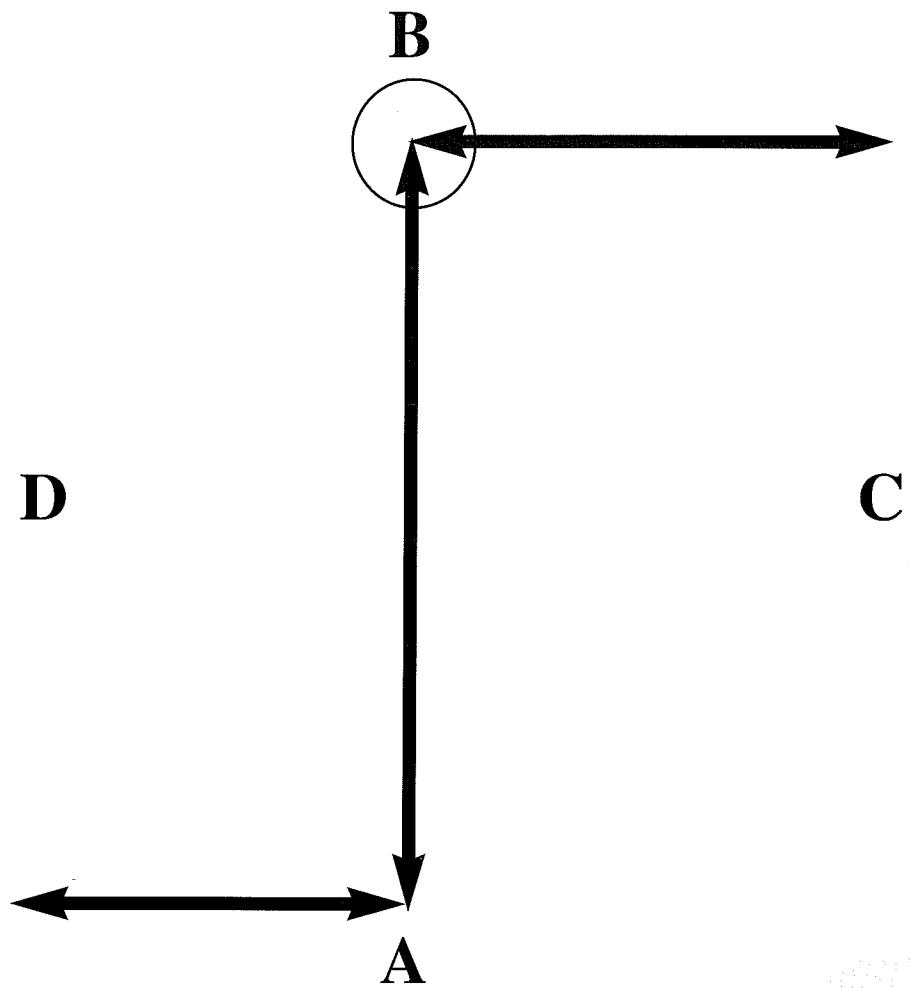
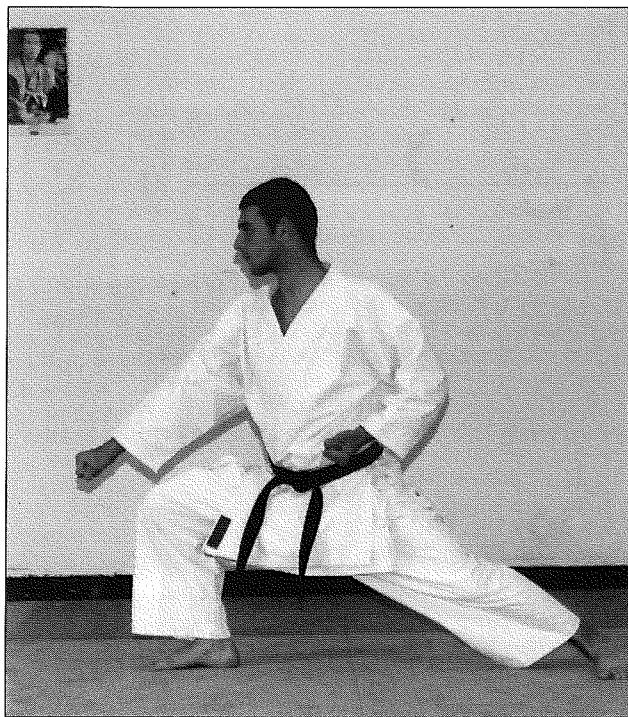
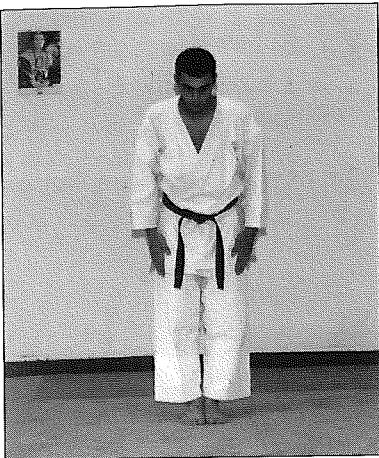


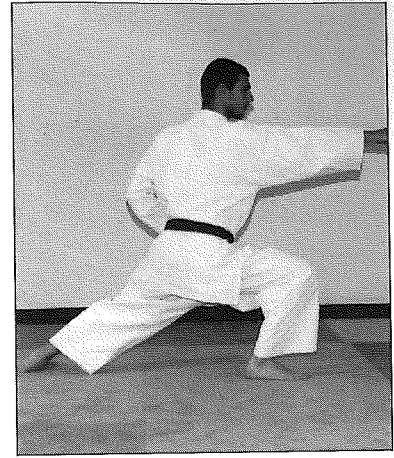
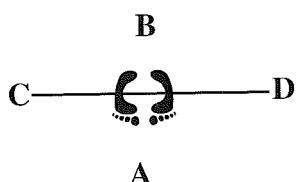
TAIKYOKU SHODAN

Exécuté par Vassilis STAVRIANIDIS - 2^{ème} dan du Shotokai Egami ryu grec - Instructeur et assistant de l'auteur aux dojos de Mirepoix - Laroque d'Olmes et Pamiers (Ariège)

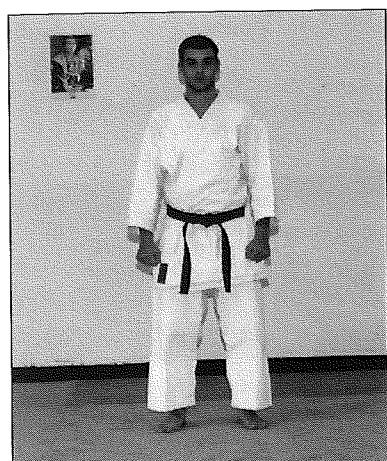




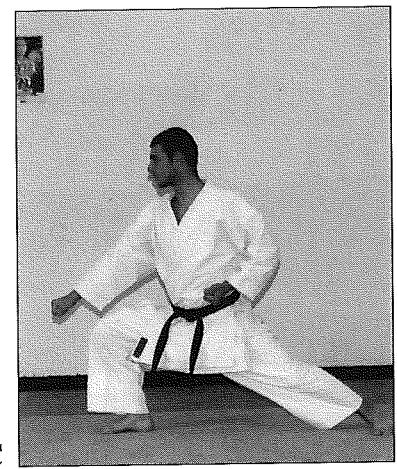
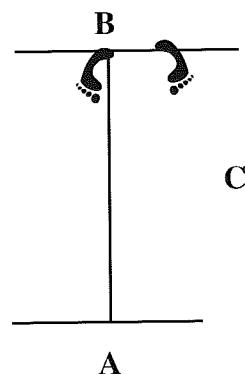
1 - Heisoku dachi face à A



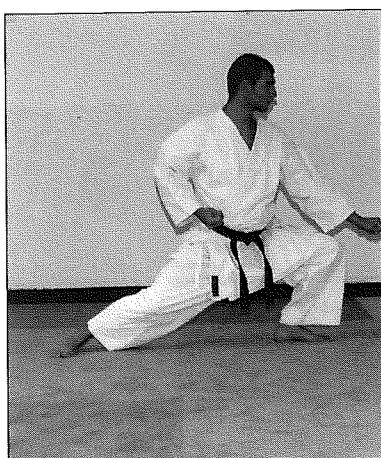
4 - Avancer d'un pas vers C - chudan oi-tsuki d - zenkutsu d



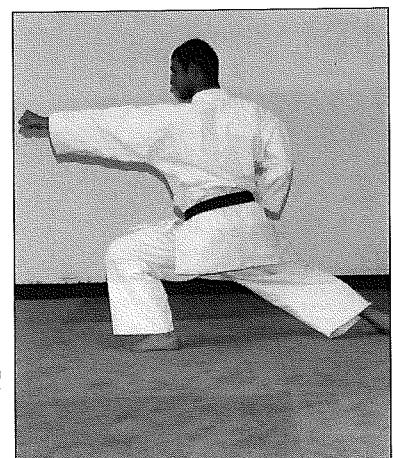
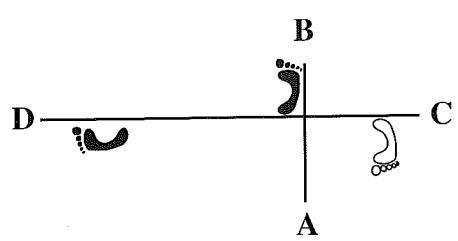
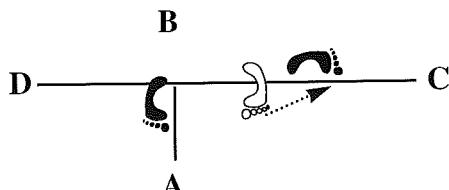
2 - Hachiji dachi - Yoi



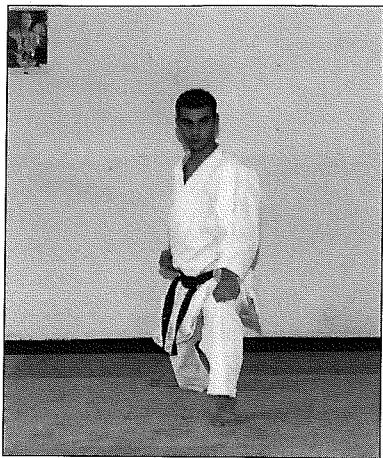
5 - Tourner à d 180° vers D - gedan barai main d - zenkutsu d



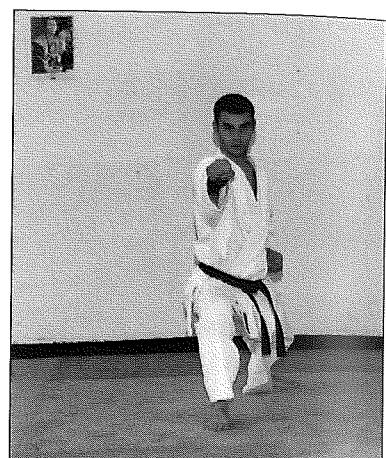
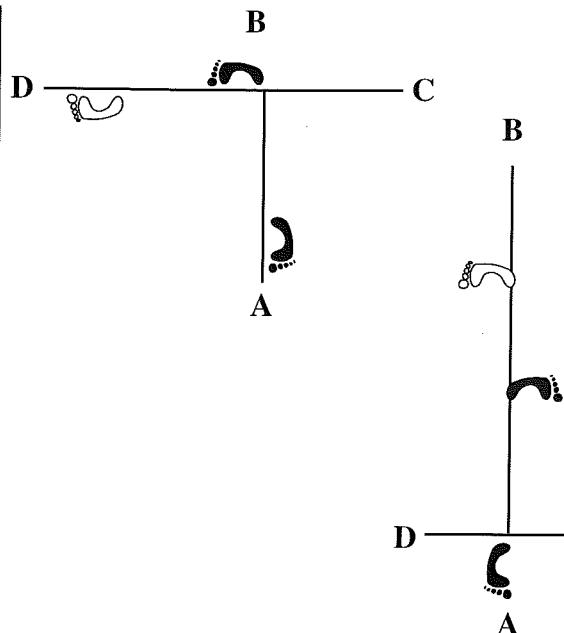
3 - Tourner à g 90° vers C - gedan barai main g - zenkutsu g



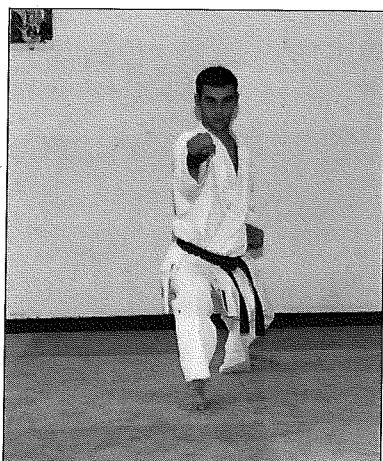
6 - Avancer d'un pas vers D - chudan oi-tsuki g - zenkutsu g



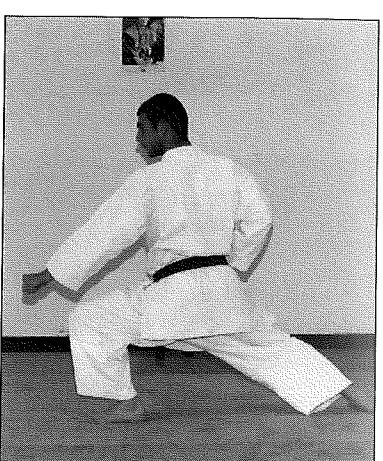
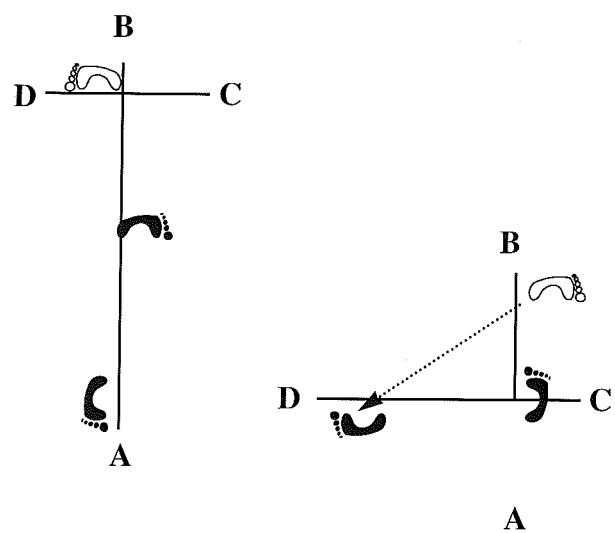
7 - Tourner à g de 90° vers A - gedan barai g - zenkutsu g



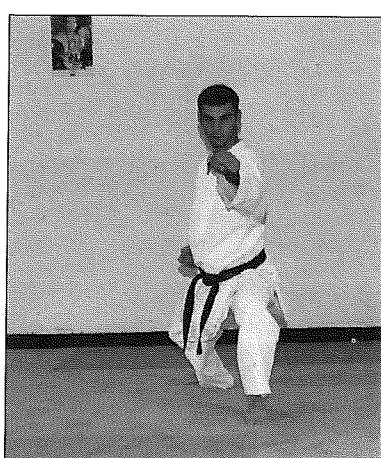
10 - Avancer d'un pas vers A - chudan oi-tsuki d - zenkutsu d - KIAI



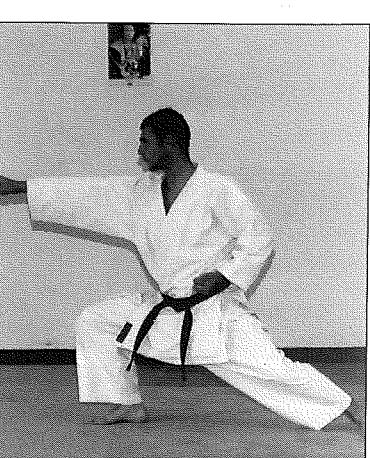
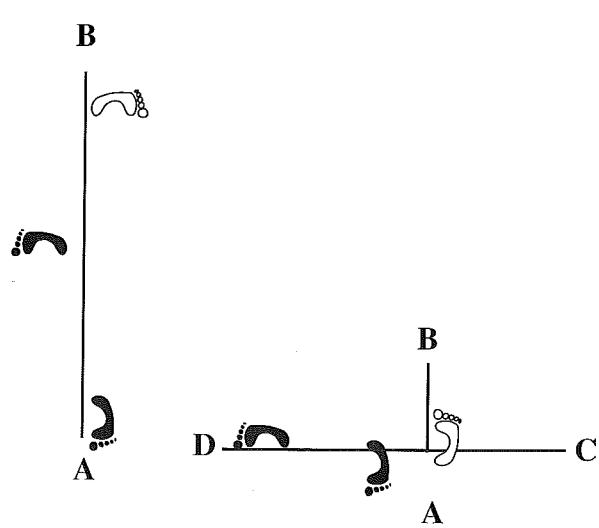
8 - Avancer d'un pas vers A - chudan oi-tsuki d - zenkutsu d



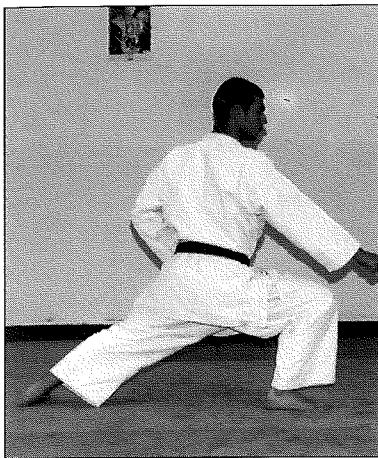
11 - Tourner à g de 270 ° vers D - gedan barai g - zenkutsu g



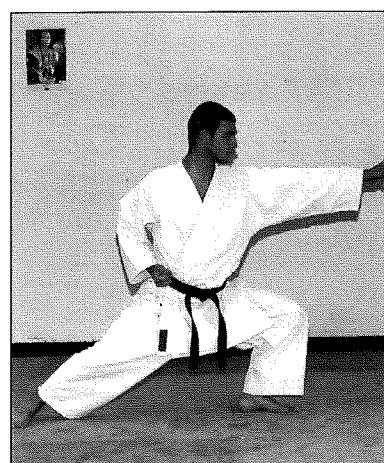
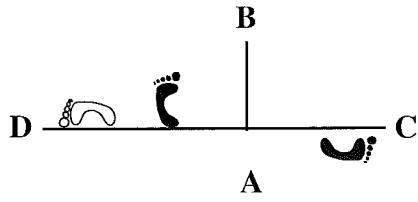
9 - Avancer d'un pas vers A - chudan oi-tsuki g - zenkutsu g



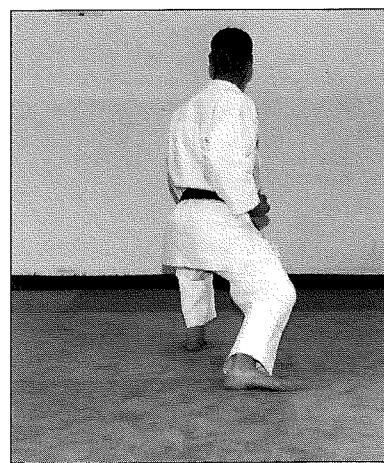
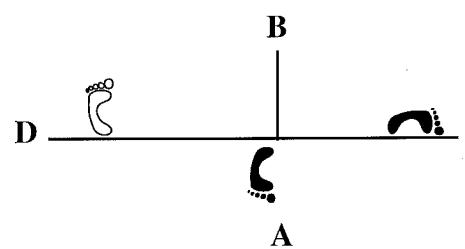
12 - Avancer d'un pas vers D - chudan oi-tsuki d - zenkutsu d



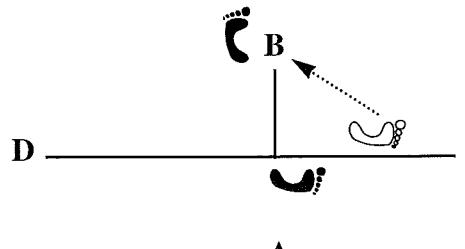
13 - Tourner à d de 180° vers C -
gedan barai d - zenkutsu d



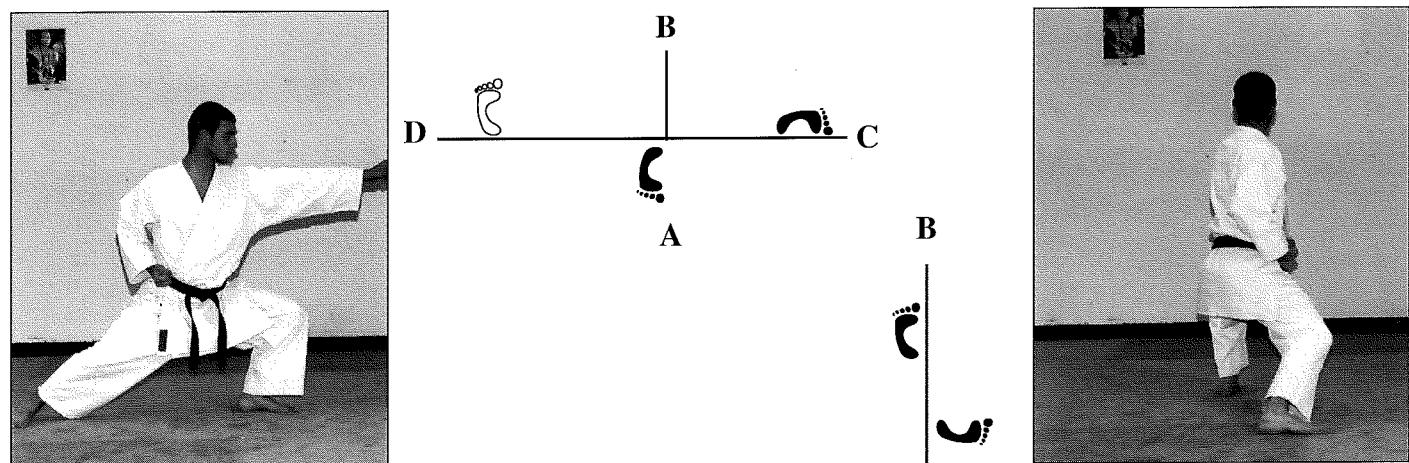
14 - Avancer d'un pas vers C -
chudan oi-tsuki g - zenkutsu g



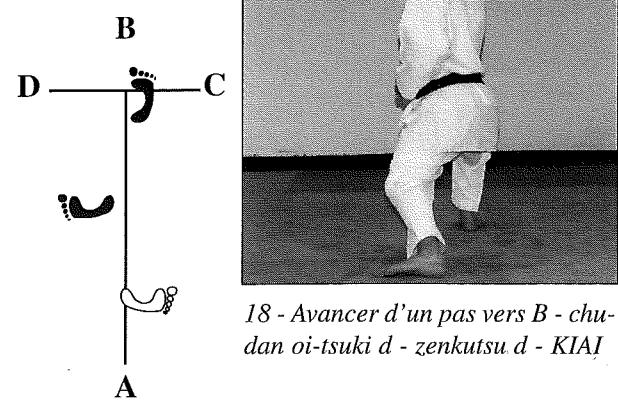
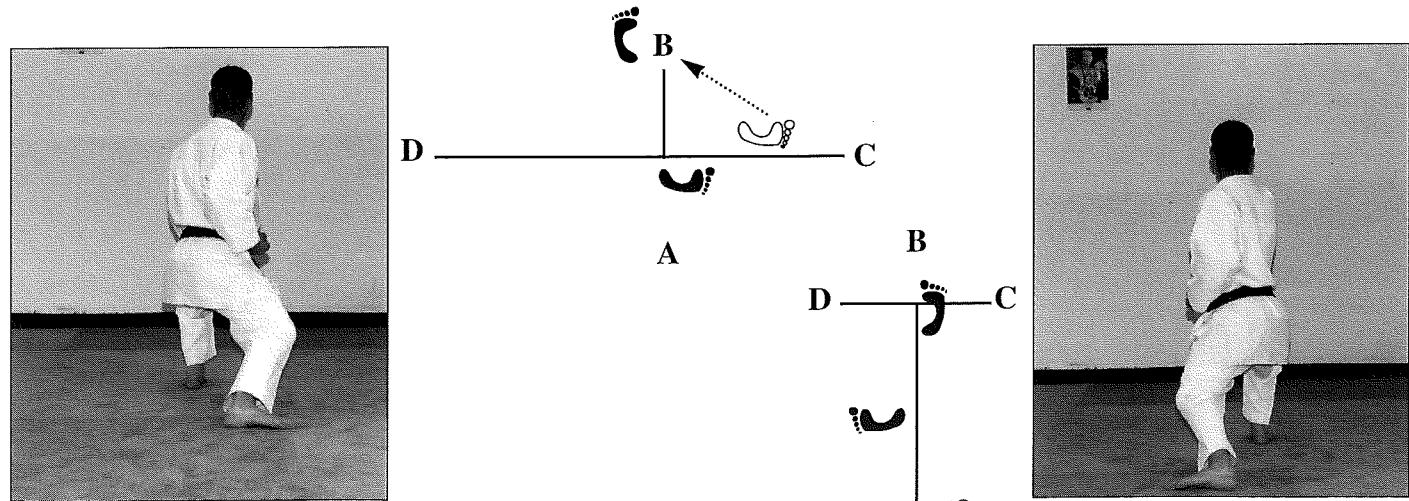
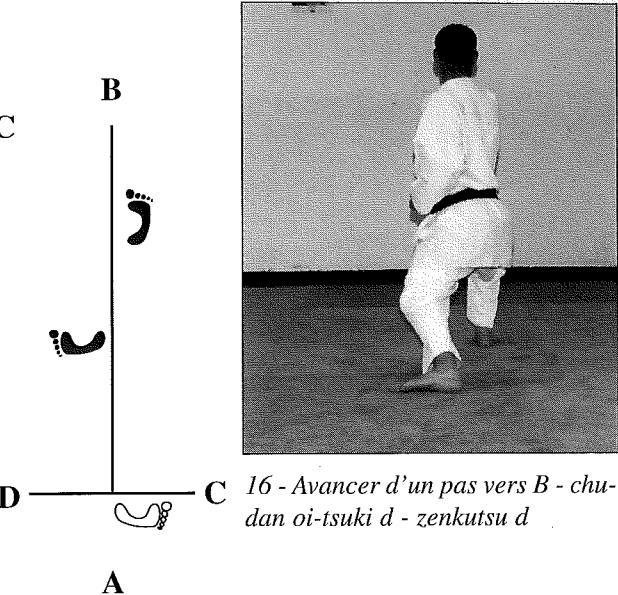
15 - Tourner à g de 90° vers B -
gedan barai g - zenkutsu g



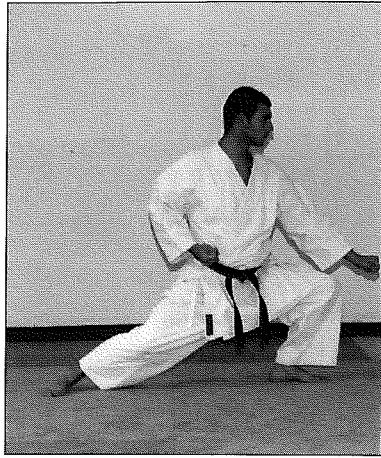
16 - Avancer d'un pas vers B - chu-
dan oi-tsuki d - zenkutsu d



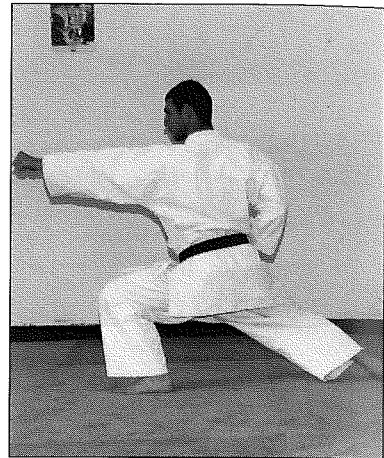
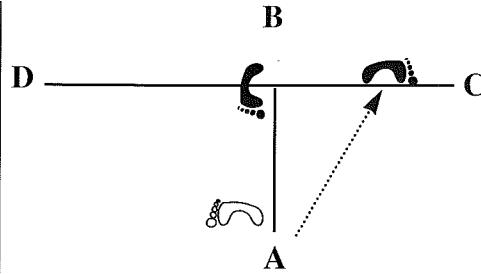
17 - Avancer d'un pas vers B - chu-
dan oi-tsuki g - zenkutsu g



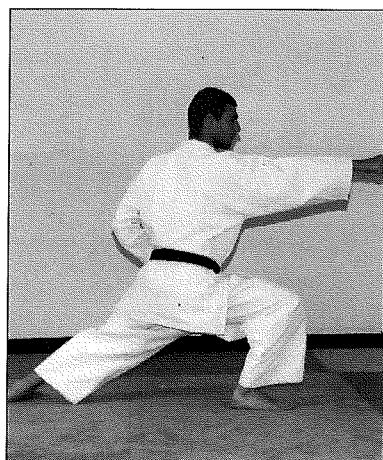
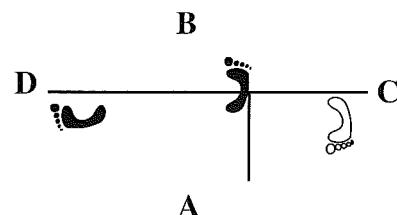
18 - Avancer d'un pas vers B - chu-
dan oi-tsuki d - zenkutsu d - KIAI



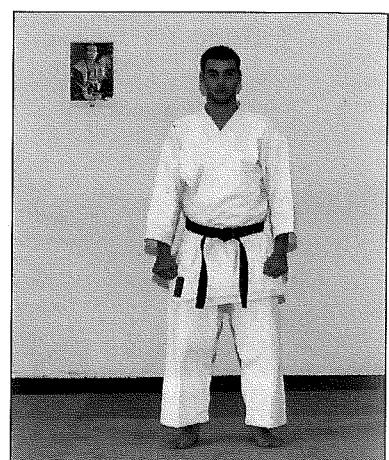
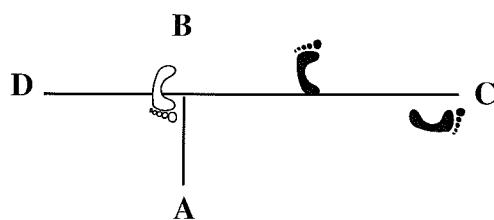
19 - Tourner à g de 270° vers C - gedan barai g - zenkutsu g



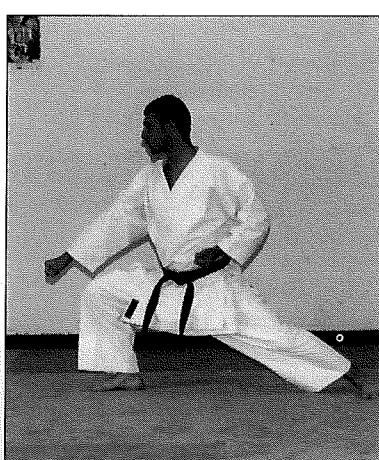
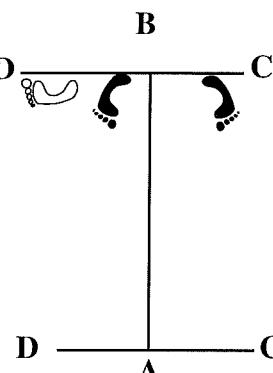
22 - Avancer d'un pas vers D - chudan oi-tsuki g - zenkutsu g



20 - Avancer d'un pas vers C - chudan 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

