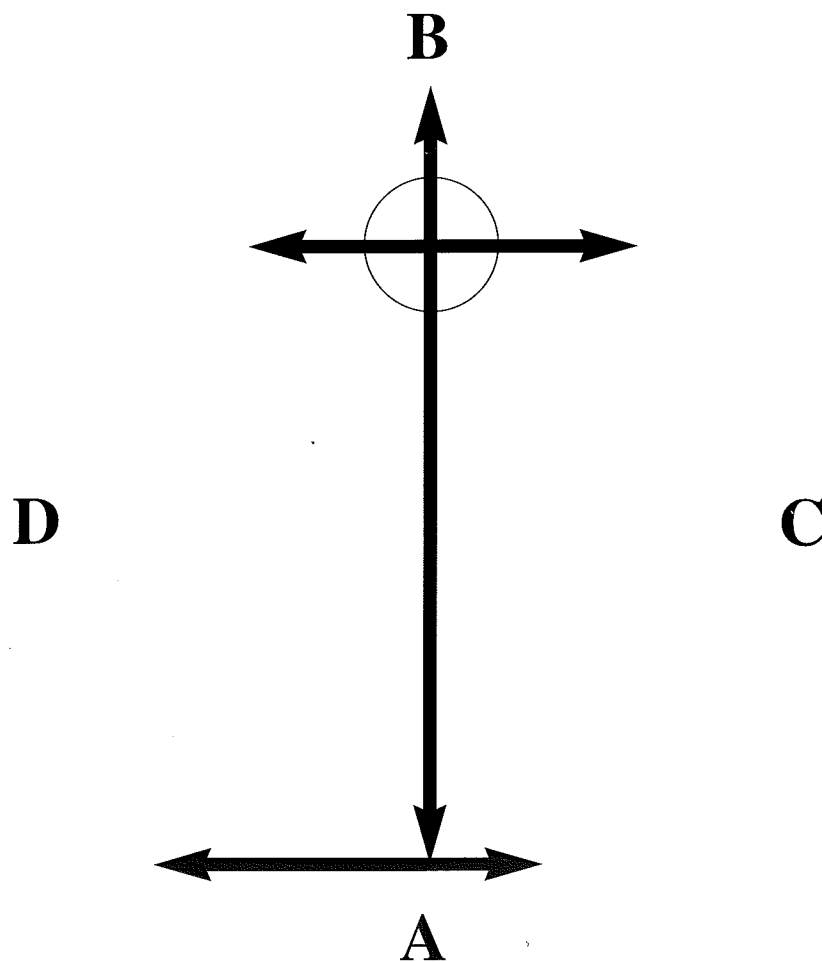
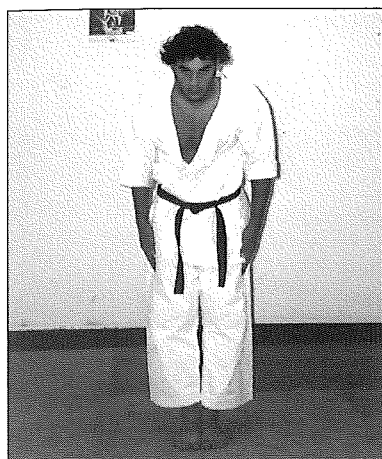


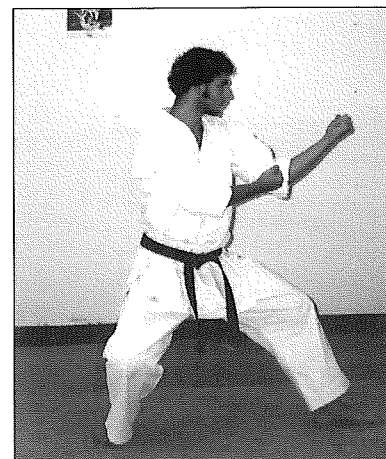
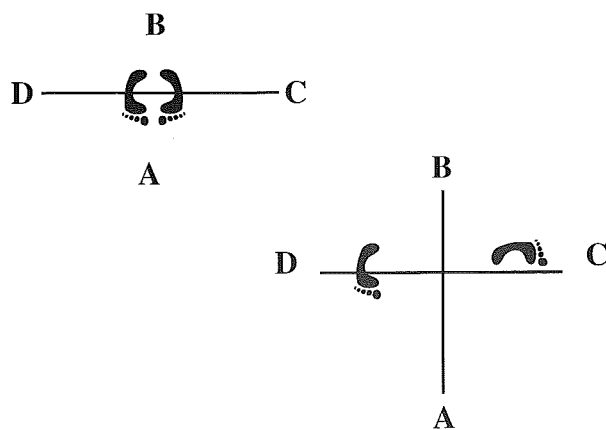
# KANKU SHO (\*)

Exécuté par Vassilis STAVRIANIDIS - 2<sup>ème</sup> dan Shotokai Egami ryu

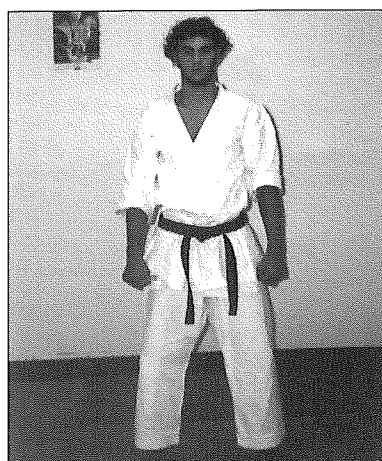




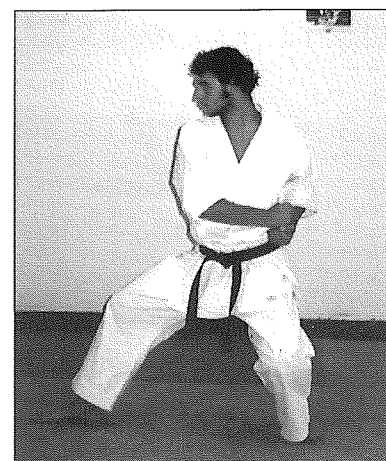
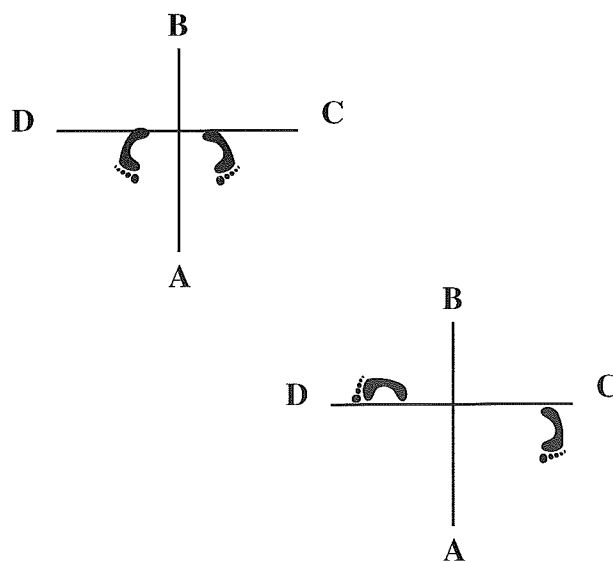
1 - Heisoku dachi - Rei



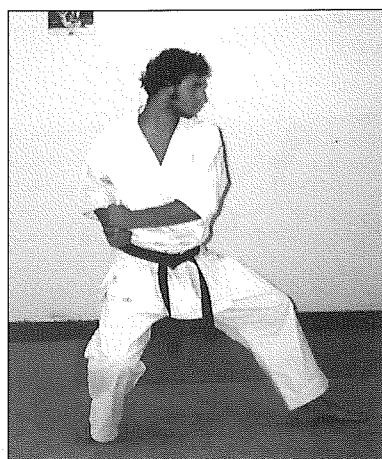
4 - Enchaîner par morote uke g - kokutsu dachi g



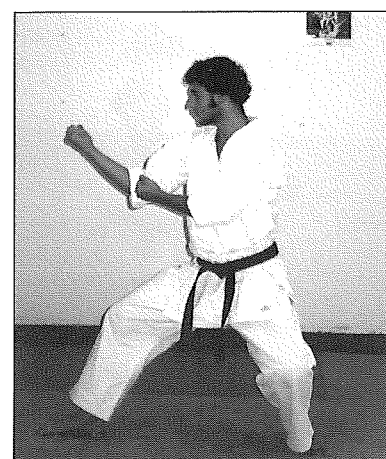
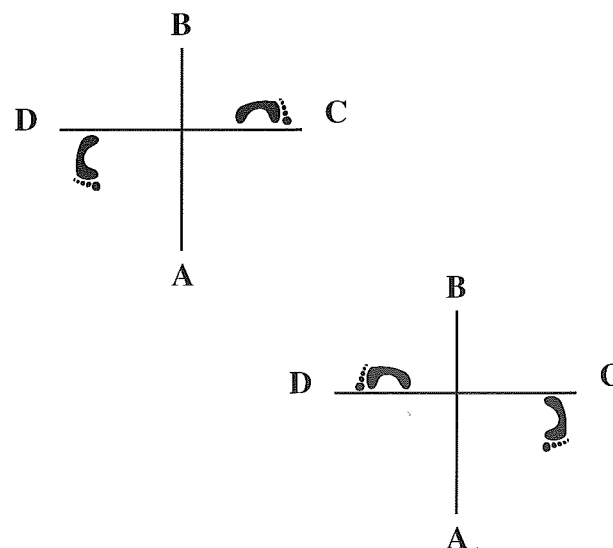
2 - Hachiji dachi - Yoi



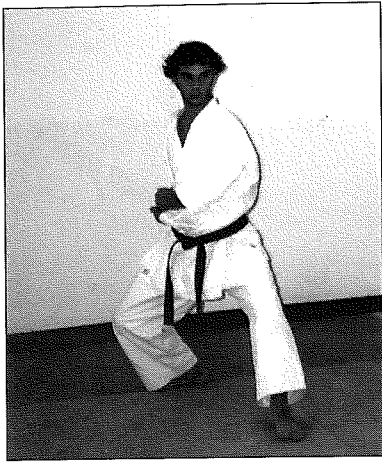
5 - Regarder à d vers D - pivoter de 180° à d kokutsu d vers D - armer les deux bras hikite g



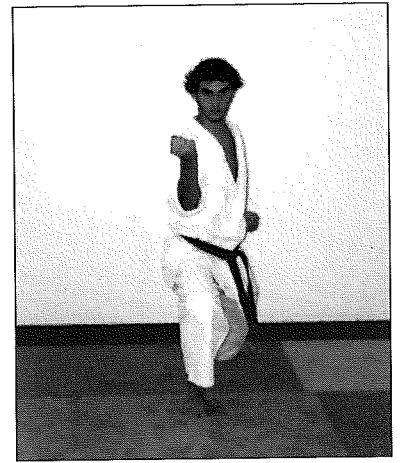
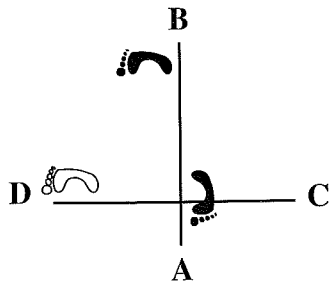
3 - Regarder à g vers C - reculer pied d - kokutsu g vers C - armer les deux bras hikite d



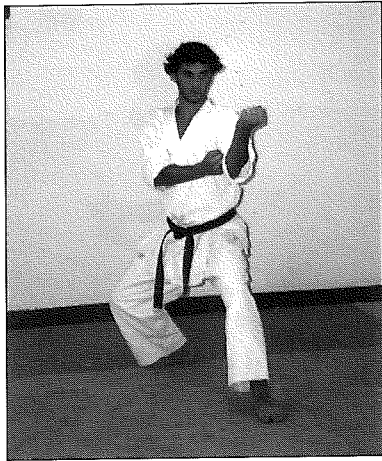
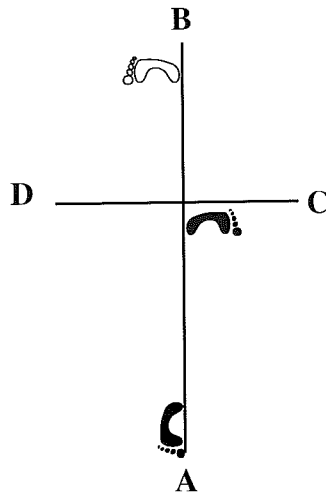
6 - Enchaîner par morote uke d - kokutsu dachi d vers D



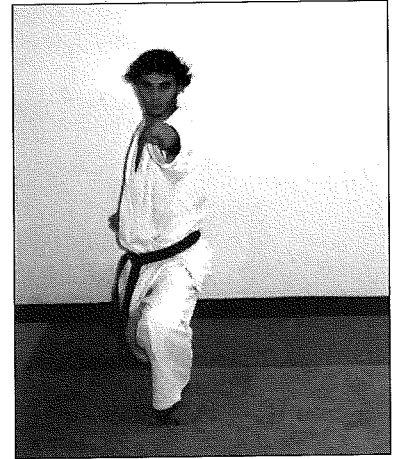
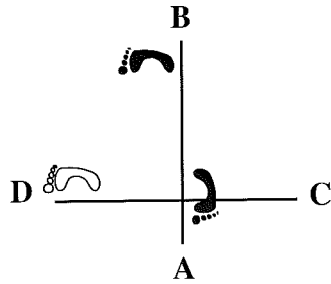
7 - Amener pied d à 90° en arrière vers B - kokutsu g vers A - armer les deux bras hikite d



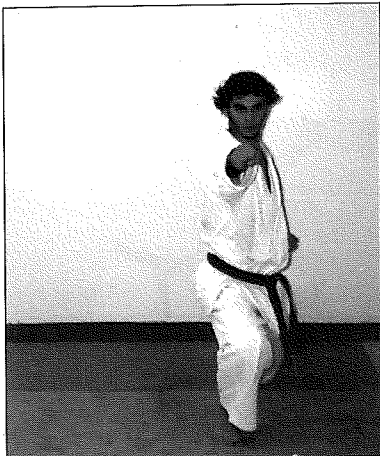
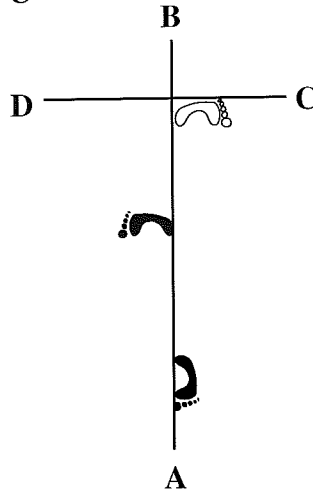
10 - Sur place rotation uchi uke bras d - zenkutsu d vers A



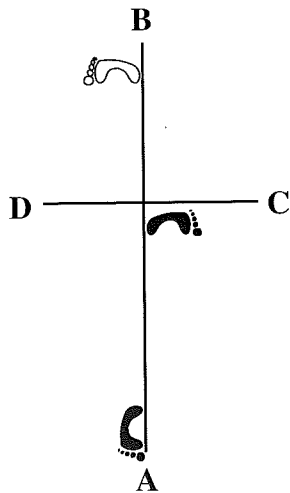
8 - Enchaîner par morote uke g - kokutsu g vers A



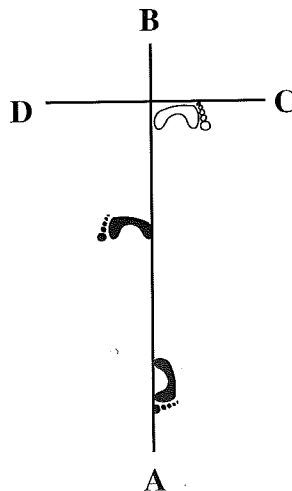
11 - Avancer d'un pas avec pied g vers A en zenkutsu g - chudan oitsuki g

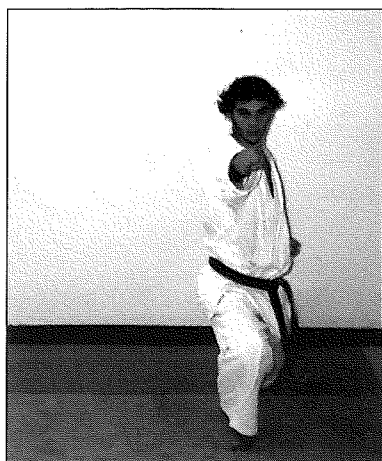


9 - Avancer d'un pas avec pied d vers A en zenkutsu d - chudan oitsuki d

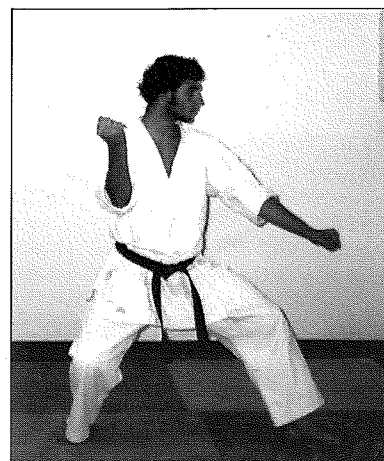
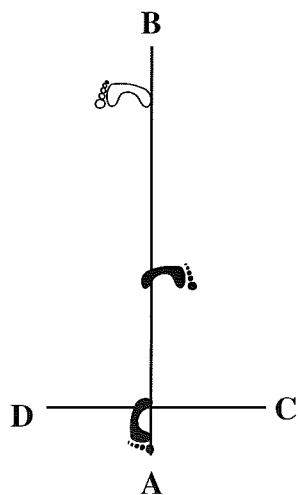


12 - Sur place rotation uchi uke bras g - zenkutsu g vers A

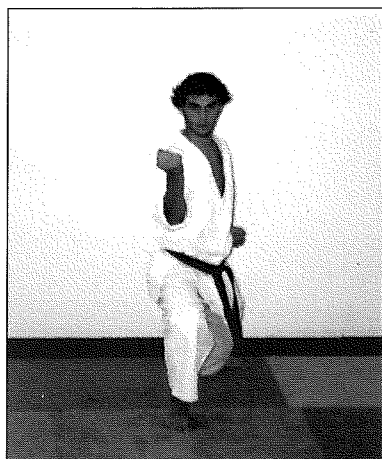
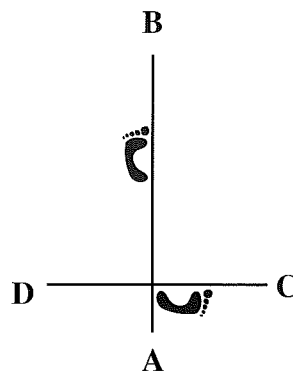




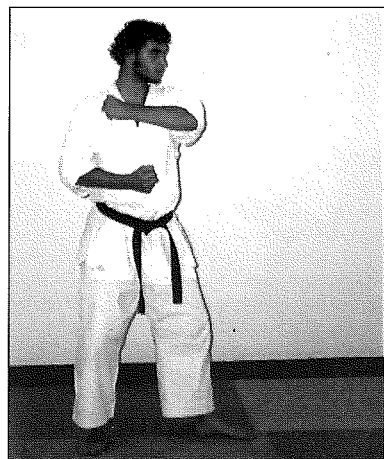
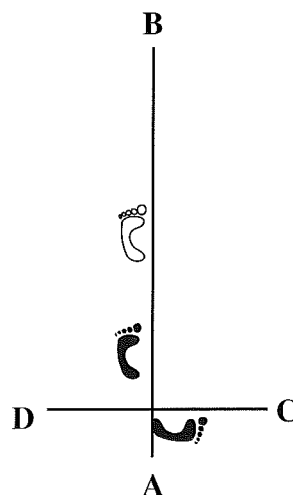
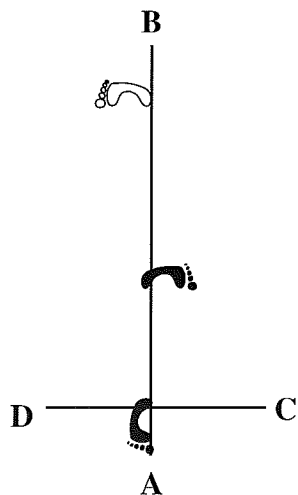
13 - Avancer d'un pas avec pied d vers A en zenkutsu d - chudan oitsuki d - Kiai



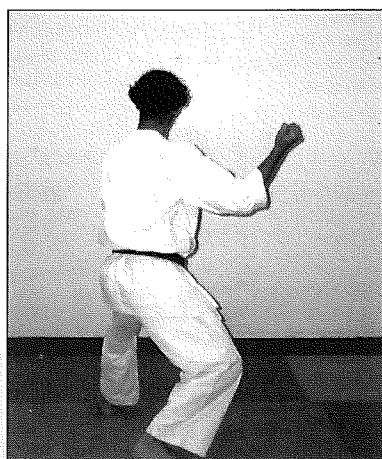
16 - Vue de côté de 15



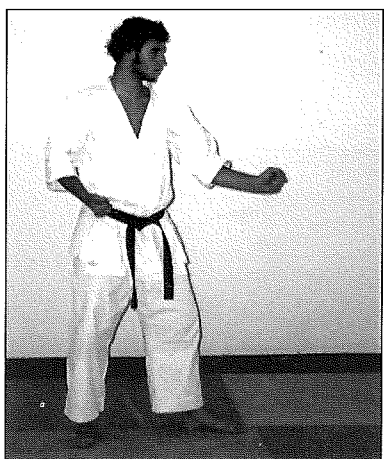
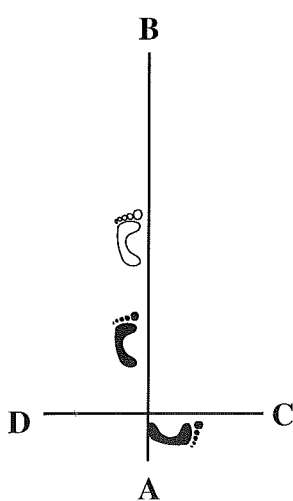
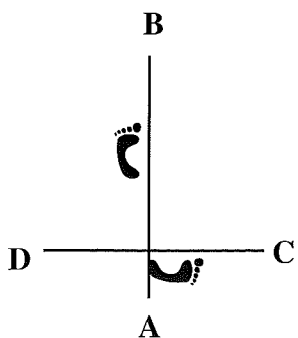
14 - Sur place rotation uchi uke bras d - zenkutsu d vers A



17 - Sur place ramener pied g en arrière en renoji dachi g - faire rotation vers arrière d bras g puis...



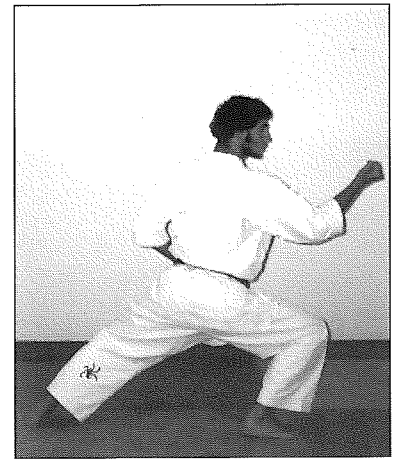
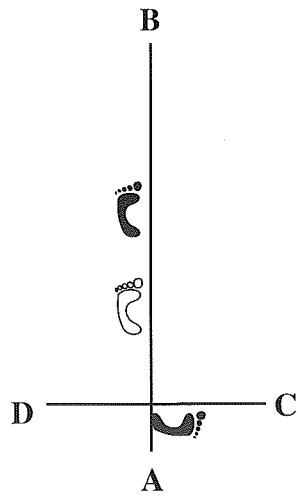
15 - Pivoter de 180° à g vers B - kokutsu g - bras d yoko uchi uke - bras g gedan barai



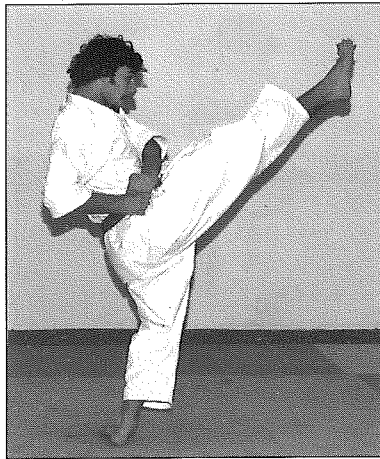
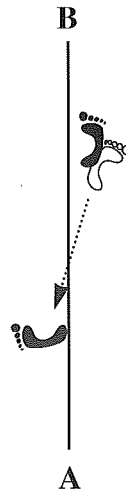
18 - ... terminer en chudan tetsui uchi g - main d hikite - renoji dachi g



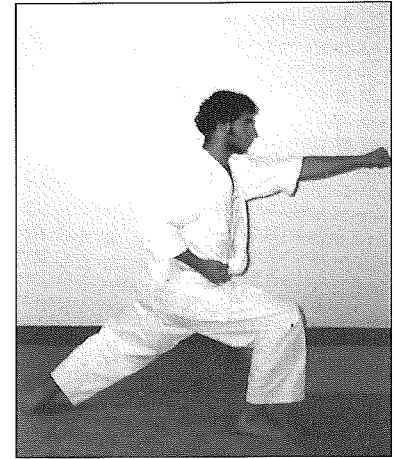
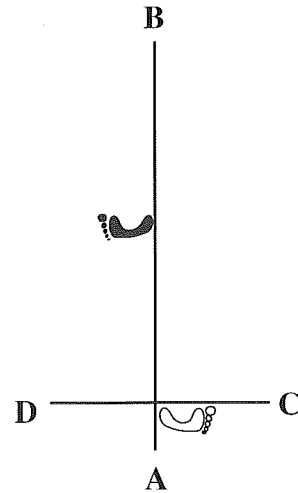
19 - Glisser pied g vers B en zenkutsu haut - chudan tsukami d sous main g en soete



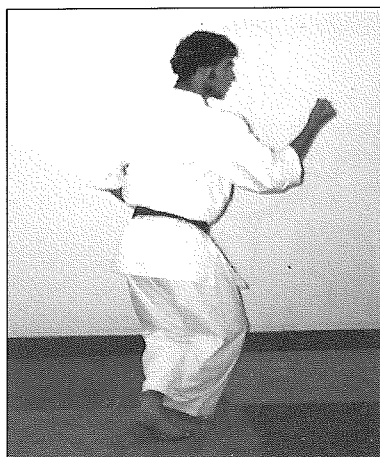
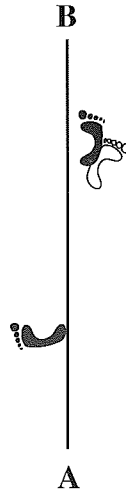
22 - Ramener pied g en arrière en zenkutsu d vers B - chudan uchi ude uke d



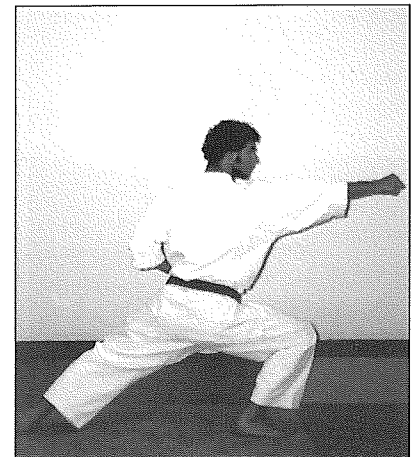
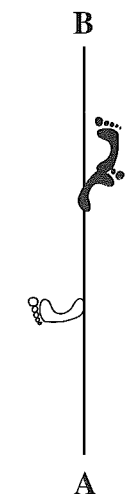
20 - Chudan mae geri d vers B - hikite des deux mains



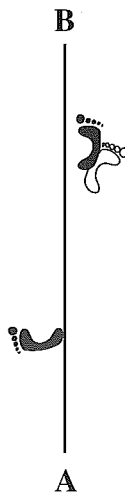
23 - Sur place vers B - chudan gyaku tsuki g

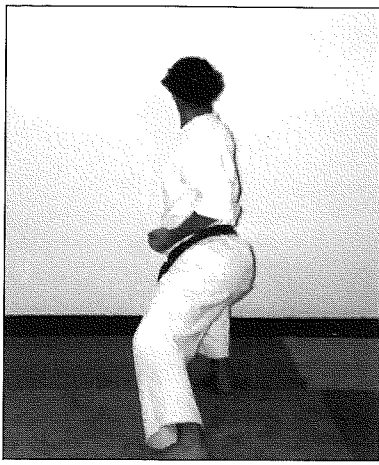


21 - Reposer pied d en avant vers B - amener pied g en soe ashi derrière pied d - jodan uraken d

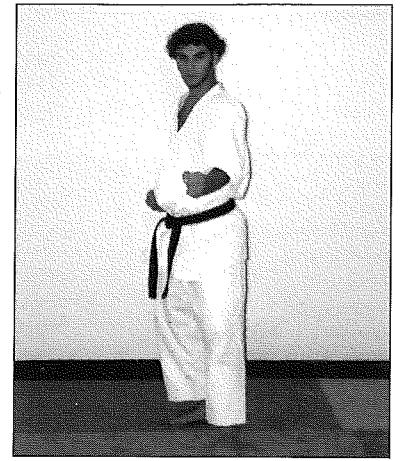
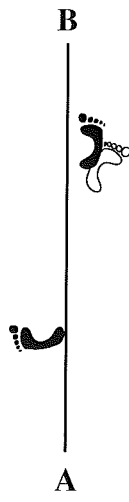


24 - Sur place vers B - chudan hon tsuki d

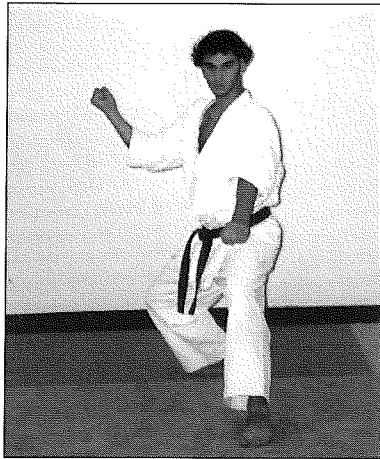




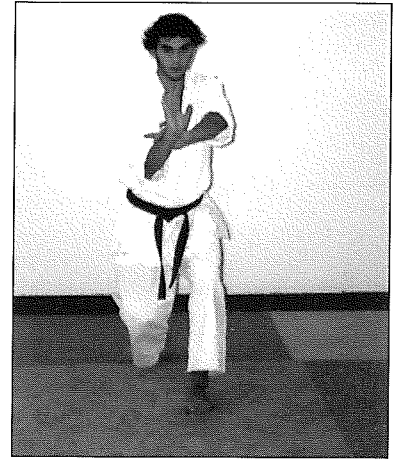
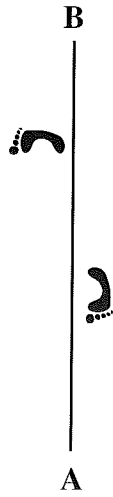
25 - Vue de A de photo 24



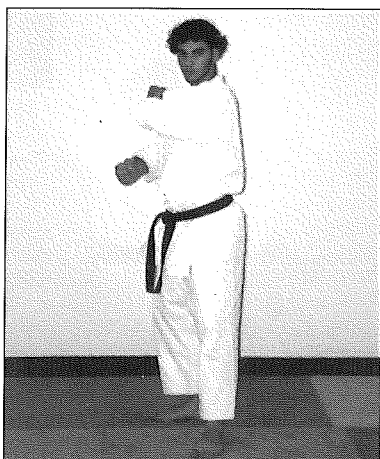
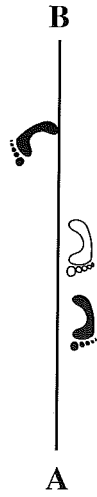
28 - Mêmes mouvements que 18 vers A



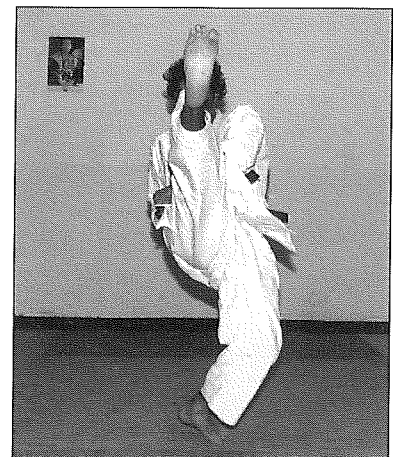
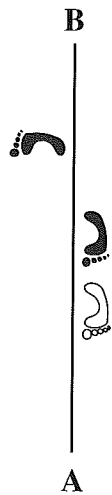
26 - Sur place pivoter de 180° à g vers A - kokutsu g - bras d yoko uchi uke - bras g gedan barai



29 - Mêmes mouvements que 19 vers A

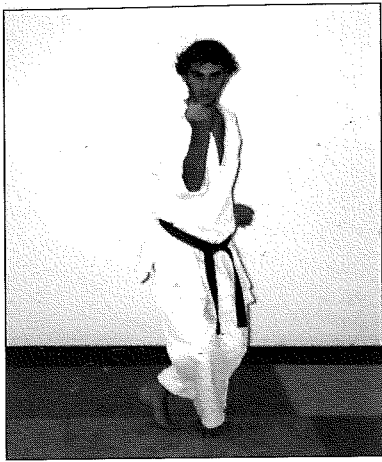


27 - Mêmes mouvements que 17 vers A

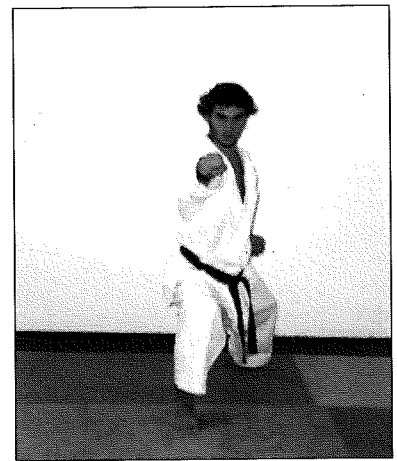
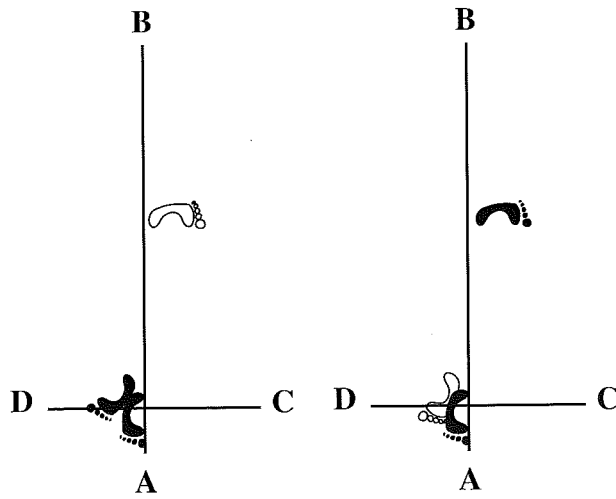


30 - Mêmes mouvements que 20 vers A

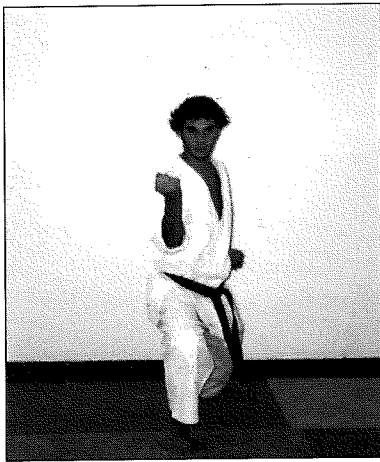




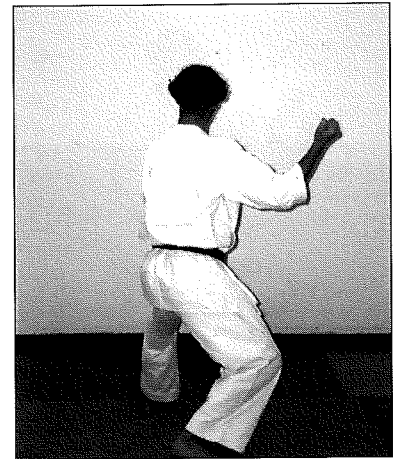
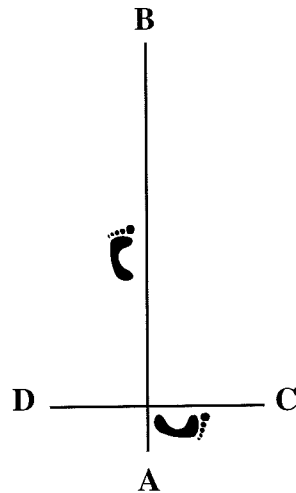
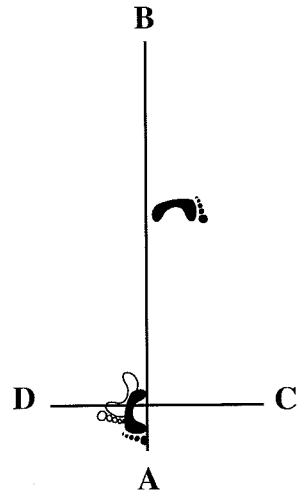
31 - Mêmes mouvements que 21 vers A



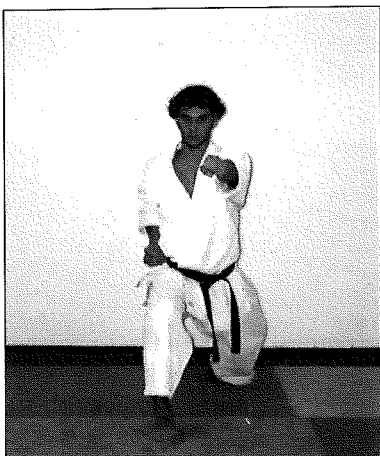
34 - Mêmes mouvements que 25 vers A



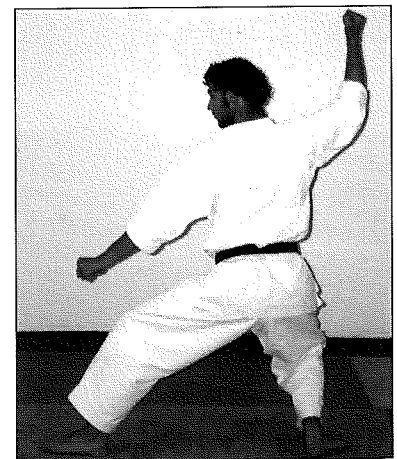
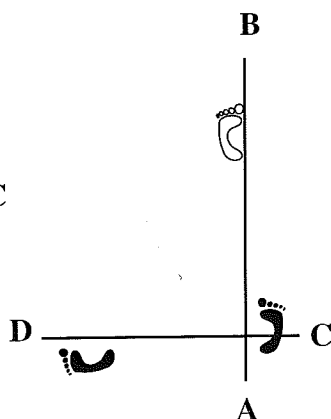
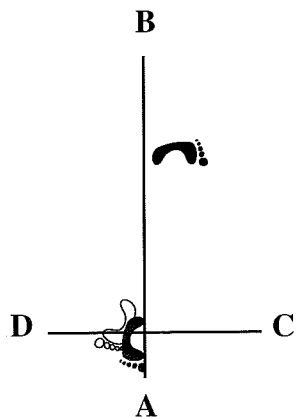
32 - Mêmes mouvements que 22 vers A



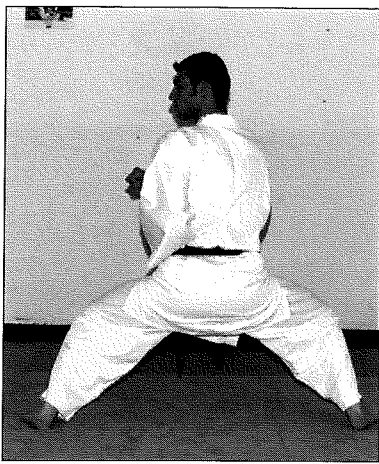
35 - Sur place pivoter de 180° à g vers B - kokutsu g - bras d yoko uchi uke - bras d gedan barai



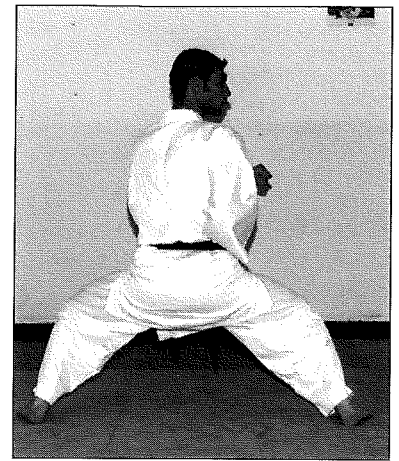
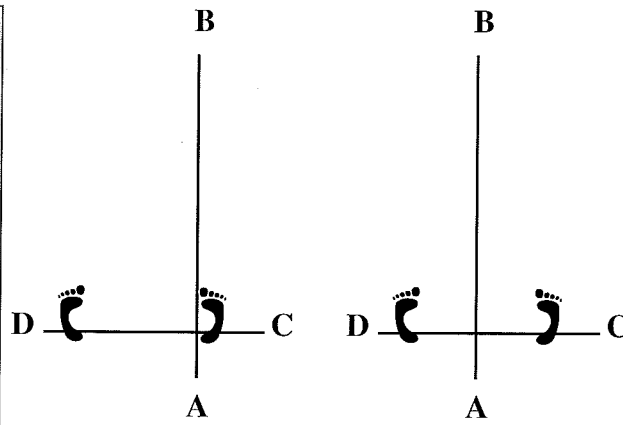
33 - Mêmes mouvements que 23 vers A



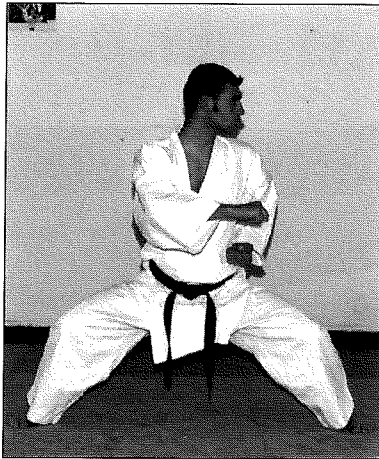
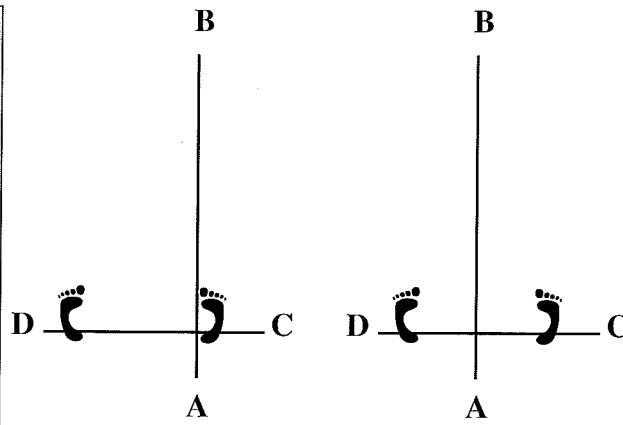
36 - Regarder et pivoter avec pied g de 90° à g vers D - kokutsu g - bras d jodan uchi nagashi uke - bras e gedan barai



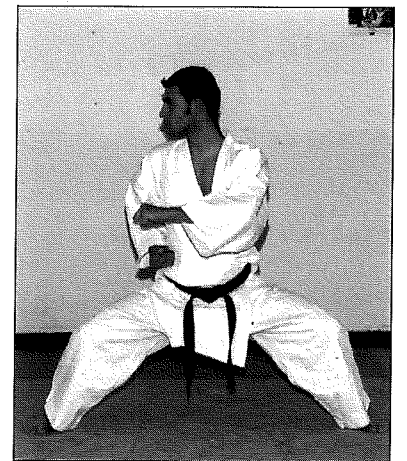
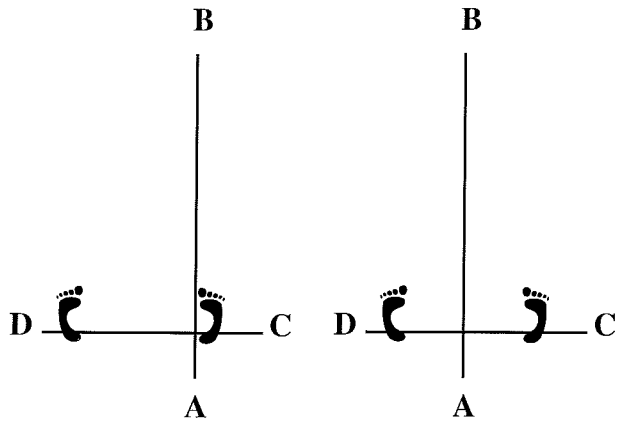
37 - Glisser en tsuri ashi de côté vers D en kiba dachi - kagi tsuki d



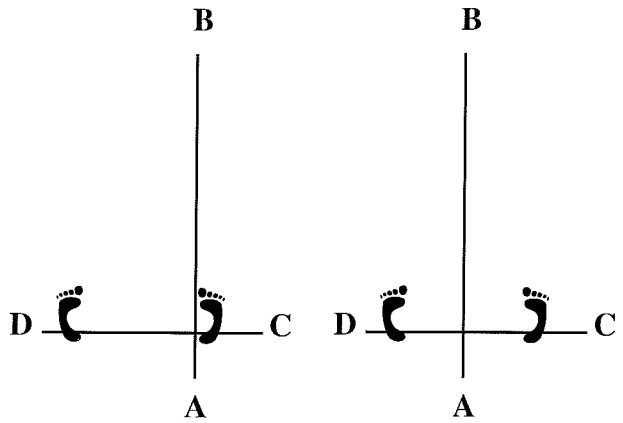
40 - Glisser en tsuri ashi de côté vers C en kiba dachi - kagi tsuki g



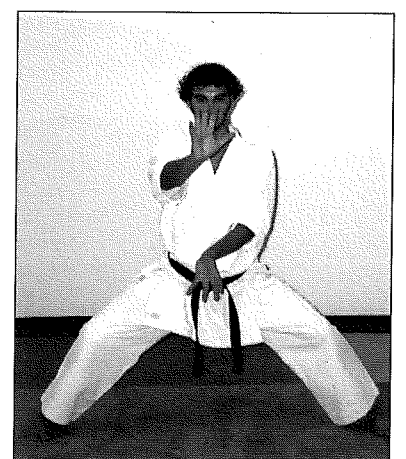
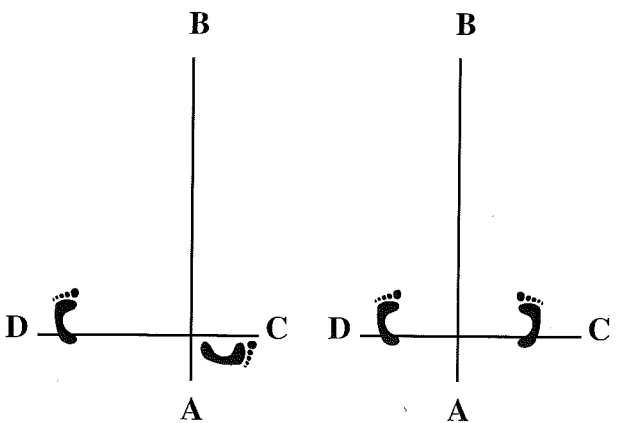
38 - Vue de B de photo 37



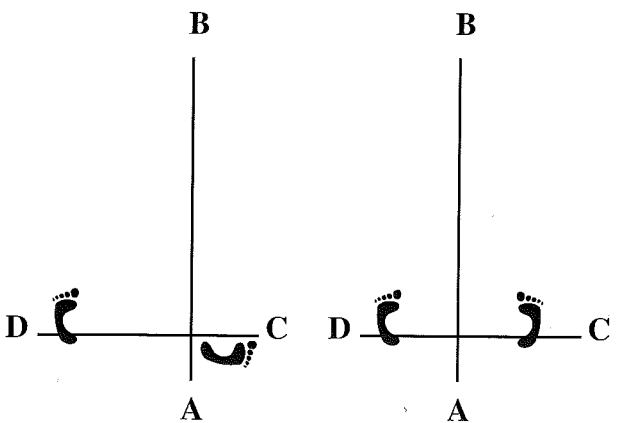
41 - Vue de B de photo 40



39 - Regarder et tourner le pied d de 90° à d vers C en kokutsu d - bras g jodan uchi nagashi uke - bras d gedan barai



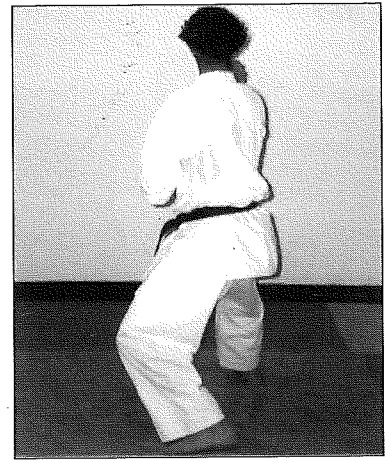
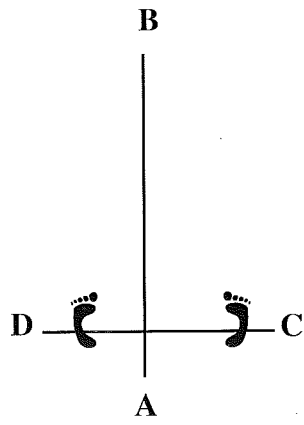
42 - Regarder vers B - sur place jodan teisho uke d - teisho gedan d - kiba dachi vers B



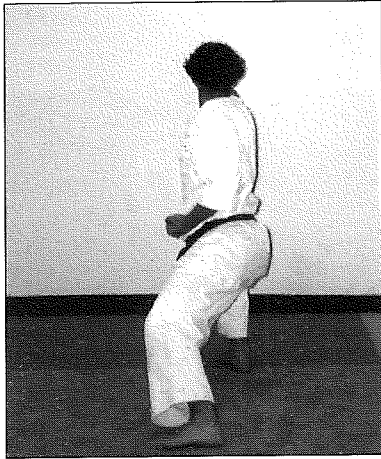
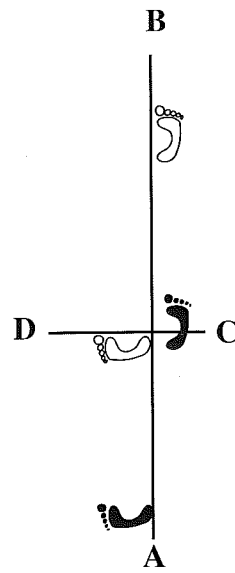




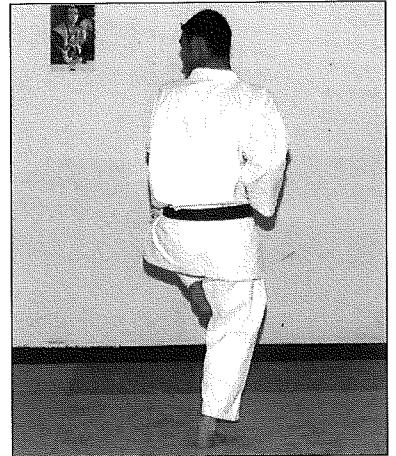
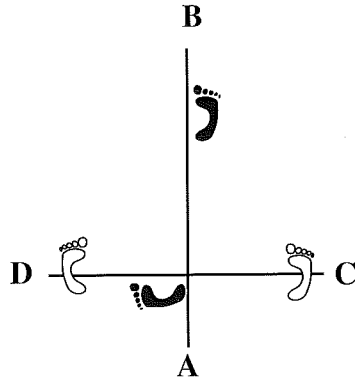
43 - Sur place vers B - kiba dachi - inverser la position des mains



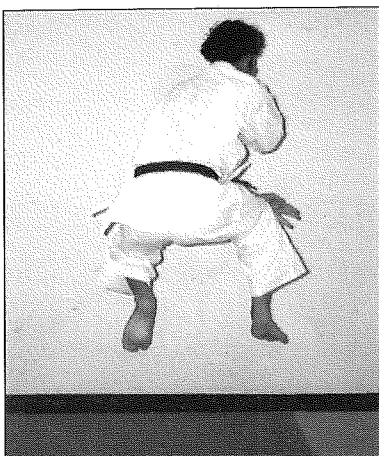
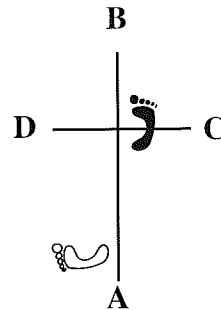
46 - Retomber en kokutsu d vers B - chudan shuto barai d



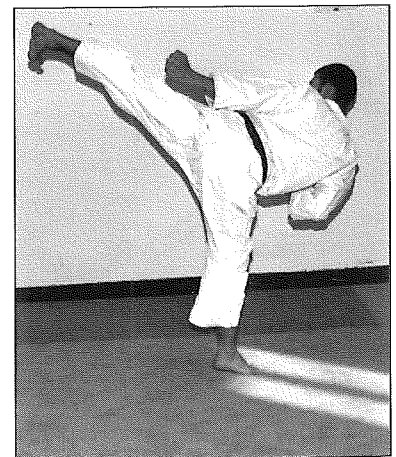
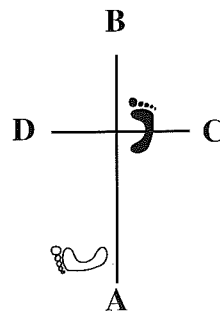
44 - Avancer d'un pas avec pied d vers B en zenkutsu d - chudan oitsuki d



47 - regrouper et armer jambe g à côté jambe d pour yoko geri - regarder à g vers D - les mains en hikite à d



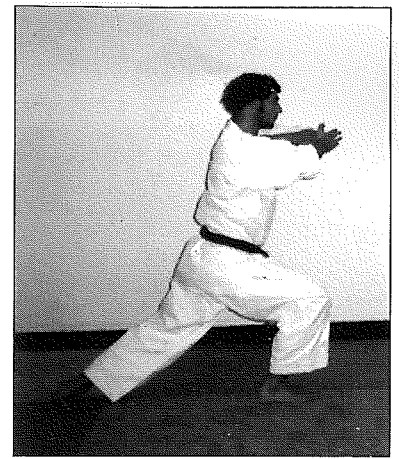
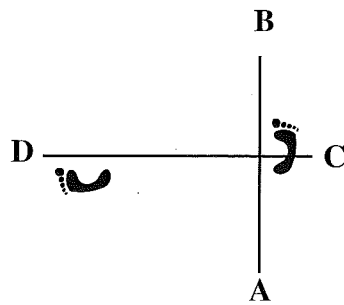
45 - Faire un saut circulaire de 360° vers la g vers B - armer bras d pour shuto barai



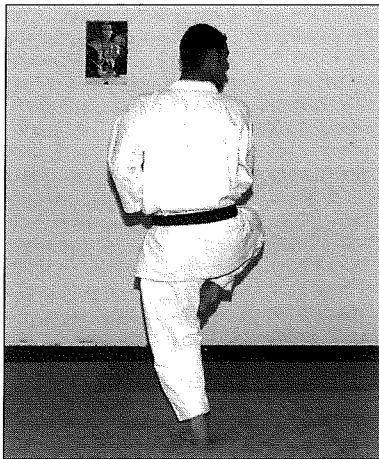
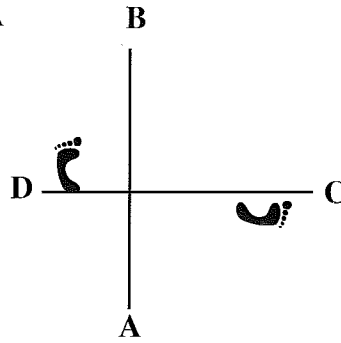
48 - Yoko geri g vers D - chudan uraken g



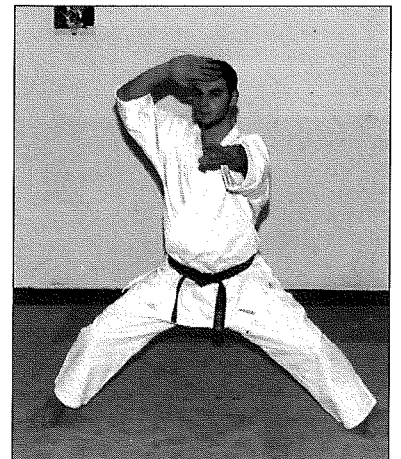
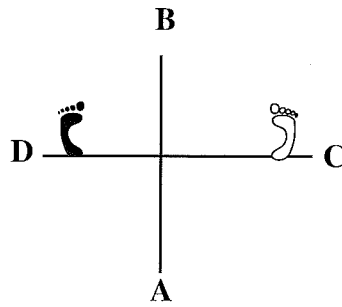
49 - Poser pied g au sol en zenkutsu g vers D - empi d dans main g ouverte



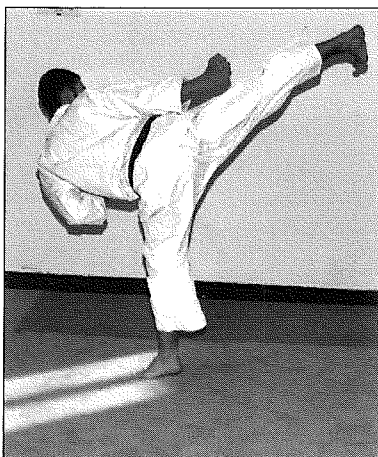
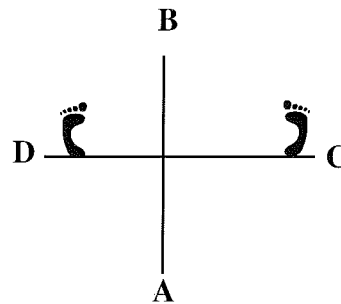
52 - Poser pied d au sol en zenkutsu d vers C - empi g dans main d ouverte



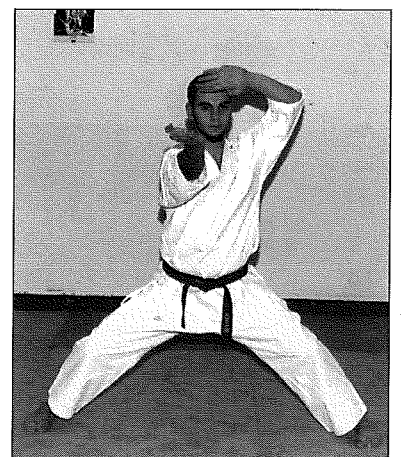
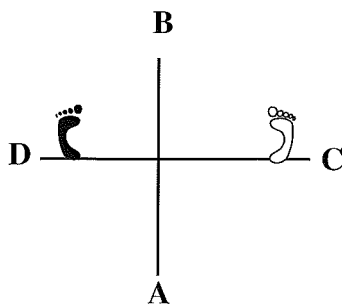
50 - Regrouper et armer jambe d à côté jambe g pour yoko geri - regarder à d vers C - les mains en hikite à g



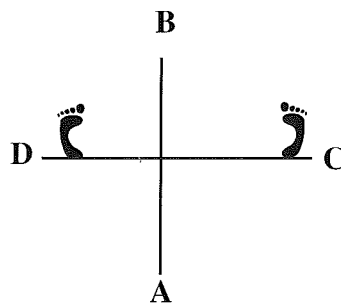
53 - Sur place pivoter de 90° à g vers B en kiba dachi - jodan chuto uchi g - main d kamae jodan

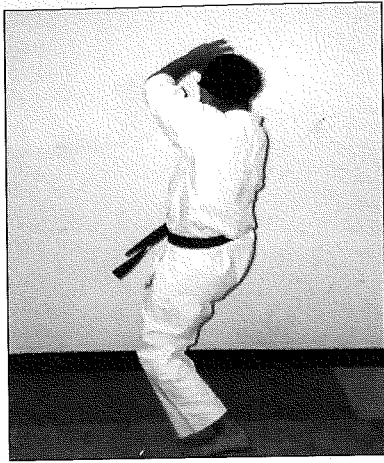


51 - Yoko geri d vers C - chudan uraken d

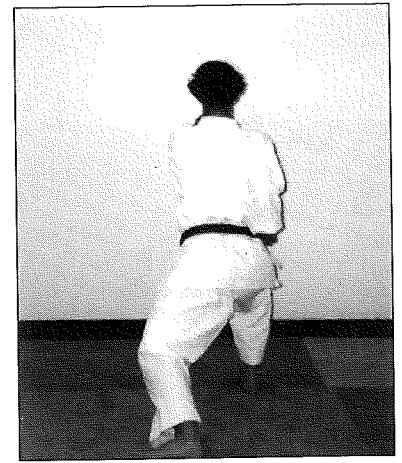
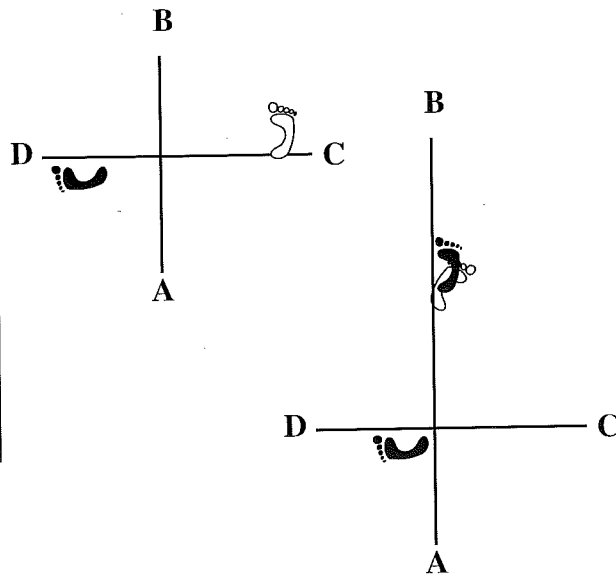


54 - Sur place vers B - inverser mouvements des mains - kiba dachi

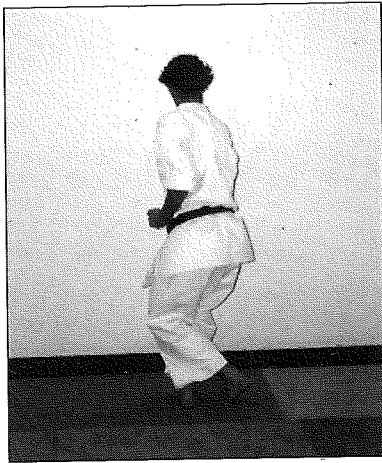




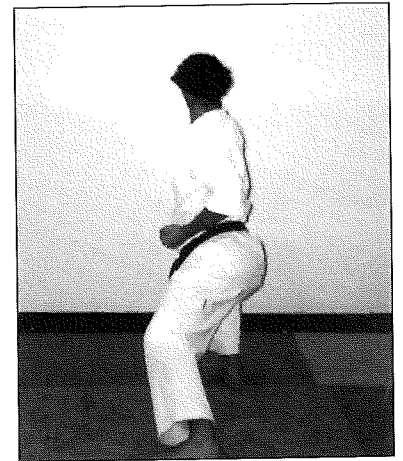
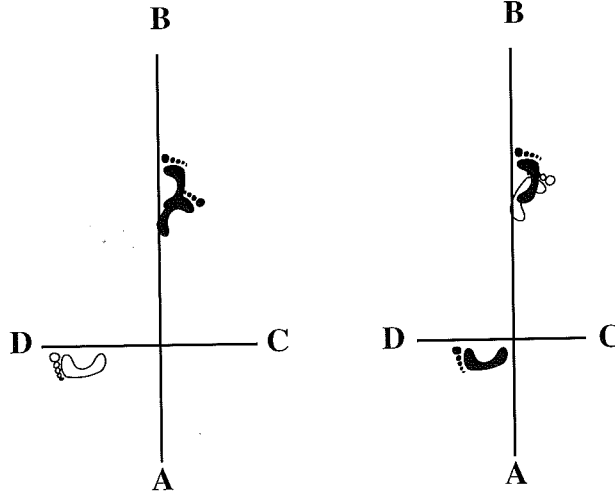
55 - Jodan mae geri d vers B



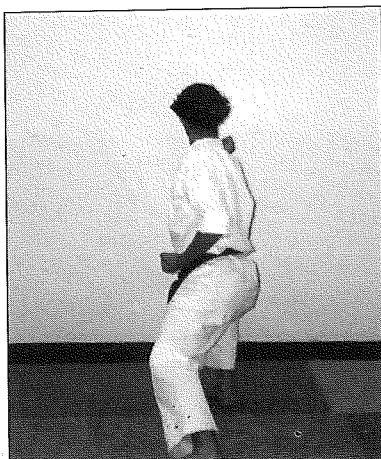
58 - Sur place vers B - chudan gyaku tsuki g vers B - zenkutsu d



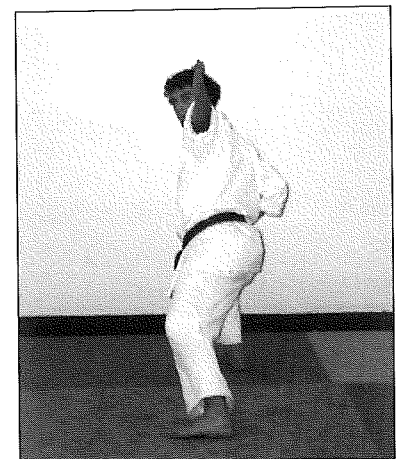
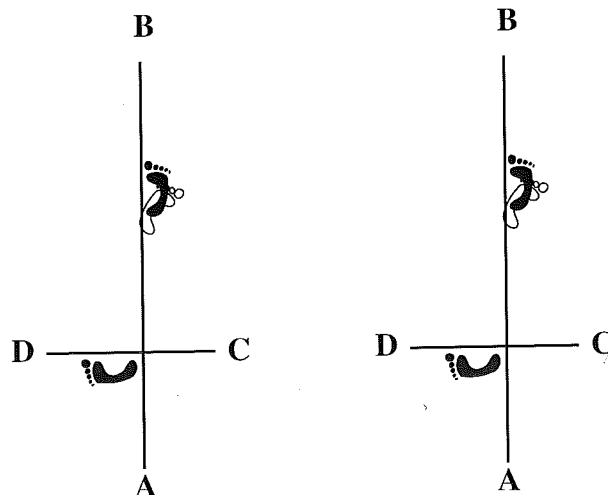
56 - Reposer pied d au sol vers B - amener en soe achi pied g derrière pied d - uraken d



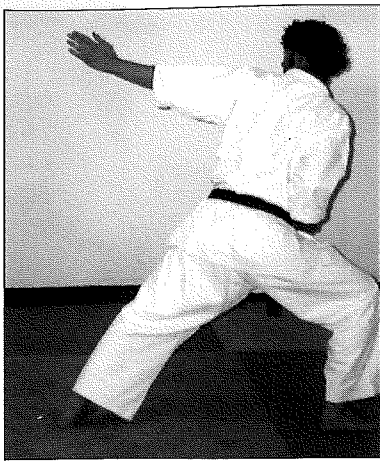
59 - Sur place vers B - chudan hon tsuki d vers B - zenkutsu d



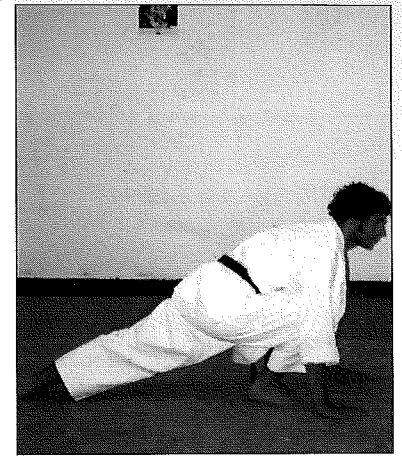
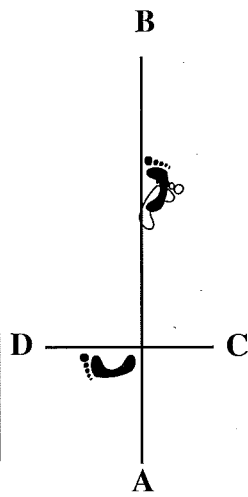
57 - Reculer sur le même axe pied g - zenkutsu d vers B - chudan uchi uke d



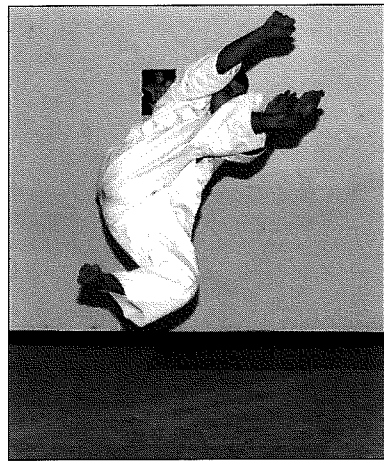
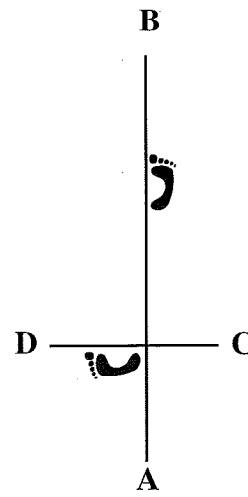
60 - Regarder à g vers A en faisant jodan haishu uke main g vers A - main d hikite - zenkutsu d vers B



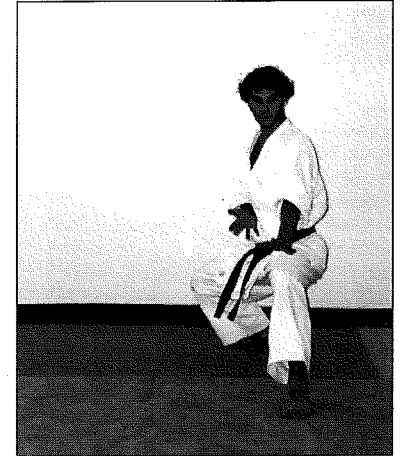
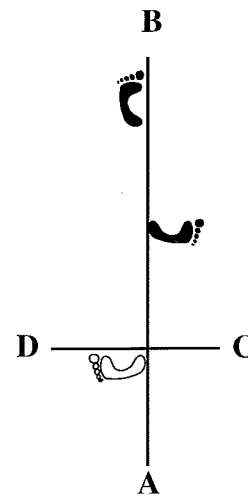
61 - Vue de côté de photo 60



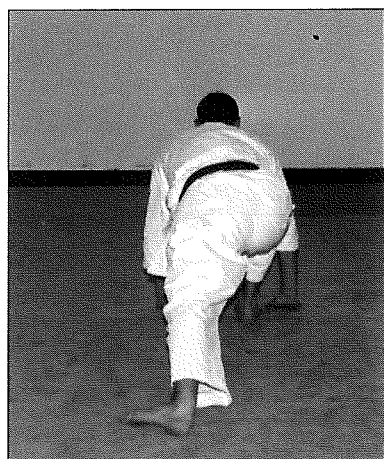
64 - Vue de côté de photo 63



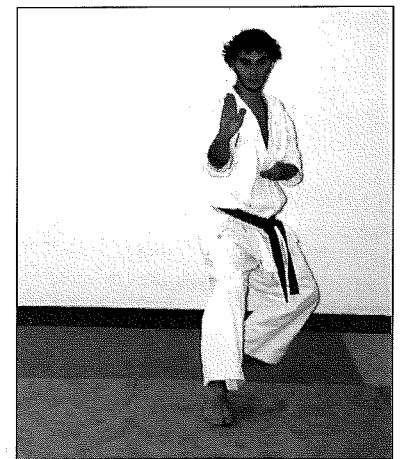
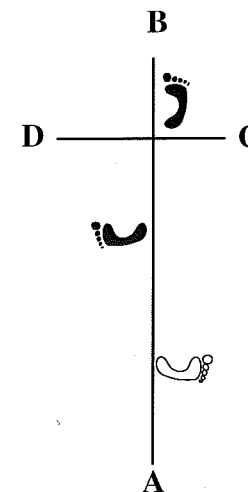
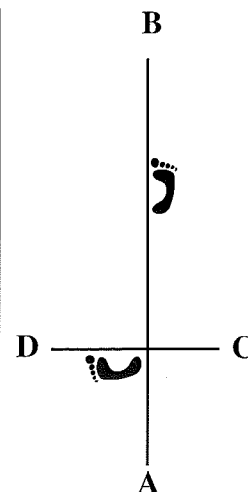
62 - Faire saut circulaire de 360° à g vers B - mawashi geri d dans main g ouverte - Kiai



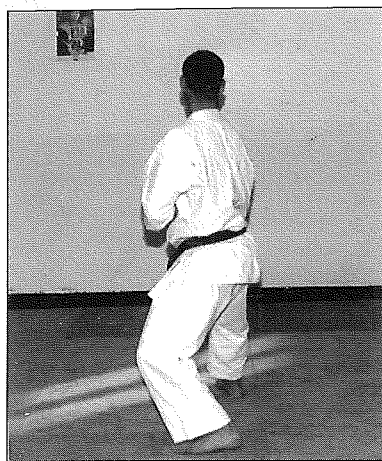
65 - Avancer pied g vers B en kokutsu g très bas - main g gedan shuto barai



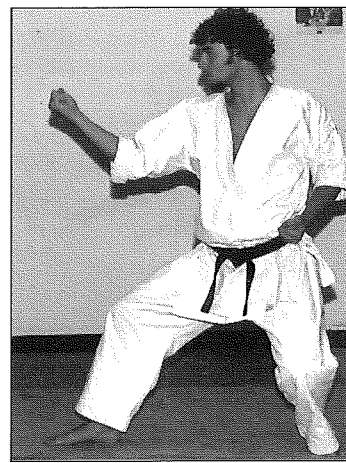
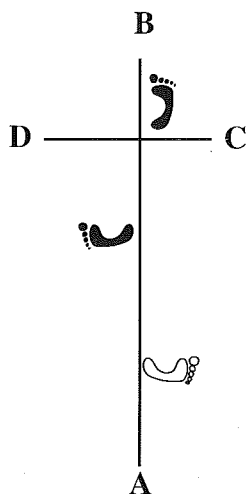
63 - Retomber en zenkutsu d très bas vers B - les mains à plat au sol



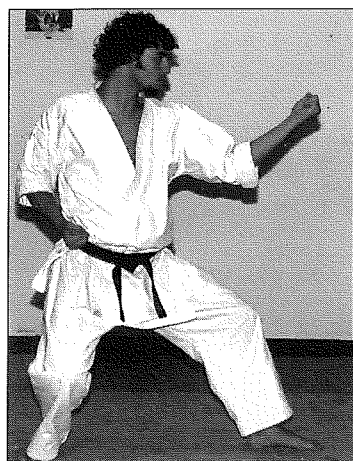
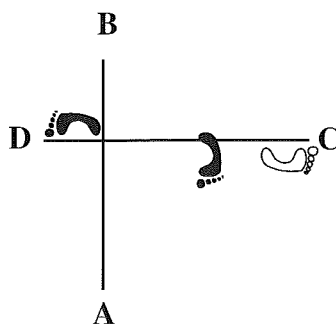
66 - Avancer d'un pas pied d vers B en kokutsu d - chudan shuto barai d



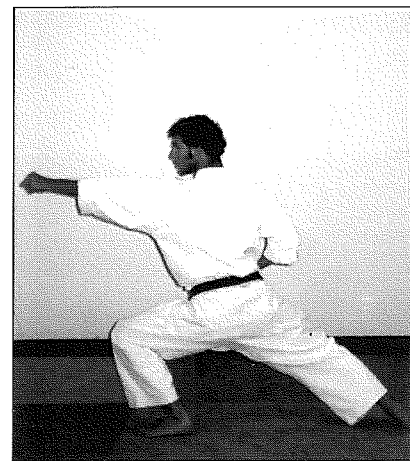
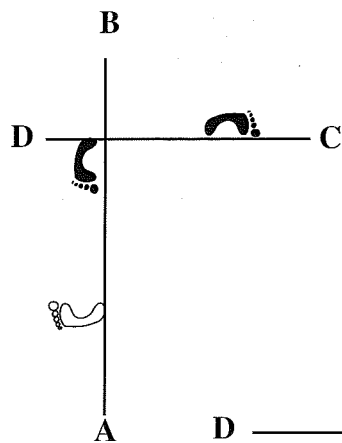
67 - Vue de A de photo 66



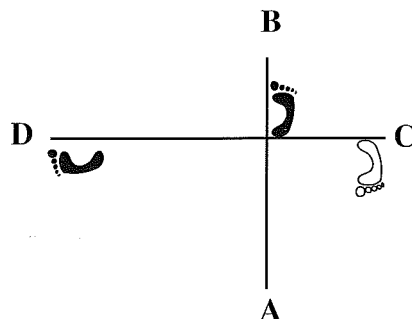
70 - Pivoter avec pied d de 180° à d vers D - kokutsu d - chudan uchi uke d



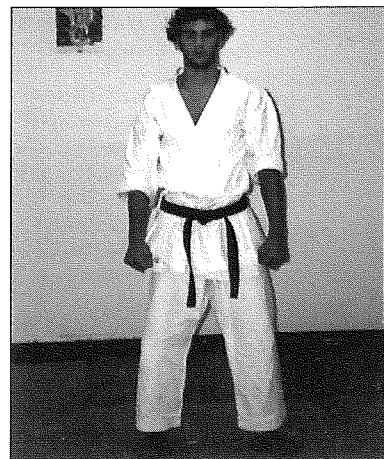
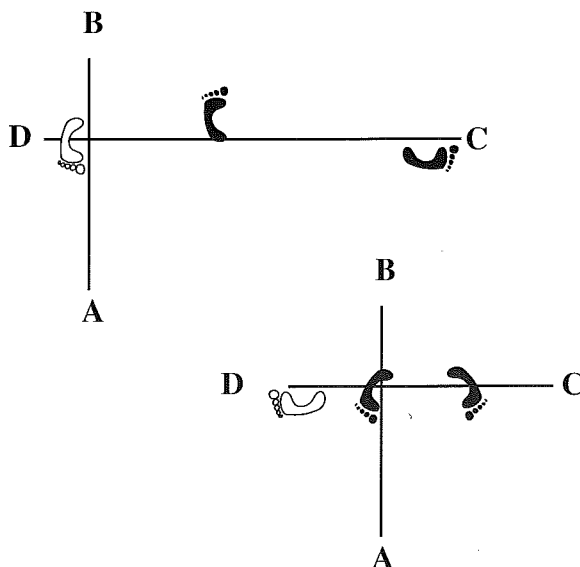
68 - Pivoter avec pied g de 270° à g vers C - kokutsu g - chudan uchi uke g



71 - Avancer d'un pas pied g vers D - chudan oi-tsuki g - zenkutsu g



69 - Avancer d'un pas pied d vers C - chudan oi-tsuki d - zenkutsu d



72 - Ramener pied g en arrière en hachiji dachi face à A - FIN