

JAPAN KARATE

空手道
日本空手協会

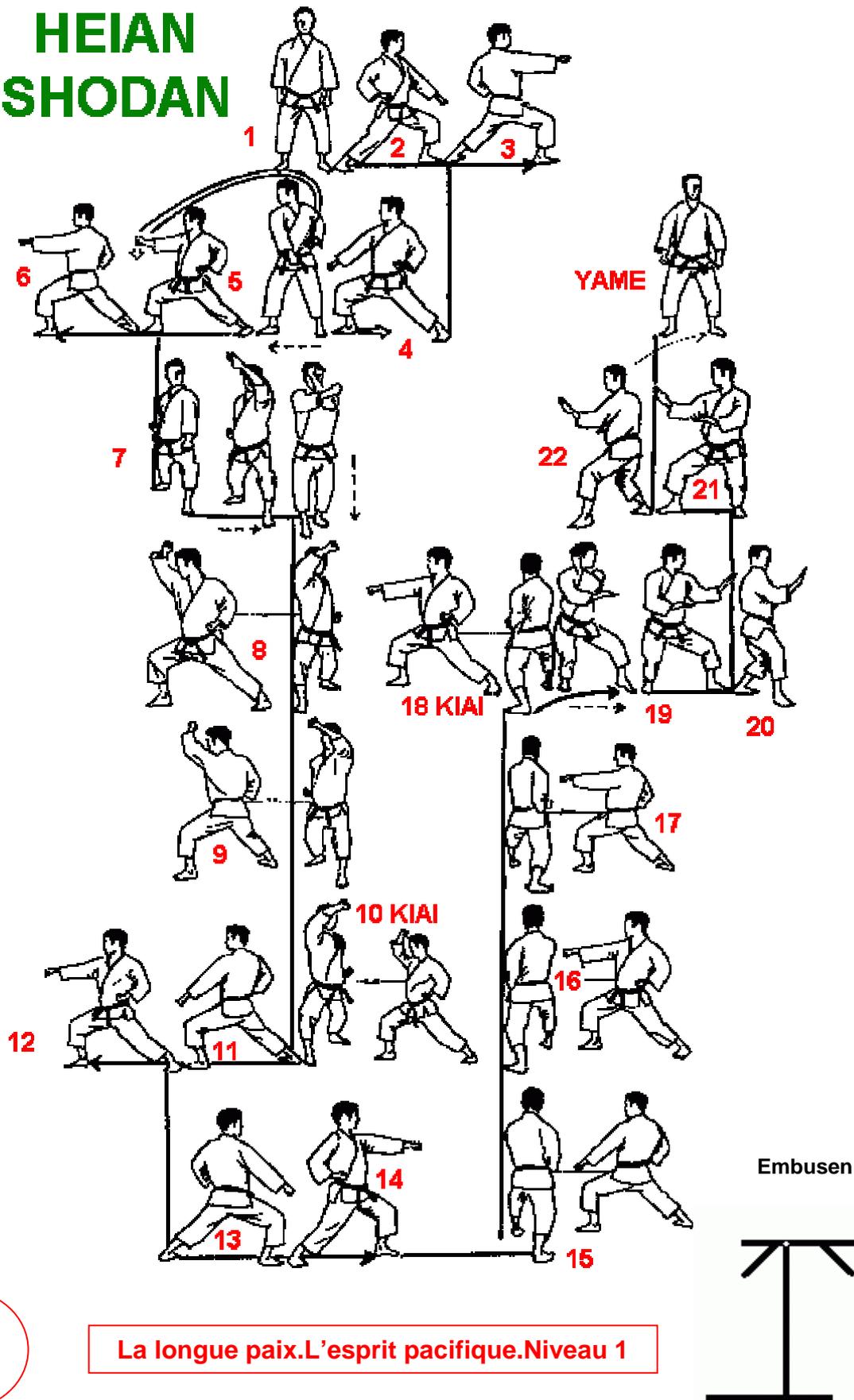


TULLINS FURES

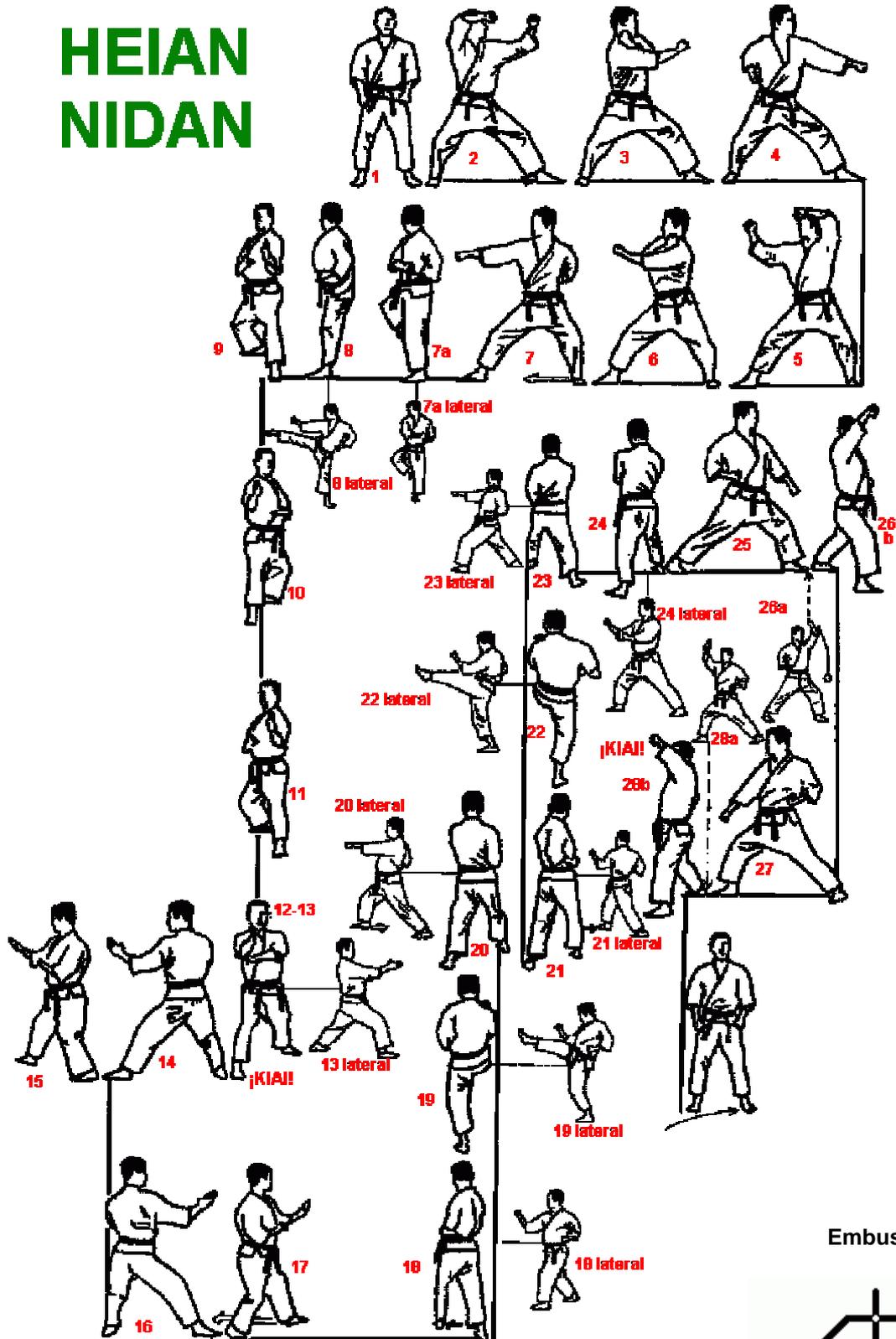
KATAS :		Temps	kiai 1	kiai 2	A retenir :
1	Heian Shodan	21	9	17	La longue paix. L'esprit pacifique. Niveau 1
2	Heian Nidan	26	11	26	La longue paix. L'esprit pacifique. Niveau 2
3	Heian Sandan	20	10	20	La longue paix. L'esprit pacifique. Niveau 3
4	Heian Yodan	27	13	25	La longue paix. L'esprit pacifique. Niveau 4
5	Heian Godan	23	12	19	La longue paix. L'esprit pacifique. Niveau 5
6	Tekki Shodan	29	15	29	Le cavalier de fer. Niveau 1
7	Tekki Nidan	24	16	24	Le cavalier de fer. Niveau 2
8	Tekki Sandan	36	16	36	Le cavalier de fer. Niveau 3
9	Bassai Dai	42	19	42	Traverser la forteresse (pour rompre l'encerclement, il faut un mental capable de "traverser un mur").
10	Kanku Dai	65	15	65	En regardant le ciel.
11	Enpi	37	15	36	L'hirondelle volante.
12	Hangetsu	41	11	40	La demi lune.
13	Jitte	24	13	24	Les dix mains "celui qui a maîtrisé ce kata est auss fort que s'il avait dix mains".
14	Gangaku	42	28	42	Le héron sur le rocher.
15	Jion	47	17	47	Le gardien du temple.

KATAS :		Temps	kiai 1	kiai 2	A retenir :
16	Bassai sho	27	17	22	
17	Kanku sho	48	6	48	
18	Nijushiho	34	18	33	
19	Jiin	35	11	35	
20	Sochin	41	30	41	
21	Unsu	48	36	48	
22	Chinte	32	28	32	
23	Meikyo	33	32		
24	Wankan	24	24		
25	Gojushiho dai	67	59	66	
26	Gojushiho sho	65	57	64	

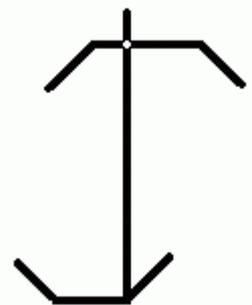
HEIAN SHODAN



HEIAN NIDAN



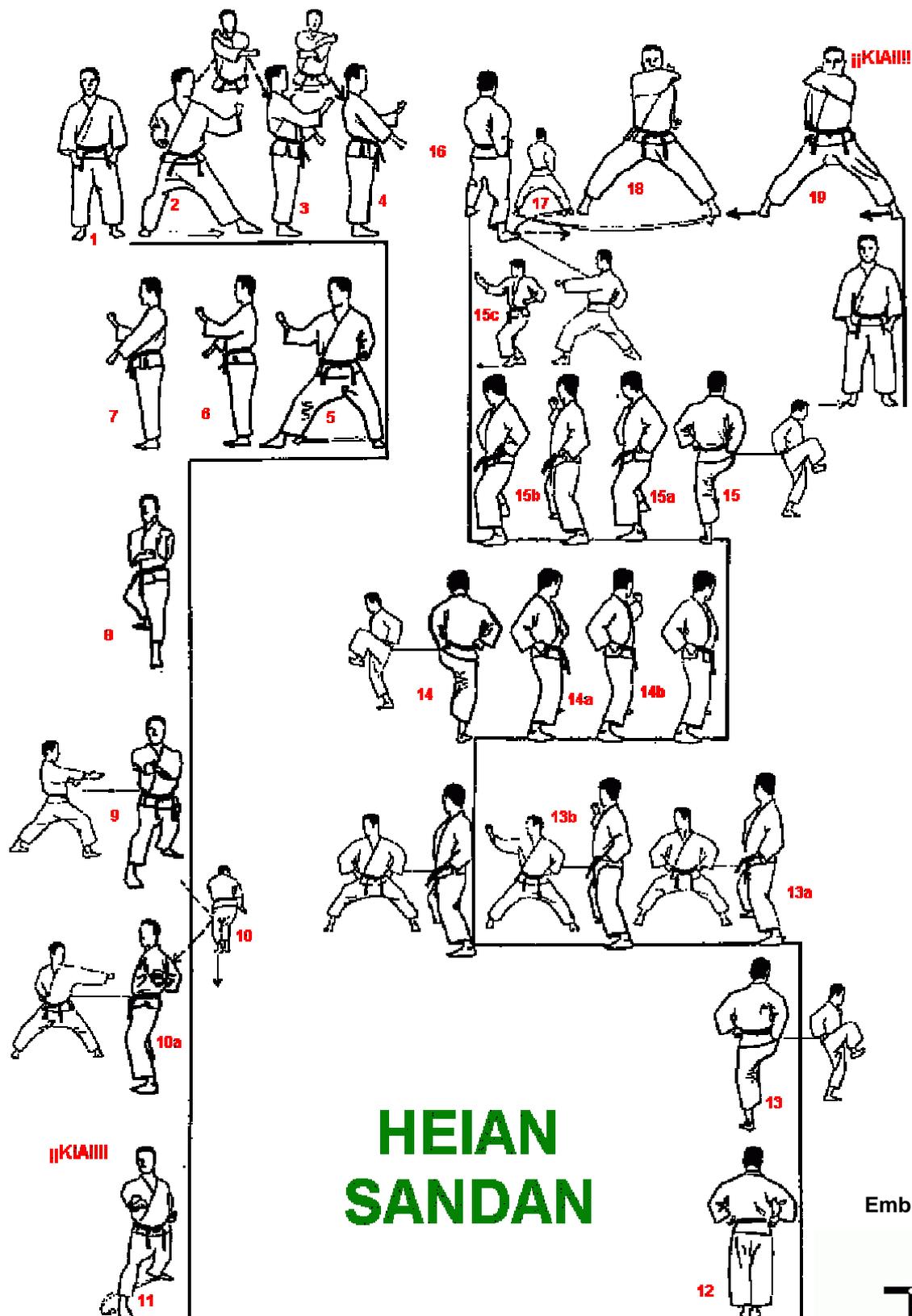
Embusen



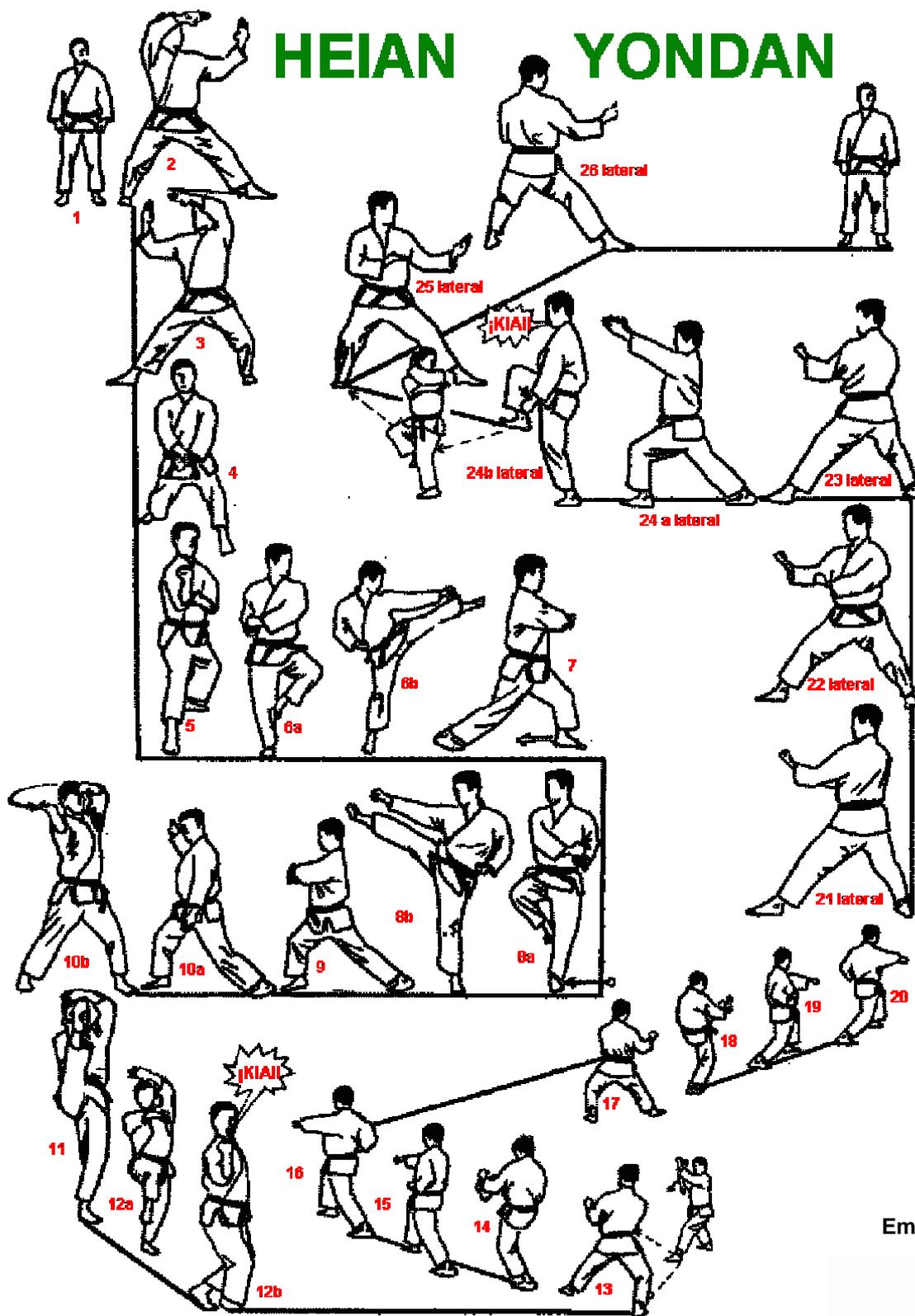
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11/26

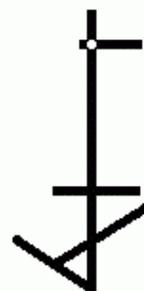
La longue paix.L'esprit pacifique.Niveau 2

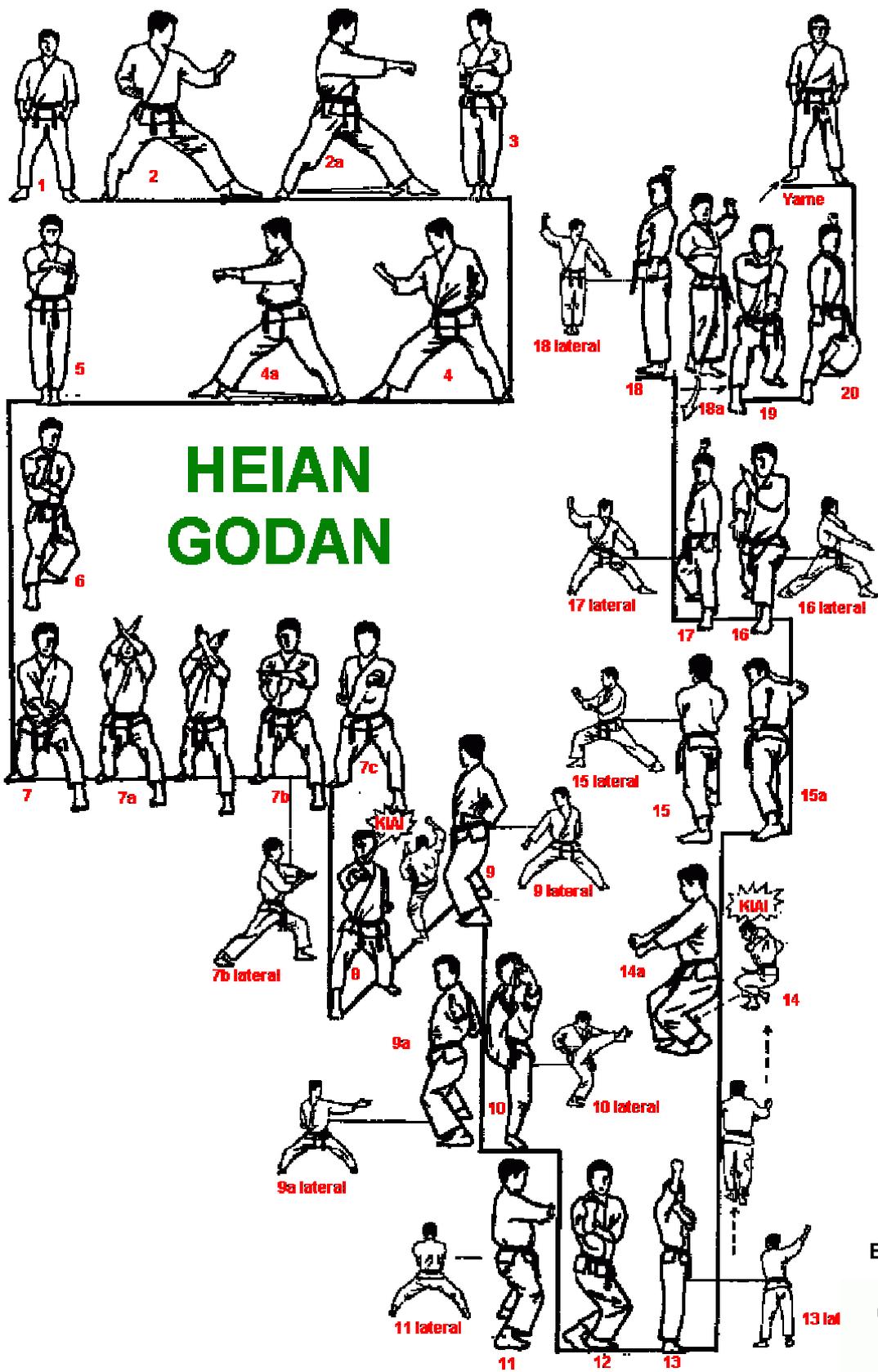


HEIAN YONDAN

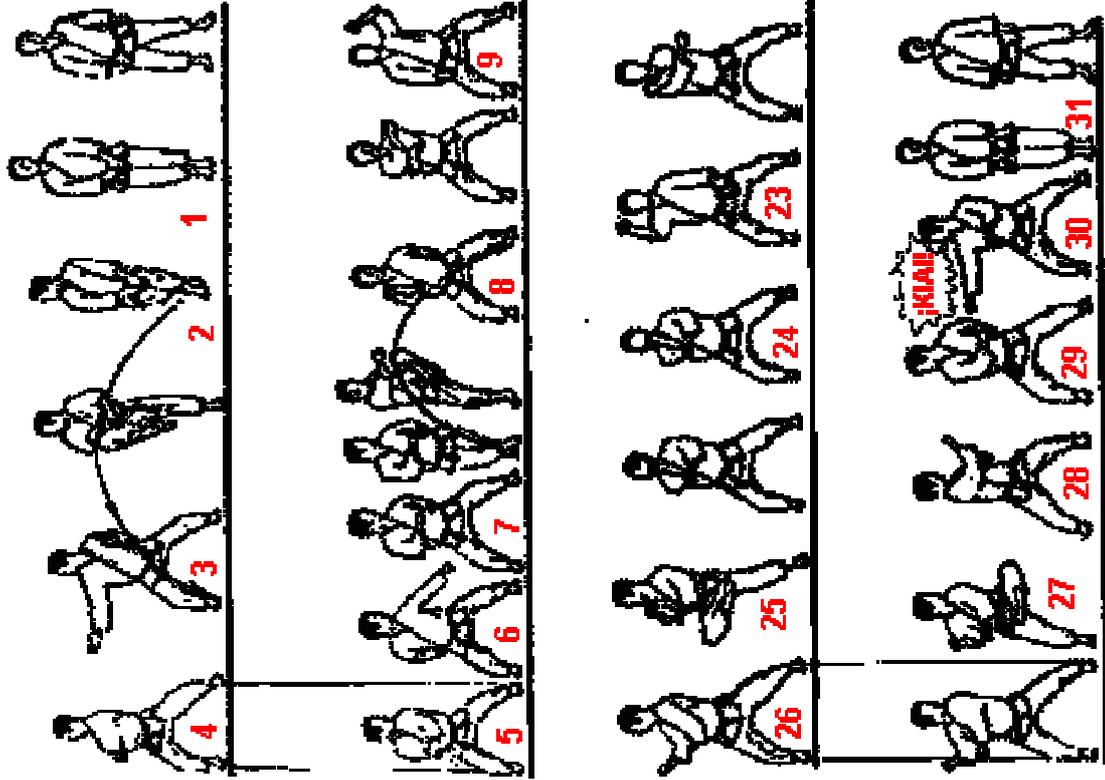


Embusen





TEKKI SHODAN



Embusen

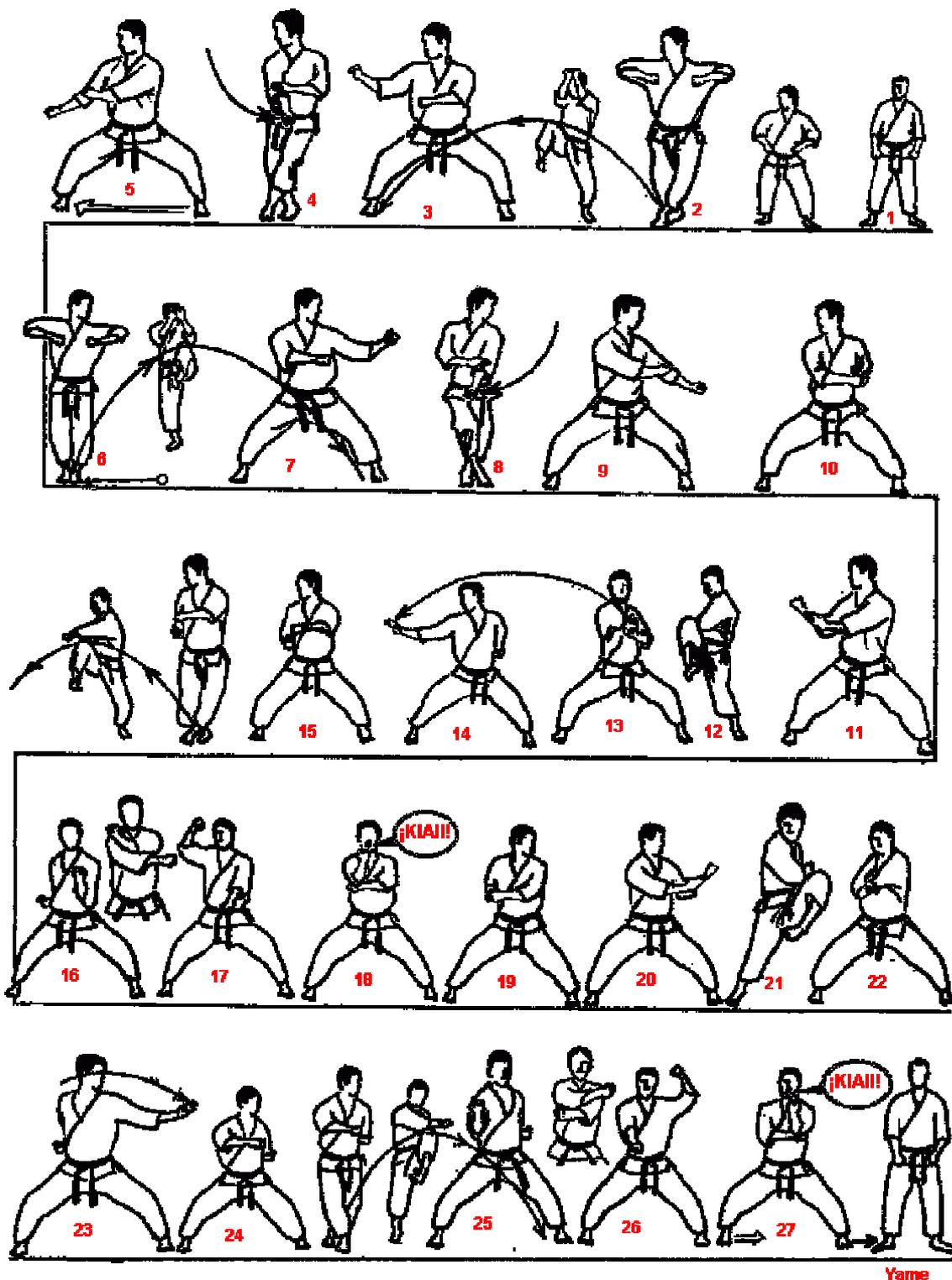
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15/29

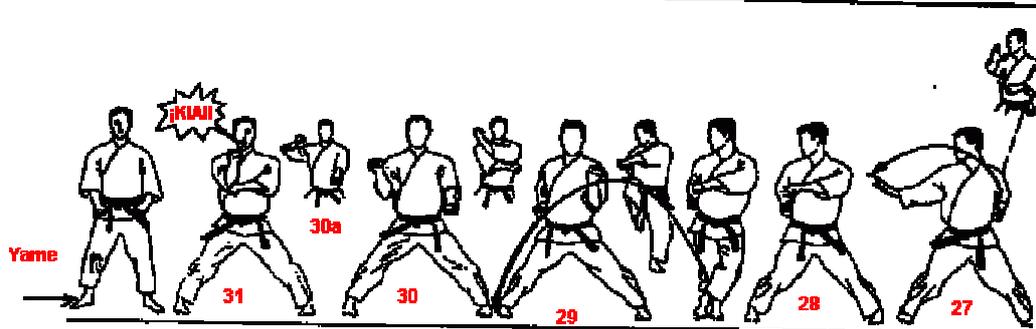
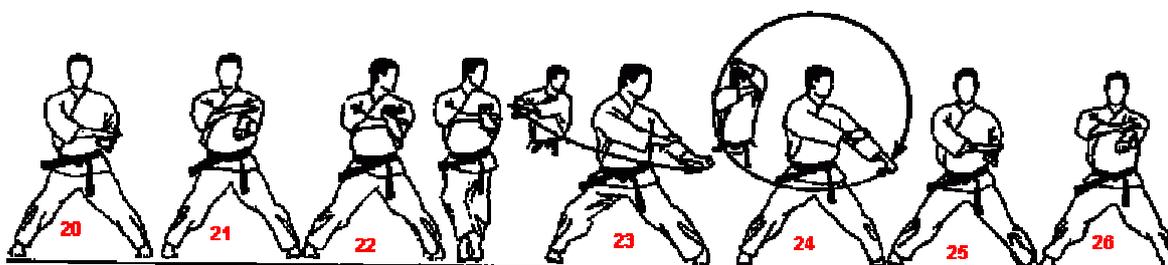
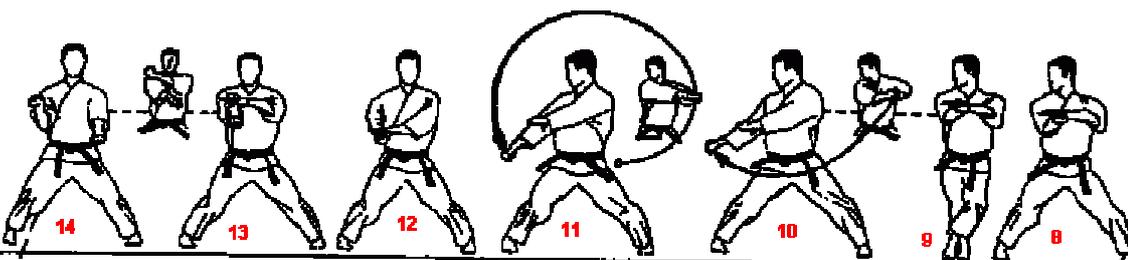
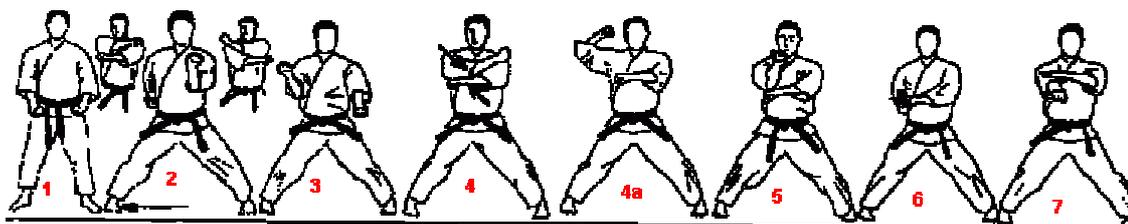
Yame

Le cavalier de fer .Niveau 1

TEKKI NIDAN



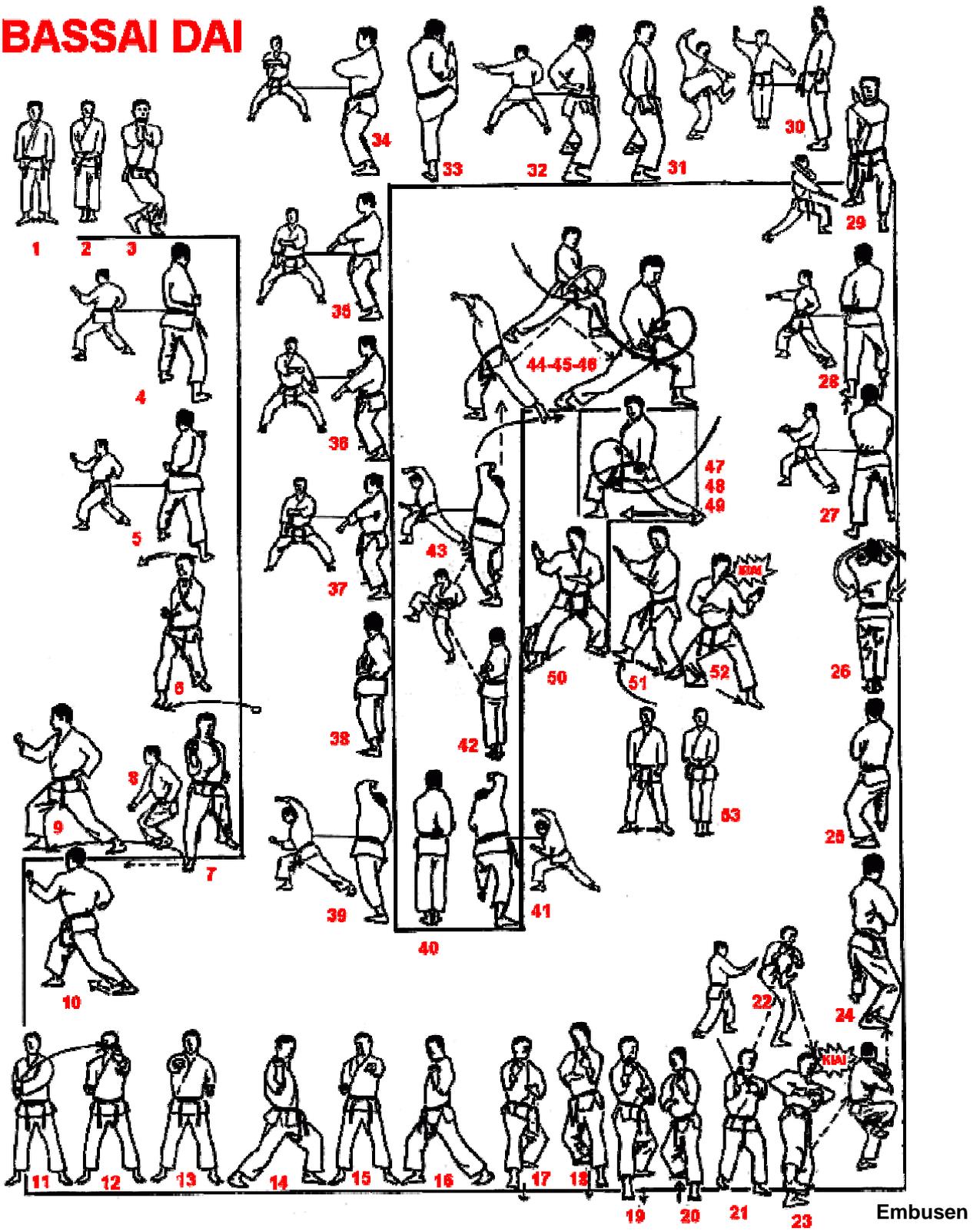
TEKKI SANDAN



Embusen



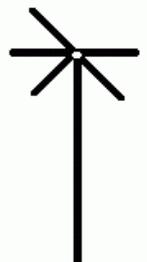
BASSAI DAI



42

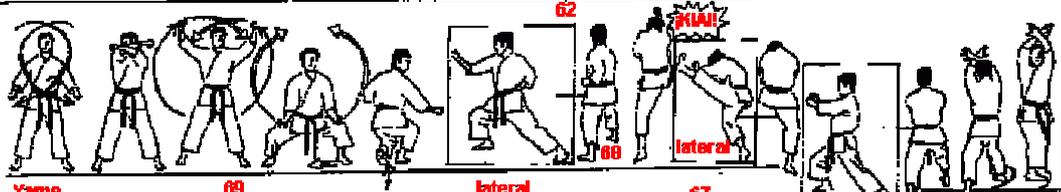
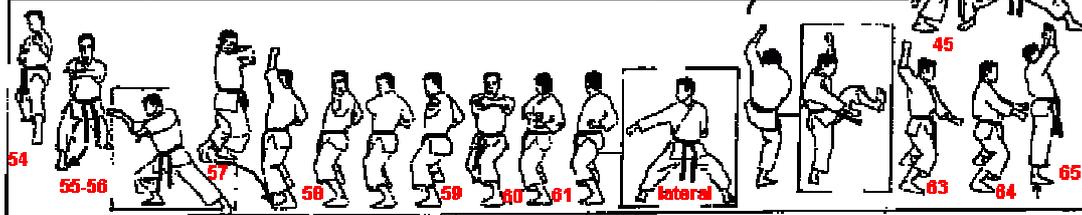
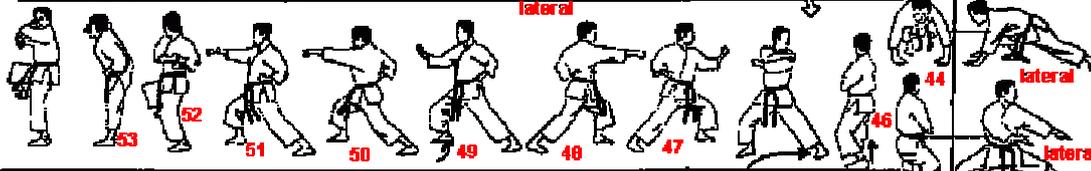
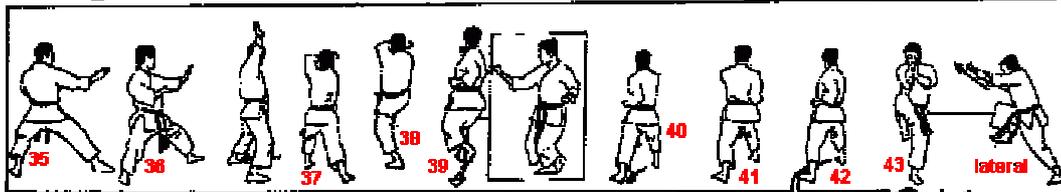
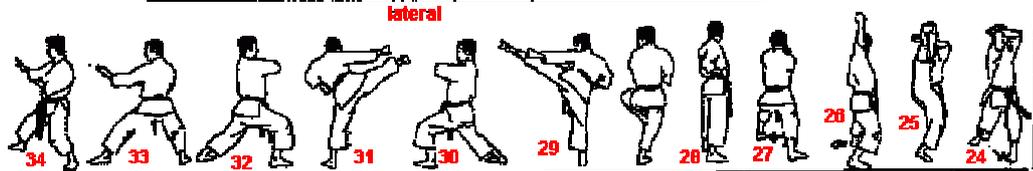
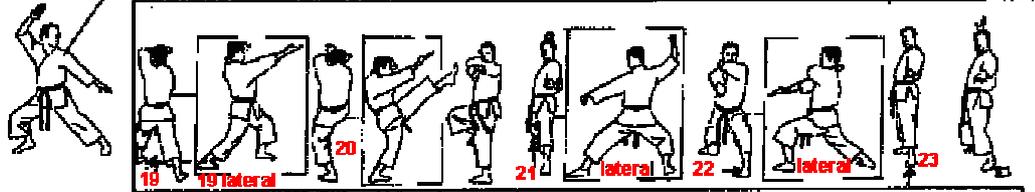
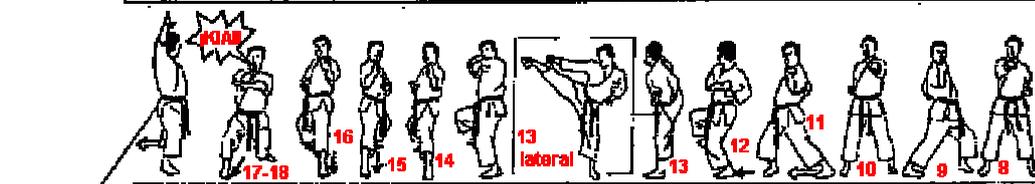
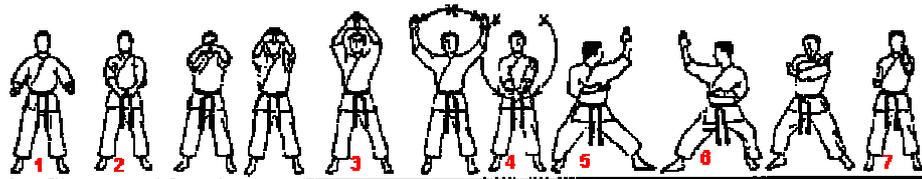
19/42

Traverser la forteresse (pour rompre l'encercllement)





KANKU DAI



Yame

69

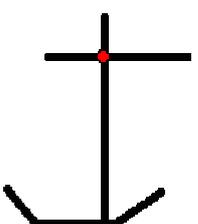
lateral

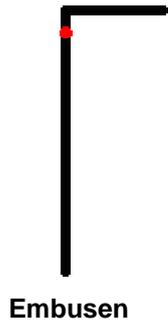
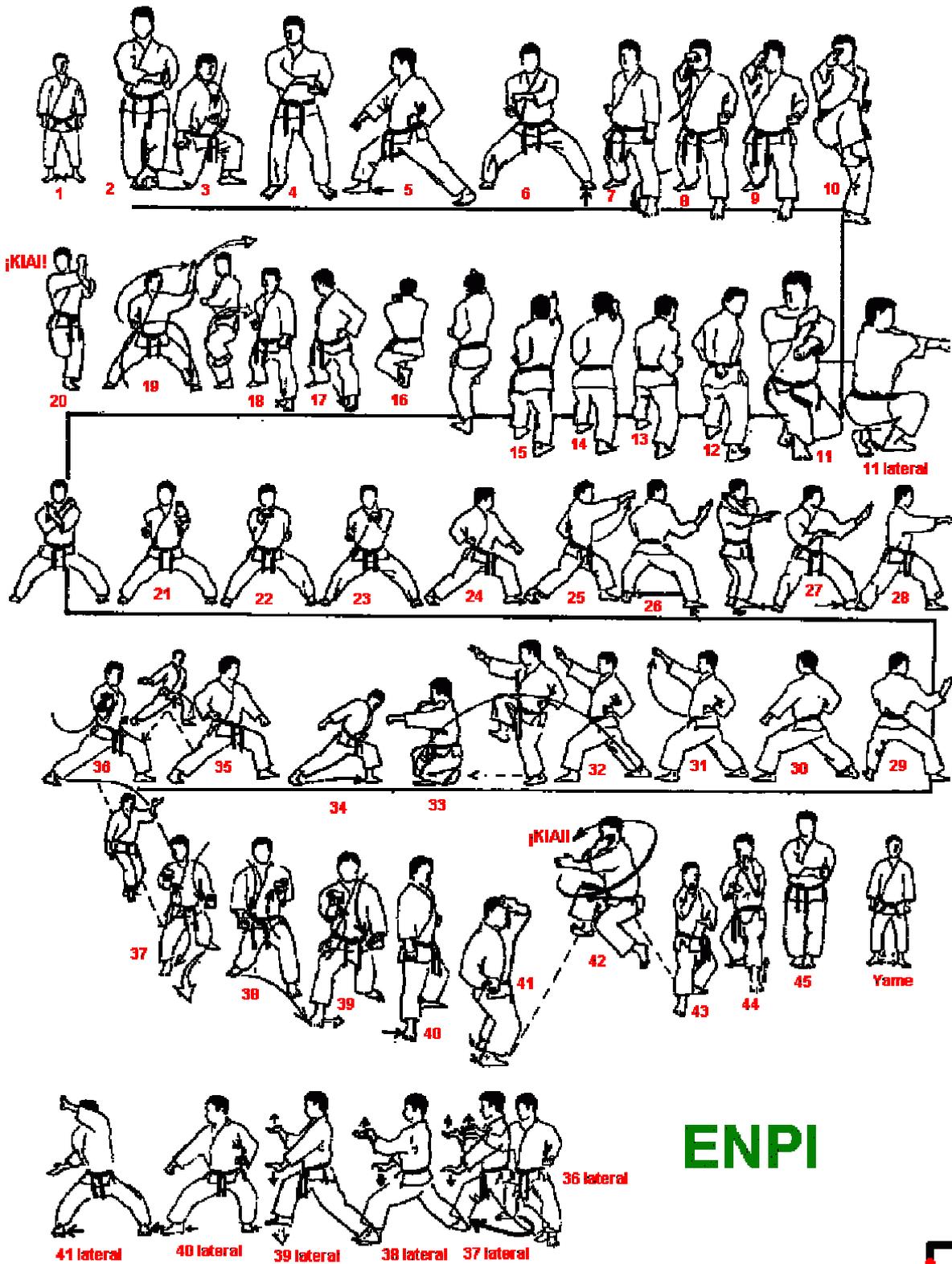
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lateral

66

Embusen

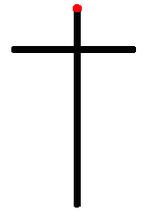
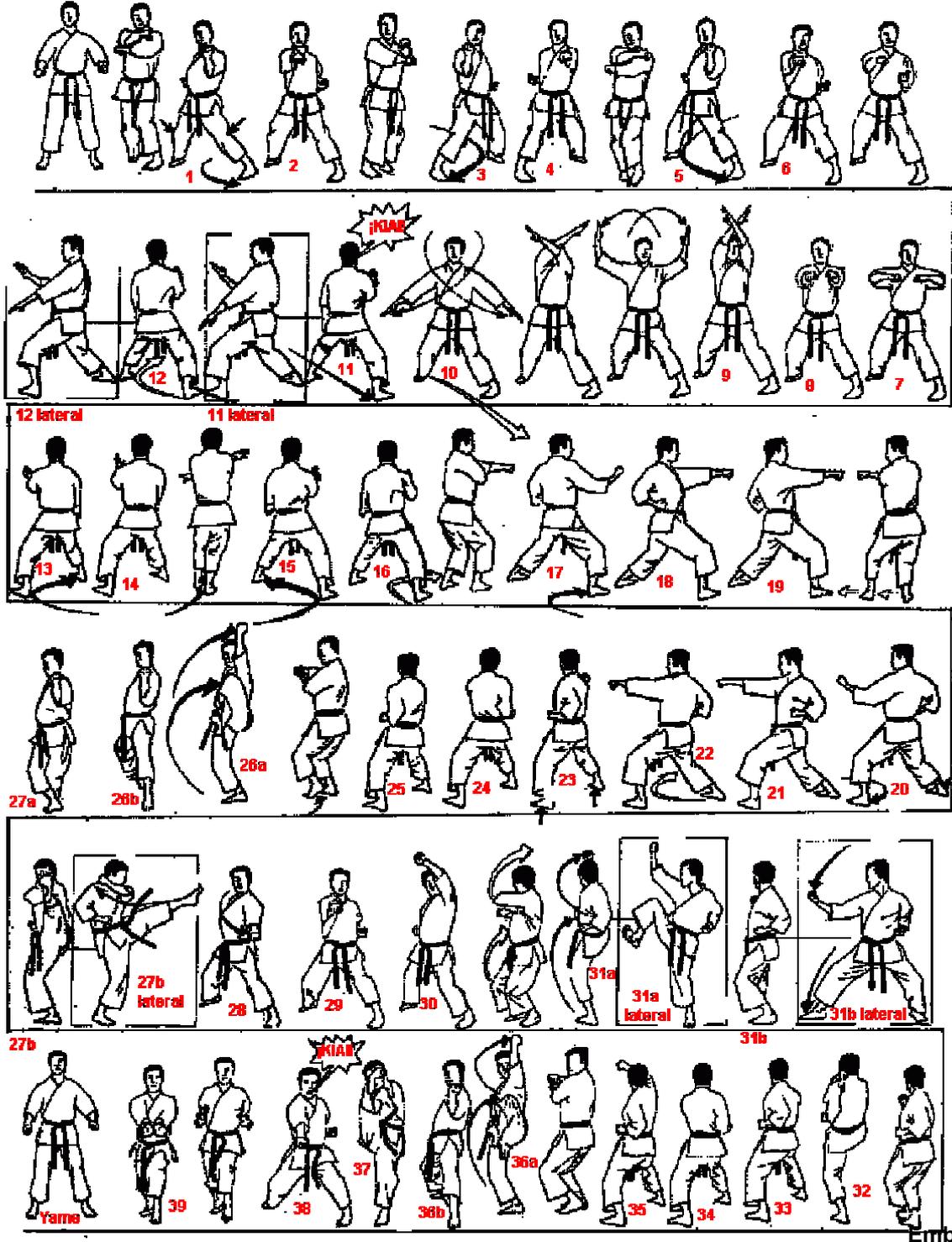




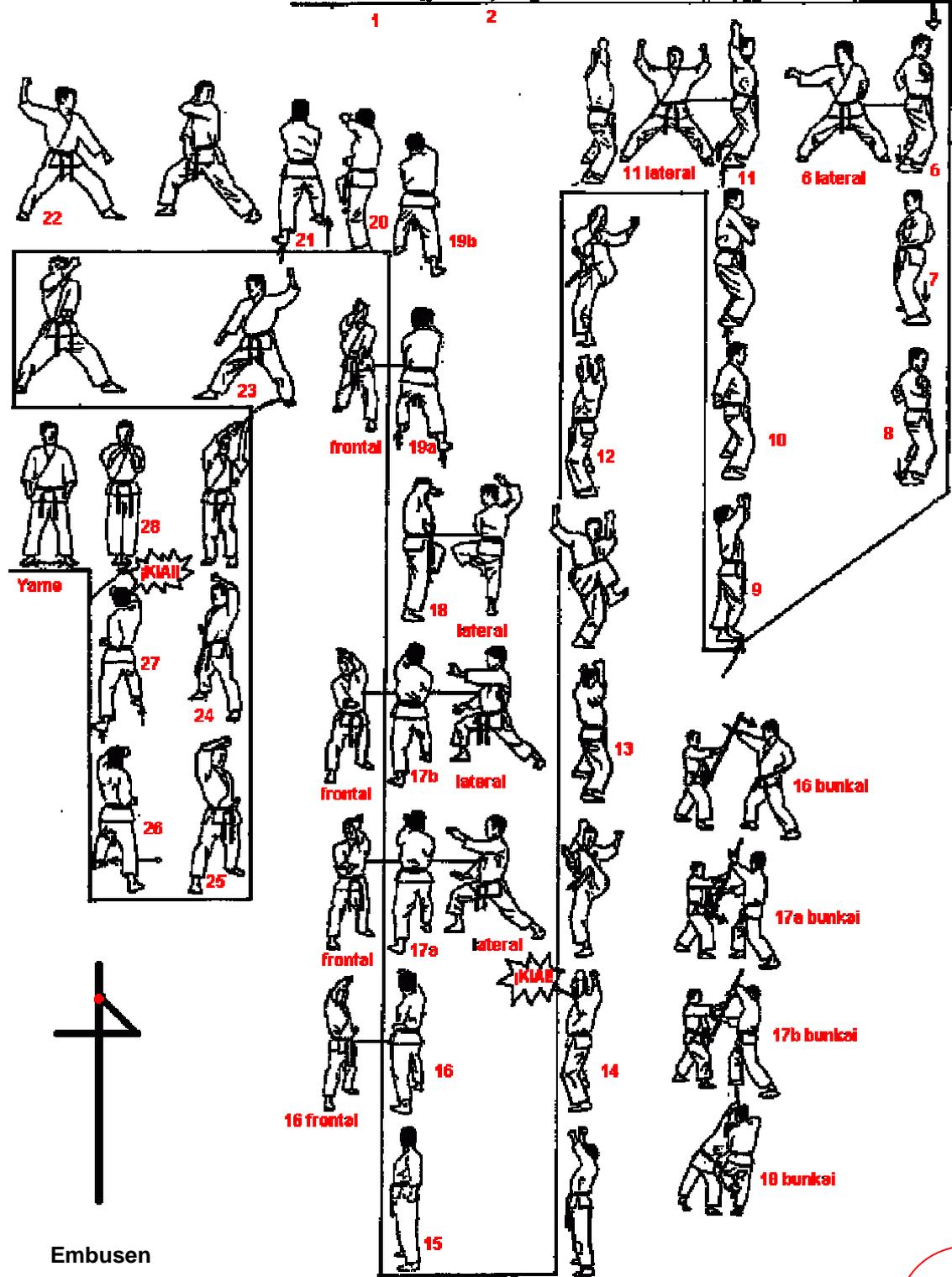
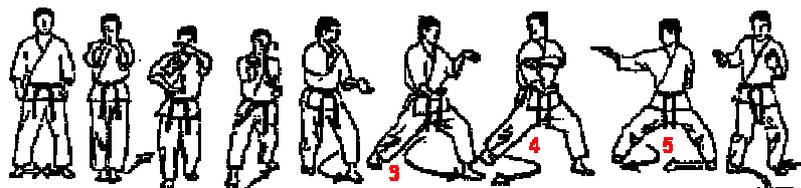
37
15/36

L'hirondelle volante

HANGETSU

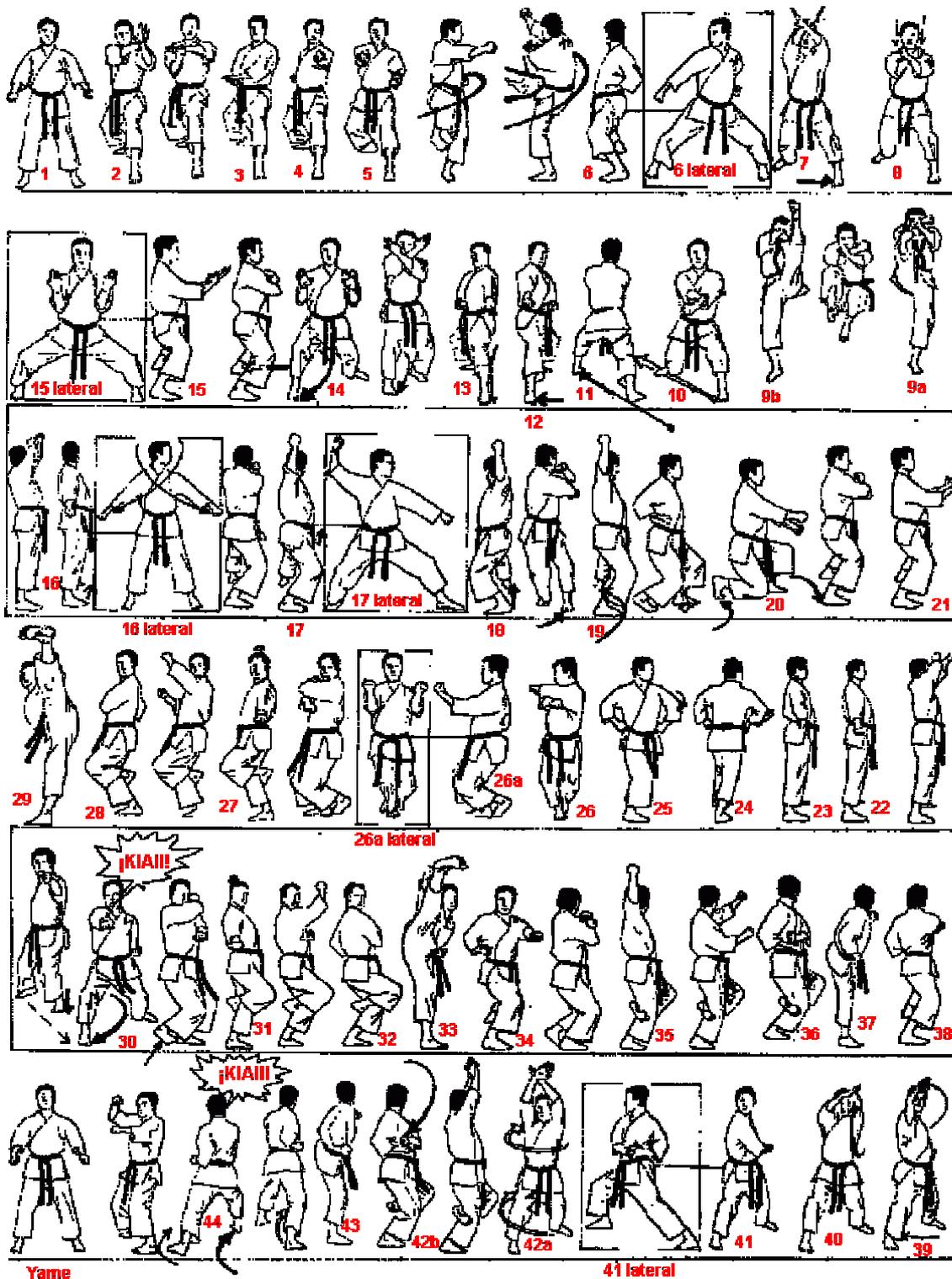


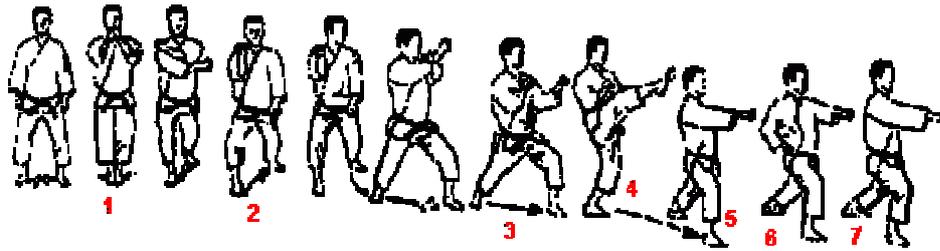
JITTE



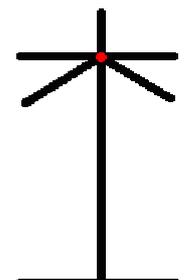
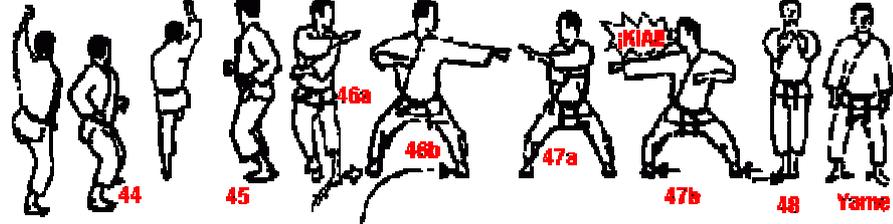
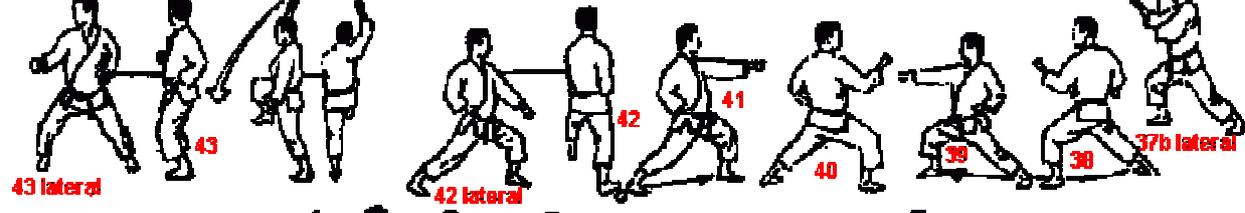
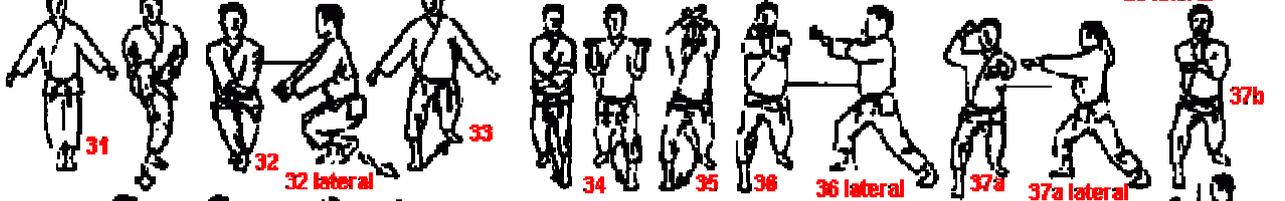
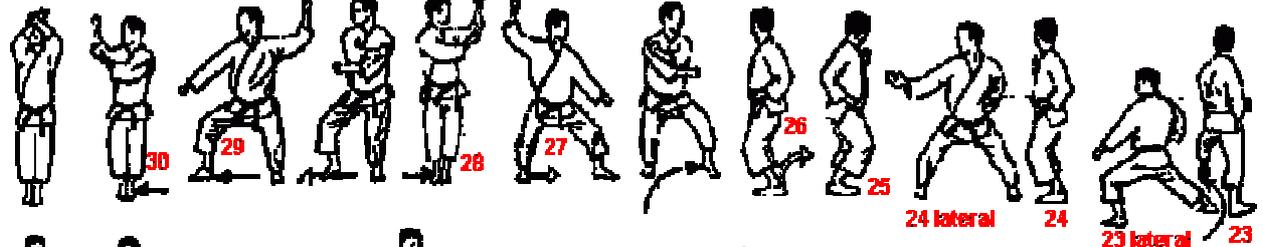
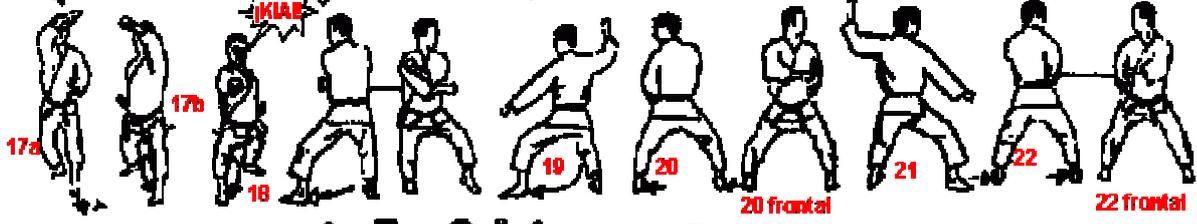
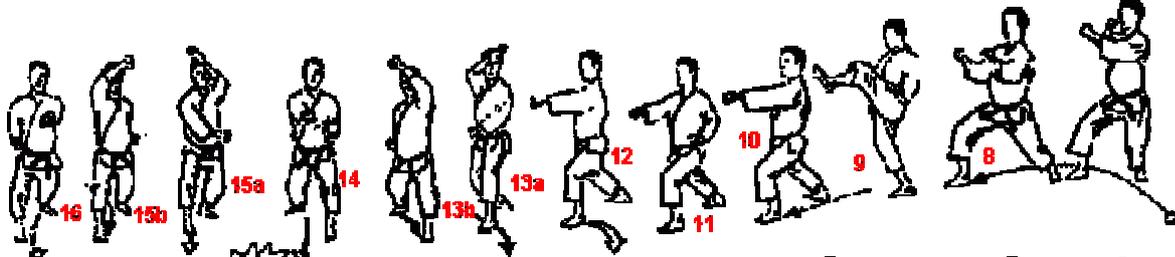
Les dix mains

GANKAKU

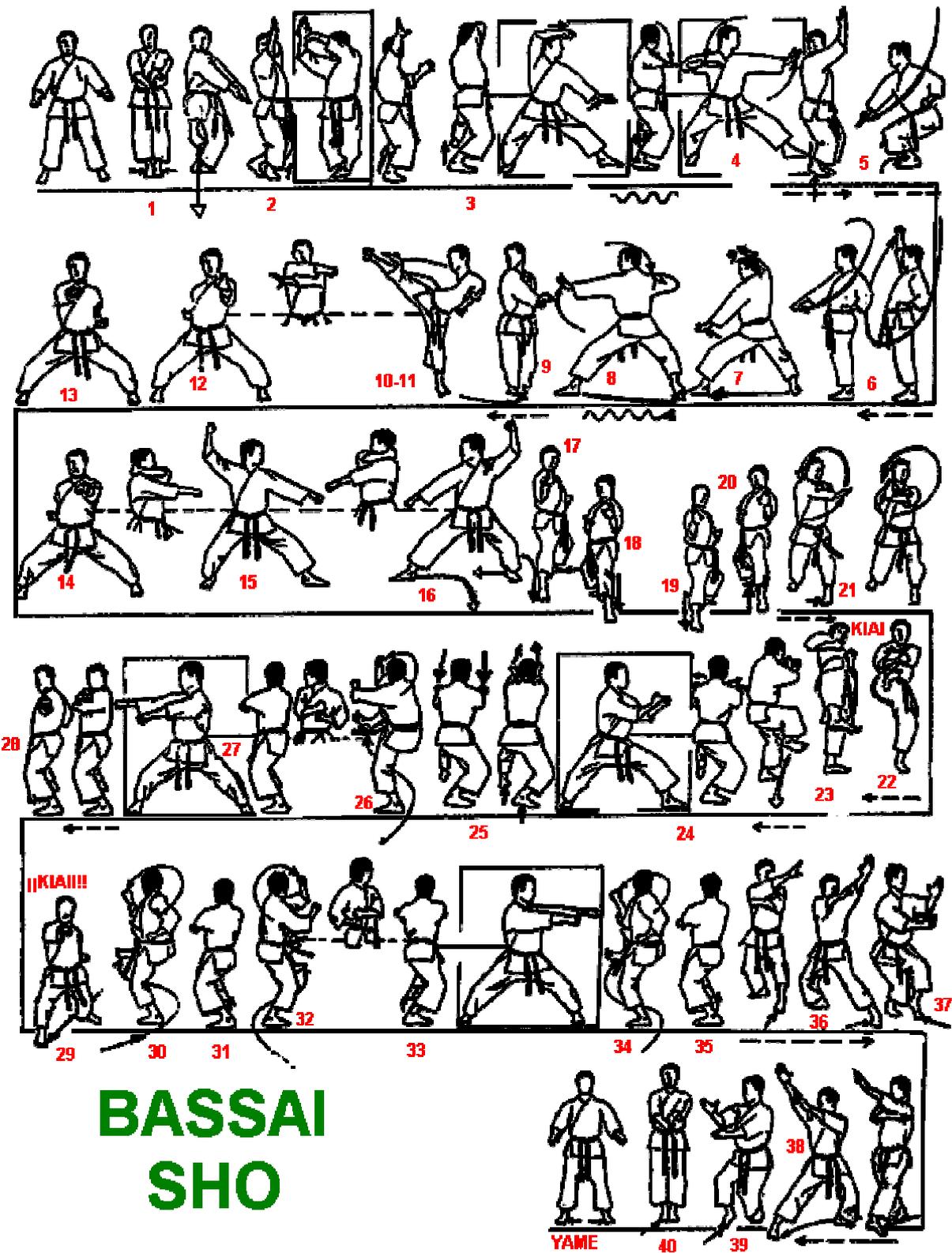




JION



Embusen



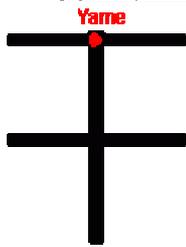
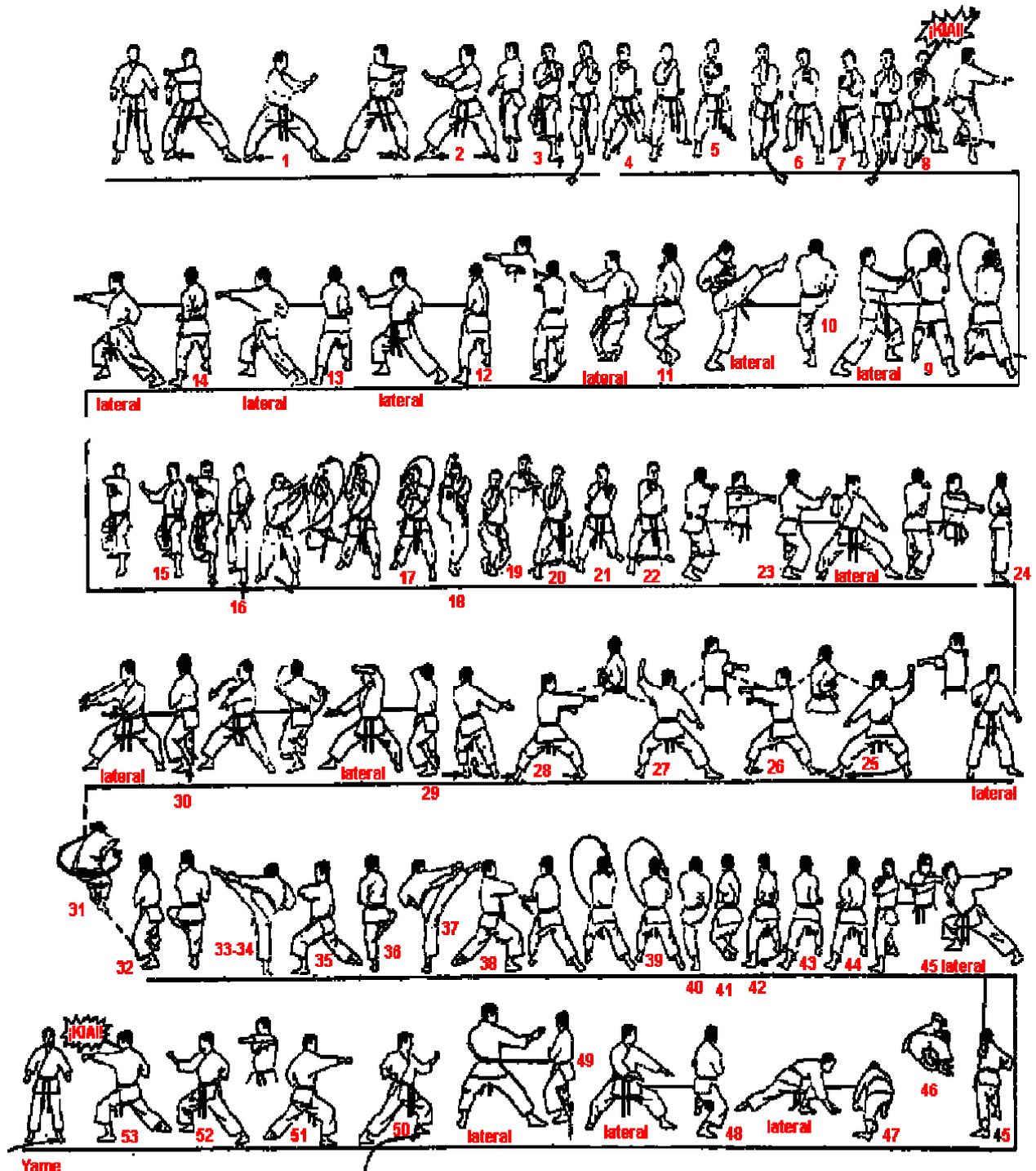
27

17/22

Traverser la forteresse

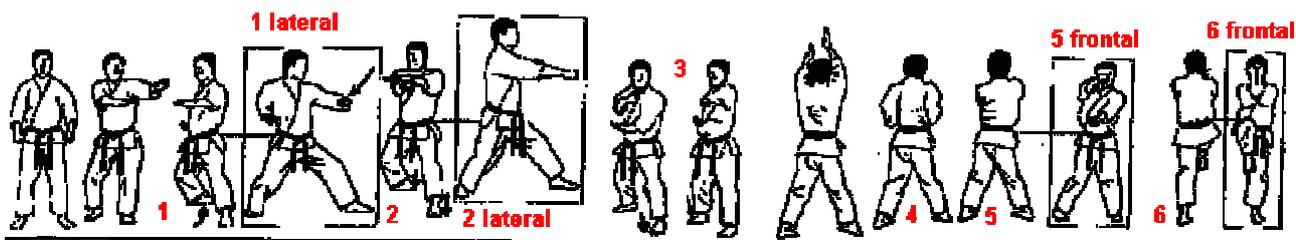
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KANKU SHO

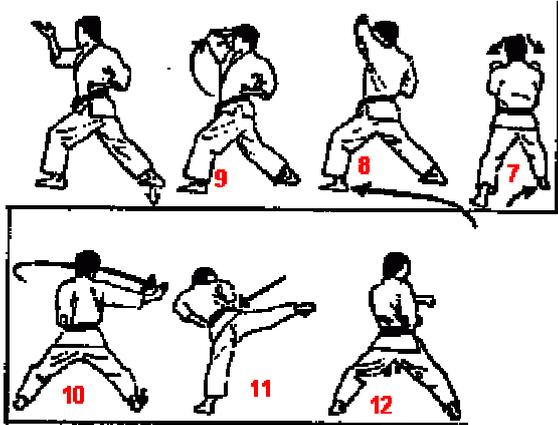


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En regardant le ciel



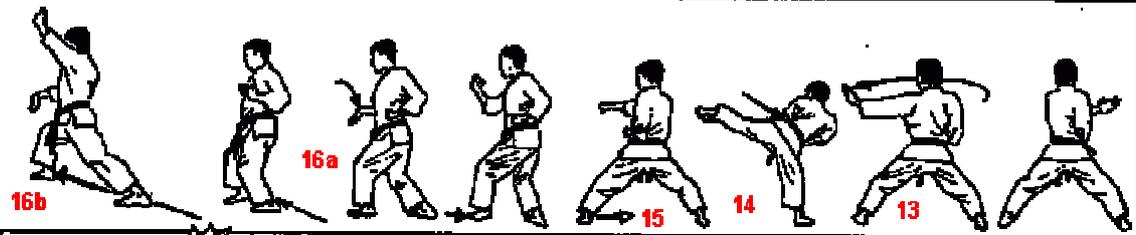
NIJUSHIHO



19 bunkai



20 bunkai



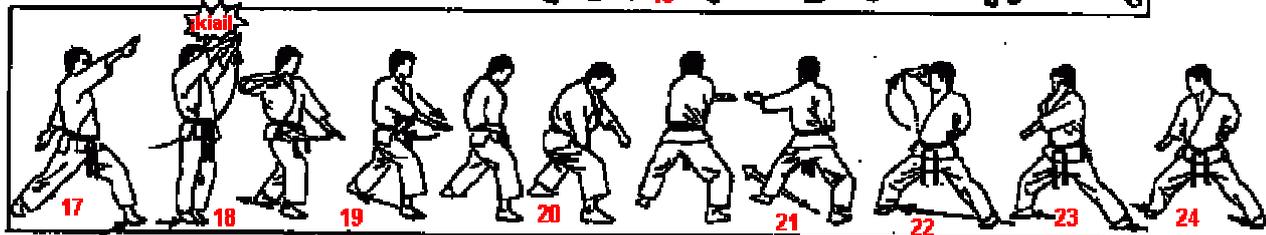
16b

16a

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14

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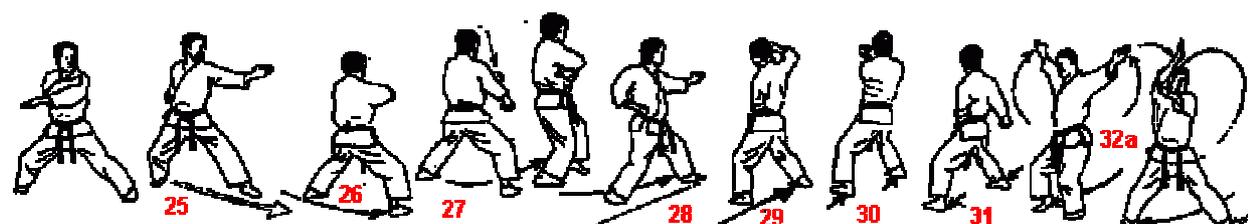
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31

32a

32b

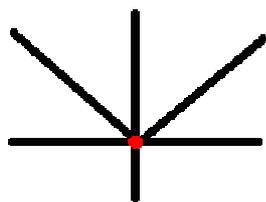


35

34

33

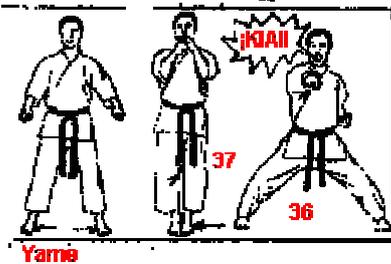
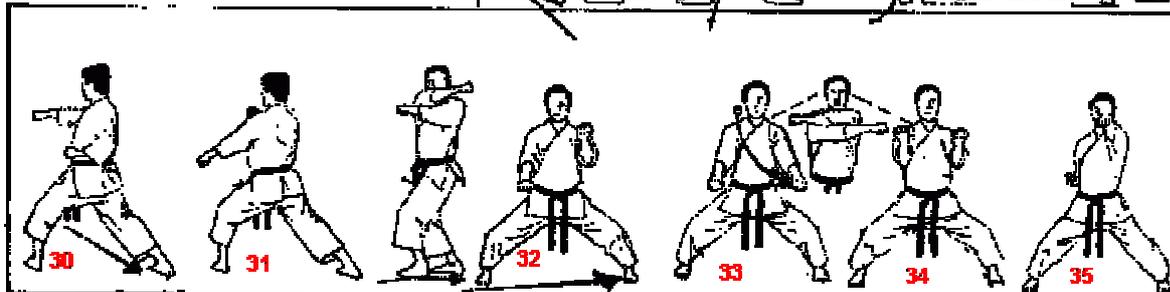
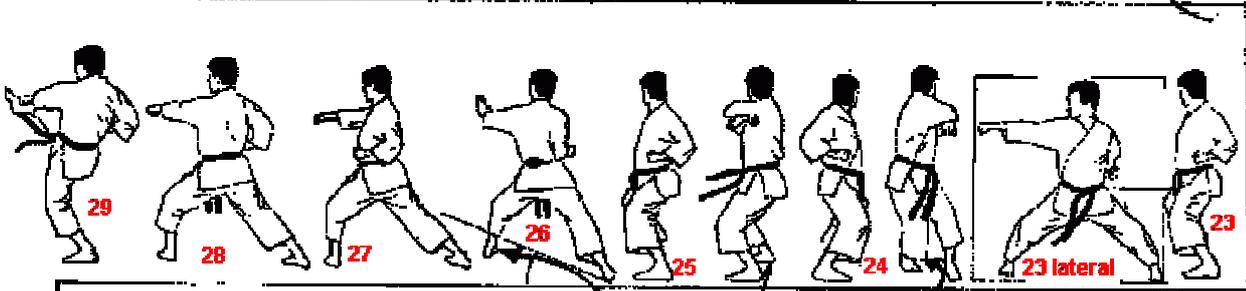
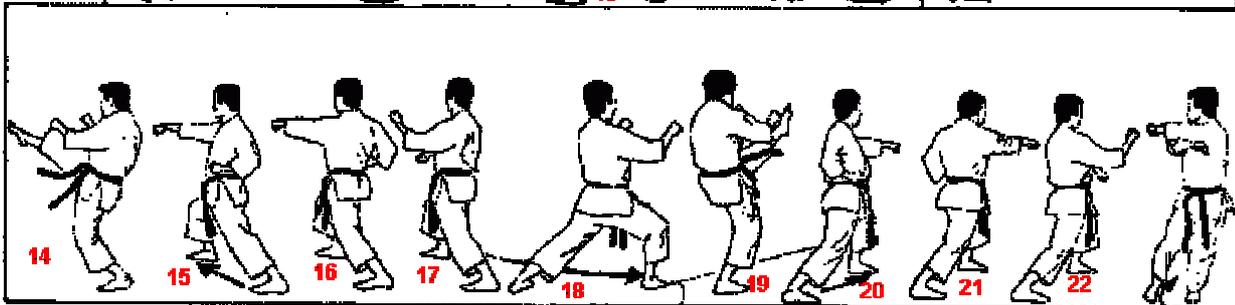
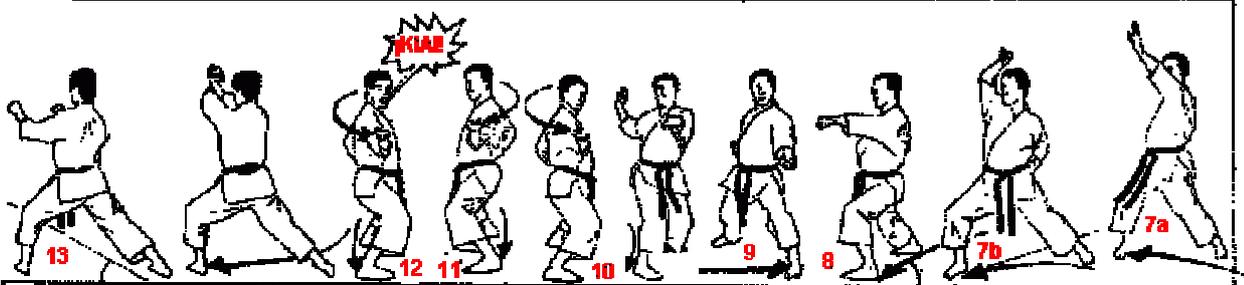
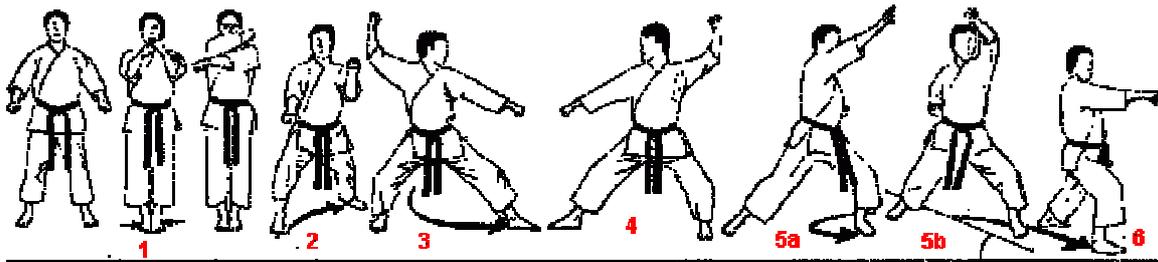
32b



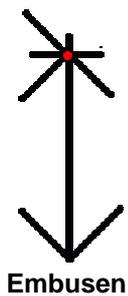
Embusen

Yame

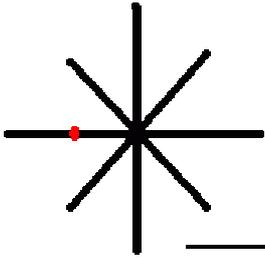
Vingt quatre pas



JIN



Temple de l'amour de Bouddha



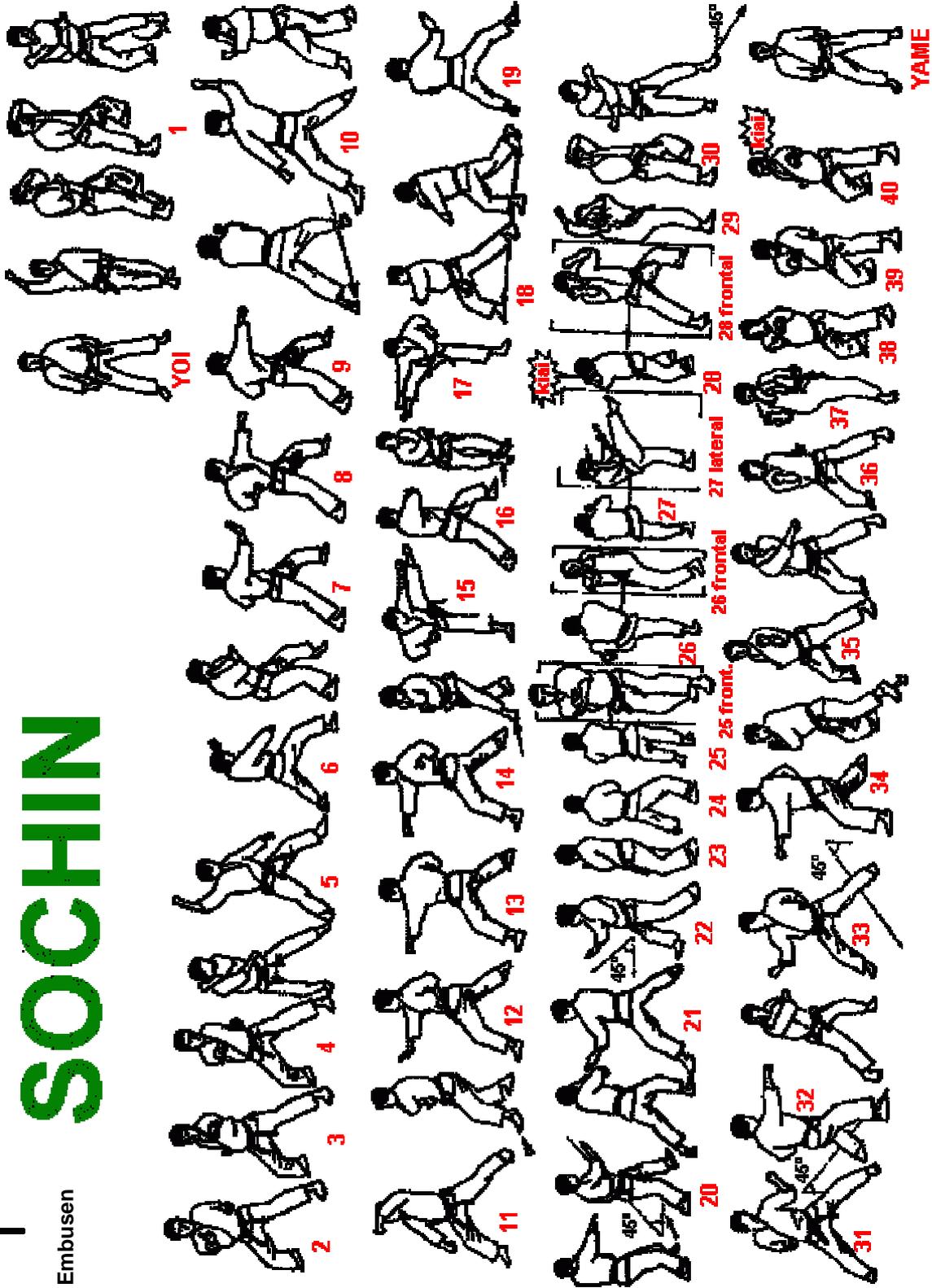
Le grand silence

41

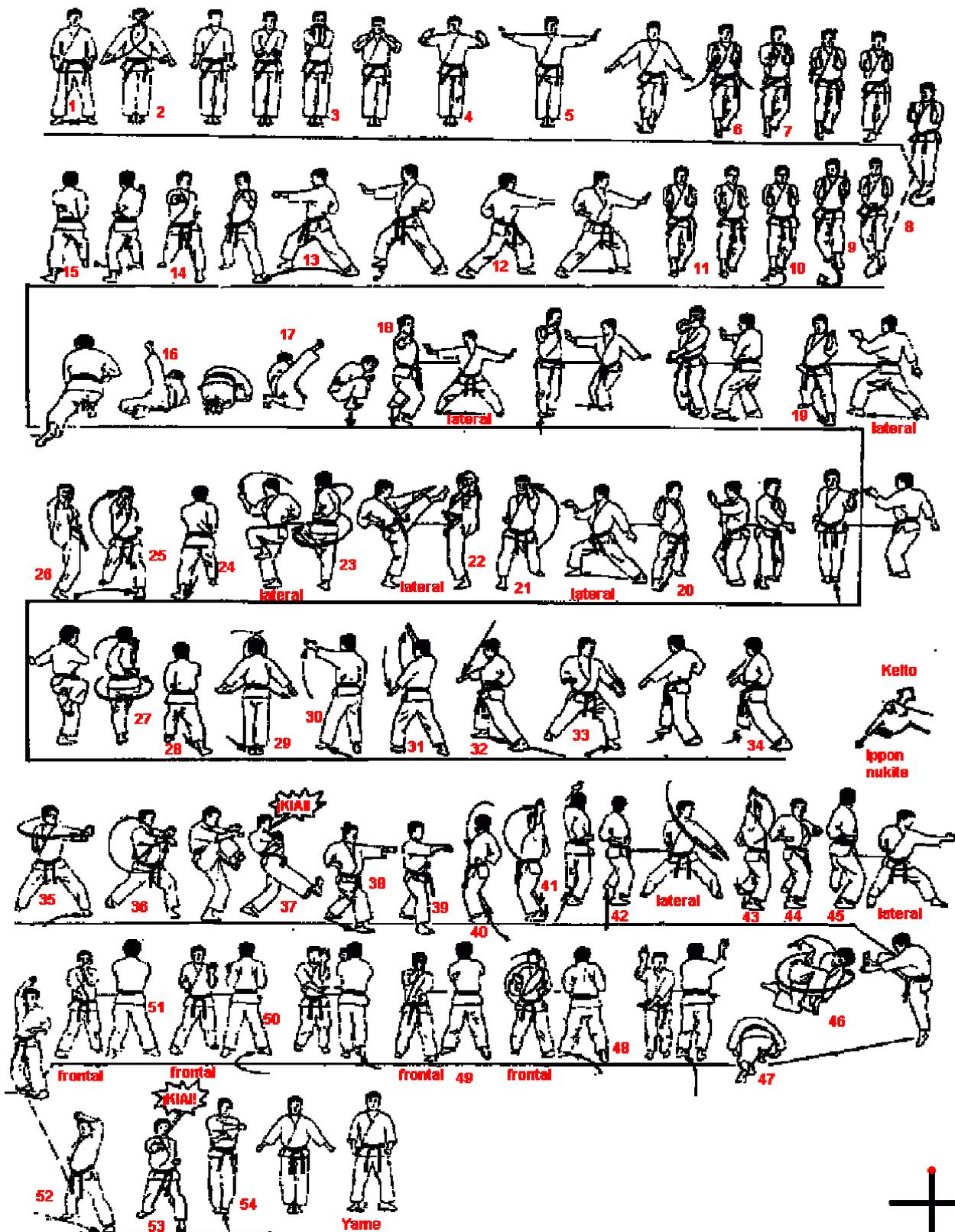
30/41

SOCHIN

Embusen



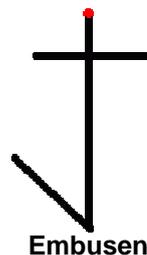
UNSU



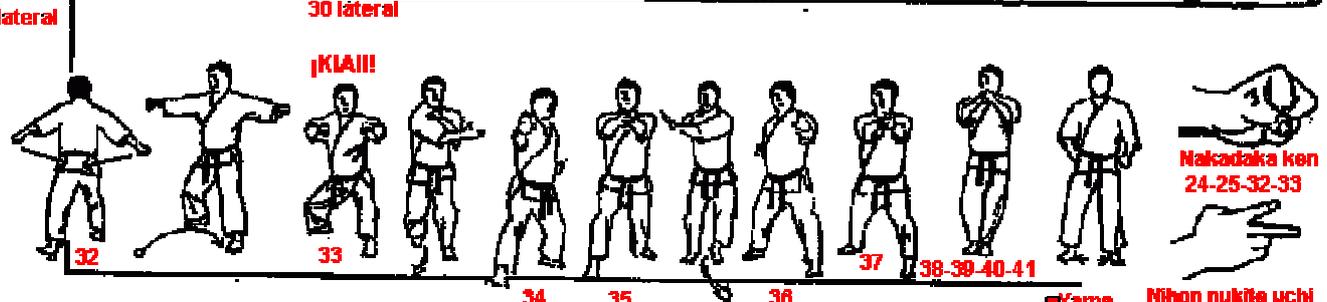
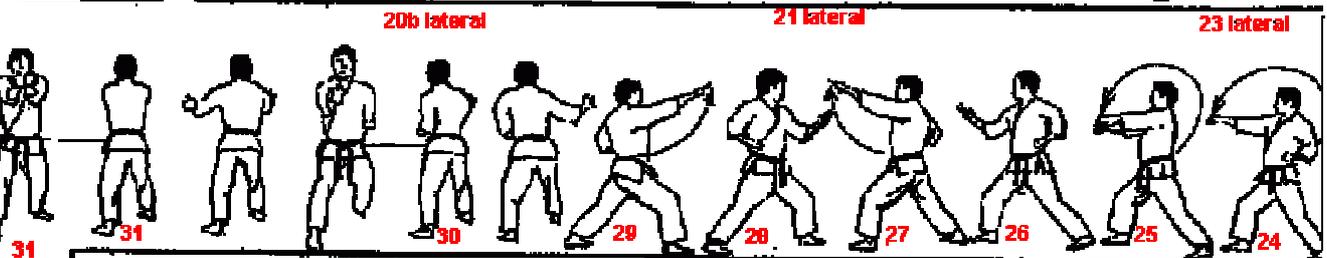
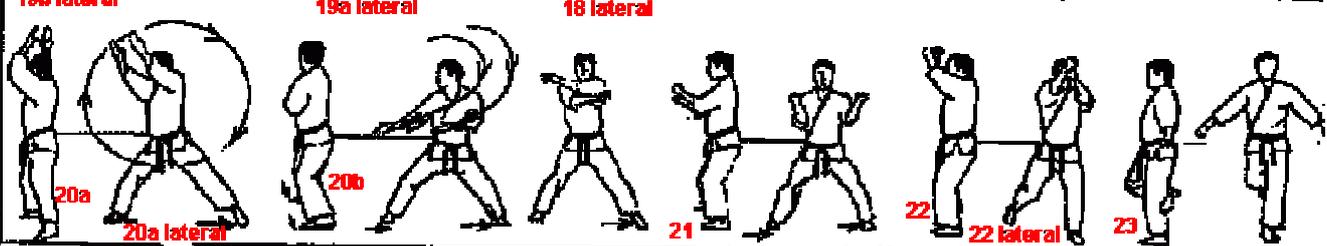
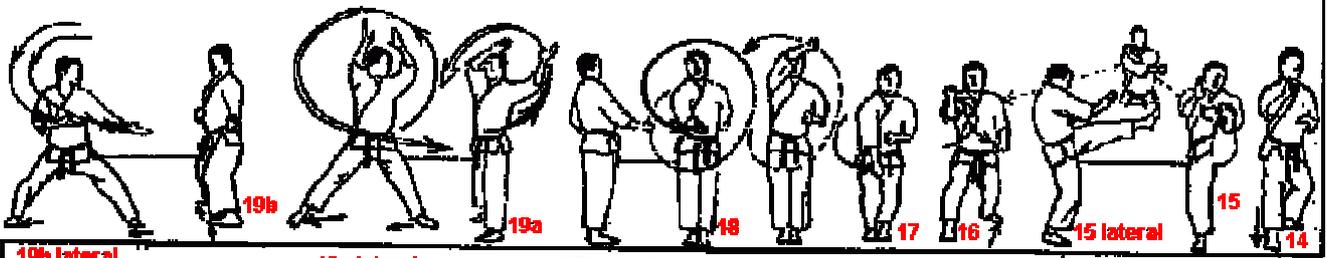
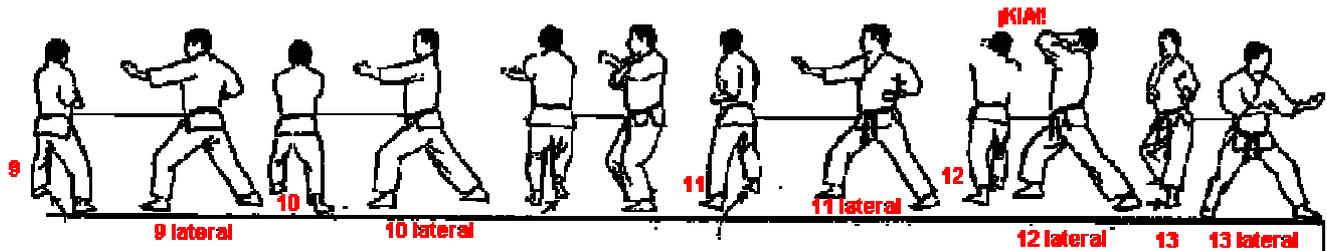
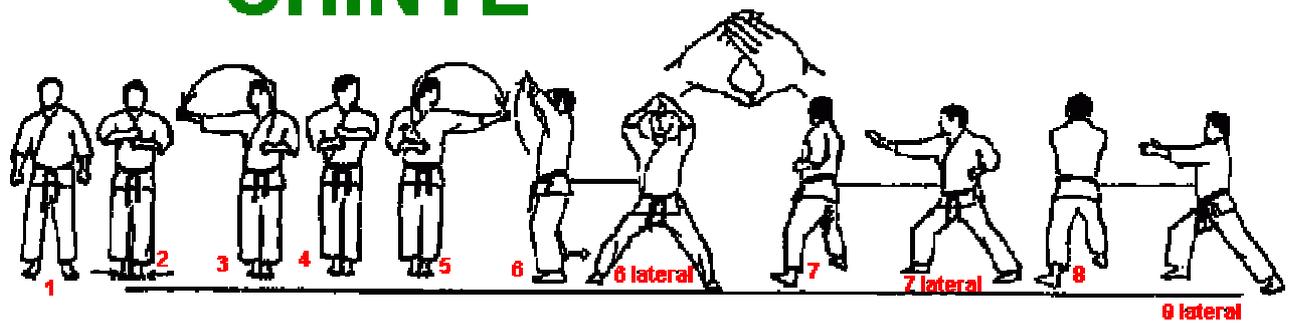
48

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Les nuages accumulés



CHINTE

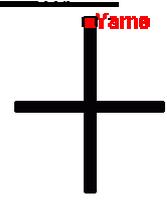


Nakadaka ken
24-25-32-33

Nihon nukite uchi
26-27-28-29

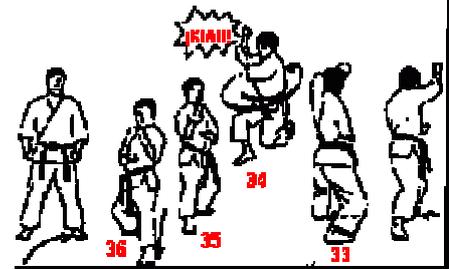
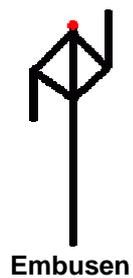
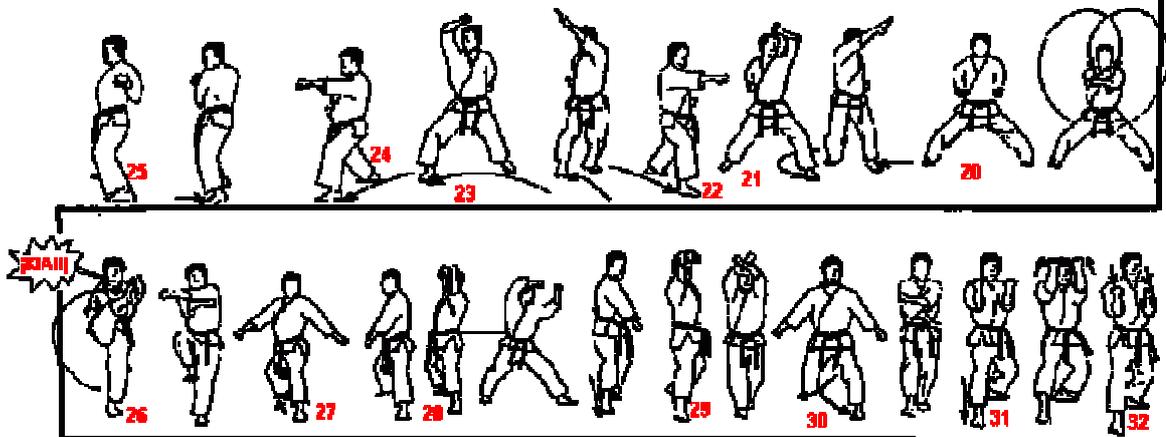
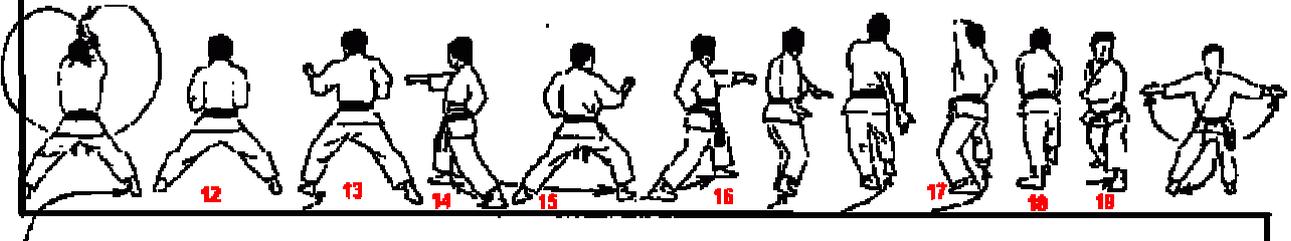
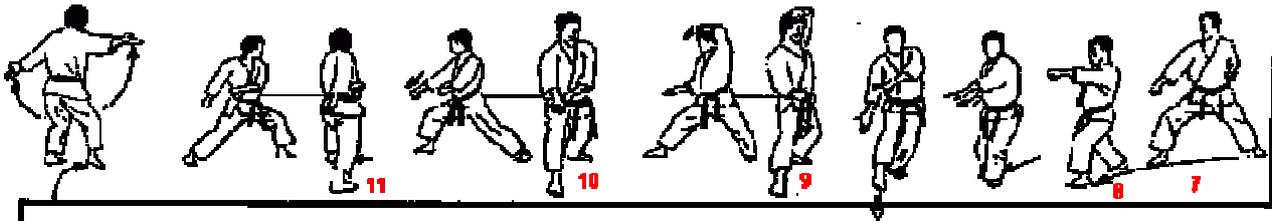
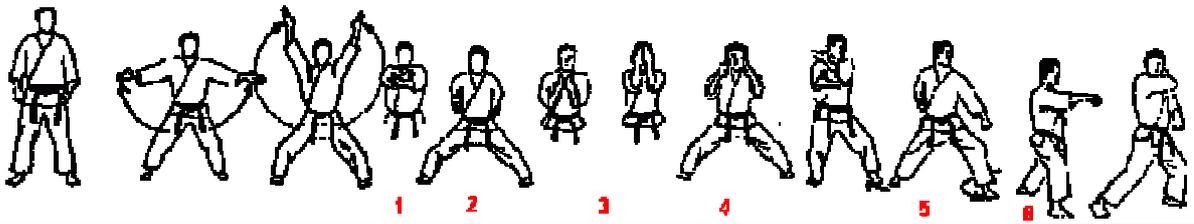
32
28/32

Mains étranges, mystérieuses



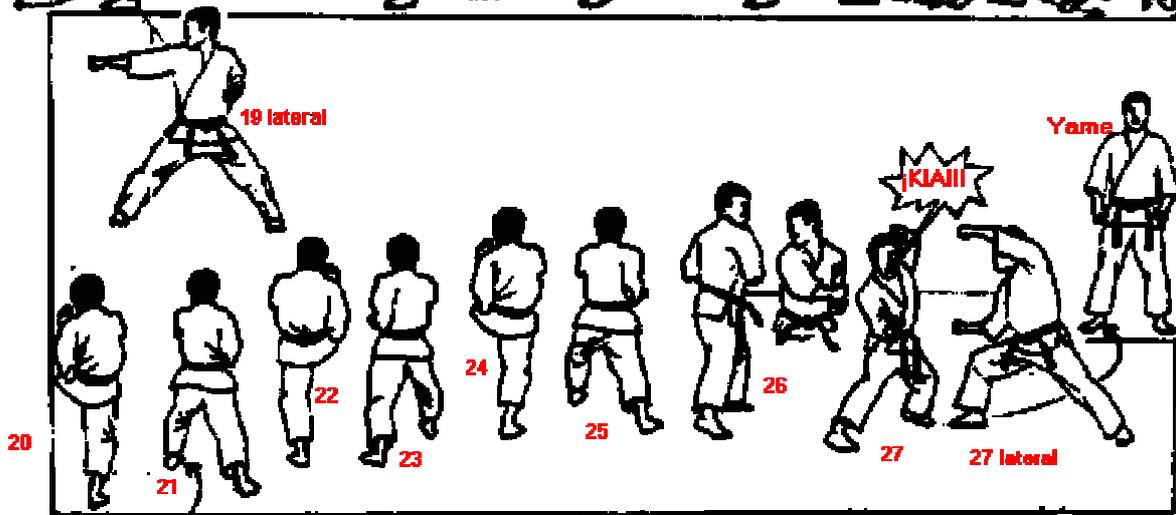
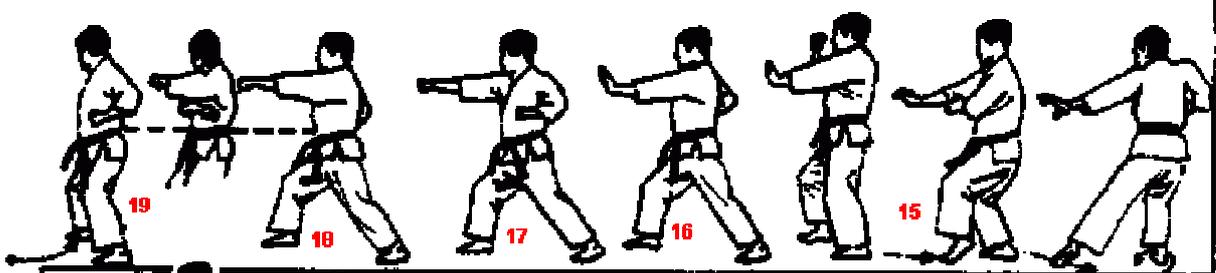
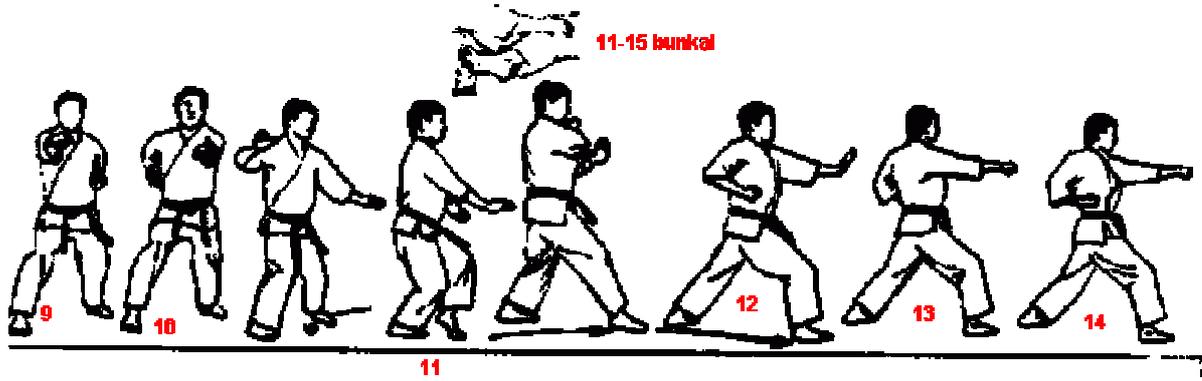
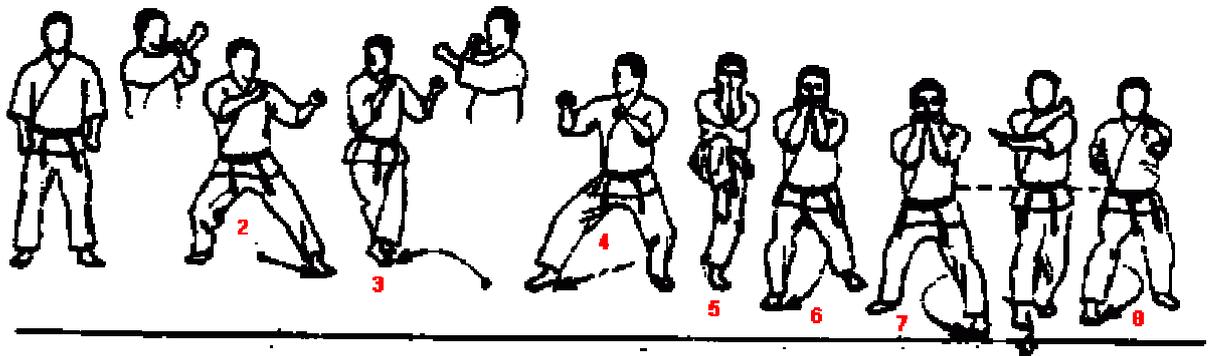
Embusen

MEIKYO



Nettoyer le miroir

WANKAN

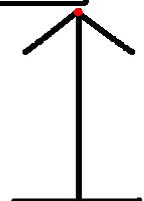


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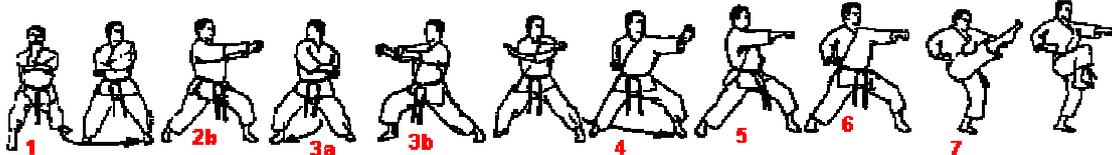
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Du nom de son créateur d'Okinawa

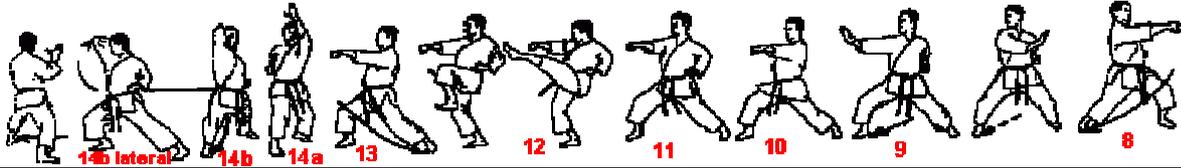
Embusen



GOJUSHIHO DAI



2a



14b lateral

14a



15 lateral

16 frontal

17a 17a front

17b

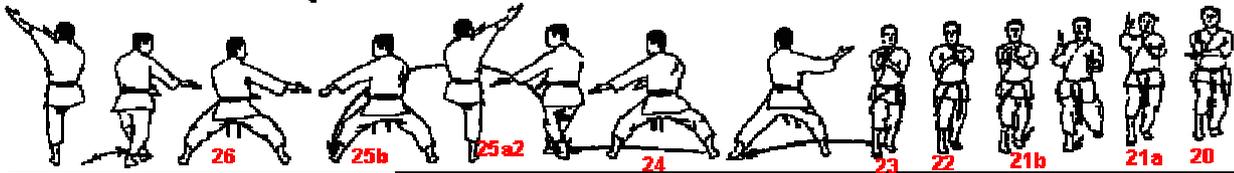
17b lat.

18

18 lateral

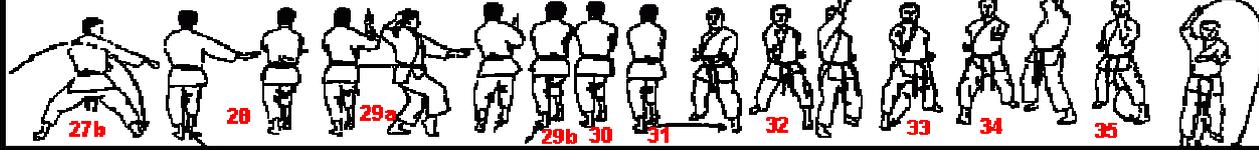
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19 lateral



27a-2 27a-1

25a-1



27b

28

29a

29a lat.

29b

30

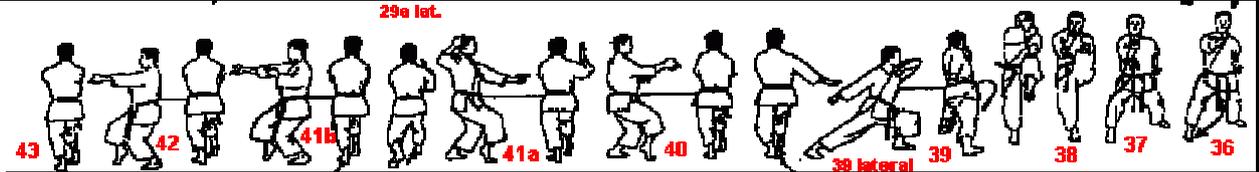
31

32

33

34

35



43

42 lateral

41b lateral

41a lateral

40 lateral

40

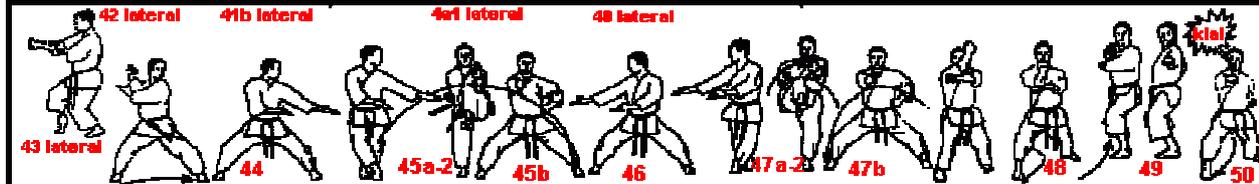
39 lateral

39

38

37

36



43 lateral

44

45a-1

45a-2

45b

46

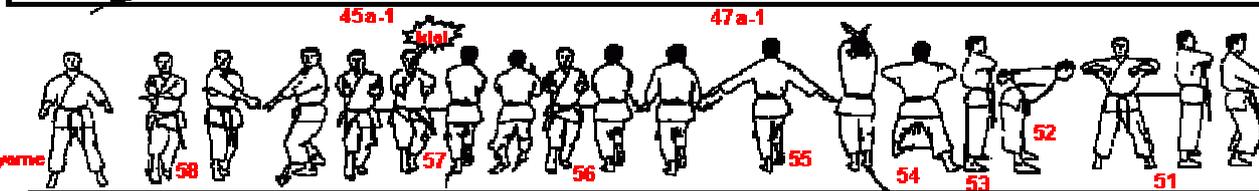
47a-1

47b

48

49

50



yame

58

57 frontal

56

56 frontal

55

54

53

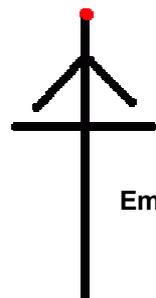
52

51

57 frontal 56 frontal

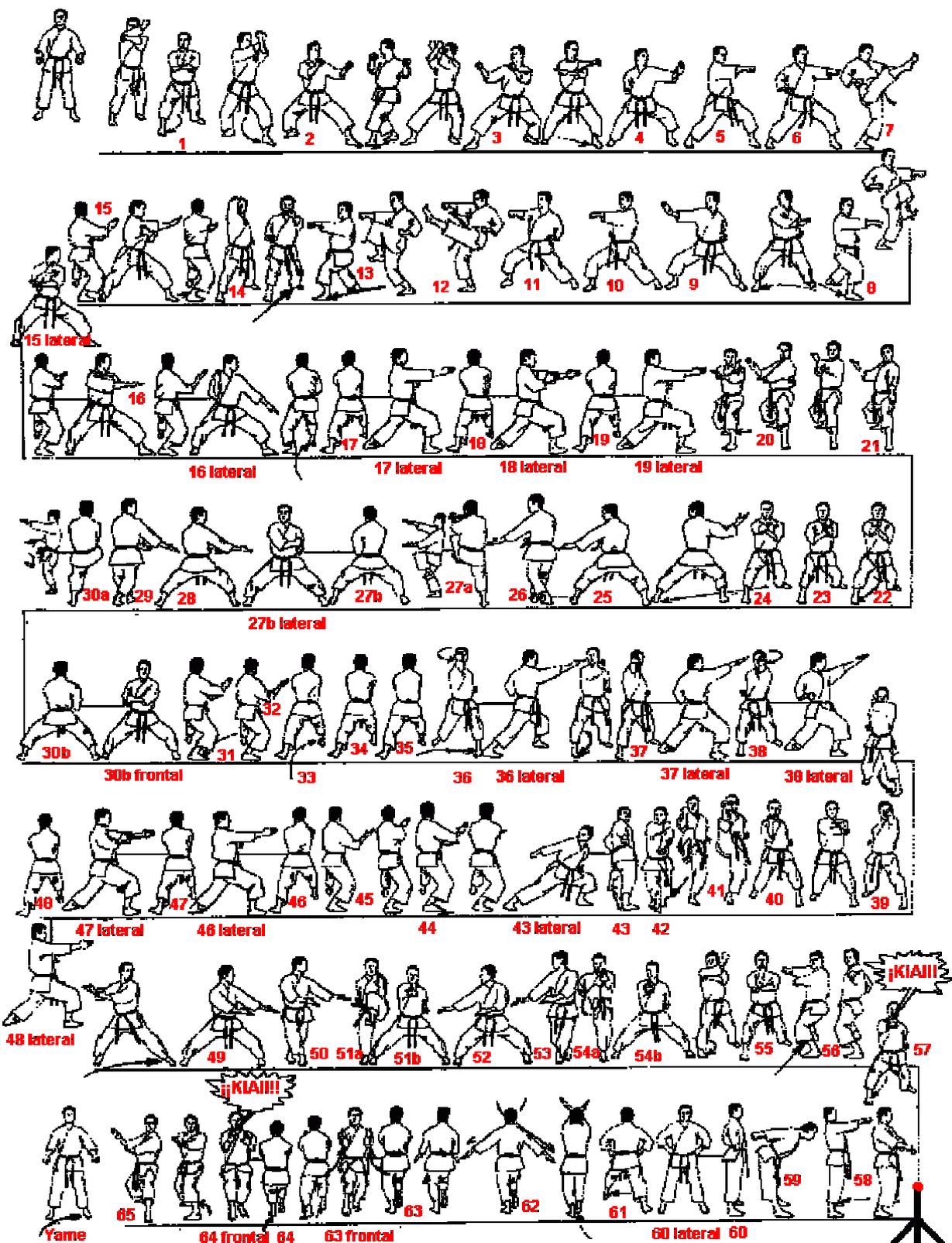
67
59/66

Cinquante quatre pas



Embusen

GOJUSHIHO SHO



65
57/64

Cinquante quatre pas

Embusen

