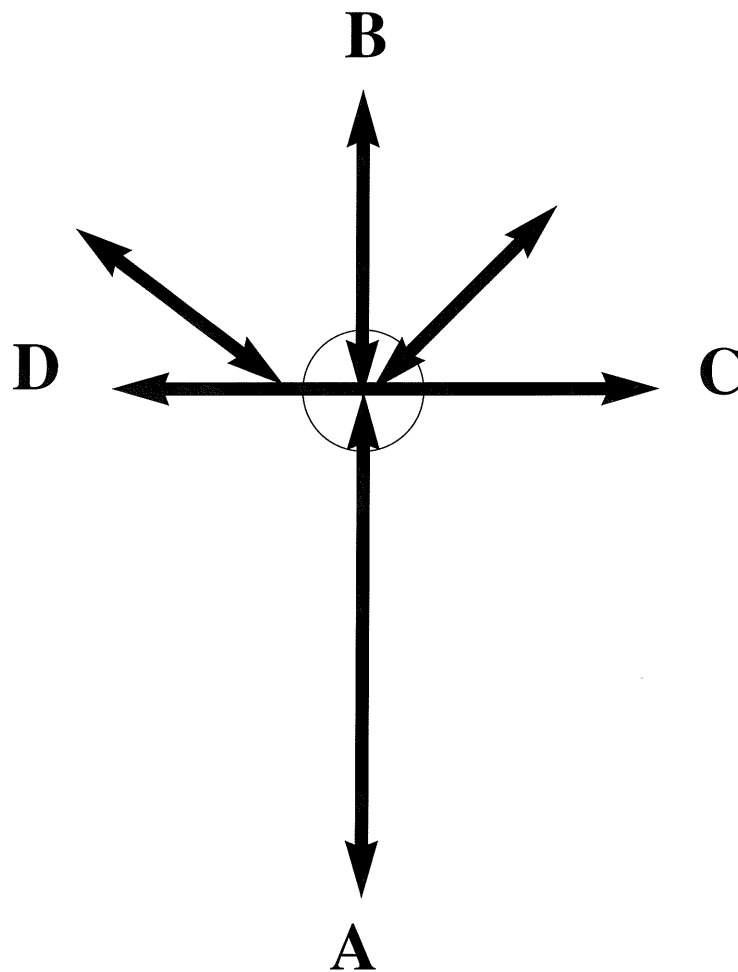
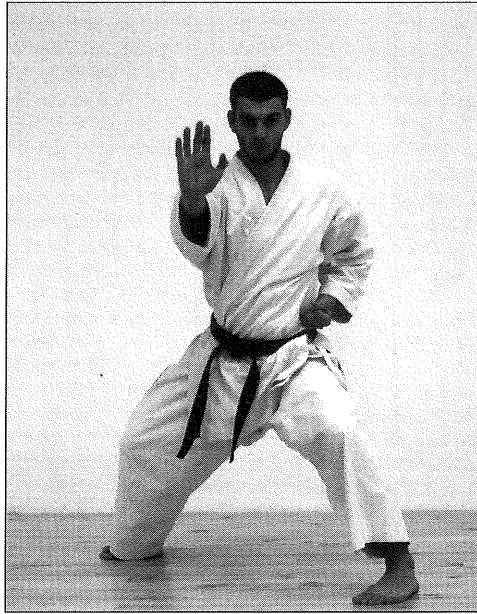


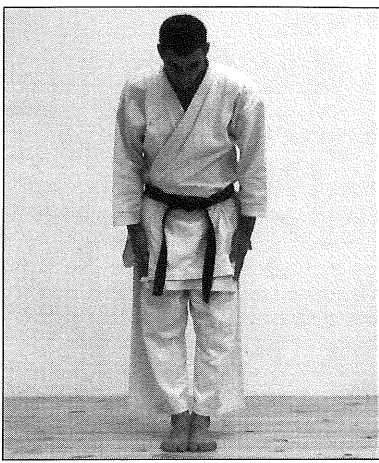
SOCHIN (*)

Exécuté par Vassilis STAVRIANIDIS, 2^{ème} dan Shotokai Egami ryu (Grèce)

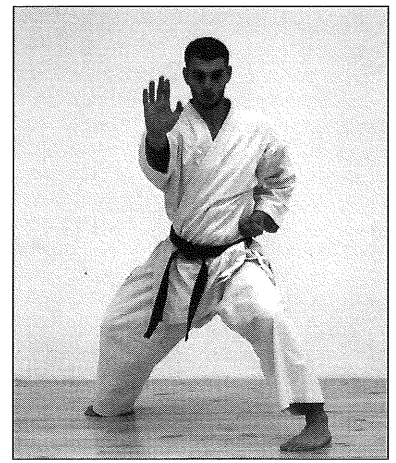
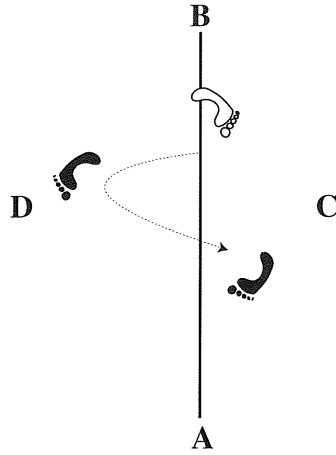
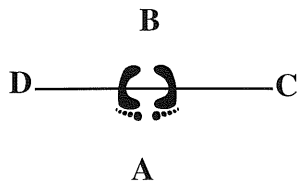


Dans les phases 2, 3, 6, 7, 8, 11, 12, 13 et 39, les déplacements se font en mouvements semi-circulaires.

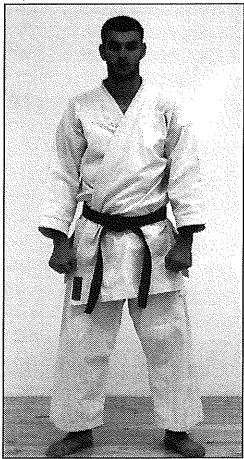




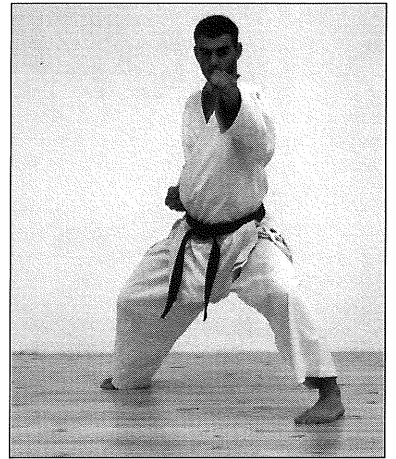
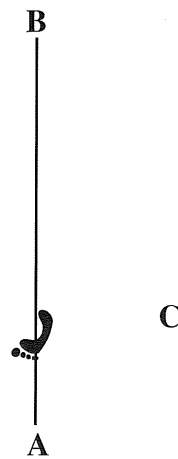
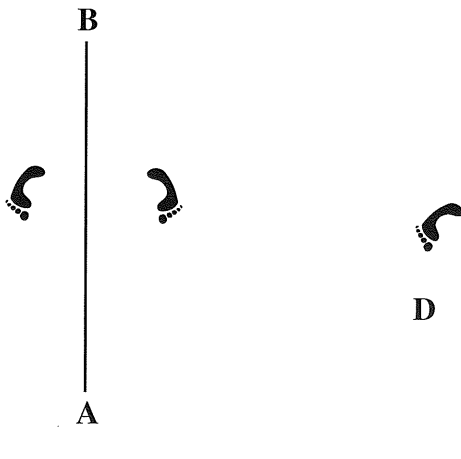
1 - Heisoku dachi - Rei



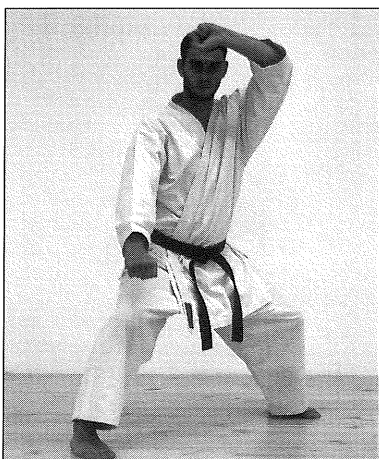
4 - Déplacer pied g en mouvement semi-circulaire avant vers A - sochin dachi g - chudan gyaku tate uke d vers A



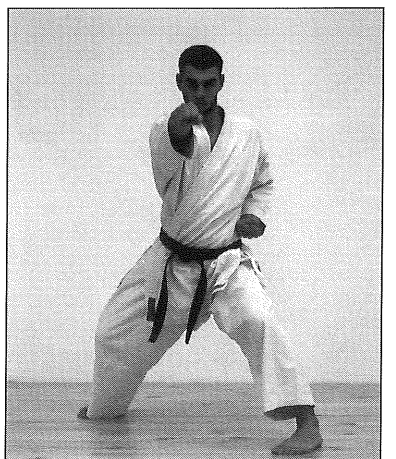
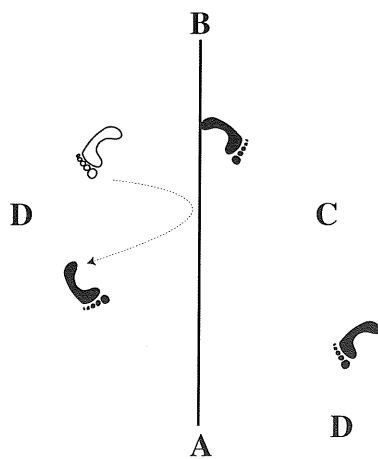
2 - Hachiji dachi - Yoi



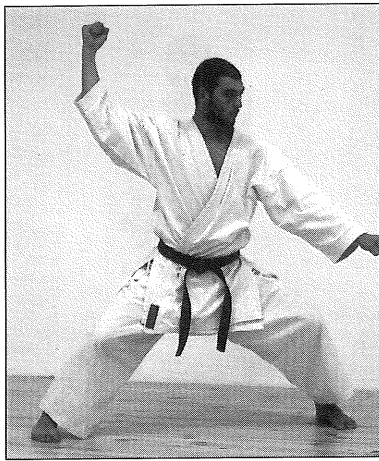
5 - Chudan hon tsuki g - sochin dachi g



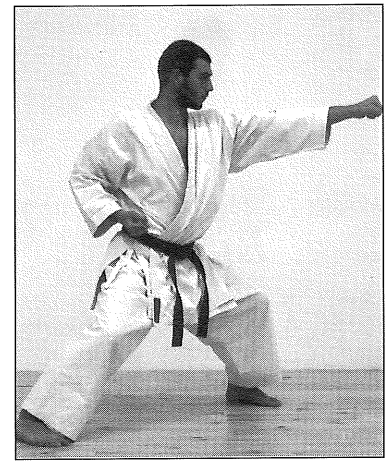
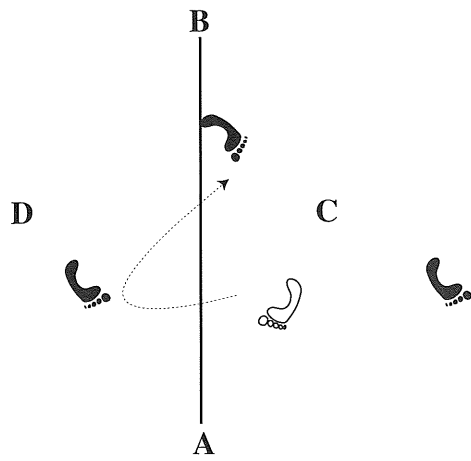
3 - Déplacer pied d en mouvement semi-circulaire avant vers A - sochin dachi d - gyaku jodan age uke g - gedan barai d



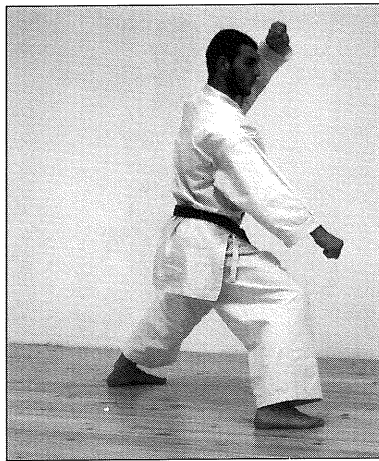
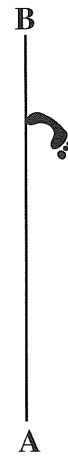
6 - Sur place - chudan gyaku tsuki d - sochin dachi g



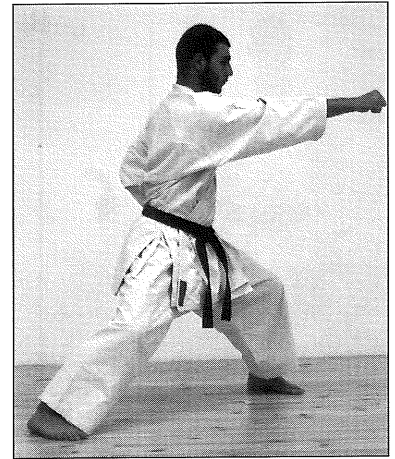
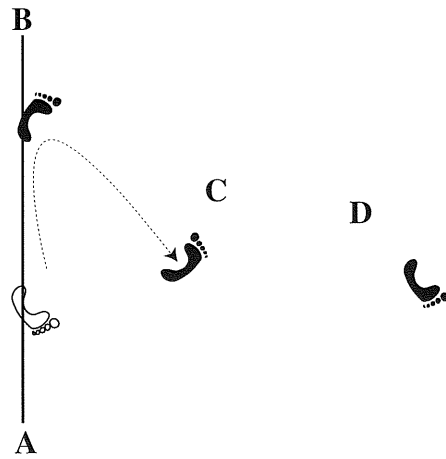
7 - Déplacer pied g en mouvement semi-circulaire vers C - jodan nagashi uchi uke d - gedan barai g - sochin dachi g



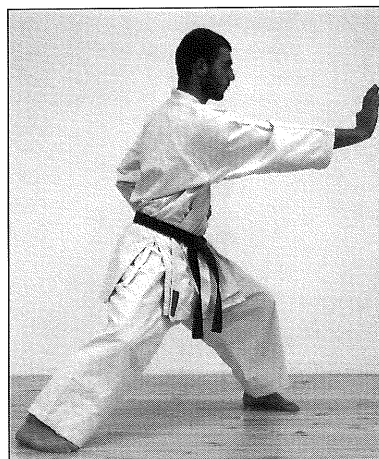
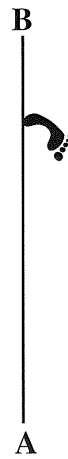
10 - Sur place - chudan hon tsuki g - sochin dachi g



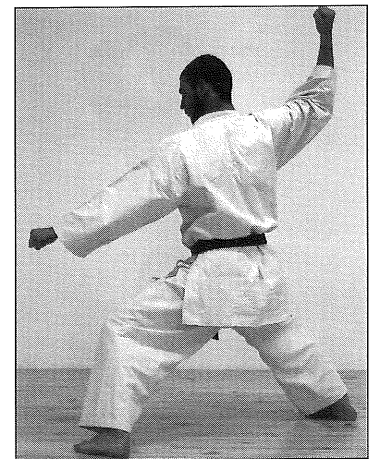
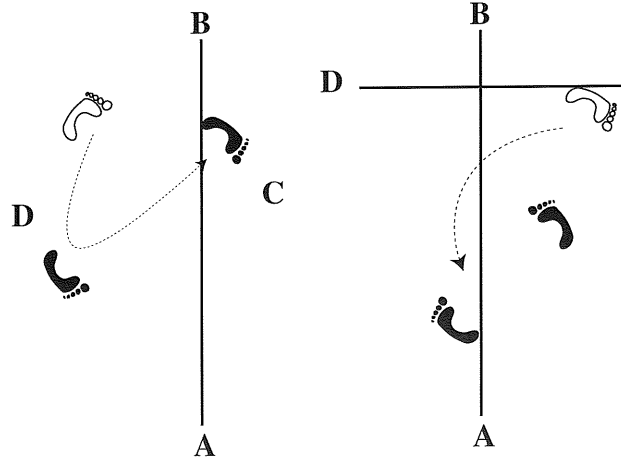
8 - Déplacer pied d en mouvement semi-circulaire vers C - sochin dachi d - gyaku jodan age uke g - gedan barai d



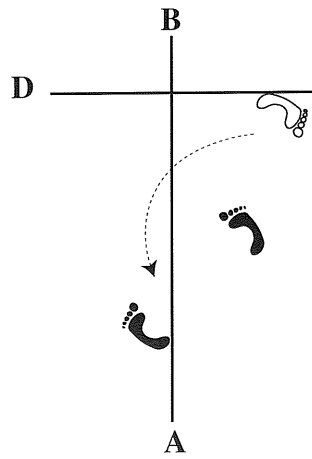
11 - Sur place - chudan gyaku tsuki d - sochin dachi g

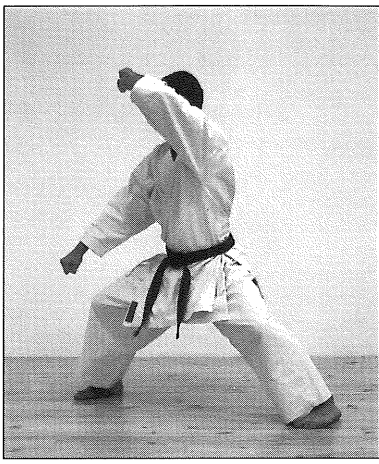


9 - Déplacer pied g en mouvement semi-circulaire avant vers C - sochin dachi g - chudan gyaku Tate uke d vers C

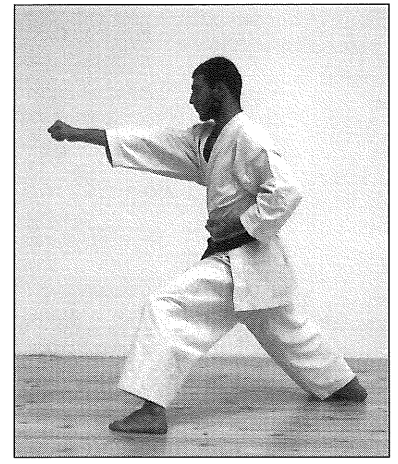
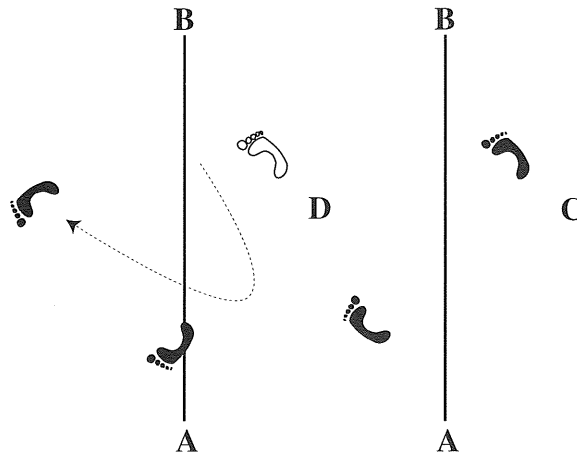


12 - Pivoter de 180° à g vers D en déplaçant pied g en mouvement semi-circulaire vers D - jodan nagashi uke d - gedan barai g - sochin dachi g vers D

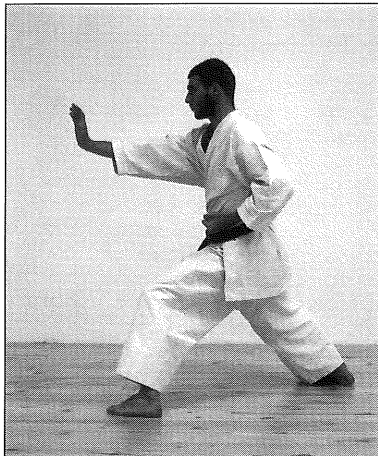




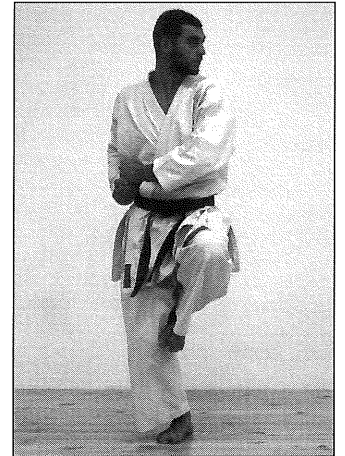
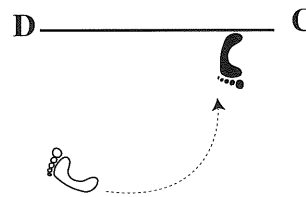
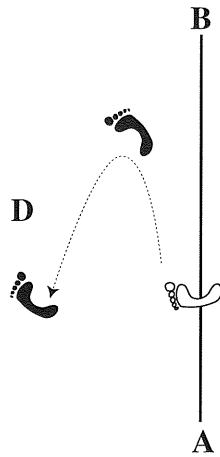
13 - Déplacer pied d en mouvement semi-circulaire avant vers D - sochin dachi d - chudan gyaku age uke g - gedan barai d vers D



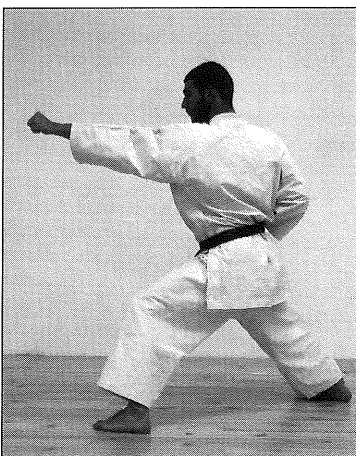
16 - Sur place - chudan gyaku tsuki d - sochin dachi g -



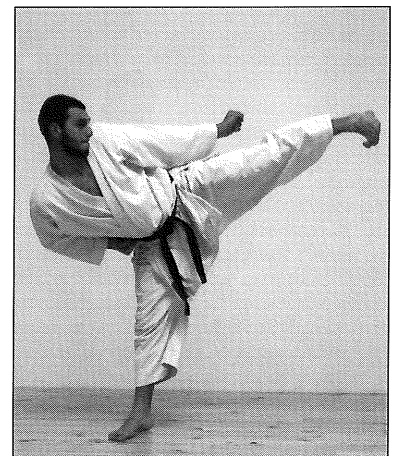
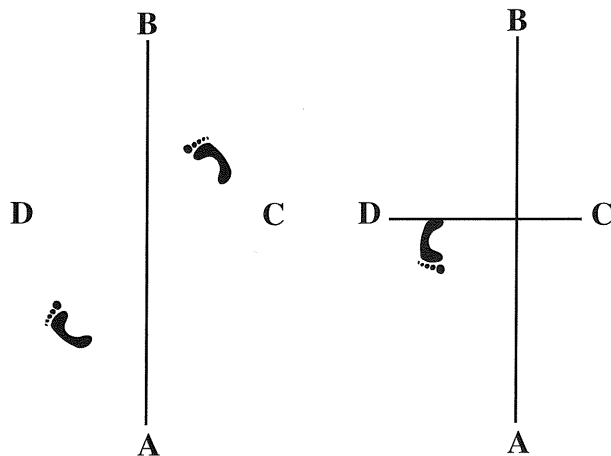
14 - Déplacer pied g en mouvement semi-circulaire avant vers D - sochin dachi g - chudan gyaku Tate uke d vers D



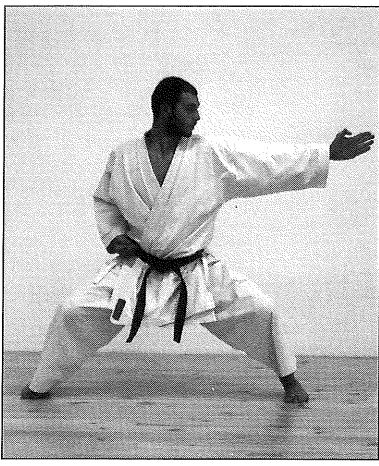
17 - Ramener et armer pied g pour yoko geri vers C - main d hikite - poing g sur main d - regarder vers C



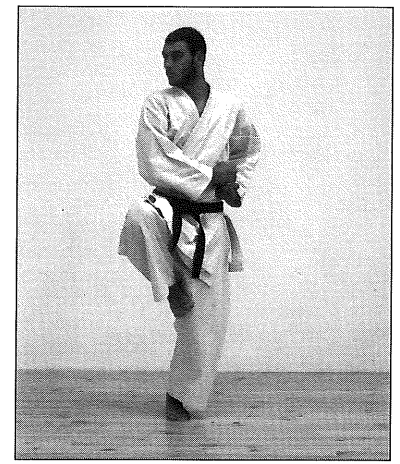
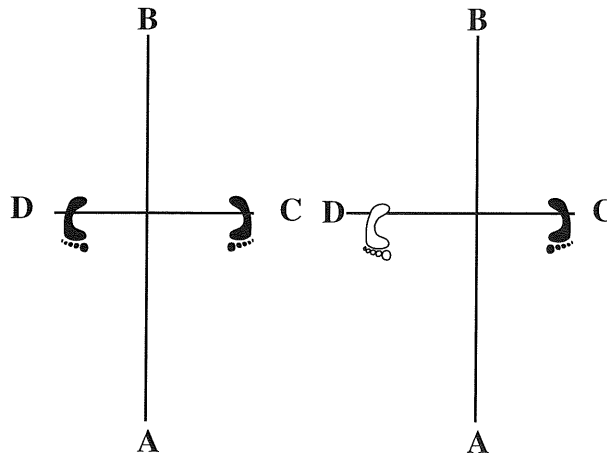
15 - Sur place - chudan hon tsuki g - sochin dachi g



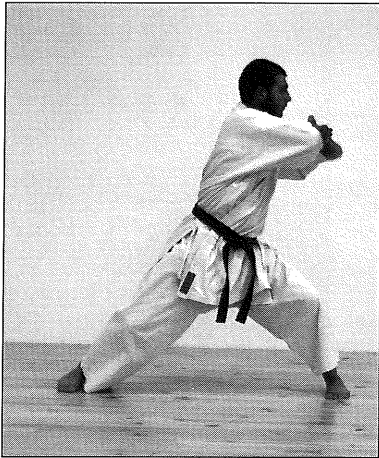
18 - Yoko geri g vers C avec uraken g en même temps



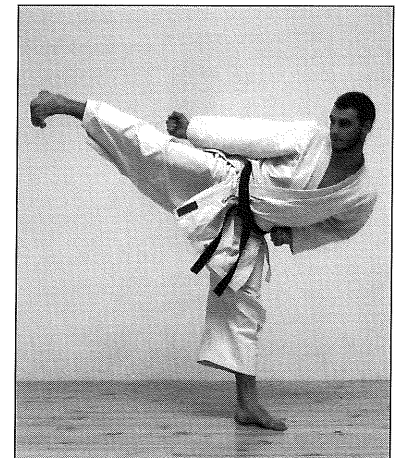
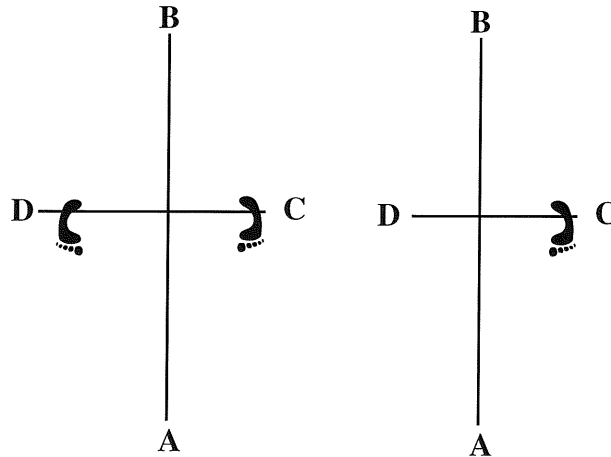
19 - Poser pied g au sol vers C - kiba dachi vers A - haishu uke g - regarder vers C



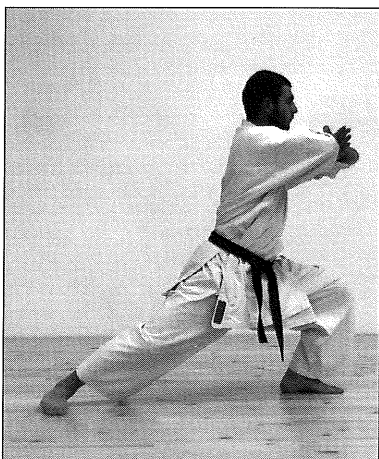
22 - Ramener et armer pied d pour yoko geri vers D - main g hikite - poing d sur main g regarder vers C



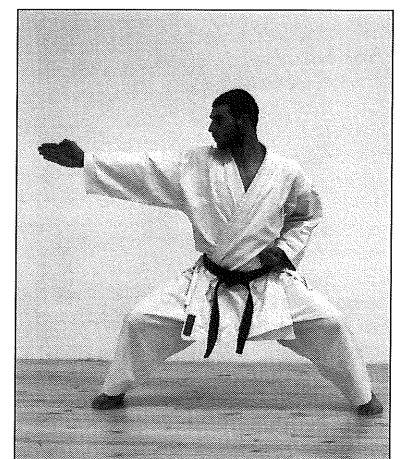
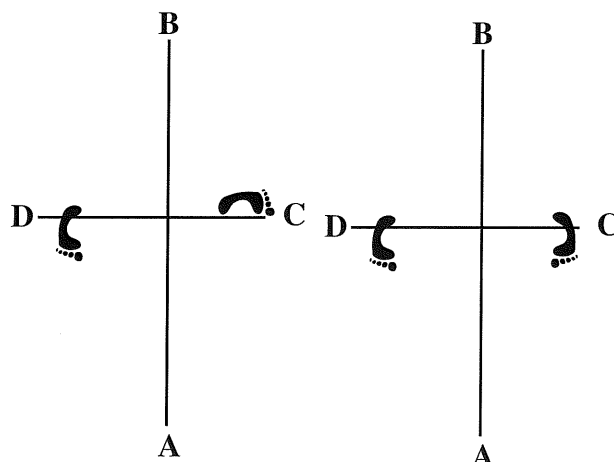
20 - Empi uchi d vers C dans main g - kiba dachi - regarder vers C



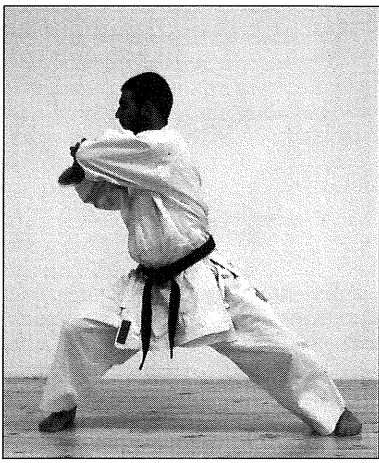
23 - Yoko geri d vers D avec uraken d en même temps



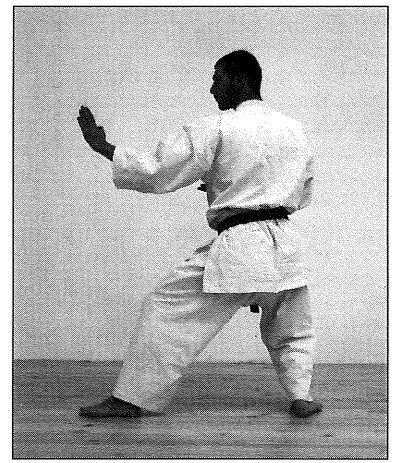
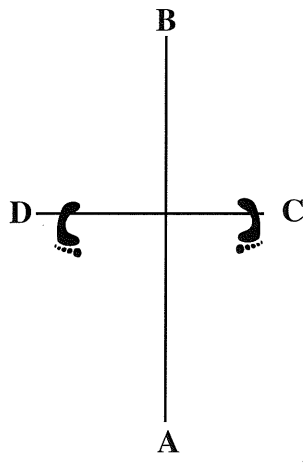
21 - (Variante : même que 20 mais zenkutsu g vers C)



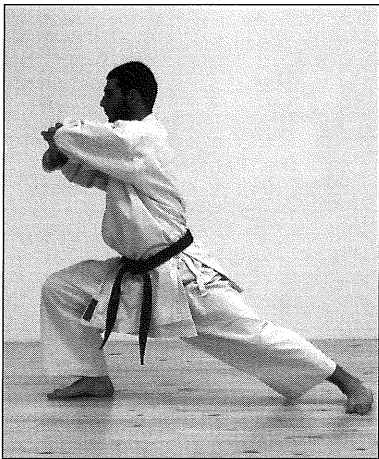
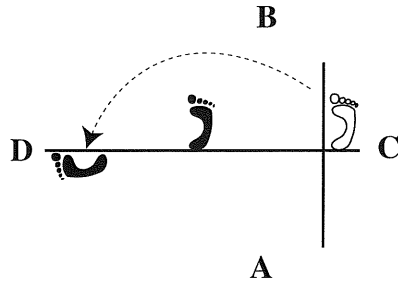
24 - Poser pied d au sol vers D - kiba dachi vers A - haishu uke d - regarder vers D



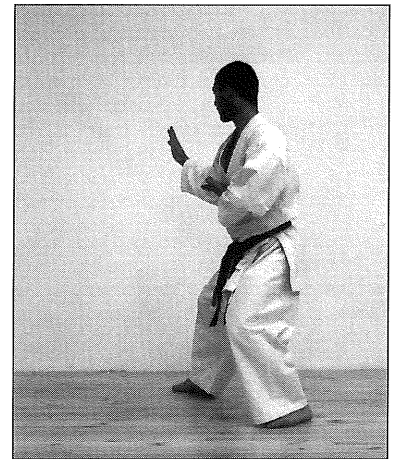
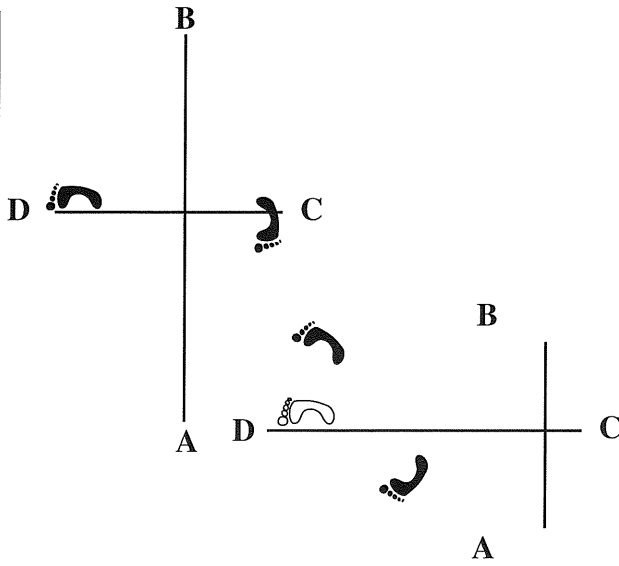
25 - Empi uchi g vers D dans main d - kiba dachi - regarder vers D



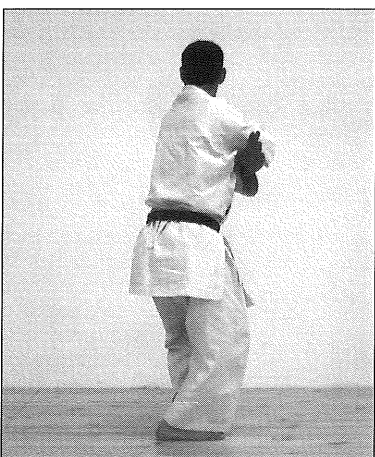
28 - Pivoter à g sur pied d vers D - armer main g sous le bras d pour shuto uke - kokutsu g vers D



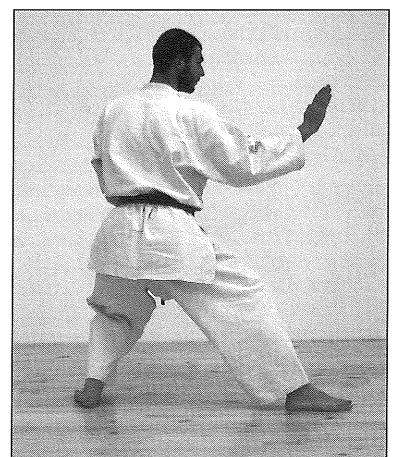
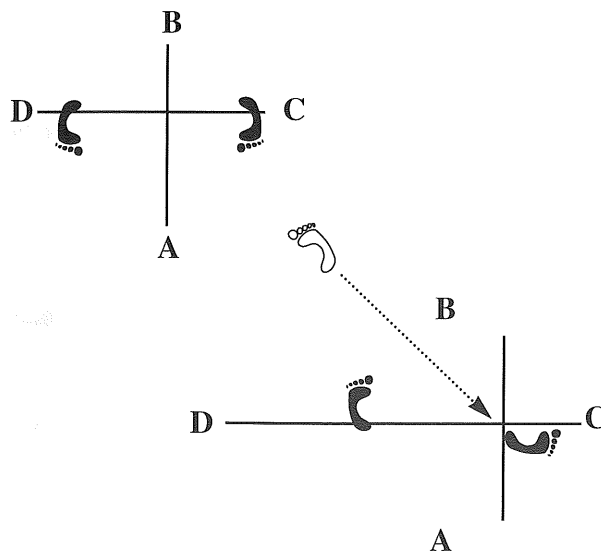
26 - (Variante : même que 25 mais zenkutsu d vers D)



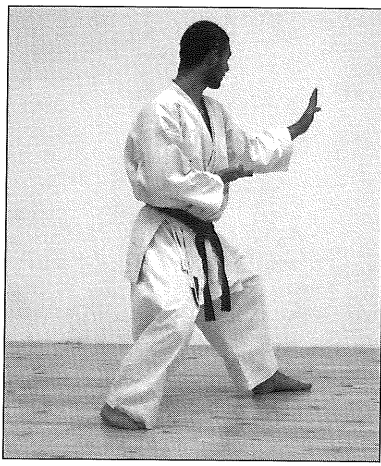
29 - Regarder et avancer pied d à 45° vers DB - chudan shuto uke d par en dessous bras g - kokutsu d



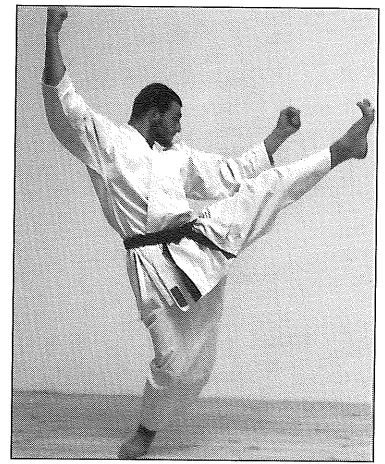
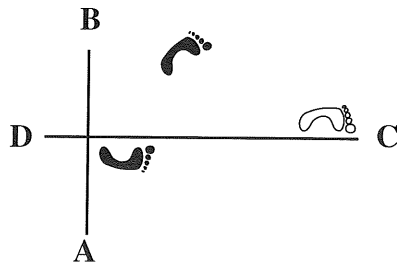
27 - Pivoter à g sur pied d de 270° (ou 360° pour la variante) vers D - armer main g sous bras d pour shuto uke



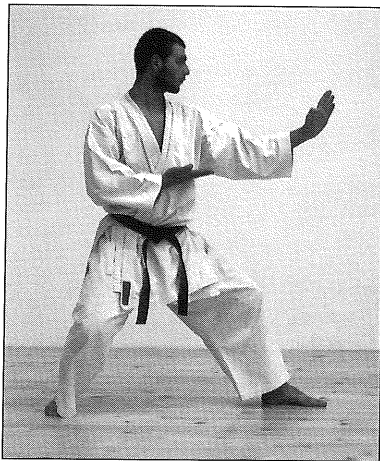
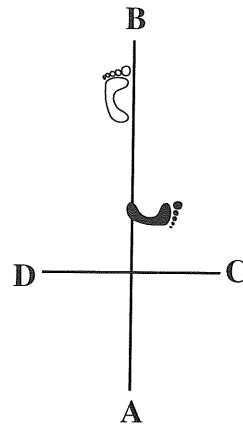
30 - Regarder et pivoter de 135° à d sur pied g vers C - chudan shuto uke d par en dessous bras g - kokutsu d



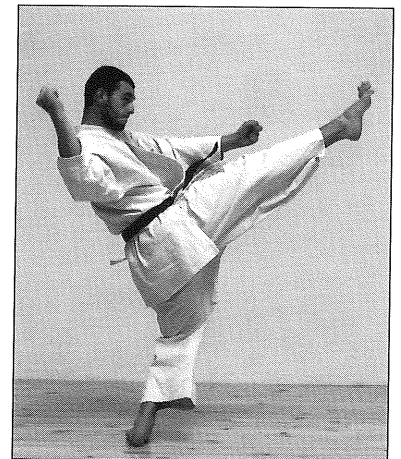
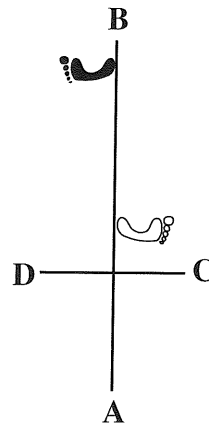
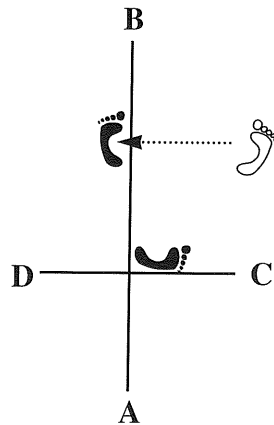
31 - Regarder et avancer pied g à 45° vers CB - chudan shuto uke g par en dessous bras d - kokutsu g



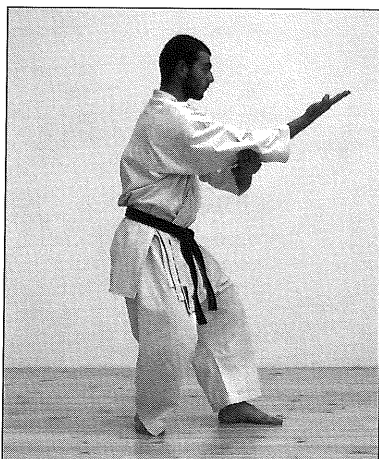
34 - Chudan mae geri pied g vers B - jodan nagashi uchi uke d vers arrière d - armer main g



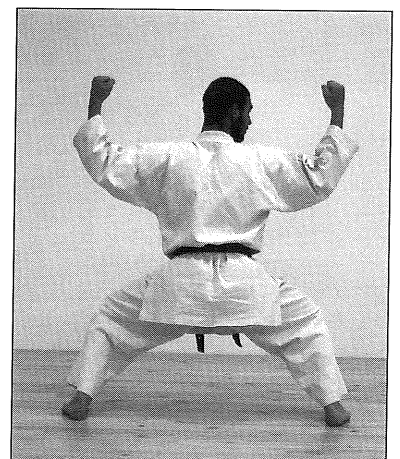
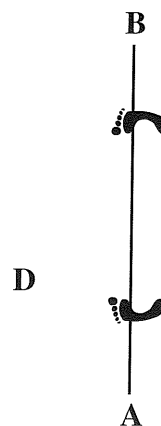
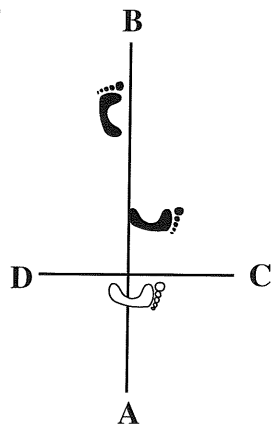
32 - Regarder vers B et pivoter en avançant pied g 45° à g vers B - chudan shuto uke g - kokutsu g



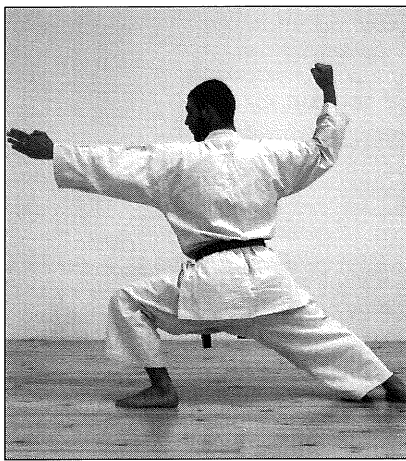
35 - Poser pied g - chudan mae geri d vers B - jodan nagashi uchi uke d vers arrière D - armer main g



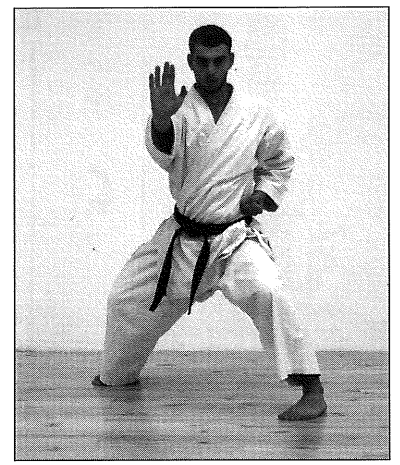
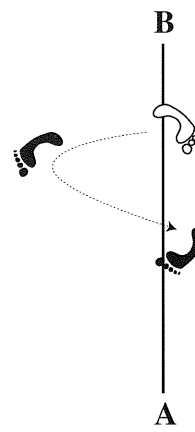
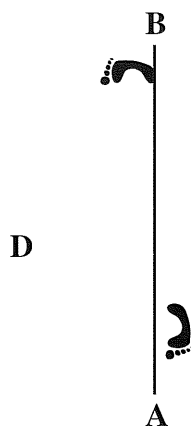
33 - Glisser vers B avec pied d en yori ashi - ura nukite main d, coude d repose sur dos main g



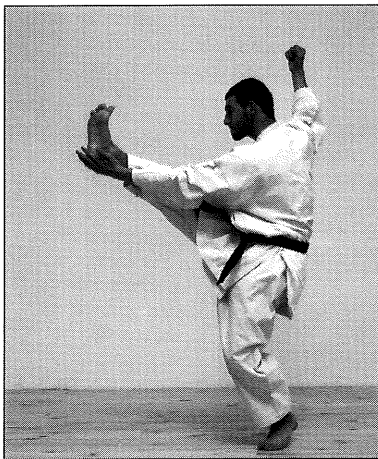
36 - Poser pied d au sol en kiba dachi vers D - regarder vers B - jodan uraken d et nagashi uke g - Kiai



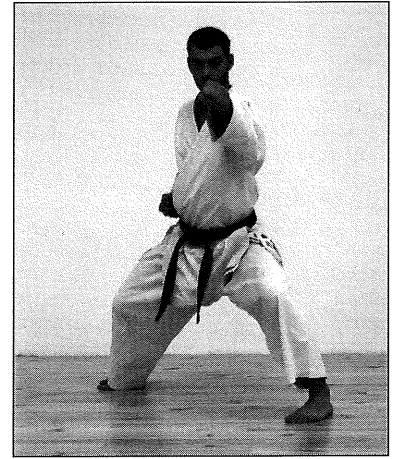
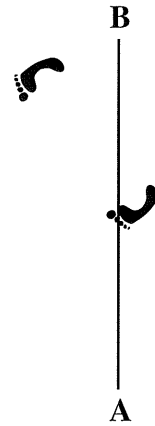
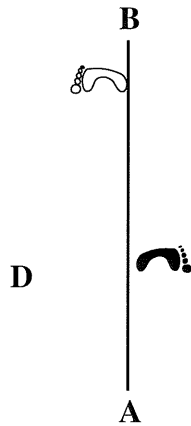
37 - Regarder et pivoter sur pied g vers A - zenkutsu g - haishu uke g - armer main d



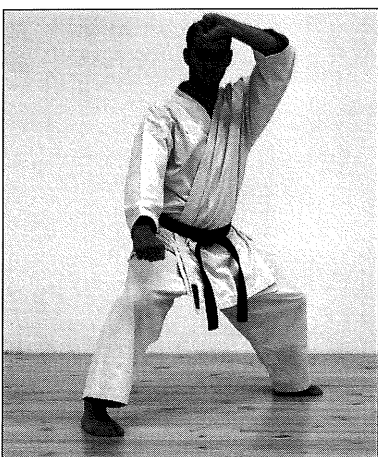
40 - Déplacer pied g en mouvement semi circulaire avant vers A - sochin dachi g - chudan gyaku Tate uke d vers A



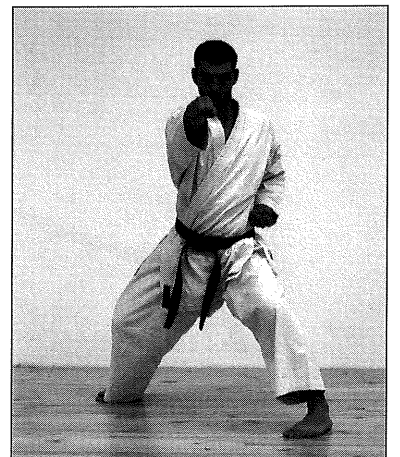
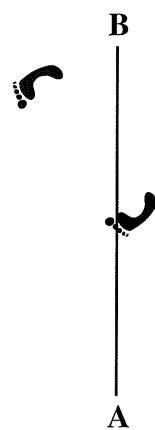
38 - Mikazuki geri d vers A dans paume main g



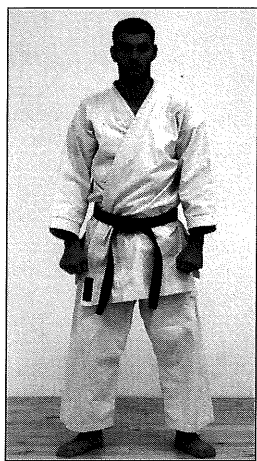
41 - Sur place - chudan hon tsuki g - sochin dachi g



39 - Poser pied d vers A en sochin dachi d - jodan gyaku age uke g - gedan barai d



42 - Sur place - chudan gyaku tsuki d - sochin dachi g - Kiai



B

A

43 - Ramener pied g
en hachiji dachi - FIN