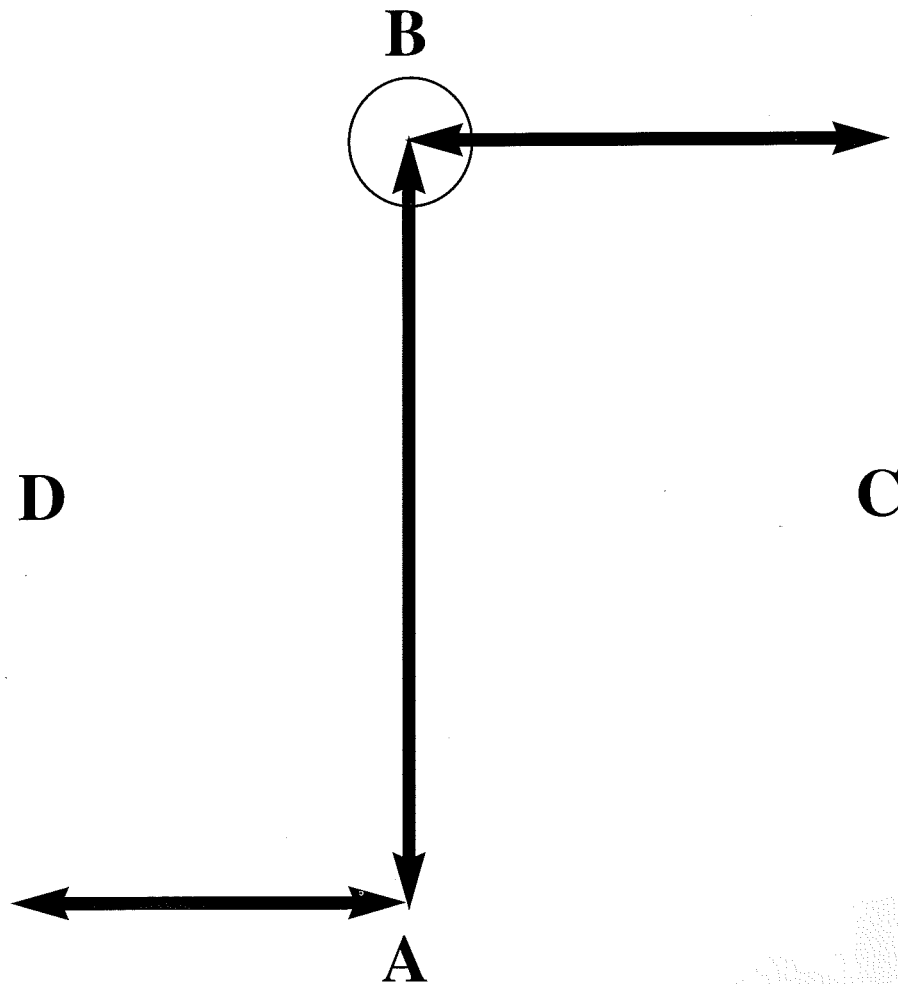
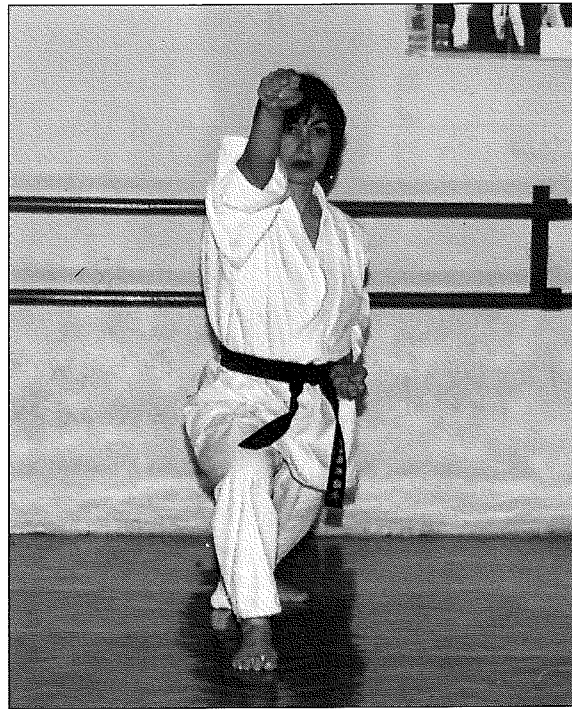
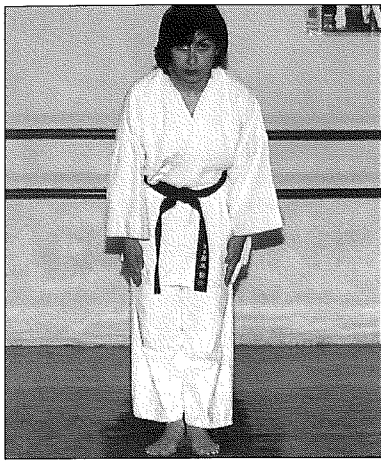


TAIKYOKU NIDAN

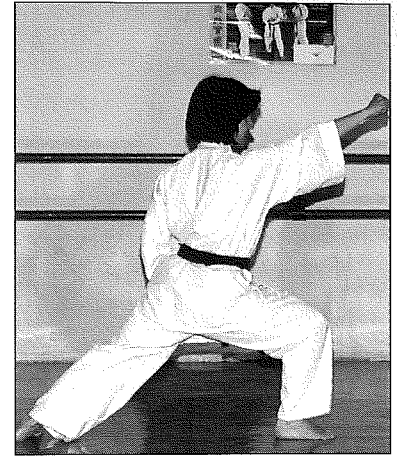
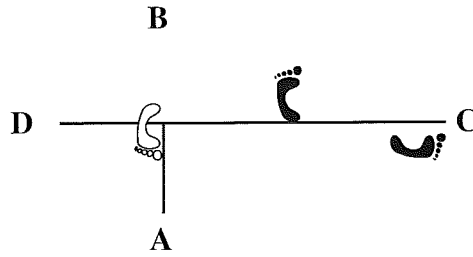
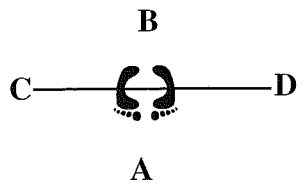
Exécuté par Marie-Jeanne MAÏOCCO, 2^{ème} dan Shotokai Egami ryu,
Professeur de l'A.S.V. Marseille (bouches du Rhône)



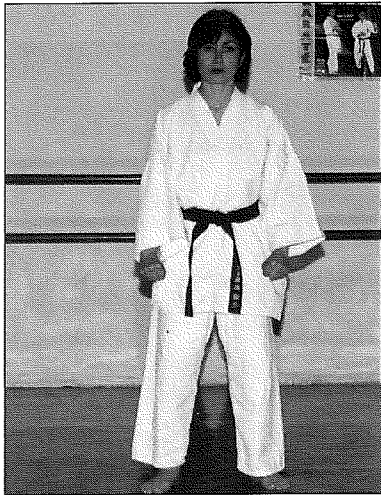
Graphique identique à Taikyoku Shodan



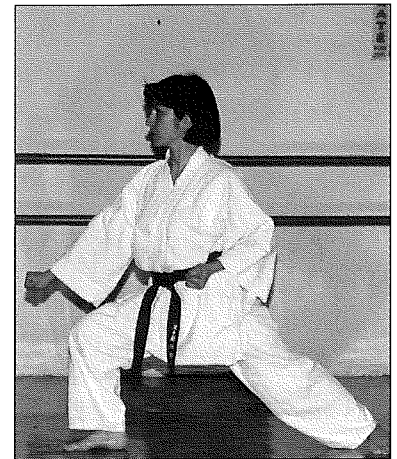
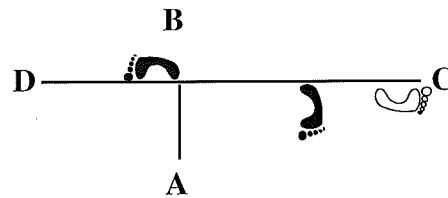
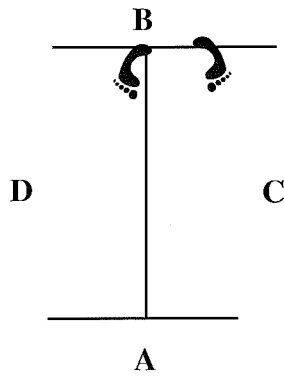
1 - Heisoku dachi face à A - Rei



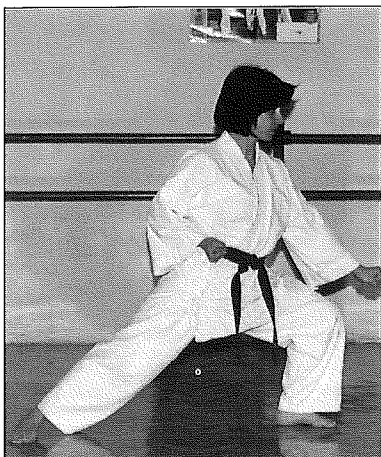
4 - Avancer d'un pas vers C - jodan oi-tsuki d - zenkutsu d



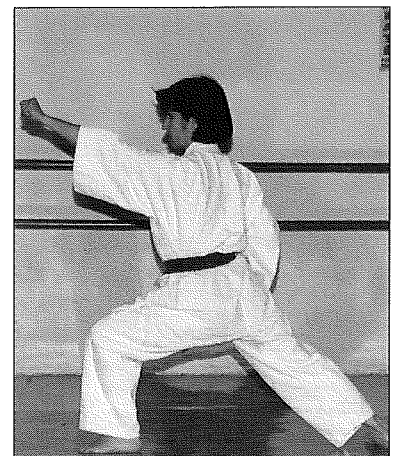
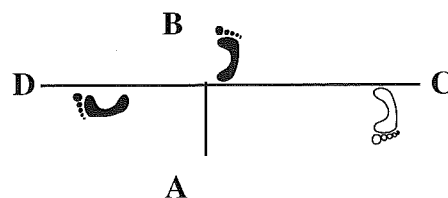
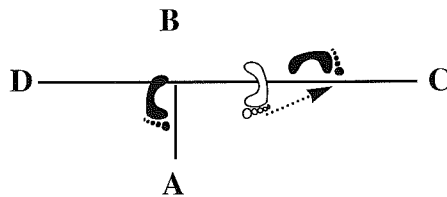
2 - Hachiji dachi - Yoi



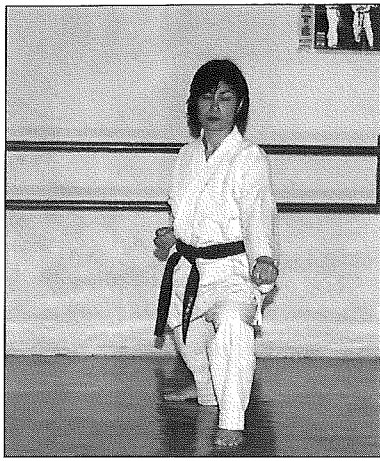
5 - Tourner à d de 180° vers D - gedan barai main d - zenkutsu d



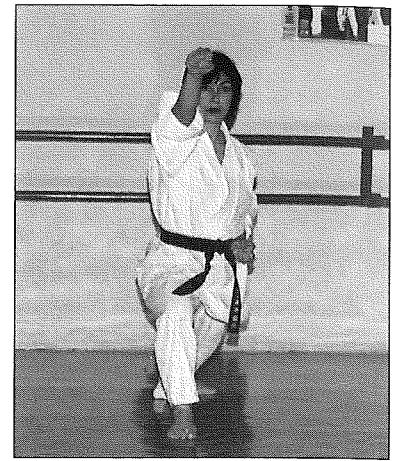
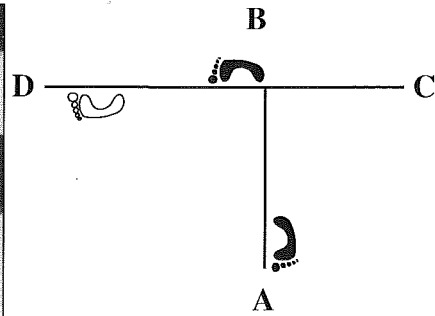
3 - Tourner à g de 90° vers C - gedan barai main g - zekutsu g



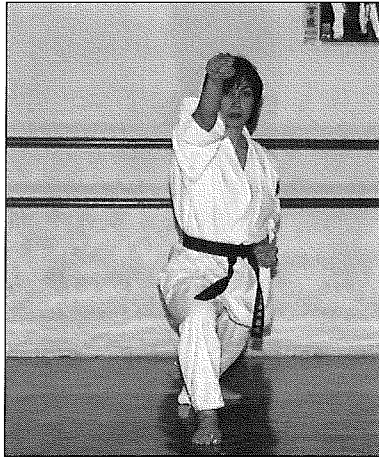
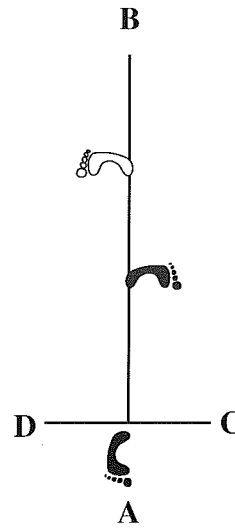
6 - Avancer d'un pas vers D - jodan oi-tsuki g - zenkutsu g



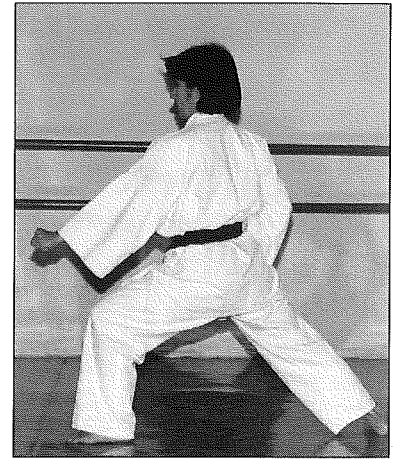
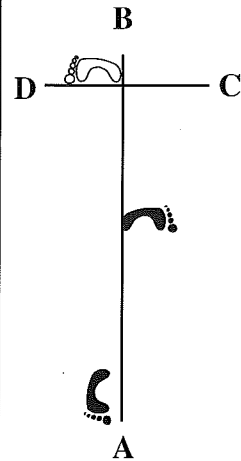
7 - Tourner à g de 90° vers A - gedan barai g - zenkutsu g



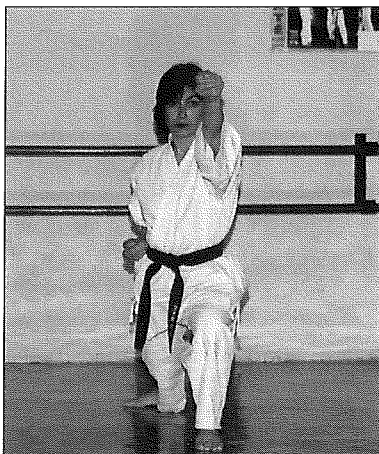
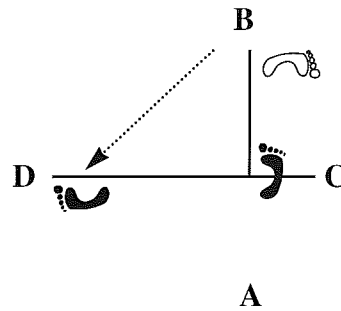
10 - Avancer d'un pas vers A - jodan oi-tsuki d - zenkutsu d - KIAI



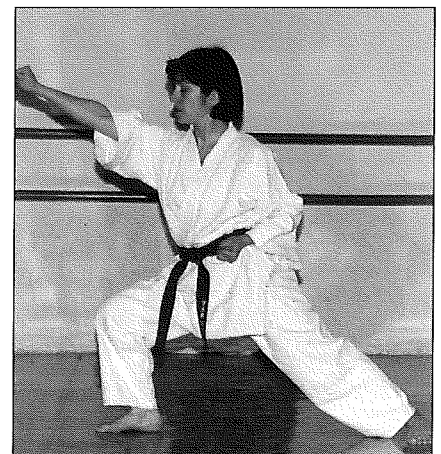
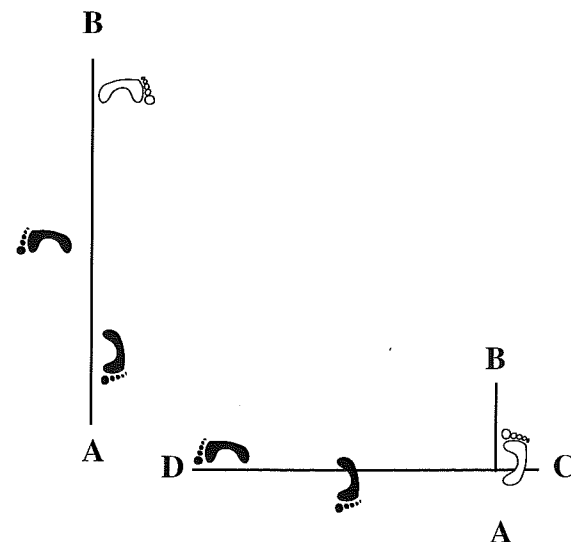
8 - Avancer d'un pas vers A - jodan oi-tsuki d - zenkutsu d



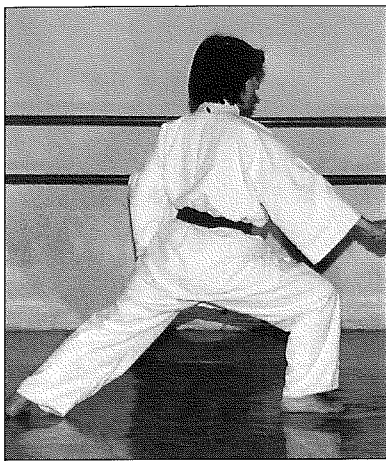
11 - Tourner à g de 270° vers D - gedan barai g - zenkutsu g



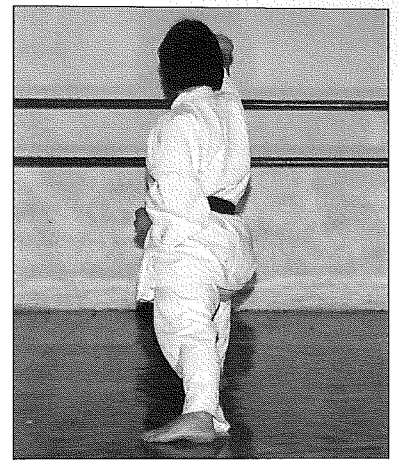
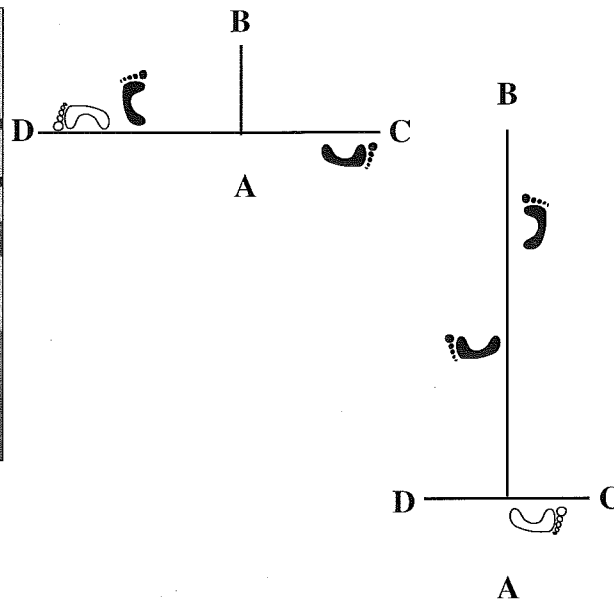
9 - Avancer d'un pas vers A - jodan oi-tsuki g - zenkutsu g



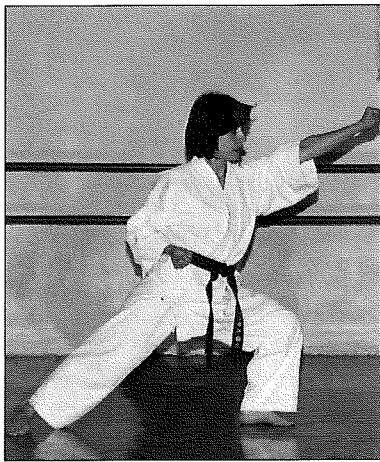
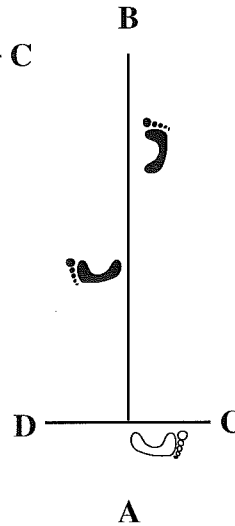
12 - Avancer d'un pas vers D - jodan oi-tsuki d - zenkutsu d



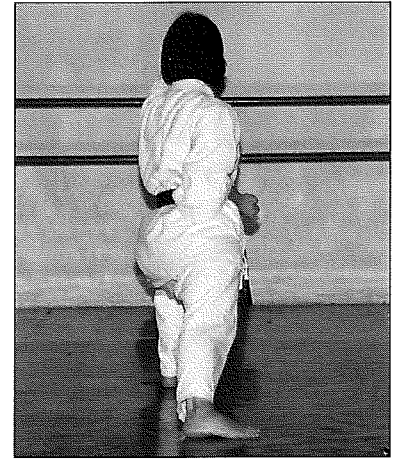
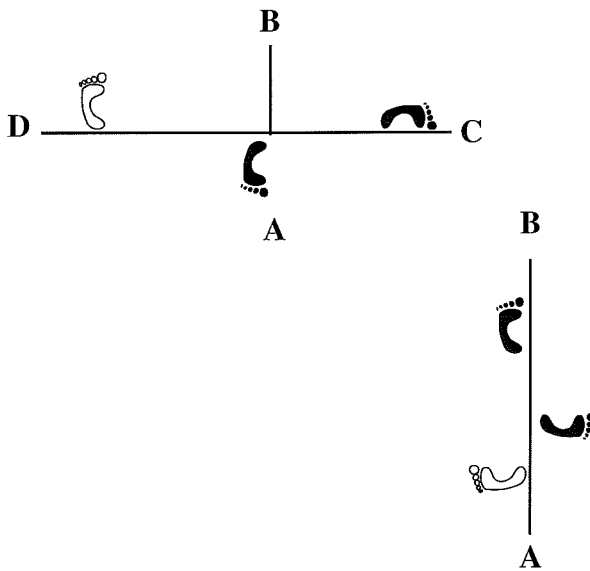
13 - Tourner à d de 180° vers C -
gedan barai d - zenkutsu d



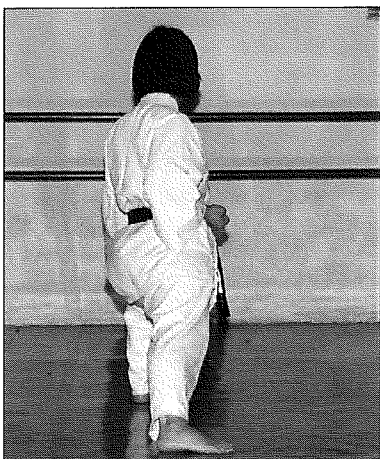
16 - Avancer d'un pas vers B -
jodan oi-tsuki d - zenkutsu d



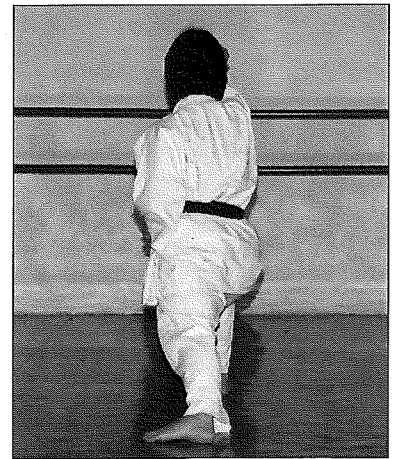
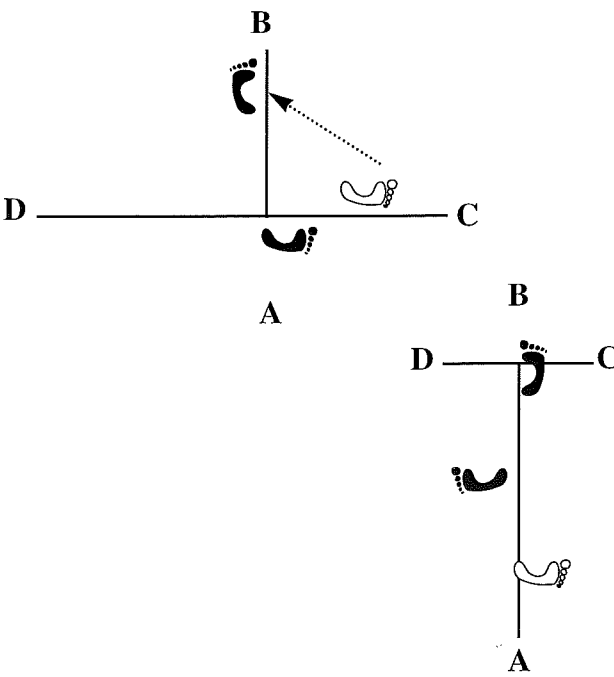
14 - Avancer d'un pas vers C -
jodan oi-tsuki g - zenkutsu g



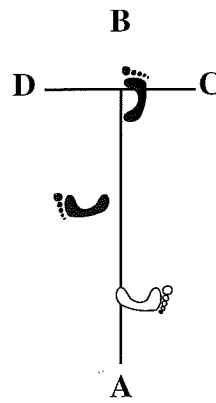
17 - Avancer d'un pas vers B -
jodan oi-tsuki g - zenkutsu g

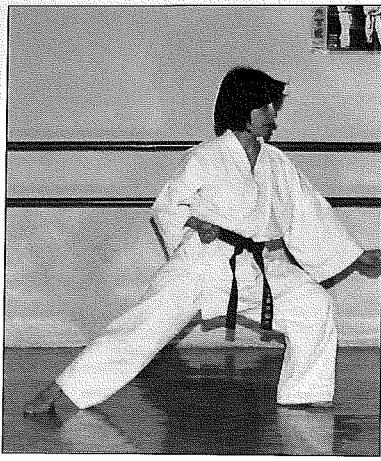


15 - Tourner à g de 90° vers B -
gedan barai g - zenkutsu g

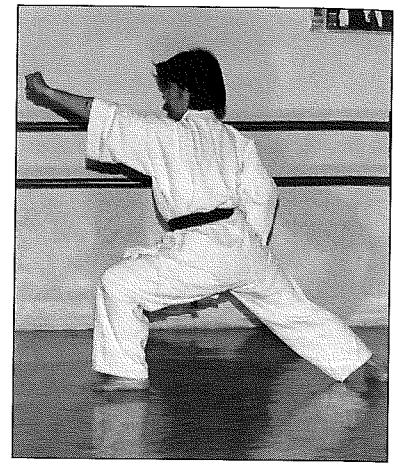
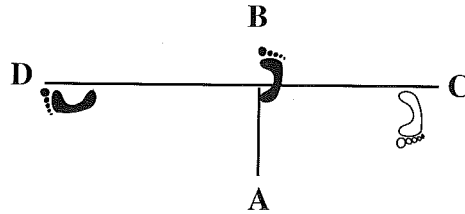
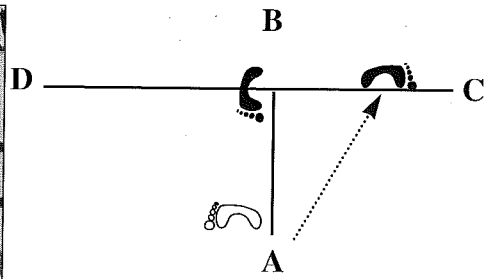


18 - Avancer d'un pas vers B -
jodan oi-tsuki d - zenkutsu d - KIAI

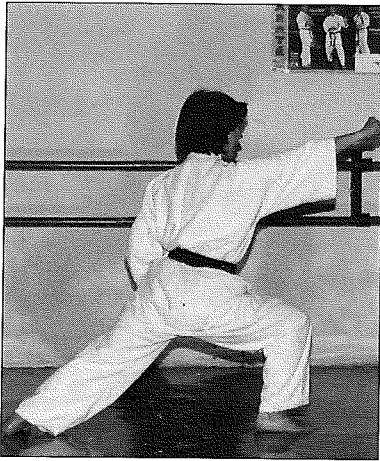




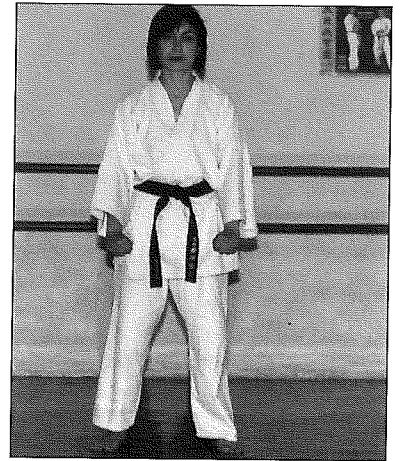
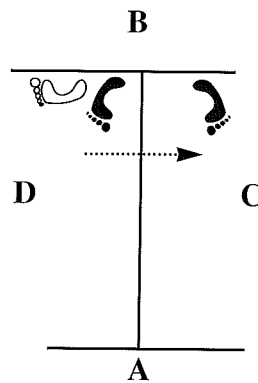
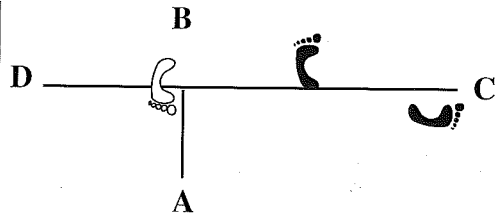
19 - Tourner à g de 270° vers C -
gedan barai g - zenkutsu g



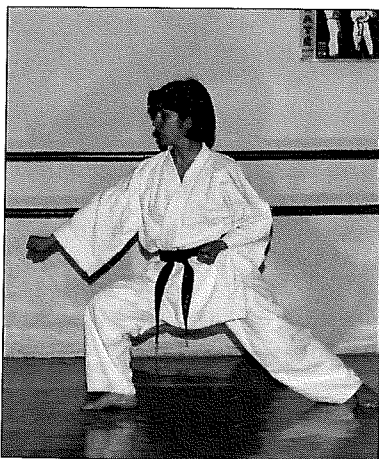
22 - Avancer d'un pas vers D -
jodan oi-tsuki g - zenkutsu g



20 - Avancer d'un pas vers C -
jodan oi-tsuki d - zenkutsu d



23 - Ramener jambe g en arrière
en hachiji dachi face à A - FIN



21 - Tourner à d de 180° vers D -
gedan barai d - zenkutsu d

