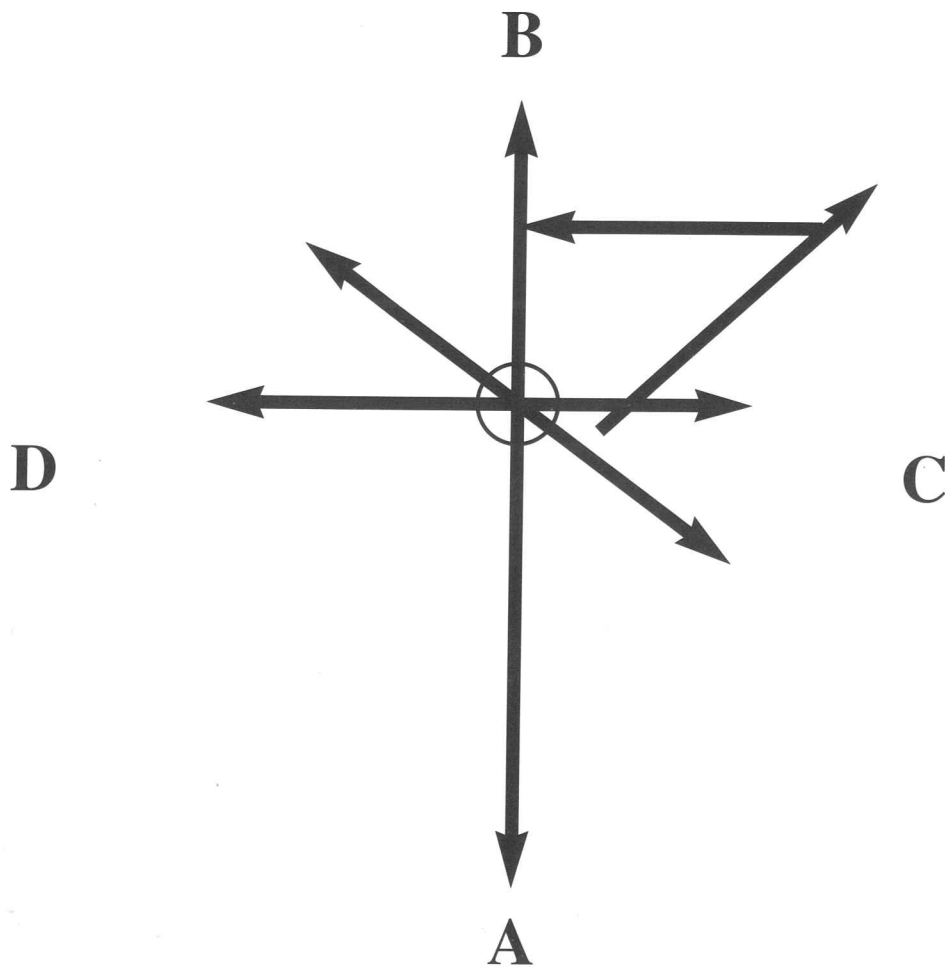
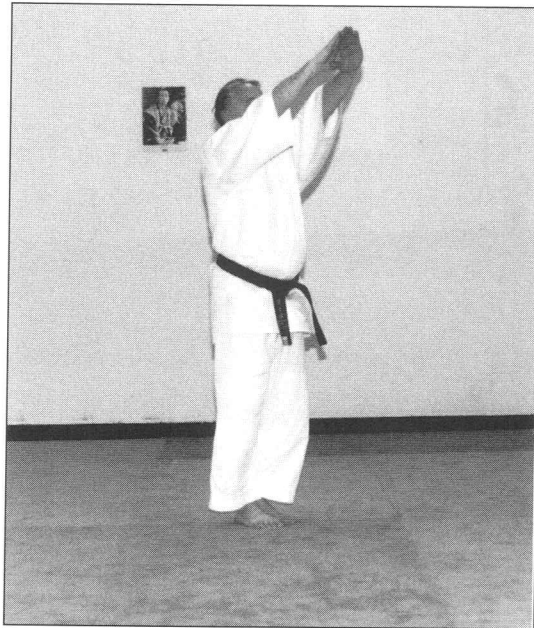
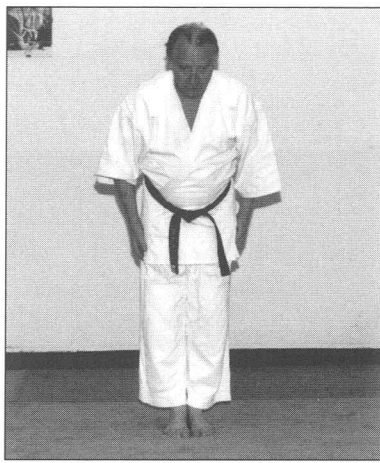


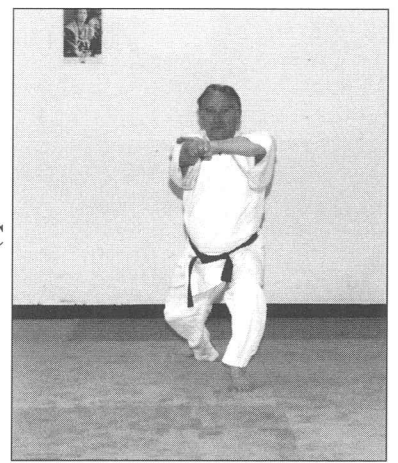
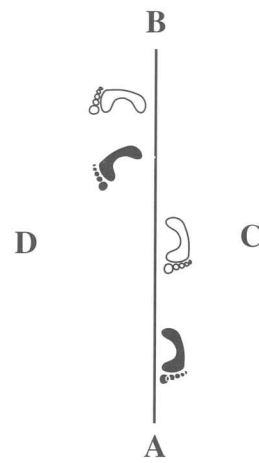
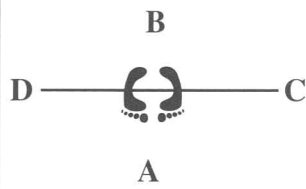
# NIJUSHI HO

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

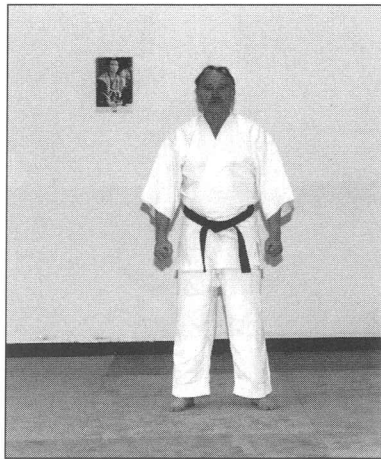




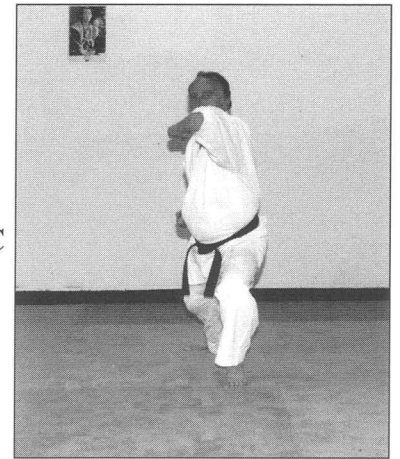
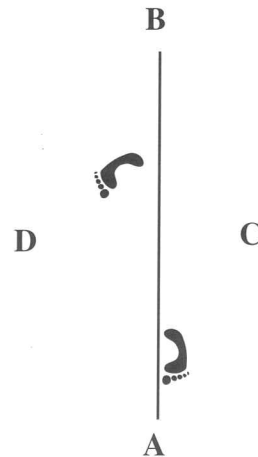
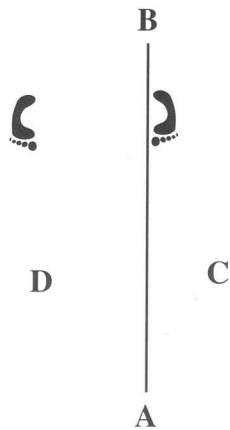
1 - Heisoku dachi - REI



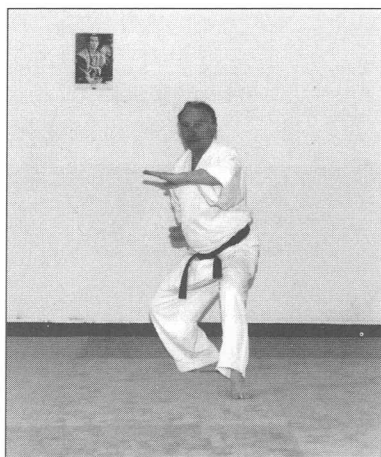
4 - Sur place - Tsuri ashi vers A en zenkutsu g - chudan gyaku tsuki d en dessous paume main g



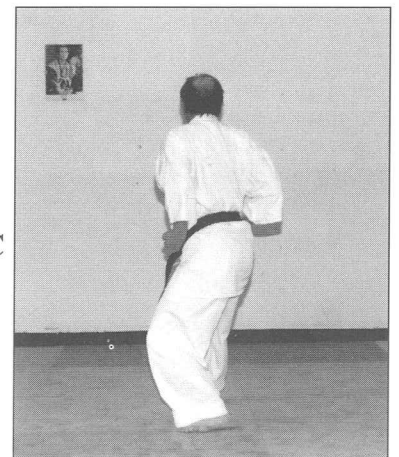
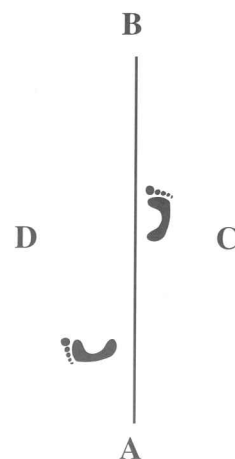
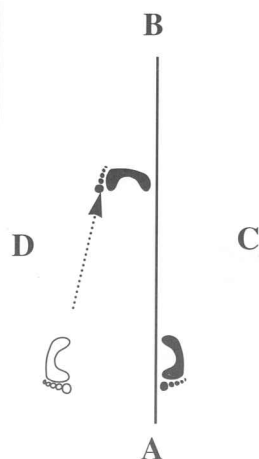
2 - Hachiji dachi vers A- YOI



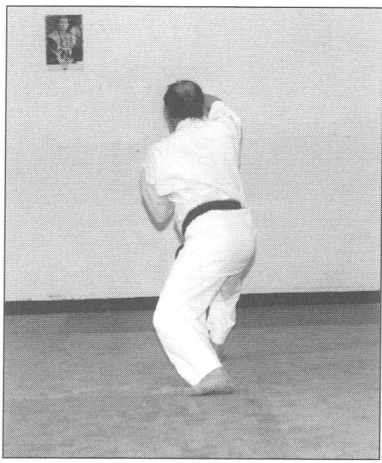
5 - Sur place - Tsuri ashi vers A en zenkutsu g - jodan age empi uchi g



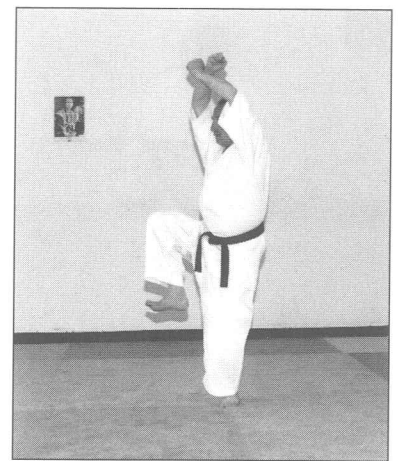
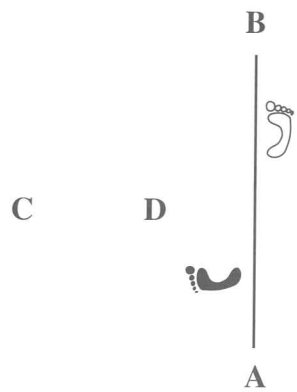
3 - Reculer pied d en arrière vers B en kokutsu g - main g osae uke - main d hikite



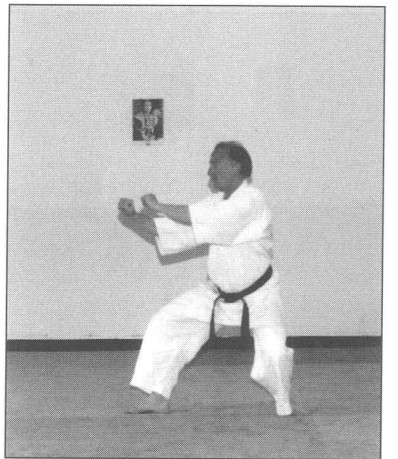
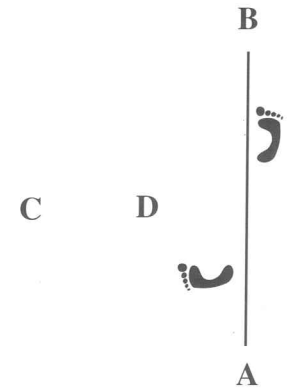
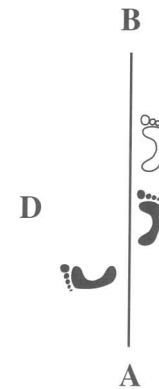
6 - Sur place - pivoter de 180° à d vers B- fudo dachi d - les deux mains hikite



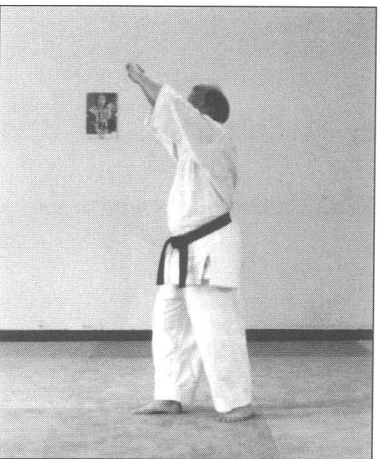
7 - Sur place - Tsuru ashi vers B - zenkutsu d - main d jodan tsuki - main g gedan tsuki



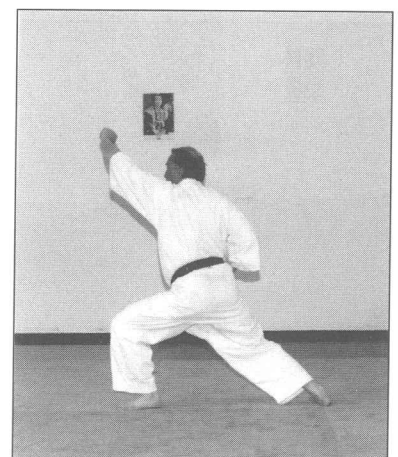
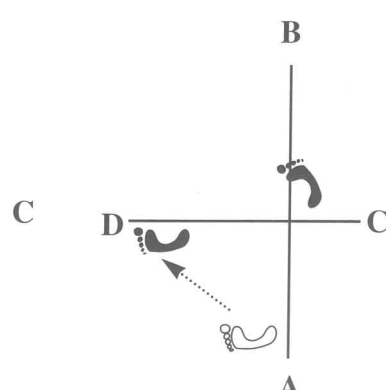
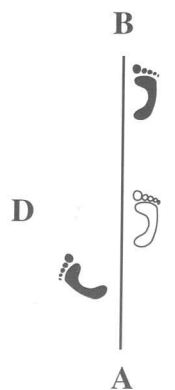
10 - Sur place - face à B - en appui pied g regrouper pied d devant genou g - les deux mains jodan age juji uke



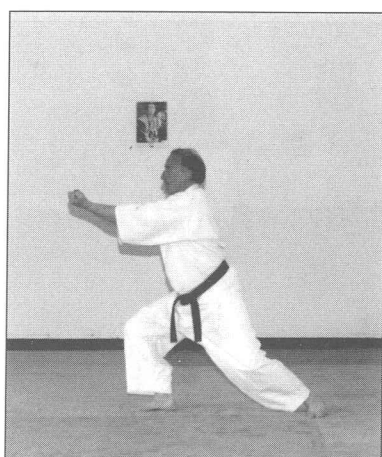
11 - Sur place - reposer pied d en kokutsu d vers B - chudan morote uchi uke



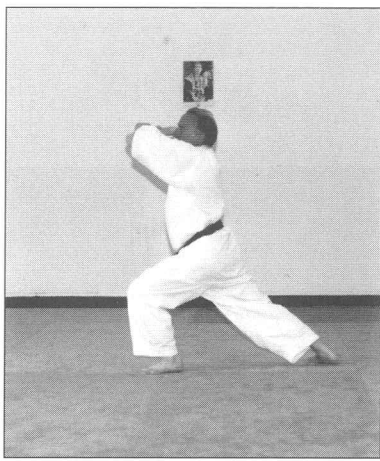
8 - Sur place - ramener pied d en arrière en renoji dachi d - les deux mains jodan age uke



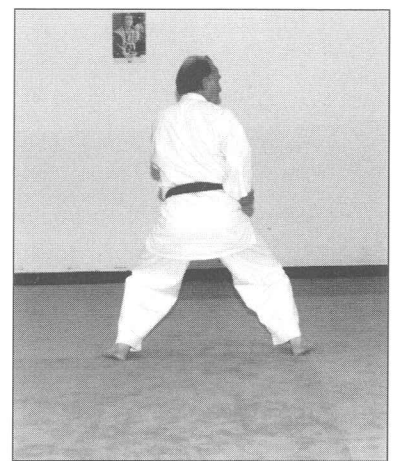
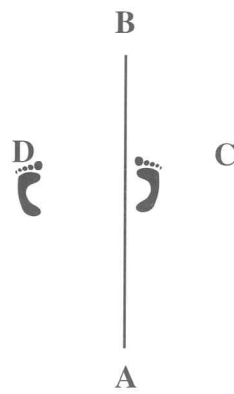
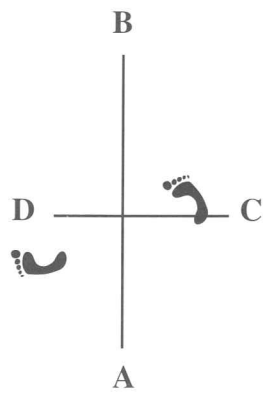
12 - Sur place - regarder et pivoter en appui pied d 90° à g vers D en zenkutsu g - jodan age uke g



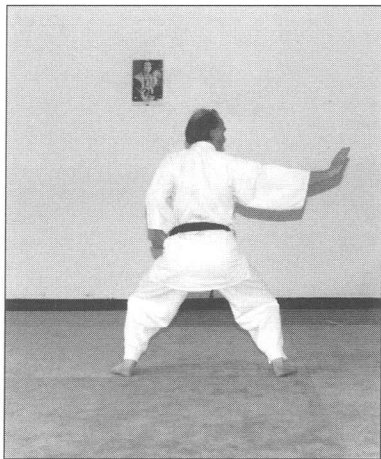
9 - Avancer pied d vers B en zenkutsu d - chudan morote ura tsuki



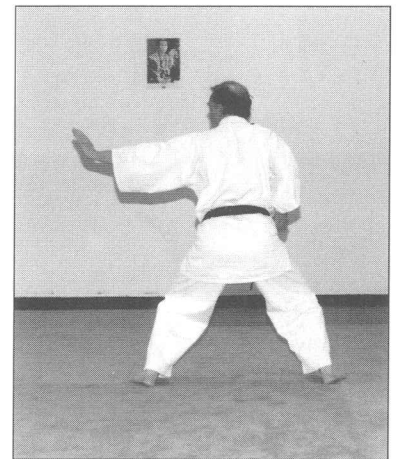
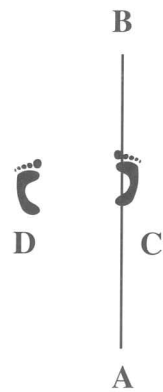
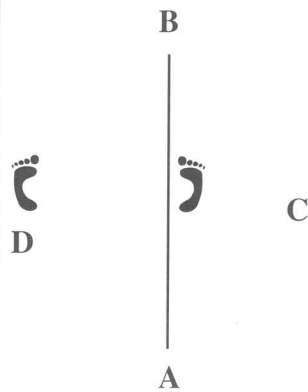
13 - Sur place - gyaku empi uchi d dans paume main g ouverte - zen-kutsu g vers D



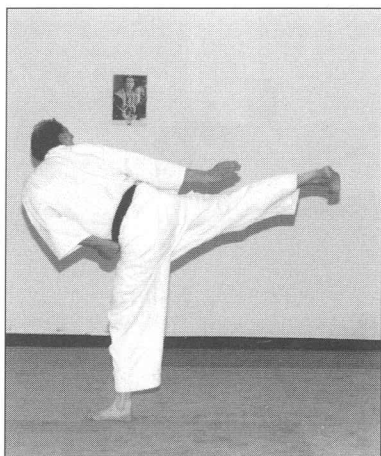
16 - reposer pied d en kiba dachi - kagi tsuki g vers C - kiba dachi vers B



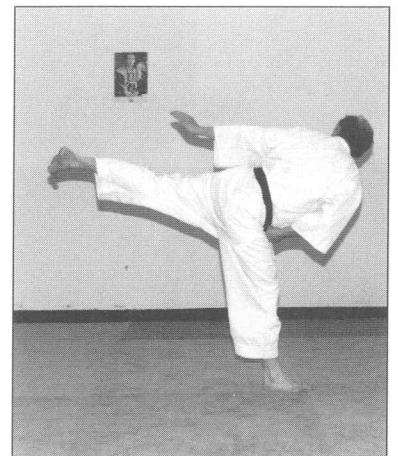
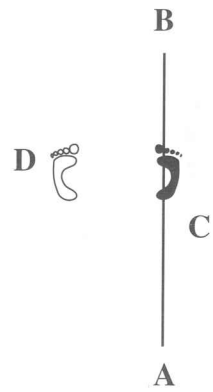
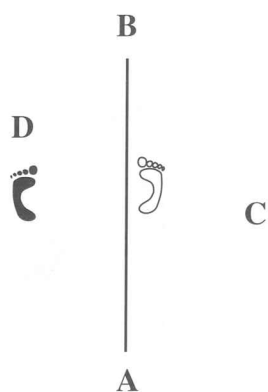
14 - Sur place - regarder et pivoter 90° à d vers C en kiba dachi vers B - chudan Tate shuto uke d vers C



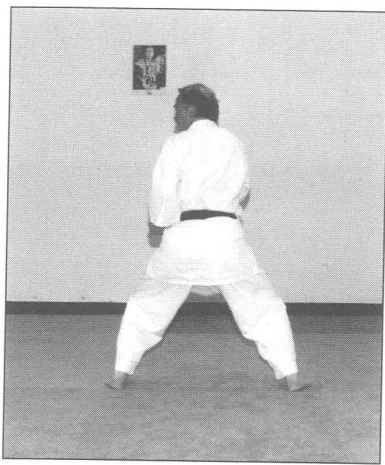
17 - Sur place - regarder vers D - chudan Tate shuto uke g - kiba dachi vers B



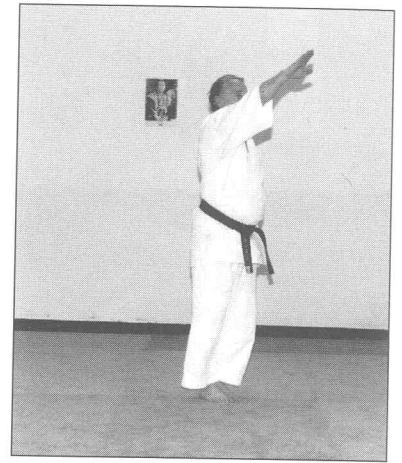
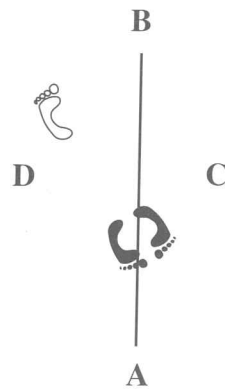
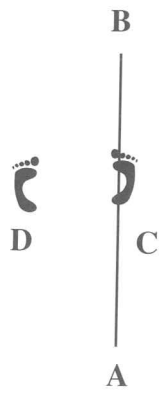
15 - Sur place - chudan yoko geri d vers C



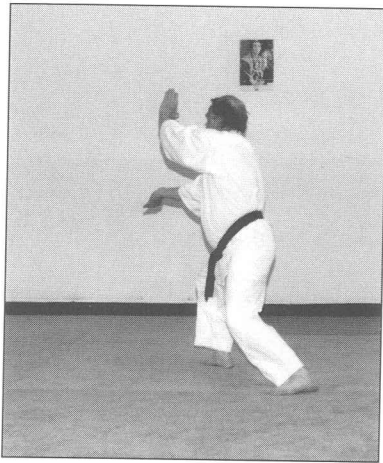
18 - Sur place - Yoko geri g vers D



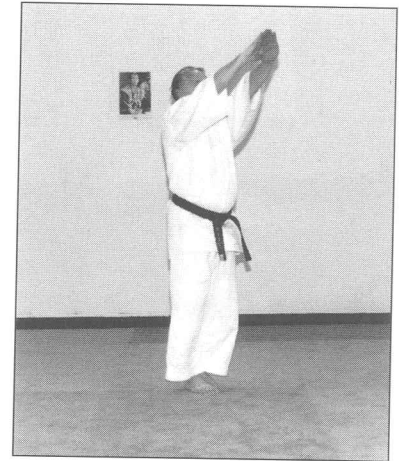
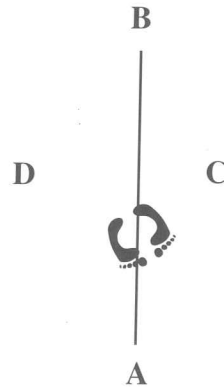
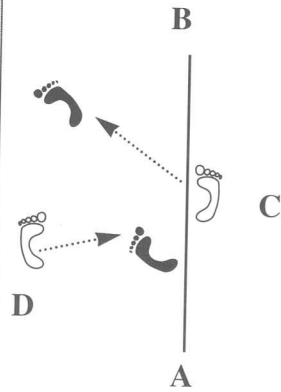
19 - Reposer pied g en kiba dachi - kagi tsuki d vers D - kiba dachi vers B



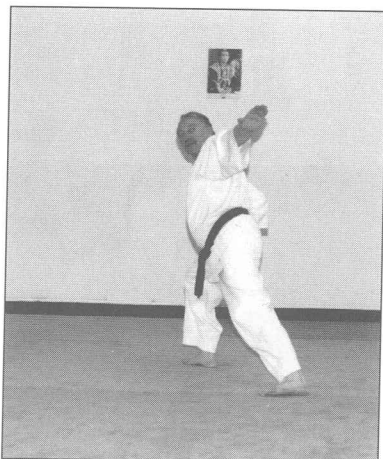
22 - Ramener pied d à côté pied g vers CA en heisoku dachi - bras d jodan haito uchi - bras g gedan teisho uke



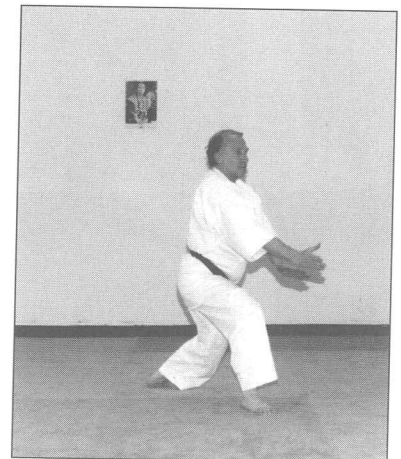
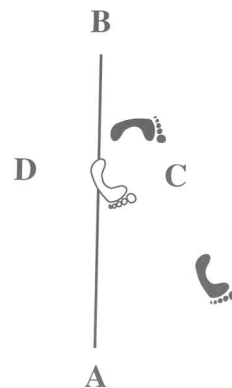
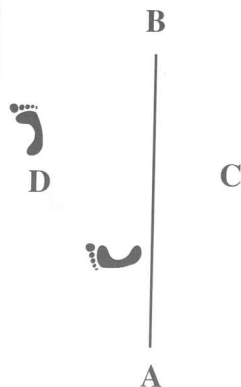
20 - Sur place - ramener pied g en arrière à côté pied d - avancer pied d à 45° vers BD - morote yama teisho uchi main g jodan main d gedan - zenkutsu d vers BD



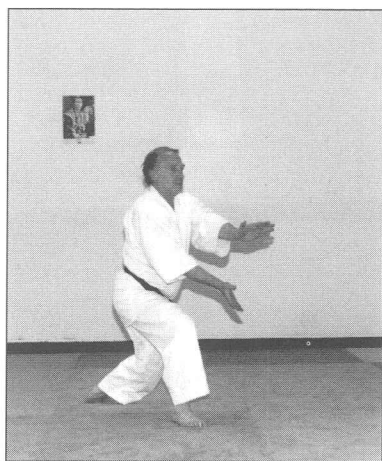
23 - Sur place - main g monte en jodan haishu uchi sous paume main d - heisoku dachi vers CA - KIAI



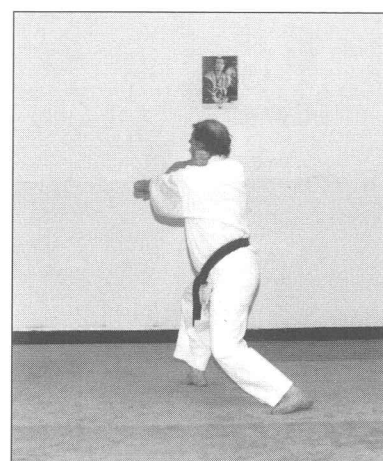
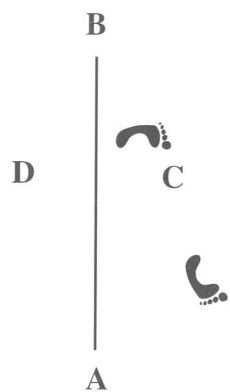
21 - Regarder 180° à g vers CA - jodan shuto uke g bras tendu - zenkutsu d vers BD



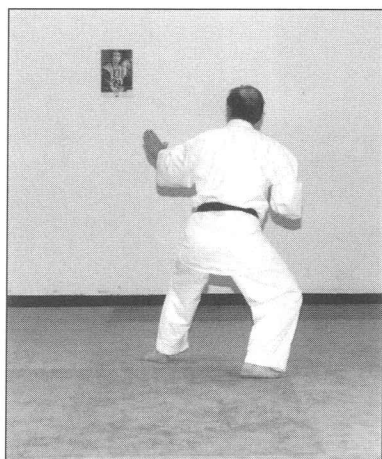
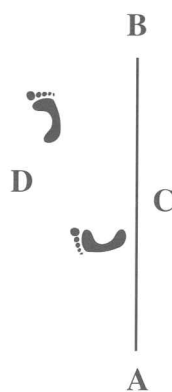
24 - Sur place - avancer pied d en zenkutsu d vers CA - gedan sukui uke g - chudan teisho kamae d



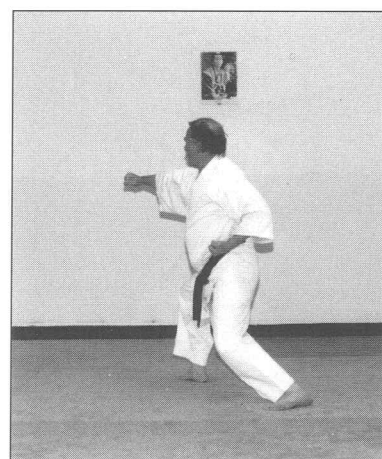
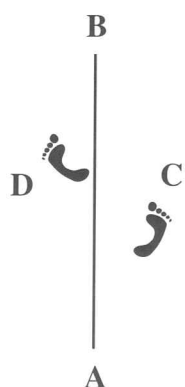
25 - Sur place - inverser les mains  
- zenkutsu d vers CA



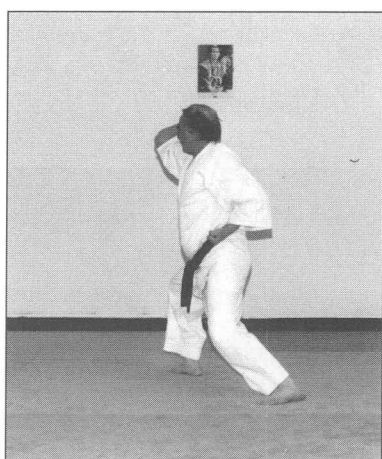
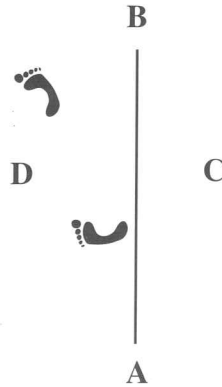
28 - Sur place - zenkutsu d vers  
DB - armer main d uchi ude uke -  
chudan gyaku tsuki g vers DB



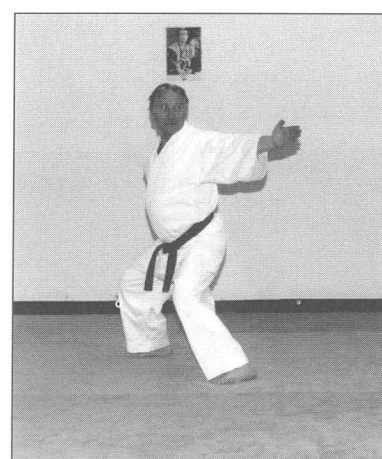
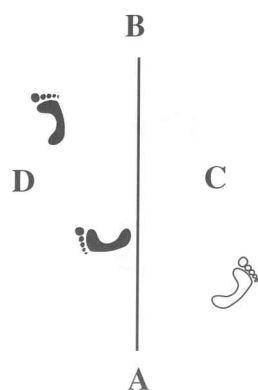
26 - Sur place - pivoter à g 180°  
vers DB - kokutsu g - chudan shuto  
uke g



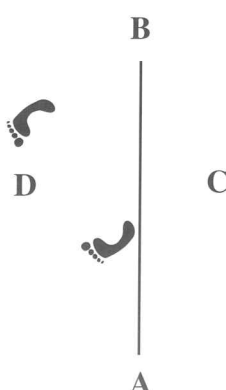
29 - Sur place - zenkutsu d vers  
BD - chudan hon tsuki d ( varian-  
te : kiba dachi vers DA - gedan  
barai d)

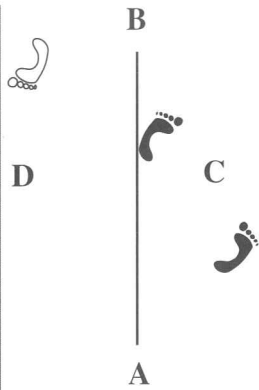
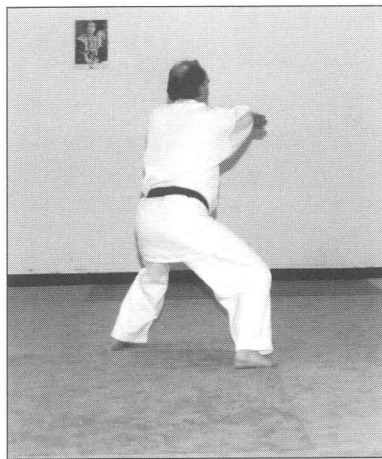


27 - avancer un pas pied d zenkut-  
su d vers DB - jodan empi uchi d -  
main g hikite

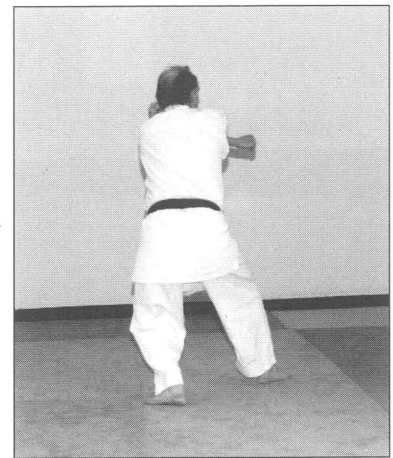


30 - Sur place - regarder vers AC -  
pivoter 90° à g avec pied d en appui  
pied g en kiba dachi vers DA main g  
chudan haishu uke vers AC

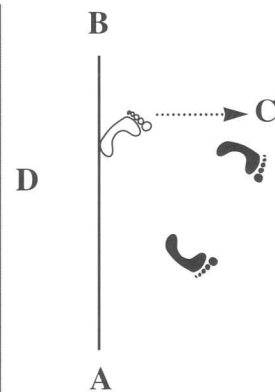
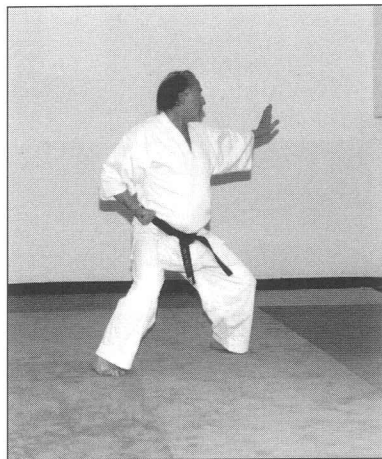




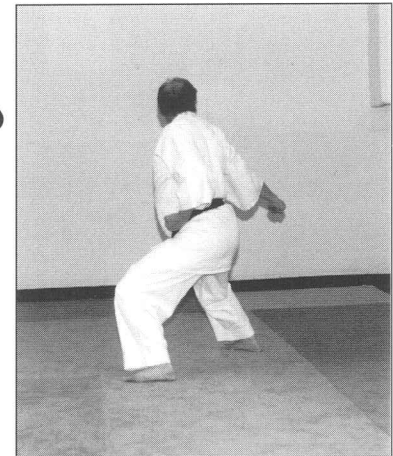
31 - pivoter de 180° à g vers CB en appui sur pied g - kiba dachi vers CB - chudan empi uchi d dans main g



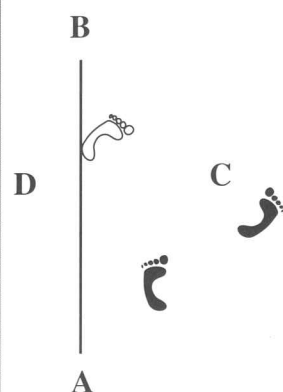
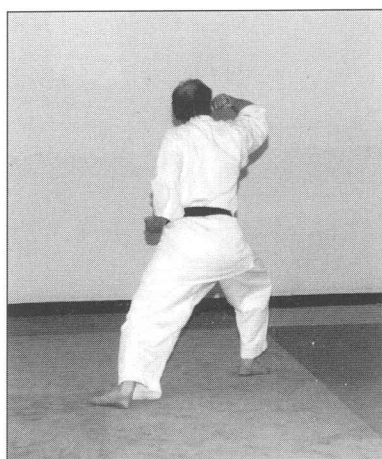
34 - Sur place - ramener légèrement pied d en arrière en kokutsu d vers CB - main d uchi uke - gyaku tsuki g vers CB



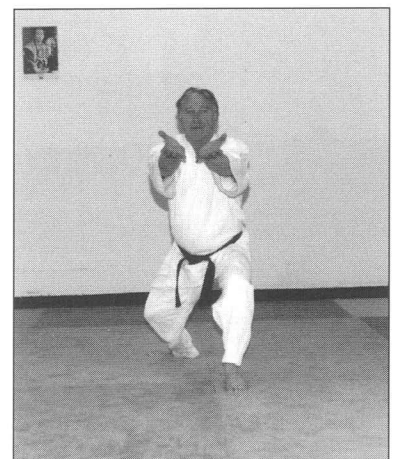
32 - Regarder et pivoter de 90° à d avec pied g en appui sur pied d vers CA - chudan haishu uke g



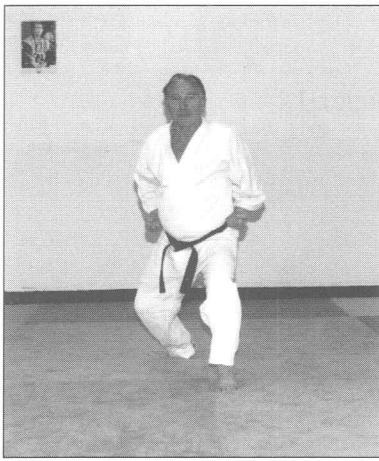
35 - Sur place - glisser en avant pied d en kiba dachi - tourner le corps de 90° à g vers BD - gedan barai d vers CB



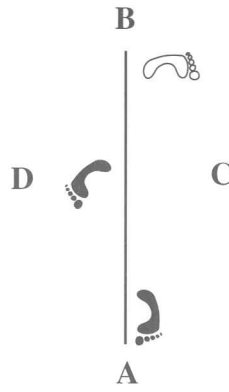
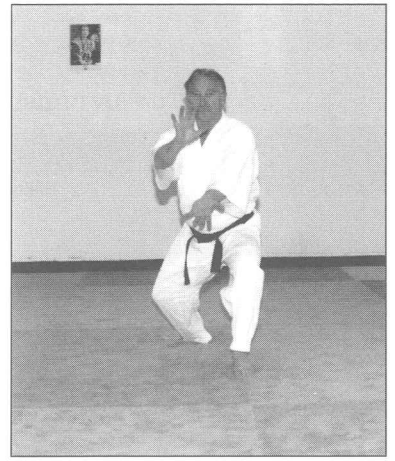
33 - pivoter 90° à g - avancer un pas pied d vers CB en zenkutsu d - jodan empi ushi d - main g hikite



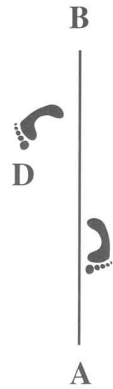
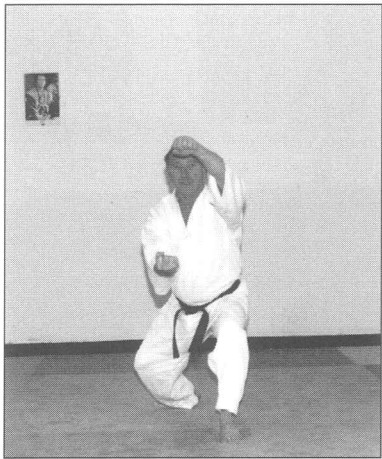
36 - Regarder et amener pied d 135° à g en appui sur pied g face à A en zenkutsu g - les deux mains chudan teisho uke



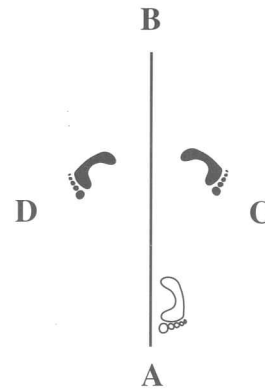
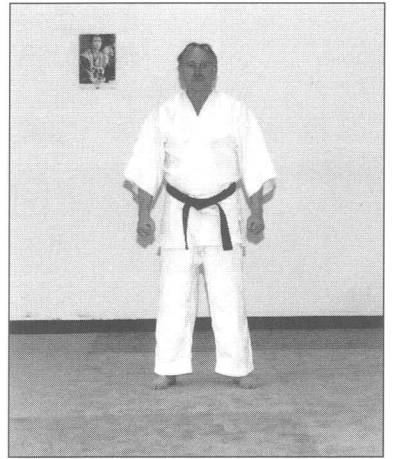
37 - Sur place - hikite de 2 mains - zenkutsu g vers A



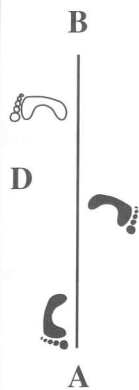
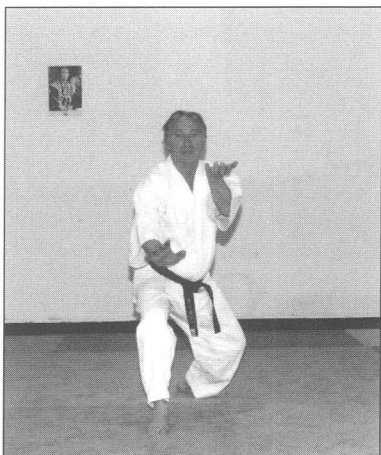
40 - Avancer un pas pied g vers A - morote mawashi uchi vers A - zenkutsu g



38 - Sur place - yama tsuki vers A main g jodan - main d gyaku gedan - zenkutsu g vers A - KIAI



41 - Ramener pied g en arrière en hachiji dachi -FIN



39 - Avancer un pas pied d vers A - main d gedan teisho uke - main g chudan teisho uke - zentsuku d vers A