

## **EMBUSEN HEIAN GODAN** (PINAN)

Best karate # 5

<b>Paix et tranquillité 5</b>				<b>Peace and tranquility 4</b>			
Origine : Okinawa, date de création : 1907, auteur : maître Itosu				Origin : Okinawa, date created: 1907, author : master Itosu			
<b>Hei:</b> calme paisible, <b>An:</b> paix, tranquillité, <b>Go :</b> 5 <sup>e</sup> , <b>Dan :</b> niveau.				<b>Hei:</b> quiet, peaceful, <b>An:</b> peace, tranquility, <b>Go :</b> 5 <sup>e</sup> , <b>Dan:</b> level.			
Kata de vitesse « Shorin » - Classification IKD: Groupe 1				« Shorin » Speed kata - IKD classification : Group 1			
23 mouvements - Kiai mouvement 12 et 19, Durée 50 secondes				23 movements - Kiai movements 11 and 19, Length : 50 seconds			
<u>Points importants:</u>				<u>Important points:</u>			
Heian Godan aborde de nombreuses nouvelles techniques et positions telles que kosa-dachi, renoji-dachi et mikazuki-geri. Il s'effectue à un rythme particulier avec une alternance de temps rapides et de temps plus lents.				Heian Godan introduces many new techniques and stances such as kosa-dachi, renoji-dachi and mikazuki-geri. It has a particular rhythm that alternates between fast and slow.			
<u>Note:</u>				<u>Note:</u>			
Une particularité avec ce kata est le travail de souplesse du tronc dans les mouvements 2 et 5 que l'on retrouve aussi dans Tekki shodan. Cela constitue une bonne préparation pour Bassai-dai. Pour les mouvements 20, 21a et 23a, l'utilisation des positions hiza kussu-dachi et kokutsu-dachi favorise un meilleur transfert du poids et facilite les mouvements des bras.				One of the particularity of this kata is the flexibility work of the torso in movements 2 and 5, which can also be found in Tekki shodan. This is a good preparation for Bassai-dai. For movements 20, 21a and 23a, the use of hiza kussu-dachi and kokutsu-dachi stances allows a better weight transfer and facilitates arm movements.			
<u>Points de convergence *C*</u> (où on repasse par le même point)				<u>Points of convergence *C*</u> (where one passes at the same point)			
Point	Mouvements	Point	Mouvements	Point	Movements	Point	Movements
● H-9	Début, fin.	● I-9	Début, (Pied gauche sur 6), fin.	● H-9	Start, end.	● I-9	Start, (Left foot on 6), end.

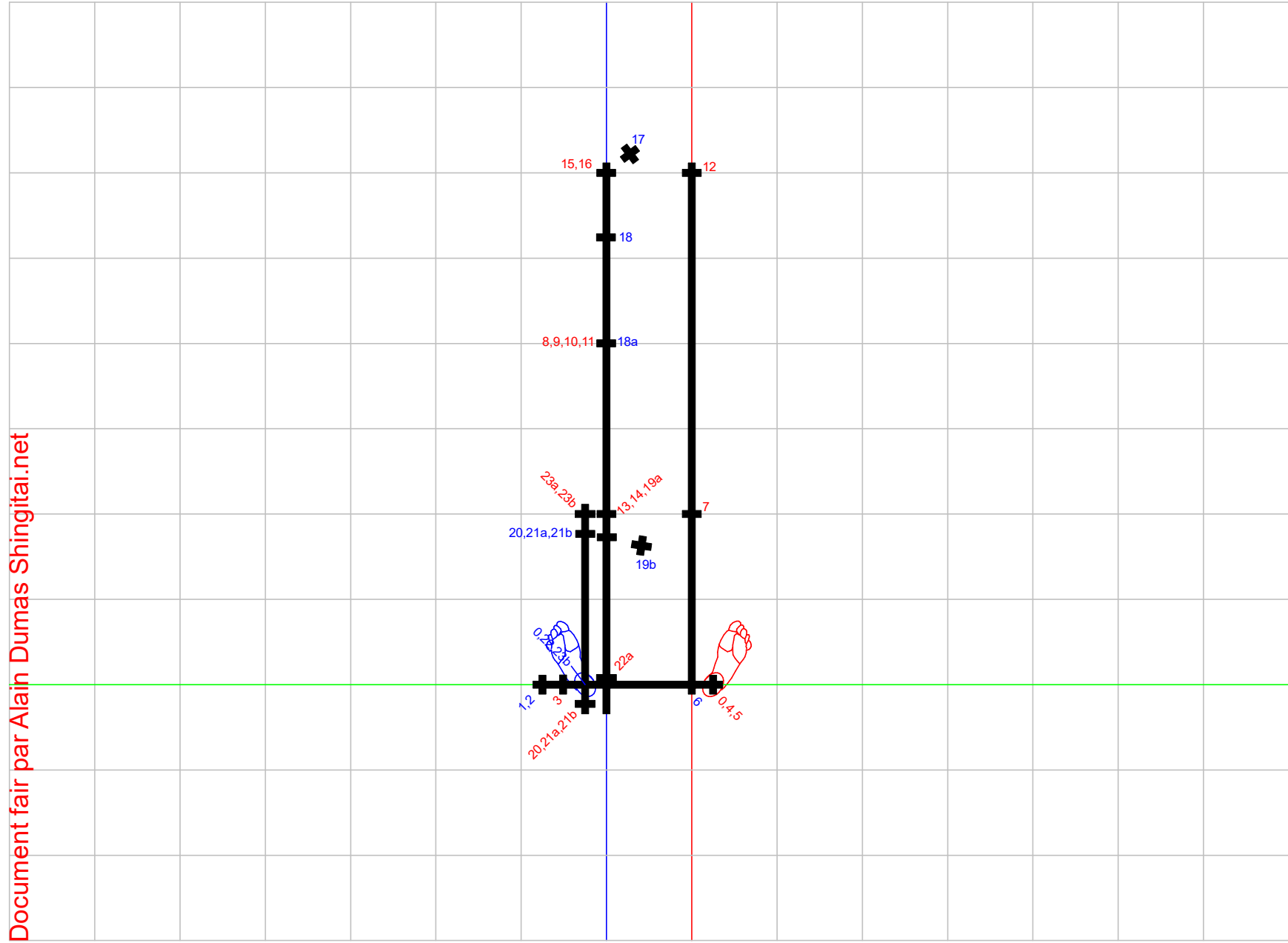
Par Alain Dumas 7<sup>e</sup> dan, IKD 2025-03-04



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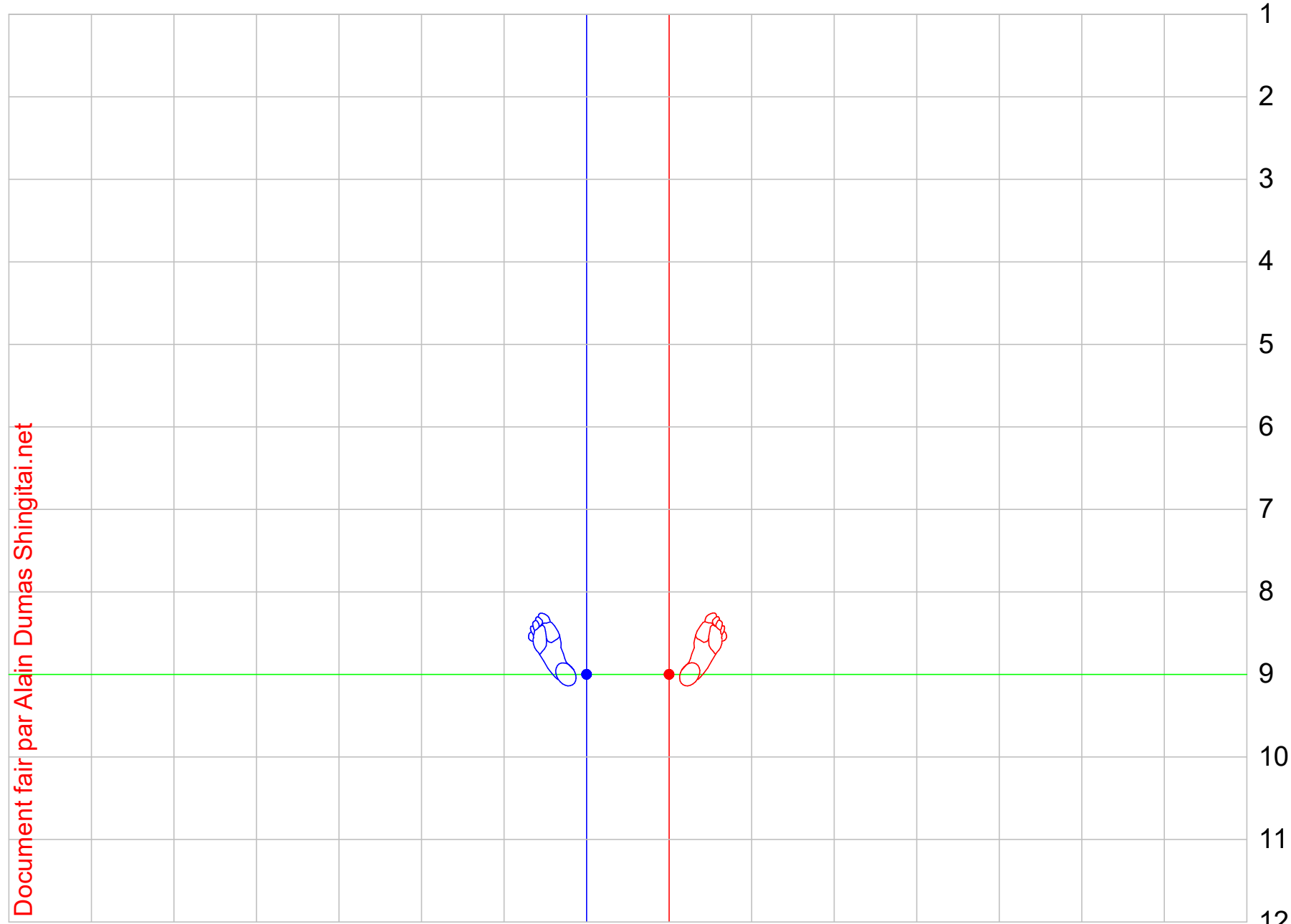
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Embusen Heian Godan

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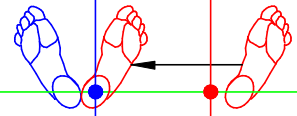
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Hachinoji-dachi

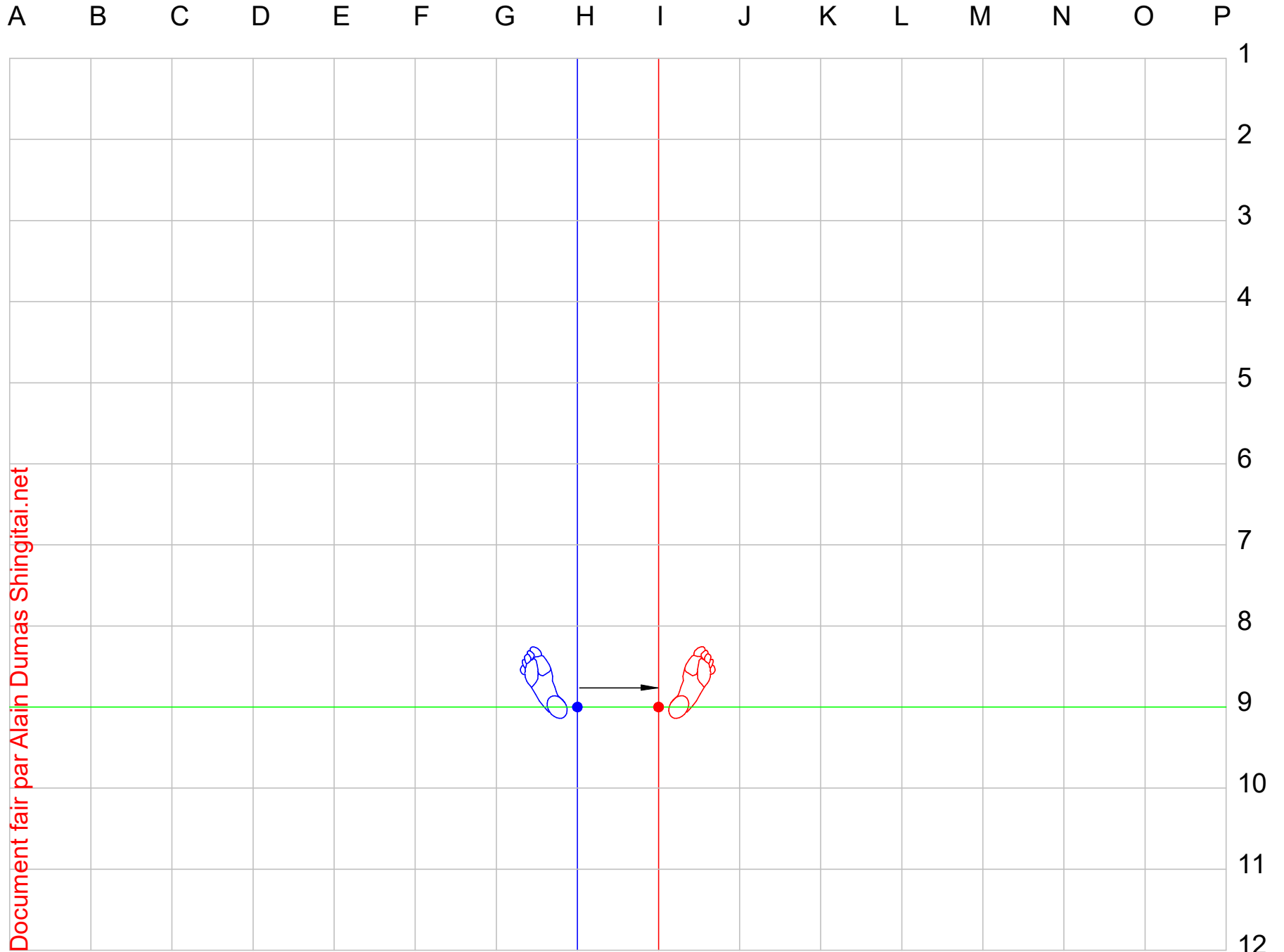
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Musubi-dachi



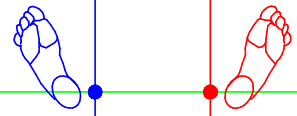
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Hachinoji-dachi

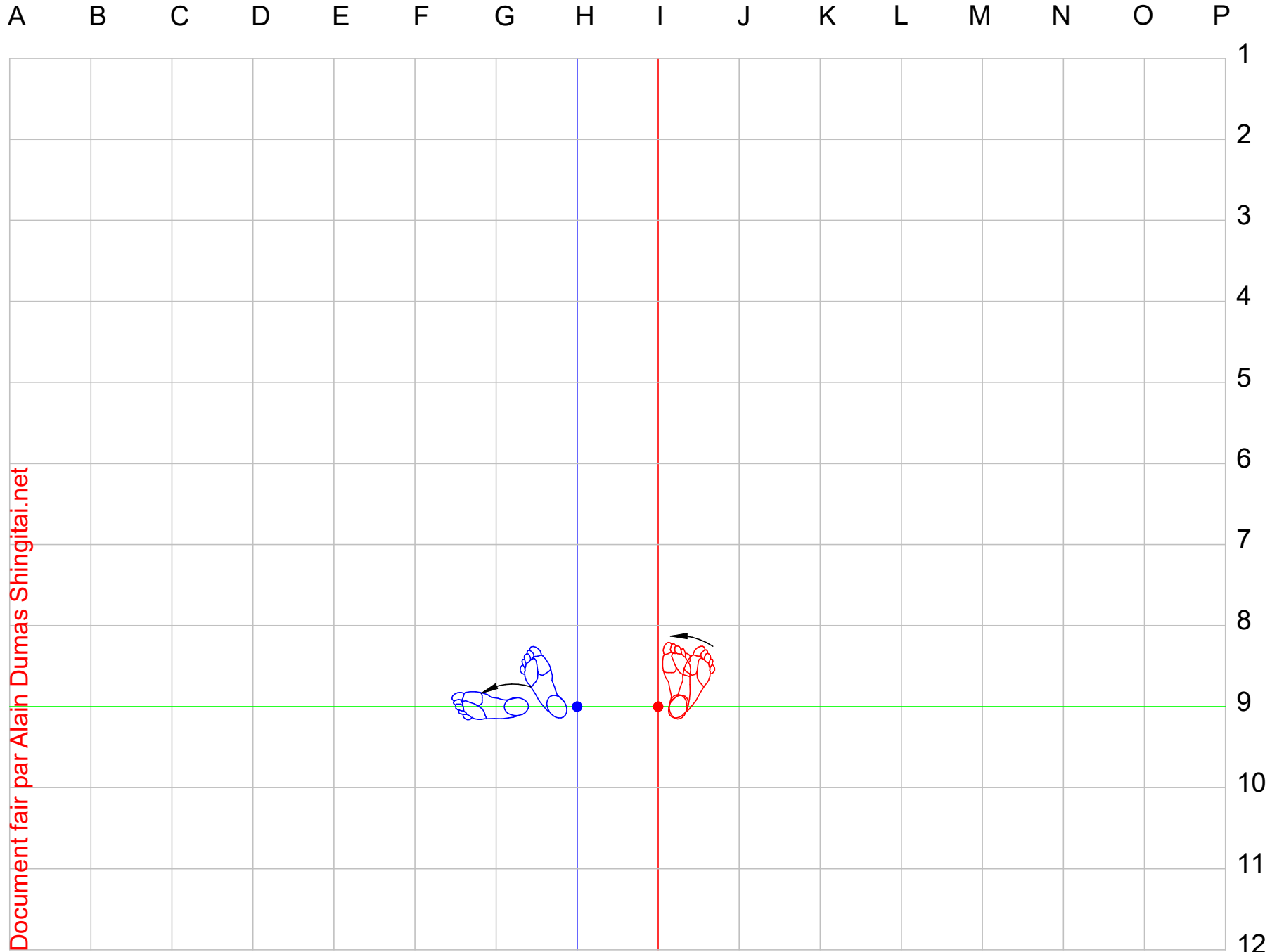
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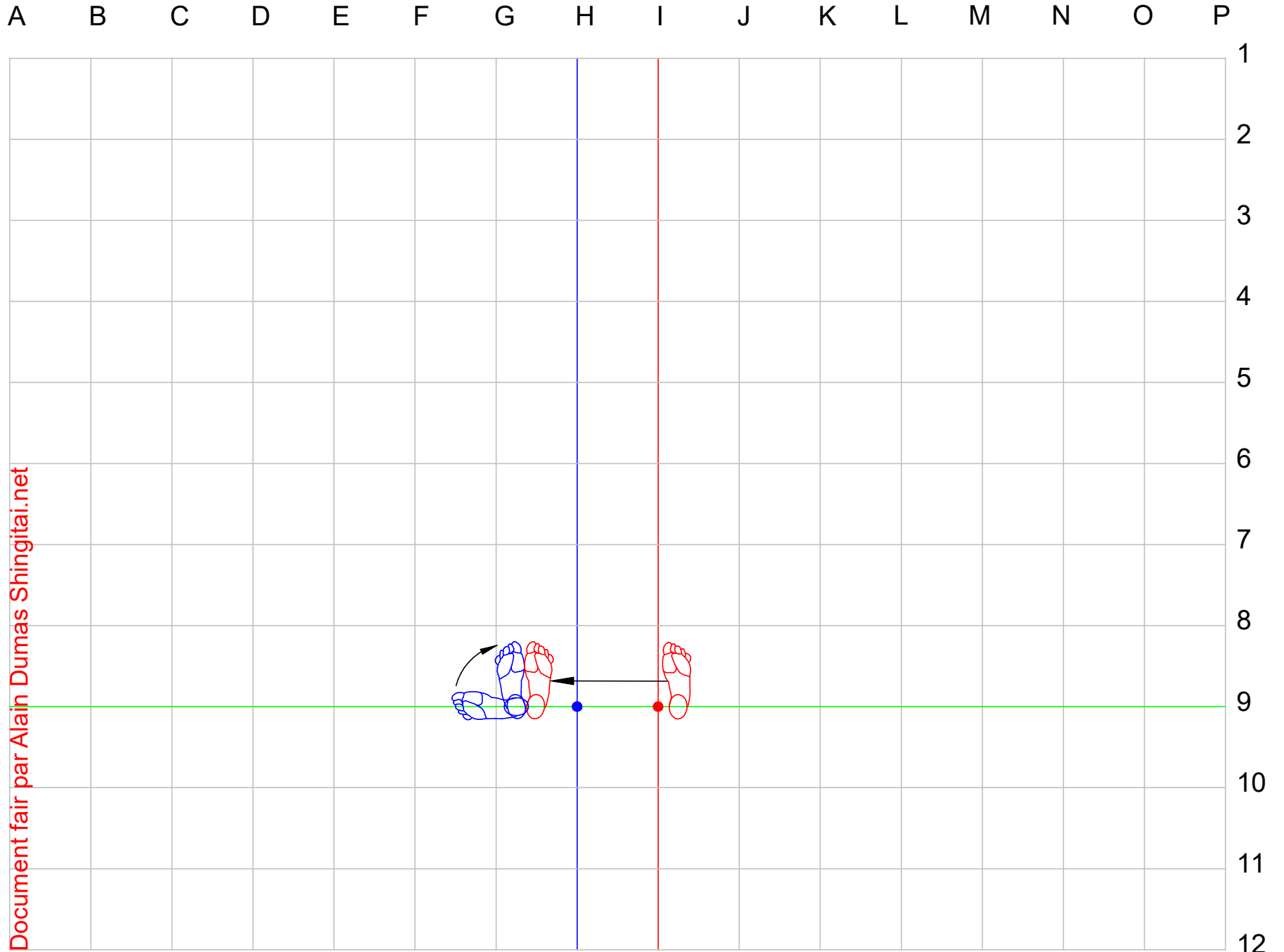
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Hachinoji-dachi



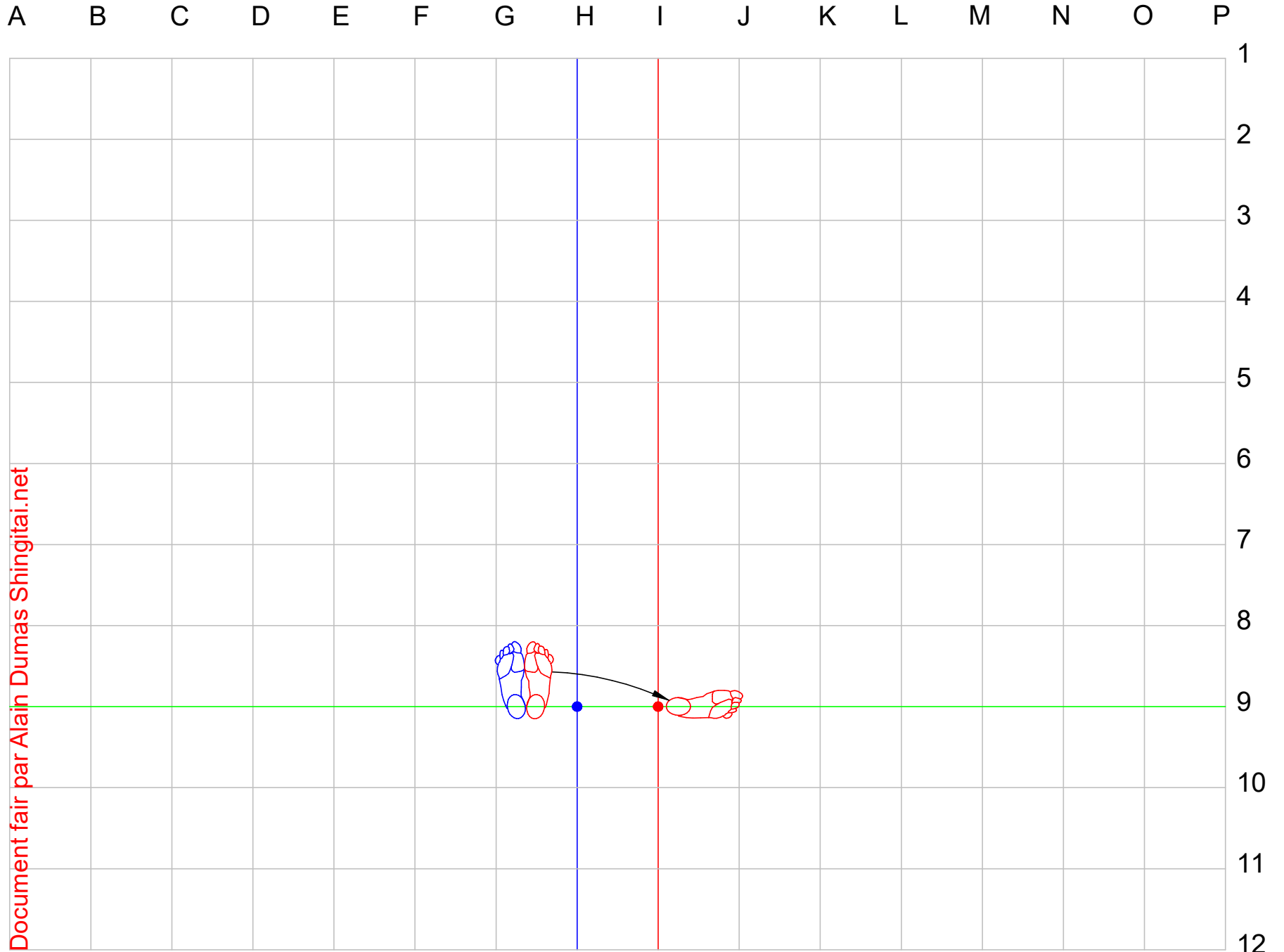
1,2) Kokutsu-dachi



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3) Heisoku-dachi





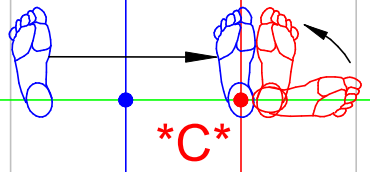
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4,5) Kokutsu-dachi

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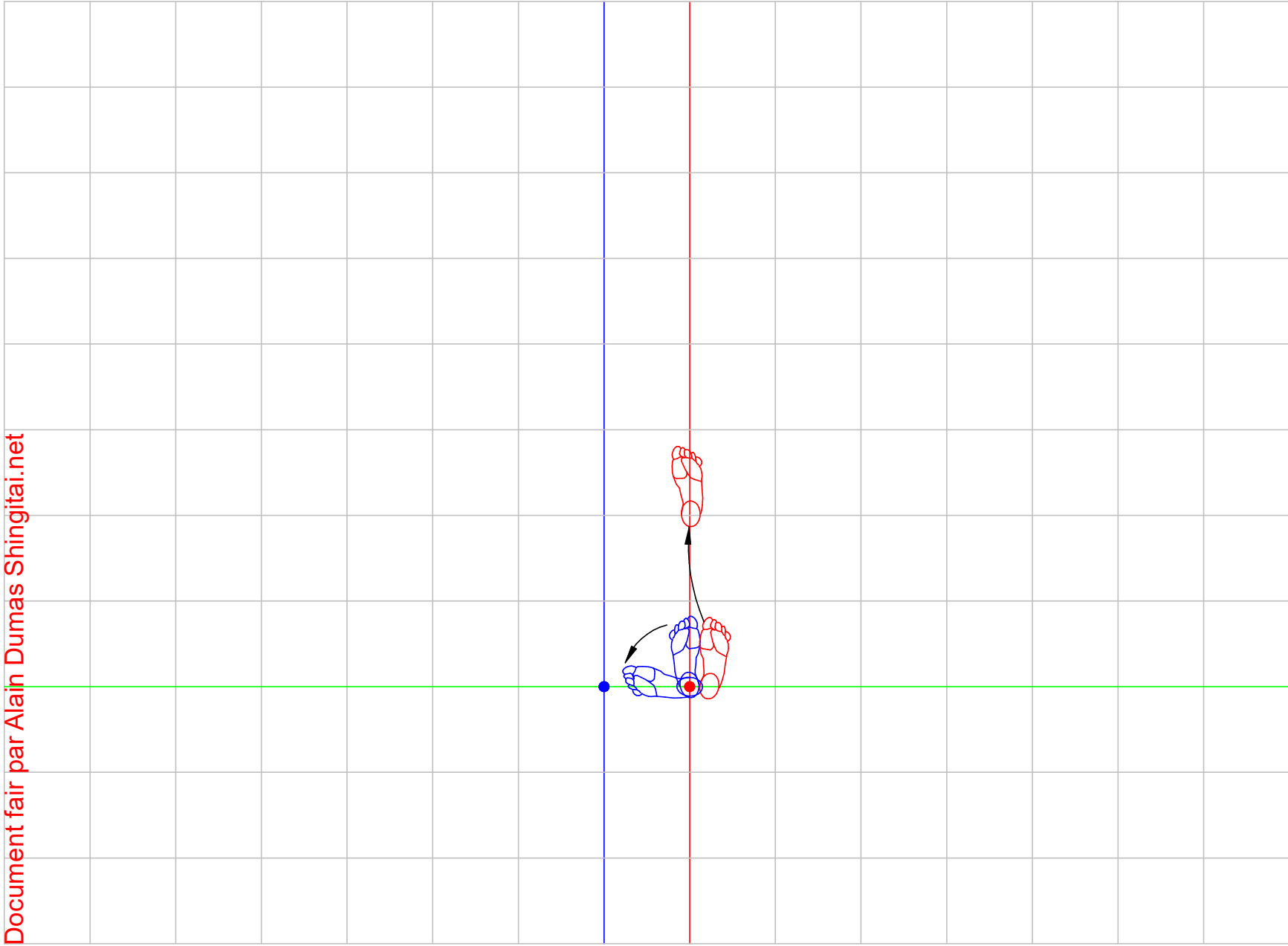
6) Heisoku-dachi

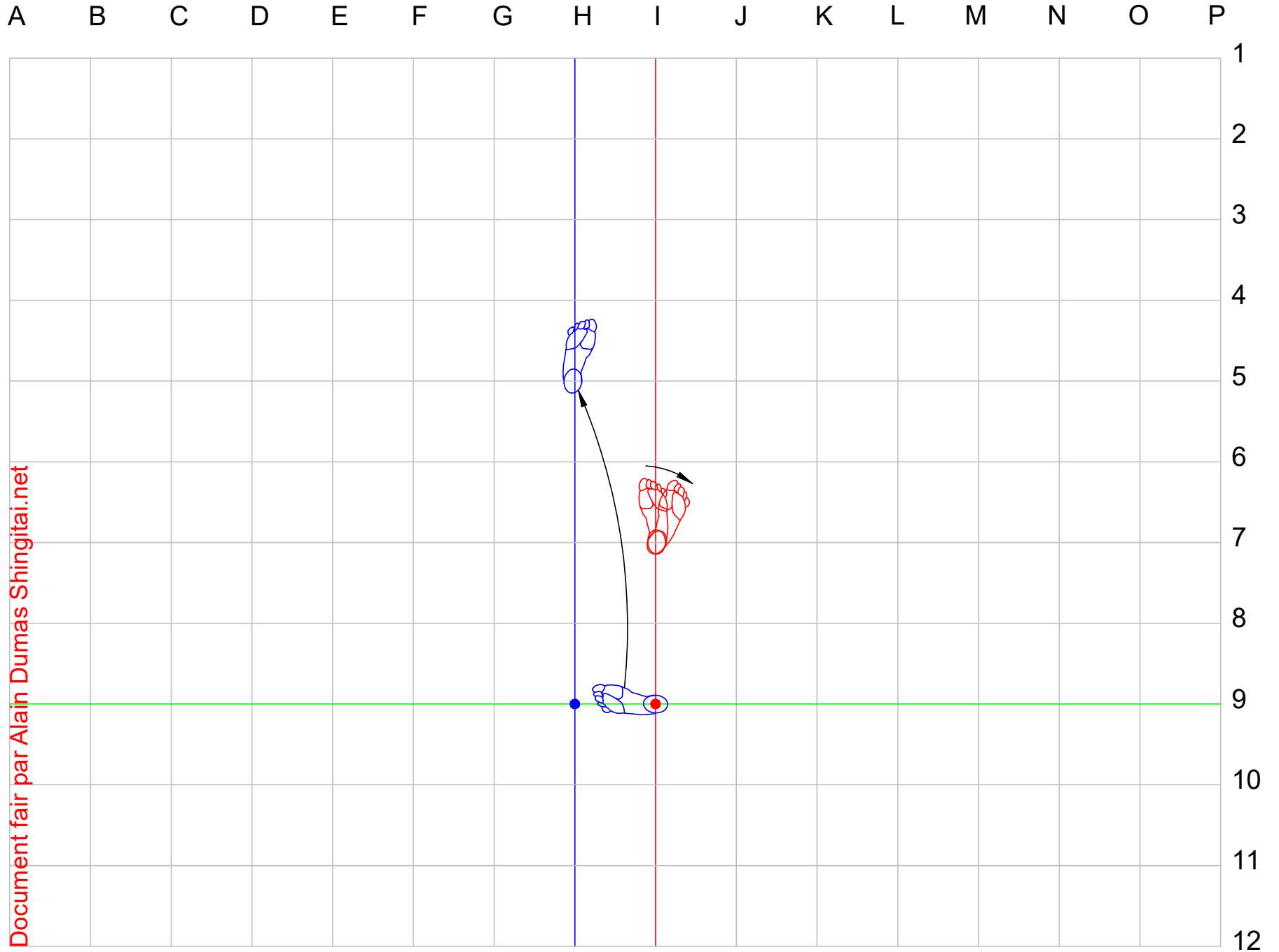
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7) Kokutsu-dachi

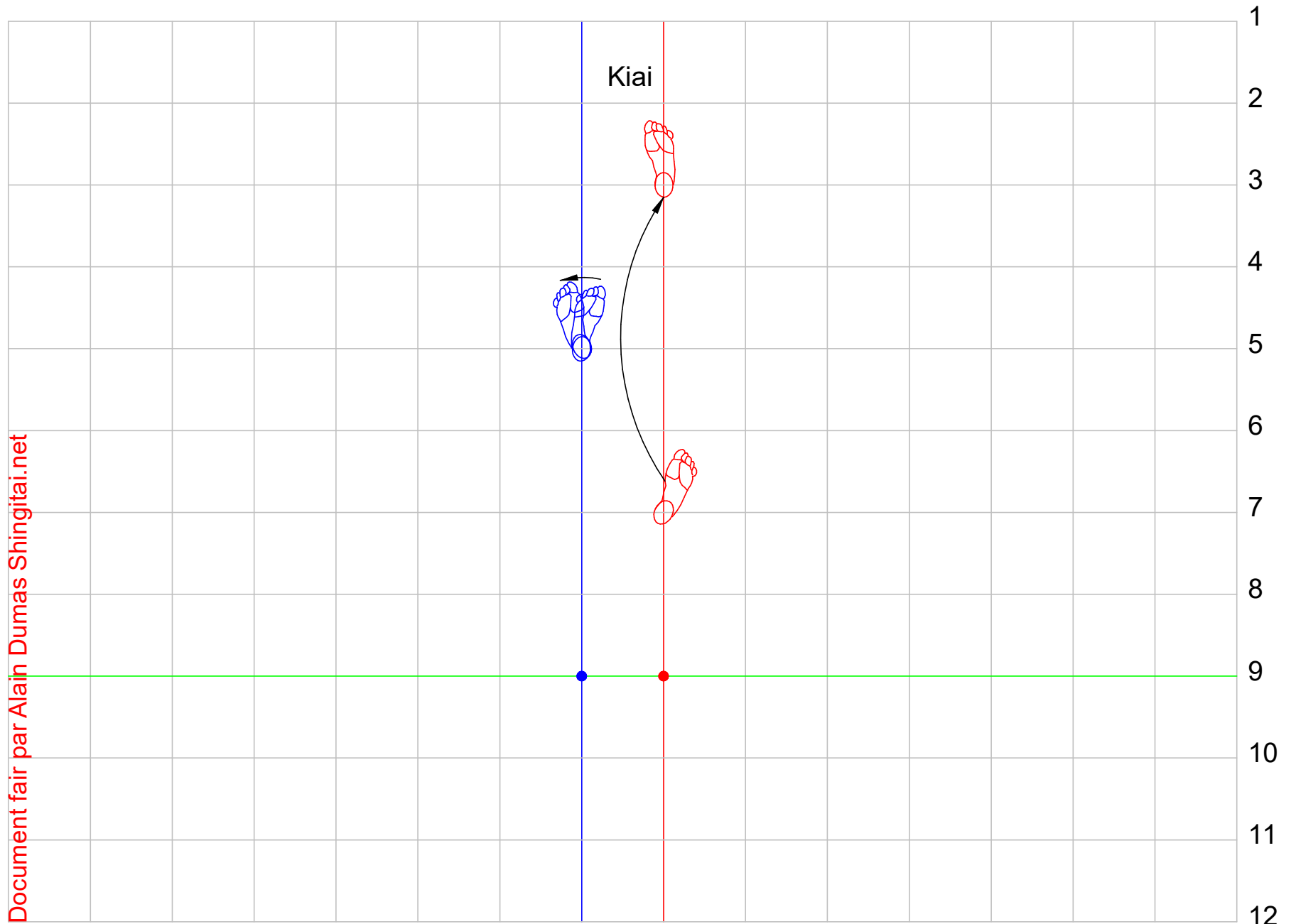




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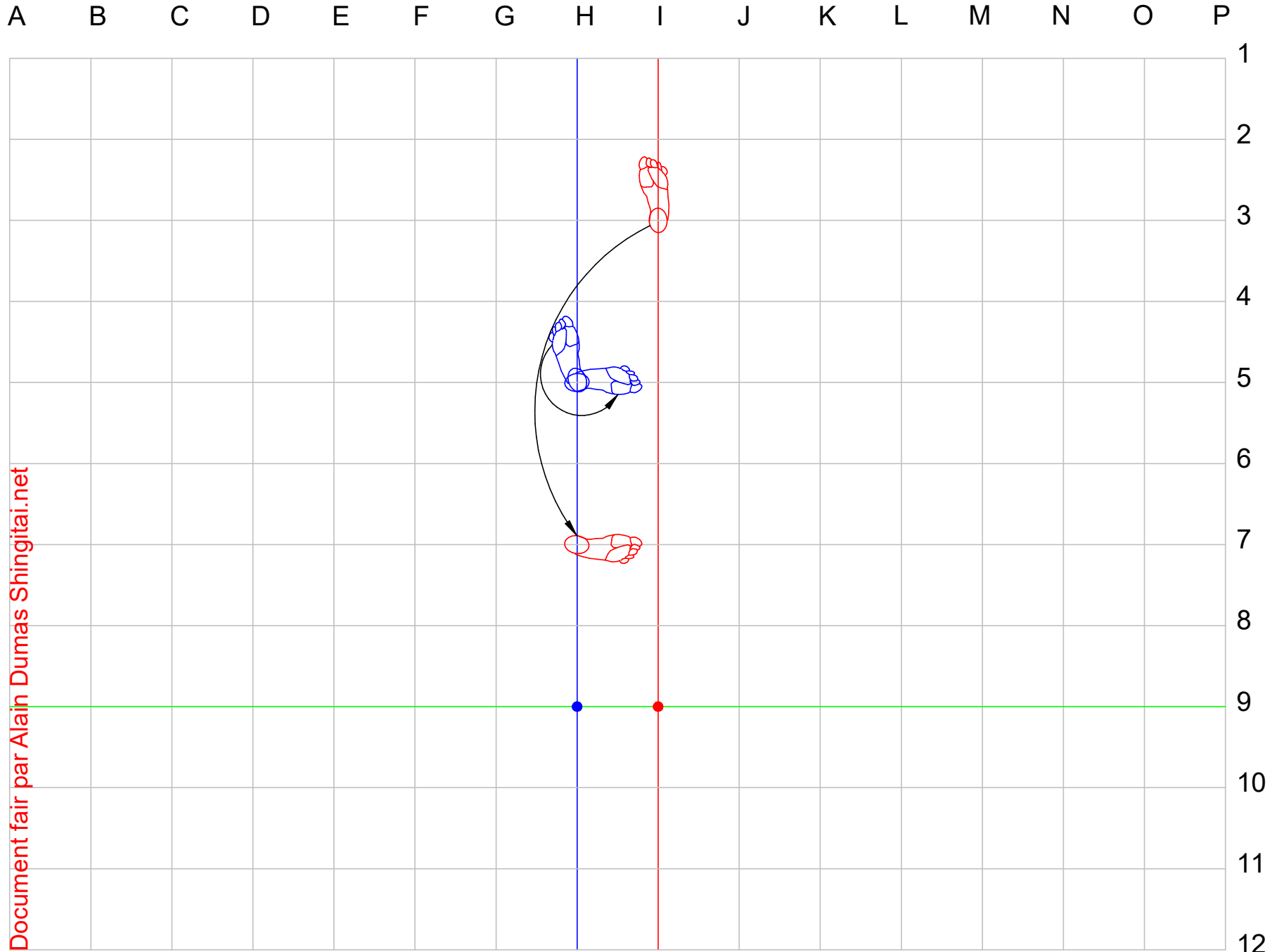
8...11) Zenkutsu-dachi

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12) Zenkutsu-dachi



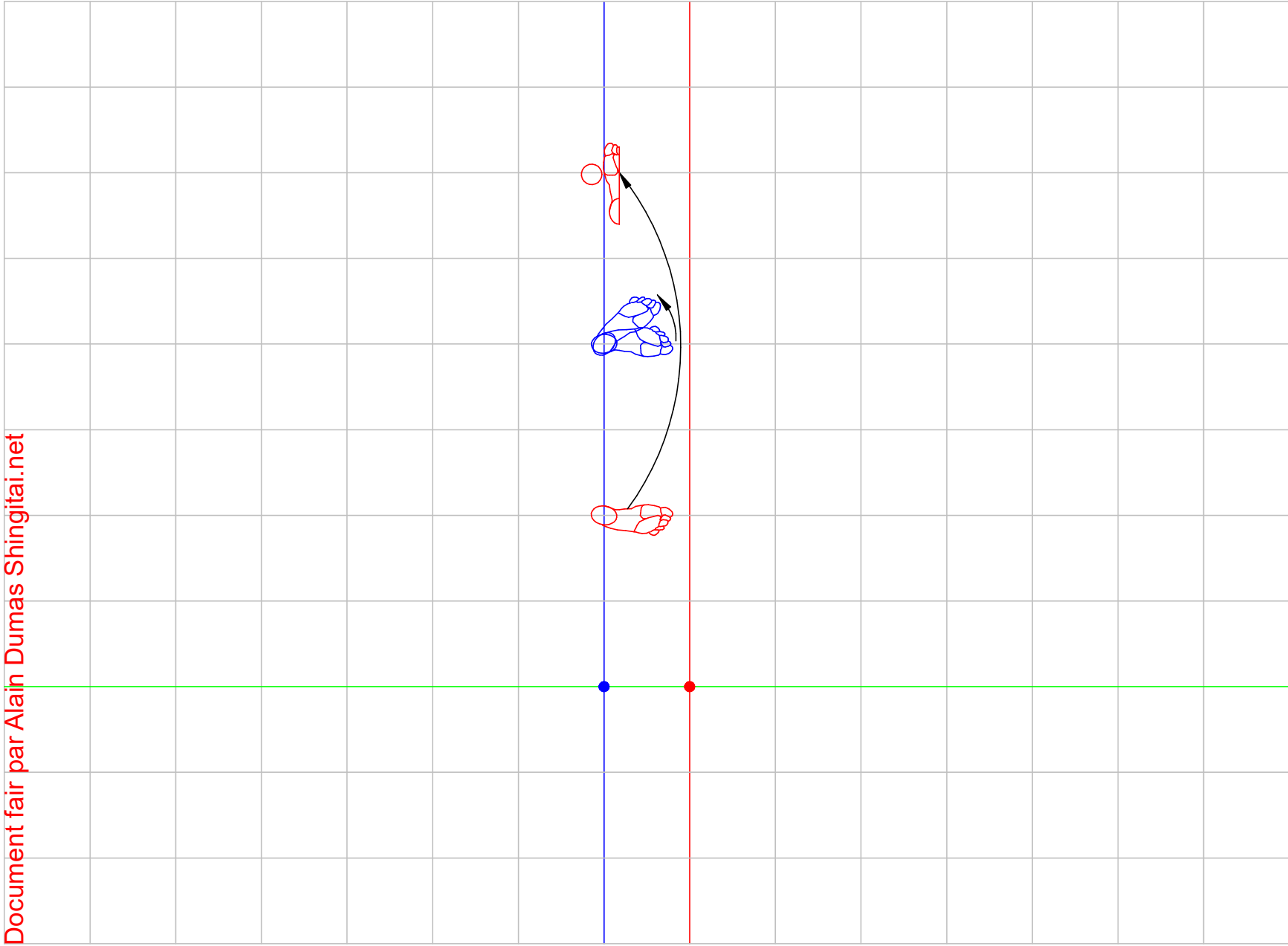
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13,14) Kiba-dachi

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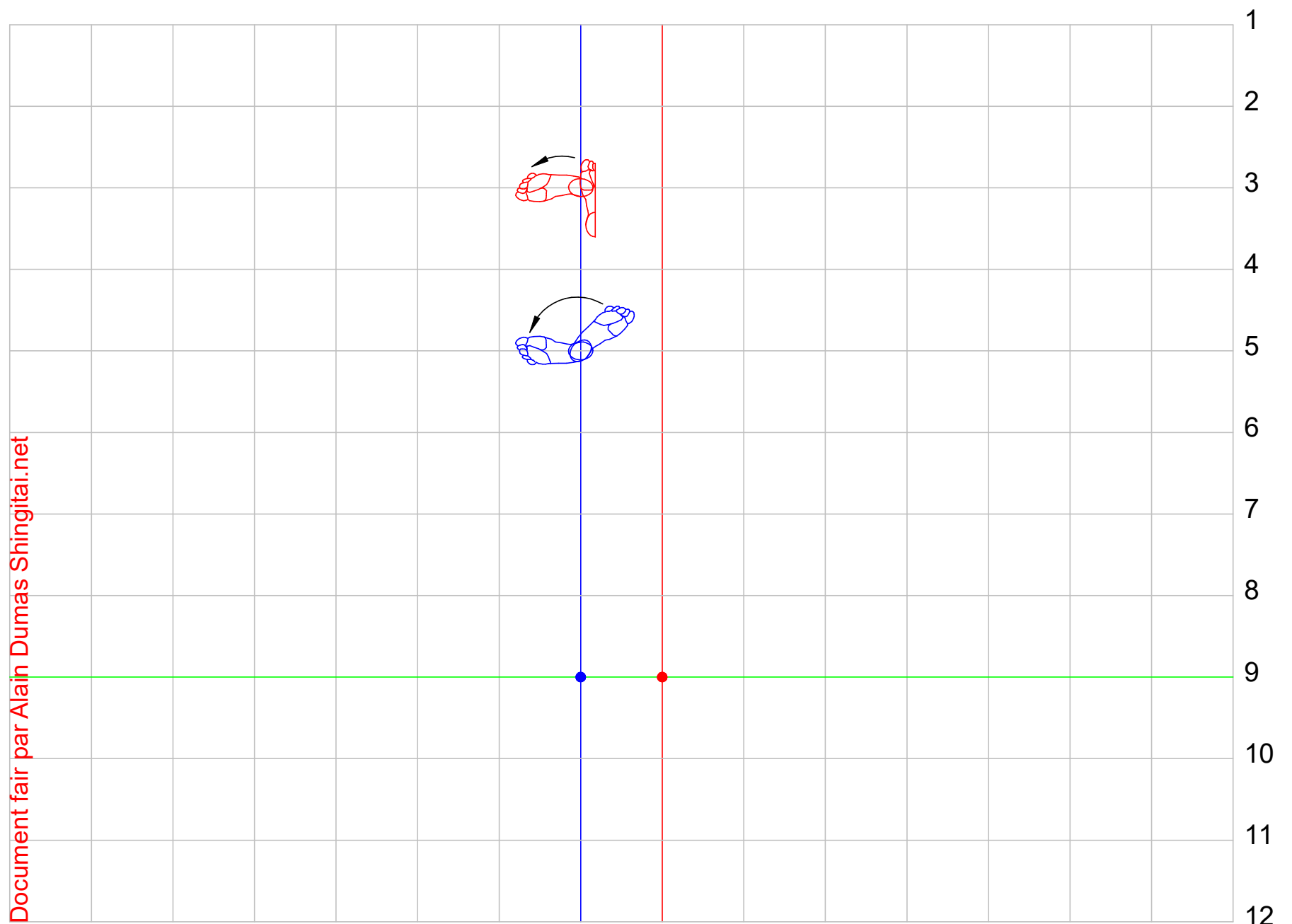
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15) Ashi-dachi

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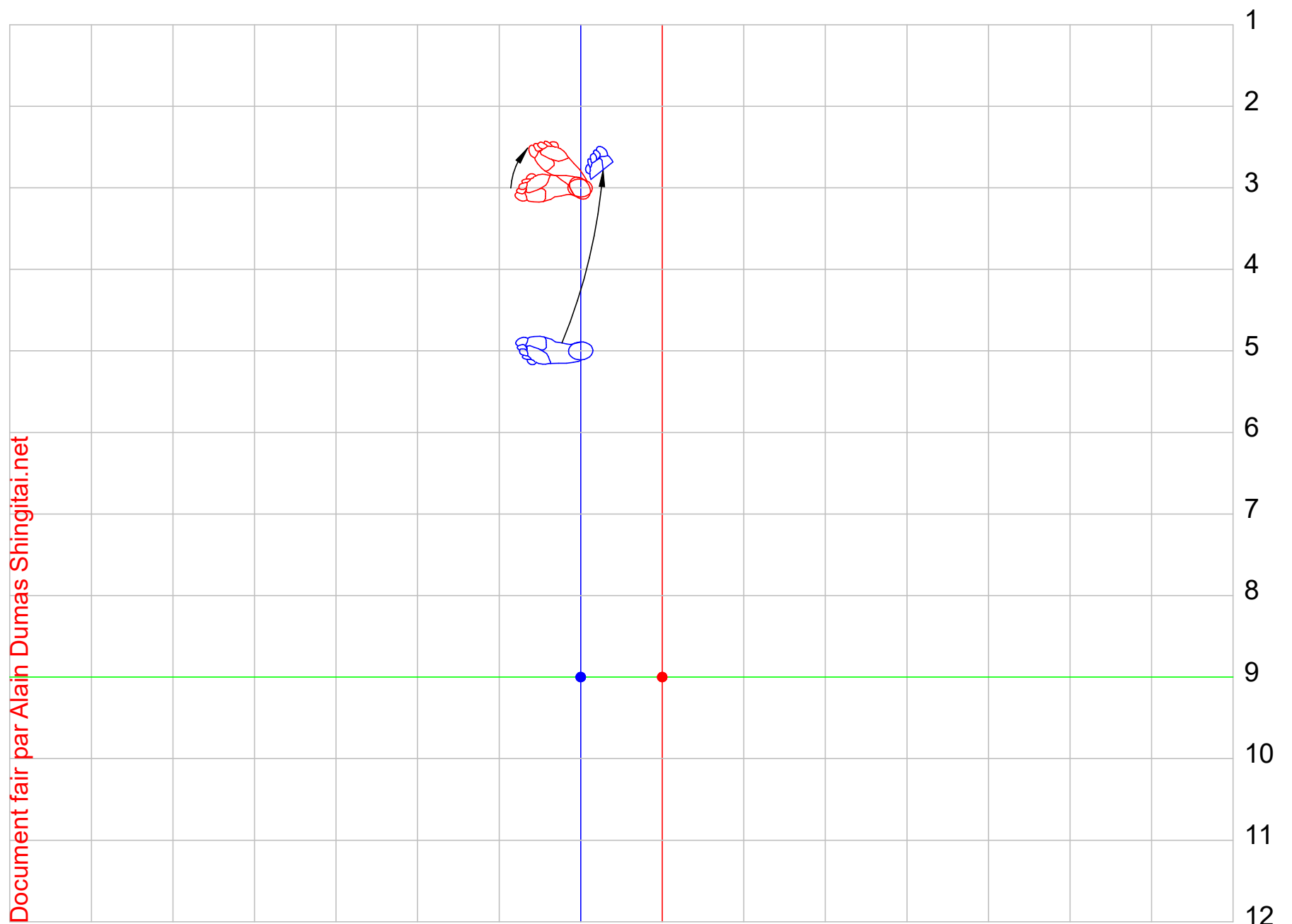


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16) Kiba-dachi



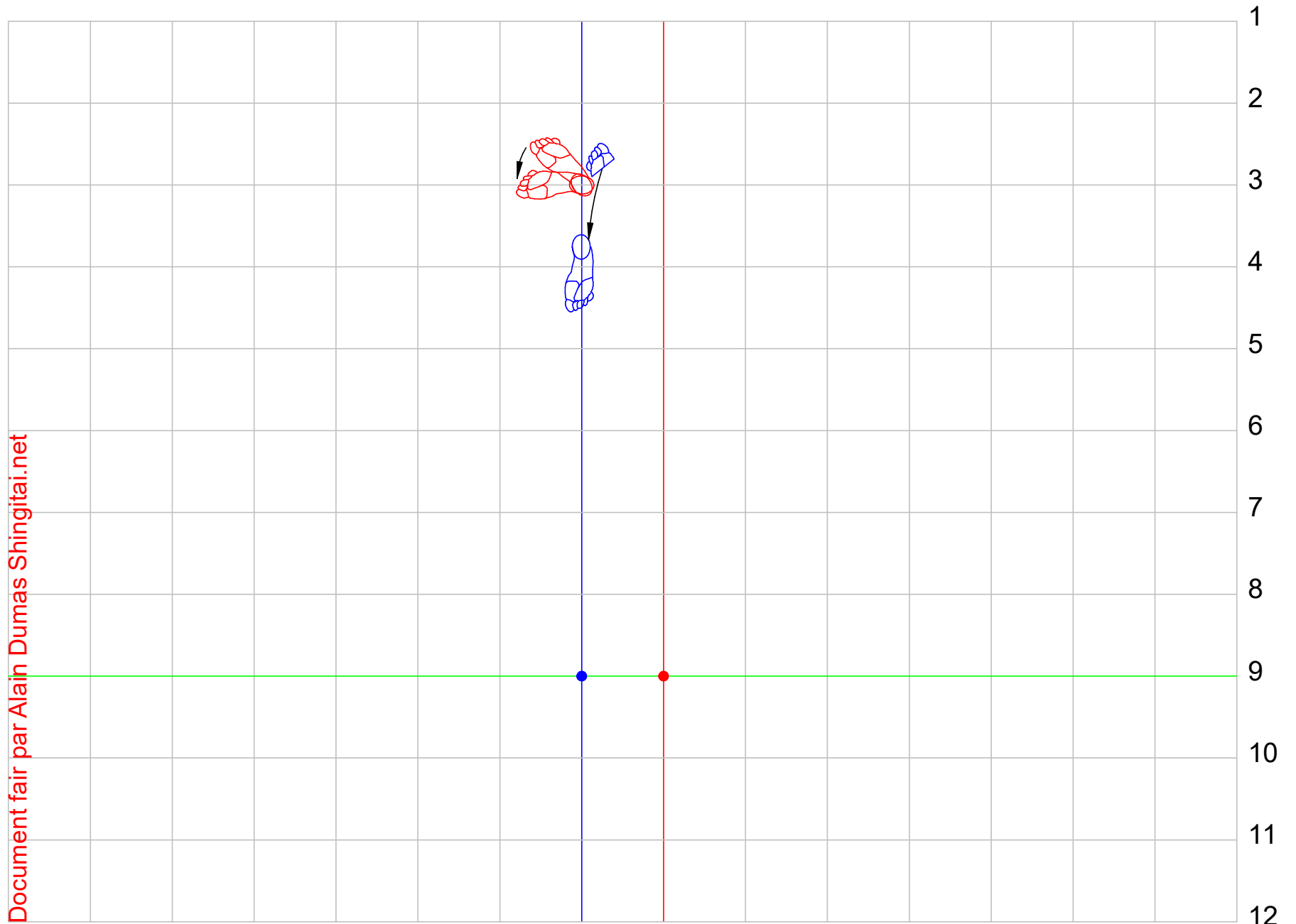
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17) Kosa-dachi

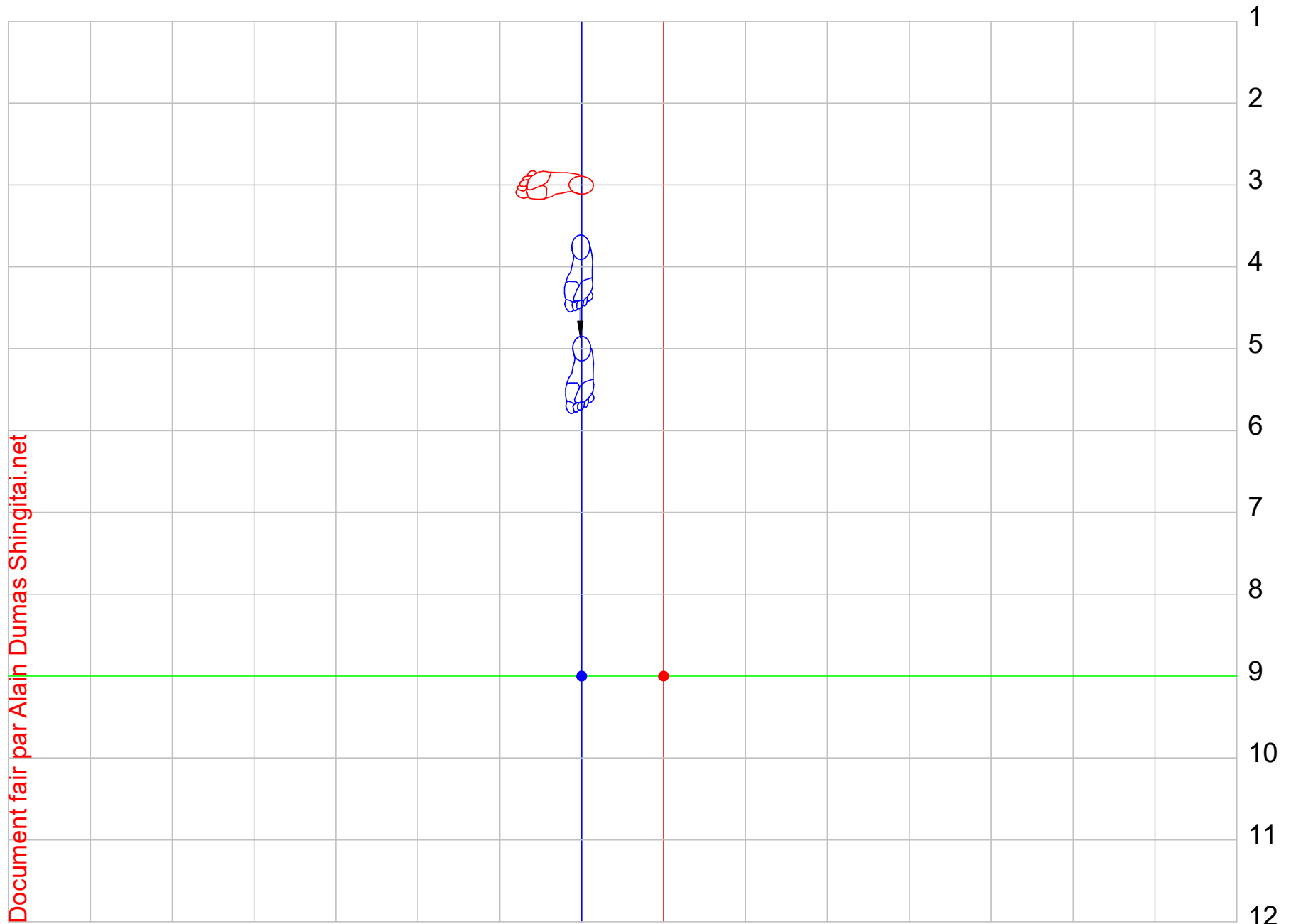
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18) Renoji-dachi

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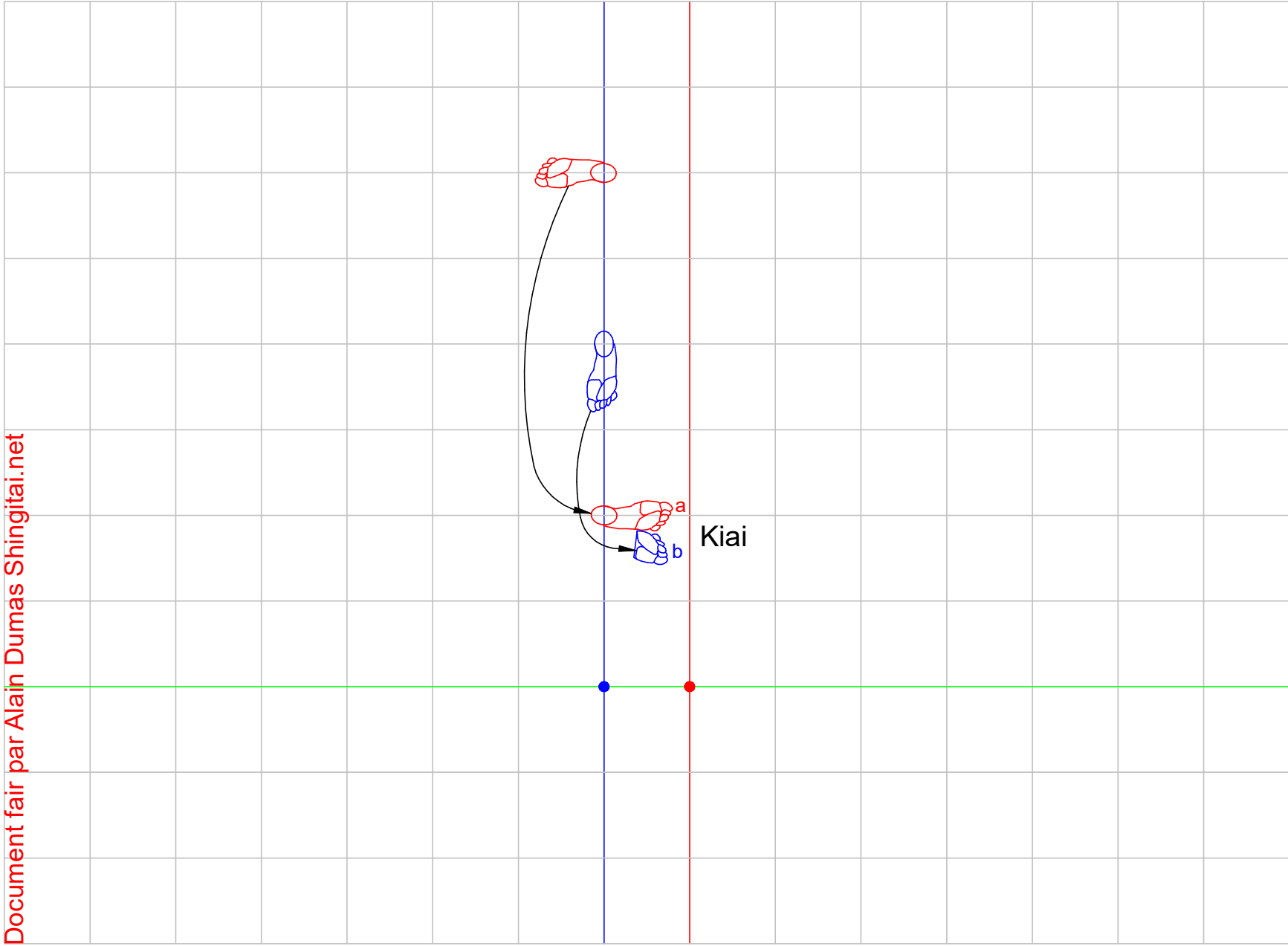
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18a) Yorei-achi

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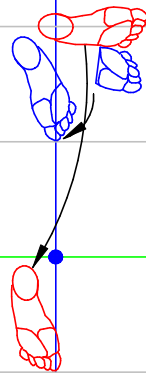


19a,19b) Kosa-dachi

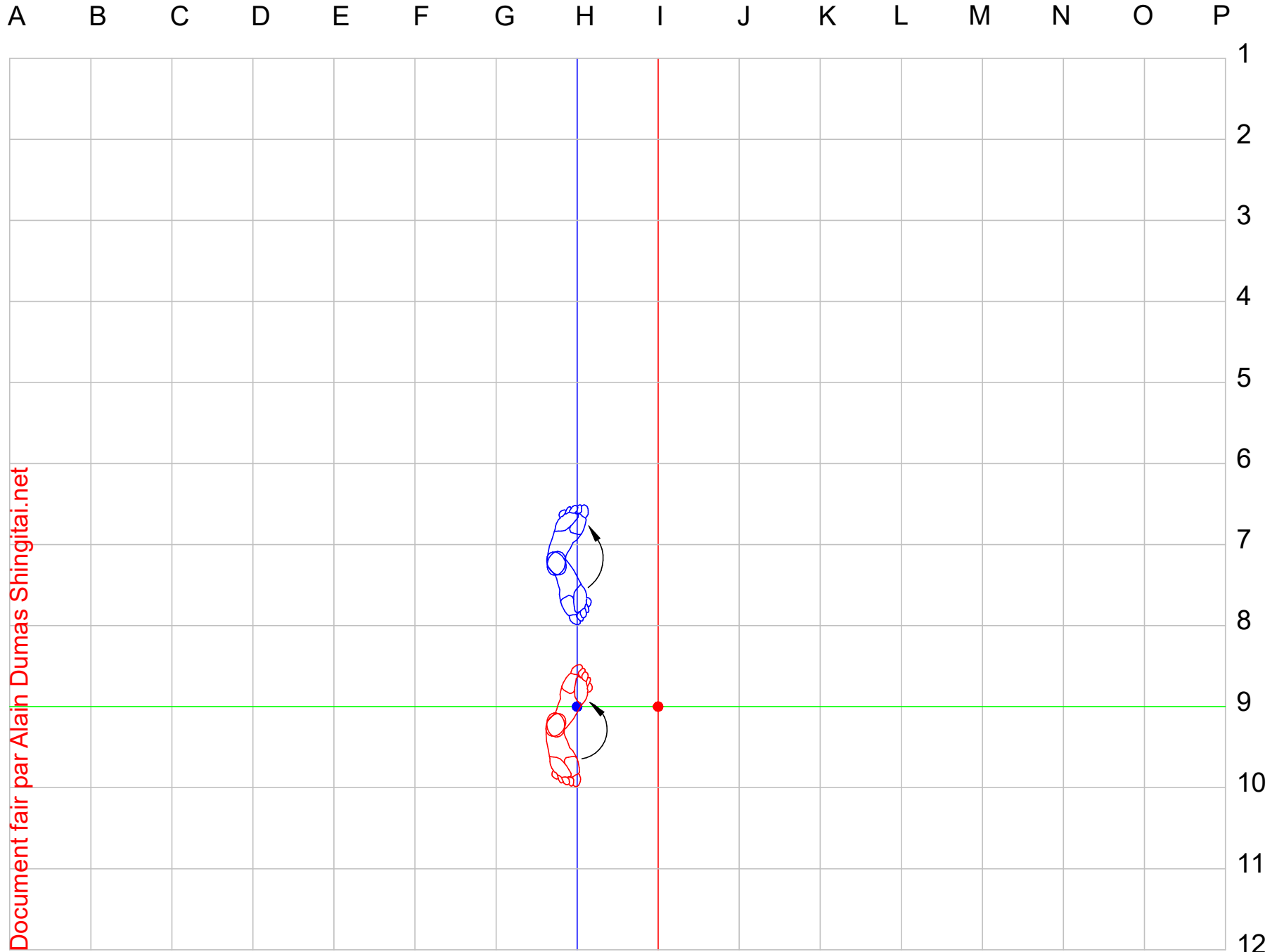
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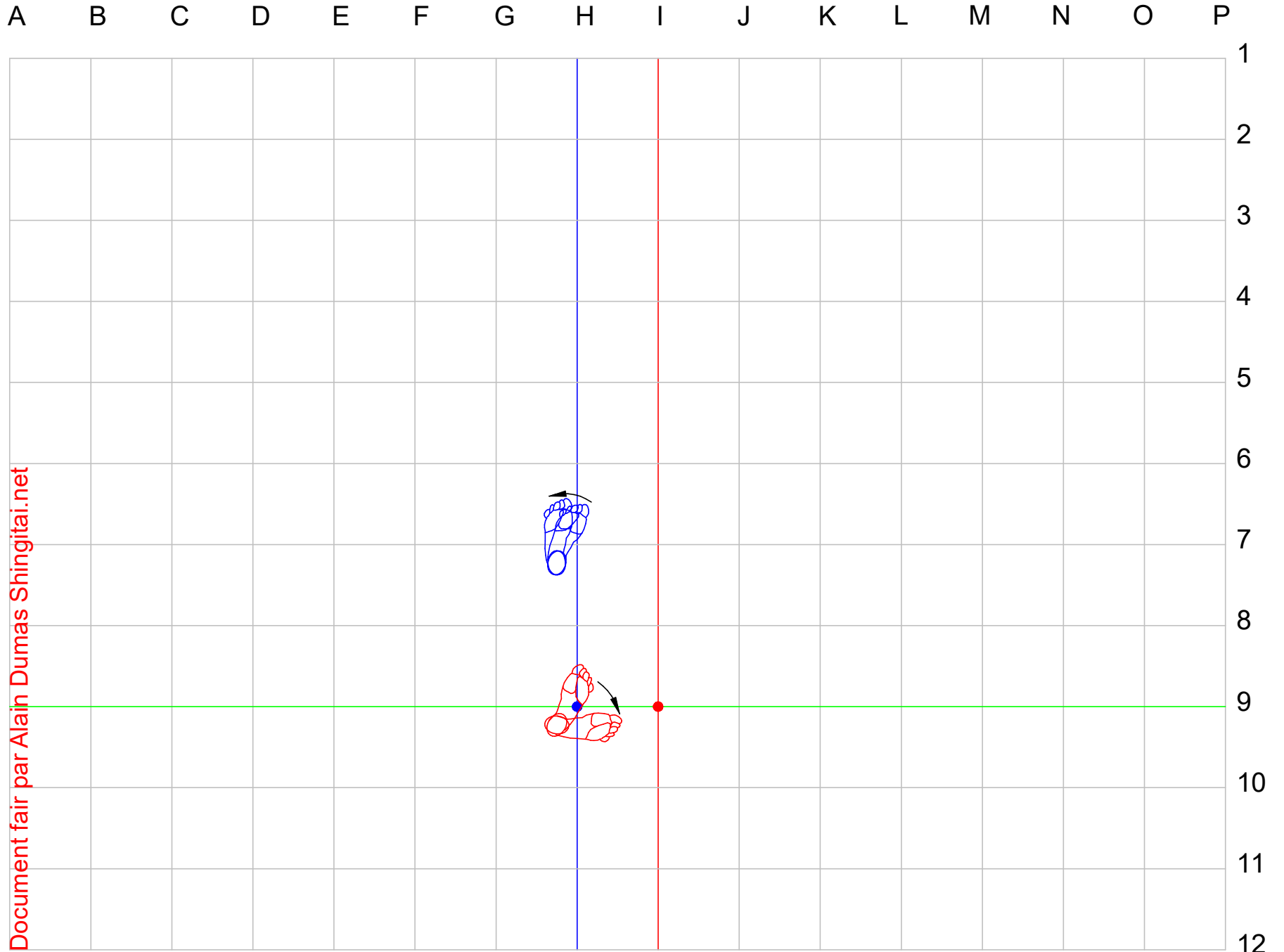


20) Hiza-kussu



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21a) Hiza-kussu



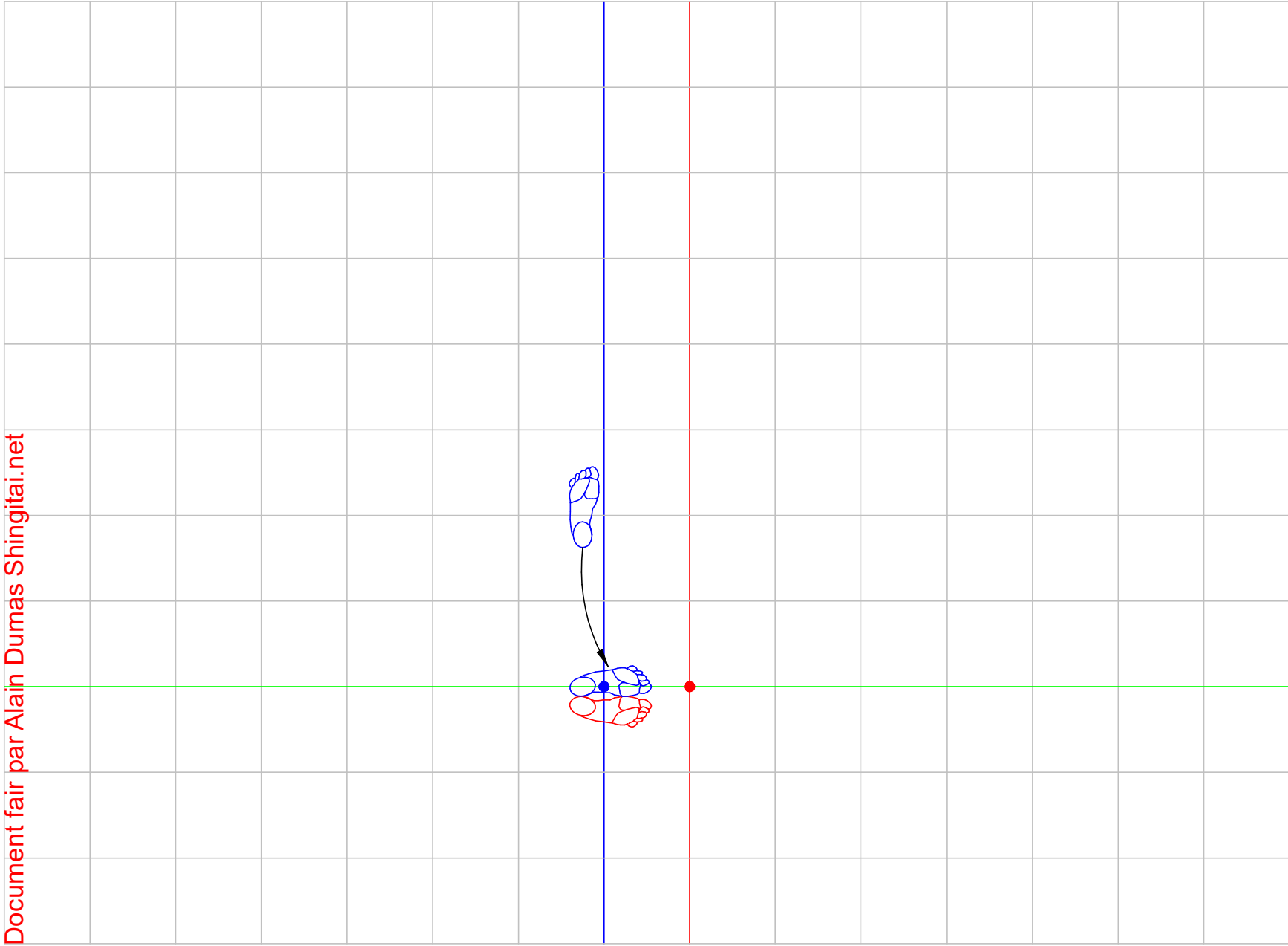
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21b) Kokutsu-dachi

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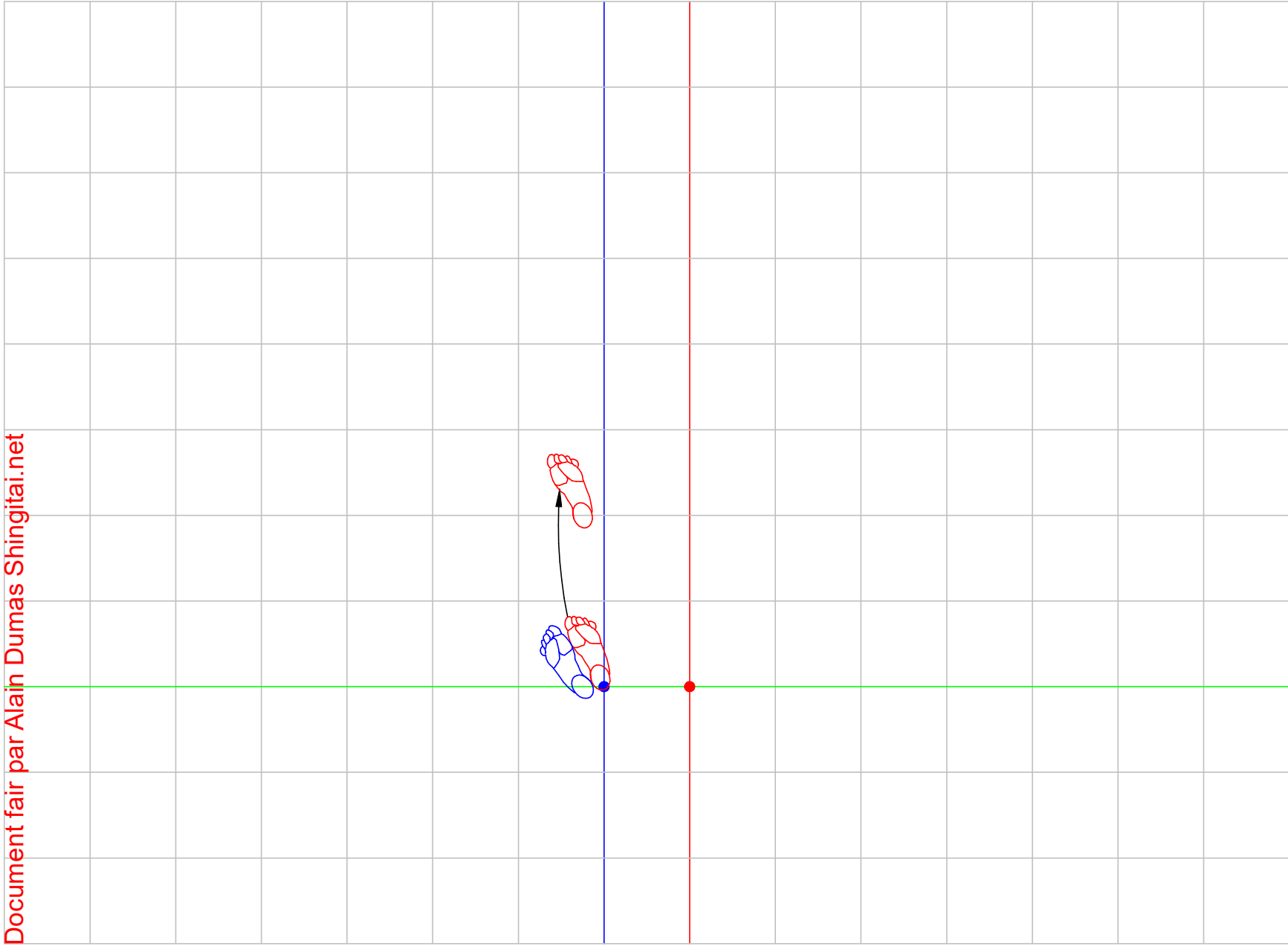
22) Heisoku-dachi



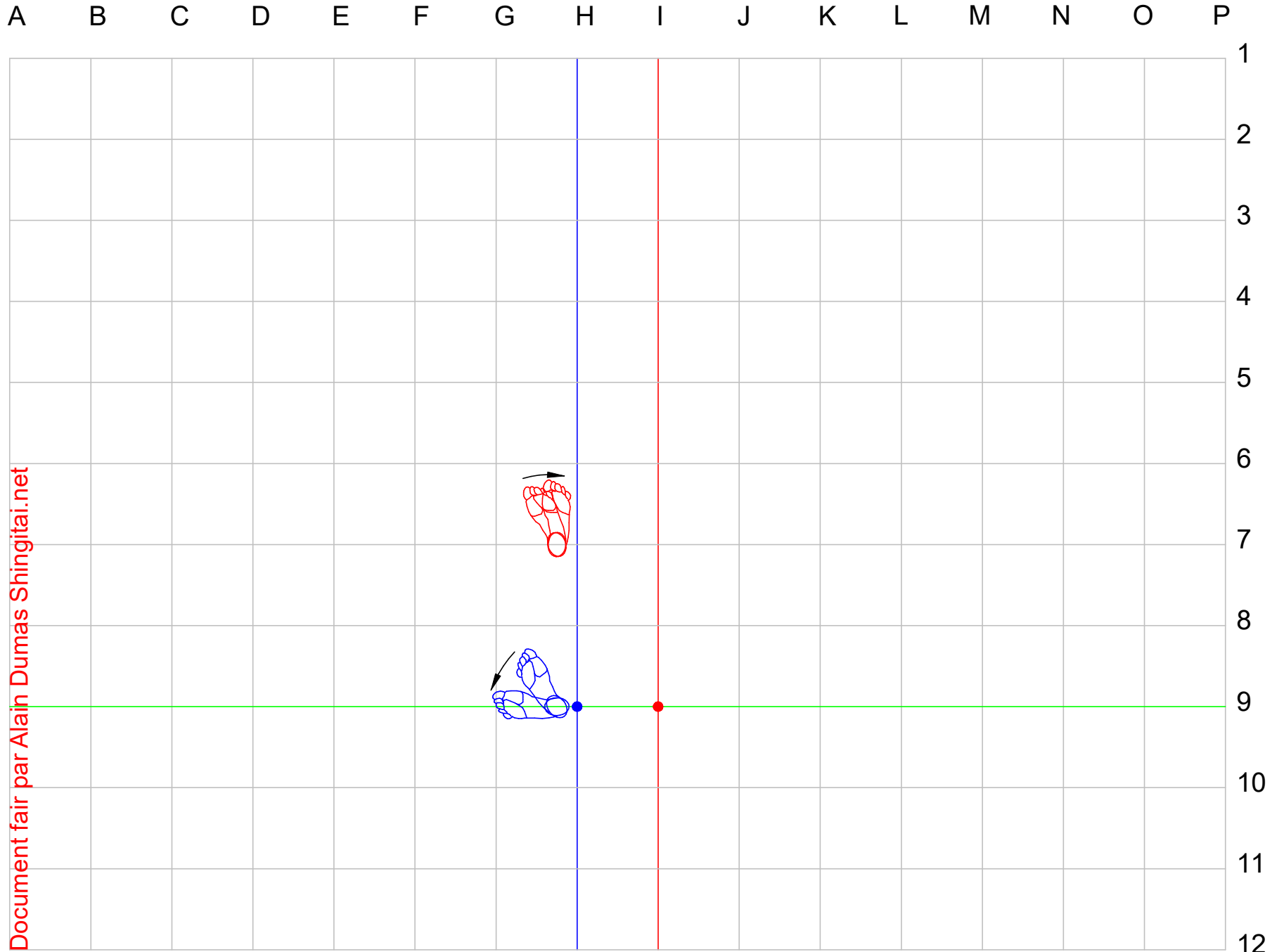
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23a) Hiza-kussu



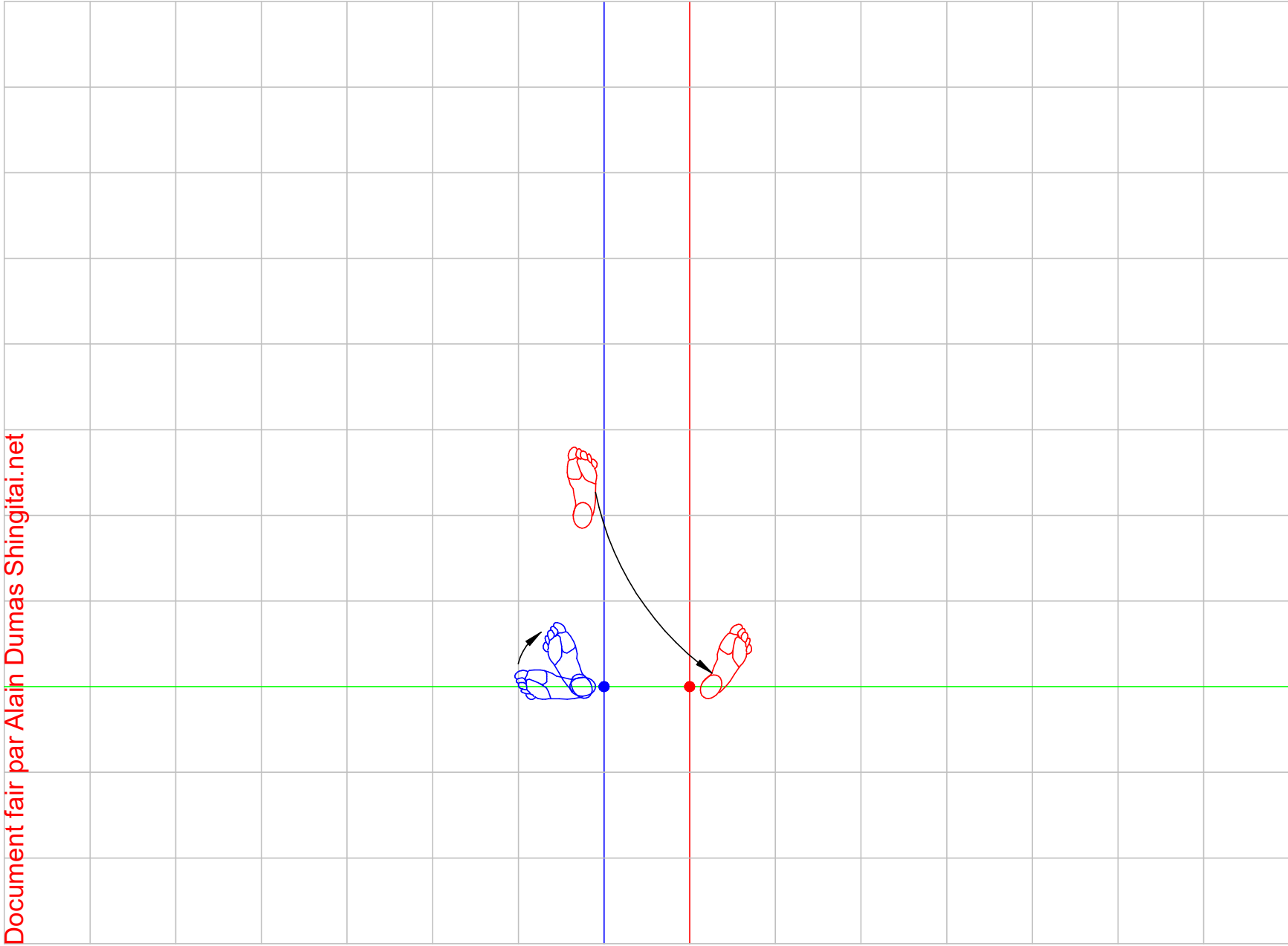
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23b) Kokutsu-dachi

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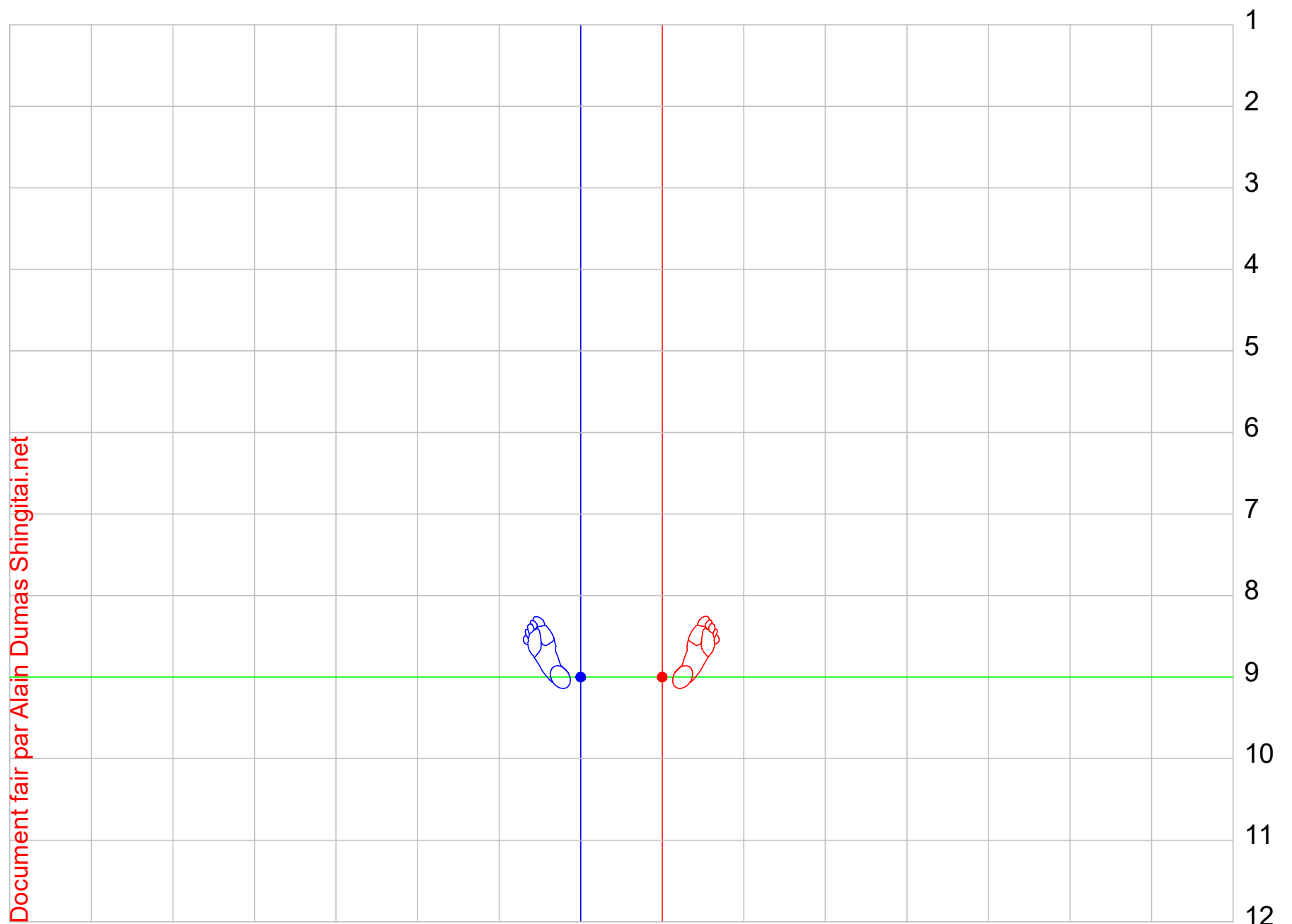
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Hachinoji-dachi

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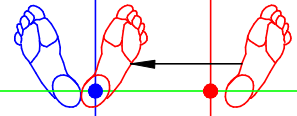
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Hachinoji-dachi

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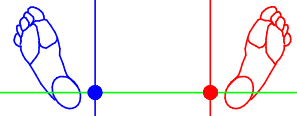


Musubi-dachi

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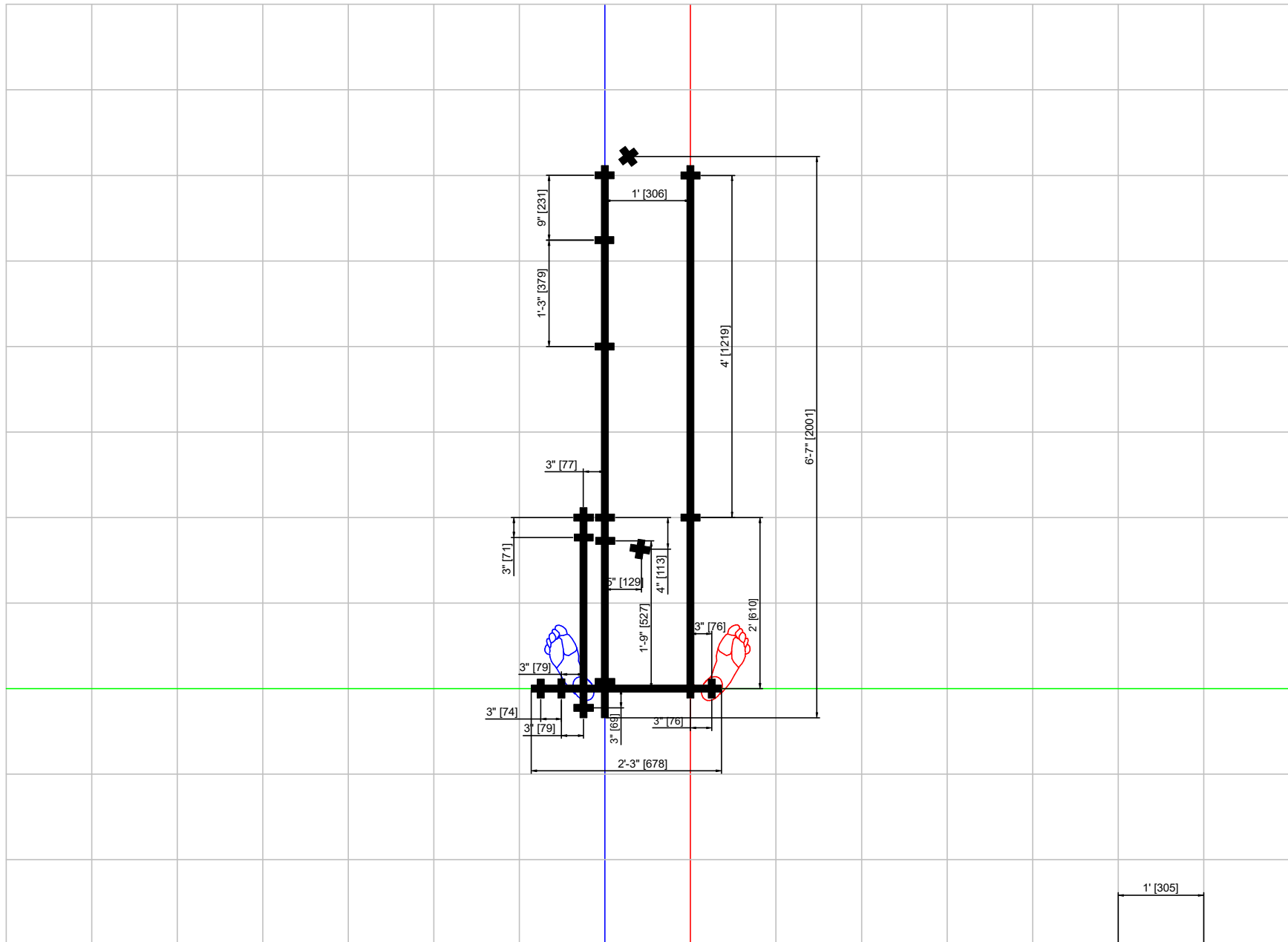
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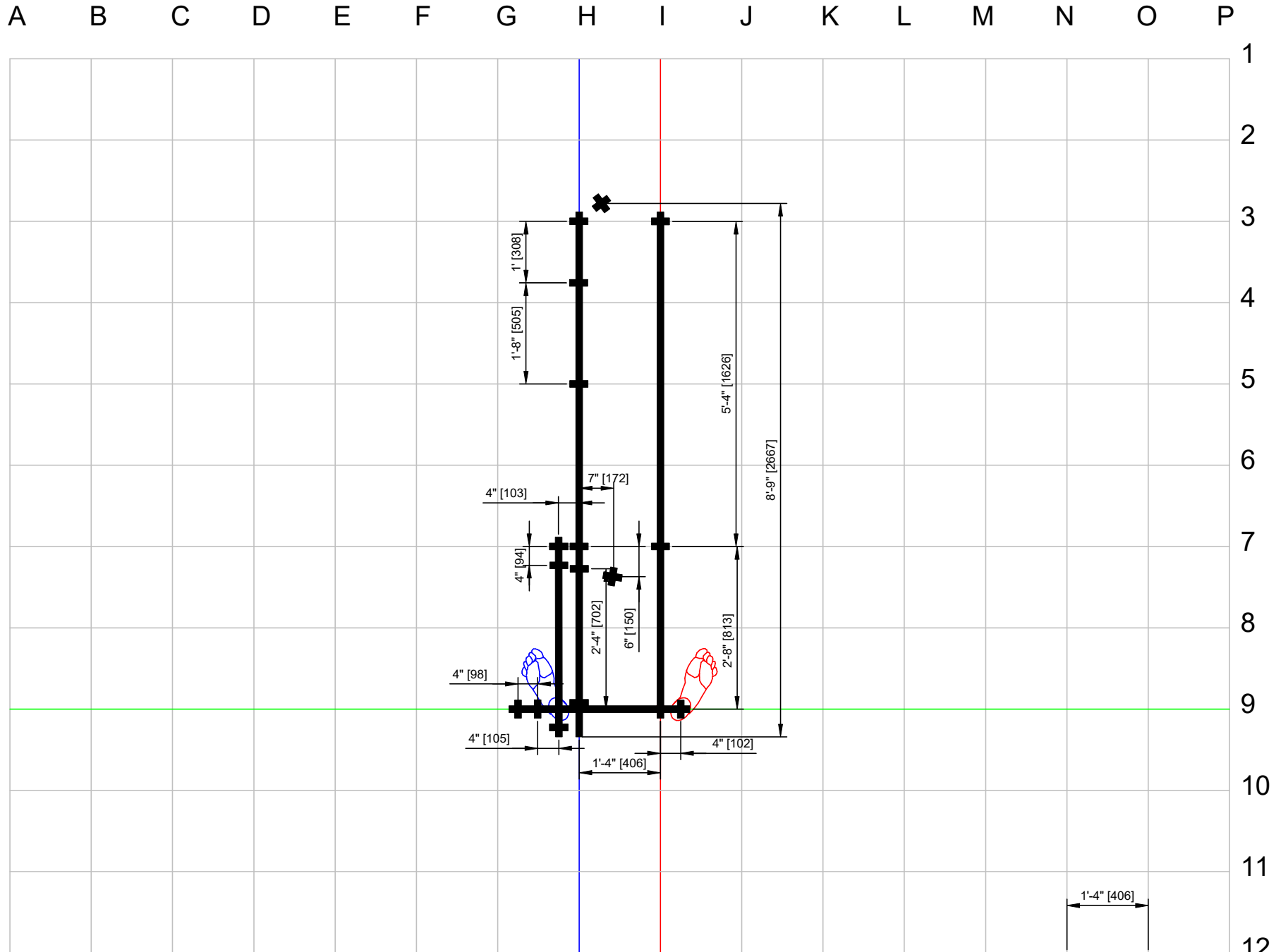


Hachinoji-dachi

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



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