22



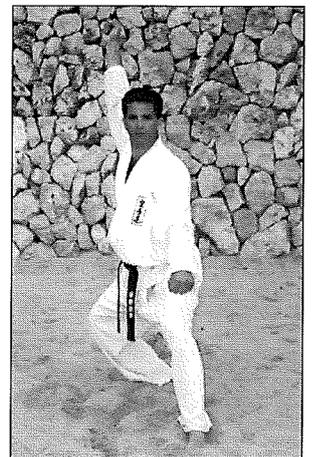
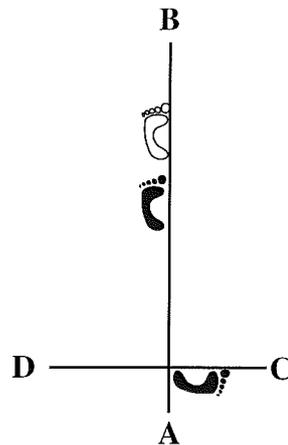
31 - Sur place - mêmes mouvements que 23



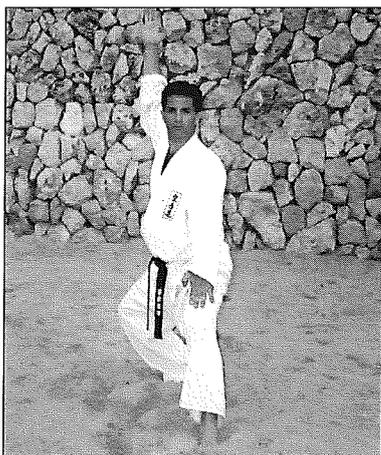
34 - Sur place - mêmes mouvements que 26



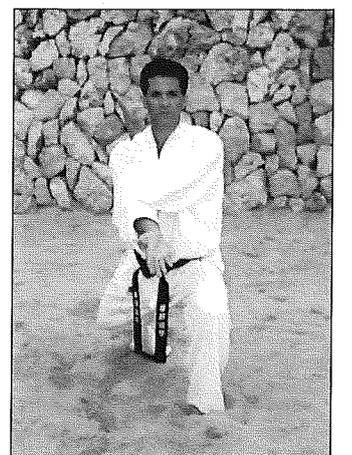
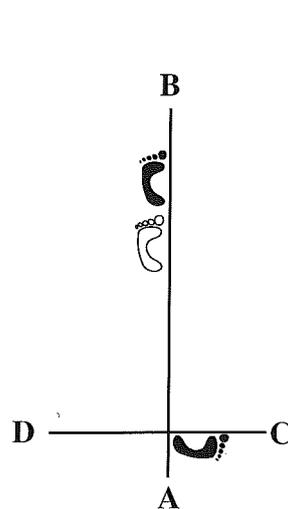
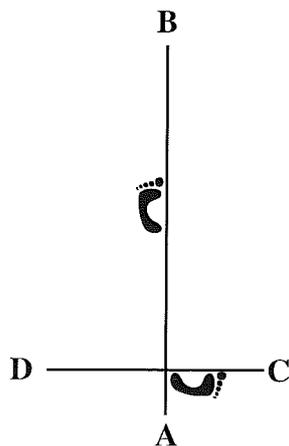
32 - mae geri d vers A



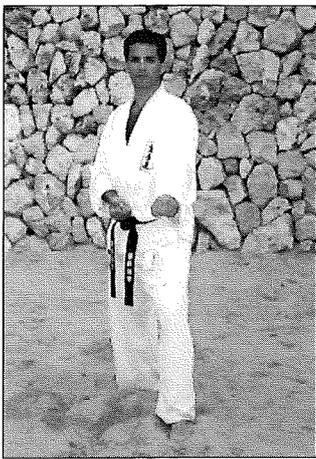
35 - Sur place - mêmes mouvements que 27



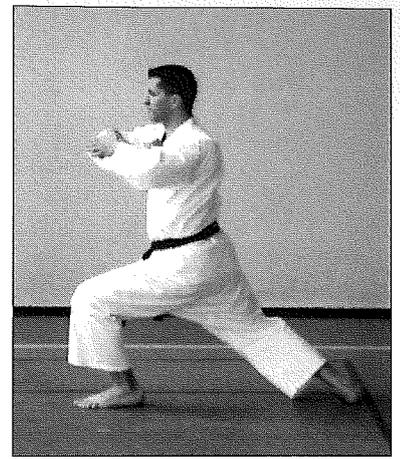
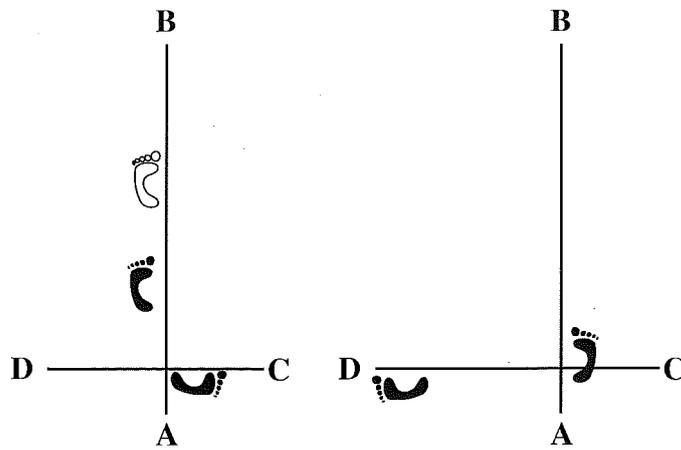
33 - Reposer pied d au sol - regarder et pivoter à g de 180° vers B en kokutsu g vers B et mêmes mouvements que 25



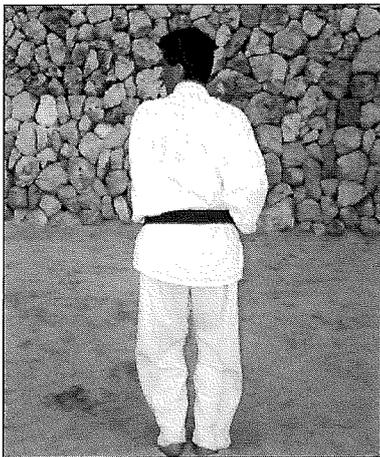
36 - Sur place - mêmes mouvements que 28



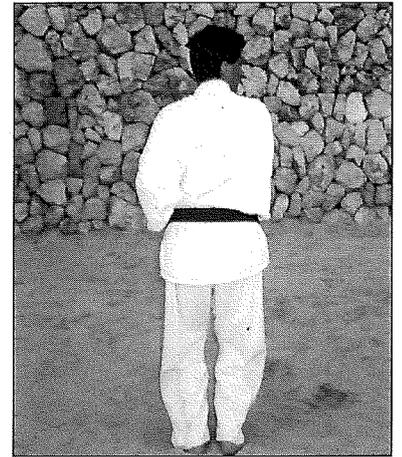
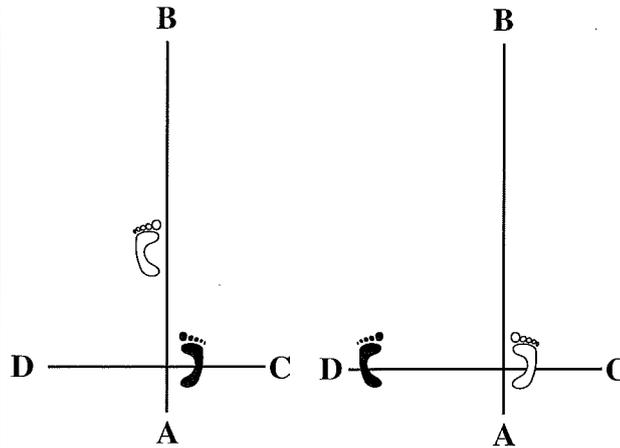
37 - Sur place - mêmes mouvements que 29



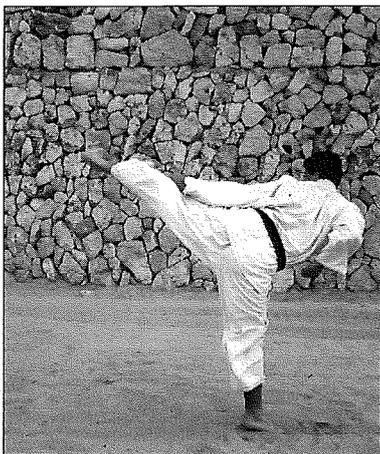
40 - Reposer pied g au sol en zenkutsu g vers D - chudan gyaku empi uchi d vers D



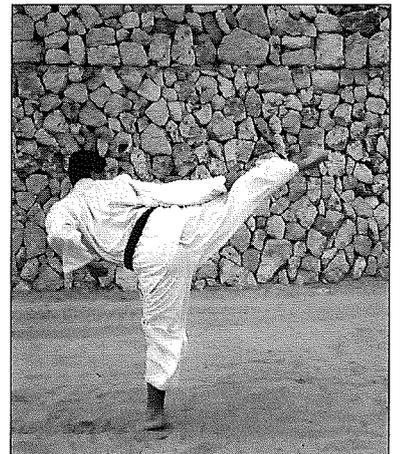
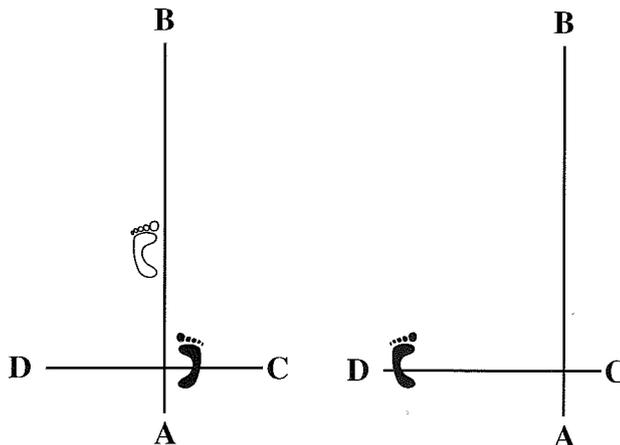
38 - Sur place - regarder à g à 90° vers D - mains en kamae à d - armer yoko geri vers D



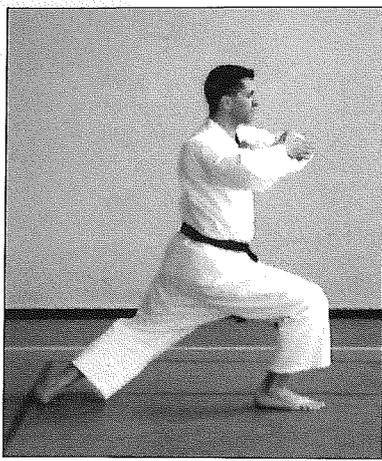
41 - Regarder et pivoter à d vers C de 90° face à B - ramener pied d à côté pied g - main en kamae à g - armer yoko geri vers C



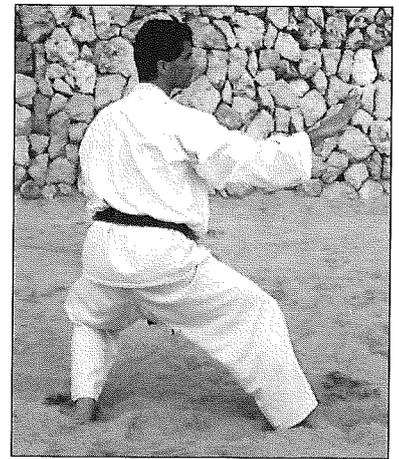
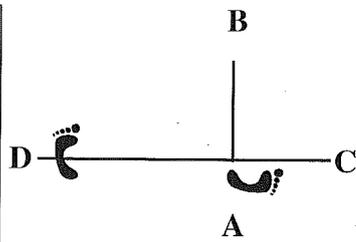
39 - Yoko geri et uraken vers D



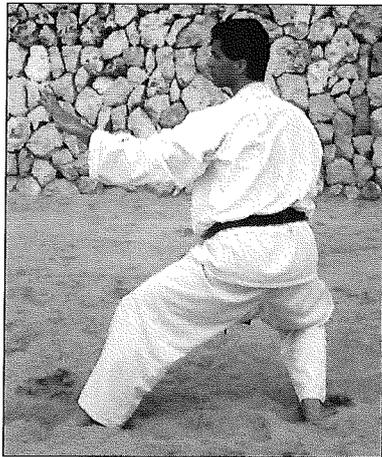
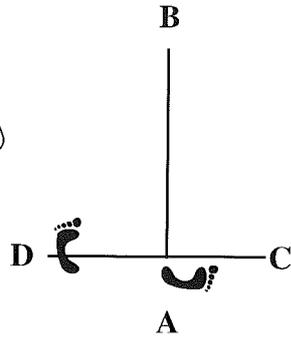
42 - Yoko geri et uraken d vers C



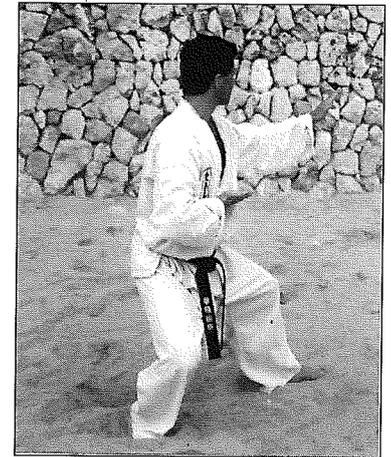
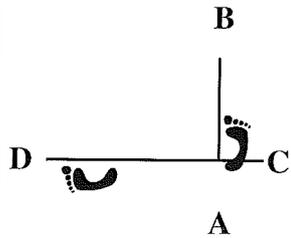
43 - Reposer pied d et pivoter à d vers C de 90° face à C - zenkutsu d vers C - chudan gyaku empi uchi vers C



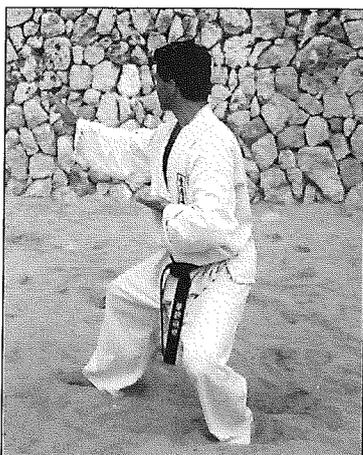
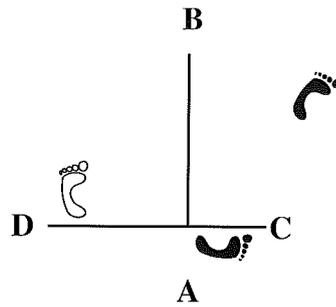
46 - Regarder et pivoter sur pied g à d de 135° vers C - ramener pied d kokutsu d vers C - chudan shuto uke d



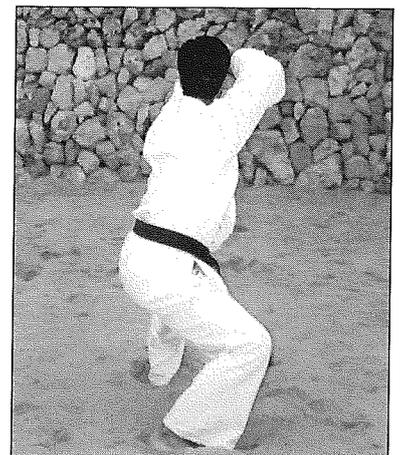
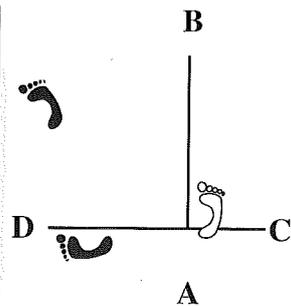
44 - Sur place - pivoter et regarder à g à 180° vers D - kokutsu g vers D - chudan shuto uke g



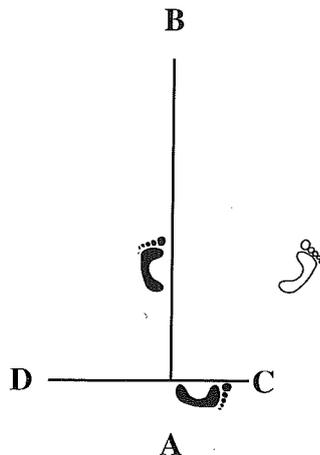
47 - Regarder et avancer à g pied g de 45° vers CB en kokutsu g - chudan shuto uke g

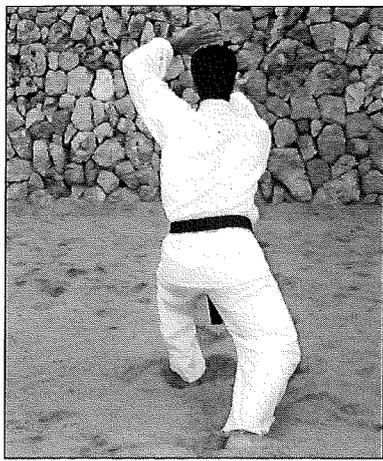


45 - Regarder et avancer à d pied g de 45° vers DB en kokutsu d - chudan shuto uke d

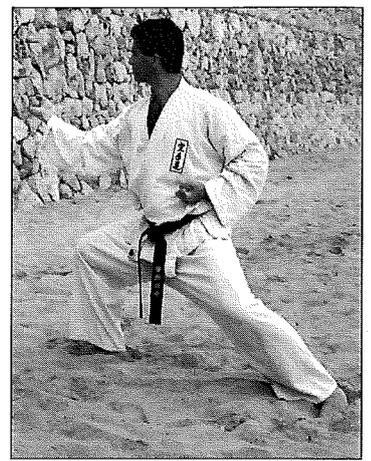
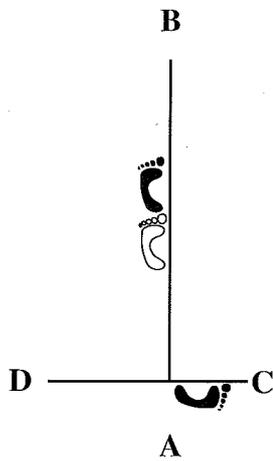


48 - Regarder vers B - ramener pied g vers B en kokutsu g - main d jodan age uke - main g en kamae comme en 23 vers B

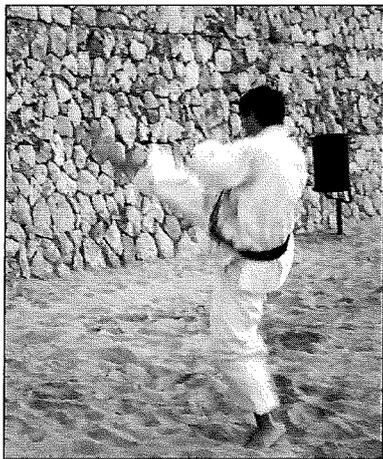
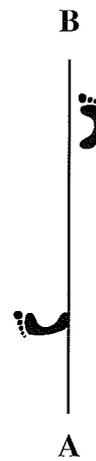




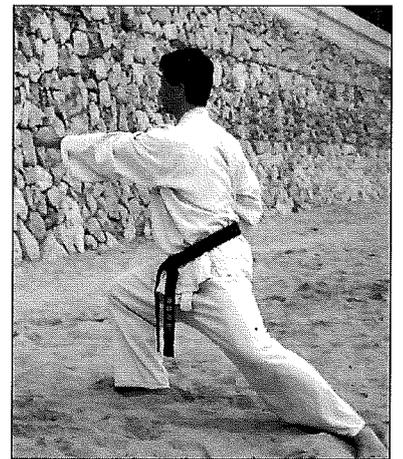
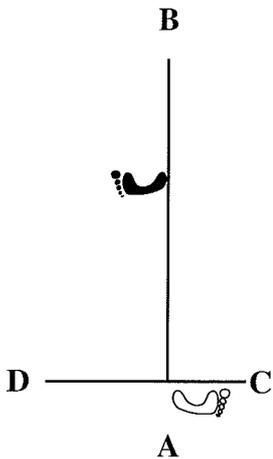
49 - Sur place - tsuri ashi pied g en zenkutsu g vers B - main g jodan age uke - main d jodan shuto uchi vers B



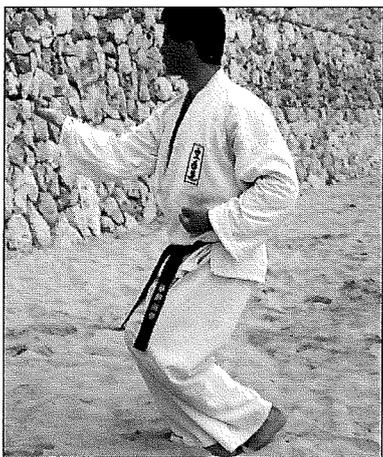
52 - Sur place - ramener le pied g en arriere en zenkutsu d vers B - chudan uchi ude uke d vers B



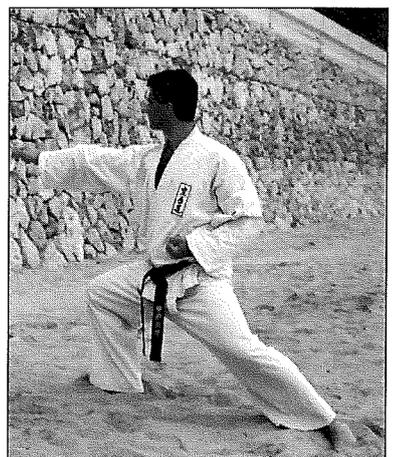
50 - Mae geri d vers B



53 - Sur place - chudan gyaku tsuki g vers B - zenkutsu d vers B

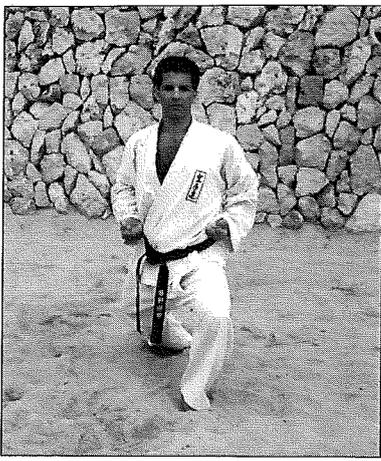


51 - Reposer le pied d en avant vers B - ramener pied g derriere pied d en soete - chudan uraken d vers B

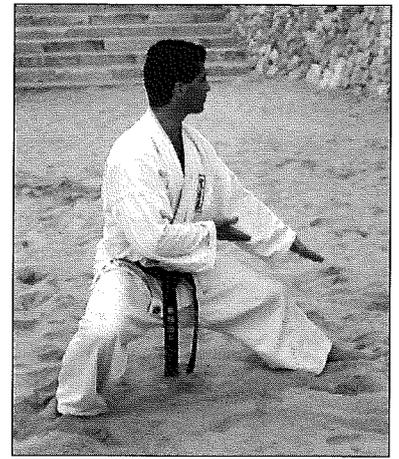


54 - Sur place - chudan hon tsuki d vers B

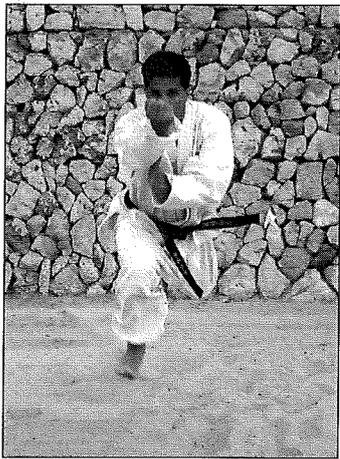
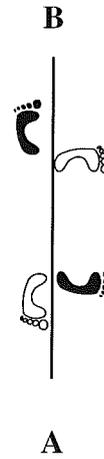




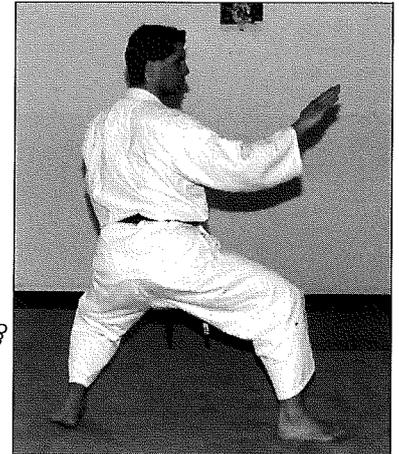
55 - Sur place - pivoter à g de 180° vers A - zenkutsu g vers A - les deux mains en hikite



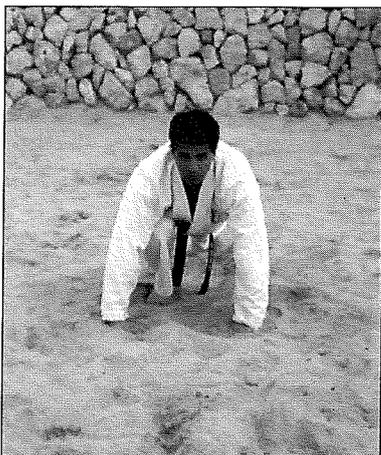
58 - Sur place - regarder et pivoter à g de 180° vers B - kokutsu g très bas - gedan shuto barai g



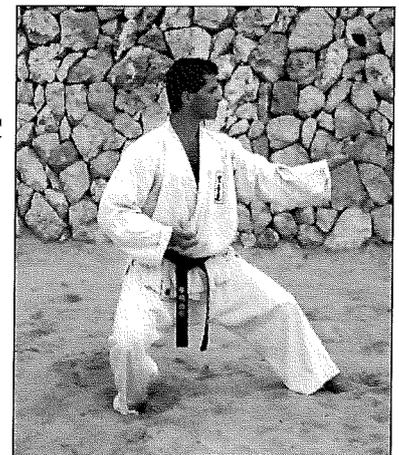
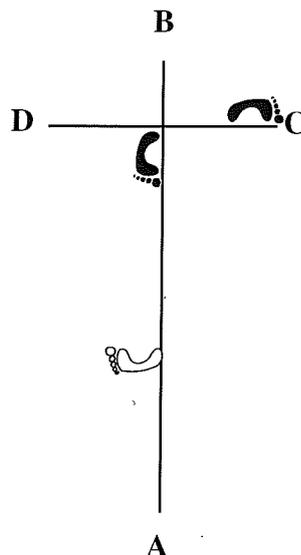
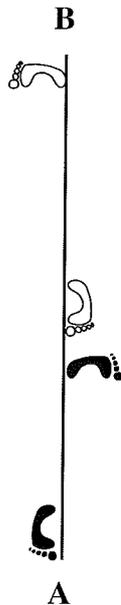
56 - Sauter en avant vers A - ura tsuki vers A



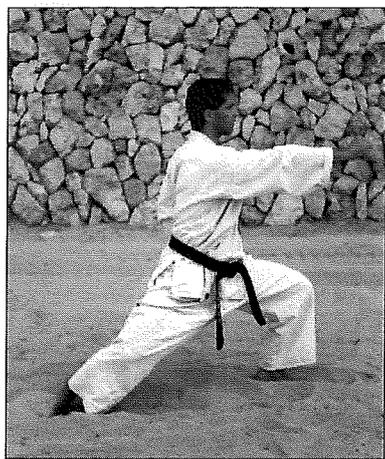
59 - Avancer d'un pas pied d vers B en kokutsu d - chudan shuto barai d



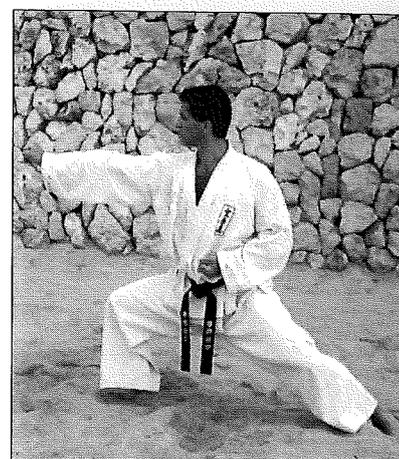
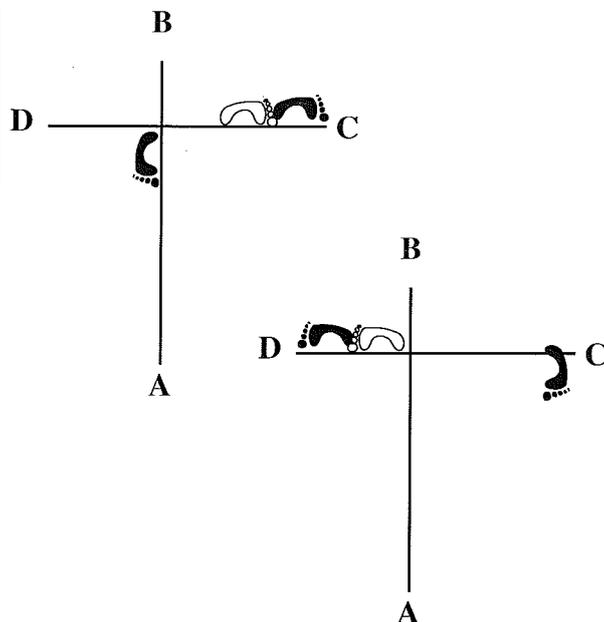
57 - Retomber au sol en zenkutsu d très bas - les deux mains au sol comme sur photo



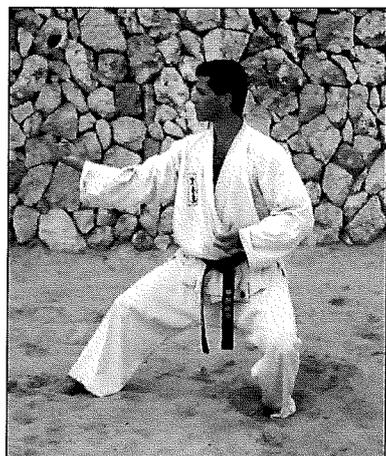
60 - Sur place - appui sur pied d - regarder et pivoter à g de 270° vers C - kokutsu g - chudan uchi ude uke g vers C



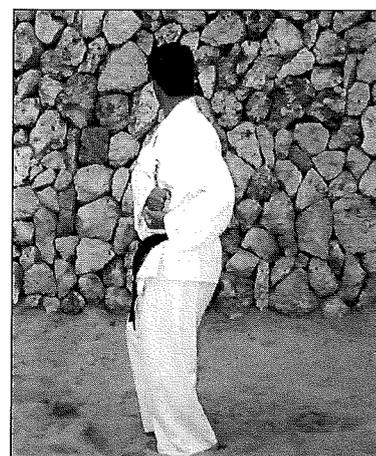
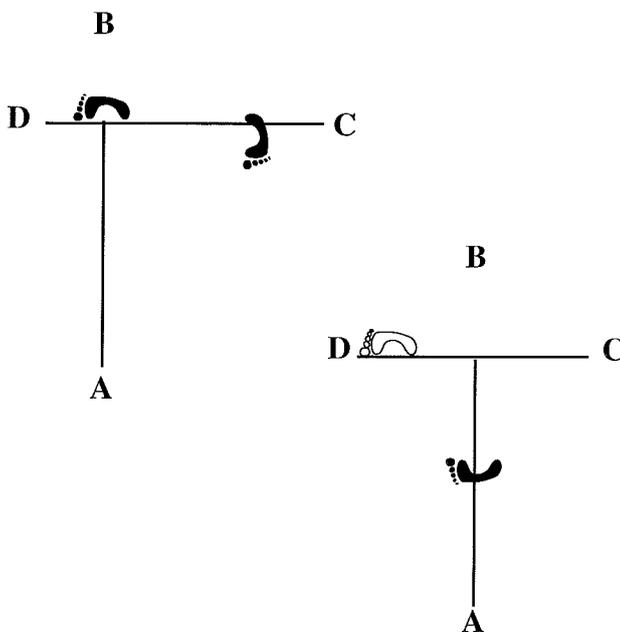
61 - Sur place - tsuri ashi g en zenkutsu g vers C - chudan gyaku tsuki d vers C



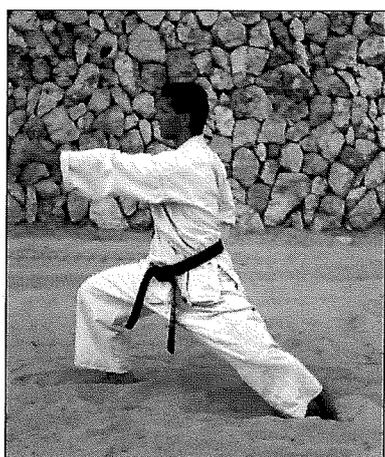
64 - Sur place - zenkutsu d - hon tsuki d vers D



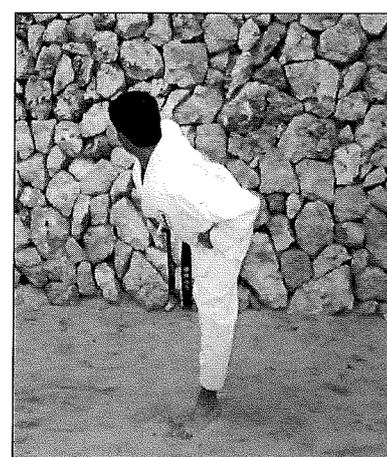
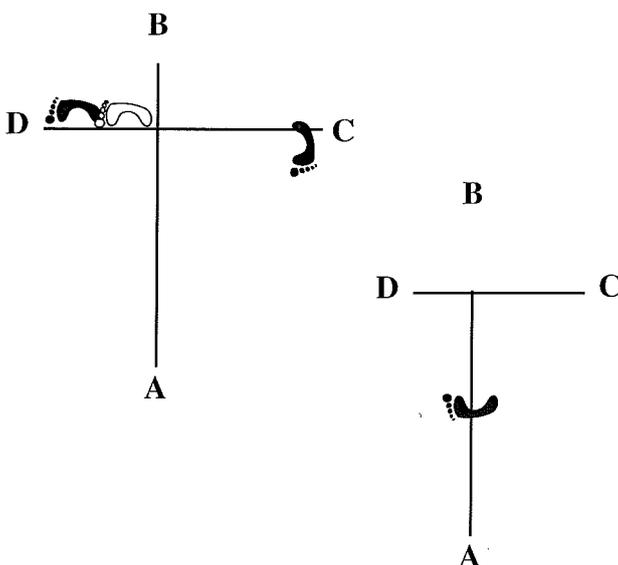
62 - Sur place - pivoter à d de 180° vers D - kokutsu d - chudan uchi ude uke d



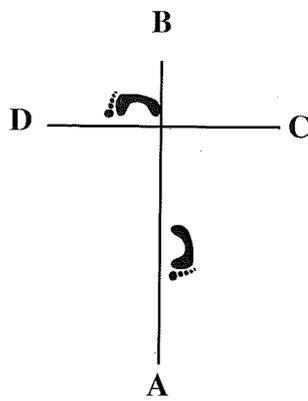
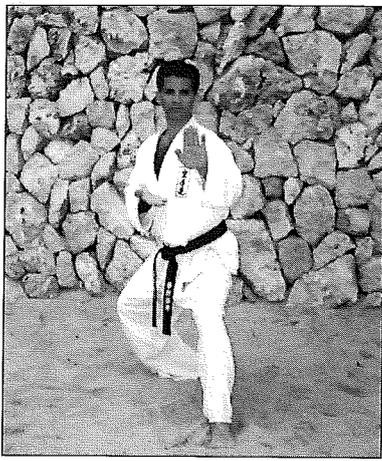
65 - Avancer d'un demi-pas pied g sur axe central vers D - regarder vers B - regrouper pied d à côté pied g - armer yoko geri d - les mains hikite à g



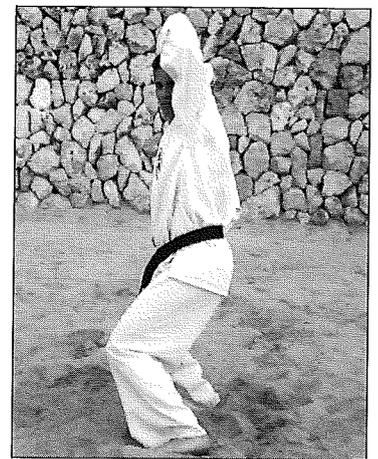
63 - Sur place - tsuri ashi d en zenkutsu d vers D - chudan gyaku tsuki g vers D



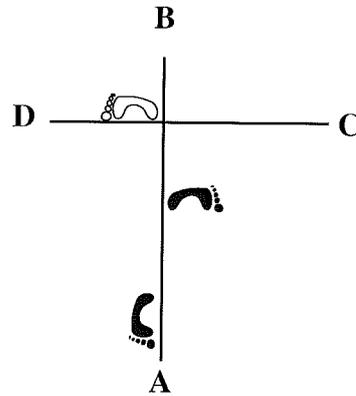
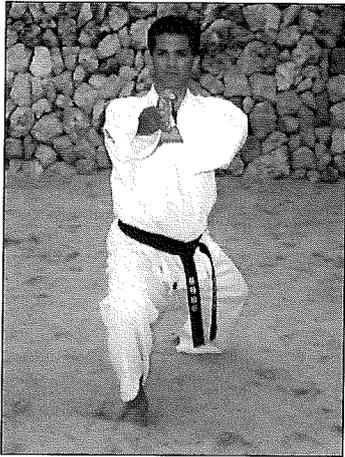
66 - Sur place - yoko geri d vers B



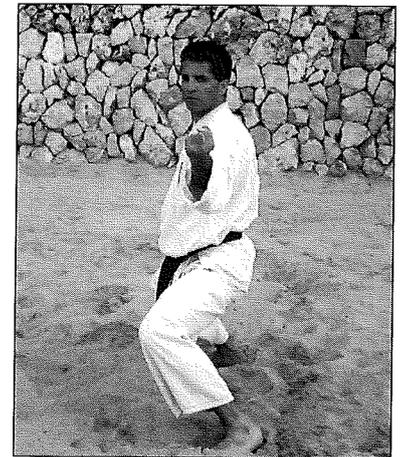
67 - Reposer pied d au sol - regarder et pivoter à g de 90° vers A - kokutsu g - chudan shuto uke g vers A



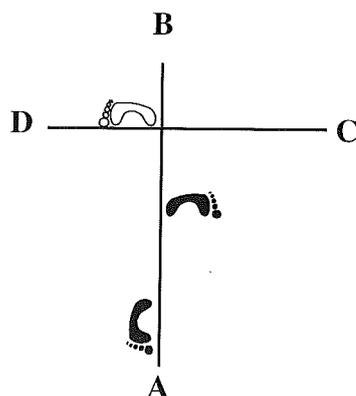
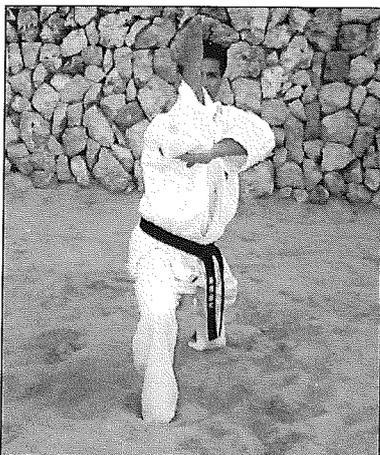
70 - Pivoter à g de 360° vers A en appui sur pied d - kiba dachi face à D - le bras en kamae pour uraken vers A - regarder vers A et ...



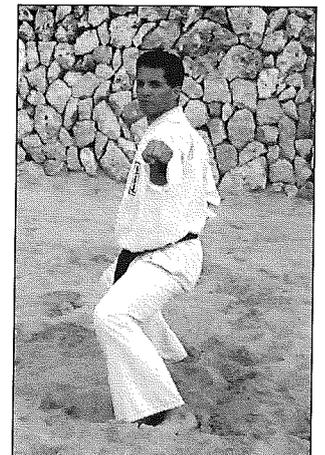
68 - Avancer d'un pas pied d vers A en zenkutsu d - chudan nukite vers A sur dos main g en osae uke



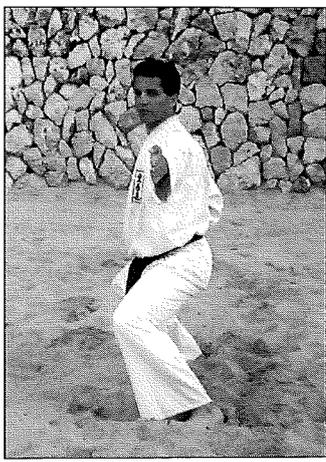
71 - ...chudan uraken g vers A - kiba dachi face à D



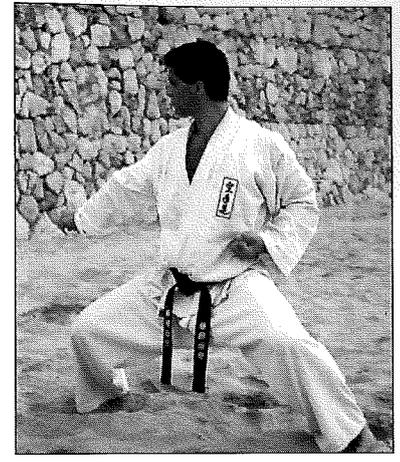
69 - Sur place - rotation interne vers le haut de la main d, coude en appui sur dos main g vers A



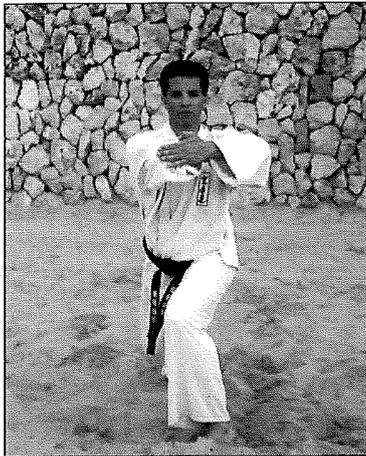
72 - Sur place - tsuri ashi latéral vers A - chudan tet-sui uchi g vers A



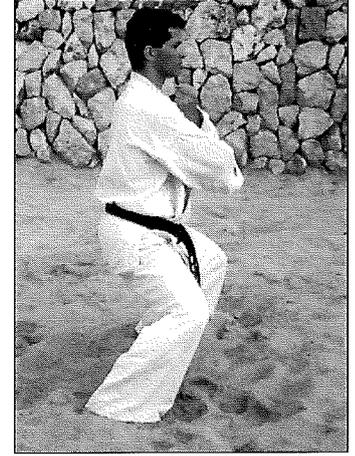
73 - Sur place - chudan hai-shu uke g vers A - kiba dachi face à D



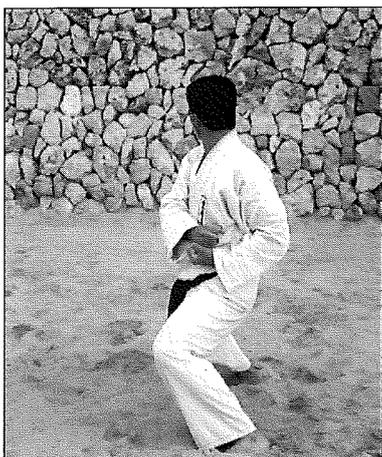
76 - Sur place - gedan barai d vers B



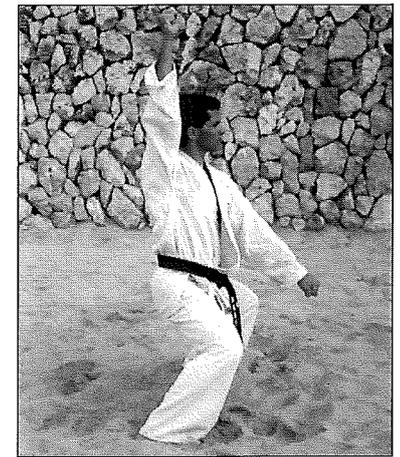
74 - Sur place - chudan empi uchi d vers A dans paume main g - kiba dachi face à D



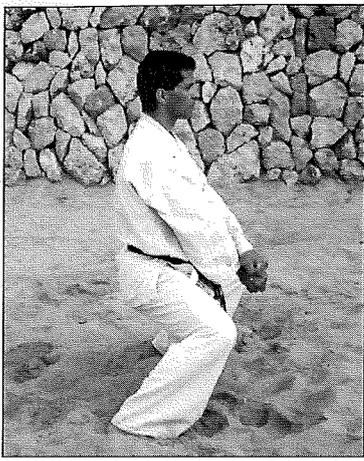
77 - Pivoter sur pied d de 180° à d vers C en croisant les bras devant poitrine - kiba dachi vers C



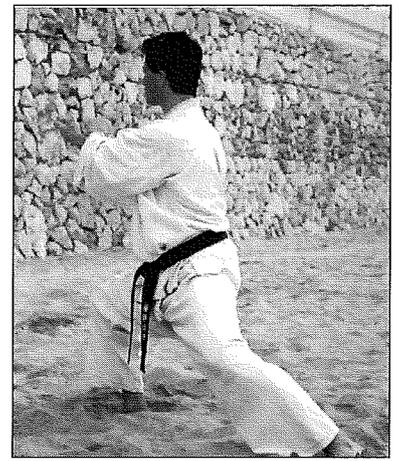
75 - Sur place - kiba dachi face à D - regarder à d vers B - hikite g poing d sur poing g



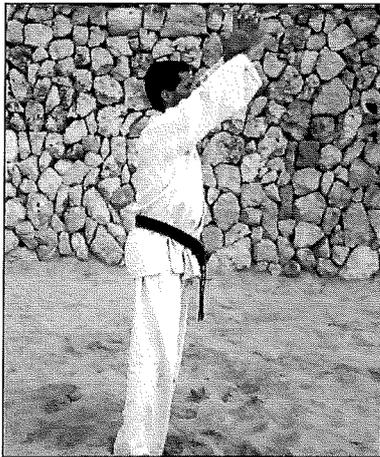
78 - Sur place - kiba dachi face à C - gedan barai g vers C - jodan nagashi age uke d



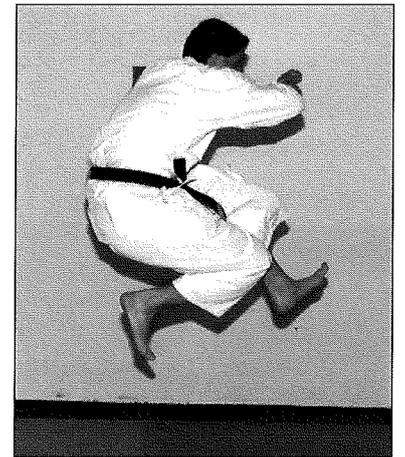
79 - Sur place - gedan tsuki d en dessous main g - kiba dachi face à C



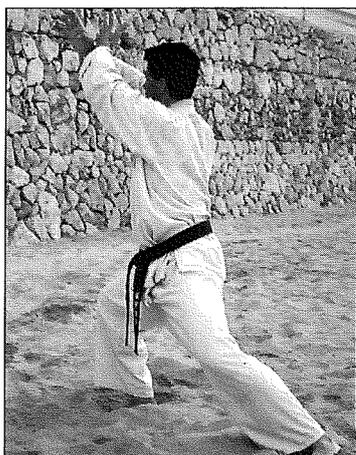
82 - Sur place en zenkutsu d vers B - chudan juji uke les mains ouvertes - préparer le saut vers B



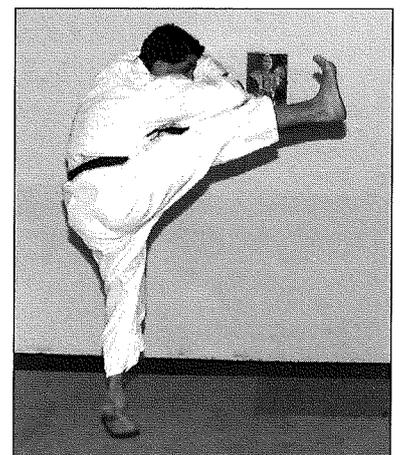
80 - Sur place - se relever en ramenant les deux pieds en dai dachi face à C - jodan juji uke vers C



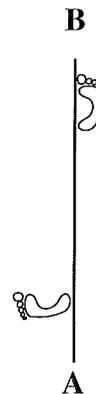
83 - Nidan mae tobi geri vers B - pied g chudan geri

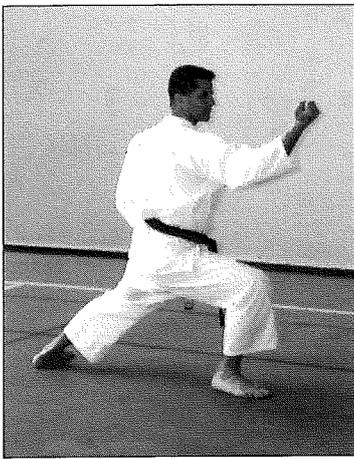


81 - Sur pied d - pivoter à d de 270° vers B - en zenkutsu d vers B les mains ouvertes en juji uke commencent lentement leur action descendante vers chudan

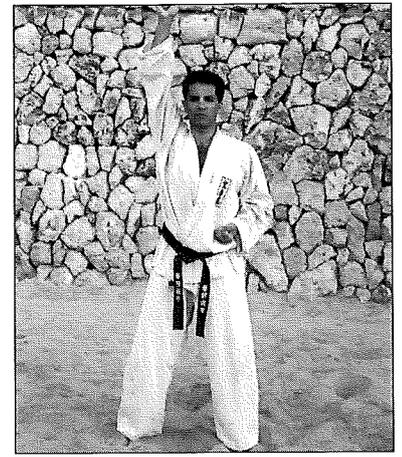
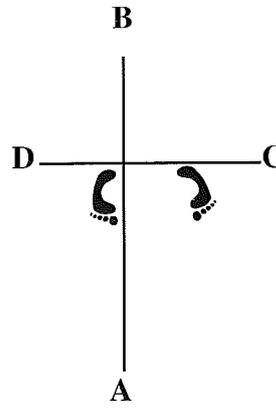
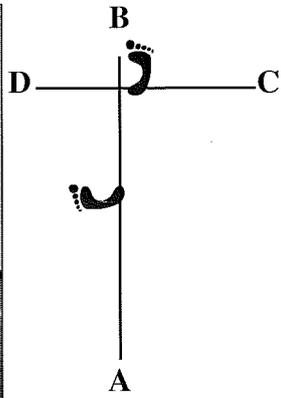


84 - Pied d jodan geri

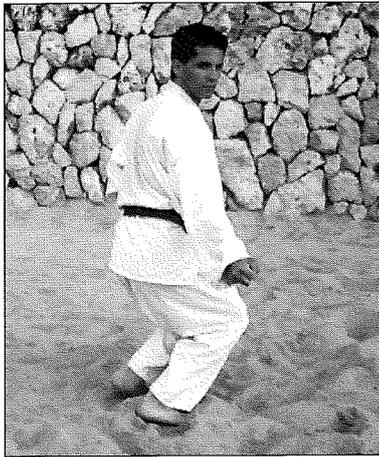




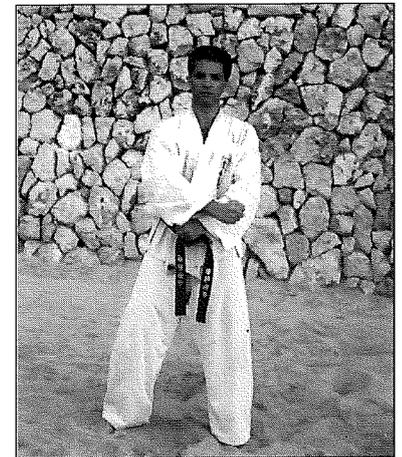
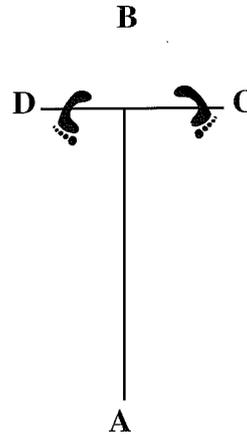
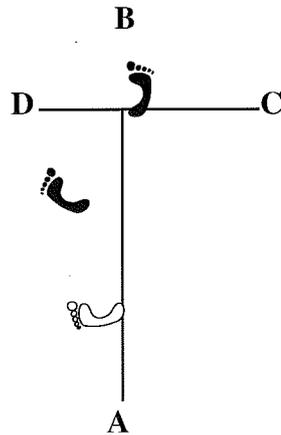
85 - Retomber au sol en zenkutsu d vers B - chudan uraken d vers B - Kiai



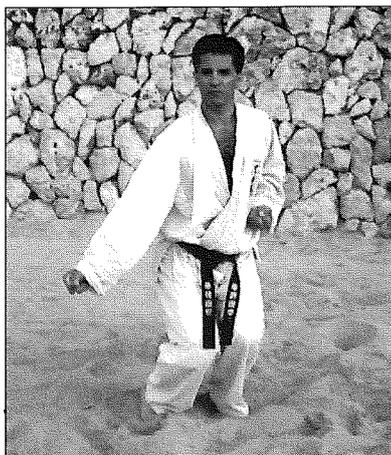
88 - Sur place - la main d continue son mouvement circulaire vers le haut



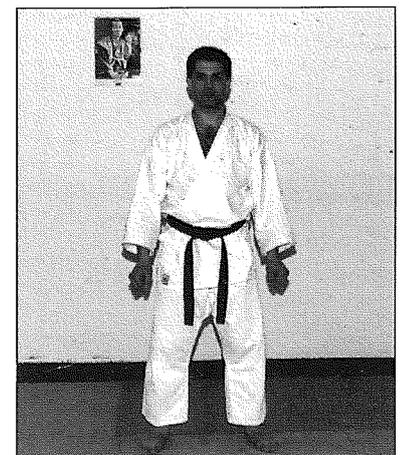
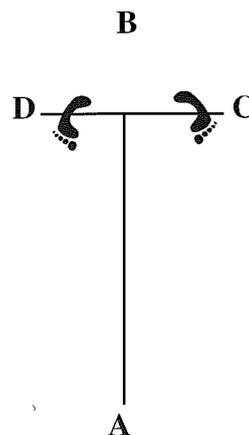
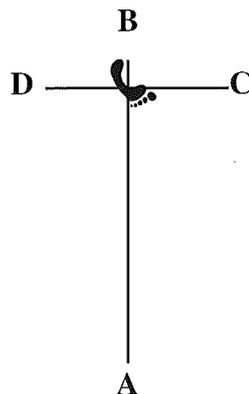
86 - Fléchir sur les jambes - regarder et tourner à d vers A, la main d effectue un mouvement circulaire vers le bas en gedan sukui uke



89 - Sur place - la main d termine son mouvement circulaire vers le bas



87 - Se relever en hachiji dachi face à A la main d continue son mouvement circulaire dans le sens contraire des aiguilles d'une montre



90 - hachiji dachi face à A - FIN