

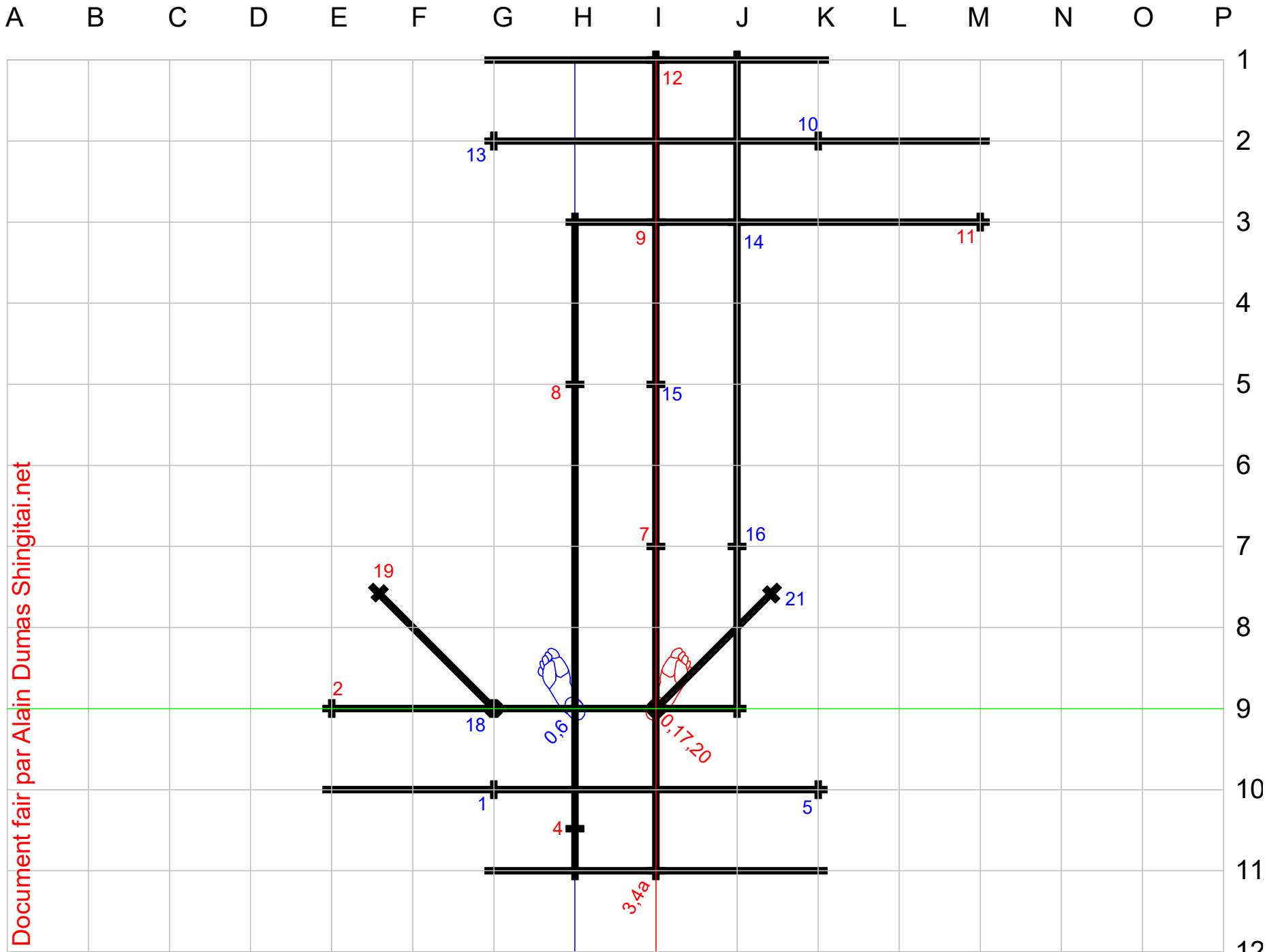
EMBUSEN HEIAN SHODAN (PINAN)

Best karate # 5

Paix et tranquillité 1				Peace and tranquility 1			
Origine d'Okinawa, date de création : 1907, auteur : maître Itosu				Origin of Okinawa, date created: 1907, author : master Itosu			
Hei: calme paisible, An: paix, tranquillité, Sho : 1 ^{er} , Dan : niveau.				Hei: quiet, peaceful, An: peace, tranquility, Sho: 1 ^{er} , Dan: level.			
Kata de vitesse « Shorin », Classification IKD: Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
21 mouvements - Kiai mouvements 9 et 17 Durée : 40 secondes				21 movements - Kia movements 9 and 17 Length : 40 seconds			
<u>Points importants:</u> Les principaux mouvements sont gedan-barai, age-uke, oi-zuki et shuto-uke. Deux positions sont étudiées : zenkutsu-dachi et kokutsu-dachi. Le travail de changement de direction doit être bien assimilé.				<u>Important points:</u> The main movements are gedan-barai, age-uke, oi-zuki and shuto-uke. Two stances are studied: zenkutsu-dachi and kokutsu-dachi. The ability to change direction must be acquired.			
<u>Note:</u> Les kokutsu-dachi sont à 45 degrés, plus faciles à localiser dans l'espace pour les débutants. Lors du mouvement 4, on retarde le dégagement du poignet droit le plus longtemps possible et on tire l'adversaire avec les hanches vers la gauche et non dans l'axe de la jambe droite.				<u>Note:</u> The kokutsu-dachi are at 45 degrees, which is easier to position in space for beginners. On movement 4, we delay the freeing of the right wrist for the last second and we pull the opponent with the hips toward the left and not in the axis of the right leg.			
Points de convergence (*C*) (où on repasse par le même point)				Points of convergence (*C*) (where one passes at the same point)			
Point	Mouvements	Point	Mouvements	Point	Movements	Point	Movements
● H-9	Début, 14, fin.	● I-9	Début, 33, fin.	● H-9	Start, 14, end.	● I-9	Start, 33, end.

Par Alain Dumas 7^e dan, IKD 2025-03-04





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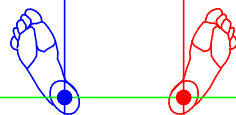
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Shizen-tai

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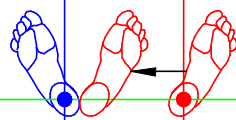
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Musubi-dachi

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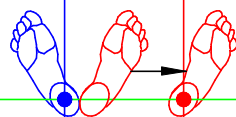
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Shizen-tai

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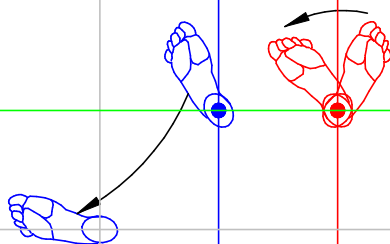
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1) Zenkutsu-dachi

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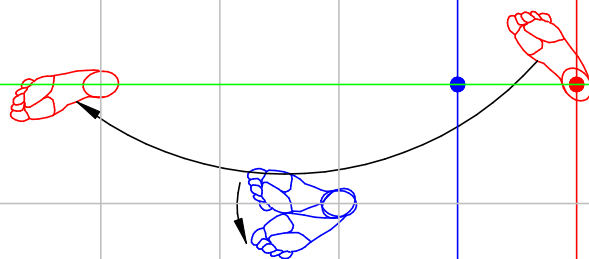
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2) Zenkutsu-dachi

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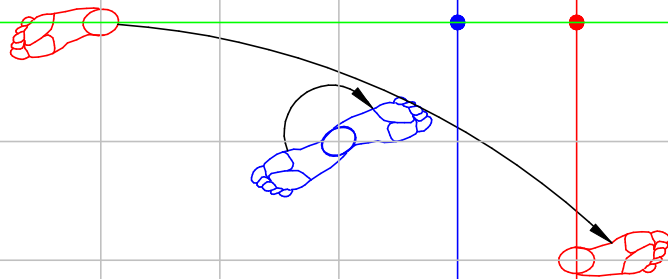
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3) Zenkutsu-dachi

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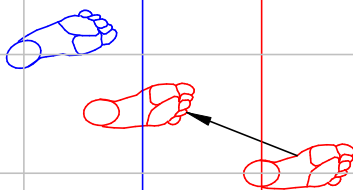
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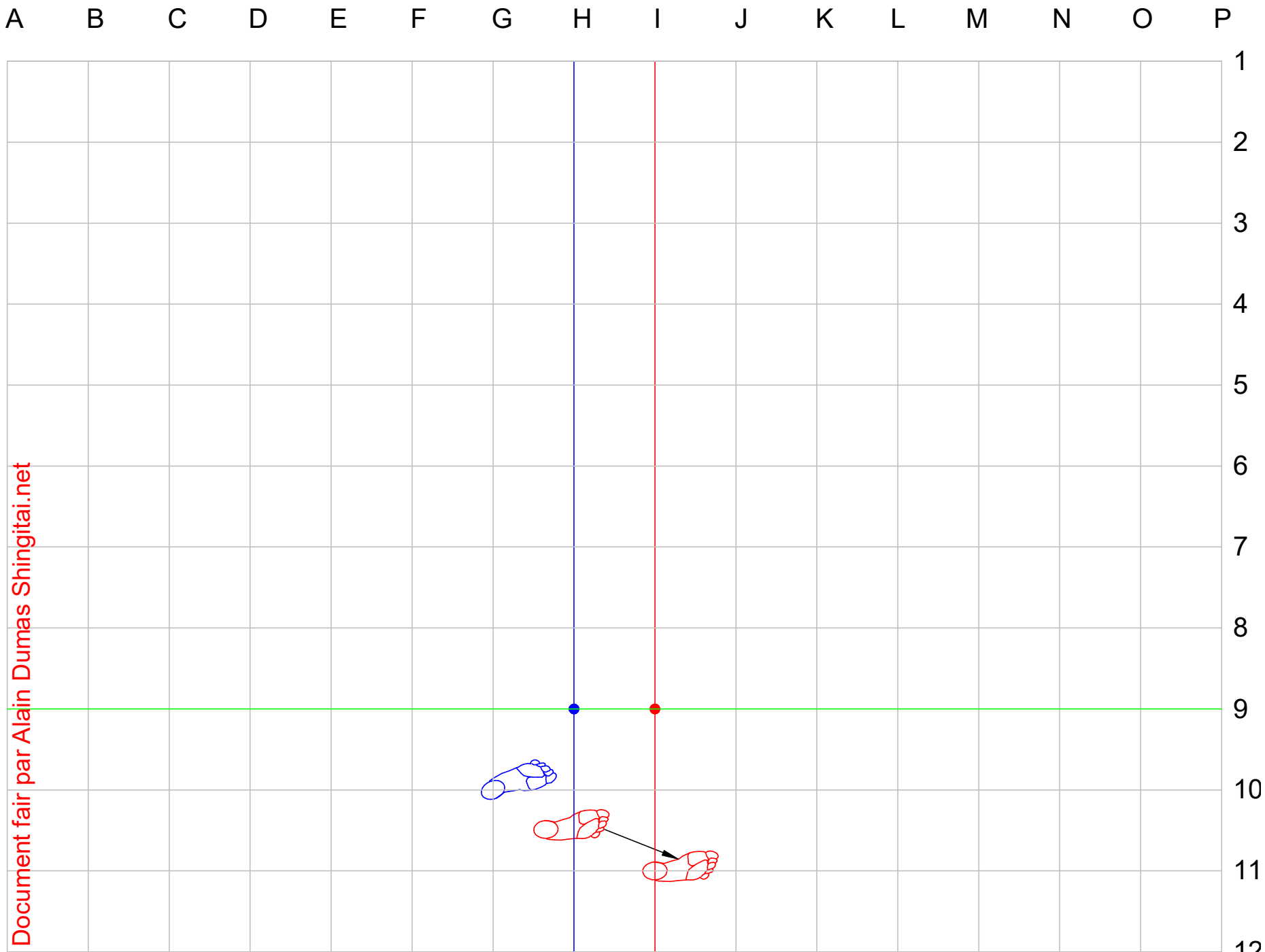
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4) Zenkutsu-dachi



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4a) Zenkutsu-dachi

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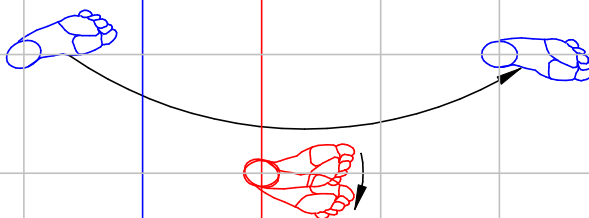
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5) Zenkutsu-dachi

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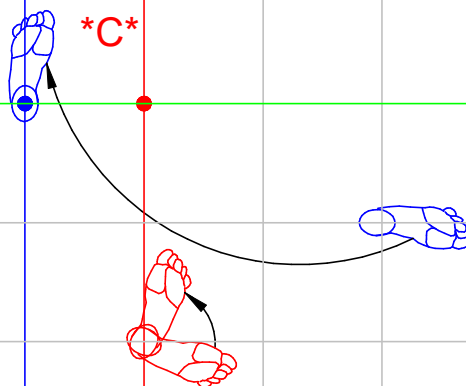
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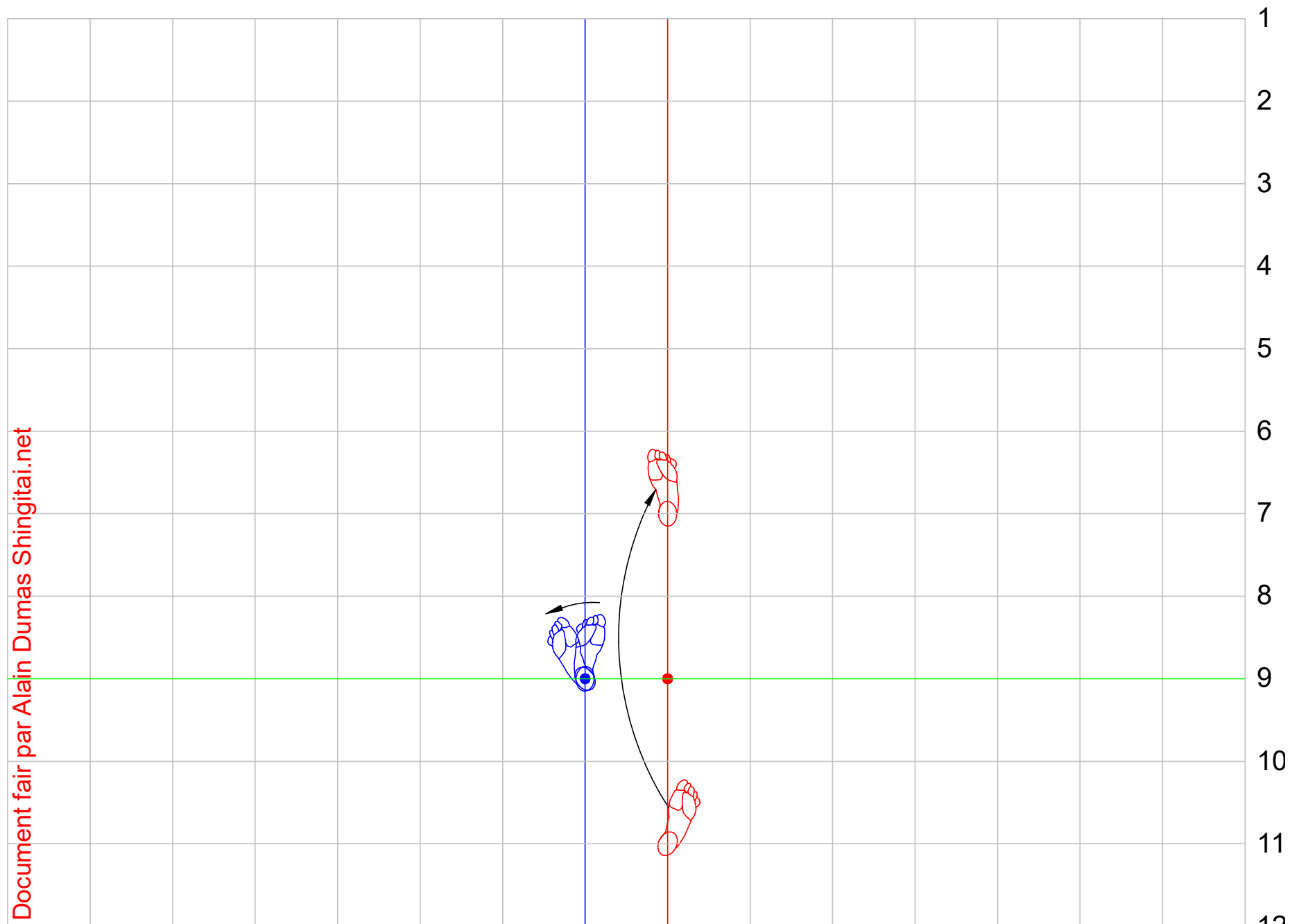
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6) Zenkutsu-dachi



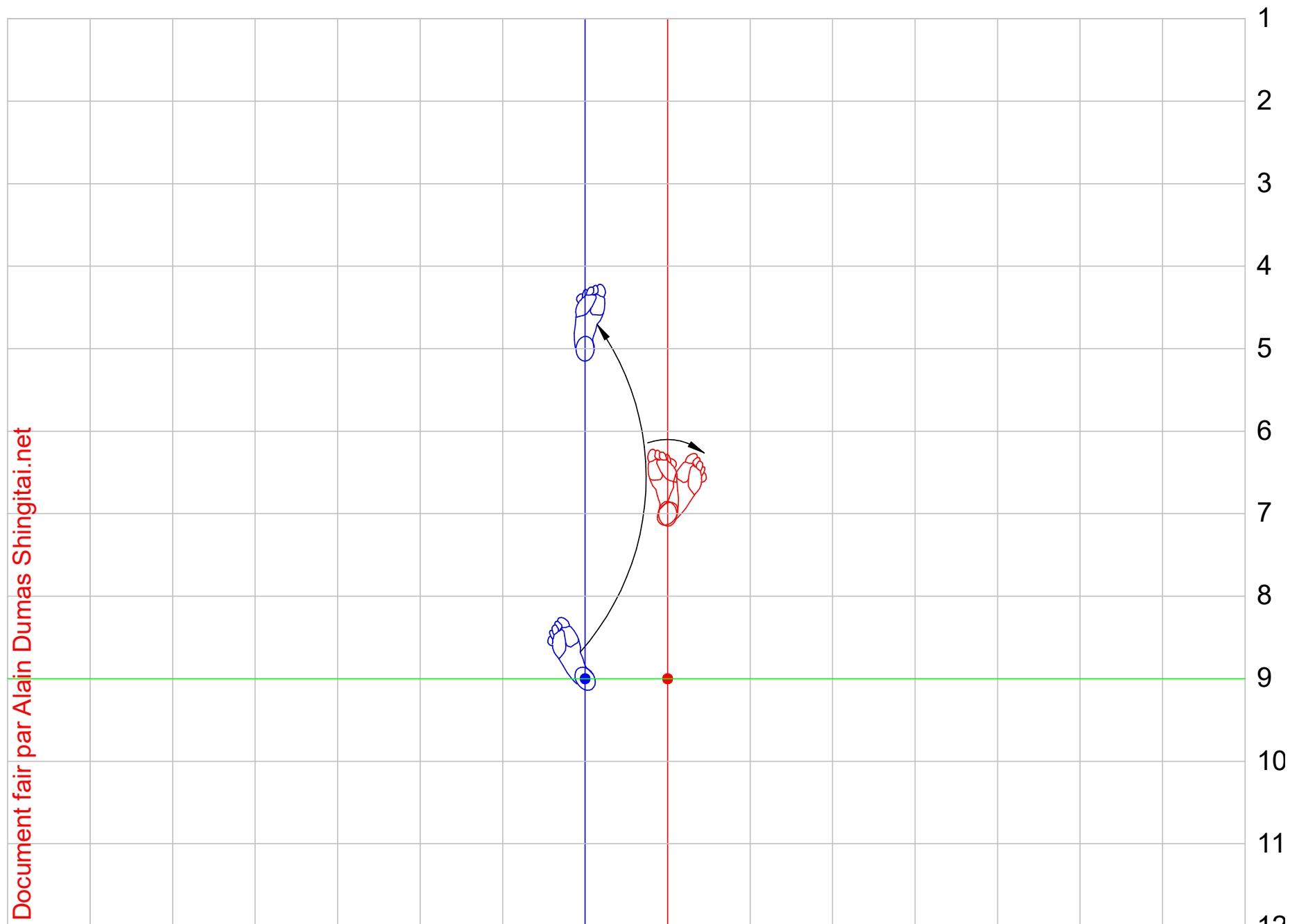
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7) Zenkutsu-dachi

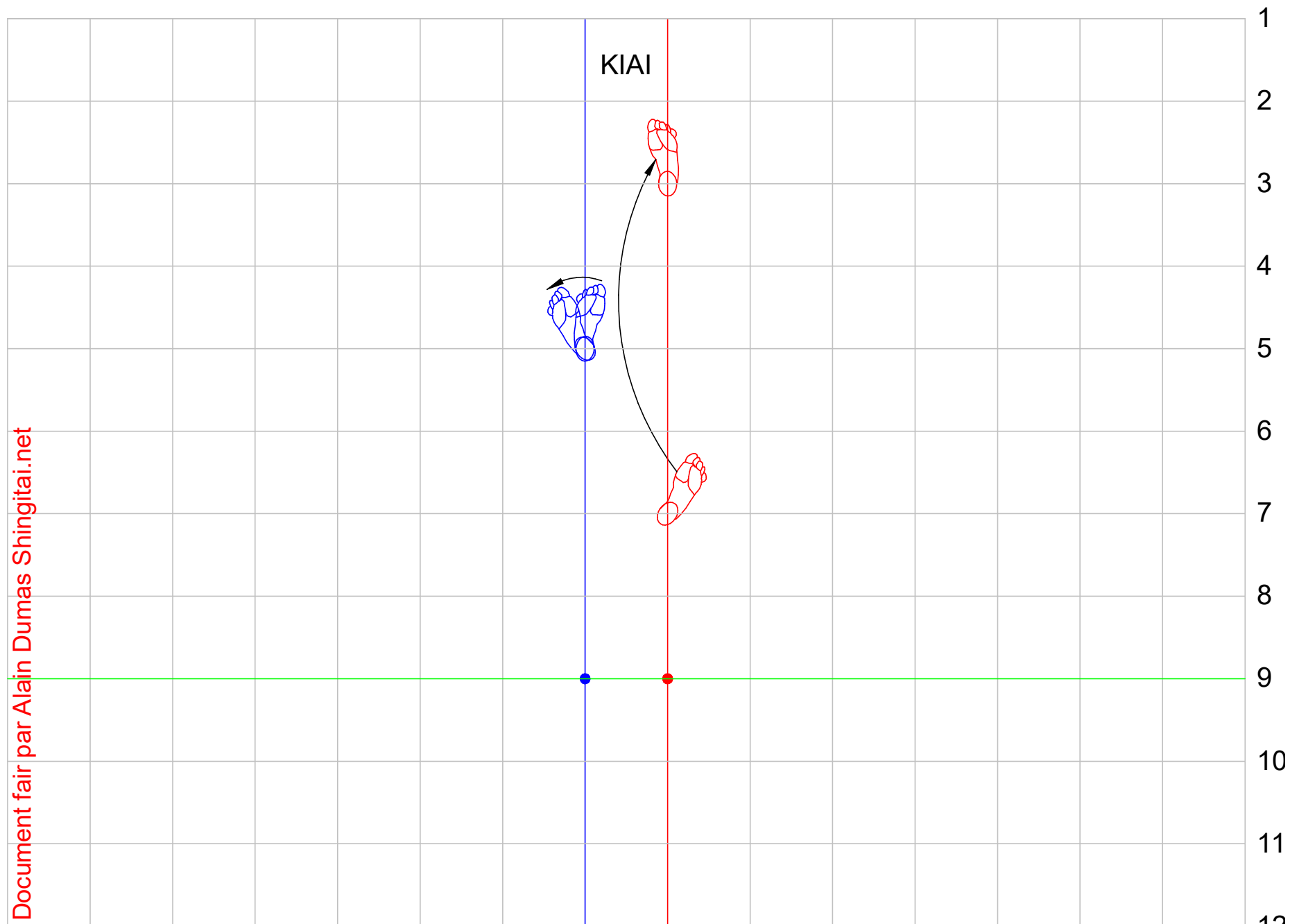
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8) Zenkutsu-dachi

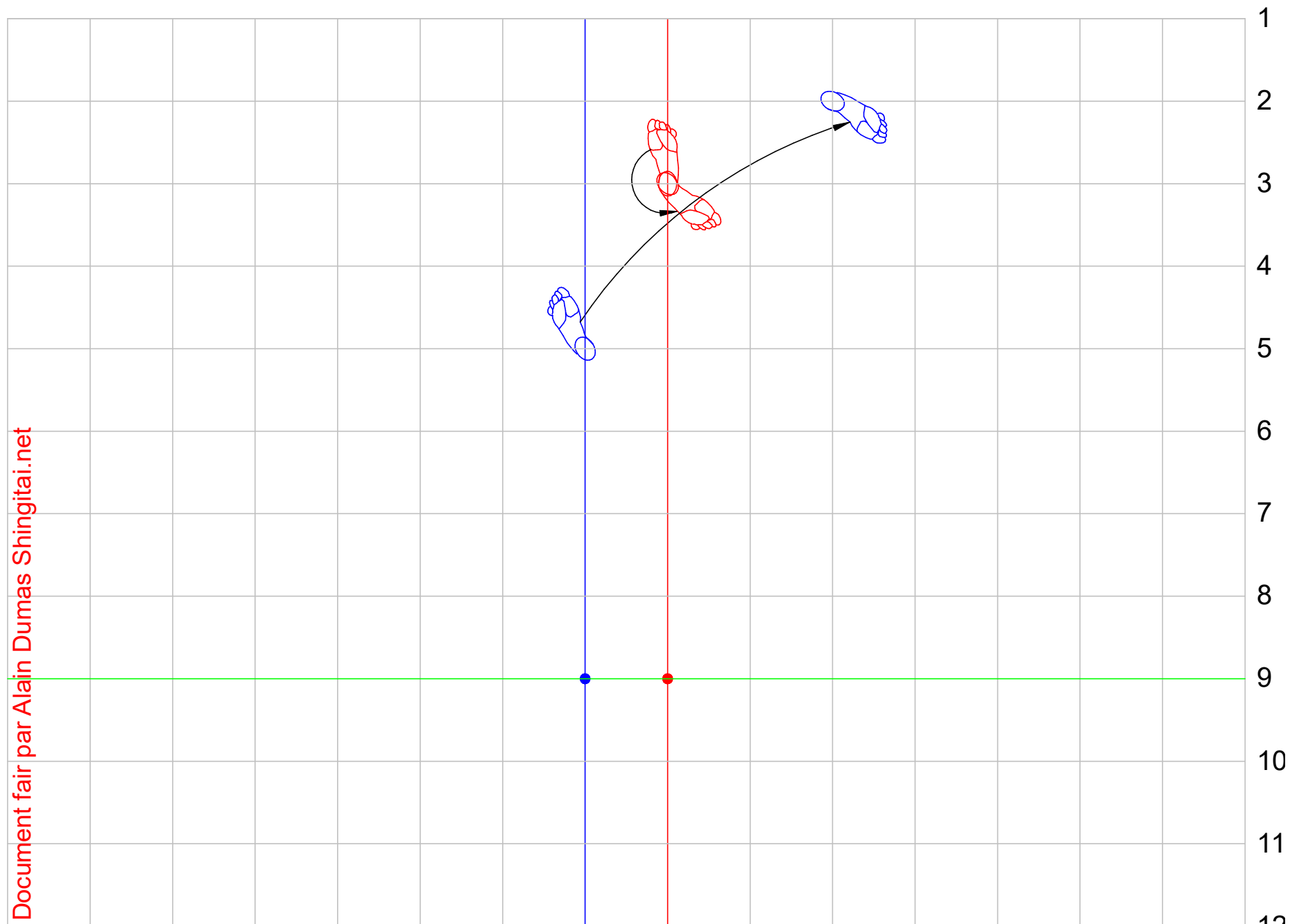
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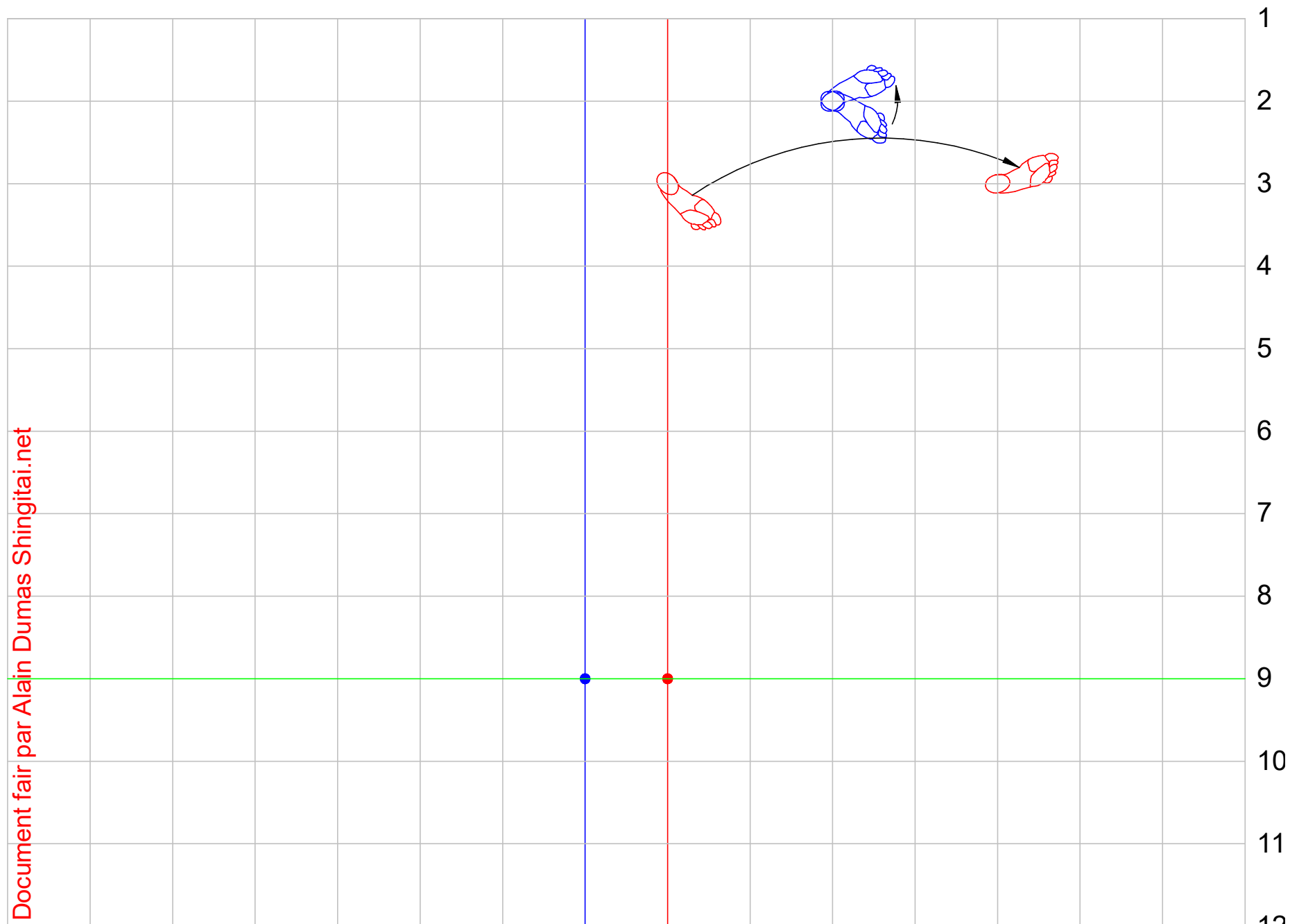
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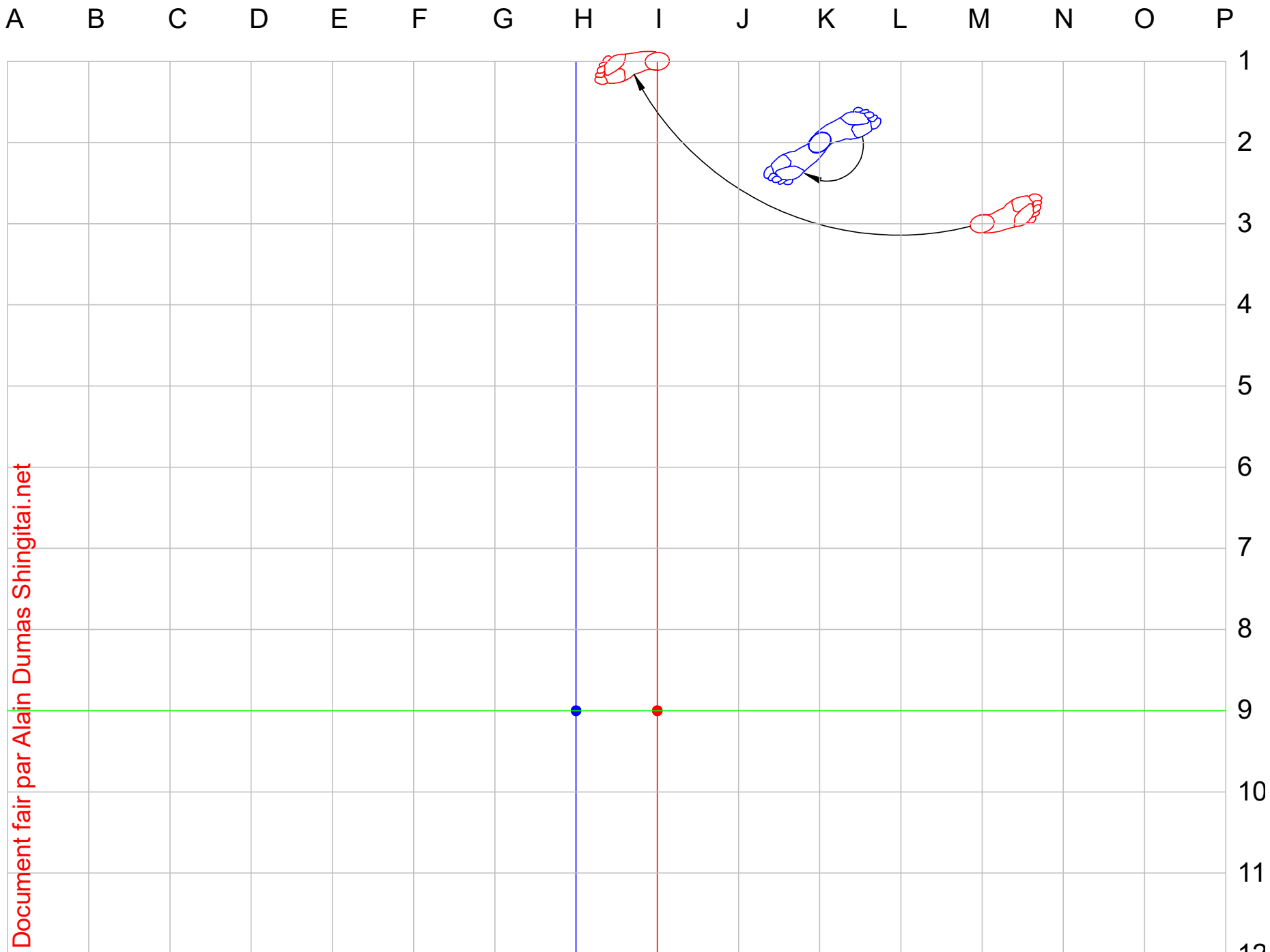
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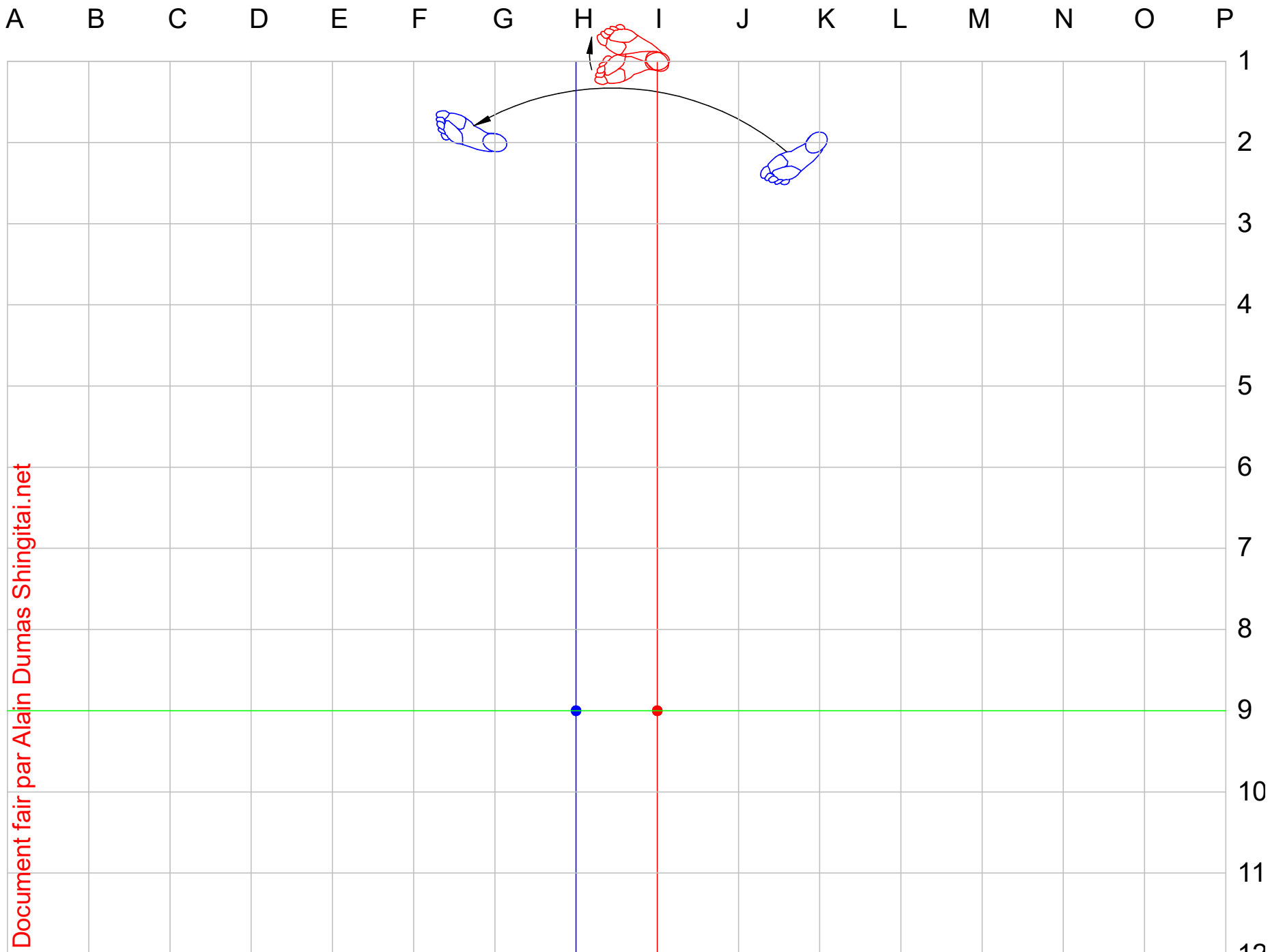


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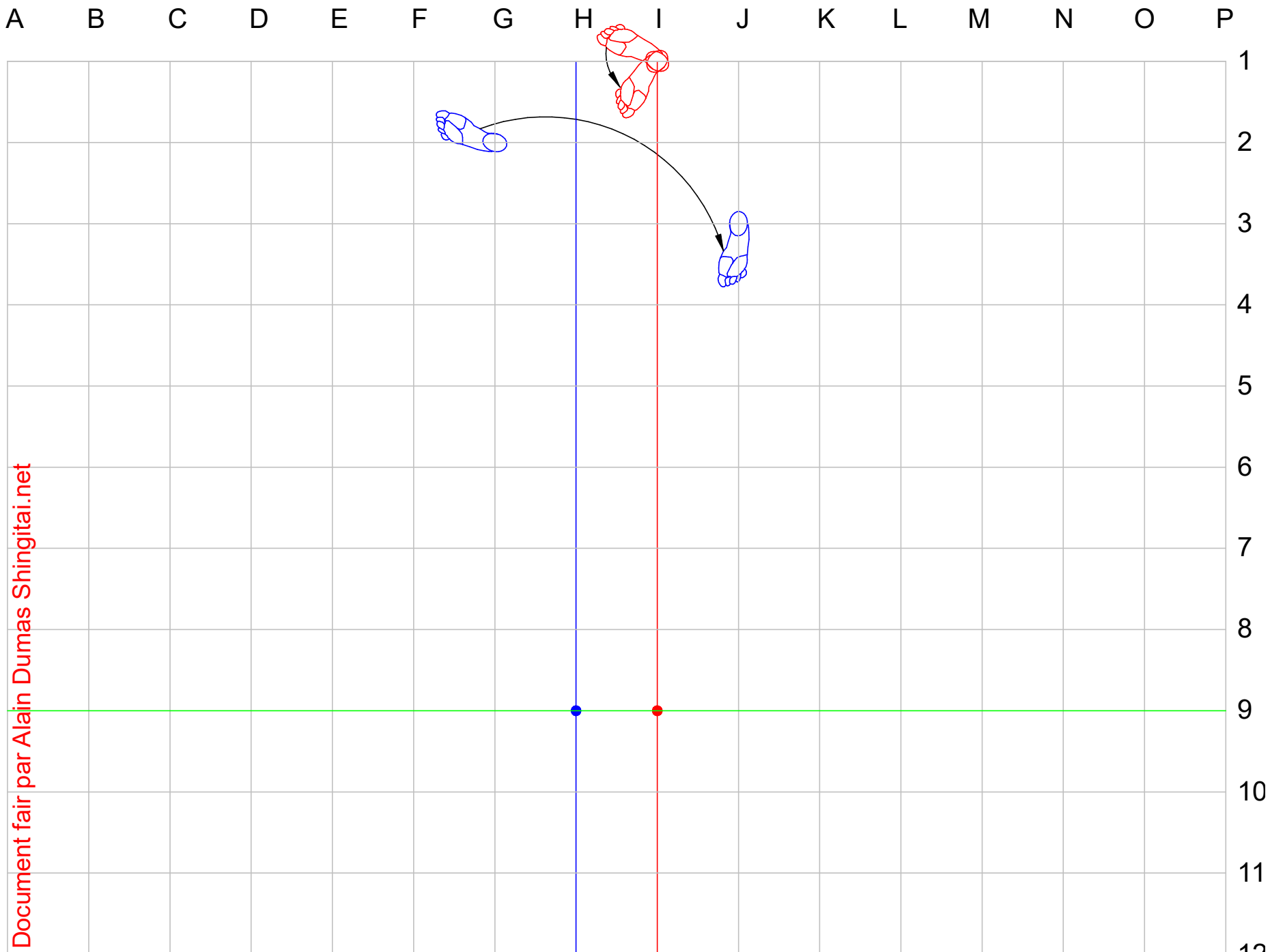
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12) Zenkutsu-dachi



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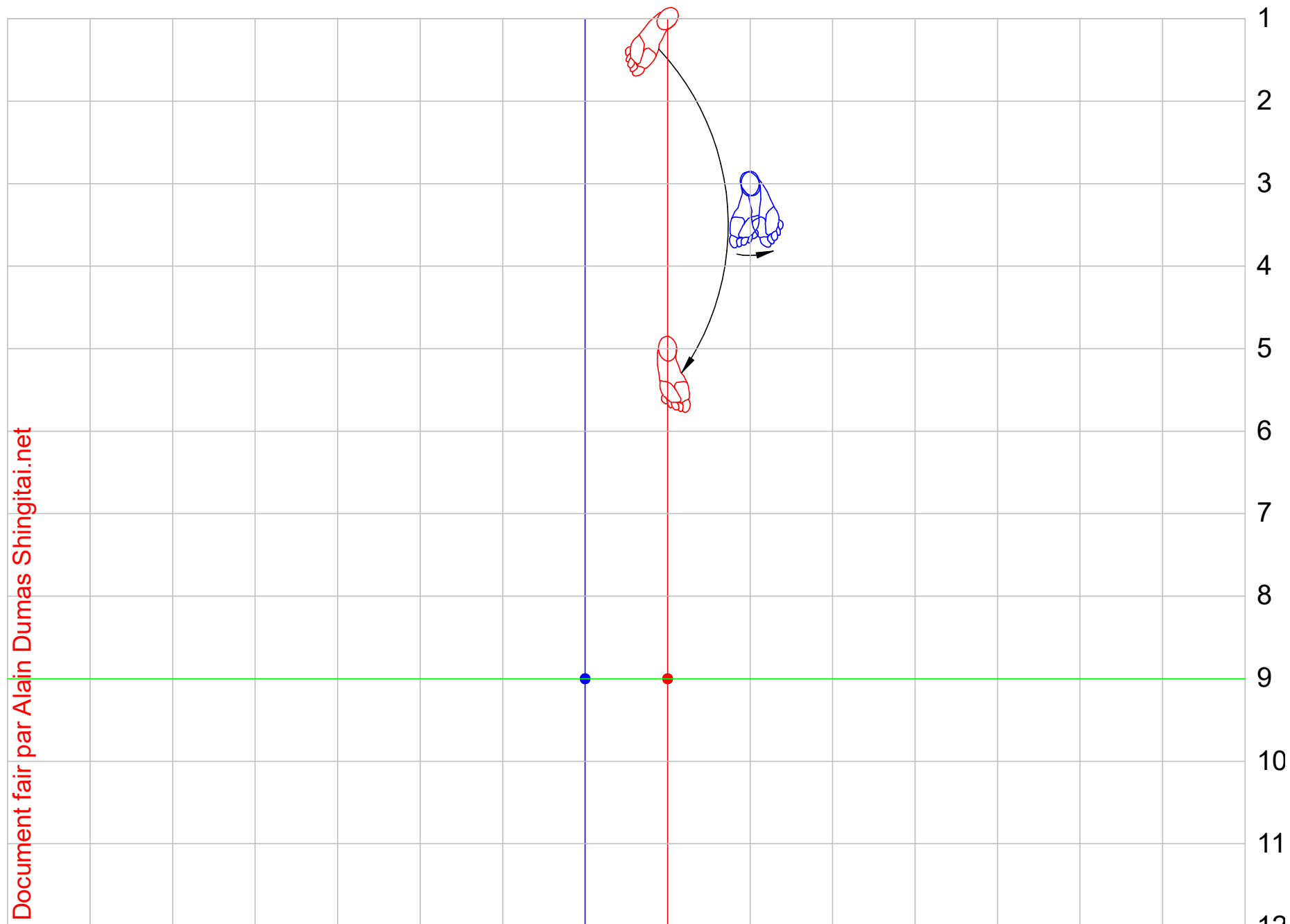
13) Zenkutsu-dachi



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14) Zenkutsu-dachi

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15) Zenkutsu-dachi

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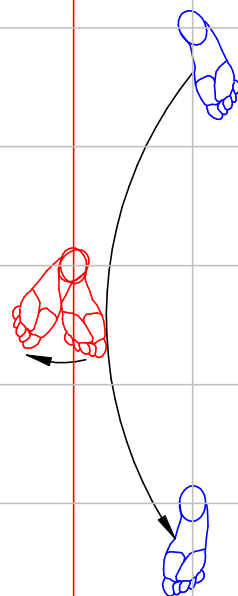
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16) Zenkutsu-dachi

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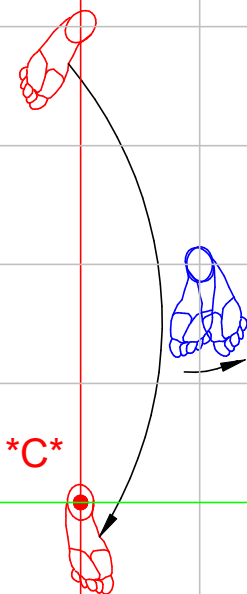
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KIAI

17) Zenkutsu-dachi

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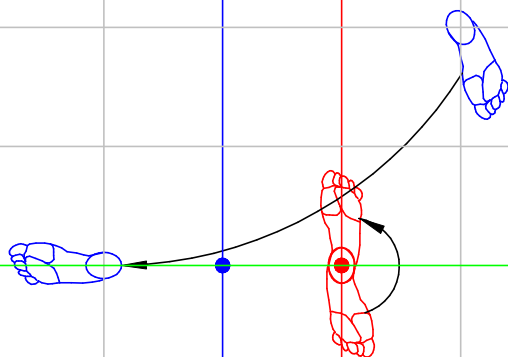
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18) Kokutsu-dachi

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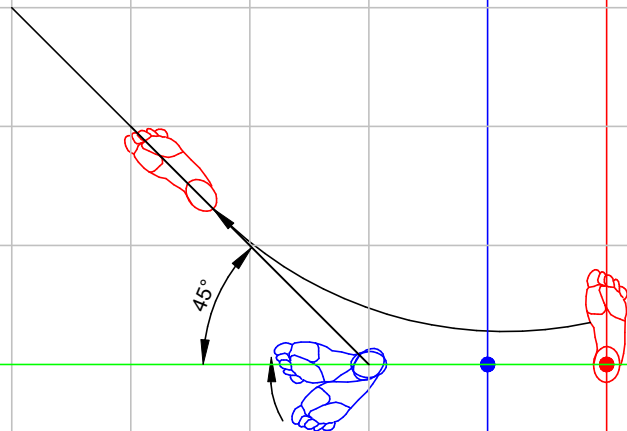
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19) Kokutsu-dachi

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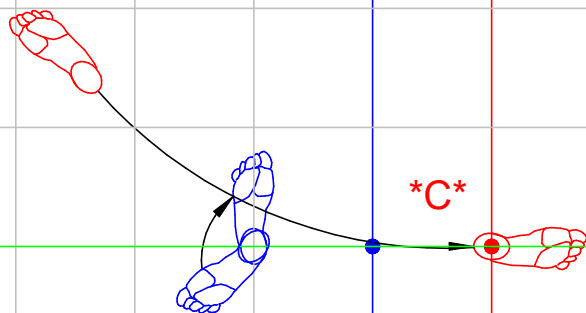
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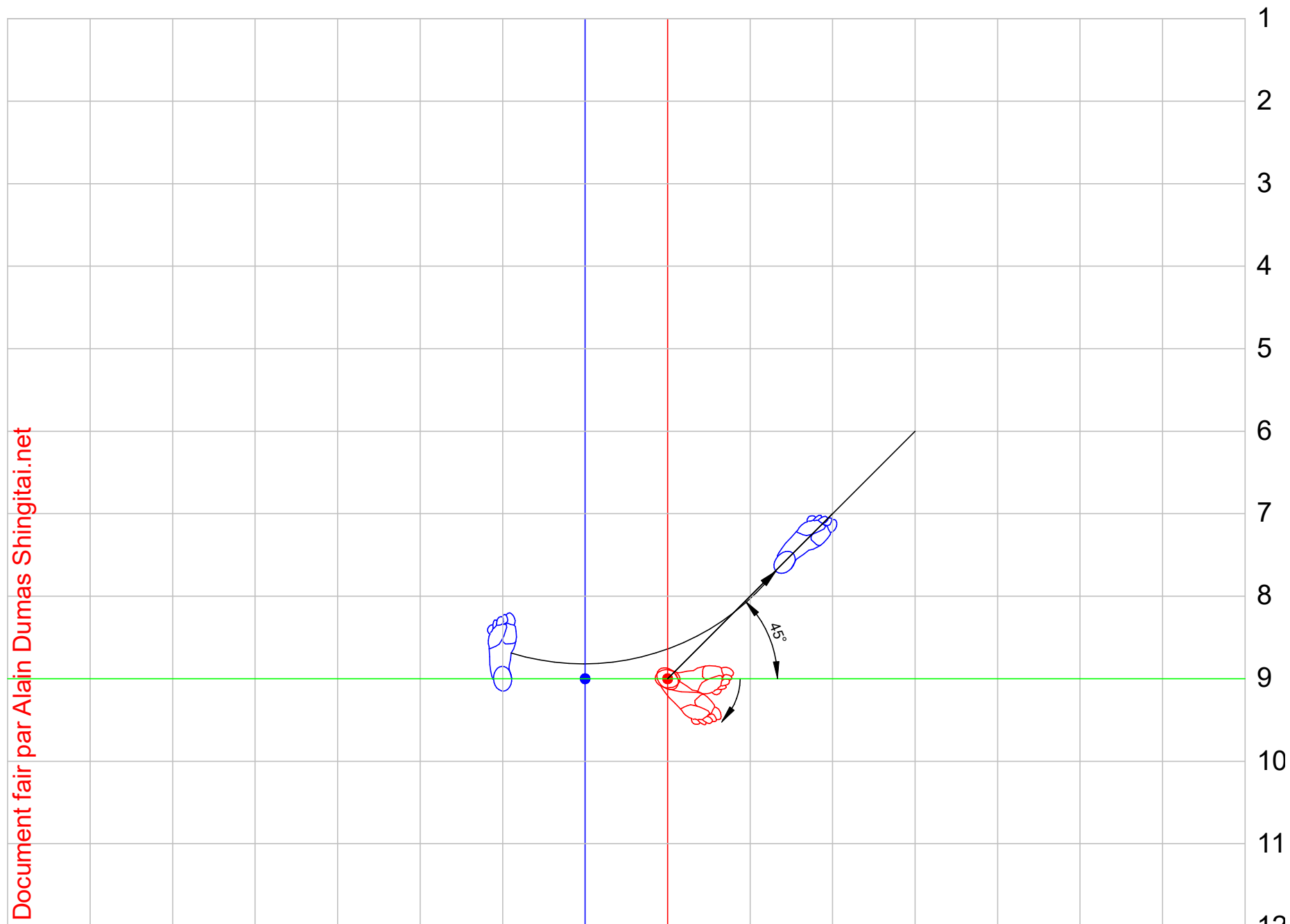
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20) Kokutsu-dachi

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21) Kokutsu-dachi

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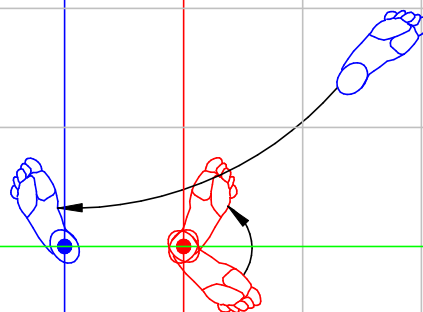
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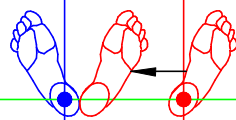
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Musubi-dachi

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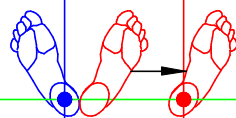
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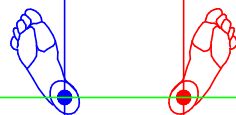
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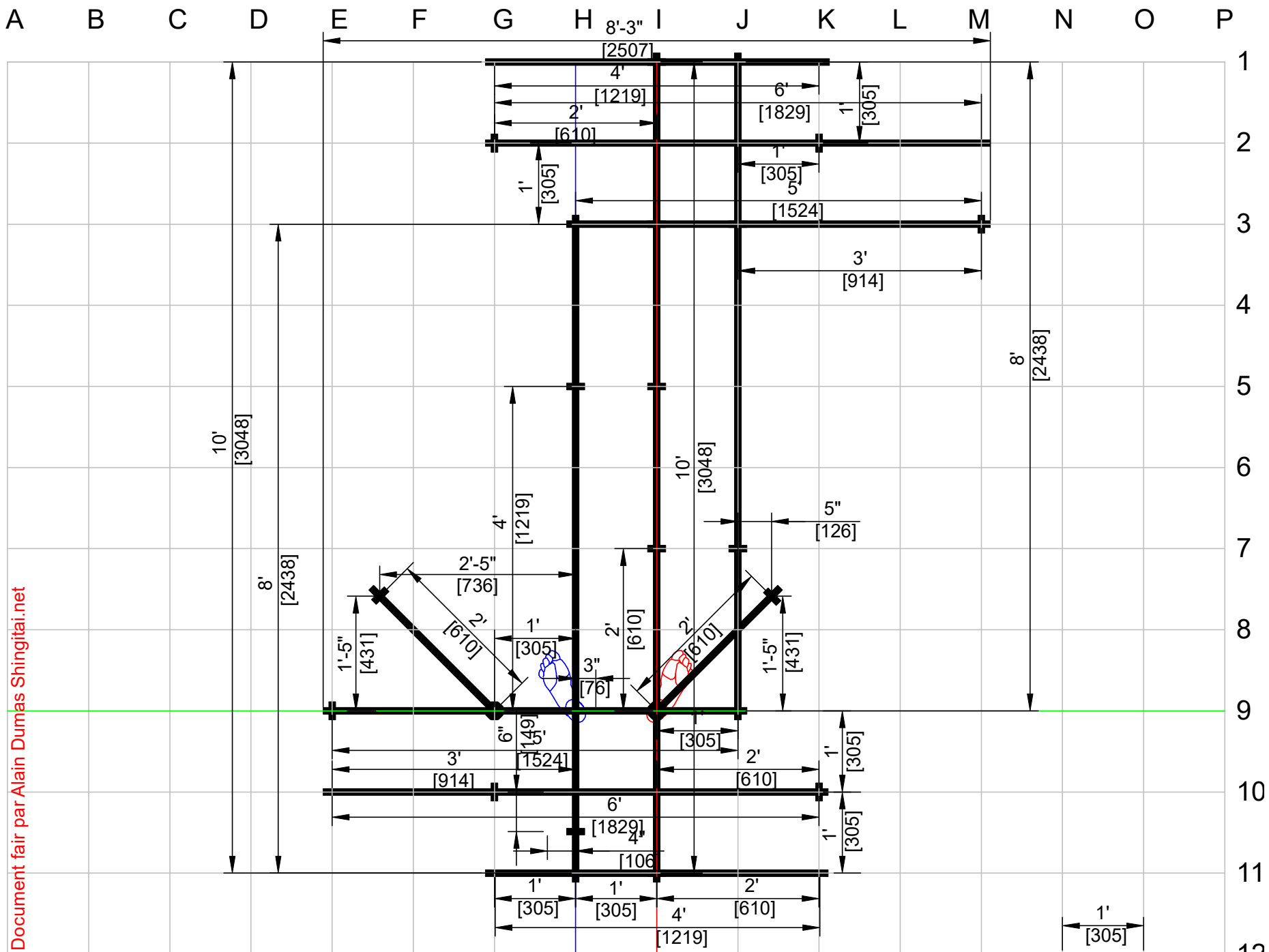
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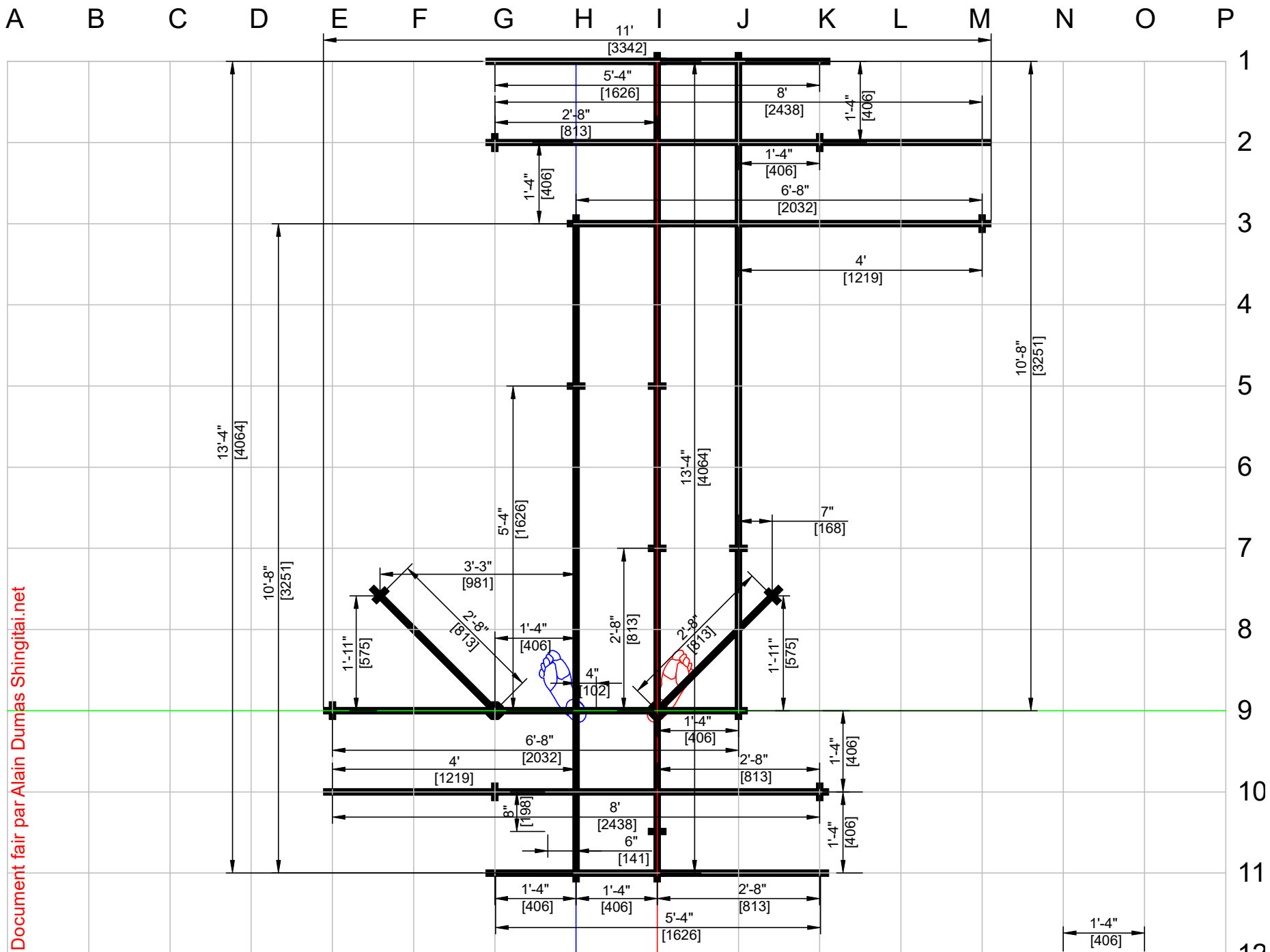


Shizen-tai



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Embusen Heian Shodan (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)



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Embusen Heian Shodan (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)