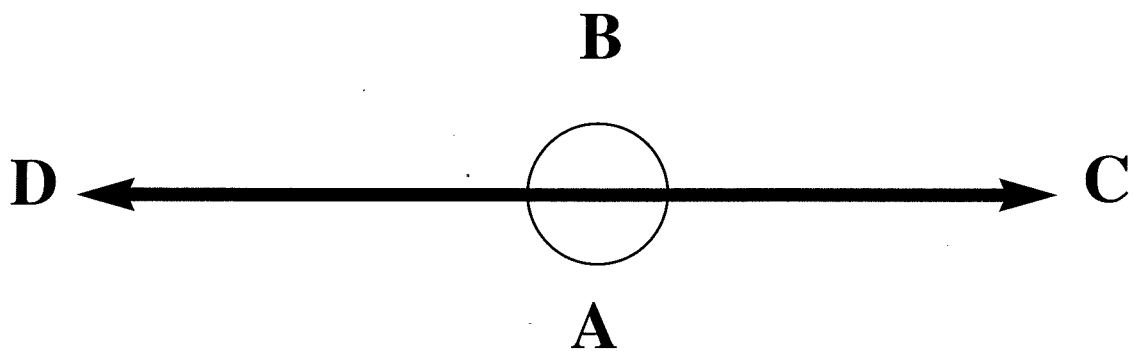
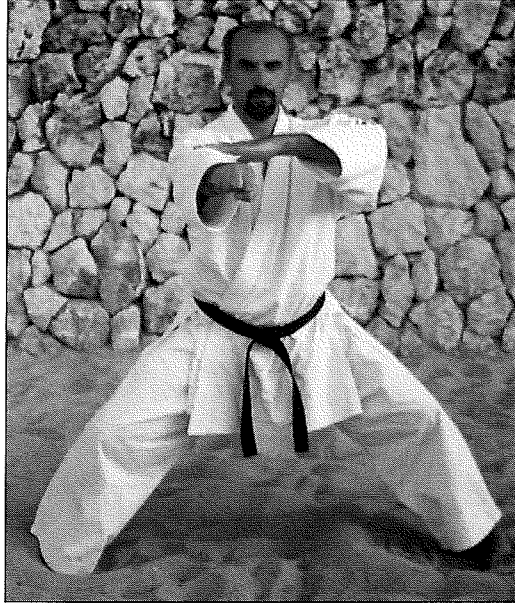
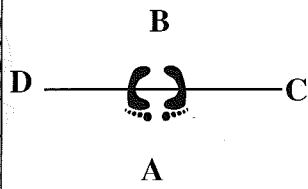
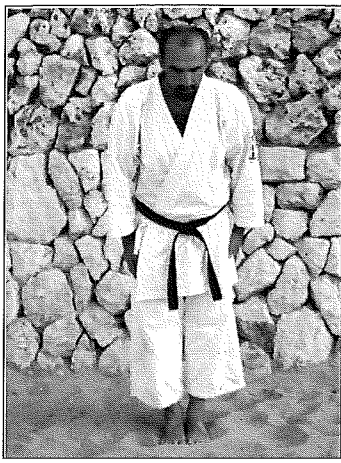


TEKKI SANDAN

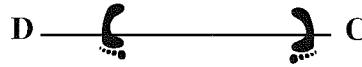
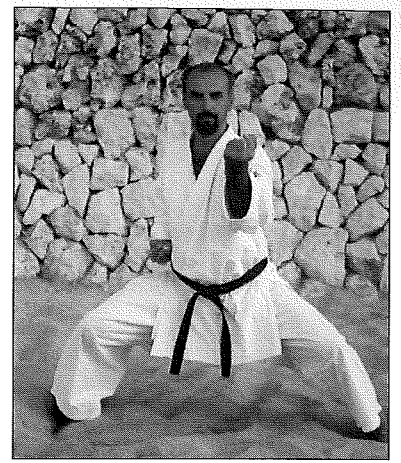
Exécuté par Stavros STAVRIANIDIS - 4^{ème} dan Professeur des dojos de Katérini et Thessaloniki (Grèce)
Responsable du Shotokai Egami ryu pour la Grèce



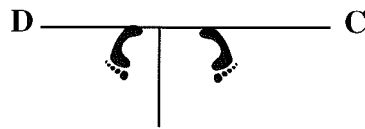
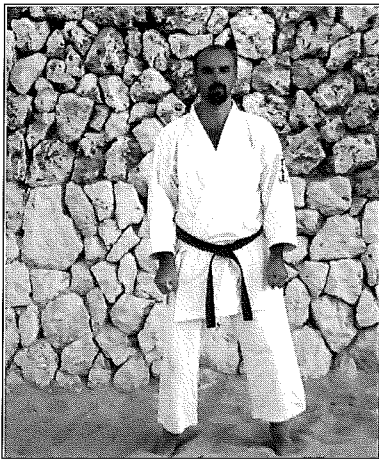
La caractéristique de ce kata est sa vitesse et les enchaînements très rapides de ses techniques.



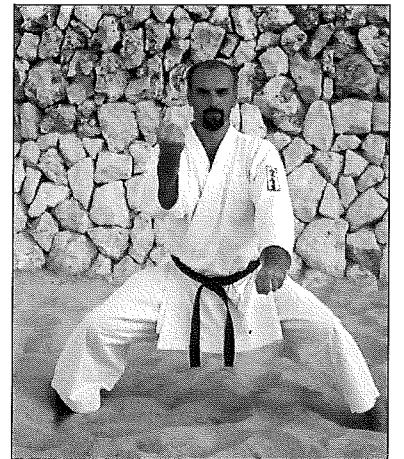
1 - Heisoku dachi vers A - Rei



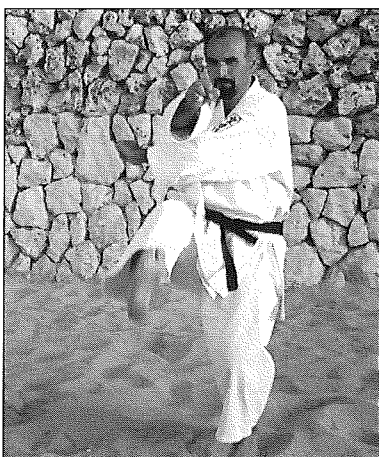
4 - Chudan uchi ude uke g - kiba dachi



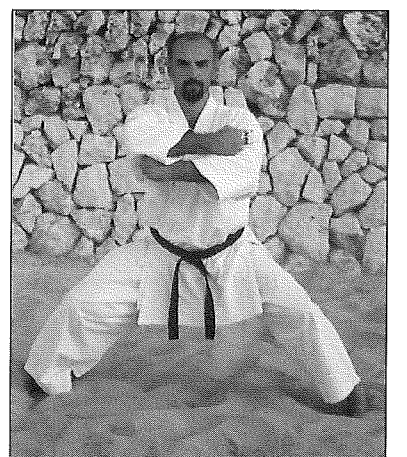
2 - Hachiji dachi vers A - Yoi



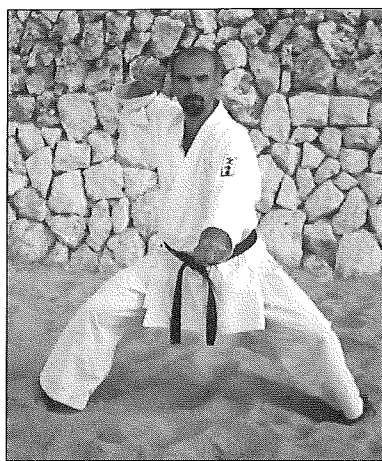
5 - Sur place gedan barai g - uchi ude uke d



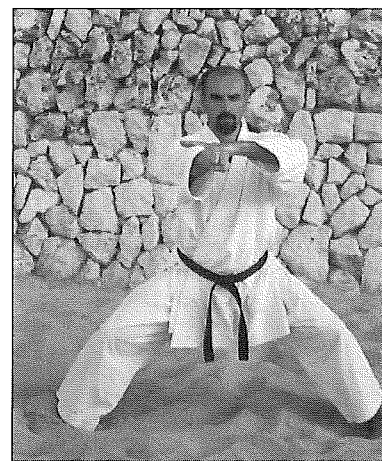
3 - Fumi komi pied d vers D - armer uchi ude uke g



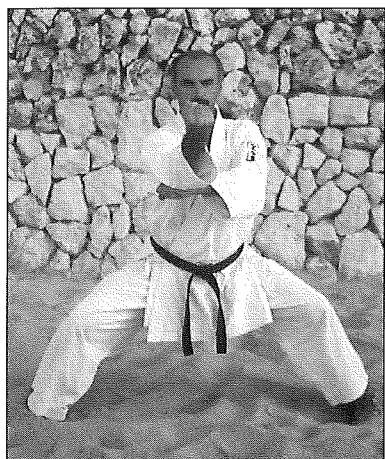
6 - Osae soto uke d sur bras g replié



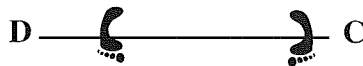
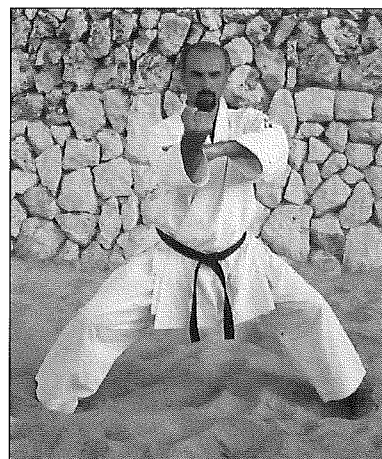
7 - Sur place - gedan barai g - ushiro jodan nagashi uke d



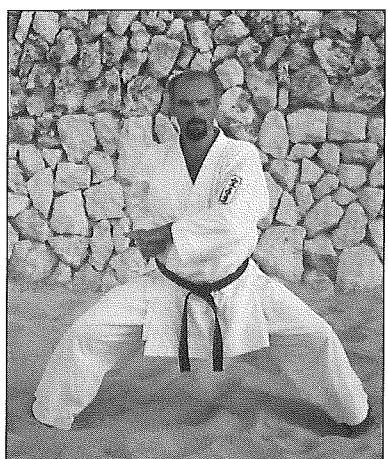
10 - Sur place chudan tsuki d - main g ouverte sur avant-bras d



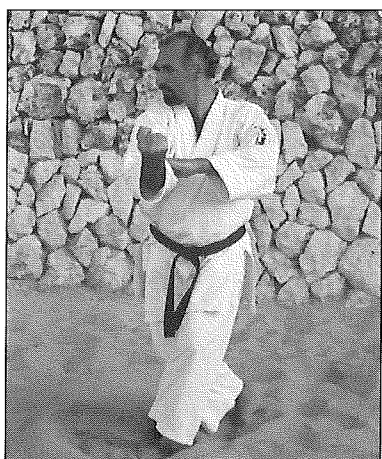
8 - Sur place uraken d vers A le coude d venant sur le dos de la main g



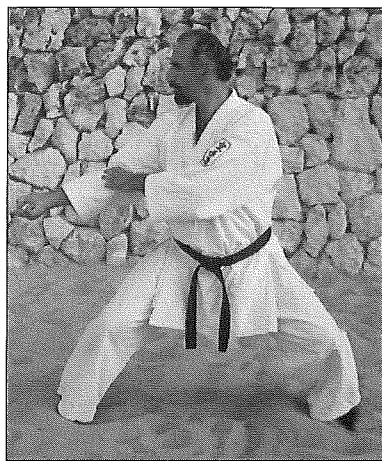
11 - Sur place rotation vers extérieur d du poing d - main g identique 10



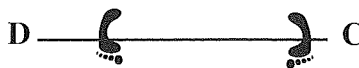
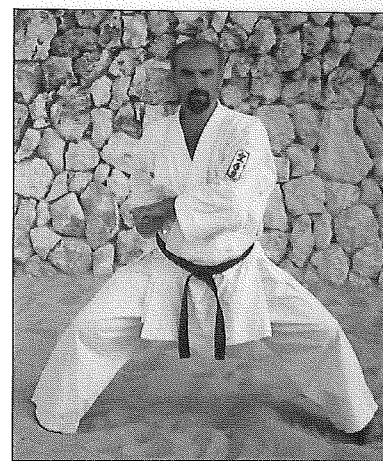
9 - Sur place bras d hikite - main g ouverte sur dessus poing d



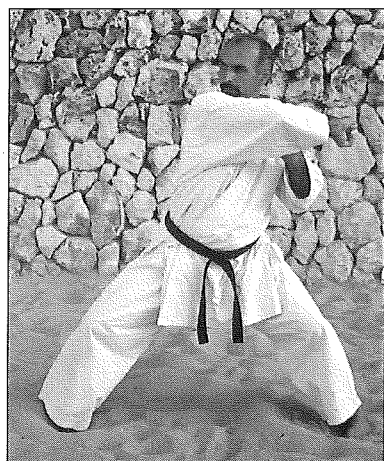
12 - Regarder vers D - déplacer pied g devant pied d vers D



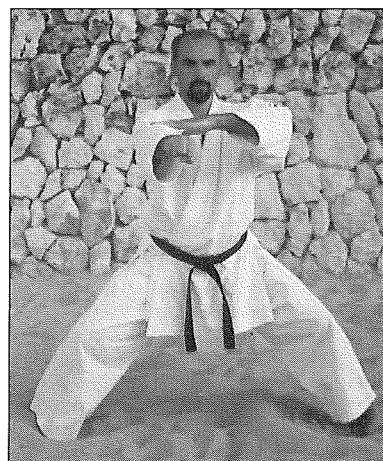
13 - Uchi gedan barai bras d - main g ouverte dans le creux poplité bras d - kiba dachi



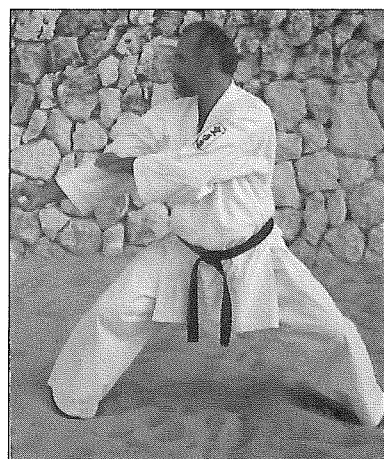
16 - Regarder vers A - hikite bras d - main g ouverte sur dessus poing d



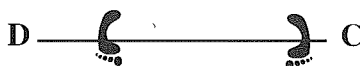
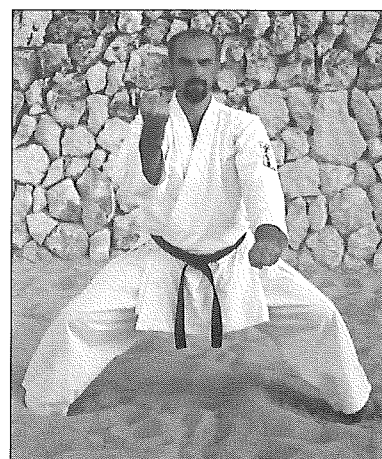
14 - Faire mouvement circulaire devant le corps vers C avec bras d pour revenir



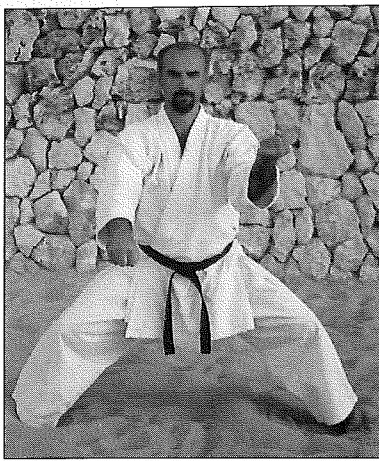
17 - Sur place - oi-tsuki comme en 10



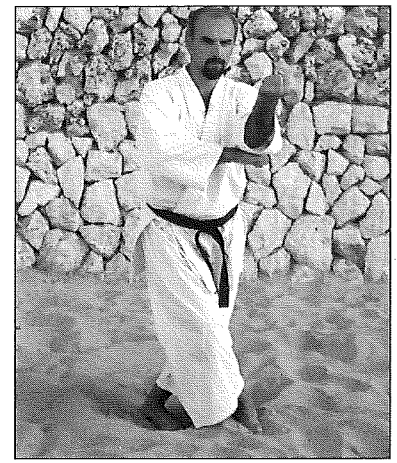
15 - En gedan tetsui uchi main d - main g toujours dans creux du bras



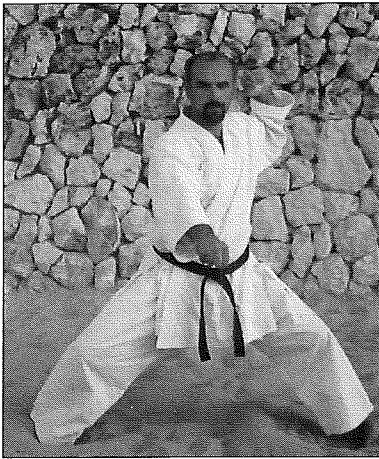
18 - Sur place - bras g gedan barai - bras d uchi ude uke - kiba dachi



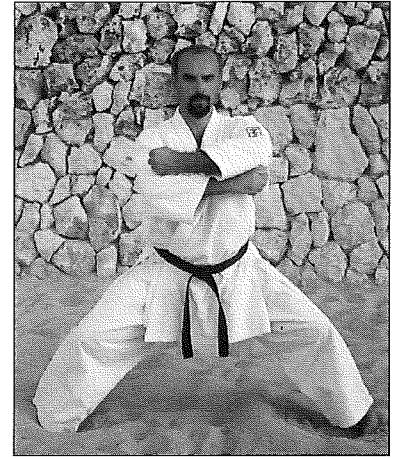
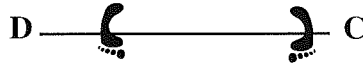
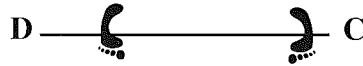
19 - Sur place - inverser bras g et bras d



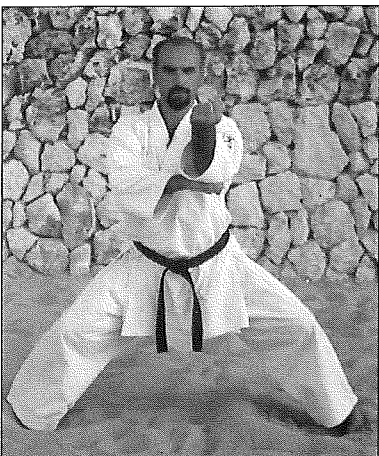
22 - Déplacer pied d devant pied g vers C sans bouger les bras - déplacer pied g vers C - kiba dachi



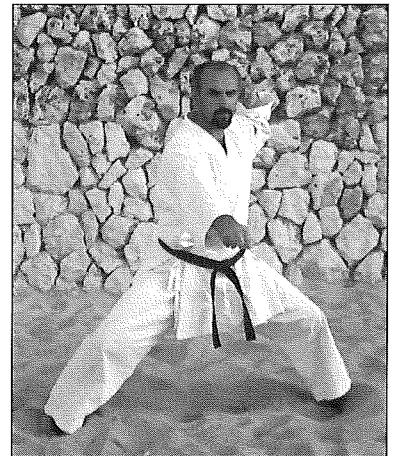
20 - Sur place - bras d gedan barai - bras g ushiro jodan nagashi uke g



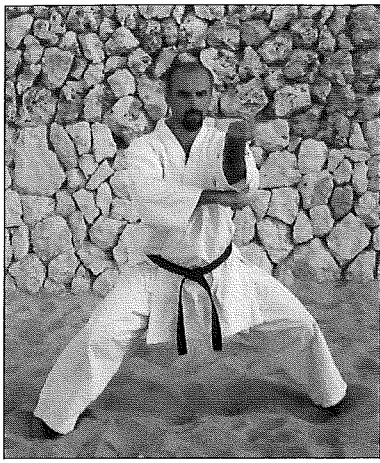
23 - Osaе soto uke g sur bras d replié - kiba dachi



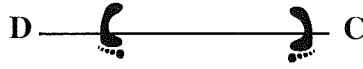
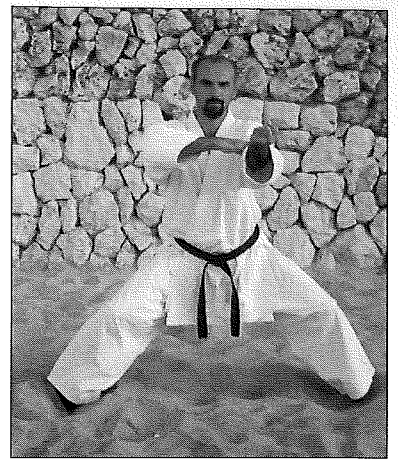
21 - Sur place - uraken g vers A le coude g venant sur dos main d - kiba dachi - Kiai



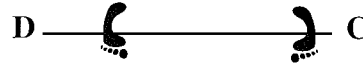
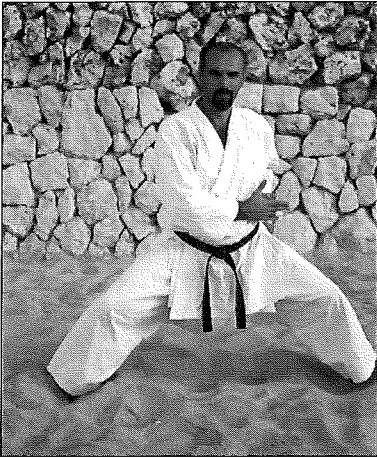
24 - Sur place - gedan barai d - ushiro jodan nagashi uke g



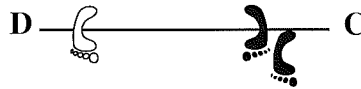
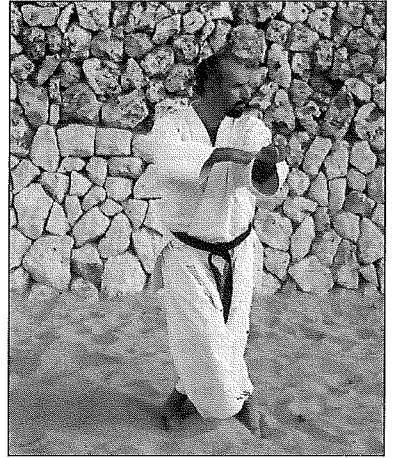
25 - Sur place - uraken g vers A le coude g venant sur dos main d



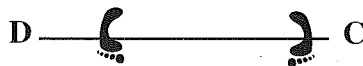
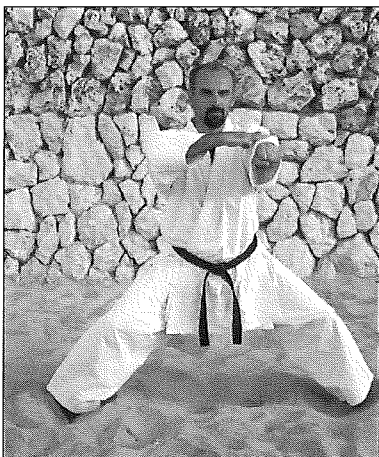
28 - Sur place - rotation vers extérieur g du poing g - main d identique à 27



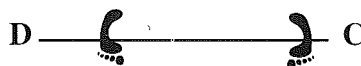
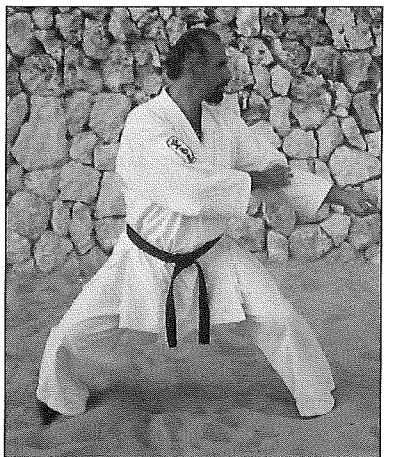
26 - Sur place bras g hikite - main d ouverte sur dessus poing g - kiba dachi



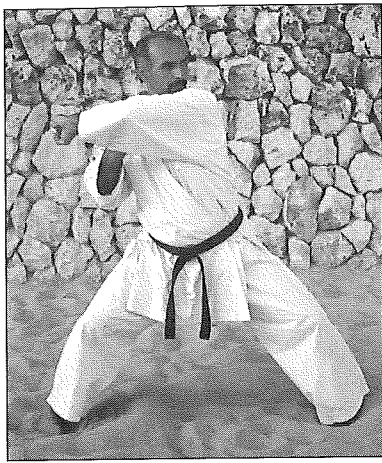
29 - Regarder vers C - déplacer pied d devant pied g vers C



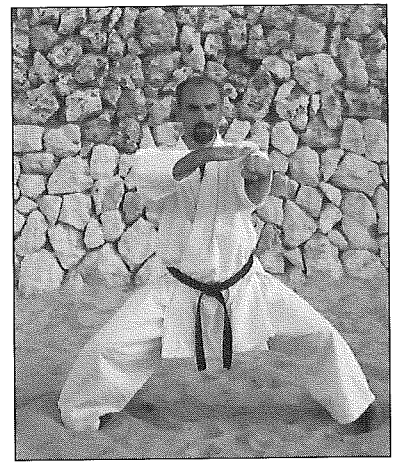
27 - Sur place chudan tsuki g - main d ouverte sur avant-bras g



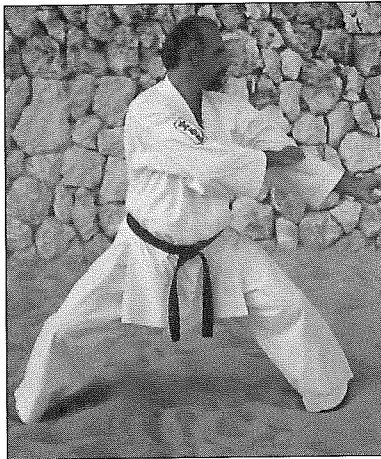
30 - Déplacer pied g vers C - uchi gedan barai bras g - main d ouverte dans creux poplité bras g



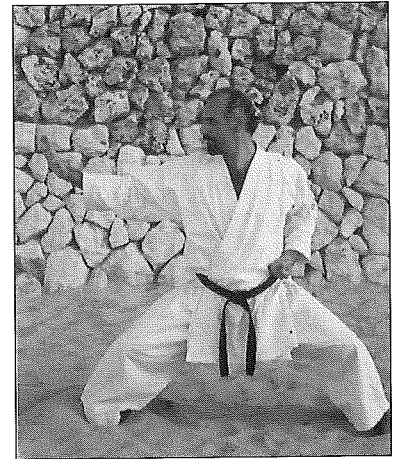
31 - Faire mouvement circulaire devant le corps vers D avec bras g pour revenir..



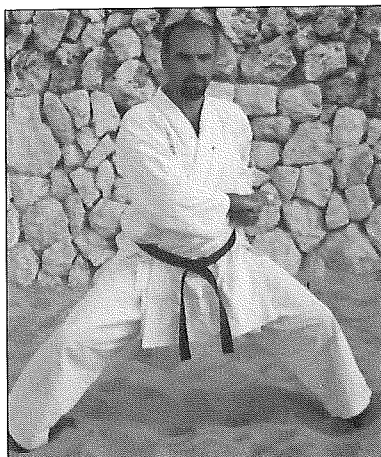
34 - Sur place chudan tsuki comme en 27



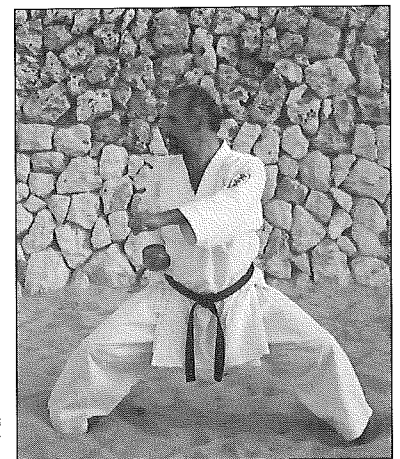
32 - ... en gedan tetsui uchi main g - main d toujours dans creux du bras - kiba dachi



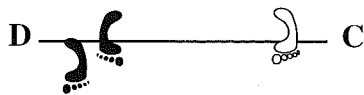
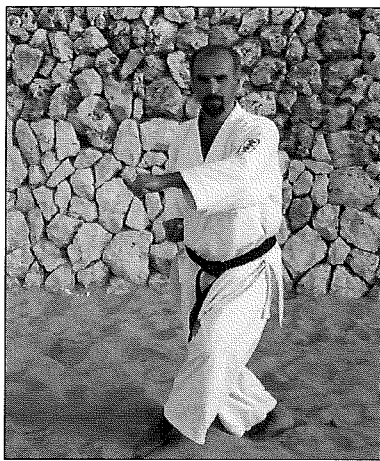
35 - Sur place - regarder vers D - faire chudan shuto uke bras d vers D



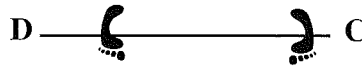
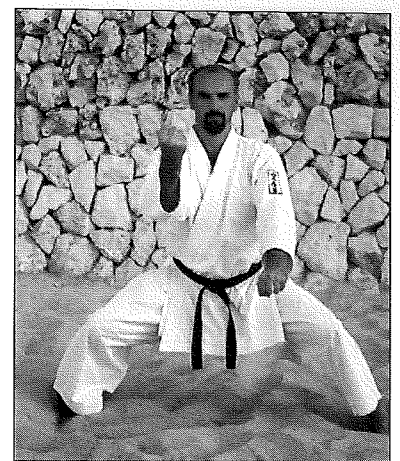
33 - Regarder vers A - hikite bras g - main d ouverte sur dessus poing g



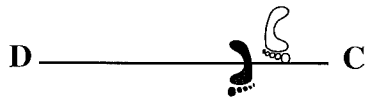
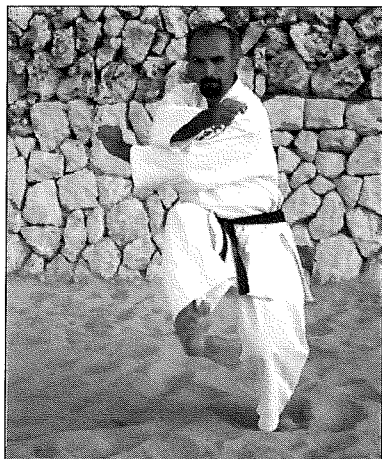
36 - Sur place - faire kagi tsuki poing g vers D - bras d hikite - kiba dachi



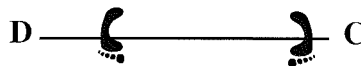
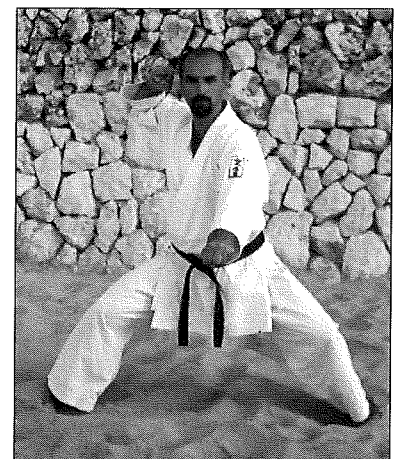
37 - Regarder vers A - déplacer pied g devant pied d - bras g en kagi tsuki



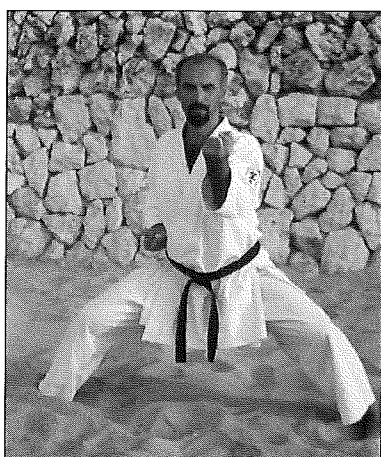
40 - Sur place - gedan barai g - uchi ude uke d



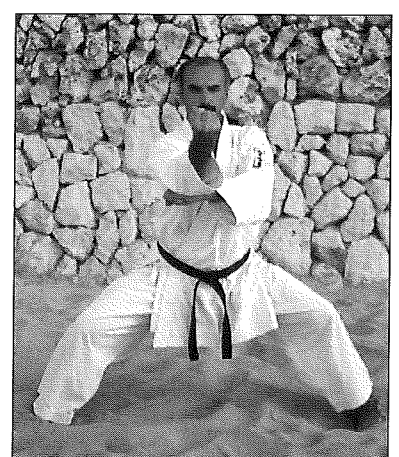
38 - Fumi komi pied d vers D - armer bras g



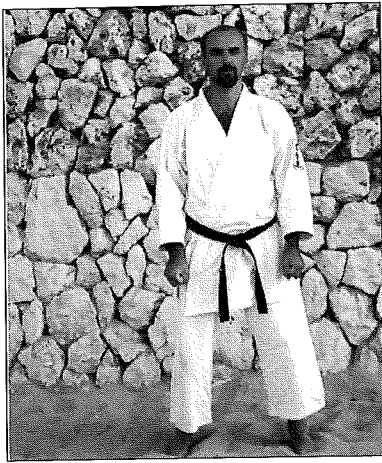
41 - Sur place - ushiro jodan nagashi uke bras d - gedan barai g



39 - Chudan uchi ude uke g - kiba dachi



42 - Sur place - uraken bras d vers A le coude venant sur dos main g - Kiai



43 - Ramener pied d en hachiji
dachi - FIN