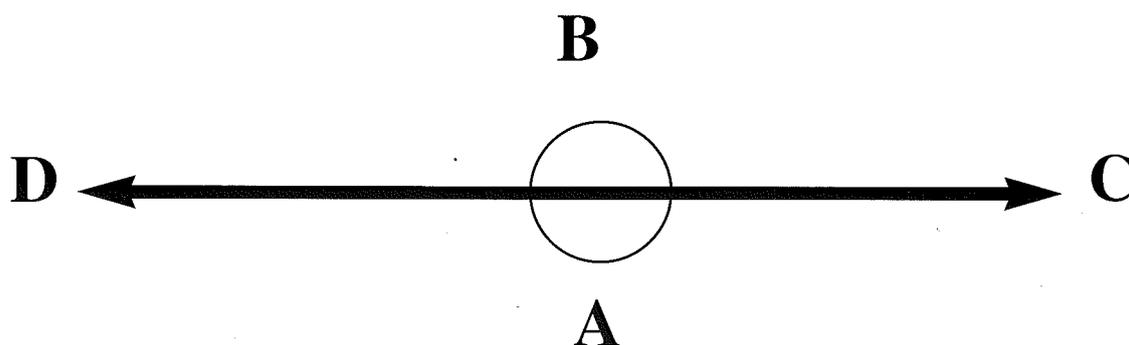
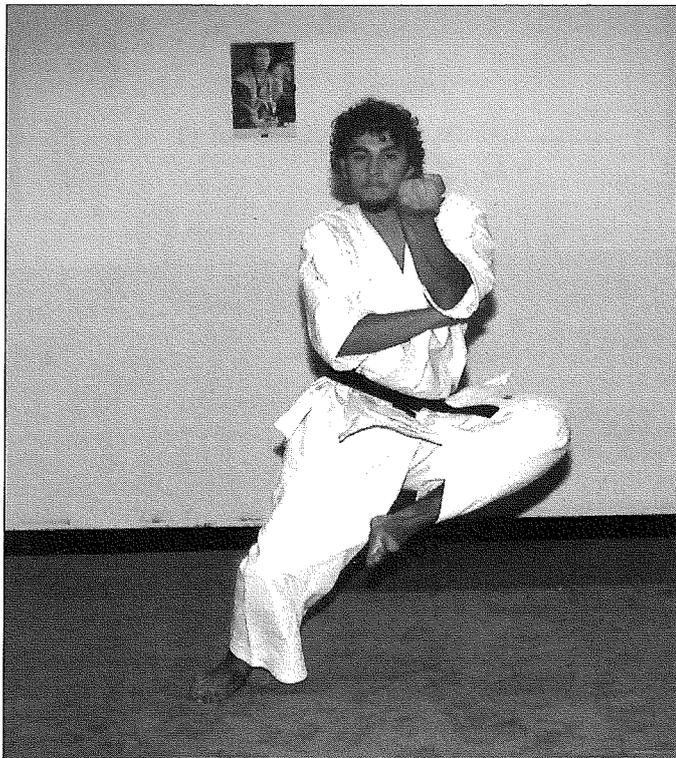


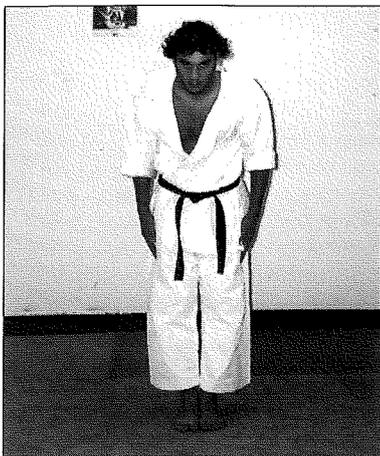
TEKKI SHODAN

Exécuté par Vassilis STAVRIANIDIS - 2^{ème} dan Shotokai Egami ryu

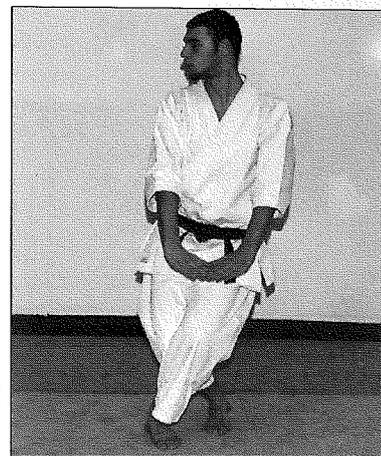
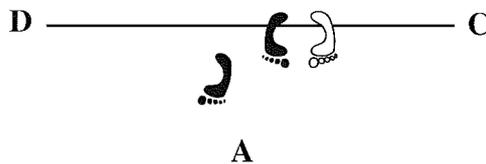
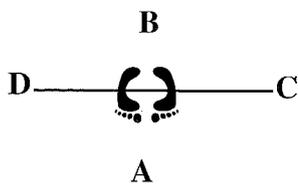


Note sur les katas TEKKI :

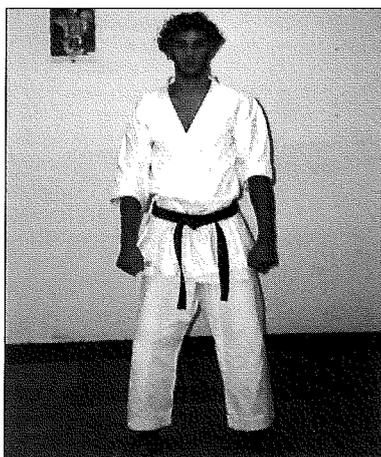
Ces katas sont issus des anciens katas "Naifanchi" ou "Naihanchi" et sont principalement basés sur une posture kiba dachi. Ils s'exécutent, bien sûr, au rythme normal des katas. Toutefois, le kata Tekki San dan est rendu plus difficile, et ce par une plus grande vitesse d'exécution. Les tekki sont des katas typiquement shotokan et sont souvent très appréciés par les experts de ce style.



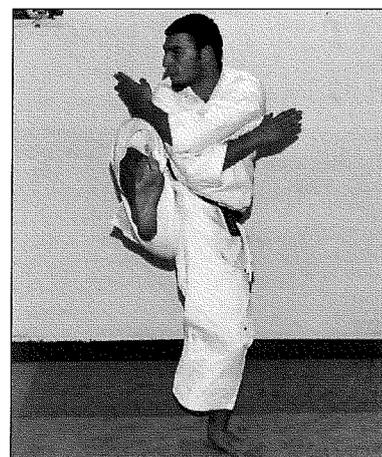
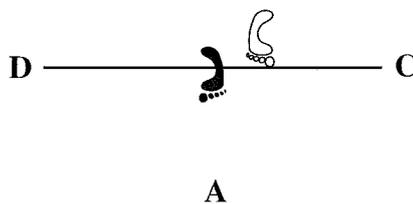
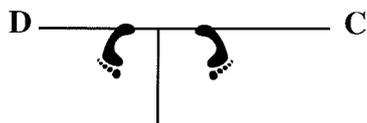
1 - Heisoku dachi vers A - Rei



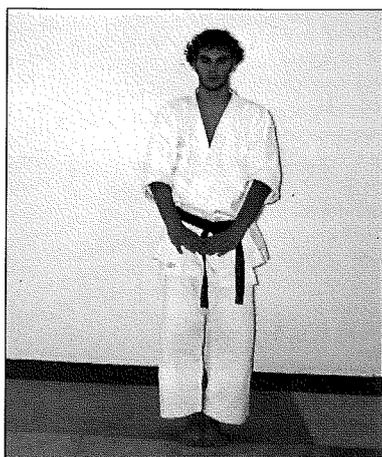
4 - Déplacer pied g devant pied d vers D kosa dachi - genoux fléchis - paume des mains légèrement vers le bas pour bloquer une attaque



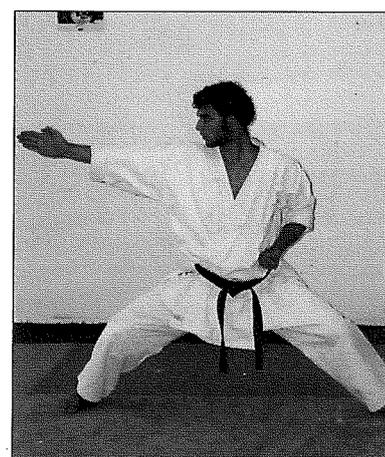
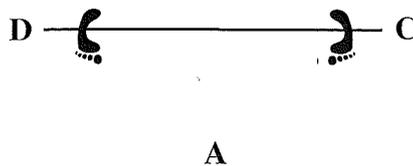
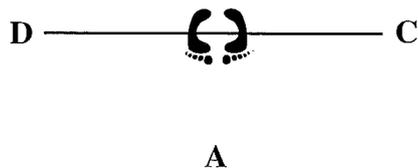
2 - Hachiji dachi



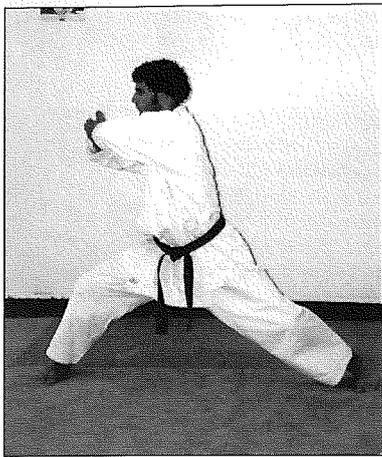
5 - Armer fumi komi pied d - armer haishu uke main d sous bras g



3 - Yoi - mains comme sur la photo - pouce g au-dessus pouce d



6 - Fumi komi d vers D - chudan haishu uke d vers D - kiba dachi vers A



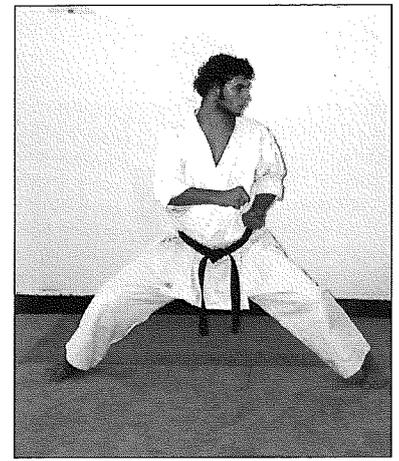
7 - Sur place - empi uchi g dans paume main d vers D



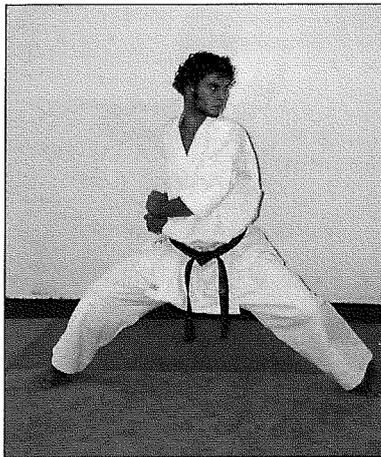
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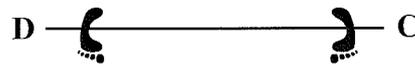
A



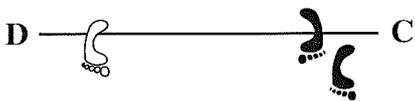
10 - Sur place - kagi tsuki d vers C



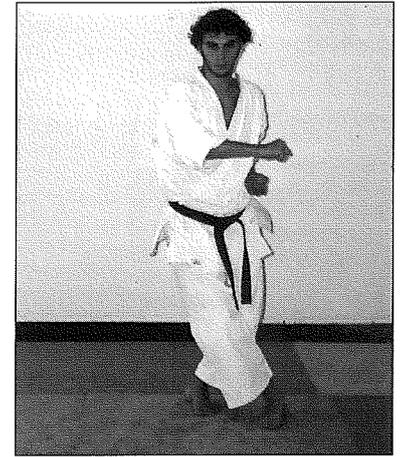
8 - Sur place - Regarder vers C - armer poing g sur poing d en hikite à d



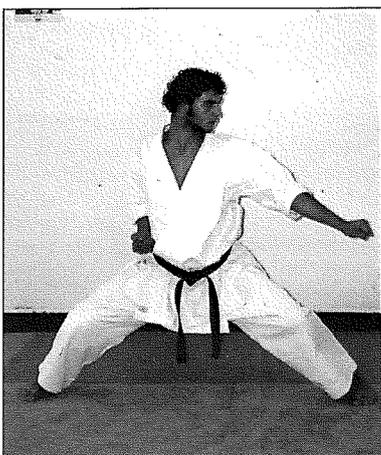
A



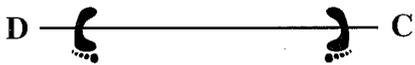
A



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



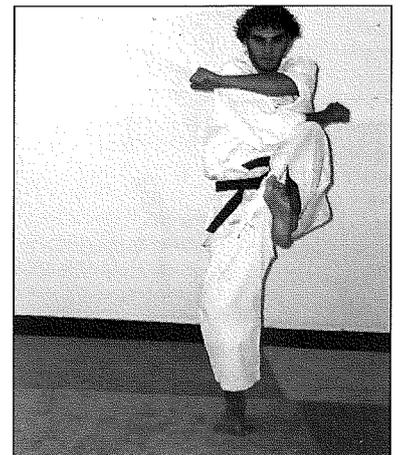
9 - Sur place gedan barai g vers C



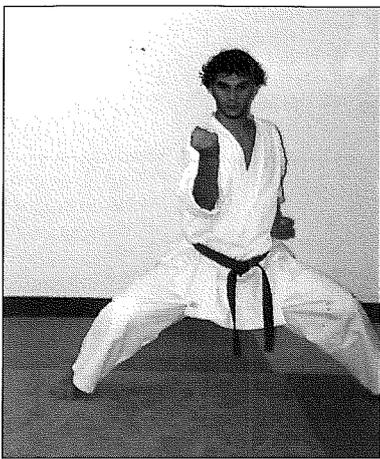
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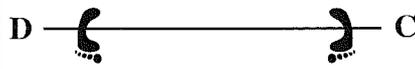
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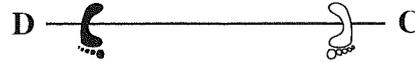
12 - Regarder vers A - armer jambe g pour fumi komi g vers C et armer bras d pour uchi ude uke



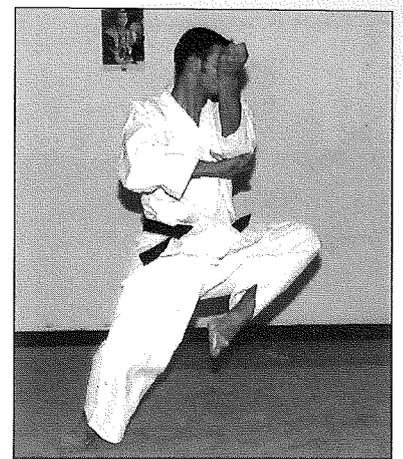
13 - Fumi komi g vers C - chudan uchi ude uke d vers A - regarder vers A



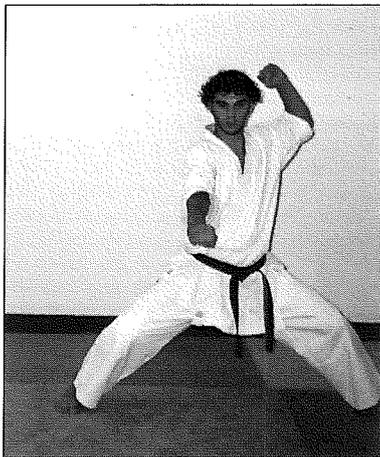
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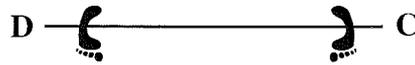
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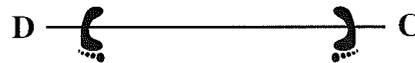
16 - Sur place - regarder vers C - nami ashi pied g - bras g reste positionné sur dos poing d



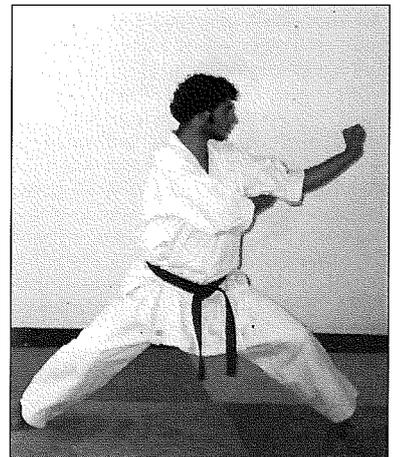
14 - Sur place - gedan barai d vers A - jodan nagashi uchi uke bras g en croisant en même temps les deux bras



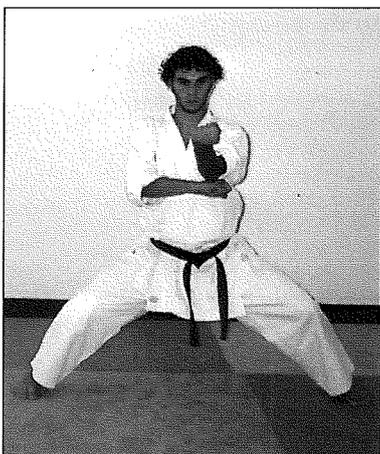
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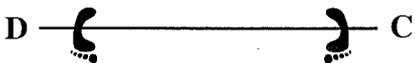
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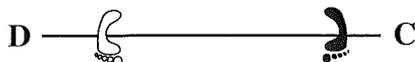
17 - Sur place - chudan uchi ude uke g vers C - bras g reste positionné sur dos poing d



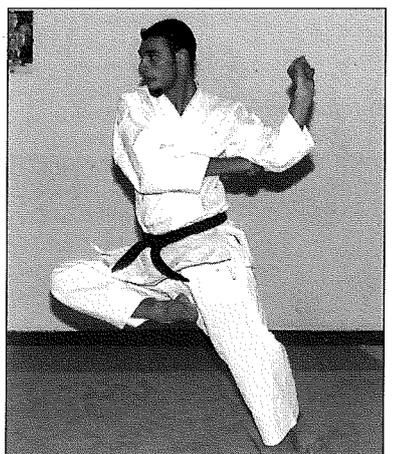
15 - Sur place - uraken g vers A - le coude bras g sur dos main d en kagi uke



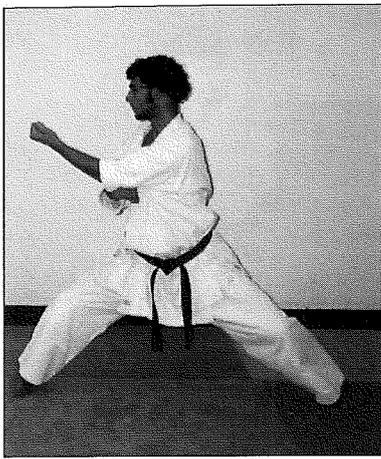
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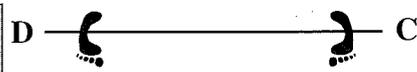
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18 - Sur place - regarder vers D - nami ashi pied d



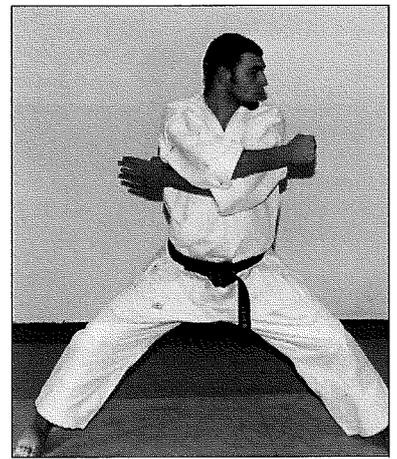
19 - Sur place - chudan soto ude uke g vers D - bras g reste positionné sur dos poing d



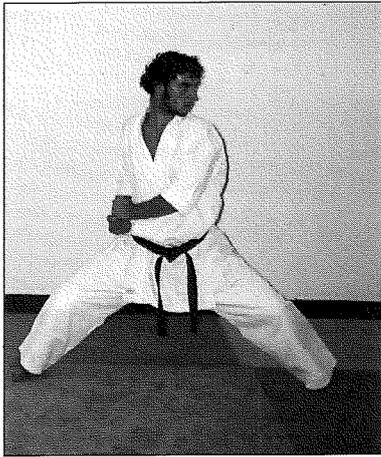
A



A



22 - Sur place regarder vers C - armer bras g sous aisselle d pour haishu uke g



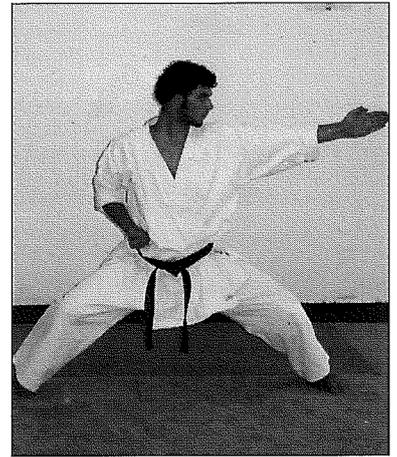
20 - Sur place - regarder vers C - armer poing g sur poing d en hikite à la hanche d



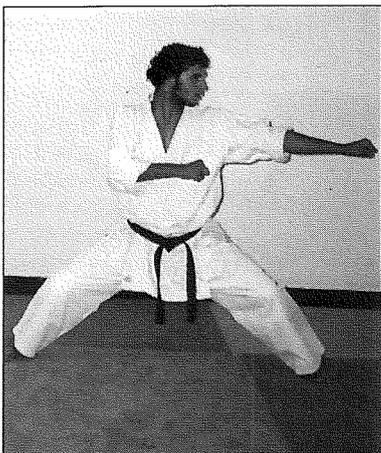
A



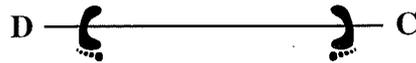
A



23 - chudan haishu uke g vers C - kiba dachi



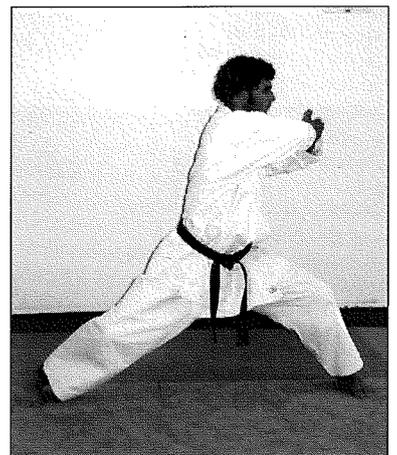
21 - Sur place - tsuri ashi vers C et en même temps yoko tsuki g et kagi tsuki d vers C - Kiai



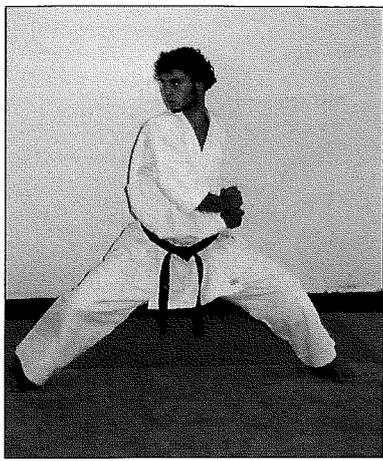
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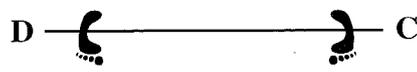
A



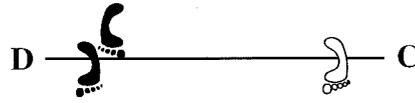
24 - Sur place - chudan empi uchi d vers C dans paume main g



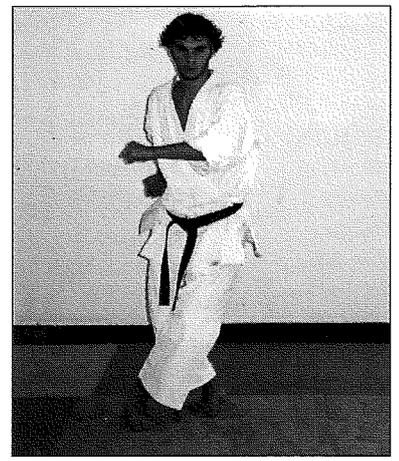
25 - Sur place - regarder vers D - armer poing d sur poing g en hikite à la hanche g



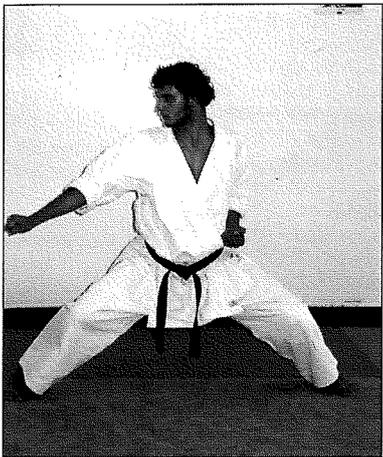
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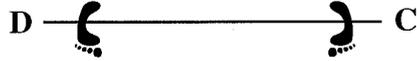
A



28 - Déplacer pied g vers B devant pied d en kosa dachi



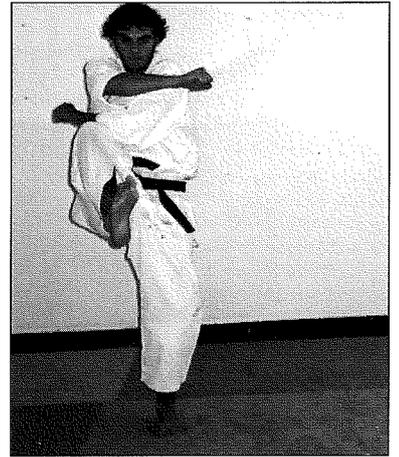
26 - Sur place - gedan barai d vers D



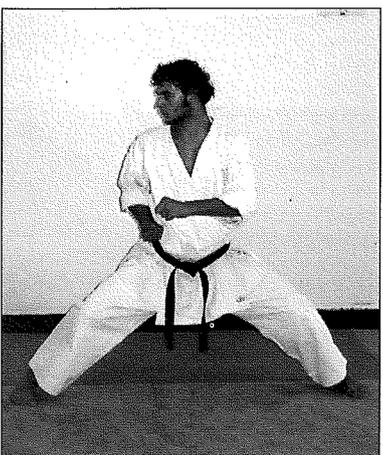
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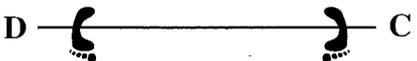
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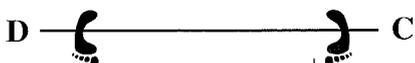
29 - Regarder vers A - armer jambe d pour fumi komi d vers D et armer bras g pour uchi ude uke



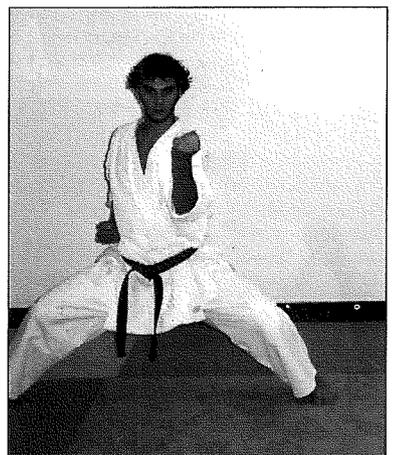
27 - Sur place - kagi tsuki g vers D



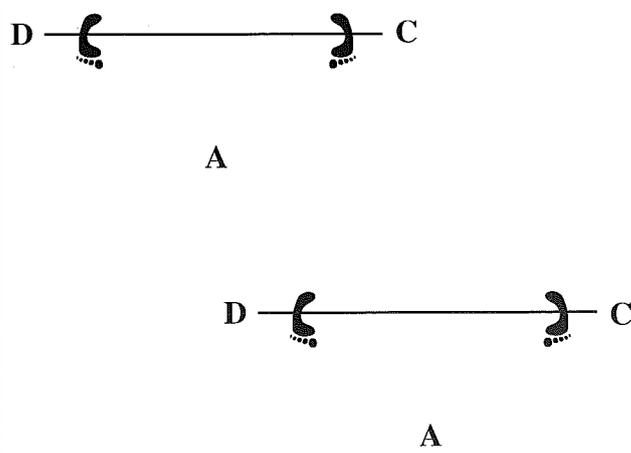
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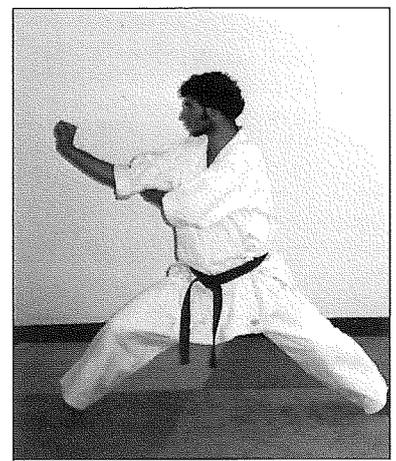
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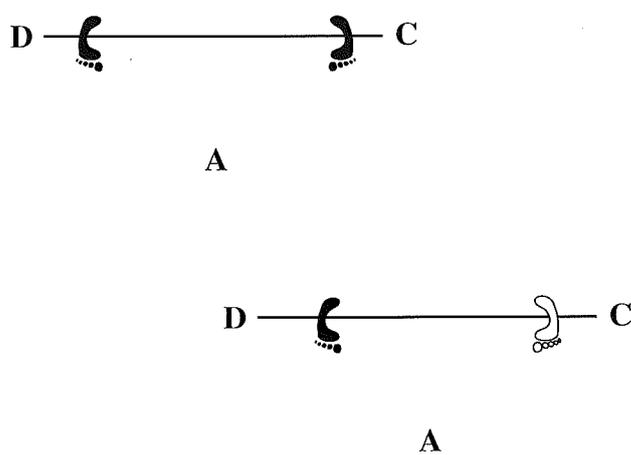
30 - Fumi komi d vers D - chudan uchi ude uke g vers A - regarder vers A



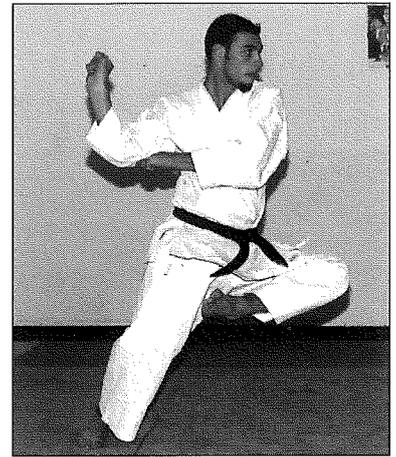
31 - Sur place - gedan barai g vers A - jodan nagashi uchi uke bras d en croisant en même temps les deux bras



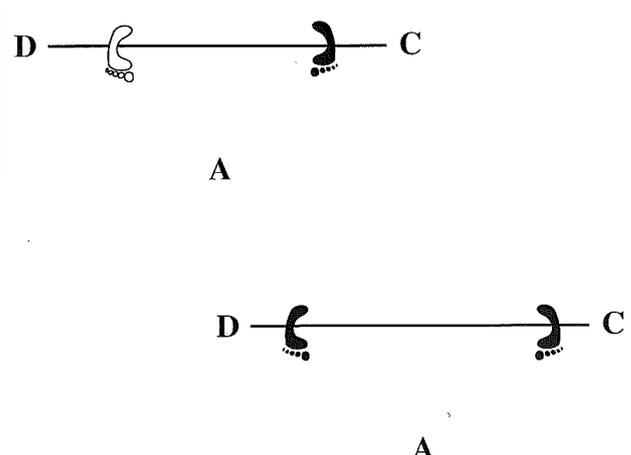
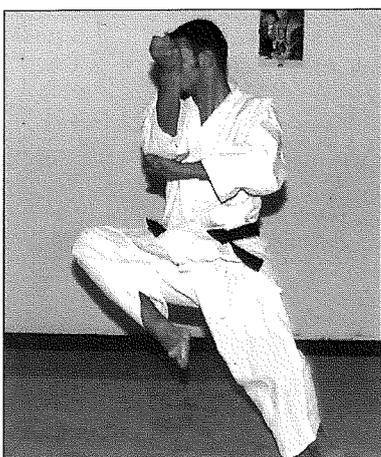
34 - Sur place - chudan uchi uke uke d vers D - bras d reste positionné sur dos poing g



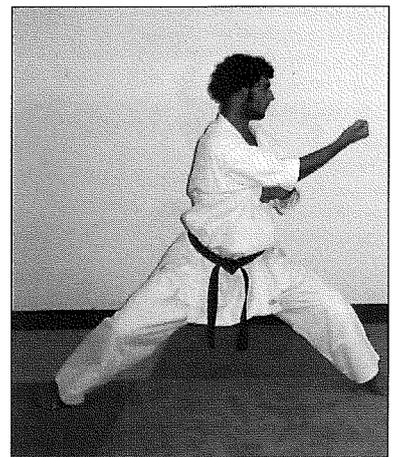
32 - Sur place - uraken d vers A - le coude bras d sur dos main g en kagi uke



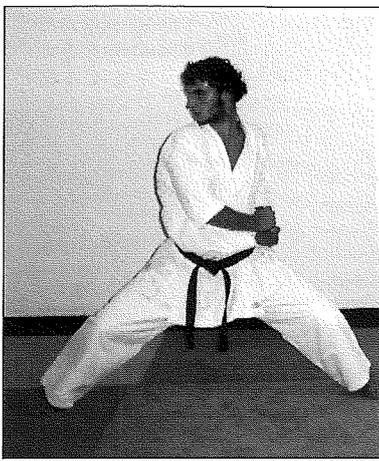
35 - Sur place - regarder vers C - nami ashi pied g - bras d reste positionné sur dos poing g



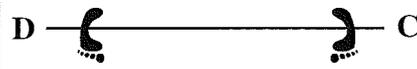
33 - Sur place - regarder vers D - nami ashi pied d - bras d reste positionné sur dos poing g



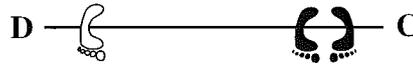
36 - Sur place - chudan soto uke uke d vers C - bras d reste positionné sur dos poing g



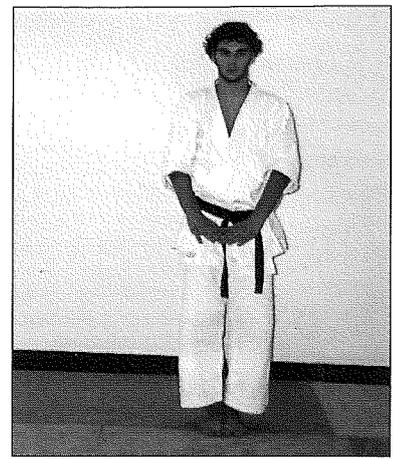
37 - Sur place - regarder vers D - armer poing d sur poing g en hikite à la hanche g



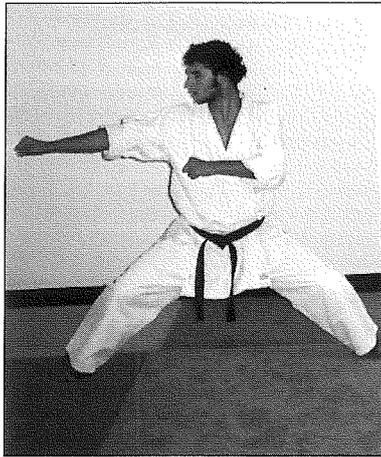
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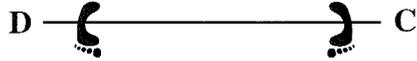
A



39 - Sur place - ouvrir les mains - ramener pied d vers pied g en heisoku dachi vers A et regarder vers A



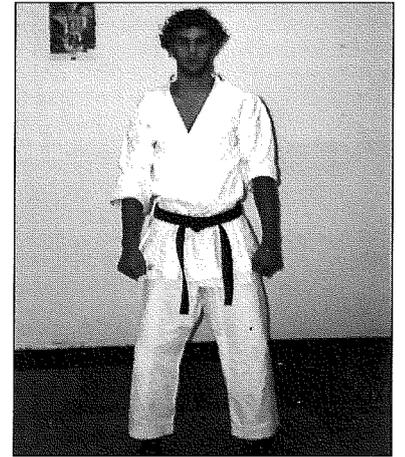
38 - Sur place - tsuri ashi vers D et en même temps yoko tsuki d et kagi tsuki g vers D - Kiai



A



A



40 - Hachiji dachi vers A - FIN