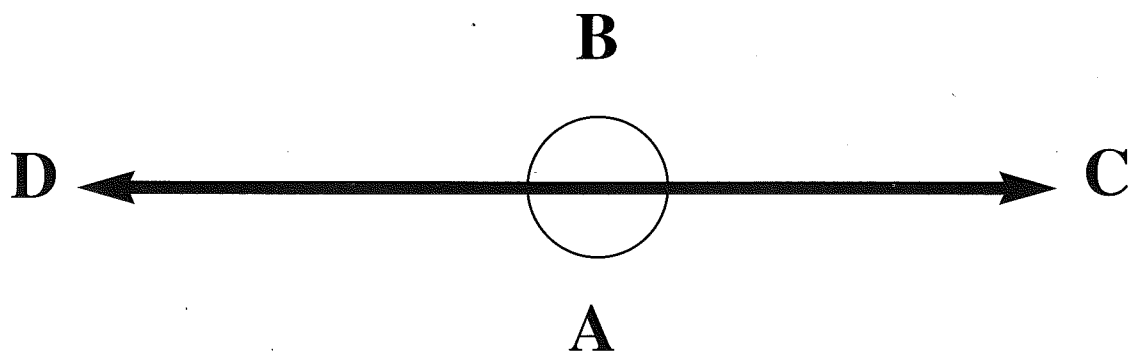
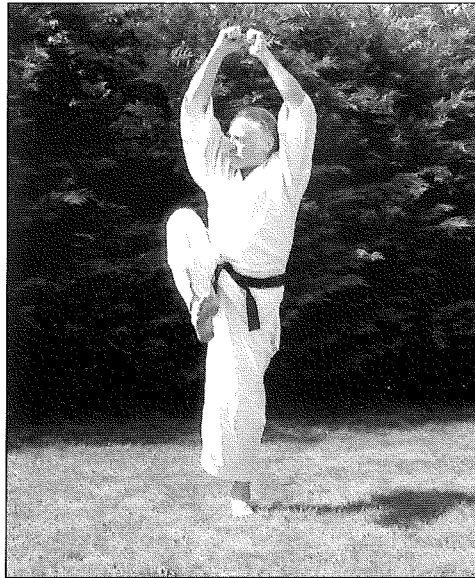
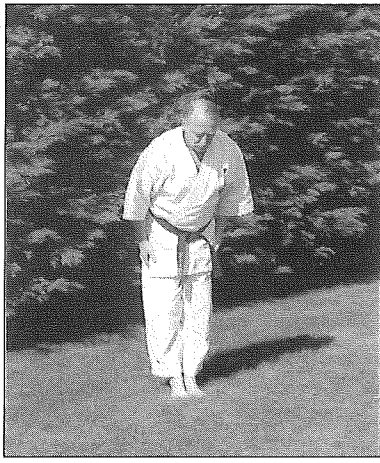


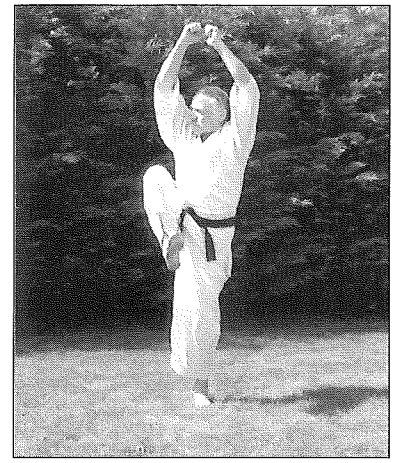
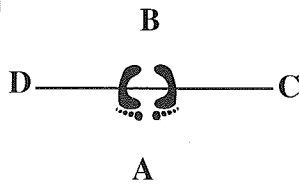
TEKKI NIDAN (*)

Exécuté par Adolphe SCHNEIDER - 5^{ème} dan

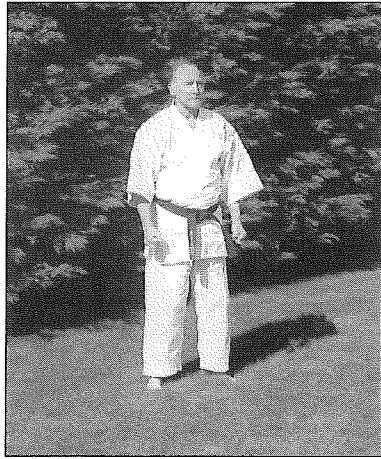




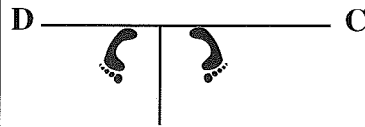
1 - Heisoku dachi vers A - Rei



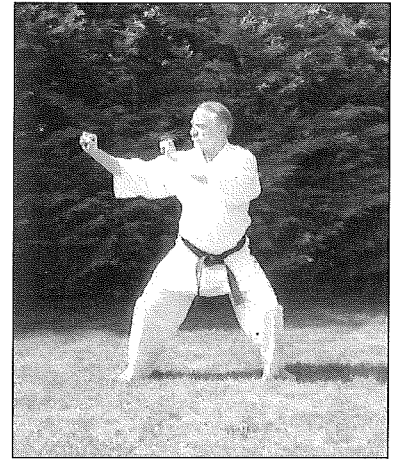
4 - Armer jambe d pour fumi komi
- lever les deux bras au-dessus de la tête



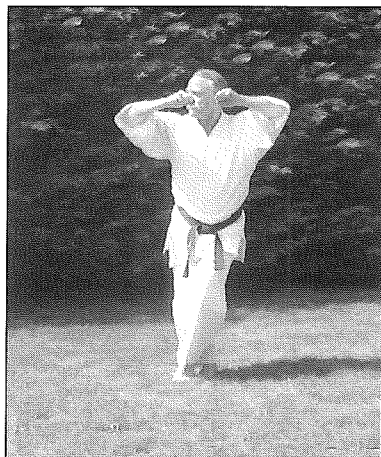
2 - Hachiji dachi - Yoi



A



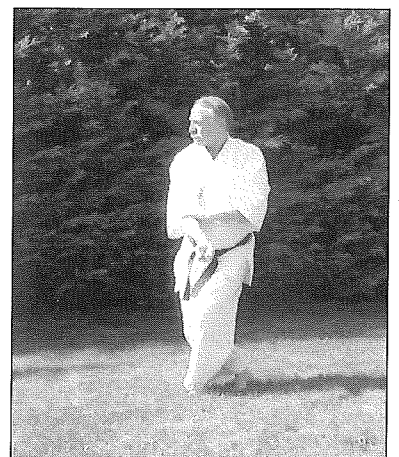
5 - Fumi komi d - chudan soto uke
d - bras g kamae - kiba dachi vers A



3 - Regarder vers D - armer
lentement les deux bras en morote
mune kamae - déplacer pied g
devant pied d vers D



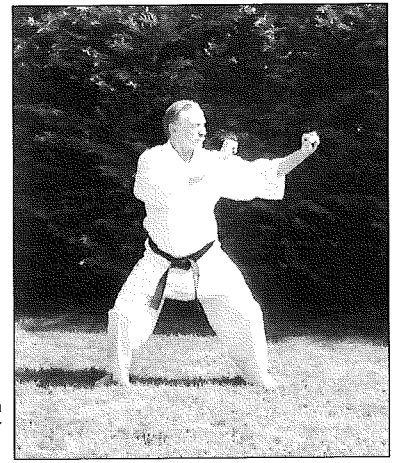
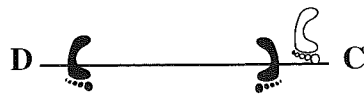
A



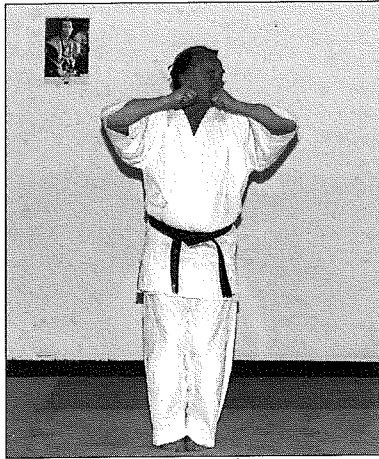
6 - Déplacer pied g devant pied d
vers D - gedan soete uchi barai d
vers A



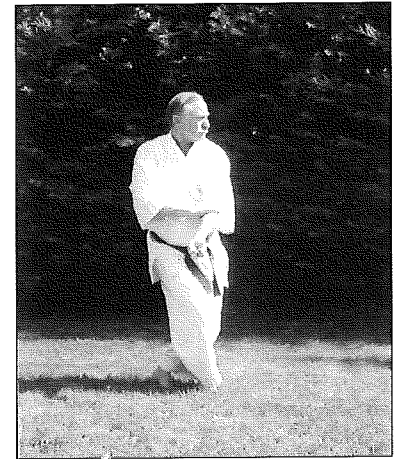
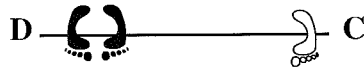
7 - Sur place gedan uchi barai vers D - kiba dachi



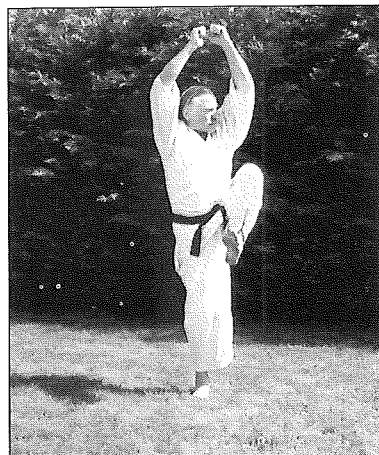
10 - Techniques identiques à photo 5 mais à gauche - kiba dachi



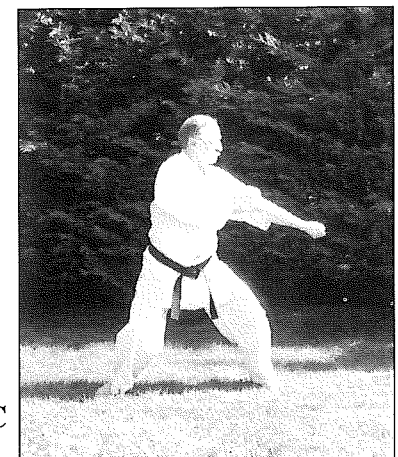
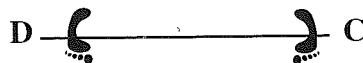
8 - Regarder vers C - ramener pied g à côté pied d en heisoku dachi - les deux bras montent lentement en morote mune kamae



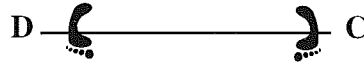
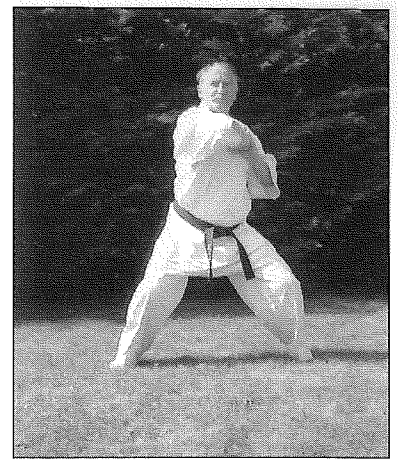
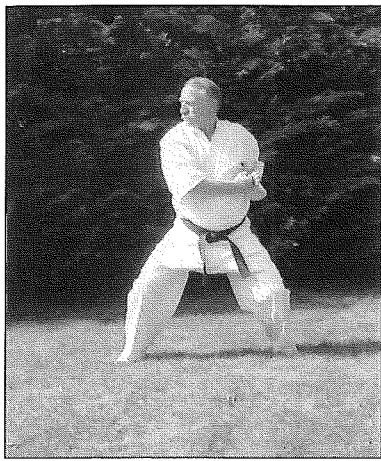
11 - Techniques identiques à photo 6 mais à gauche



9 - Techniques identiques à photo 4 mais à gauche vers C



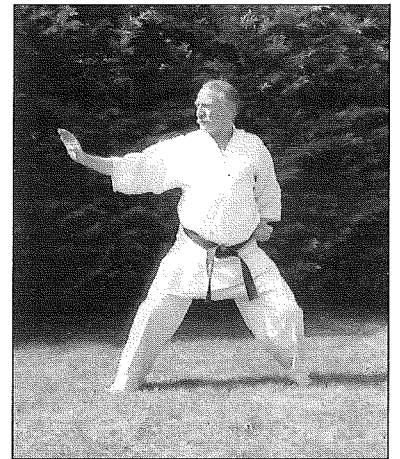
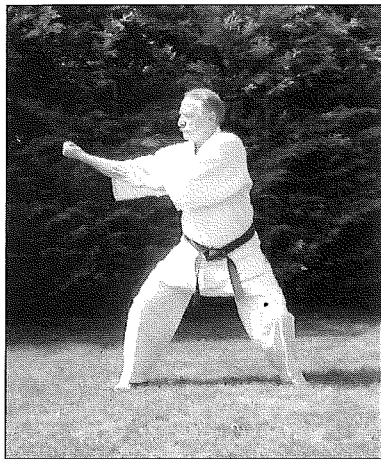
12 - Techniques identiques à photo 7 mais à gauche - kiba dachi



A

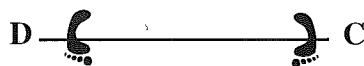
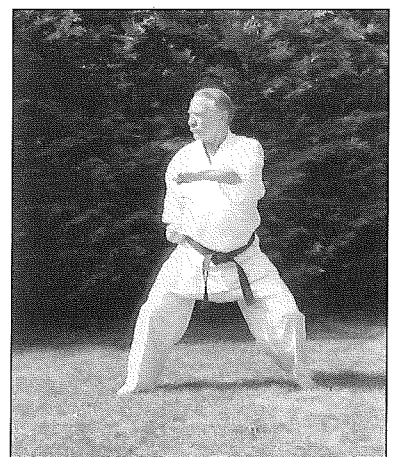
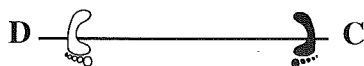
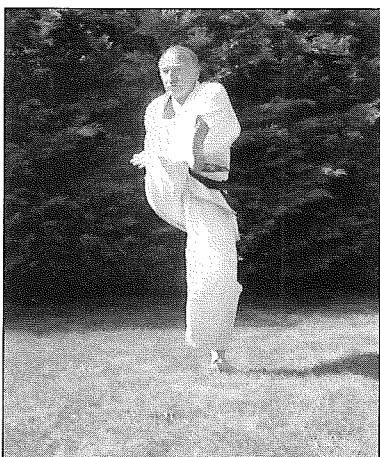
13 - Regarder vers D - amener poing d en kamae dans paume main g ouverte

16 - Reposer pied d en kiba dachi vers A - empi uchi d vers A avec main g en contact avec poing d



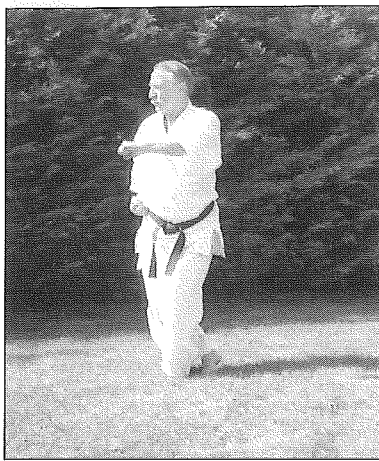
14 - Chudan soete uchi uke d - kiba dachi

17 - Regarder vers C - chudan shuto uke bras d - kiba dachi

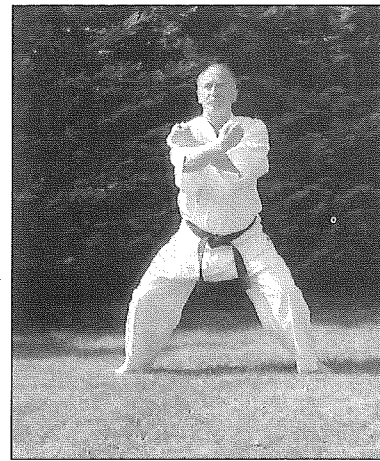


15 - Regarder vers A - mae geri d vers A - tirer le poing d en hikite en même temps avec main g ouverte devant poing d

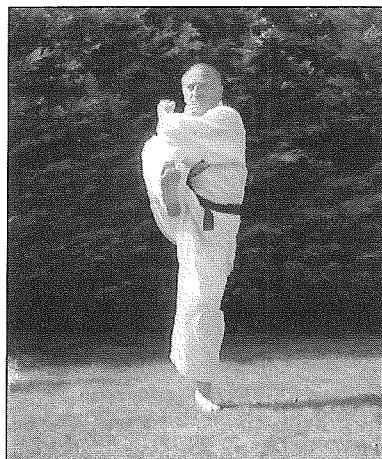
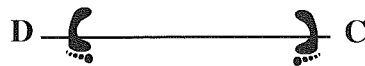
18 - Kagi tsuki g vers D - kiba dachi



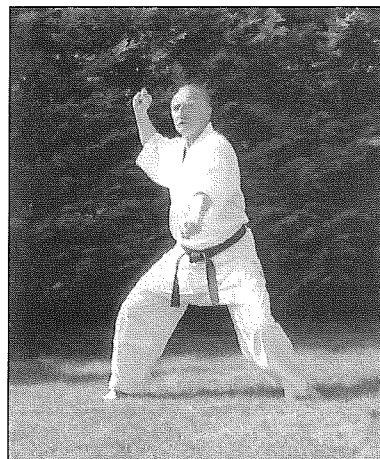
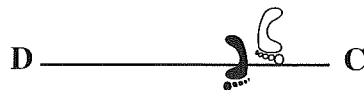
19 - Déplacer pied g devant pied d vers D en kosa dachi



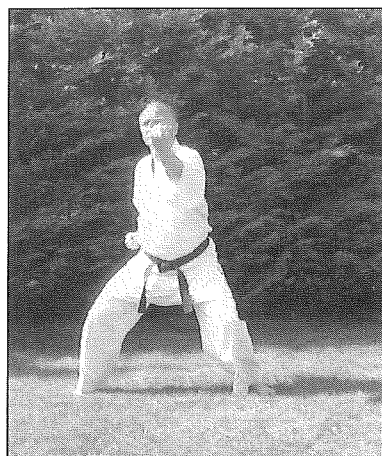
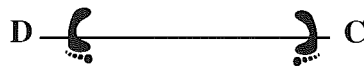
22 - Armer bras d vers A sous bras g - kiba dachi



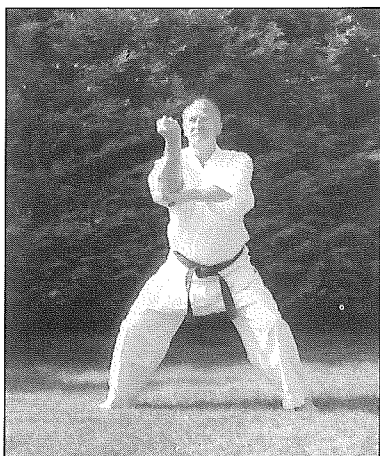
20 - Regarder vers A - armer jambe d en mae geri pour fumi komi d - armer bras g



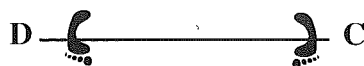
23 - Vers A - gedan barai g - ushiro jodan nagashi uke d - kiba dachi

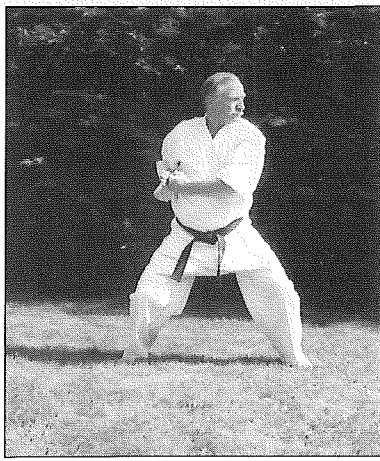


21 - Chudan uchi ude uke g vers A - fumi komi d - kiba dachi

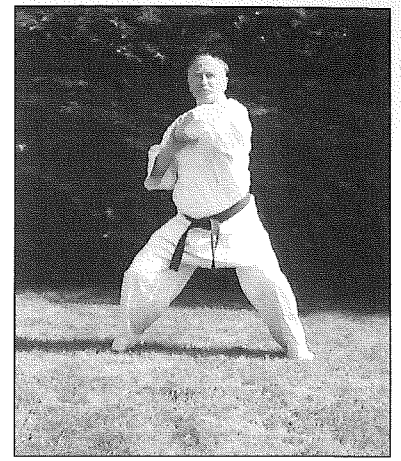


24 - Vers A - chudan uraken d le coude d positionné sur dos poing g - kiba dachi - Kiai

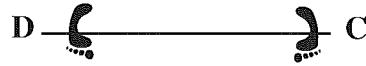
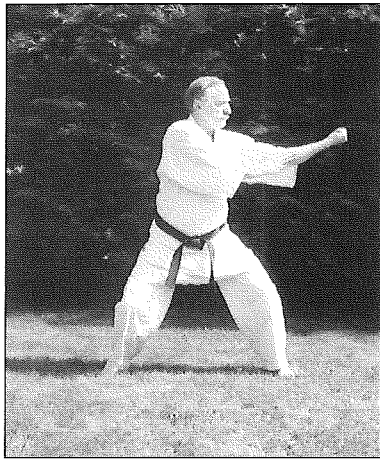




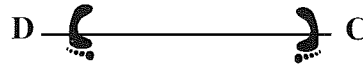
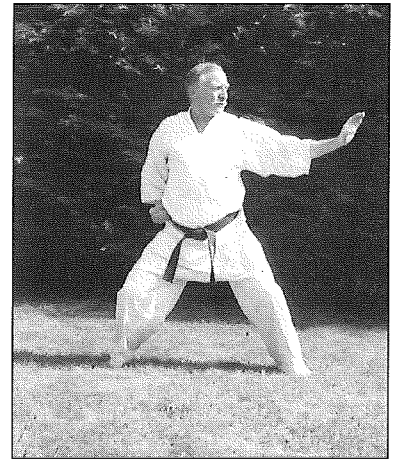
25 - Regarder vers C - hikite bras d poing g dans paume main d ouverte - kiba dachi



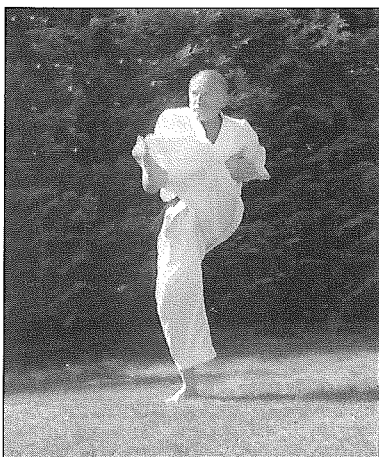
28 - Reposer pied g en kiba dachi vers A - empi uchi g vers A avec la main d en contact avec poing g



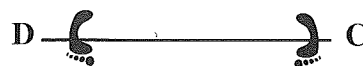
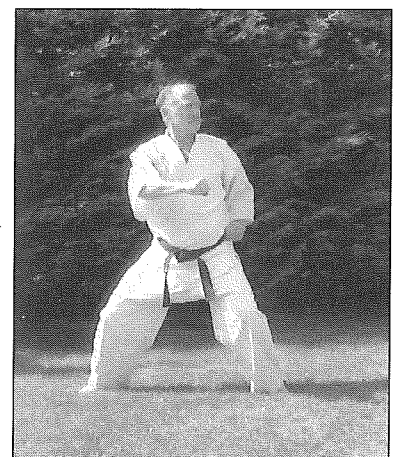
26 - Vers C - chudan soete uchi uke g - kiba dachi



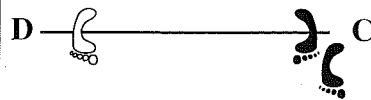
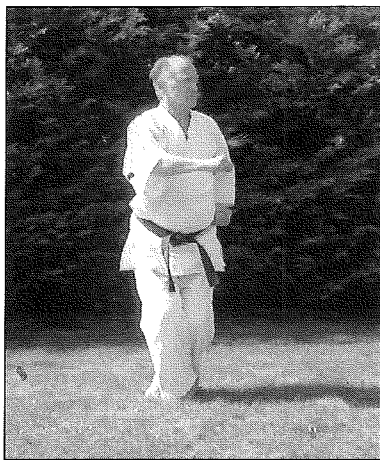
29 - Regarder vers C - chudan shuto uke g - kiba dachi



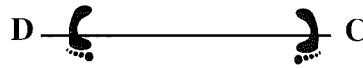
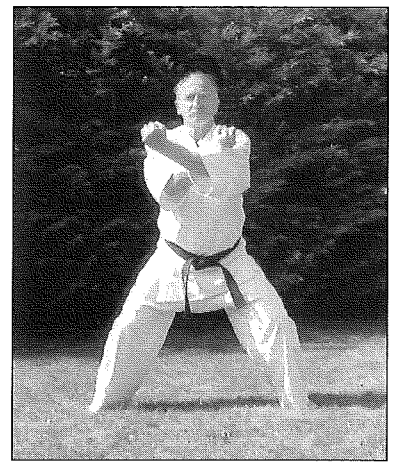
27 - Regarder vers A - mae geri g vers A - tirer le poing g en hikite en même temps avec main d ouverte devant poing g



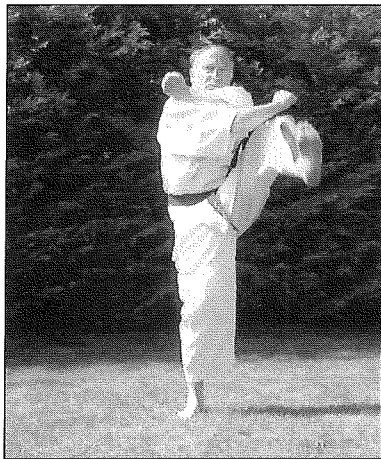
30 - Kagi tsuki d vers C - kiba dachi



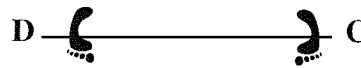
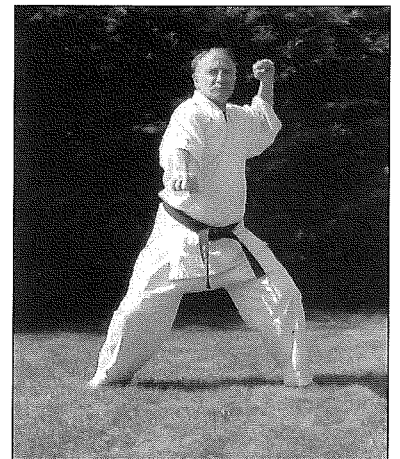
31 - Déplacer pied d devant pied g vers C en kosa dachi



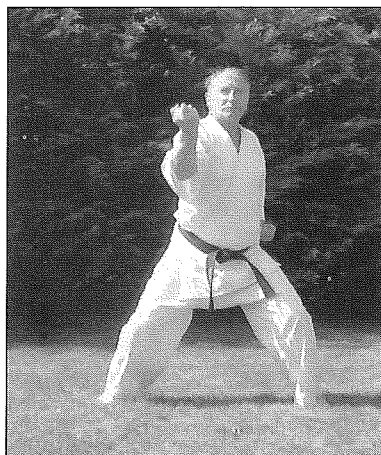
34 - Armer bras g vers A sous bras d - kiba dachi



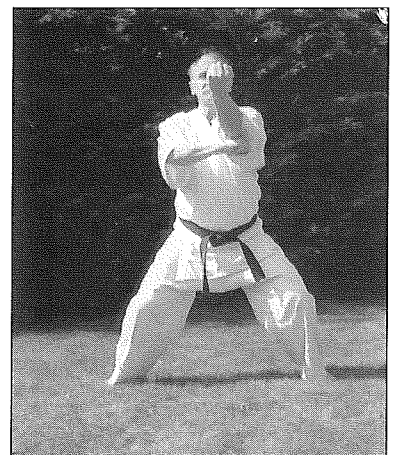
32 - Regarder vers A - armer jambe g en mae geri pour fumi komi g - armer bras d



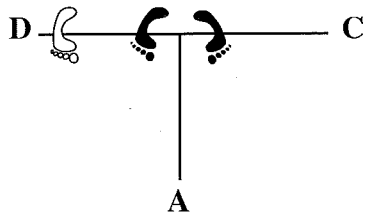
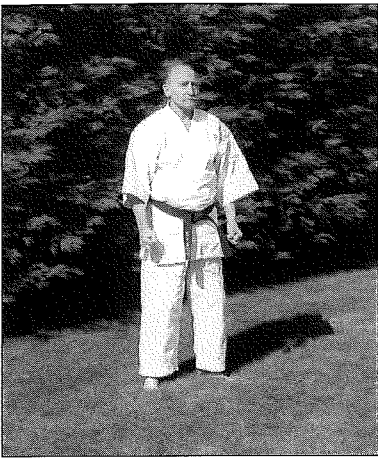
35 - Vers A - gedan barai d - ushiro jodan nagashi uke g - kiba dachi



33 - Chudan uchi ude uke d vers A - fumi komi g - kiba dachi



36 - Vers A - chudan uraken le coude g positionné sur dos poing d - kiba dachi - Kiai



*37 - Ramener pied d à côté pied g
en hachiji dachi - FIN*