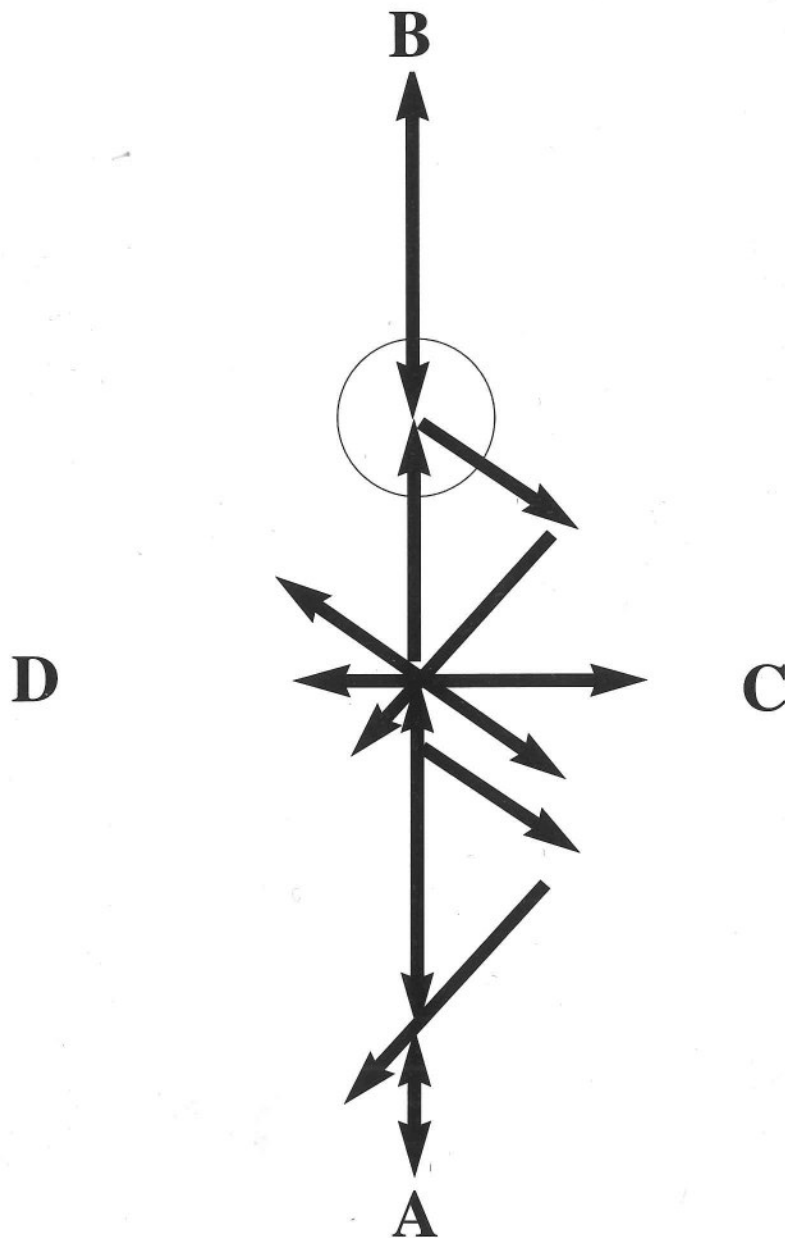
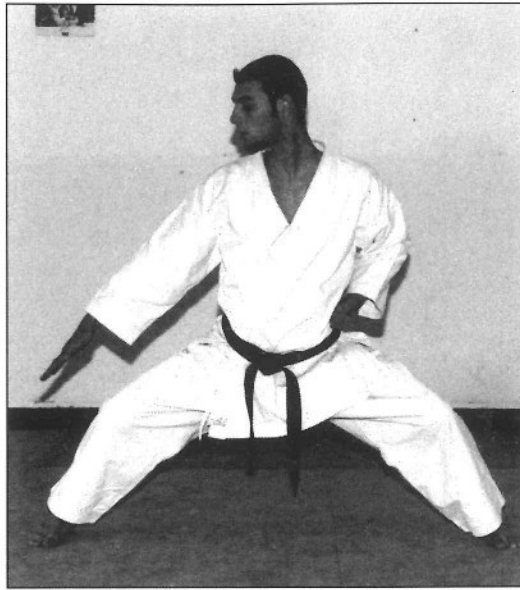
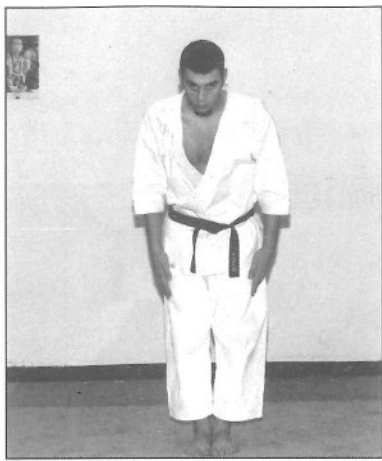


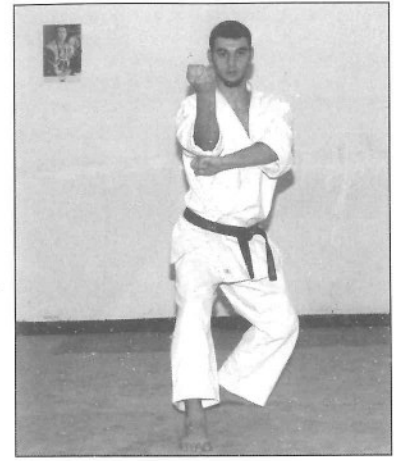
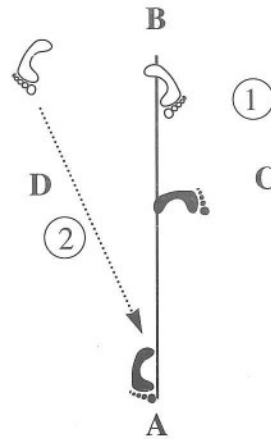
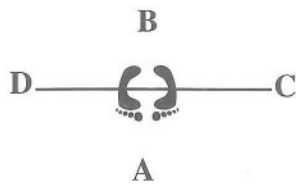
GOJUSHIHO DAI (*)

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

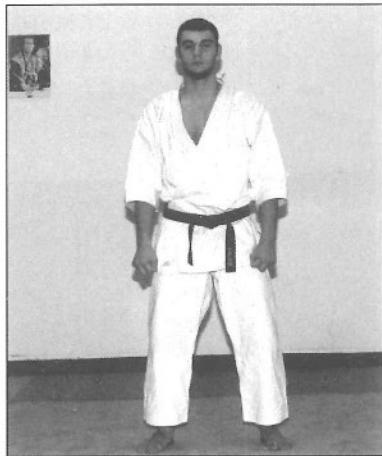




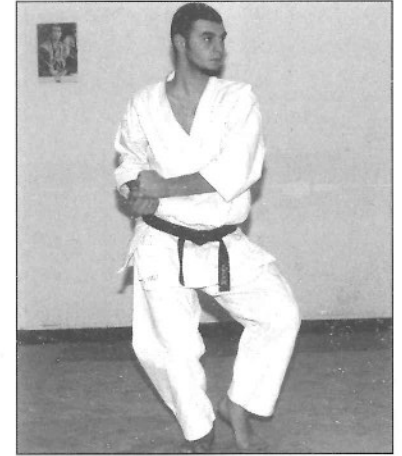
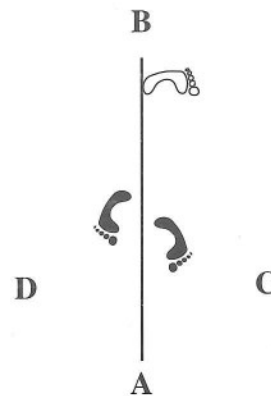
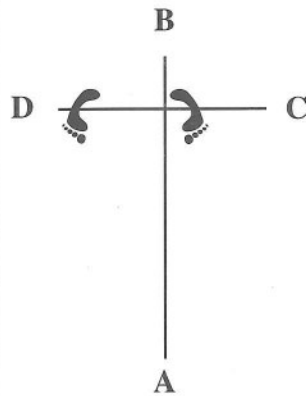
1 - Heisoku dachi face à A - Rei



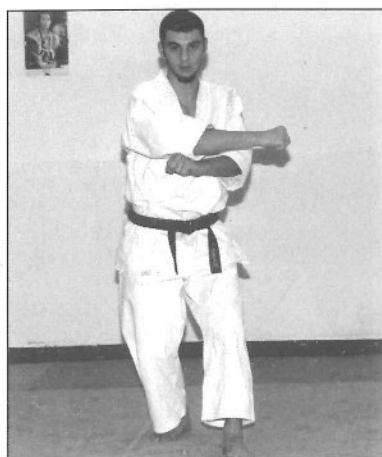
4 - Avancer pied d vers A en kokutsu d - chudan uchi ude uke d coude sur dos main g



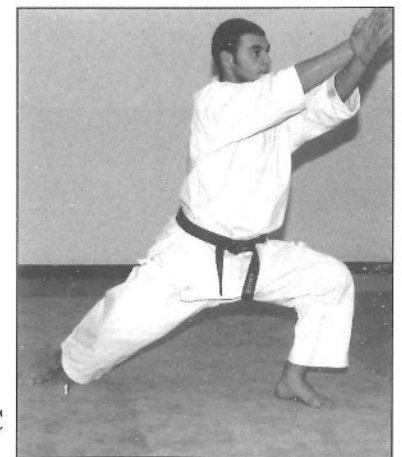
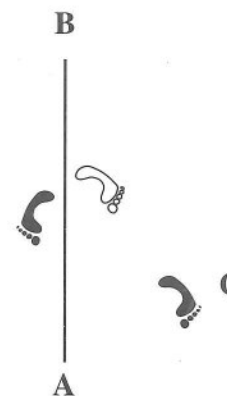
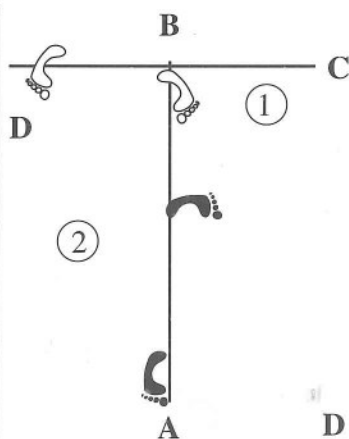
2 - Hachiji dachi - Yoi



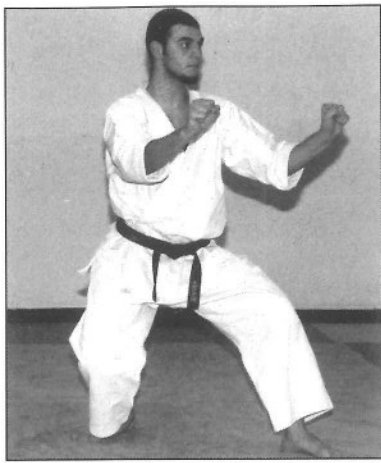
5 - Regarder à g vers CA - regrouper pied g près pied d et avancer pied g de 45° vers CA - armer poing g sur poing d en hikite



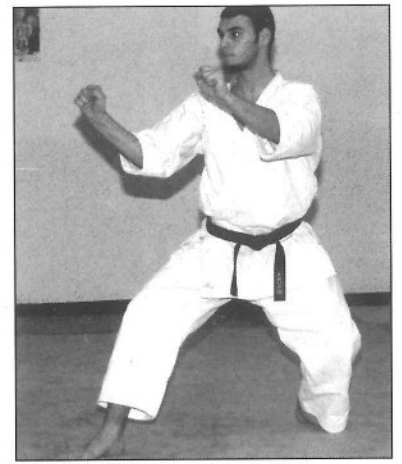
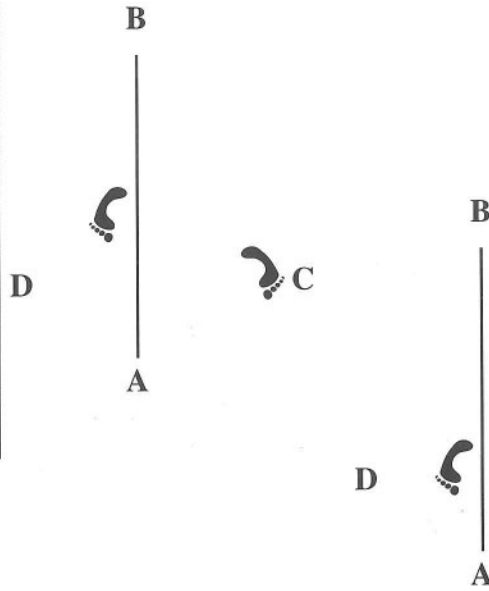
3 - Avancer pied g vers A - armer bras d pour uchi uke



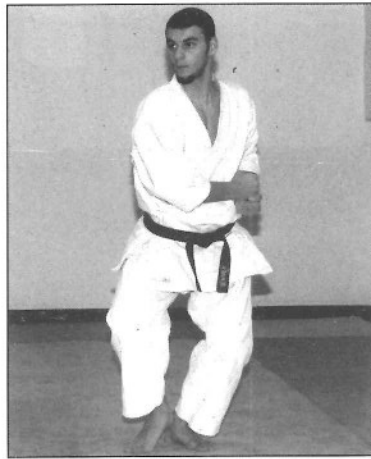
6 - Tsuru ashi pied g vers CA en zenkutsu g - jodan juji uke vers CA



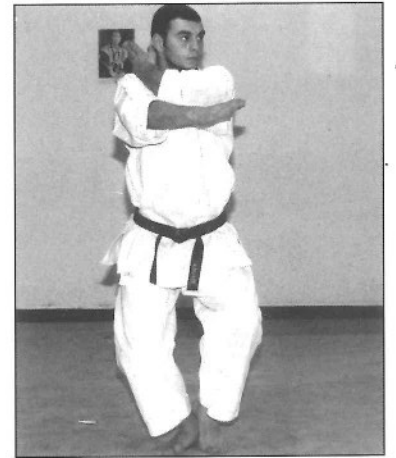
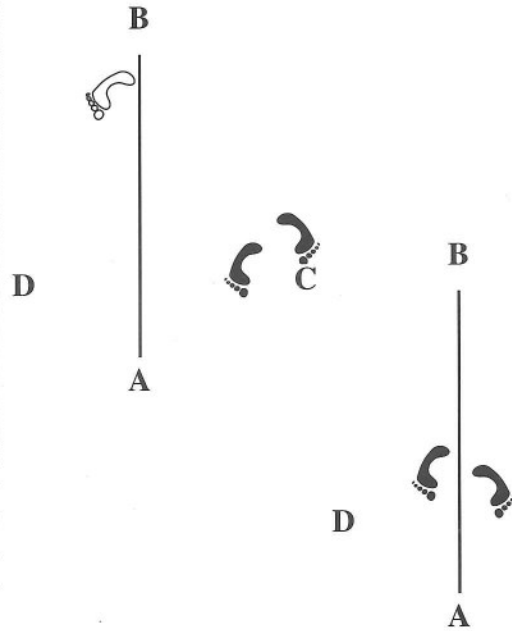
7 - Sur place - tsuri ashi en arrière du pied g en kokutsu g vers CA - chudan kakiwake uke



10 - Sur place - tsuri ashi en arrière du pied d en kokutsu d vers DA - chudan kakiwake uke



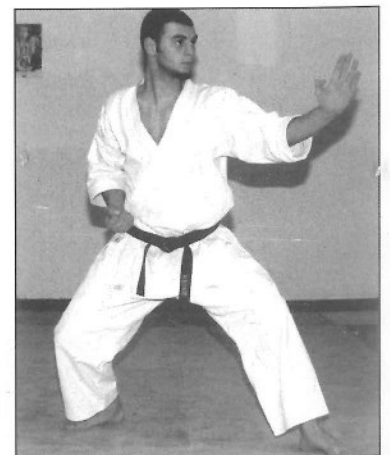
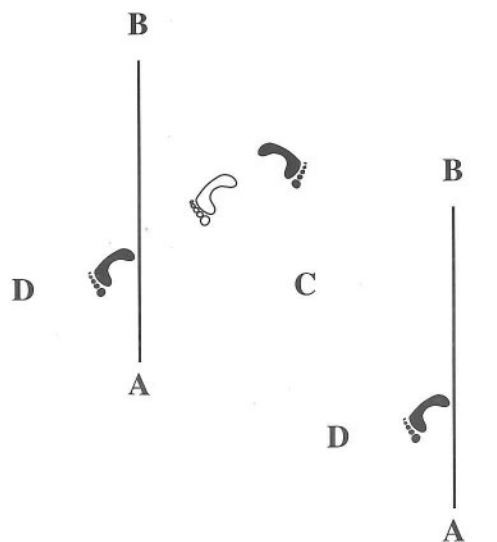
8 - Regarder et pivoter à d de 90° vers DA en regroupant pied d près pied g - avancer pied d vers DA - armer poing d sur poing g en hikite



11 - Regarder et pivoter à g de 90° vers CA en regroupant pied g près pied d - avancer pied g vers CA - armer bras d pour shuto uke

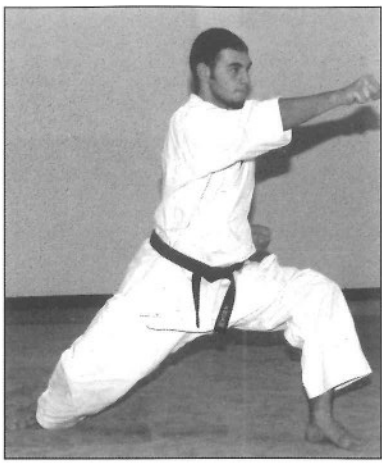


9 - Tsuru ashi pied d vers DA en zenkutsu d - jodan juji uke vers DA

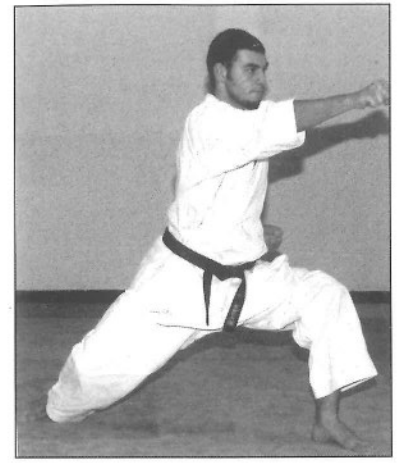


12 - Avancer pied g vers CA en kokutsu g - chudan shuto uke g - poing d en hikite - kokutsu g

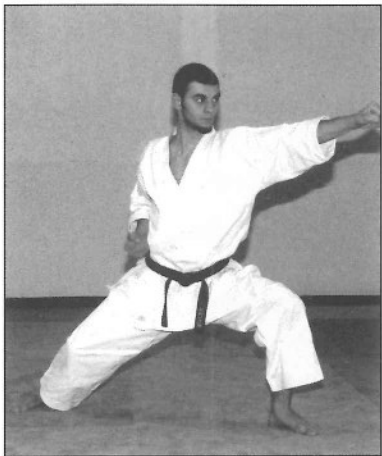




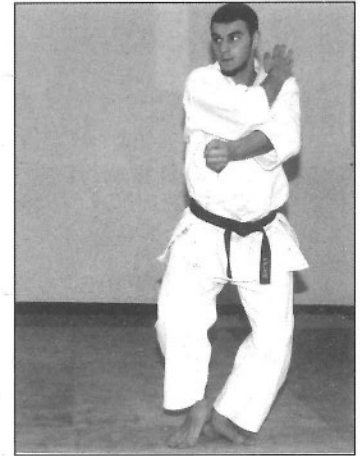
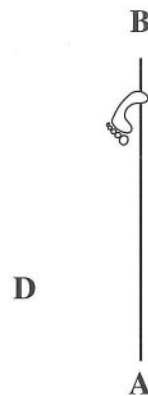
13 - Sur place - tsuri ashi pied g vers CA en zenkutsu g - chudan gyaku tsuki d



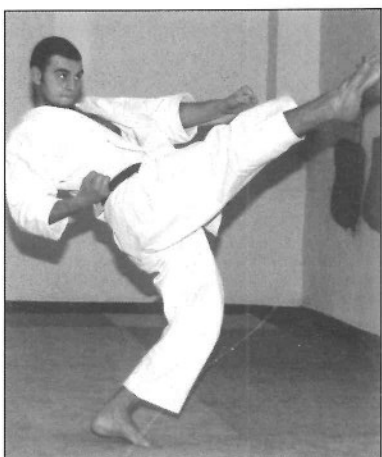
16 - Sur place - ramener pied d en arriere - zenkutsu g - chudan gyaku tsuki d vers CA



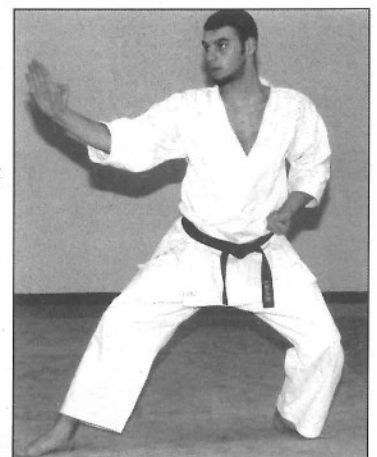
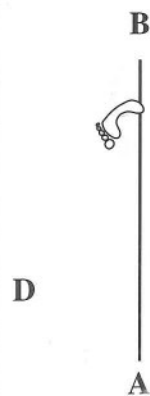
14 - Sur place - chudan hon tsuki g - zenkutsu g vers CA



17 - Regarder et pivoter à d de 90° vers DA - en regroupant pied d près pied g - avancer pied d vers DA - armer bras d pour shuto uke



15 - Sur place - mae geri d vers CA



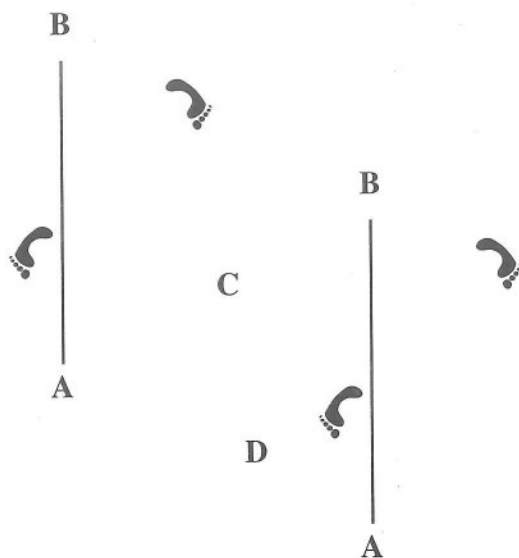
18 - Avancer pied d vers DA en kokutsu d - chudan shuto uke d - poing g en hikite - kokutsu d





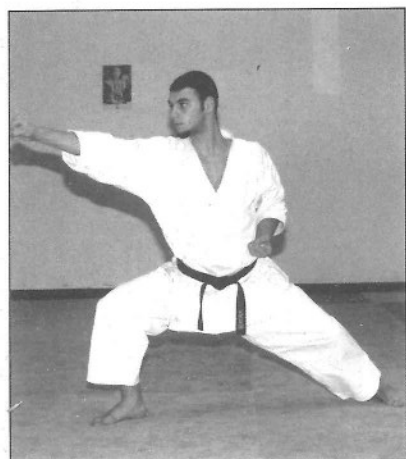
D

19 - Sur place - tsure ashi pied d vers DA en zenkutsu d - chudan gyaku tsuki g



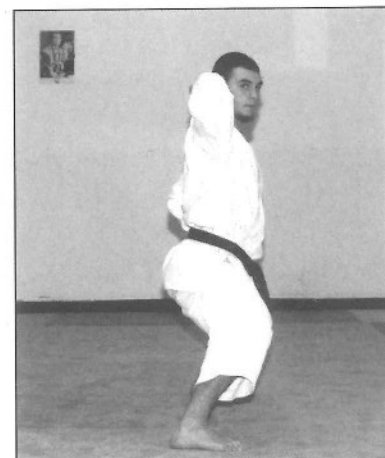
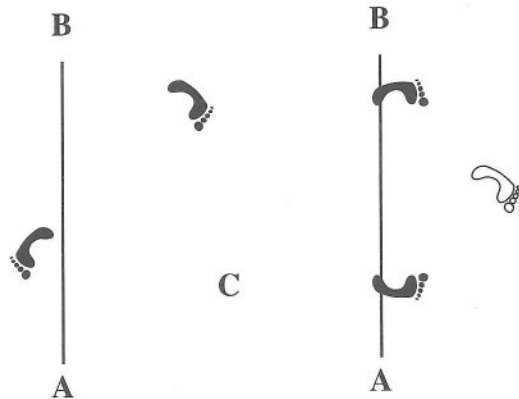
C

22 - Sur place - ramener pied g en arriere - zenkutsu d - chudan gyaku tsuki g vers DA

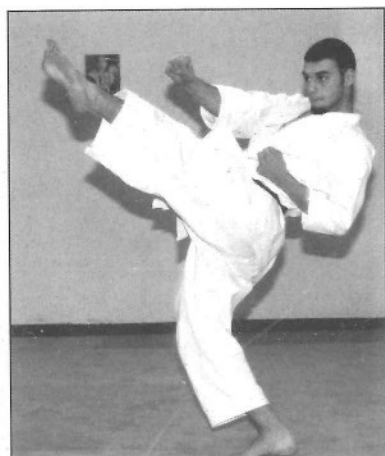


D

20 - Sur place - chudan hon tsuki d - zenkutsu d vers DA

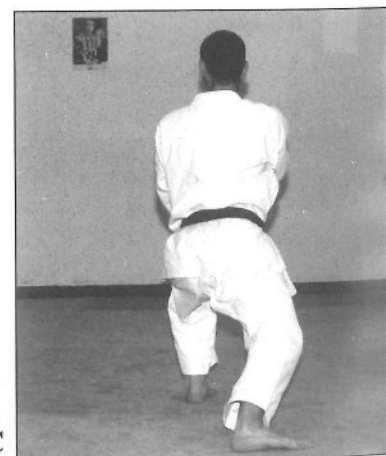
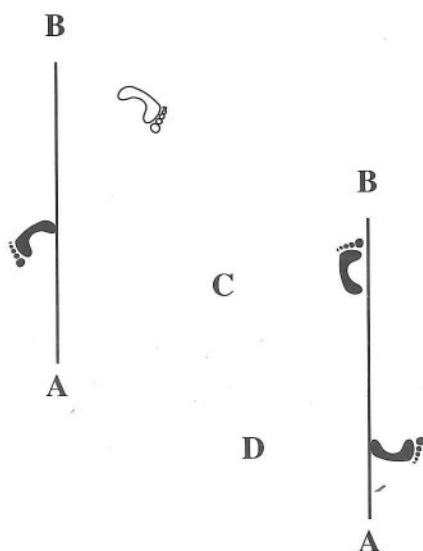


23 - Regarder à g à 45° vers A - reculer pied g sur axe central vers B en kiba dachi face à C - jodan empi uchi d vers A - Kiai



D

21 - Sur place - mae geri g vers DA

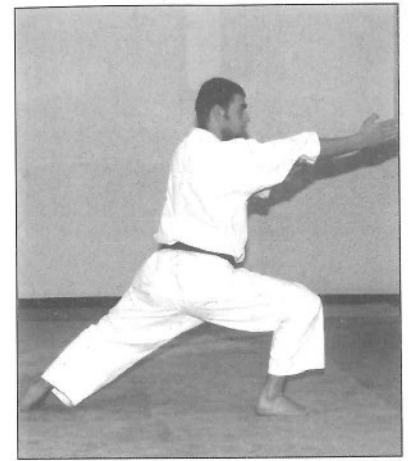
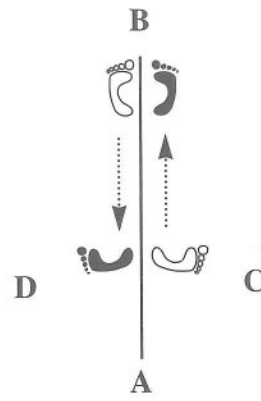
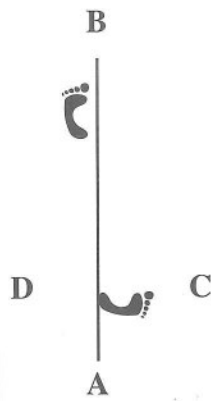


C

24 - Sur place - pivoter en appui sur pied d à g de 180° vers B - zenkutsu g vers B - gedan morote tei-sho uke



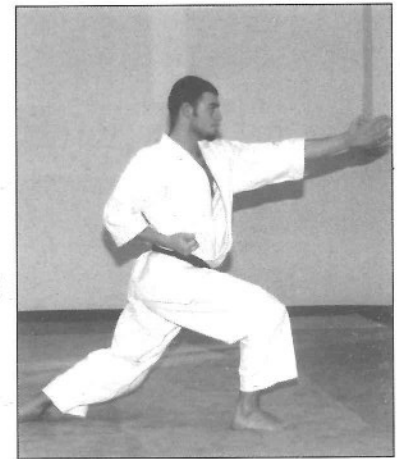
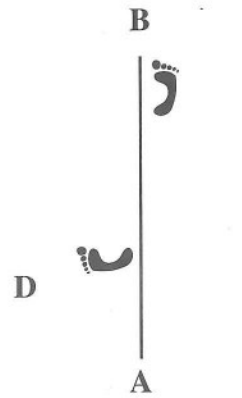
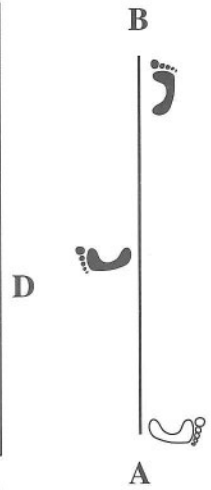
25 - Vue de côté de 24



28 - Sur place - regrouper pied g demi pas en arrière - avancer pied d vers B en zenkutsu d - inverser mouvement des bras - chudan nukite d vers B sur dos main g en osae uke



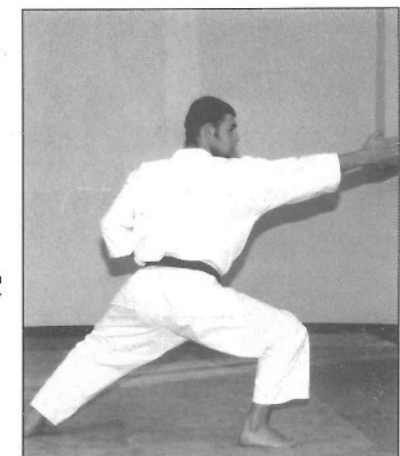
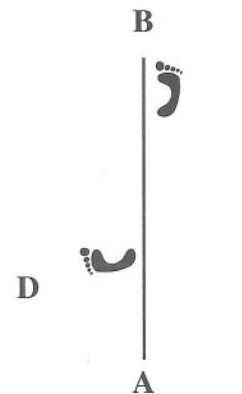
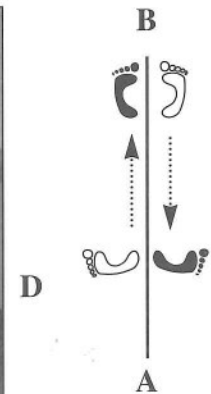
26 - Avancer pied d vers B en kokutsu d - chudan shuto uke d



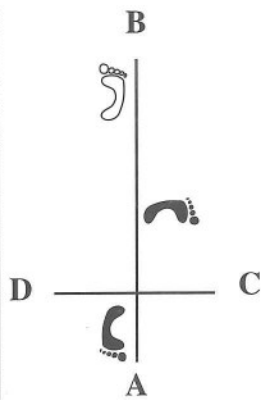
29 - Sur place - chudan gyaku nukite g - zenkutsu d vers B



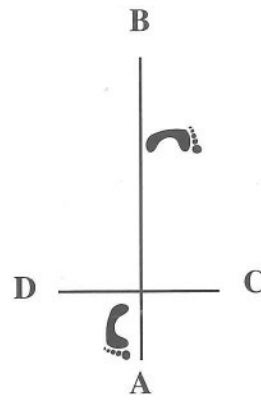
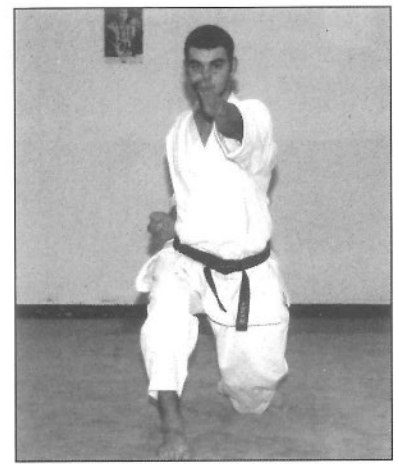
27 - Sur place - regrouper pied d demi pas en arrière - avancer pied g vers B en zenkutsu g - chudan nukite g vers B en appui sur dos main d en osae uke



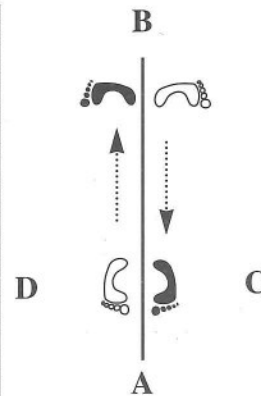
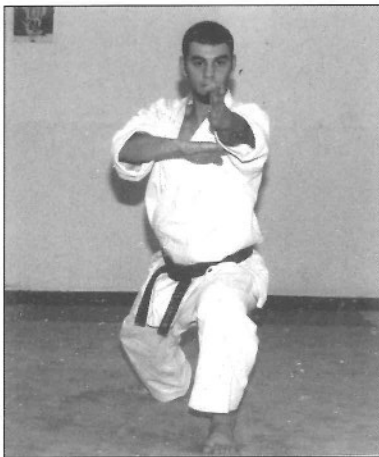
30 - Sur place - chudan hon nukite d - zenkutsu d vers B



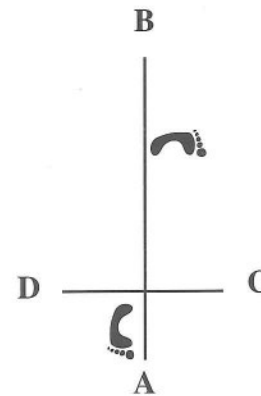
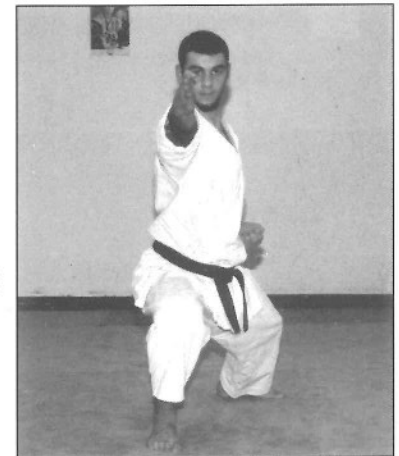
31 - Pivoter à g de 180° vers A - avancer pied d vers A en kokutsu d - (variante : pivoter à g de 180° vers A en ramenant pied g en arrière vers B) - chudan shuto uke d



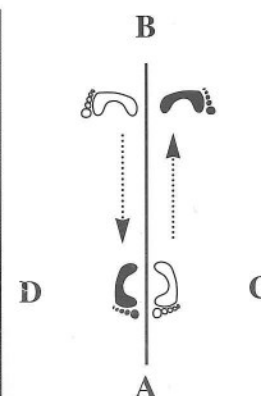
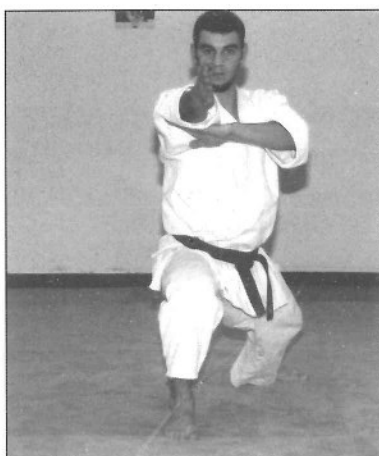
34 - Déplacements et mouvements identiques à 29 vers A



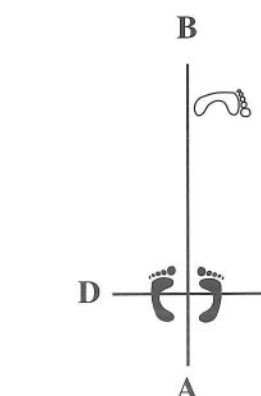
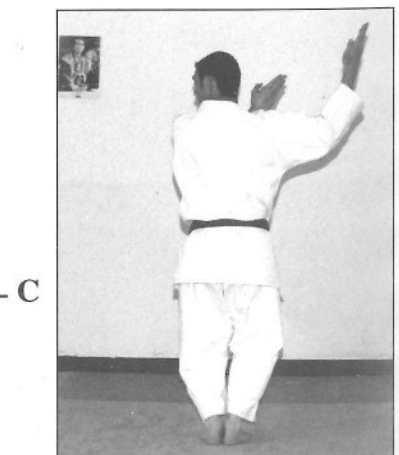
32 - Déplacements et mouvements identiques à 27 vers A



35 - Déplacements et mouvements identiques à 30 vers A



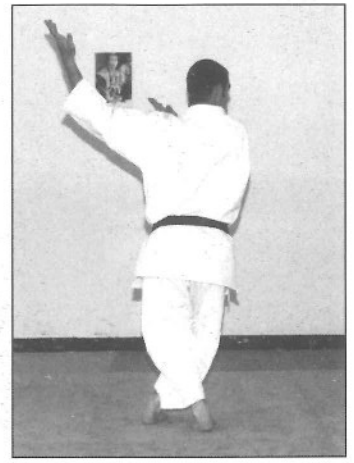
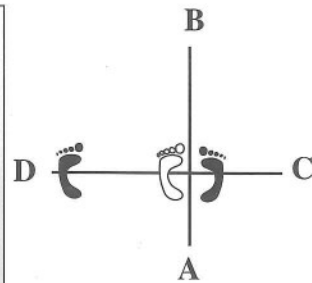
33 - Déplacements et mouvements identiques à 28 vers A



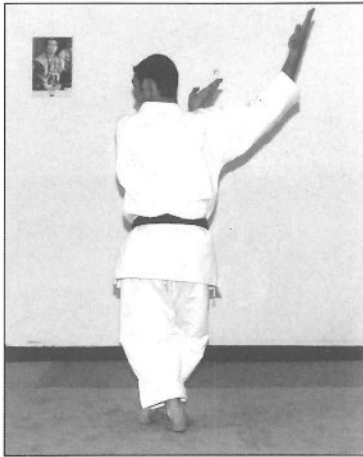
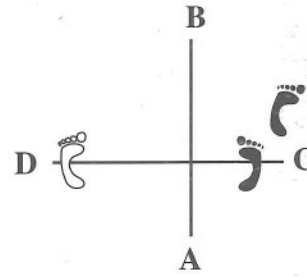
36 - Pivoter sur pied d et regarder à g de 270° vers D en amenant pied g vers D face à B - armer les mains en jodan d comme sur photo



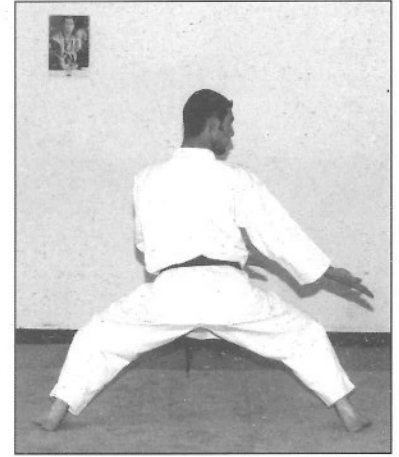
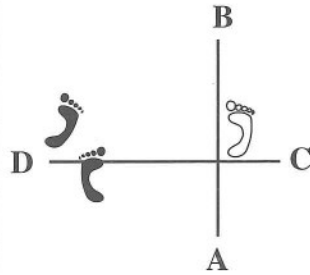
37 - Tsuru ashi latéral vers D en kiba dachi face à B - haito gedan uke g - main d kamae vers D



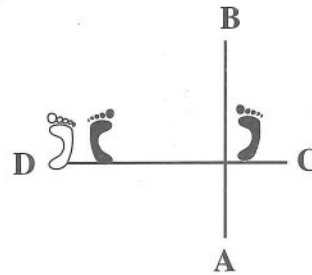
40 - Regarder à d vers C - déplacer pied g vers C devant pied d en kosa dachi - armer les mains en jodan g comme sur photo



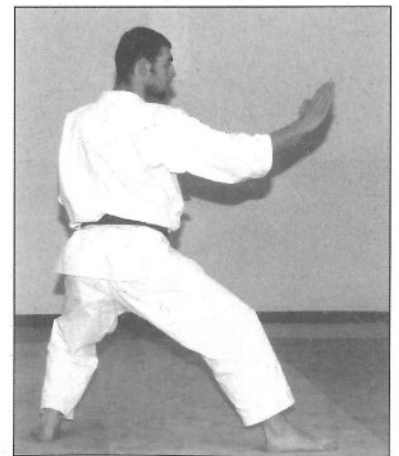
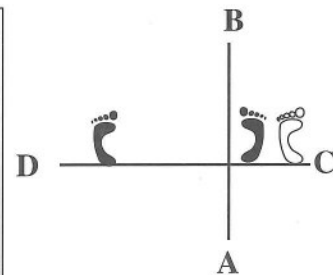
38 - Déplacer pied d vers D devant pied g en kosa dachi - armer les mains comme en 36



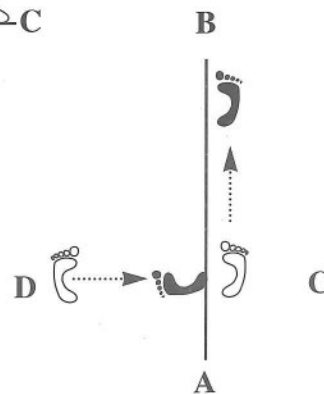
41 - Déplacer pied d vers C en kiba dachi face à B - haito gedan uke d - main g kamae vers C



39 - Déplacer pied g vers D en kiba dachi face à B - haito gedan uke g - main d kamae vers D

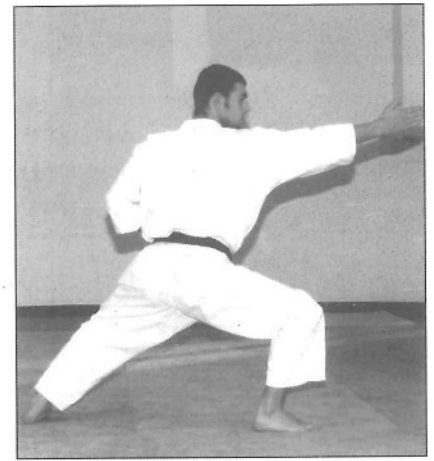
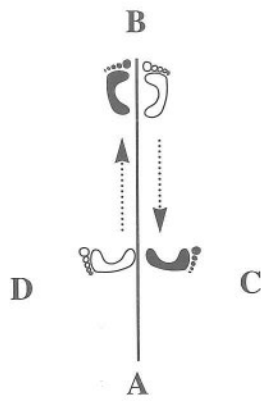


42 - Regarder vers B - regrouper pied g près pied d - avancer pied d vers B en kokutsu d - chudan shuto uke d vers B

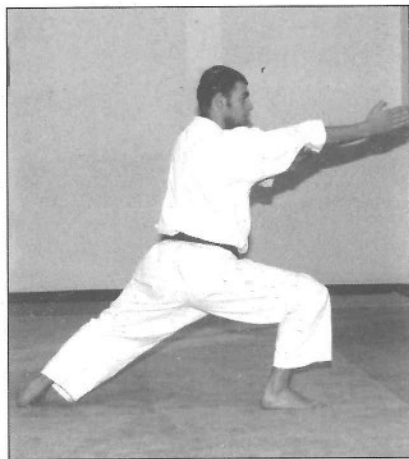
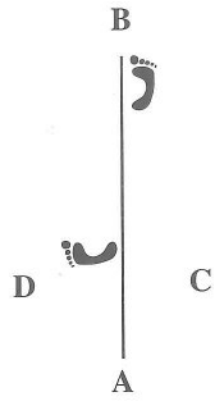




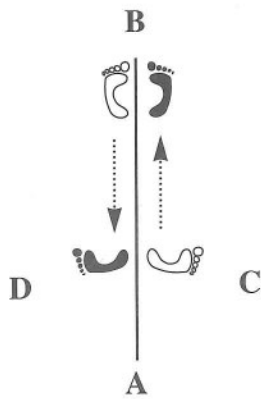
43 - Sur place - ramener pied d demi pas en arrière près pied g - avancer pied g en zenkutsu g vers B - chudan nukite g sur dos main d en osae uke vers B



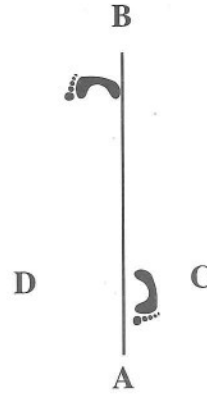
46 - Sur place - chudan hon nukite vers B - zenkutsu d vers B



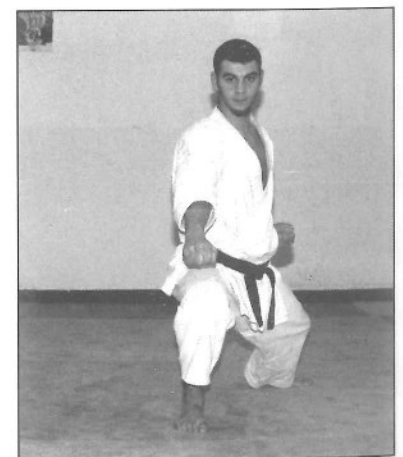
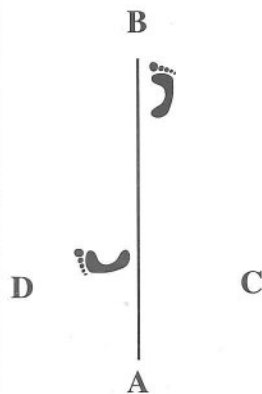
44 - Sur place - ramener pied g demi pas en arrière près pied d - avancer pied d en zenkutsu d vers B - chudan nukite d sur dos main g en osae uke vers B



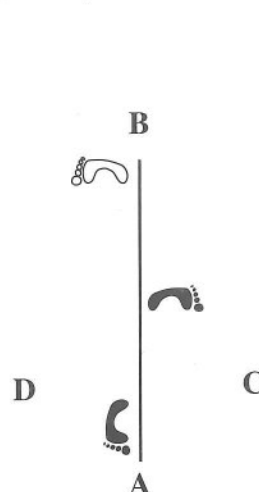
47 - Sur place - regarder et pivoter à g sur pied g de 180° vers A - zenkutsu g vers A - gedan gyaku shuto barai d vers A

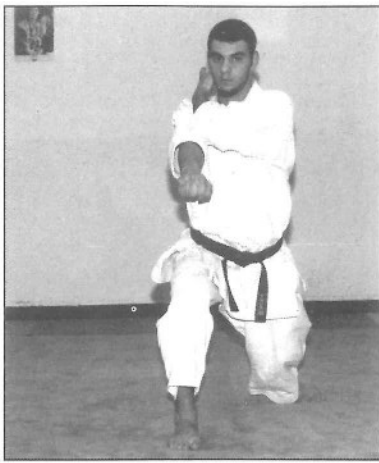


45 - Sur place - chudan gyaku nukite vers B - zenkutsu d vers B



48 - Avancer d'un pas vers A en zenkutsu d - gedan barai d





D

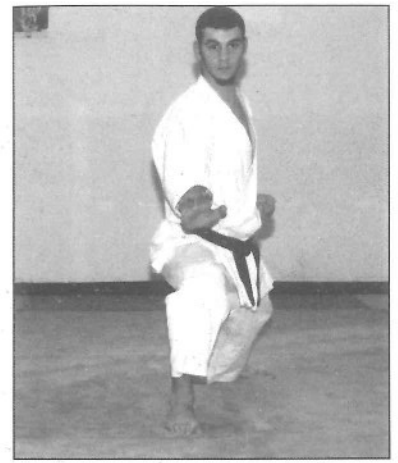


C

D



C



49 - Sur place - armer bras g pour gedan shuto barai et ...

52 - Avancer d'un pas pied d vers A en zenkutsu d - gedan teisho barai d vers A



D

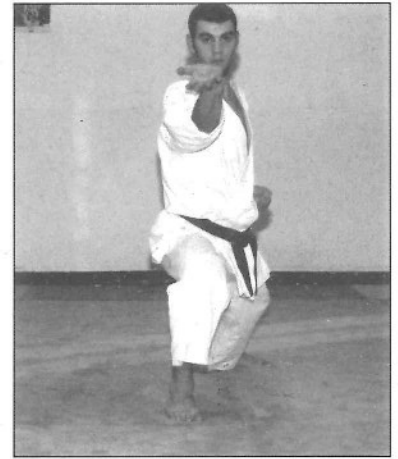


C

D

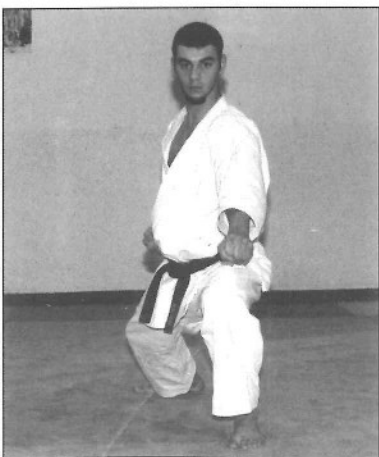


C



50 - ... Sur place - gedan gyaku shuto barai g - zenkutsu d vers A

53 - Sur place - monter la main d en chudan teisho barai d vers A - zenkutsu d



D

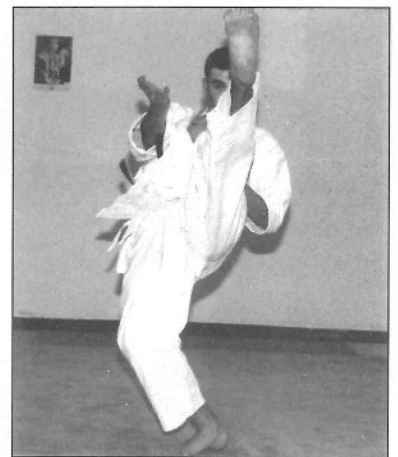


C

D



C



51 - Avancer d'un pas pied g vers A en zenkutsu g - gedan barai g

54 - Sur place - mae geri g vers A

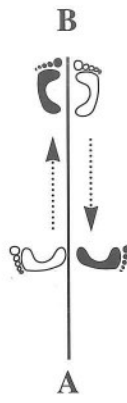


D

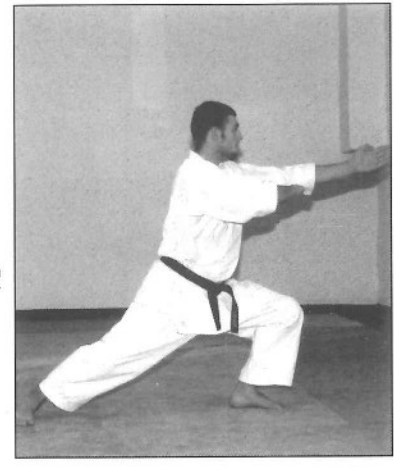


C

D

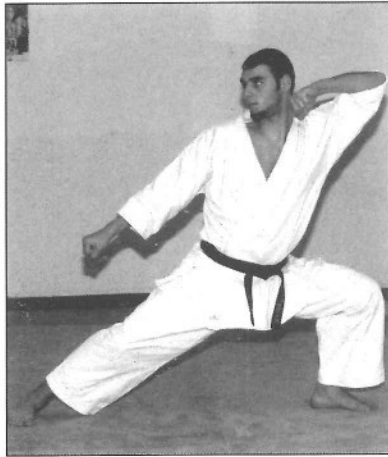


C



55 - Sur place - reposer pied g en arrière, zenkutsu d vers A - bras d uchi uke - main g gyaku gedan tsuki vers A

58 - Sur place - mouvements identiques à 43 vers B

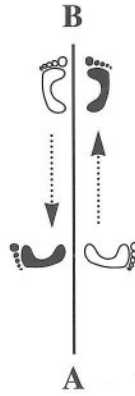


D

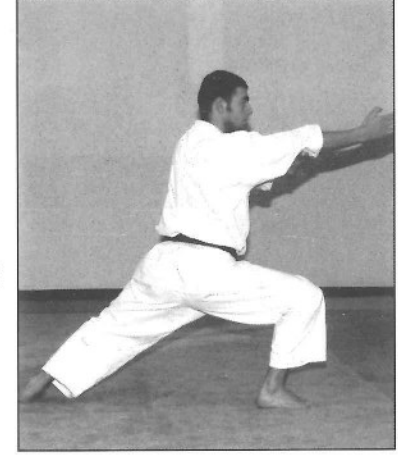


C

D

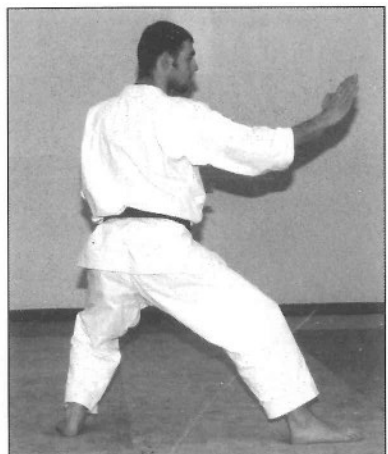


C



56 - Sur place en appui sur pied g, pivoter de 180° vers B en zenkutsu g - regarder vers A - jodan empi uchi g vers B - gedan barai d vers A

59 - Sur place - mouvements identiques à 44 vers B

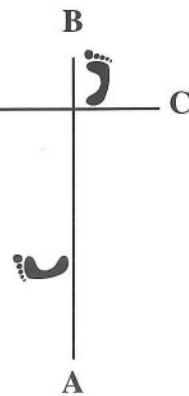


D

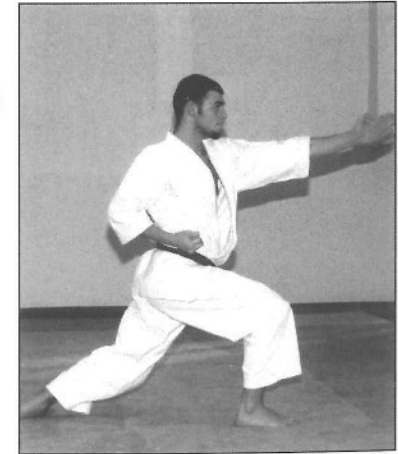


C

D

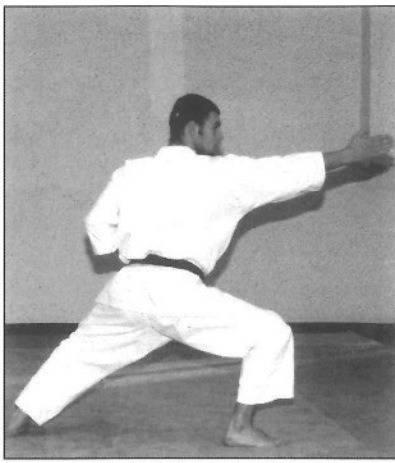


C

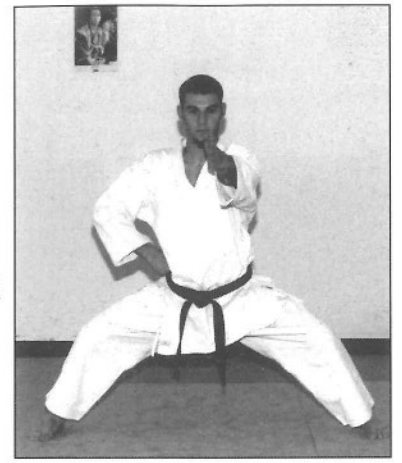
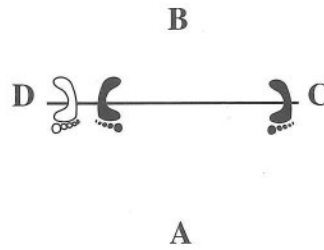
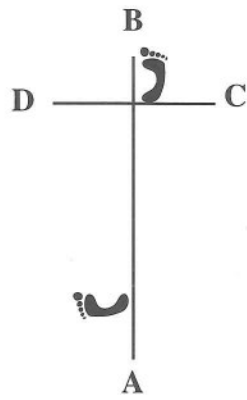


57 - Regarder vers B - avancer d'un pas pied d vers B, kokutsu d - chudan shuto uke d vers B

60 - Sur place - mouvements identiques à 45 vers B



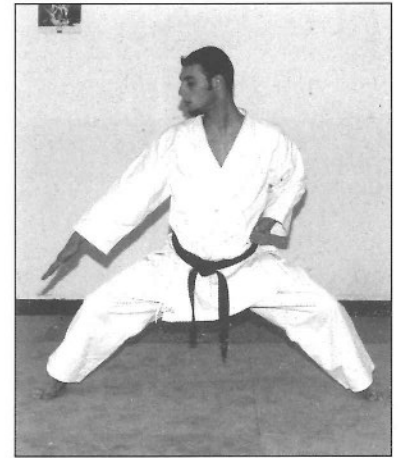
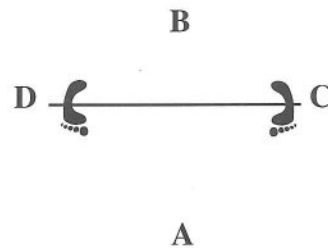
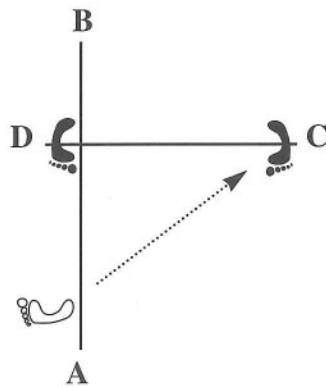
61 - Sur place - mouvements identiques à 46 vers B



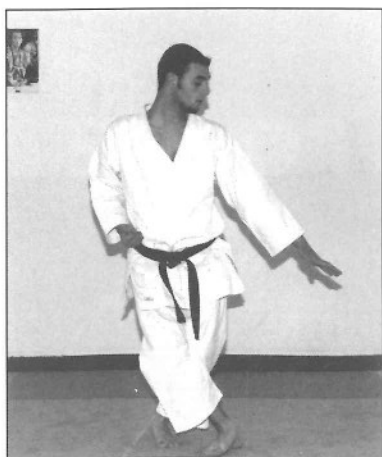
64 - Sur place - déplacer pied g vers C en kiba dachi face à A - chudan nukite d vers A - main g en kata uke vers C



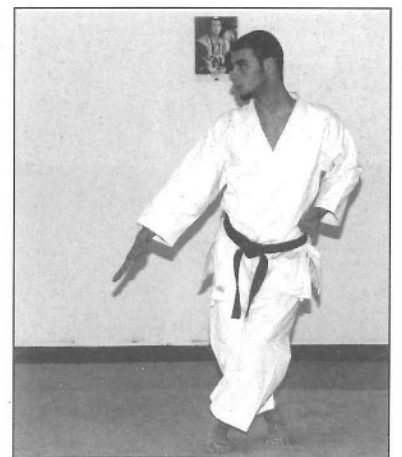
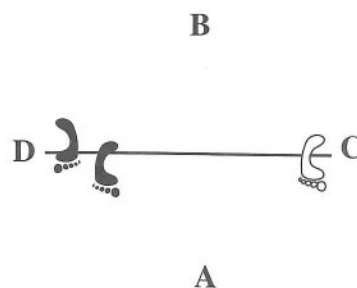
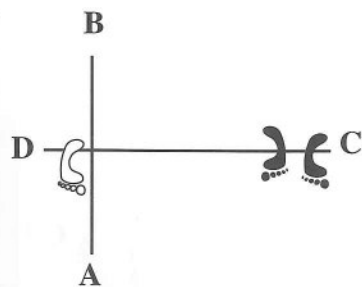
62 - Pivoter sur pied d à g de 270° vers C avec pied g - kiba dachi face à A - regarder vers C - gedan shuto uke g vers C - main d hikite



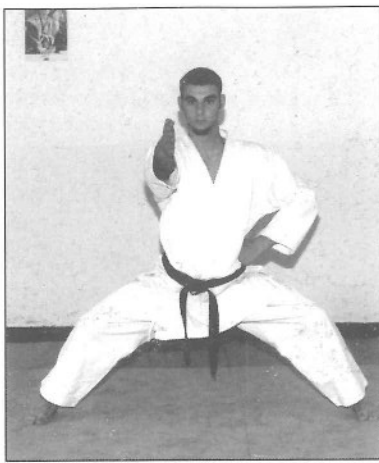
65 - Sur place - regarder vers D - kiba dachi face à A - gedan barai d vers D



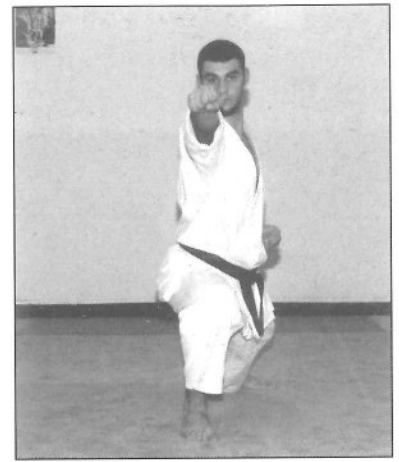
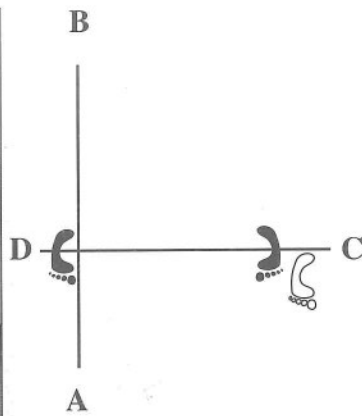
63 - Sur place - déplacer pied d devant pied g vers C en kosa dachi face à A



66 - Sur place - déplacer pied d devant pied g vers C en kosa dachi face à A



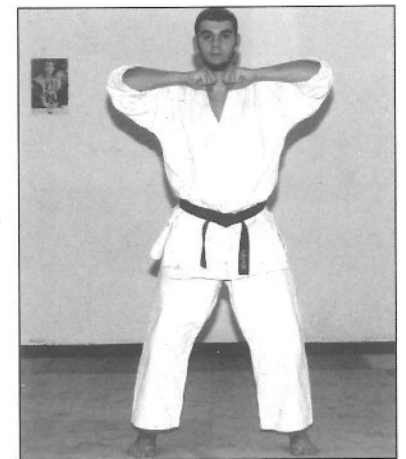
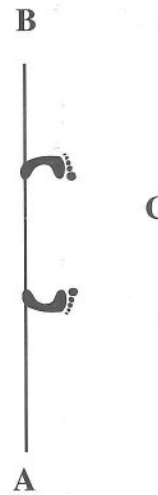
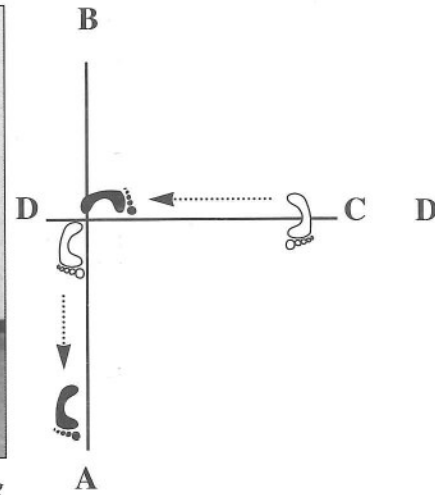
67 - Sur place - déplacer pied d vers D en kiba dachi face à A - chudan nukite g vers A - main d en kata uke vers D



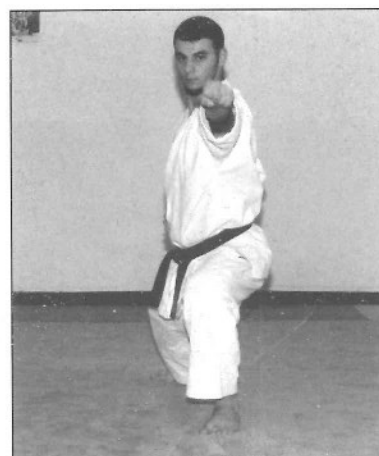
70 - Avancer d'un pas pied d vers A, zenkutsu d - oi-tsuki d vers A



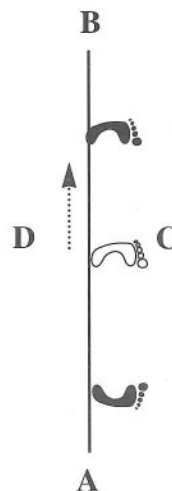
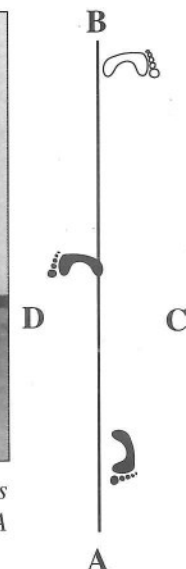
68 - Sur place - regrouper pied g près pied d et avancer pied d vers A en kokutsu dachi - chudan shuto tate uke d vers A sur dos main g en osae uke vers A



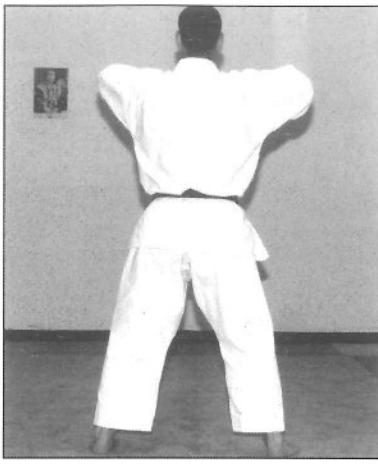
71 - Regarder vers C - pivoter à g de 180° vers B - dai dachi vers C - les mains en jodan morote uke comme sur photo



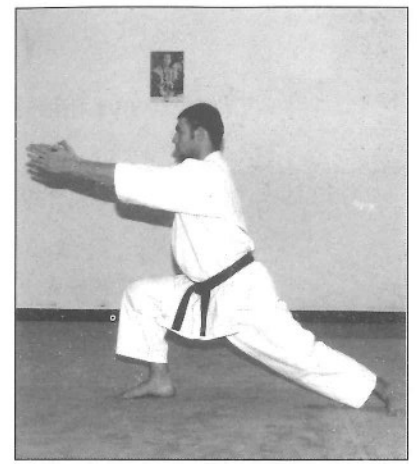
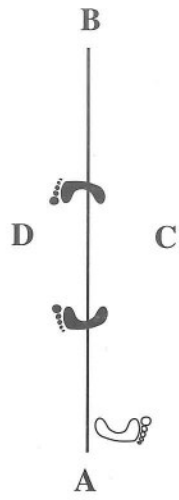
69 - Avancer d'un pas pied g vers A, zenkutsu g - harai tsuki g vers A



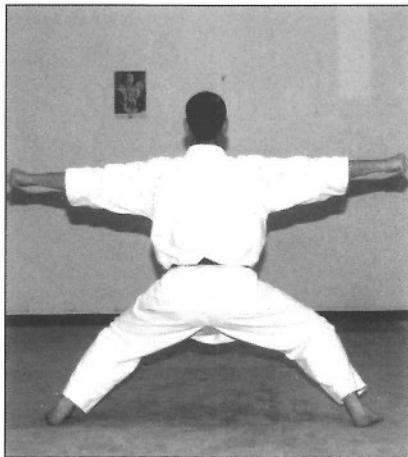
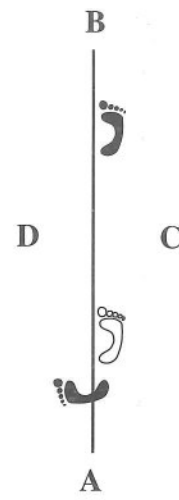
72 - Sur place - déplacer pied g vers B en kiba dachi face à C - chudan ou gedan morote uke de chaque côté comme sur photo



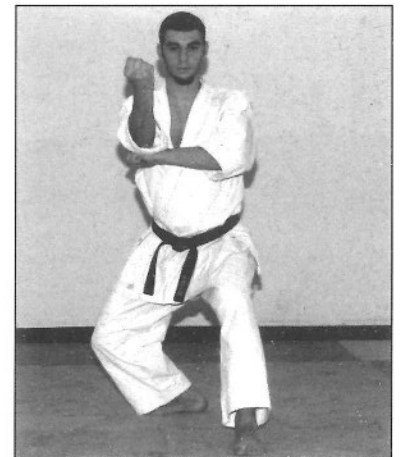
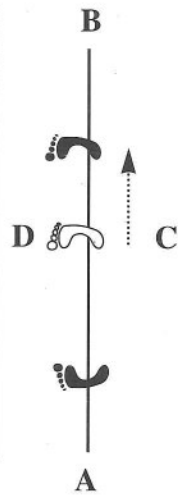
73 - Appui sur pied g - pivoter à d de 180° vers D - dai dachi face à D - les mains comme en 71



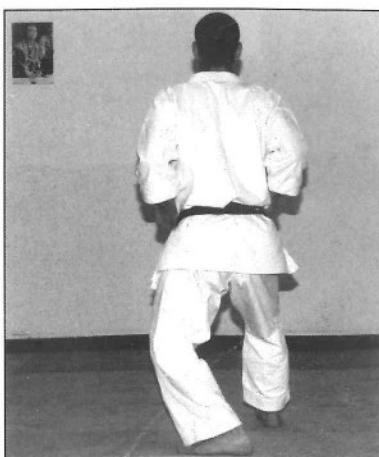
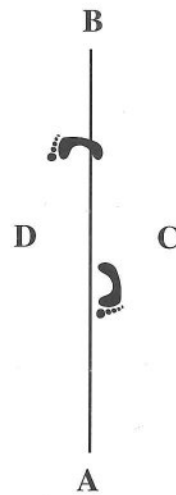
76 - Sur place tsuri ashi pied d vers B en zenkutsu d - chudan morote nukite vers B - Kiai



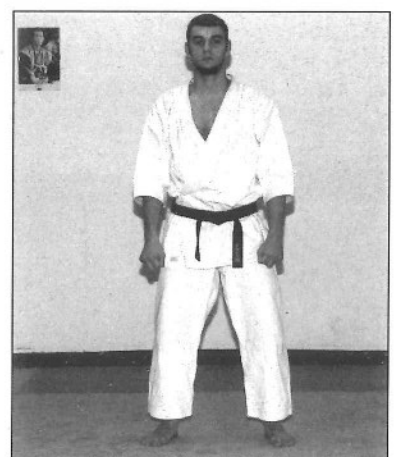
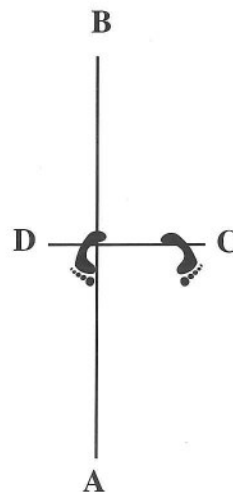
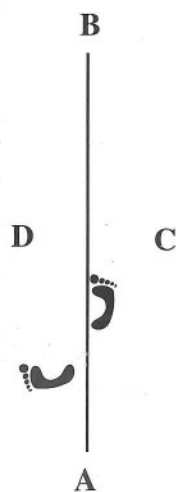
74 - Sur place - déplacer pied d vers B en kiba dachi face à D - mouvements des bras identiques à 72



77 - Sur place - regarder et pivoter à g de 180° vers A - kokutsu g - chudan uchi ude uke d vers A sur dos main g en osae uke



75 - Sur place - appui sur pied g - tirer pied d en arrière en pivotant à d de 90° vers B en neko ashi dachi d - les deux mains hikite



78 - Ramener pied g en arrière en hachiji dachi face à A - FIN