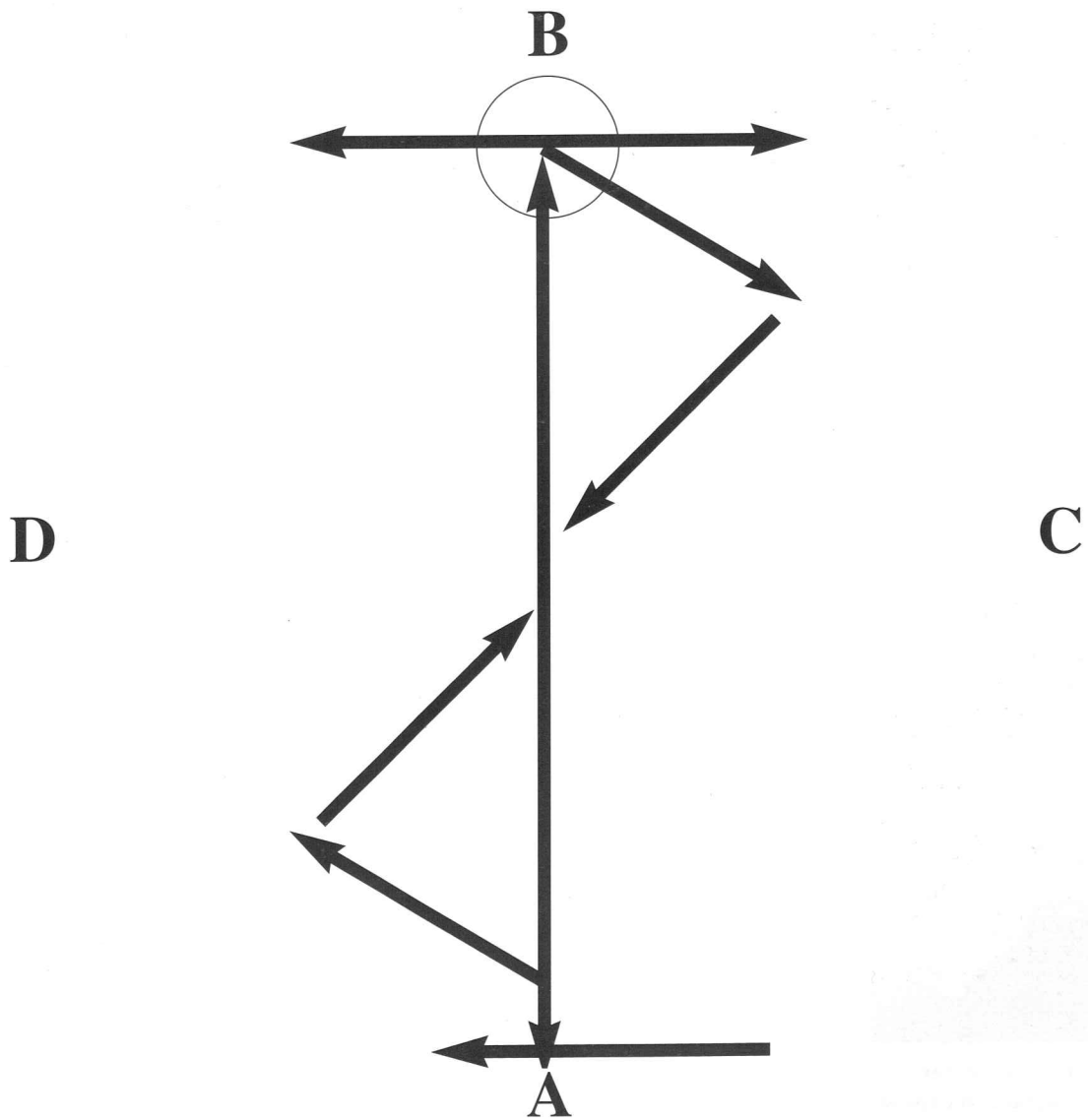
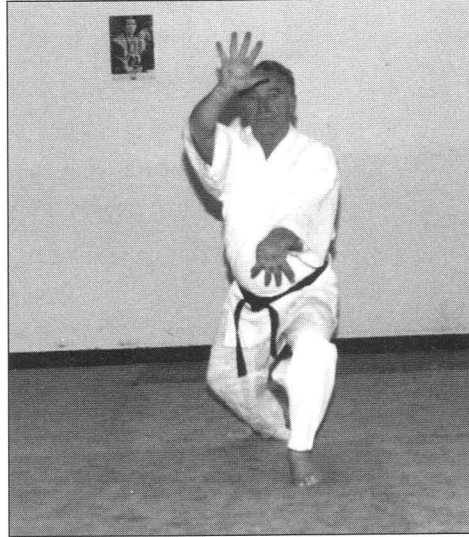
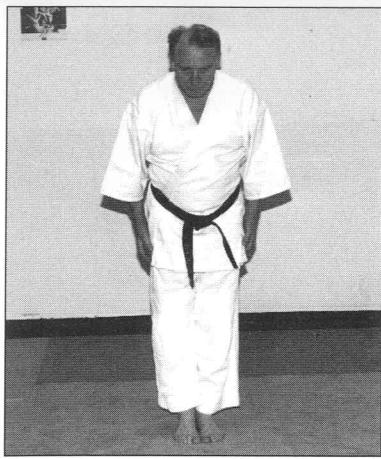


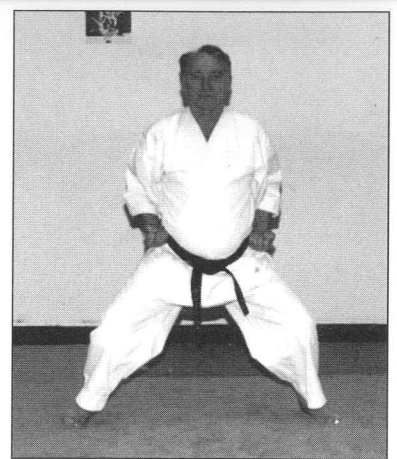
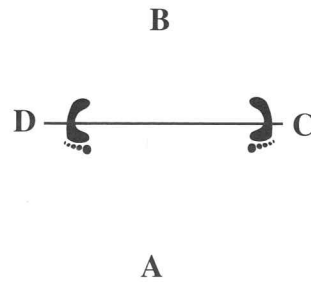
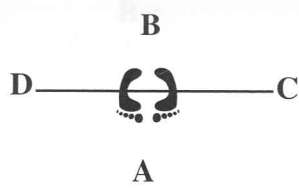
# MEIKYO (\*)

Exécuté par Adolphe SCHNEIDER, 5<sup>ème</sup> dan Shotokai Egami ryu

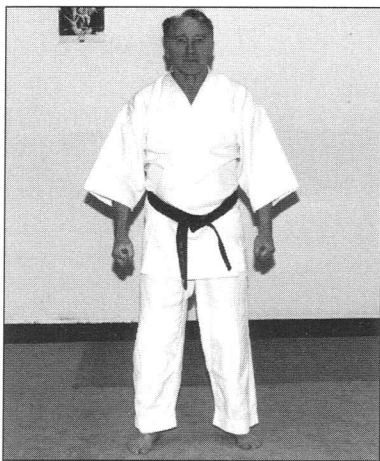




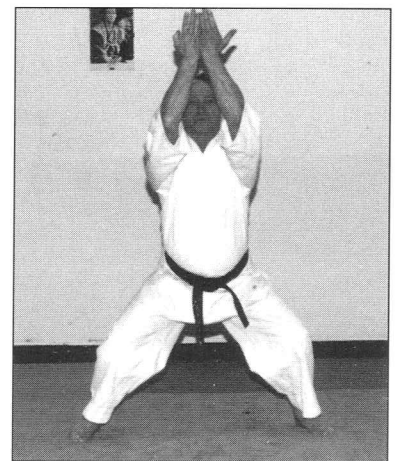
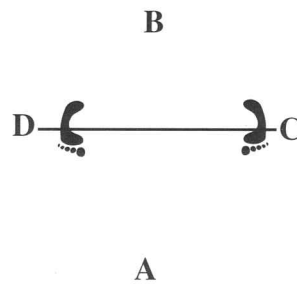
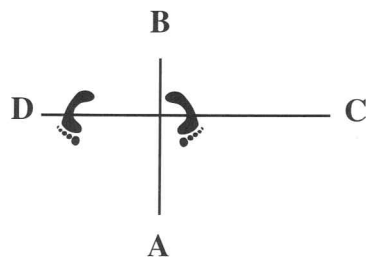
1 - Heisoku dachi - Rei



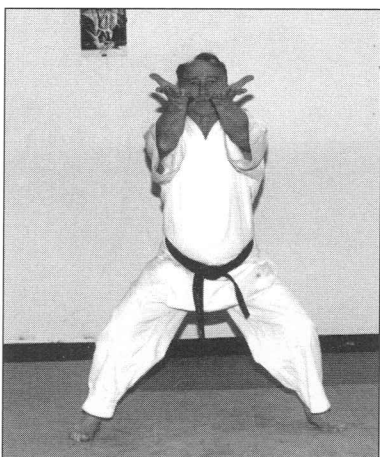
4 - Sur place - ramener les deux mains en hikite, poings fermés - kiba dachi vers A



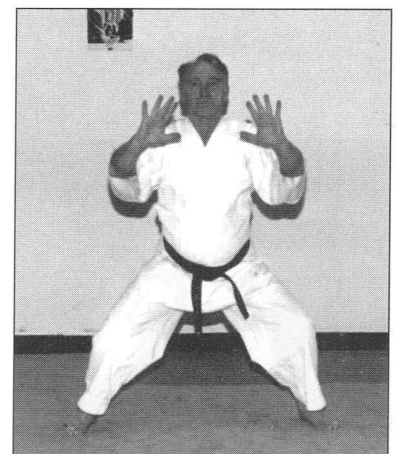
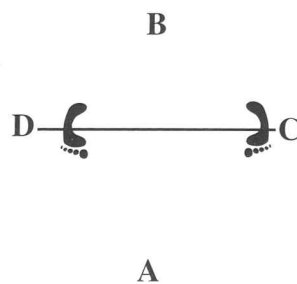
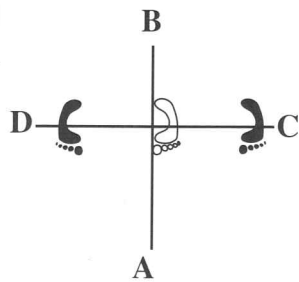
2 - Hachiji dachi - Yoi



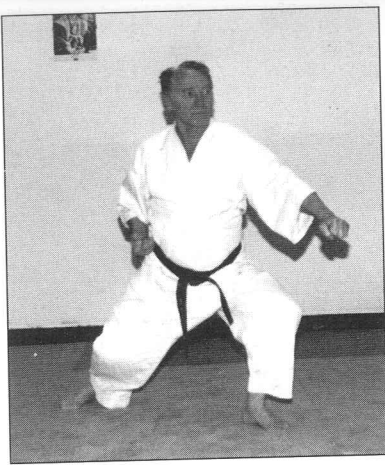
5 - Sur place - monter les deux mains ouvertes dos à dos en jodan - kiba dachi



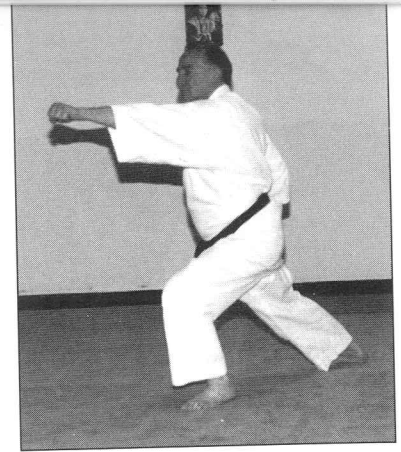
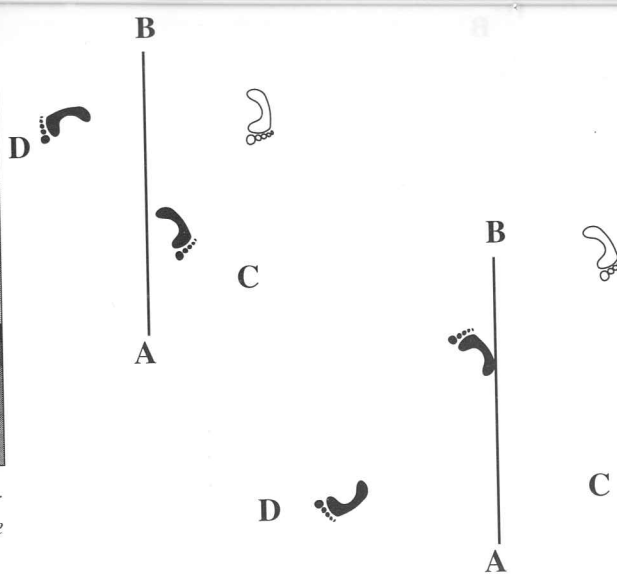
3 - Déplacer pied g sur ligne départ face à A en kiba dachi - les deux mains ouvertes tendues vers A



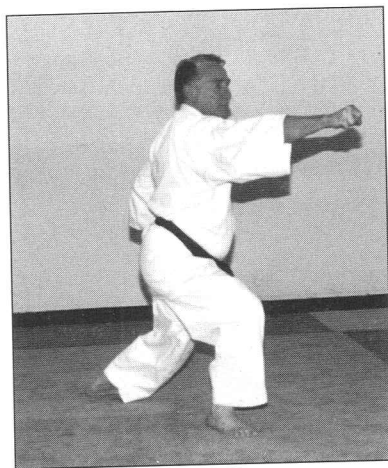
6 - Sur place - ramener les deux mains en chudan Tate Shuto Kakiwake Uke - kiba dachi



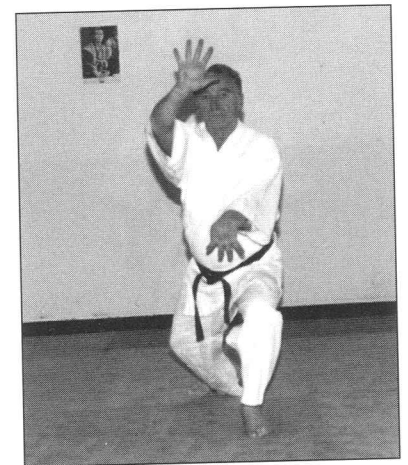
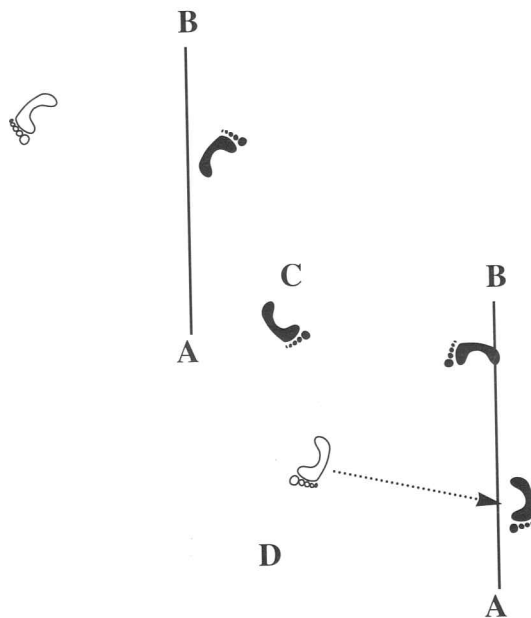
7 - Regarder 45° à g vers CA - avancer d'un pas en zenkutsu g de 45° vers CA - gedan barai g



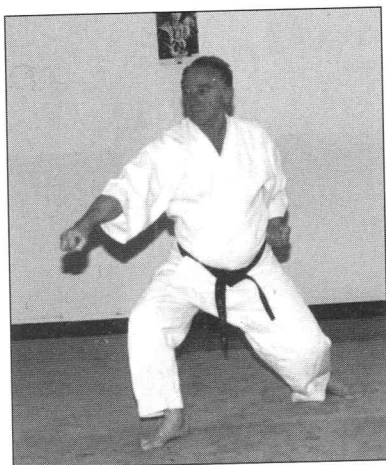
10 - Avancer d'un pas même direction en zenkutsu g - chudan oitsuki g



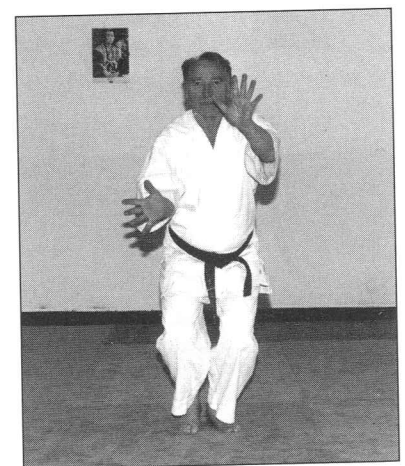
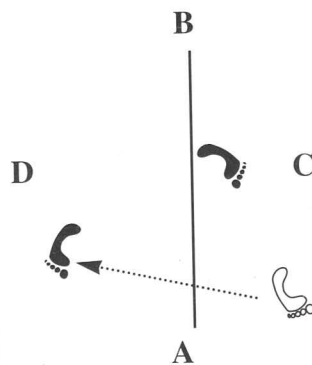
8 - Avancer d'un pas même direction en zenkutsu d - chudan oitsuki d



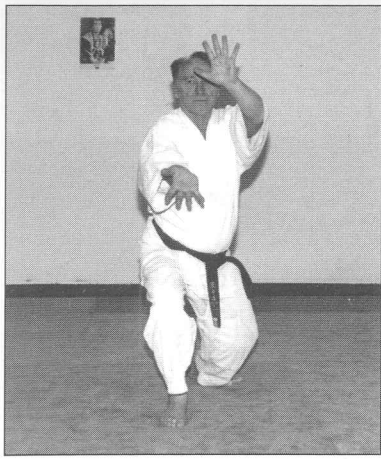
11 - Regarder vers A - ramener pied g à g de 45° sur axe central - zenkutsu g - ni dan bo uke ou ni dan tate uke



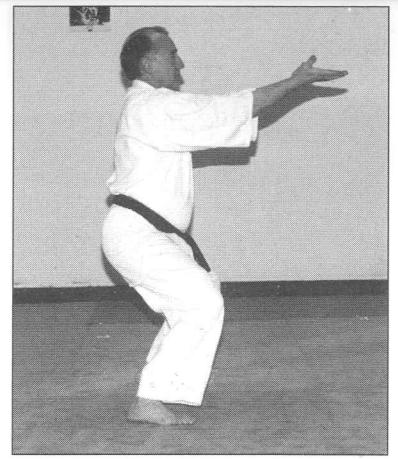
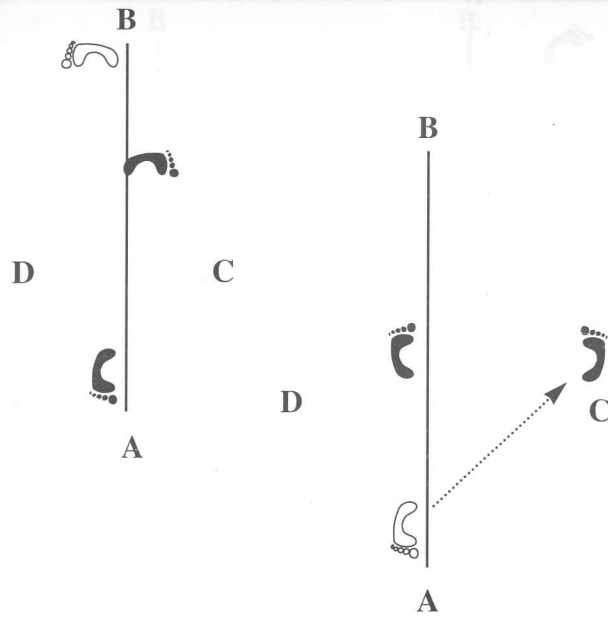
9 - Regarder 90° à d vers DA - avancer dans cette direction d'un pas en zenkutsu d - gedan barai d



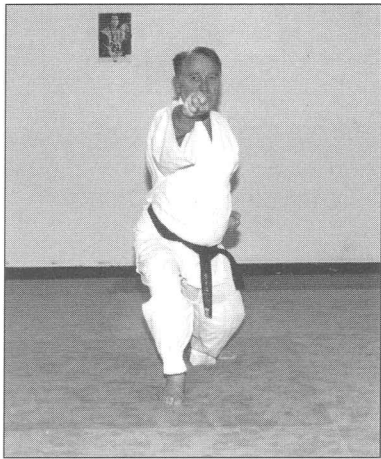
12 - Vue intermédiaire pour rotation des deux bras



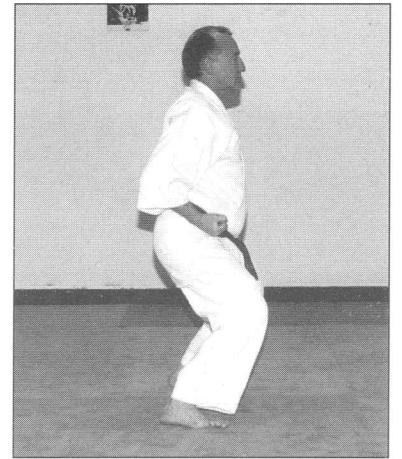
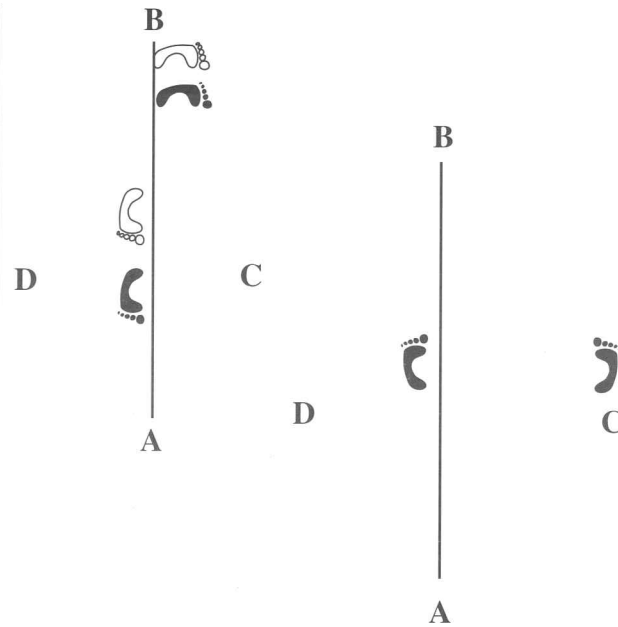
13 - Avancer d'un pas vers A - zenkutsu d - terminer la rotation des deux bras en bo uke ou ni dan tate uke



16 - Vue de profil



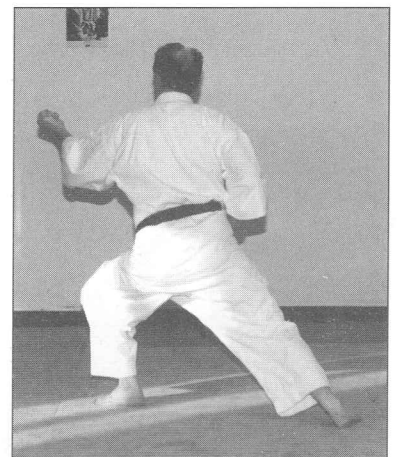
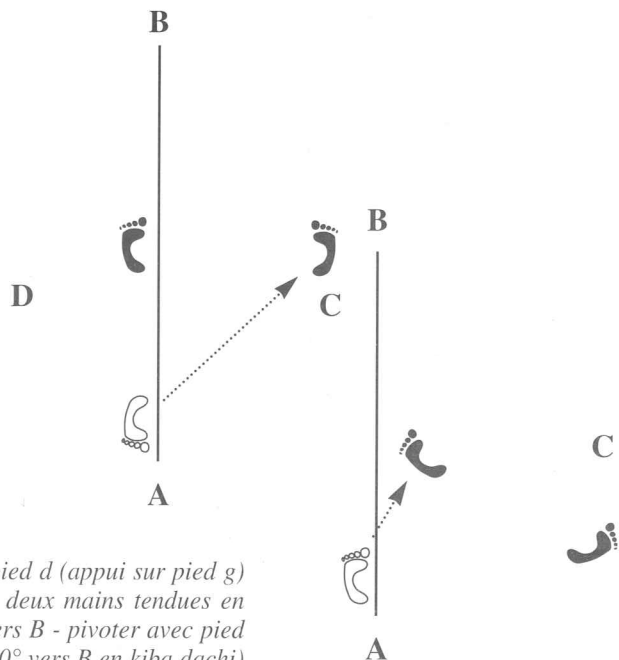
14 - Tsuru ashi vers A - hon tsuki - zenkutsu d



17 - Sur place - ramener les deux bras en hikite

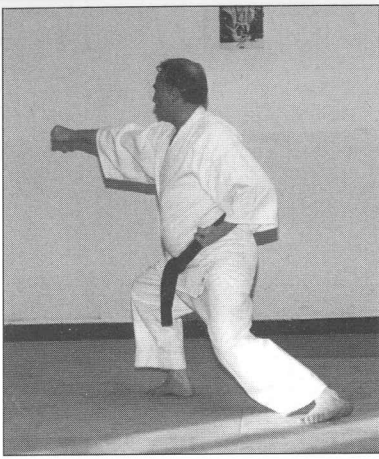


15 - Regarder vers B - pivoter avec pied d (appui sur pied g) de 90° à g vers B en kiba dachi les deux mains tendues en avant vers B - (variante : regarder vers B - pivoter avec pied g en arrière g (appui sur pied d) de 90° vers B en kiba dachi)

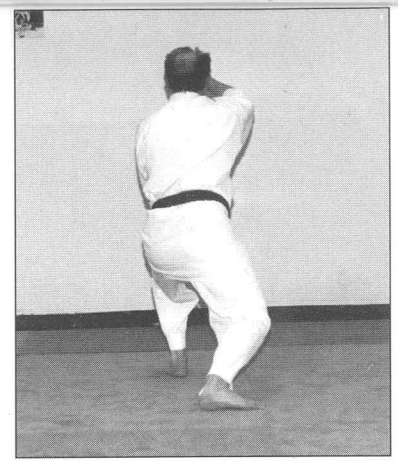
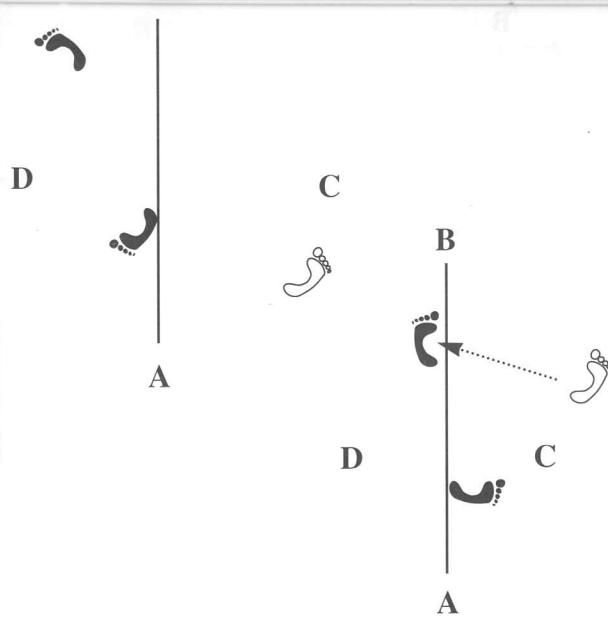


18 - Avancer de 45° à g vers DB - zenkutsu g - chudan uchi ude uke g

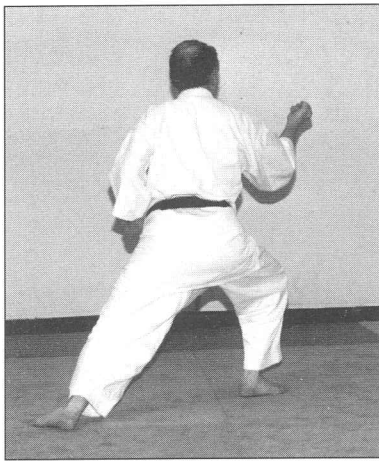




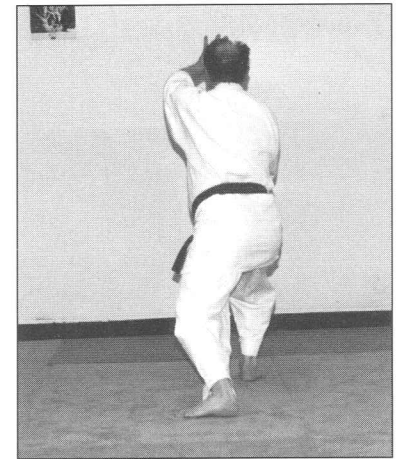
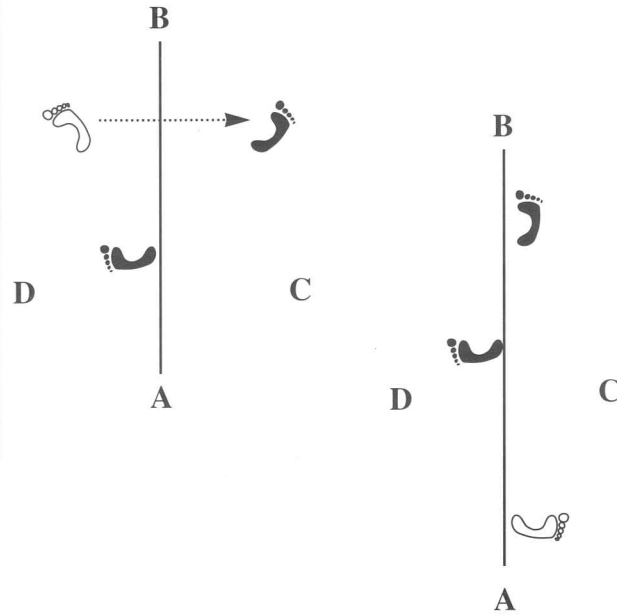
19 - Avancer d'un pas même direction en zenkutsu d - chudan oitsuki d



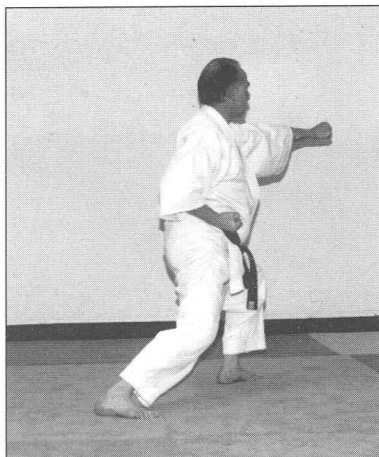
22 - Mouvements des bras et déplacements identiques à 11 mais vers B



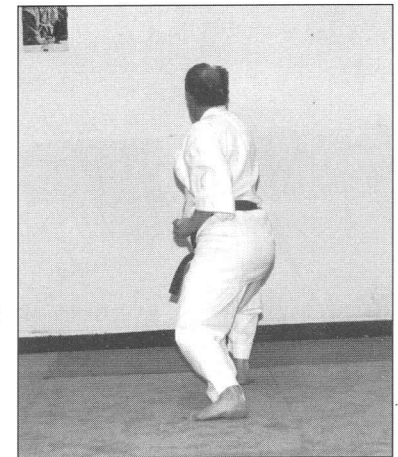
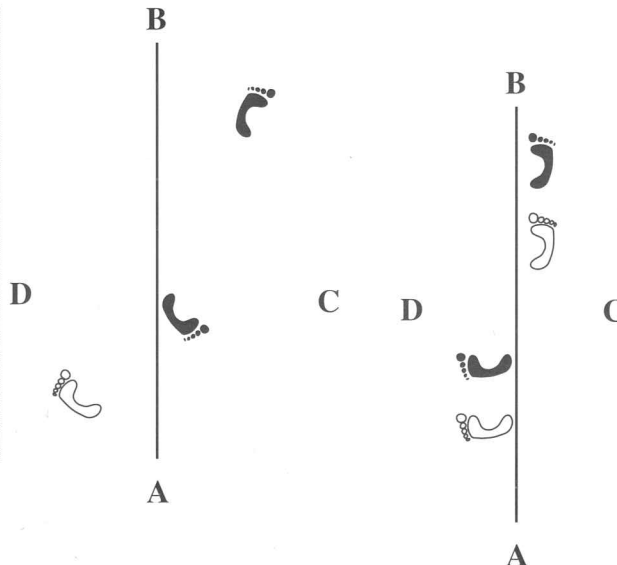
20 - Regarder de 90° à d vers C - avancer dans cette direction d'un pas en zenkutsu d - chudan uchiude uke d



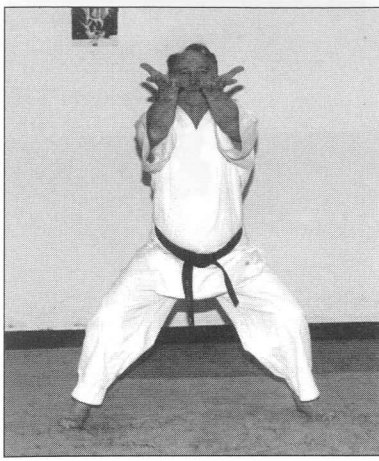
23 - Mouvements des bras et déplacements identiques à 13 mais vers B



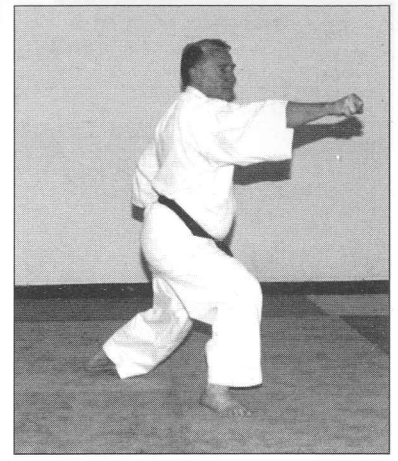
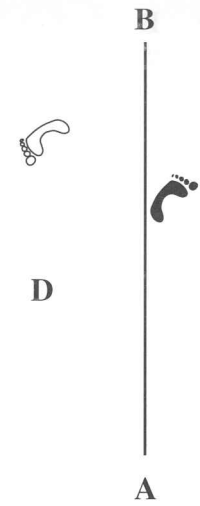
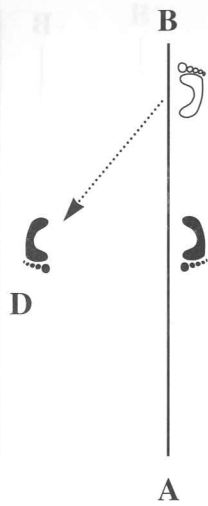
21 - Avancer d'un pas même direction en zenkutsu g - chudan oitsuki g



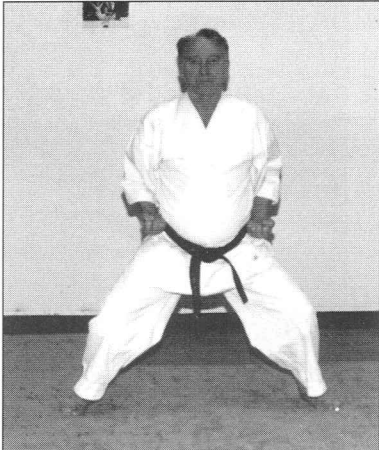
24 - Mouvements des bras et déplacements identiques à 14 mais vers B



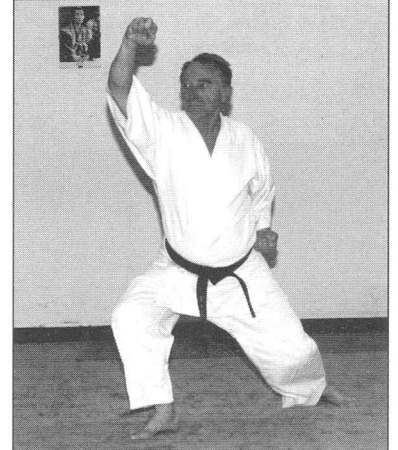
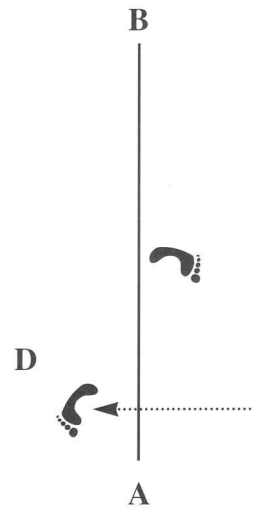
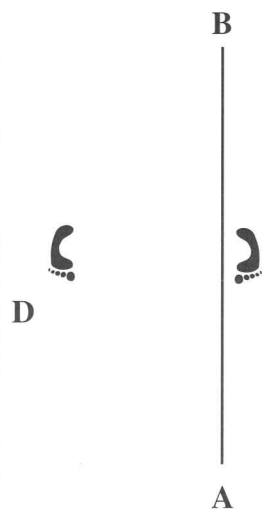
25 - Regarder vers A - pivoter avec pied d (appui sur pied g) de 90° à g vers A en kiba dachi les deux mains tendues en avant vers A (variante : identique à celle possible en 15)



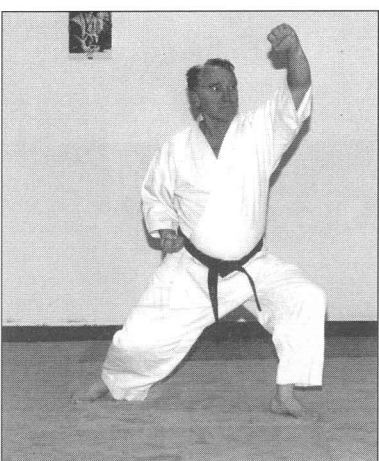
28 - Avancer d'un pas même direction en zenkutsu d - chudan oitsuki d



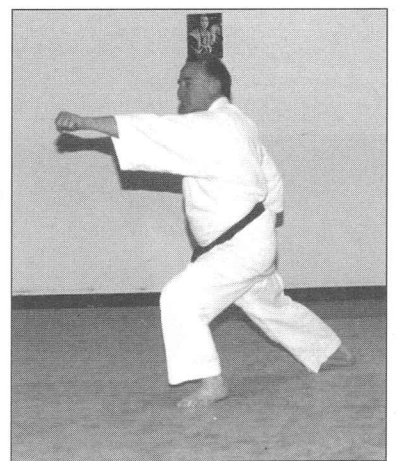
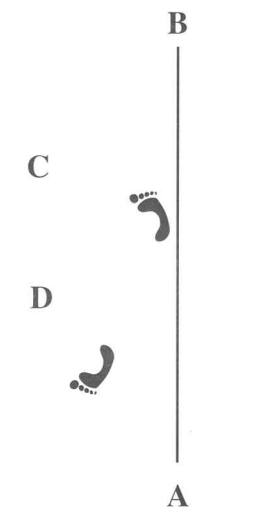
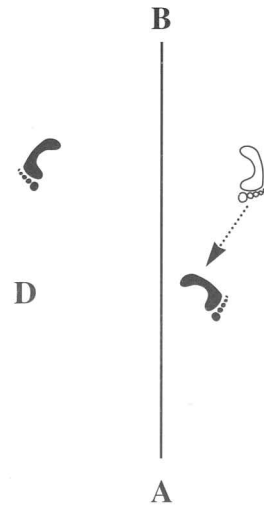
26 - Sur place - ramener les deux bras en hikite



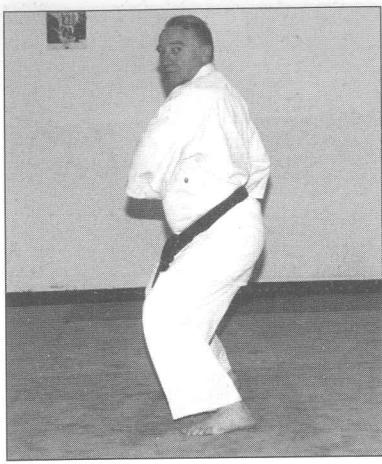
29 - Regarder de 90° à d vers DA - avancer dans cette direction d'un pas en zenkutsu d - jodan age uke d



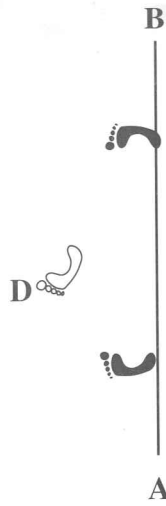
27 - Avancer de 45° à g vers CA - zenkutsu g - jodan age uke g



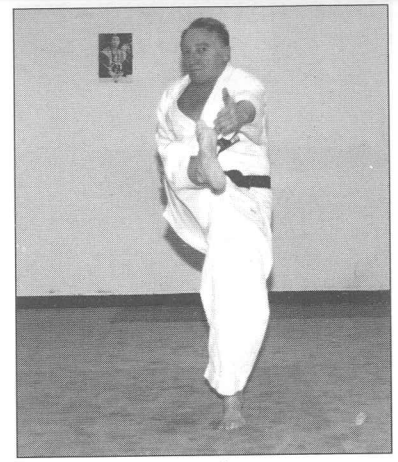
30 - Avancer d'un pas même direction en zenkutsu g - chudan oitsuki g



31 - Regarder vers A - ramener pied g sur axe central en kiba dachi vers D - les deux mains hiki-te à d



C

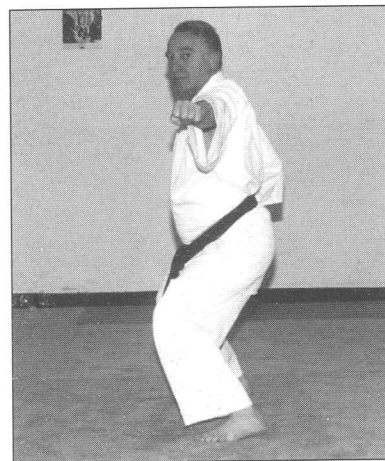


34 - Mikazuki geri d dans main g ouverte vers A - Kiai

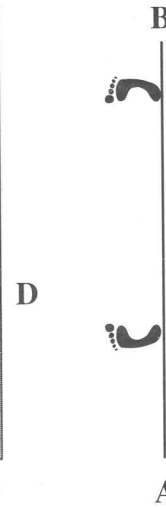
D



A



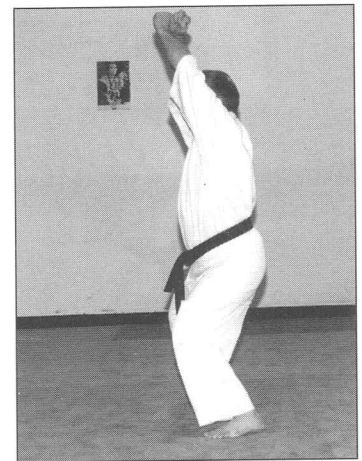
32 - Sur place vers A - chudan tet-sui uchi g - kiba dachi



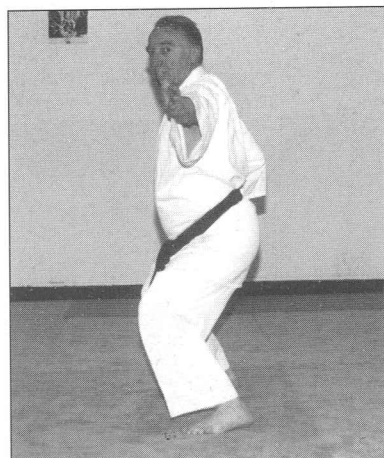
D



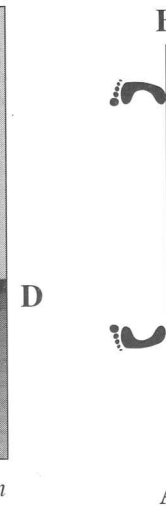
A



35 - Reposer pied d en arrière en kiba dachi haut vers D - les deux mains en jodan juji uke au-dessus de la tête



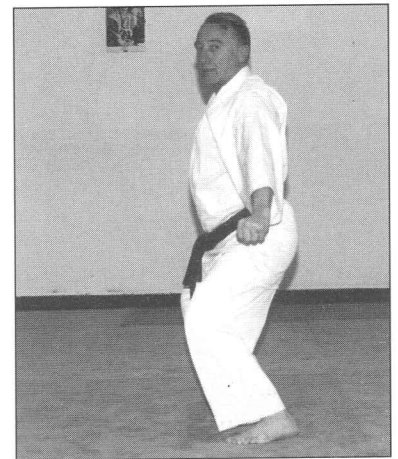
33 - Sur place - ouvrir la main g en chudan haishu uke - kiba dachi



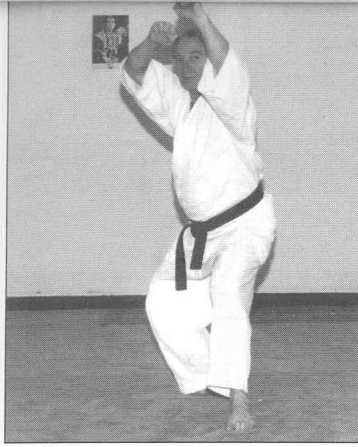
D



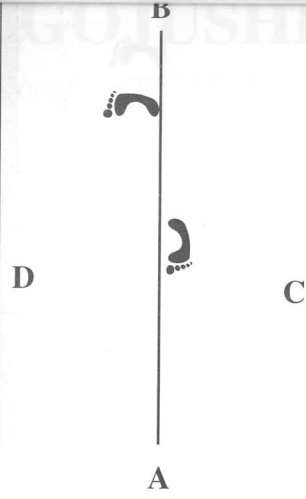
A



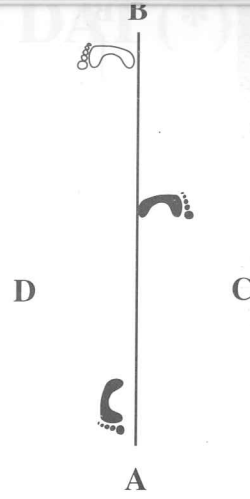
36 - Regarder vers A - descendre les deux bras en gedan barai d et g - kiba dachi



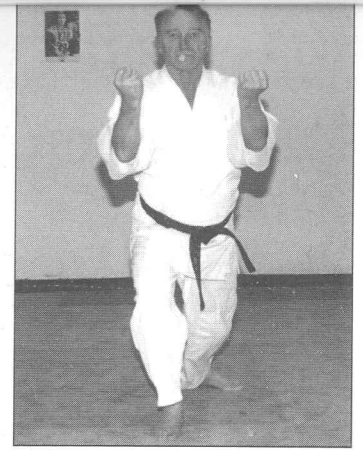
37 - Tourner sur place le pied g en kokutsu g - bras g en jodan age uke - bras d en kamae



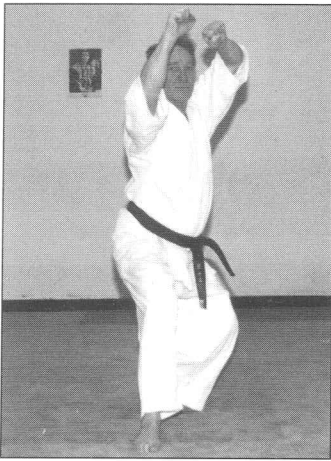
C



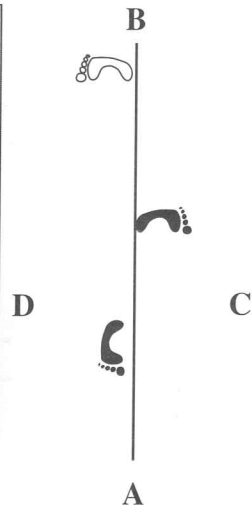
D



40 - Avancer d'un pas vers A en zenkutsu d - les deux bras en chudan uchi uke



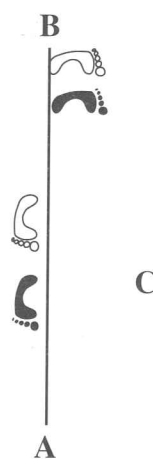
38 - Avancer d'un pas vers A en kokutsu d - bras d en jodan age uke - bras g en kamae



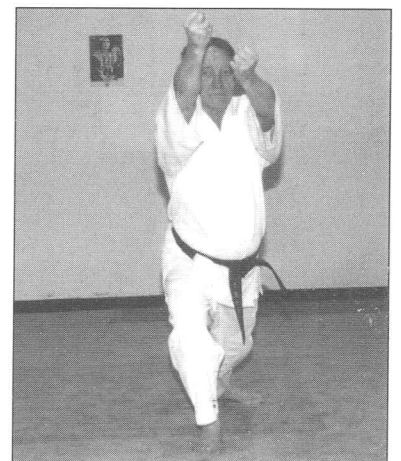
D

C

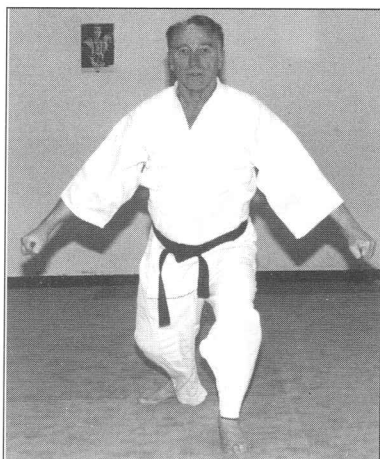
D



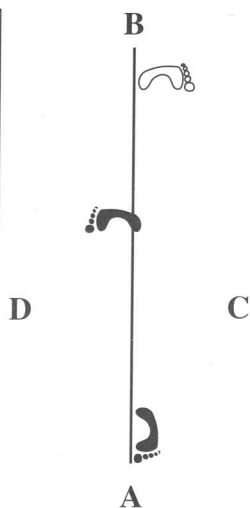
C



41 - Tsuru ashi vers A - jodan ura tsuki des deux mains - zenkutsu dachi d



39 - Avancer d'un pas vers A en zenkutsu g - les deux bras en gedan barai latéral



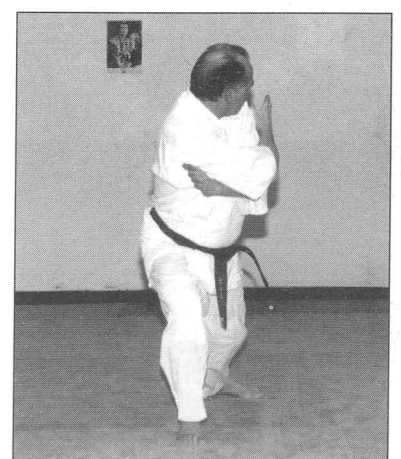
D

C

D

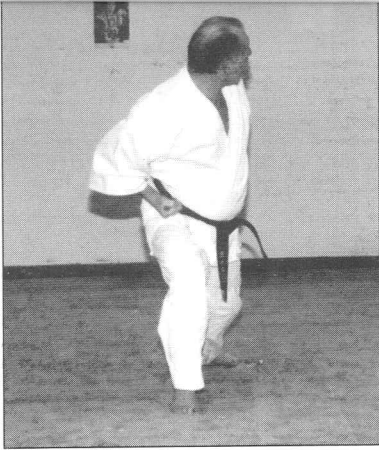


C

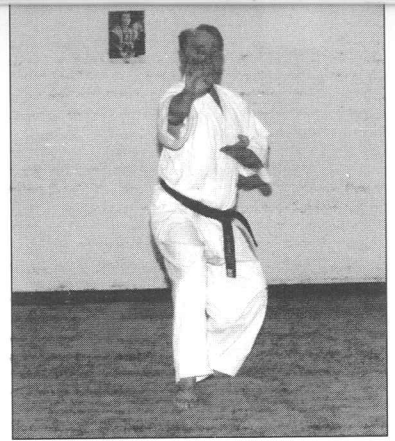
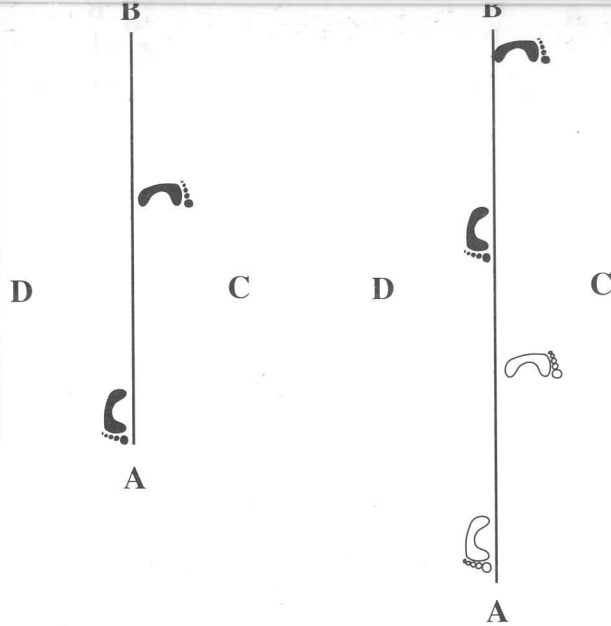


42 - Regarder vers B - armer bras g sous aisselle bras d - bras d vers B en kamae - zenkutsu d vers A

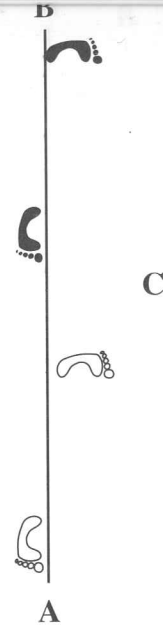




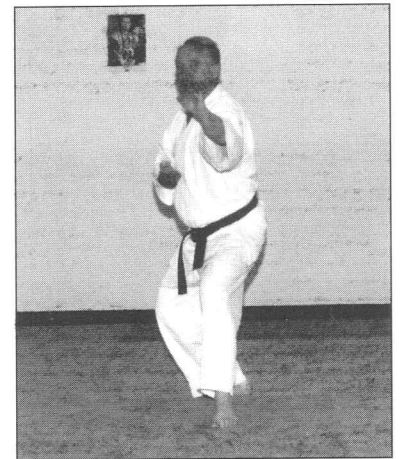
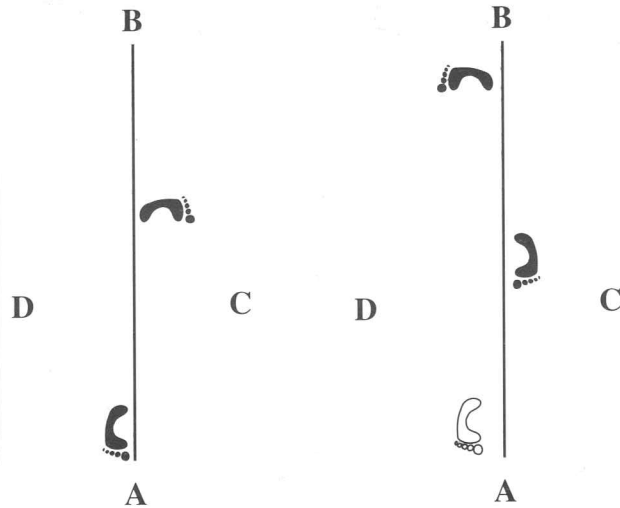
43 - Sur place - jodan haishu uke  
main g vers B - zenkutsu d vers A



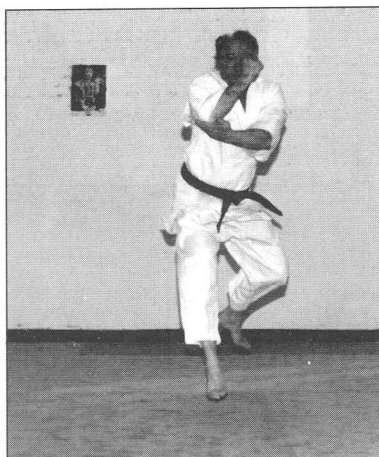
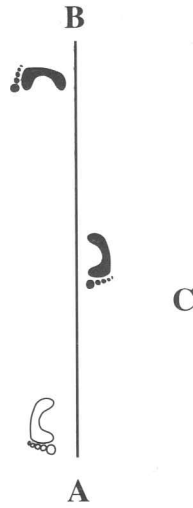
46 - Retomber en kokutsu d vers A  
- chudan shuto barai d



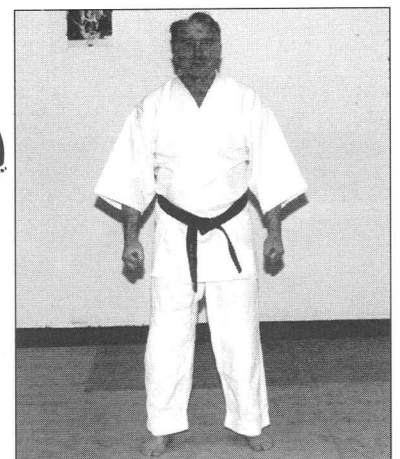
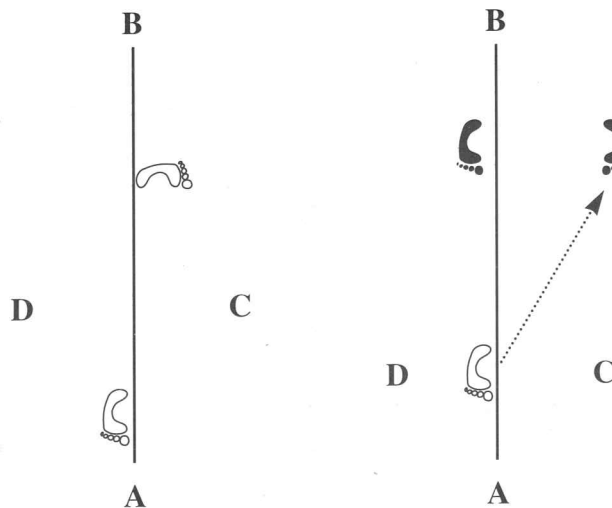
44 - Vue de profil de 43



47 - Reculer pied d - kokutsu g vers A  
- chudan shuto barai g



45 - Faire un saut de 360° vers arrière g - frapper empuchi dans main g ouverte durant le saut - préparer bras d pour shuto barai - Kiai



48 - Ramener pied g en hachiji dachi face à A - FIN