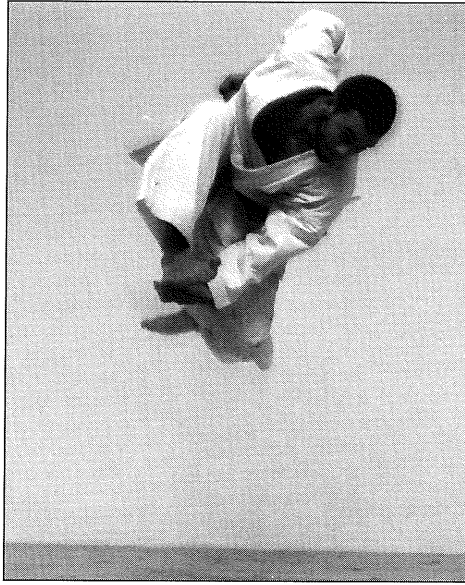
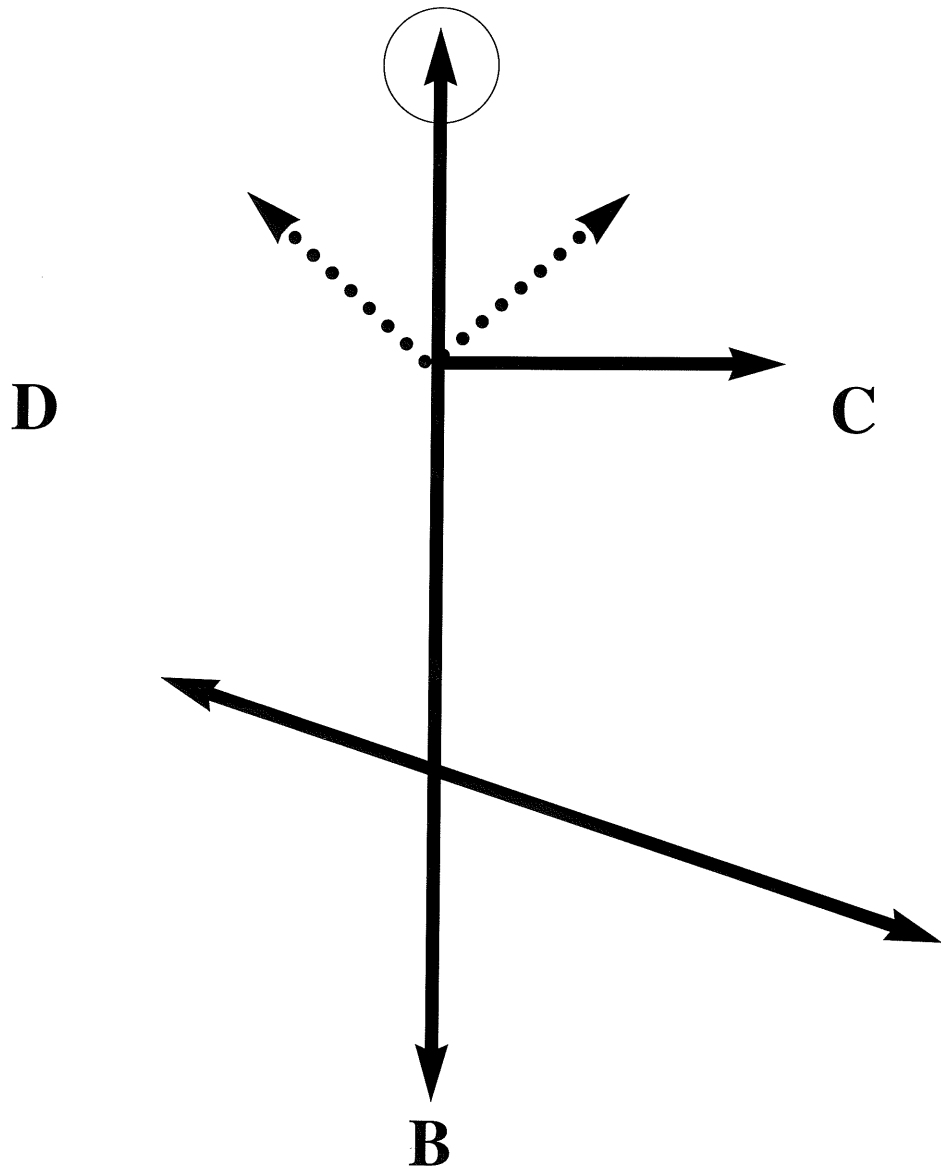


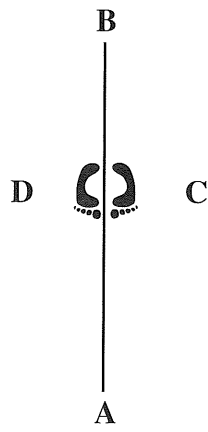
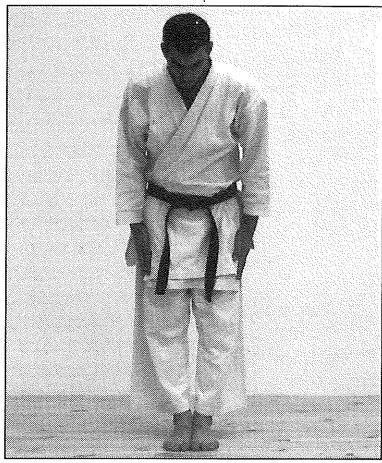
UNSU

Exécuté par Vassilis STAVRIANIDIS, 2^{ème} dan Shotokaï Egami ryu (Grèce)

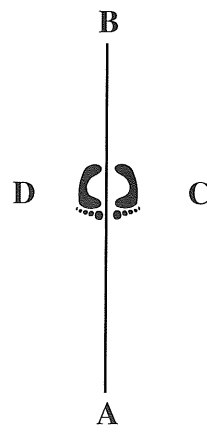
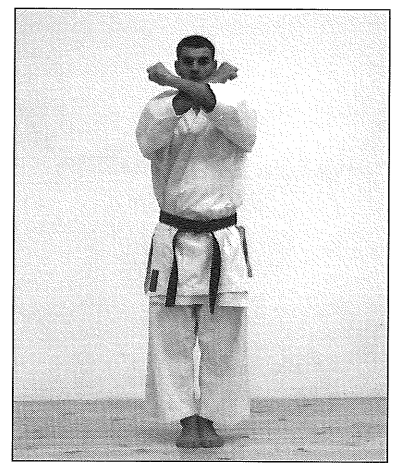


B

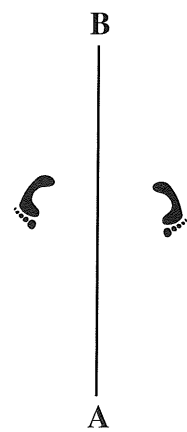
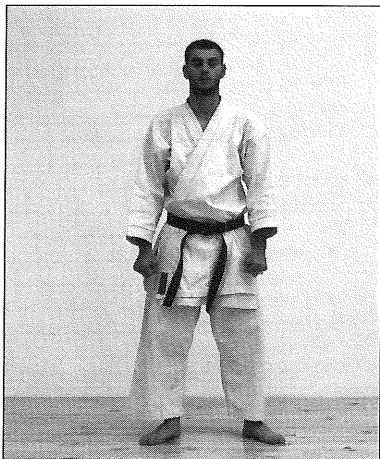




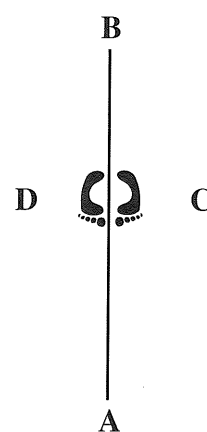
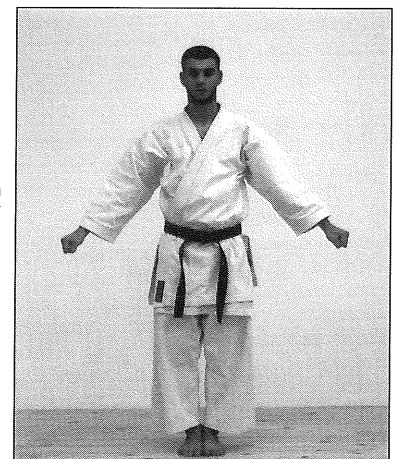
1 - Heisoku dachi face à A - Rei



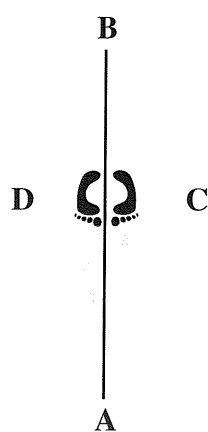
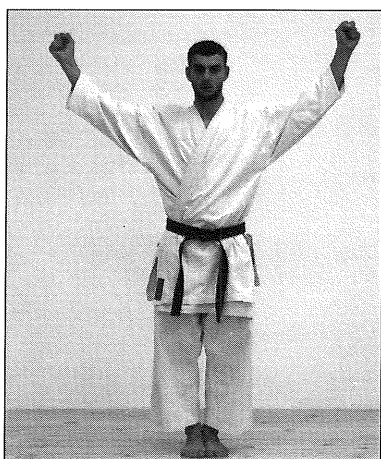
4 - Heisoku dachi - revenir avec les bras croisés par devant



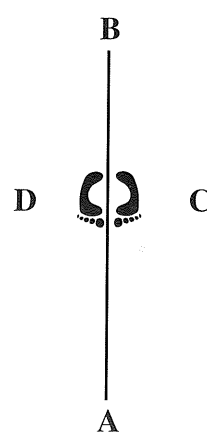
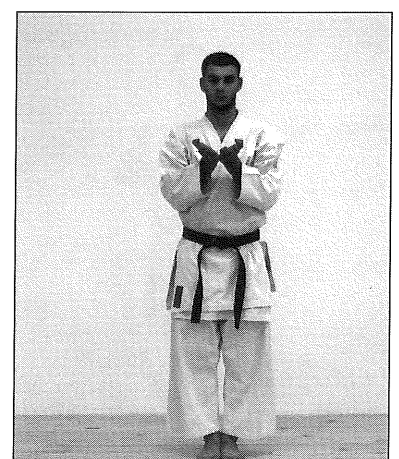
2 - Hachiji dachi - Yoi



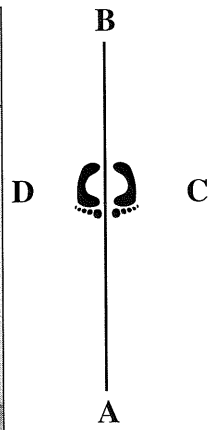
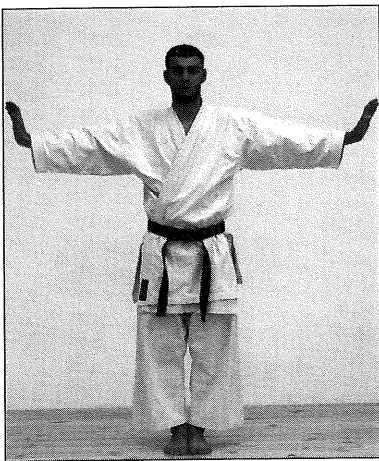
5 - Heisoku dachi - morote gedan barai latéral



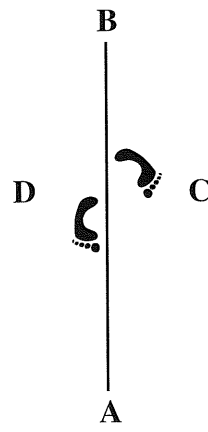
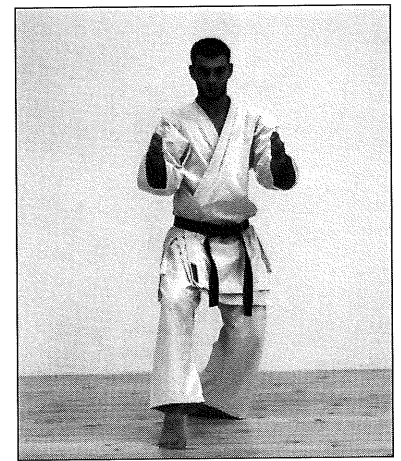
3 - Heisoku dachi vers A - faire un mouvement circulaire avec les deux bras vers l'arrière



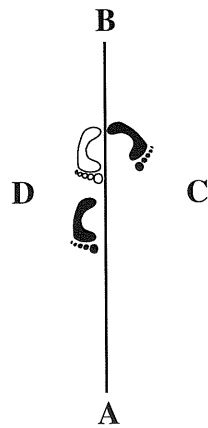
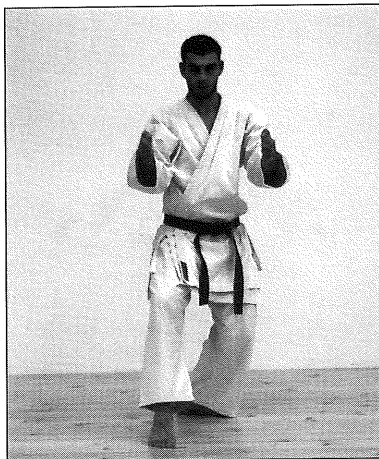
6 - Heisoku dachi - monter les bras en chudan morote teisho barai vers A



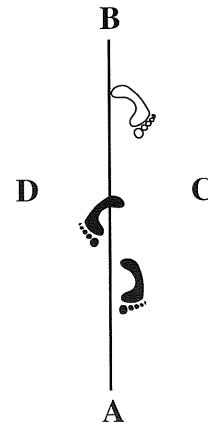
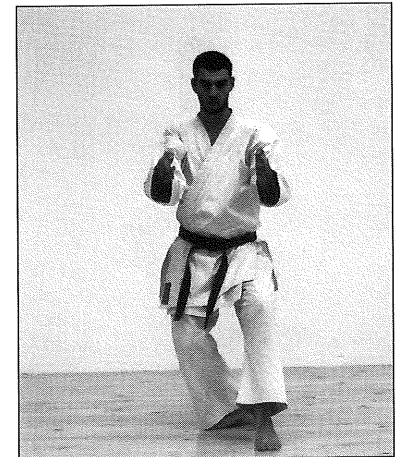
7 - Heisoku dachi vers A - morote tate shuto latéral vers D et C



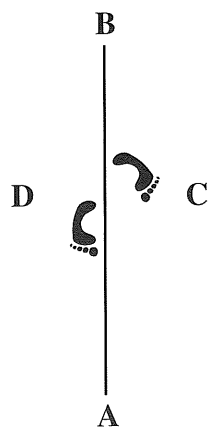
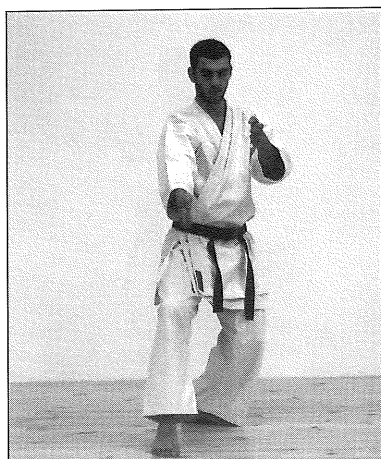
10 - Sur place - revenir en kamae avec main d



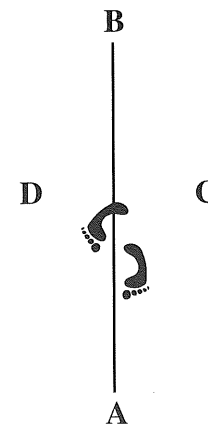
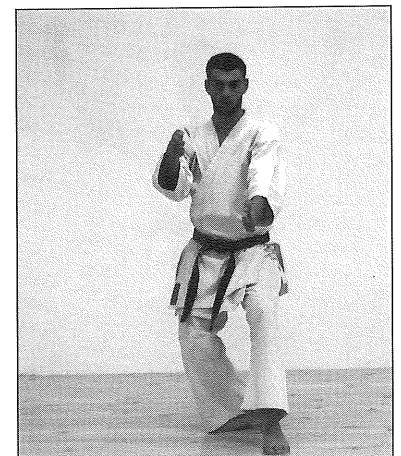
8 - Avancer pied d en neko ashi dachi d vers A - chudan morote keito uke en ippon nukite



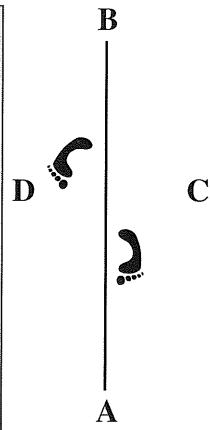
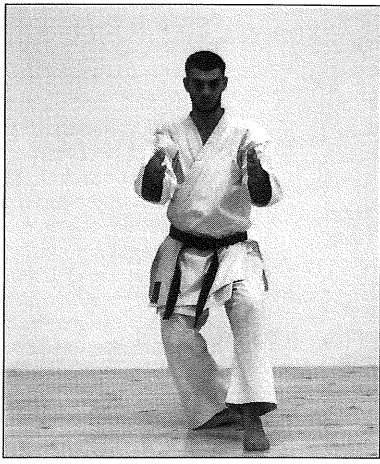
11 - Avancer pied g en neko ashi dachi g vers A - chudan morote keito uke en ippon nukite



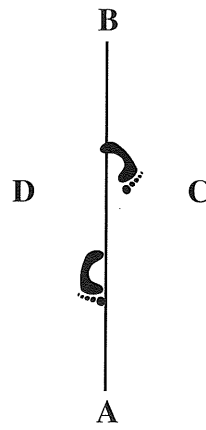
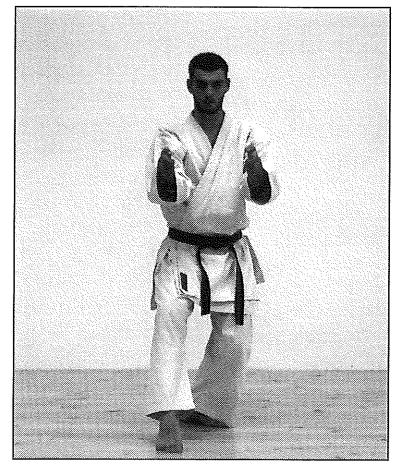
9 - Sur place - chudan ou gedan ippon nukite d vers A - main g ne bouge pas



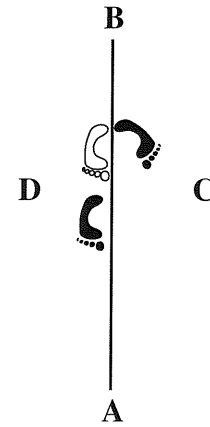
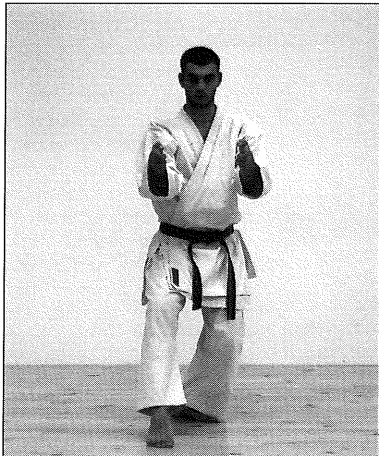
12 - Sur place - chudan ou gedan ippon nukite g vers A - main d ne bouge pas



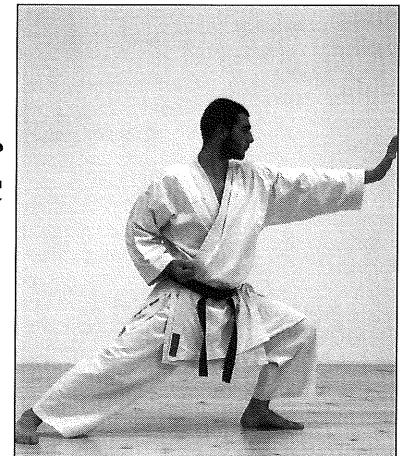
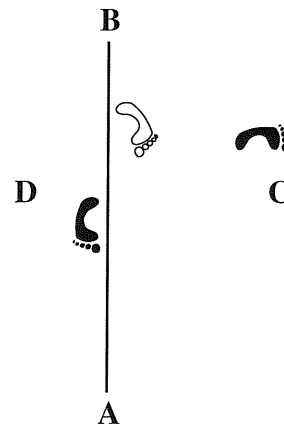
13 - Sur place - revenir en kame avec main g



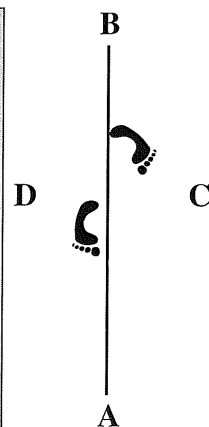
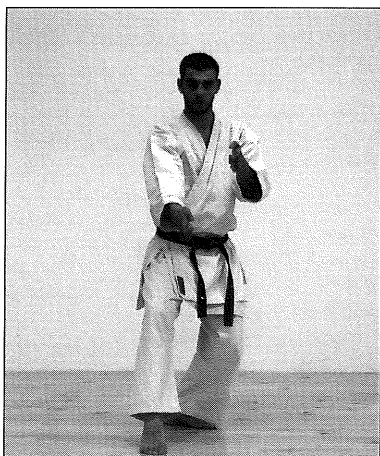
16 - Posture et mouvement identiques à 10



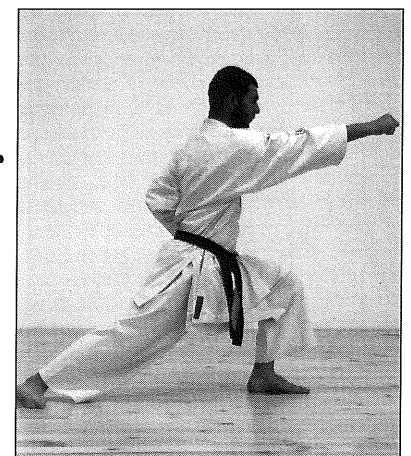
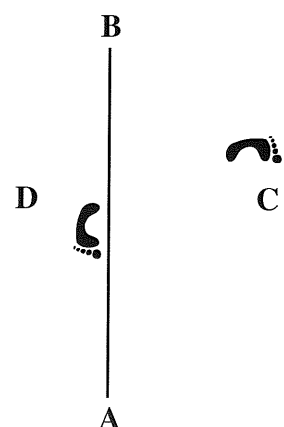
14 - Avancer pied d comme en 8 - mouvements identiques à 8



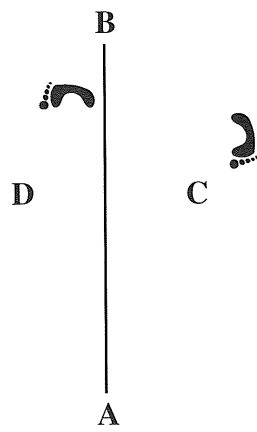
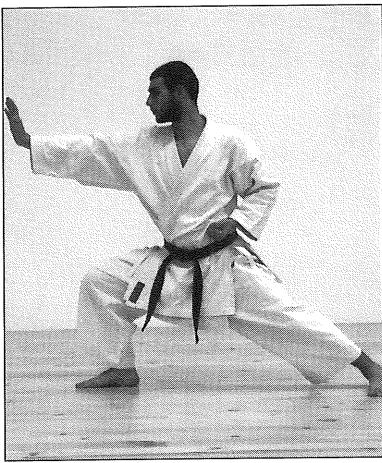
17 - Regarder et pivoter à g de 90° vers C avec pied g en zenkutsu g - chudan Tate shuto uke g



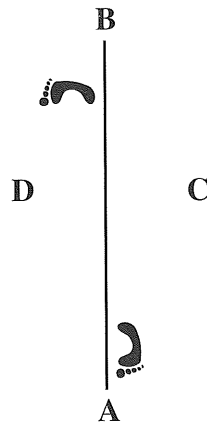
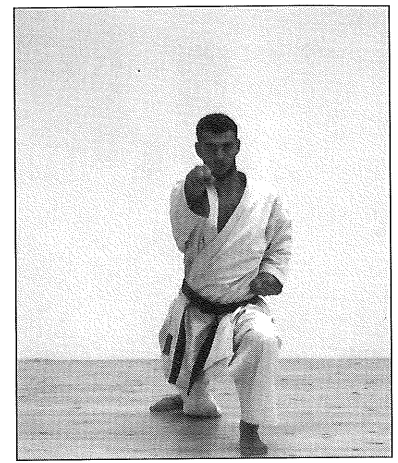
15 - Posture et mouvement identiques à 9



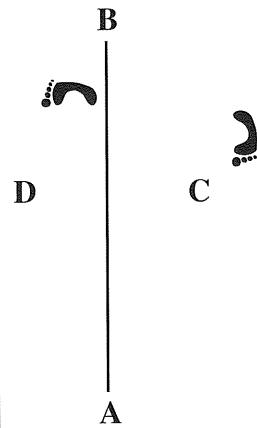
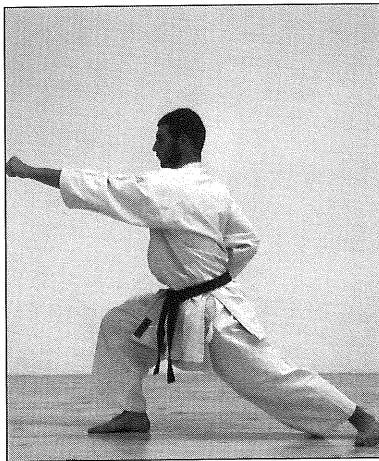
18 - Sur place - chudan gyaku tsuki d - zenkutsu g vers C



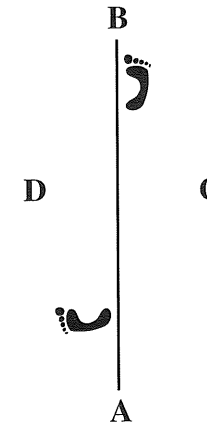
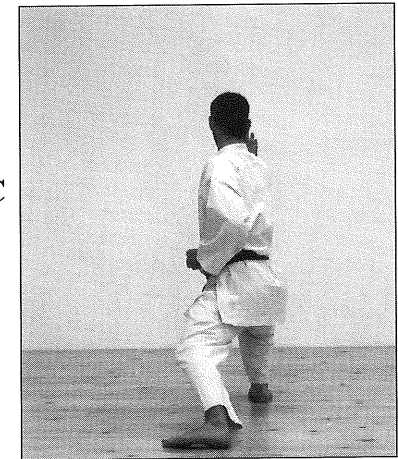
19 - Sur place - regarder et pivoter à d de 180° vers D - zenkutsu d - chudan Tate shuto uke d



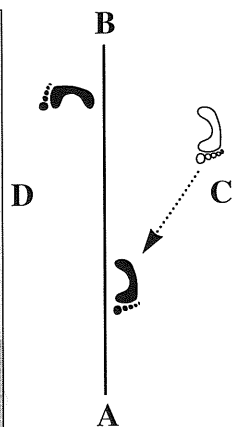
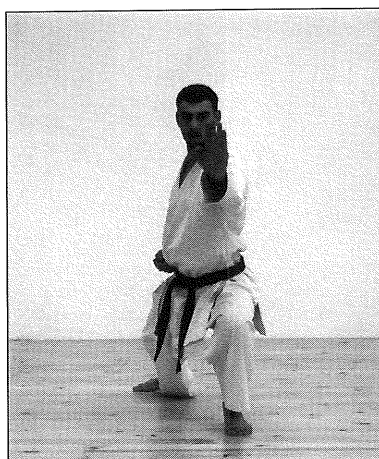
22 - Sur place - chudan gyaku tsuki d vers A



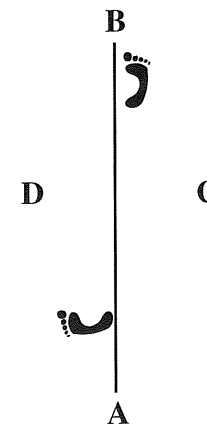
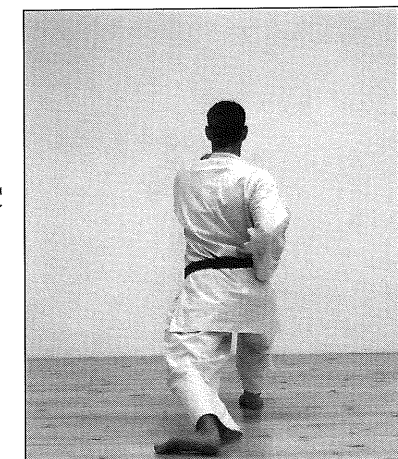
20 - Sur place - chudan gyaku tsuki g vers D



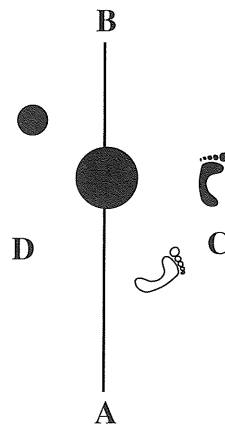
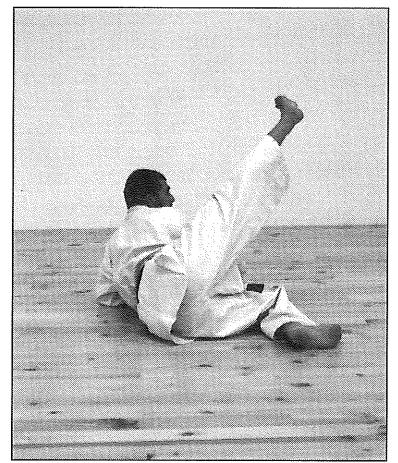
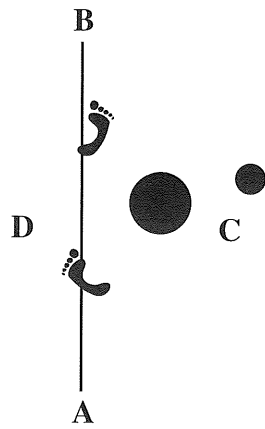
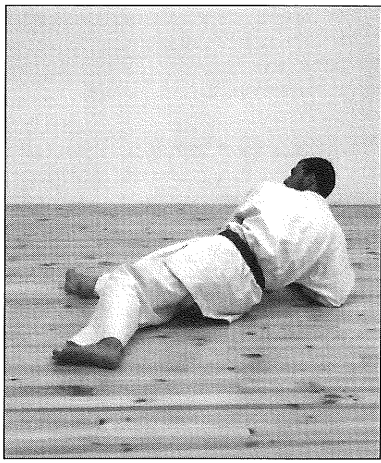
23 - Sur place - regarder et pivoter à d de 180° vers B - chudan Tate shuto uke d - zenkutsu d vers B



21 - Regarder et pivoter à g de 90° vers A en avançant le pied g - chudan Tate shuto uke g - zenkutsu g vers A



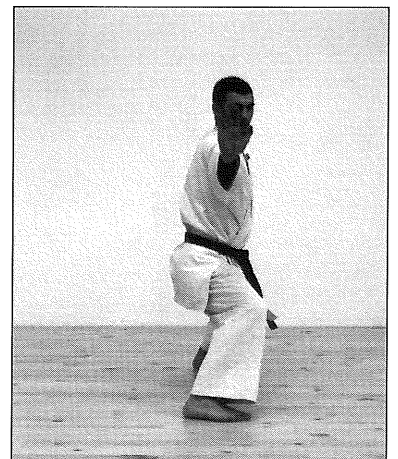
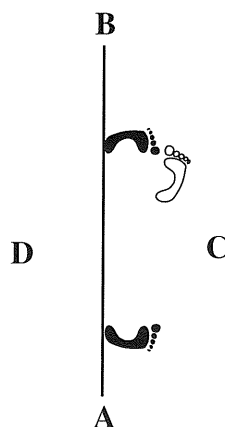
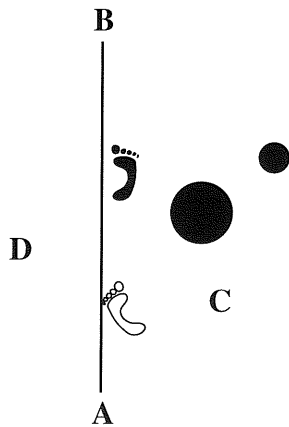
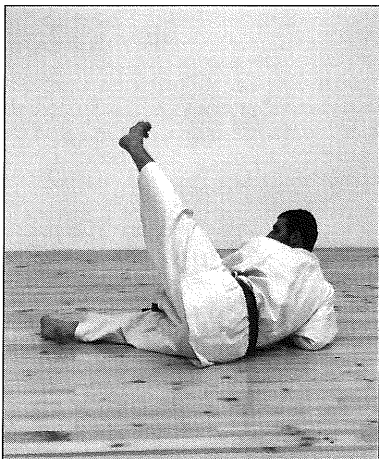
24 - Sur place - chudan gyaku tsuki vers B



25 - Sur place - se coucher sur le flanc d jambe d vers l'avant 45° vers BD en appui sur avant bras d - main ouverte au sol

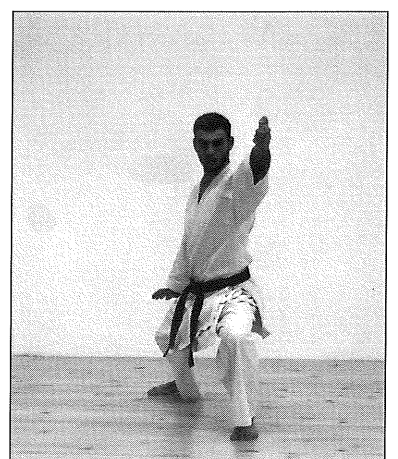
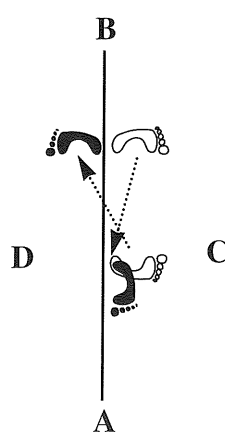
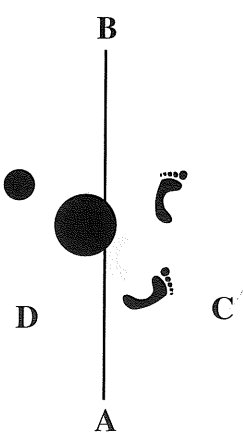
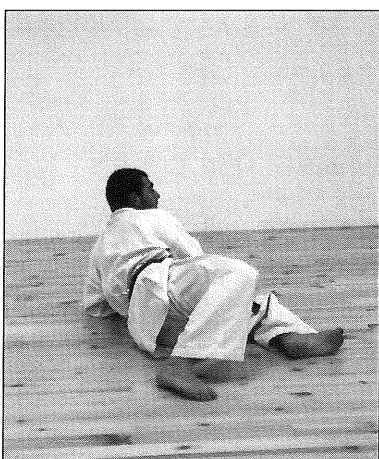
28 - Sur place - chudan mawashi geri vers B

● place de la hanche
● place de l'avant-bras



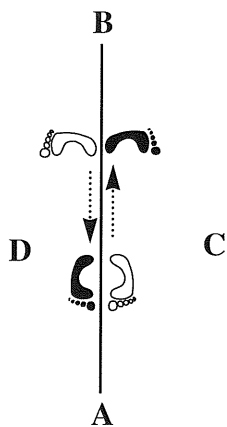
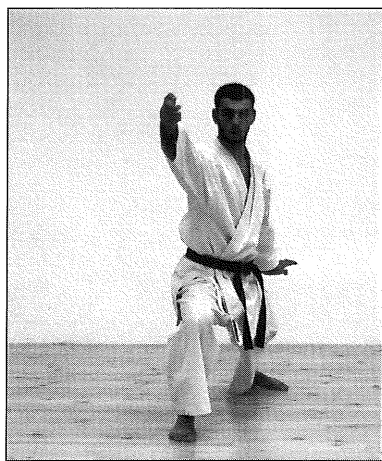
26 - Sur place - chudan mawashi geri vers B

29 - Se relever en kiba dachi face à C - regarder vers A - chudan tate shuto uke latéral des deux mains vers A et B

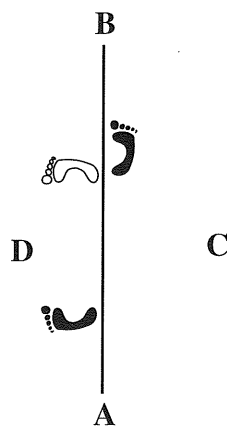
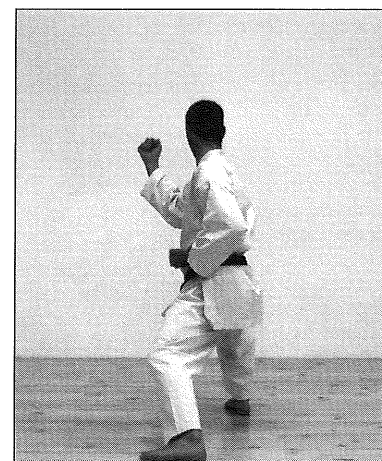


27 - Sur place - inverser la position au sol vers l'avant 45° vers BC en appui sur avant bras g - main ouverte au sol

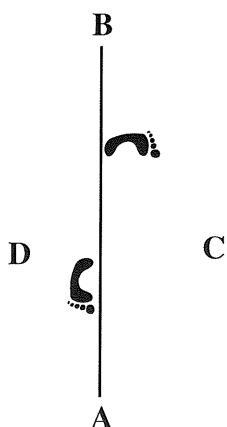
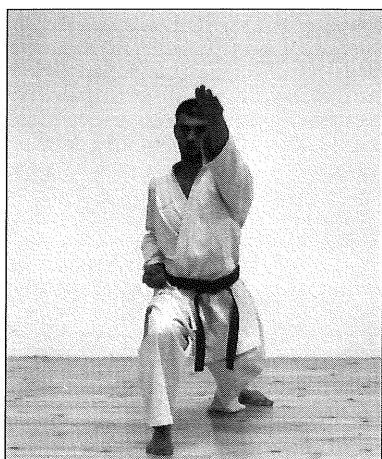
30 - Sur place - prendre la position zenkutsu g vers A en inversant alternativement pied d et pied g - chudan keito uke vers A - gedan teisho ushiro uke d vers B



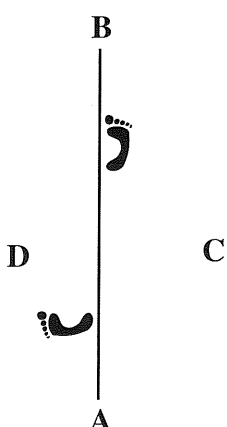
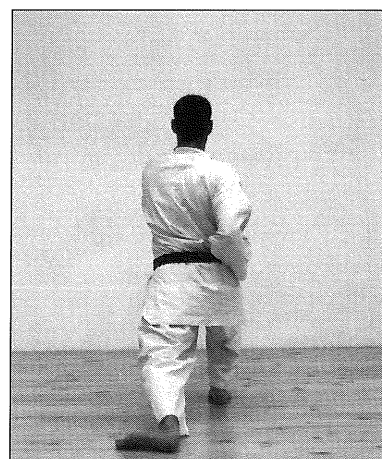
31 - Sur place - prendre la position zenkutsu d vers A en inversant alternativement pied d et pied g - chudan keito uke d vers a - gedan teisho ushiro uke g vers B



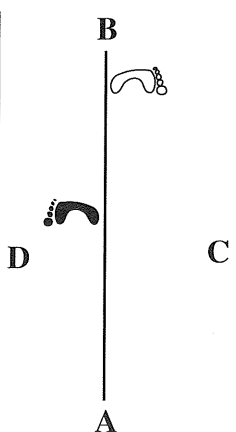
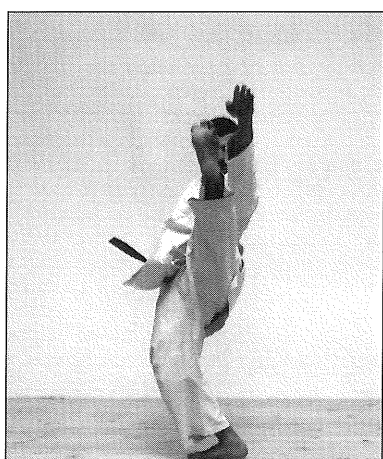
34 - Pivoter à d de 180° vers B - hiza uke g vers B - reposer pied g en arrière - zenkutsu d vers B - jodan soto ude uke d vers B



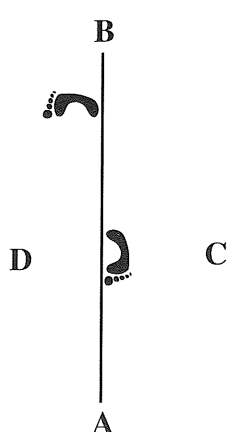
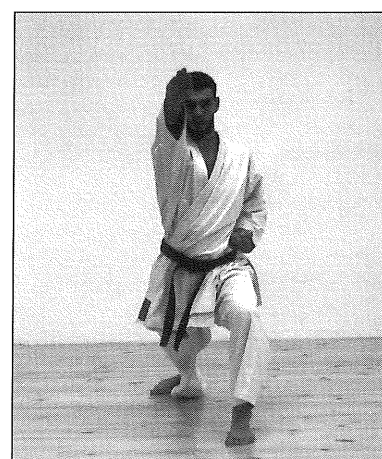
32 - Sur place - jodan gyaku haito uchi g vers A - zenkutsu d vers A



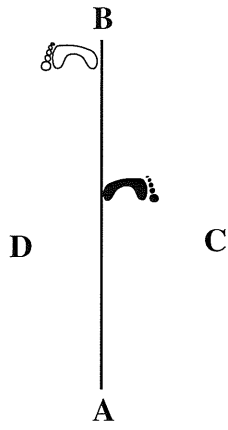
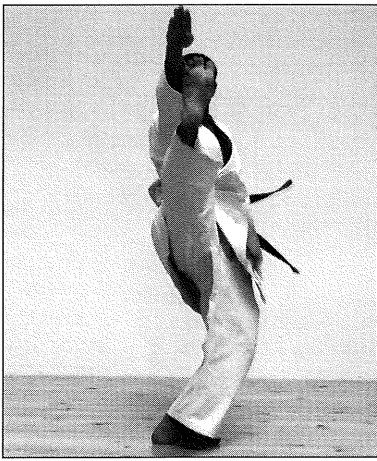
35 - Sur place - chudan gyaku tsuki g vers B - zenkutsu d vers B



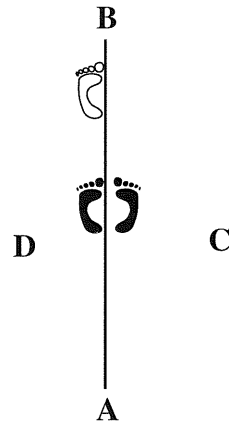
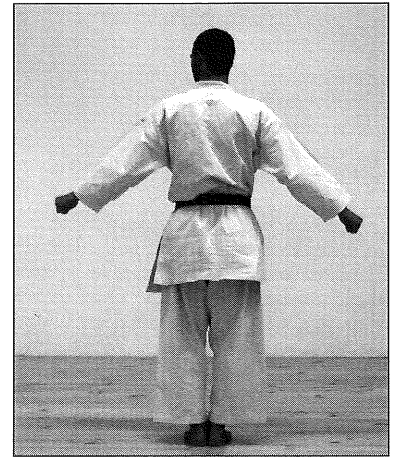
33 - Sur place - chudan mae geri g vers A



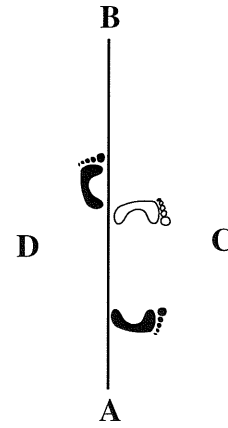
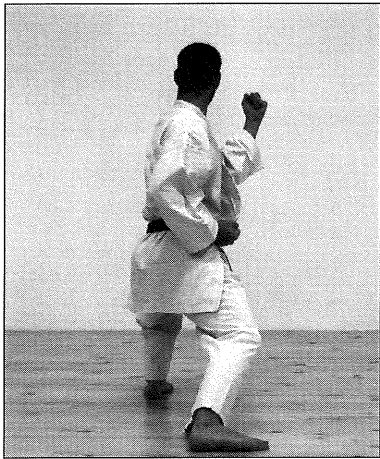
36 - Sur place - pivoter à g de 180° vers A - zenkutsu g vers A - jodan gyaku haito uchi d vers A



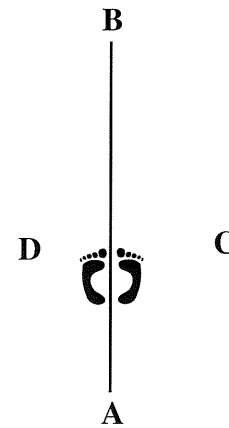
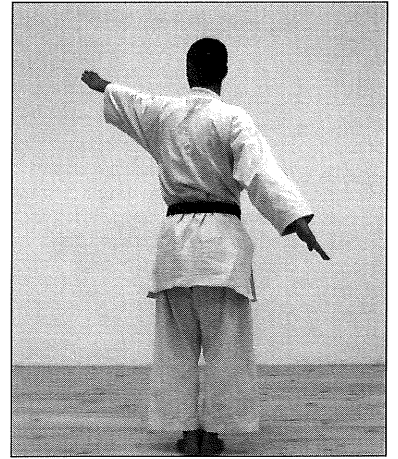
37 - Sur place - chudan mae geri d vers A



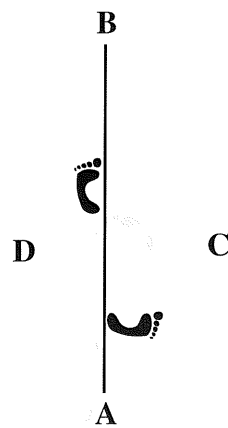
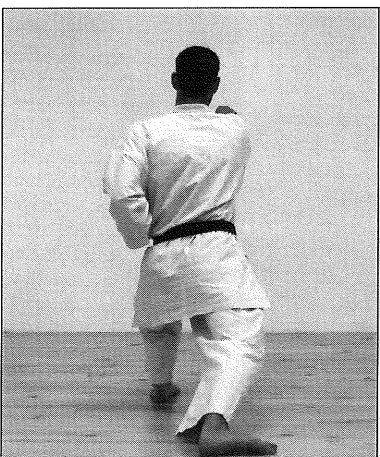
40 - Ramener pied g en arrière à côté pied d en heisoku dachi vers B - regarder 45° à g vers DB - armer les deux bras comme sur photo



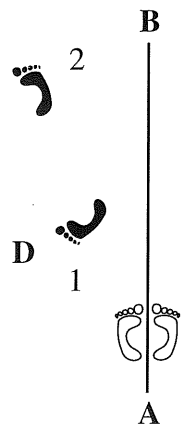
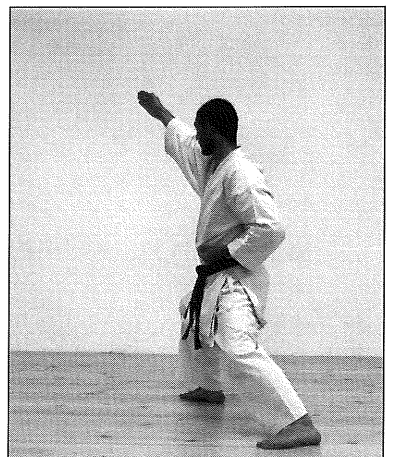
38 - Pivoter à g de 180° vers B - hiza uke d vers B - reposer pied d en arrière - zenkutsu g vers B - jodan soto ude uke G vers B



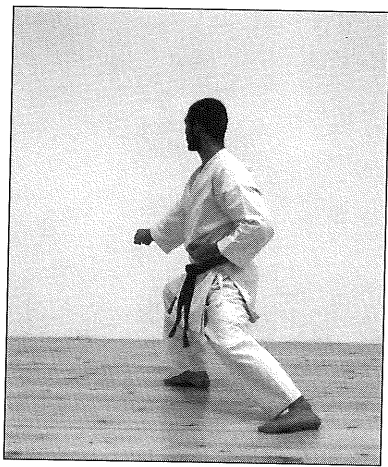
41 - Sur place - kamae jodan bras g et gedan bras d



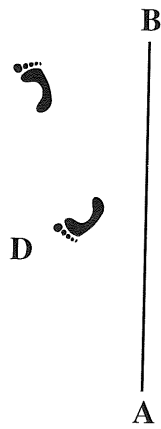
39 - Sur place - chudan gyaku tsuki d vers B - zenkutsu g vers B



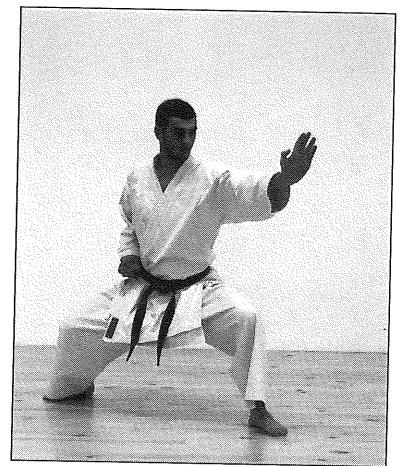
42 - Avancer d'un pas pied g 45° vers DB puis un pas pied d en zenkutsu d - armer bras d en jodan kamae et enchaîner



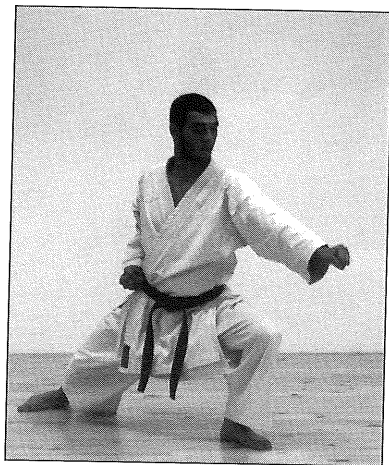
43 - Sur place - gedan tsuki d - zenkutsu d vers DB



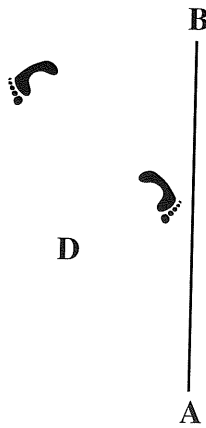
C



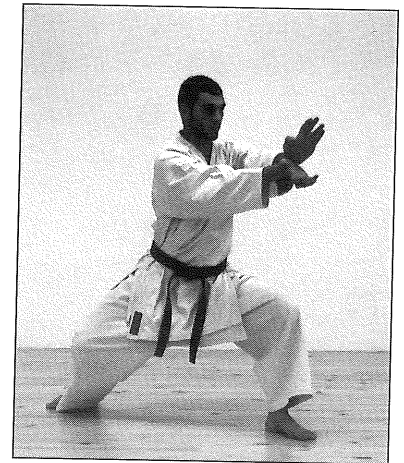
46 - Sur place - regarder et pivoter à g de 180° vers AC - zenkutsu g - chudan tate shuto uke g



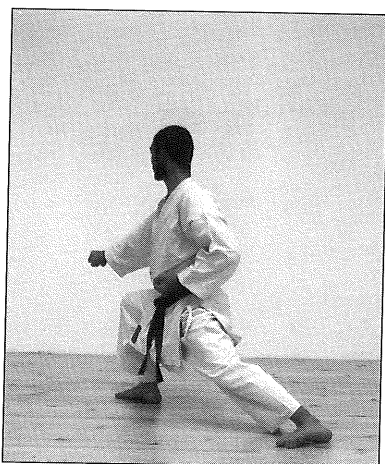
44 - Sur place - regarder et pivoter à g de 180° vers AC - zenkutsu g - gedan tsuki uke g



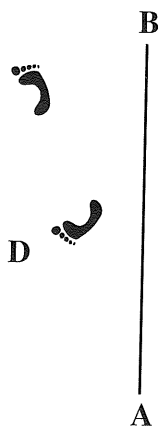
C



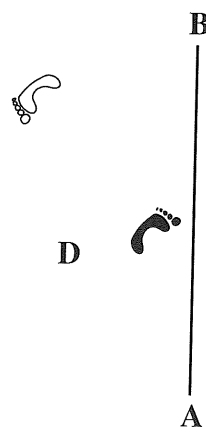
47 - Sur place - chudan teisho hazami uke vers AC - zenkutsu g vers AC



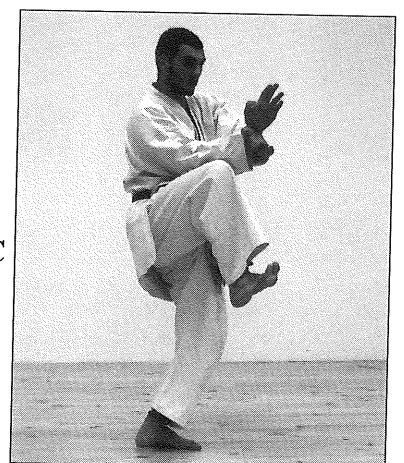
45 - Sur place - regarder et pivoter à d de 180° vers DB - zenkutsu d - gedan tsuki uke d



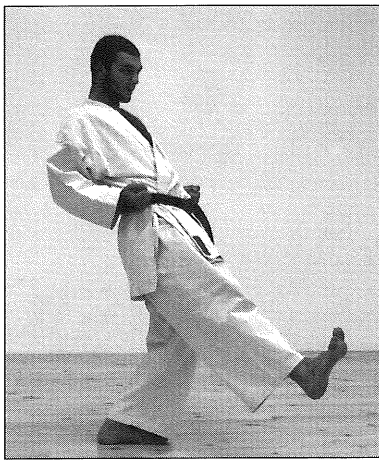
C



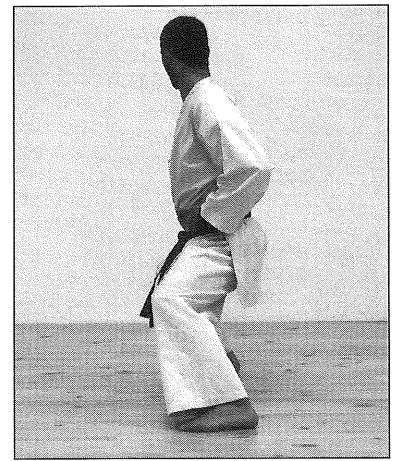
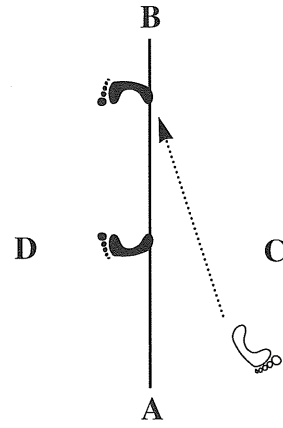
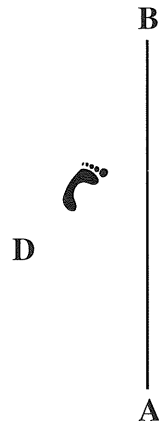
C



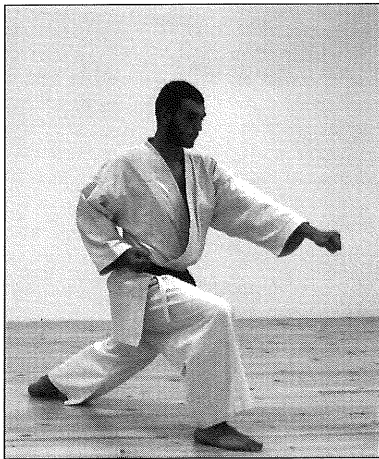
48 - Armer pied d pour fumikomi vers AC



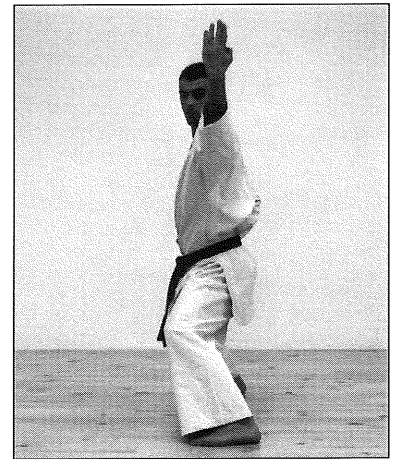
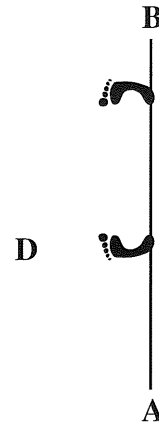
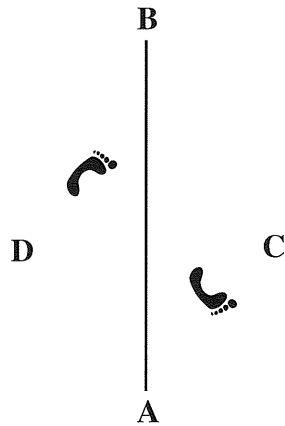
49 - Gedan kakato fumikomi d vers AC - les deux mains hikite - Kiai



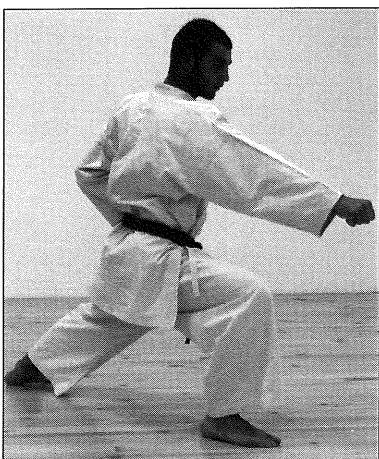
52 - Regarder vers B - pivoter à g en appui sur pied g de 135° vers B - kiba dachi face à D - gedan barai d vers B



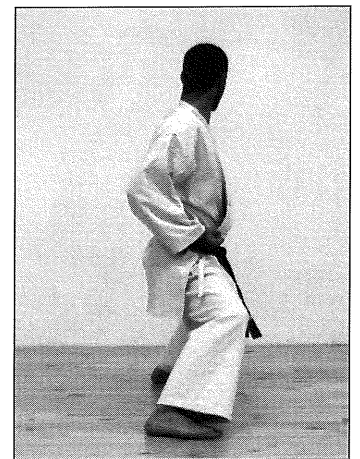
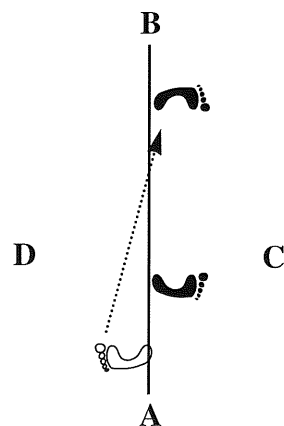
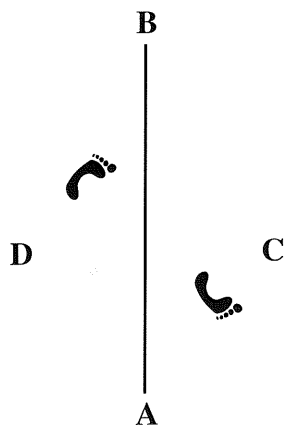
50 - Poser pied d au sol en zenkutsu d vers AC - chudan ou gedan gyaku tsuki vers AC



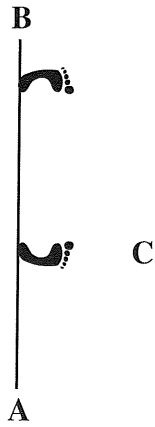
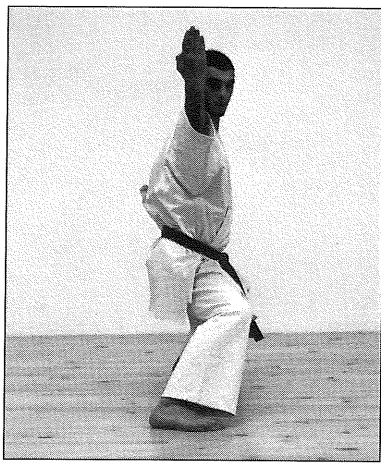
53 - Sur place - kiba dachi face à D - regarder vers A - jodan haito uke g vers A



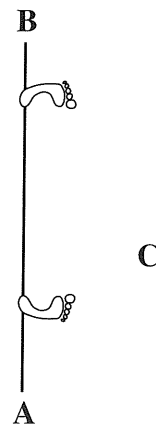
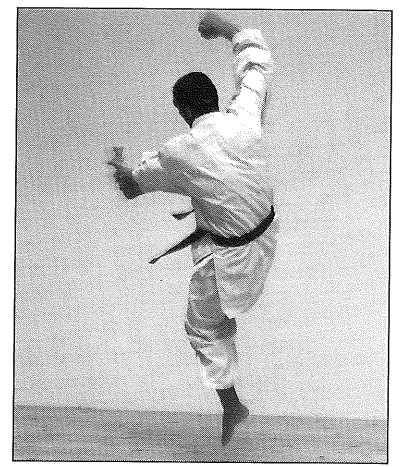
51 - Sur place - tsuru ashi pied d en zenkutsu d vers AC - chudan ou gedan hon tsuki vers AC



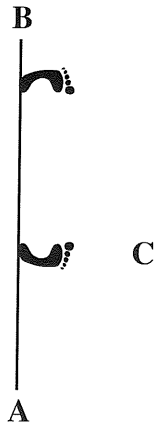
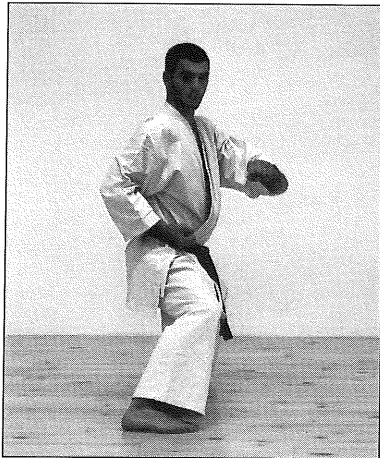
54 - Regarder et pivoter à d en appui sur pied d de 180° vers B - kiba dachi vers C - gedan barai g vers B



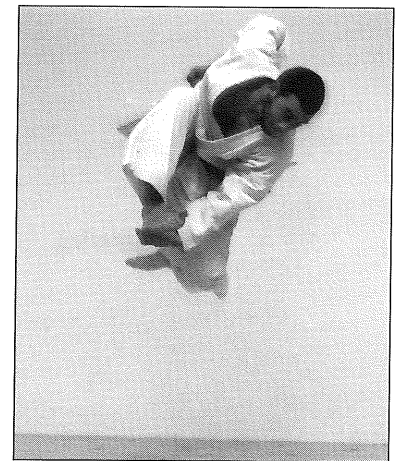
55 - Sur place - kiba dachi face à C
- regarder vers A - jodan haito uke
d vers A



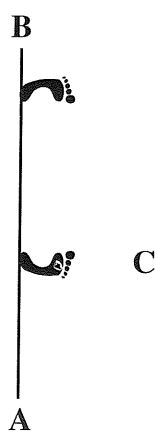
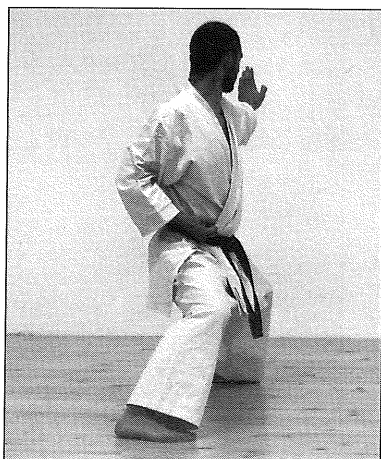
58 - Sur place - tobi jodan mikazu-
ki geri dans paume main g vers la
gauche 540° vers A (ou 180° si on
adopte la variante)



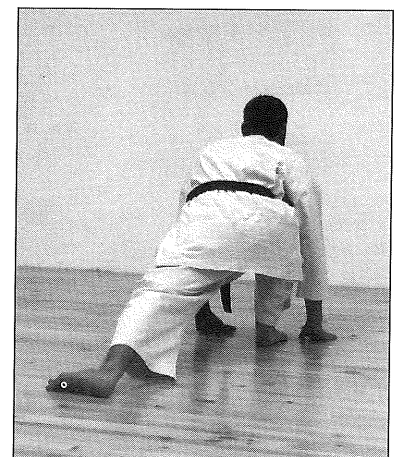
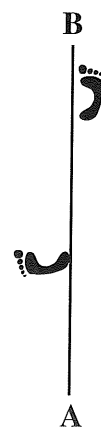
56 - Sur place - kiba dachi face à C
- Kagi tsuki g vers A (variante :
pivoter sur place à d de 90° vers A
- chudan gyaku tsuki g vers A -
zenkutsu d vers A)



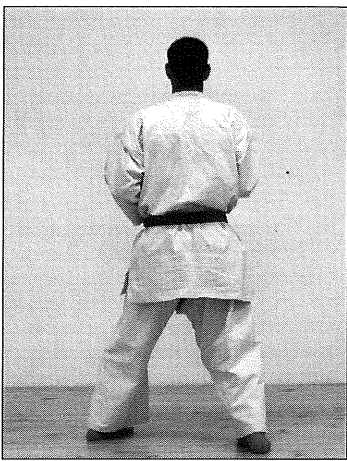
59 - Phase finale de 58



57 - Sur place - regarder à g vers B - chudan tate
shuto uke g vers B - kiba dachi face à C (varian-
te : sur place pivoter à g de 180° vers B, zenkut-
su g vers B - chudan tate shuto uke g vers B)



60 - Retomber vers B jambe d en
avant zenkutsu d bas et allongé -
les doigts des deux mains au sol



D

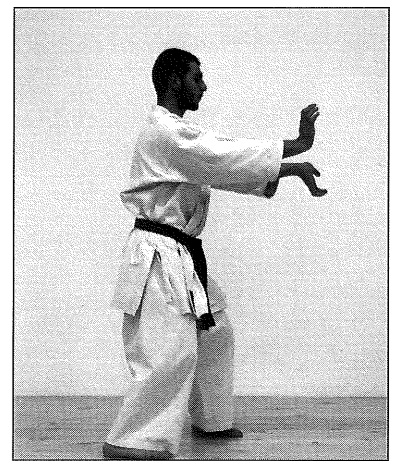


C

D

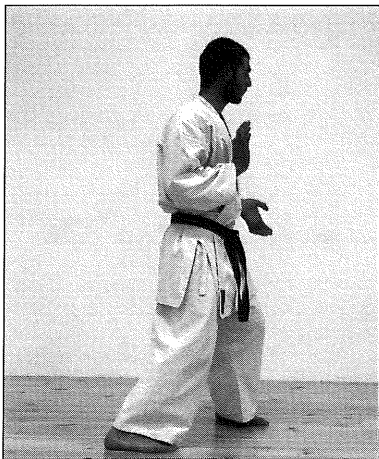


C



64 - Vue de profil de 63

61 - Se relever et avancer pied g vers A en sanchin dachi g - morote mawashi tekubi kake uke



D

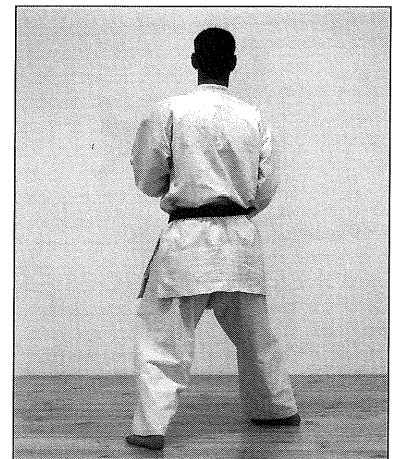


C

D

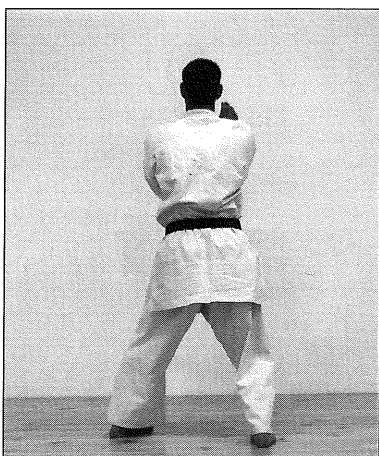


C



65 - Avancer un pas pied d vers B - sanchin dachi d - morote mawashi tekubi kake uke

62 - Vue de profil de 61



D

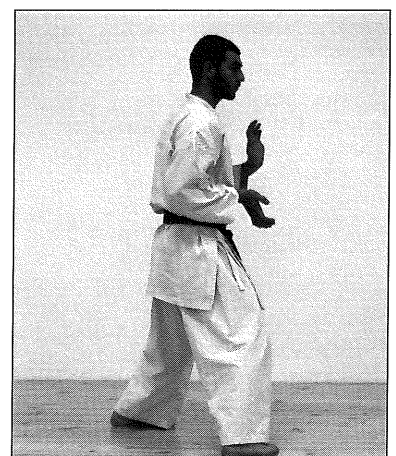


C

D

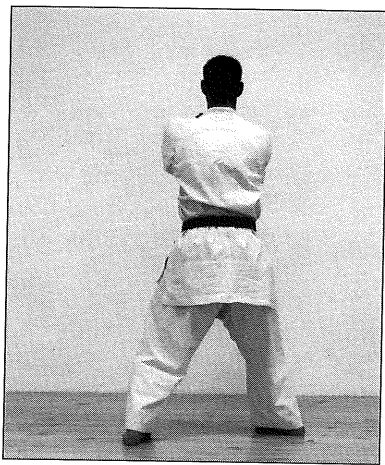


C

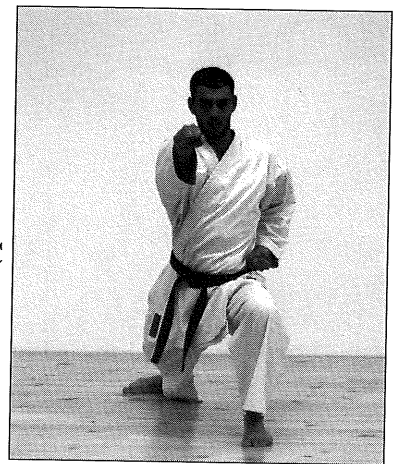
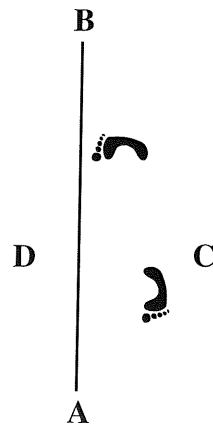
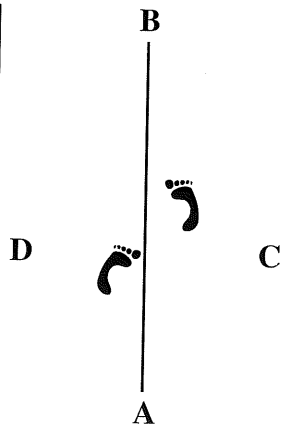


66 - Vue de profil de 65

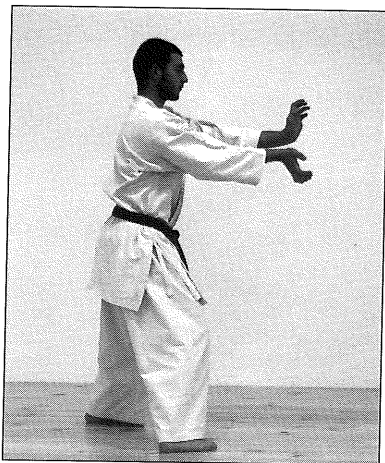
63 - Sur place - jodan teisho uchi d vers B - gedan teisho uchi g vers B - sanchin dachi g vers B



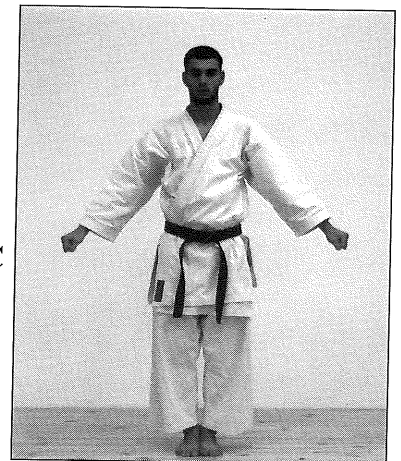
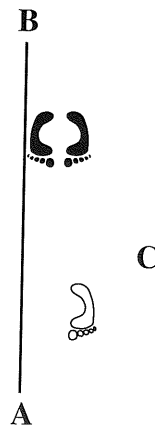
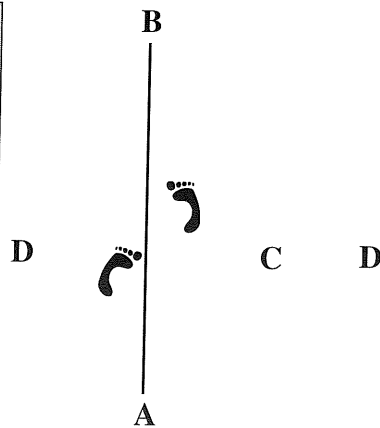
67 - Sur place - mouvements identiques à 63 mais inversés



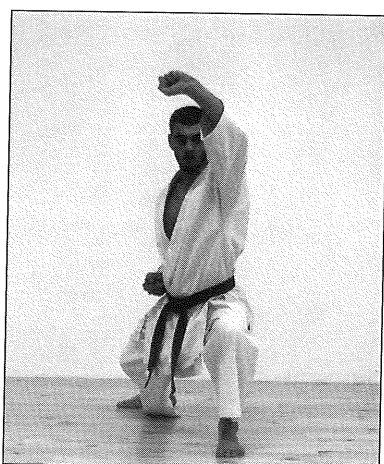
70 - Sur place - chudan gyaku tsuki d vers A - zenkutsu g - Kiai



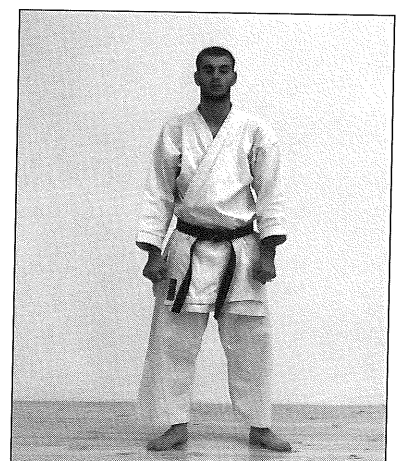
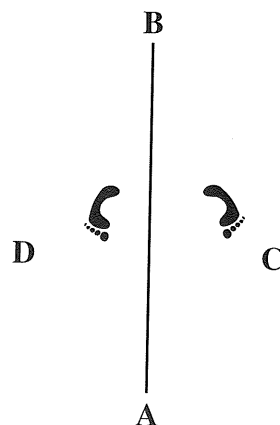
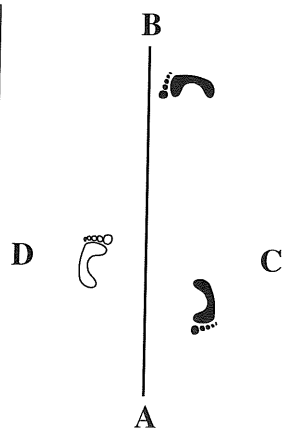
68 - Vue de profil de 67



71 - Ramener pied g en arrière à côté pied d en heisoku dachi - les deux bras en kamae latéral



69 - Pivoter à g de 180° vers A - zenkutsu g vers A - jodan age uke g



72 - Écarter pied d en hachiji dachi face à A - FIN