

# 平安四段

## **EMBUSEN HEIAN YONDAN** (PINAN)

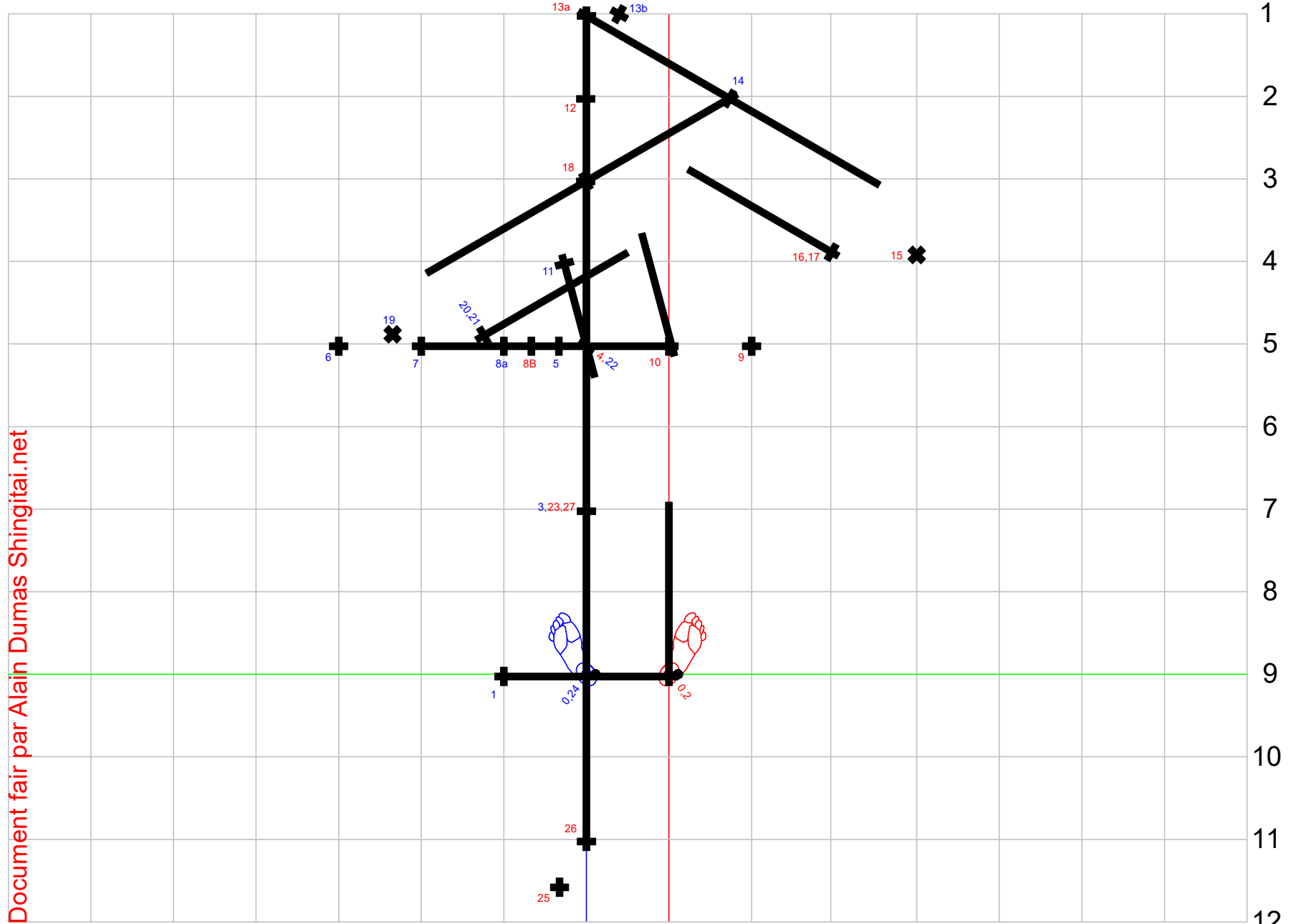
Best karate # 5

<b>Paix et tranquillité 4</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>Yon :</b> 4 <sup>e</sup> , <b>Dan :</b> niveau.				<b>Hei:</b> quiet, peaceful, <b>An:</b> peace, tranquility, <b>Yon:</b> 4 <sup>e</sup> , <b>Dan:</b> level.			
Kata de vitesse « Shorin » - Classification IKD: Groupe 1				"Shorin" Speed kata - IKD classification : Group 1			
27 mouvements - Kiai mouvements 13 et 25 - Durée : 50 secondes				27 movements - Kiai movements 13 and 25 - Length : 50 seconds			
<p><u>Points importants:</u></p> <p>Une de ses caractéristiques est son rythme particulier alternant lenteur et rapidité. Il contient beaucoup de techniques de jambes (yoko-geri, mae-geri, hiza-geri) ainsi que de doubles blocages (morote-uke, kakiwake-uke). Le principe du transfert du poids d'une jambe à l'autre est important.</p>				<p><u>Important points:</u></p> <p>One of its main characteristics is its particular rhythm alternating between slow and fast movements. It includes many leg techniques (yoko-geri, mae-geri, hiza-geri) as well as double blockings (morote-uke, kakiwake-uke). Weight shift from one leg to the other is important.</p>			
<p><u>Note:</u></p> <p>Les deux premiers mouvements se font en coordonnant les bras et les jambes. Les bras décrivent une forme d'ellipse pendant la transition et les pieds se placent dans la position kokutsu-dachi dès que l'on ouvre les mains pour augmenter la puissance du mouvement. Pour le juji-uke gedan, c'est le bras gauche qui est le plus près de la jambe gauche (on conserve le même principe pour Heian godan), ce qui augmente la puissance du corps. Pour le mouvement 11, il y a le retrait du pied arrière gauche pour se retrouver près l'axe H sur le plan. Les mouvements 19 à 21 se font dans un angle de 30 degrés pour équivaloir à un déplacement d'un zenkutsu-dachi vers le point de départ.</p>				<p><u>Note:</u></p> <p>The first two movements are executed by coordinating both arms and legs. Arms follow an elliptical trajectory during the transition and the feet are positioned in the kokutsu-dachi stance as soon as the hands open in order to increase the power of the movement. For the gedan juji-uke, it is the left arm which is closest to the left leg (we keep the same principle for Heian godan), therefore increasing the body power. For movement 11, the back left feet is moved to end up near the H axis on the plan. Movements 19 to 21 are done at a 30 degrees angle to be equivalent to one zenkutsu-dachi shift to the starting point.</p>			
<p><u>Points de convergence *C*</u> (où on repasse par le même point)</p>				<p><u>Points of convergence *C*</u> (where one passes at the same point)</p>			
Point	Mouvements	Point	Mouvements	Point	Movements	Point	Movements
● H-9	Début, 24, fin.	● I-9	Début et fin.	● H-9	Start, 24, end.	● I-9	Start, end.

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



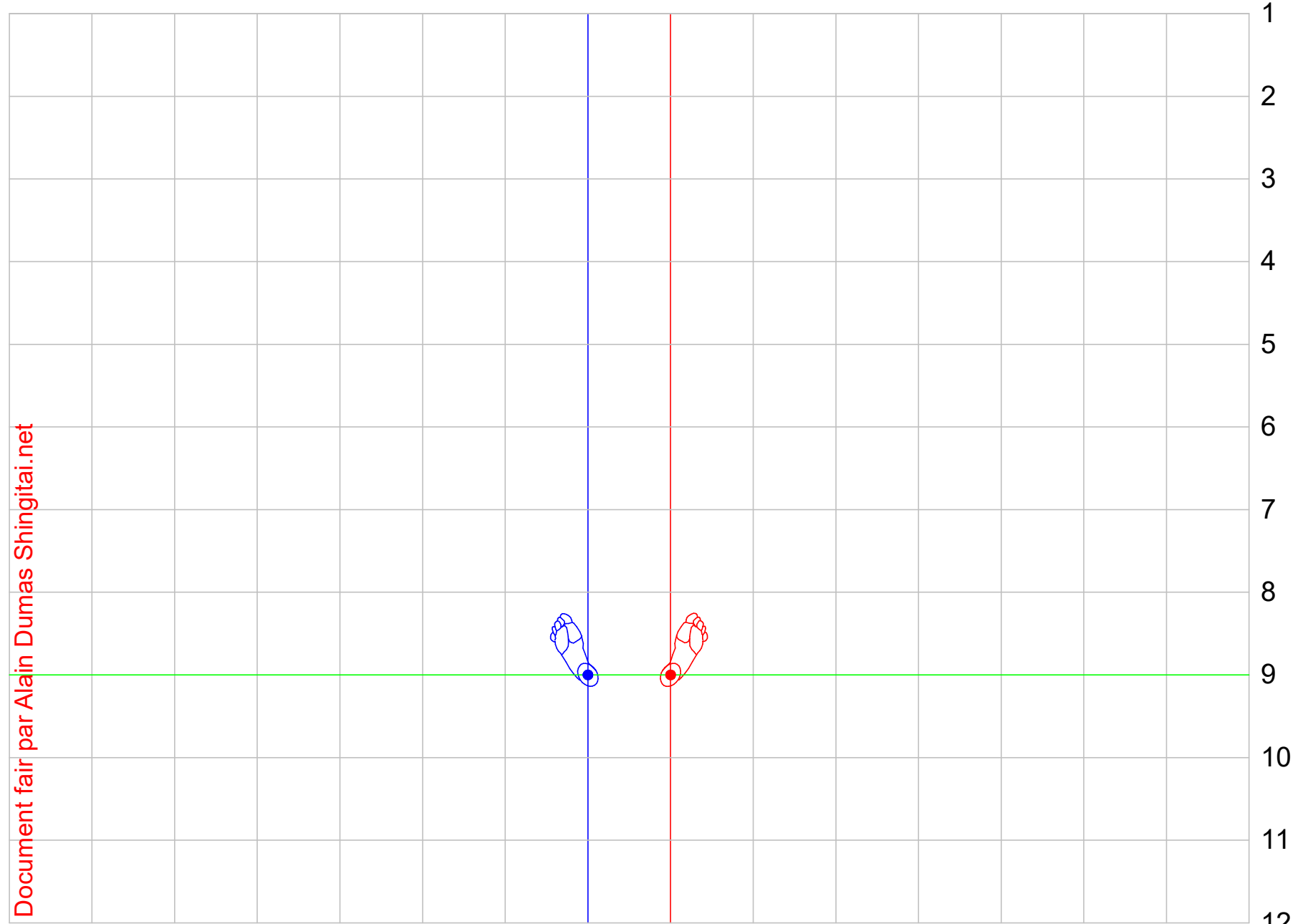
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

Embusen Heian Yondan

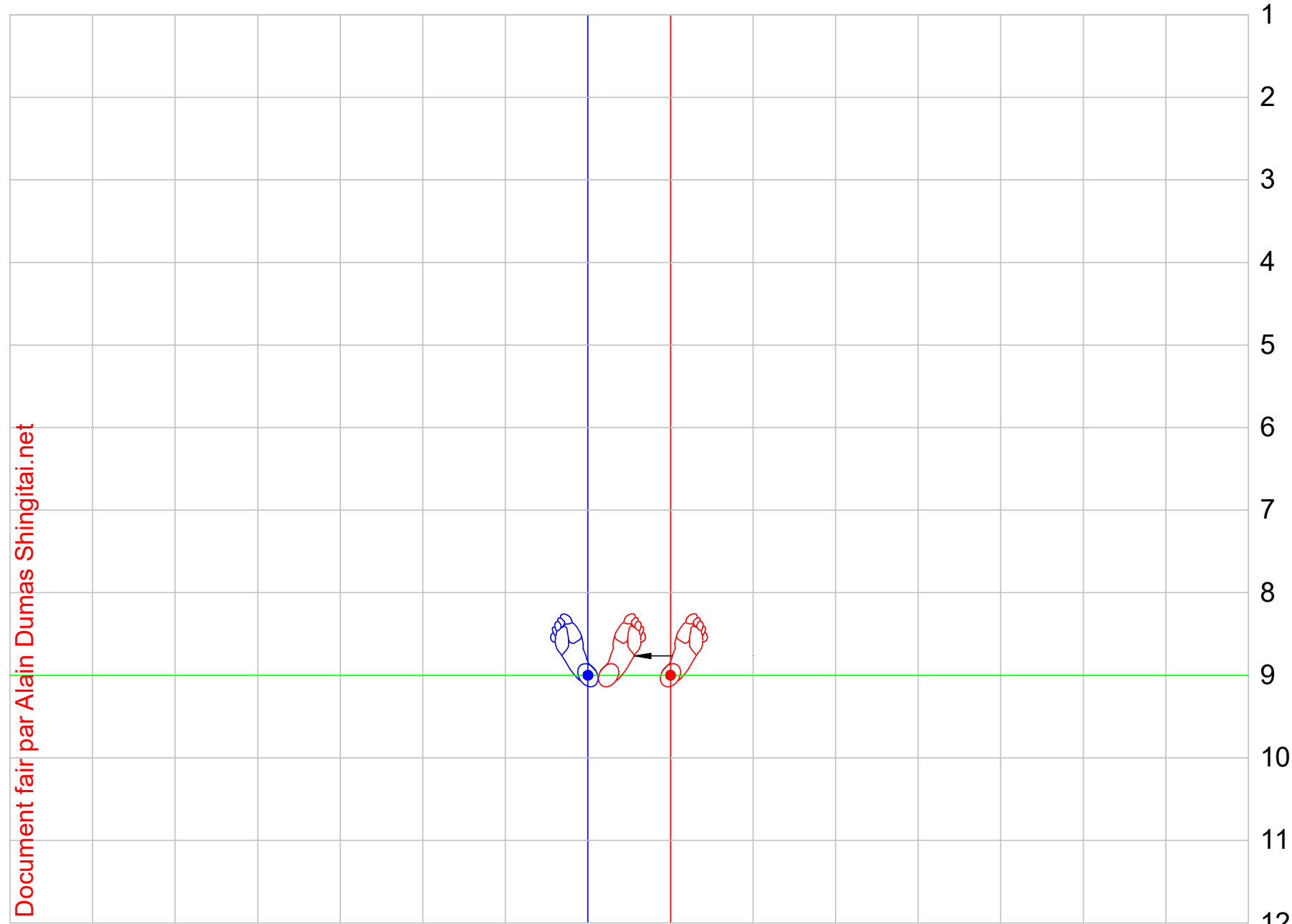
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

Shizen-tai

A B C D E F G H I J K L M N O P

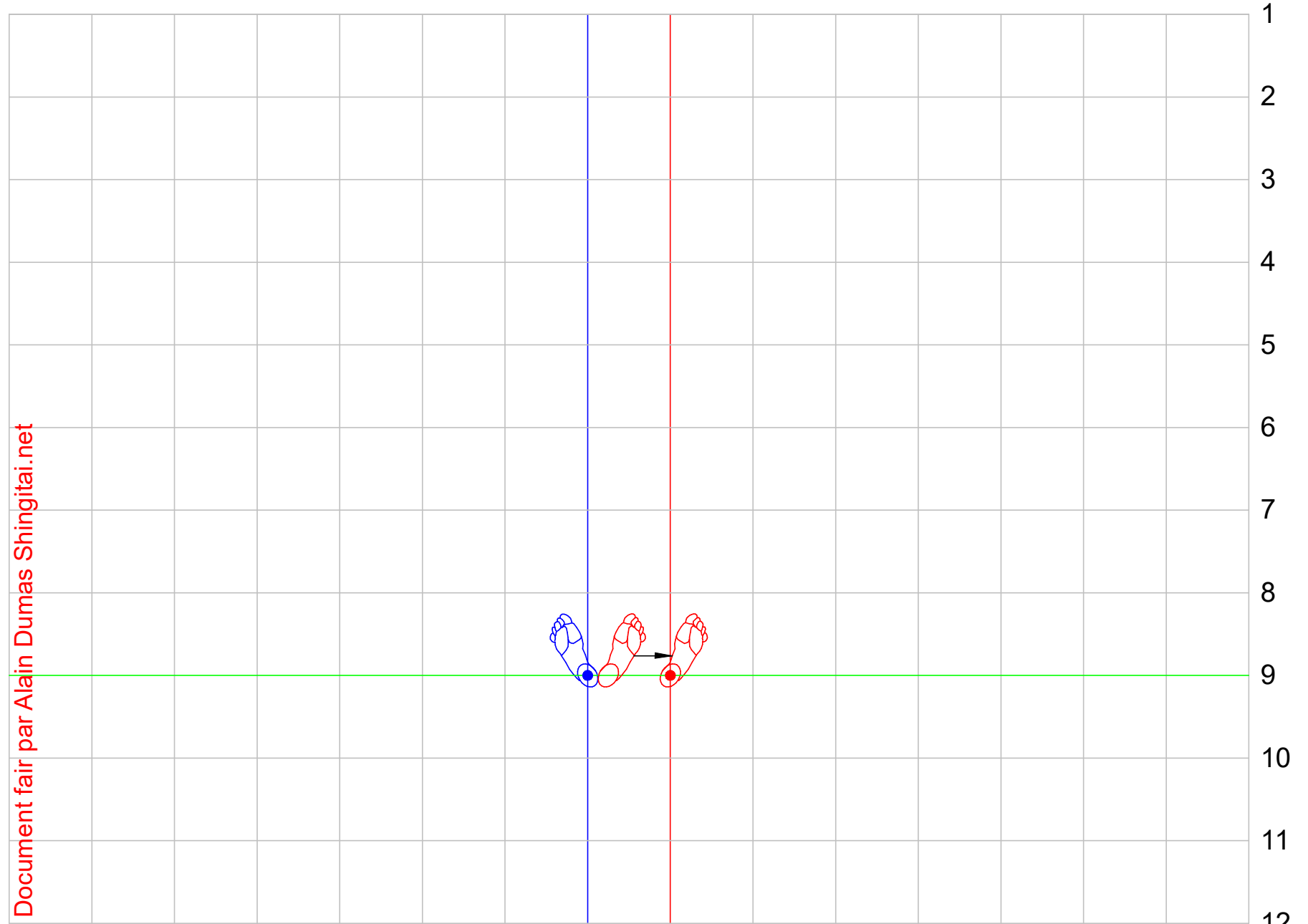


Document fair par Alain Dumas Shingitai.net

Musubi-dachi

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

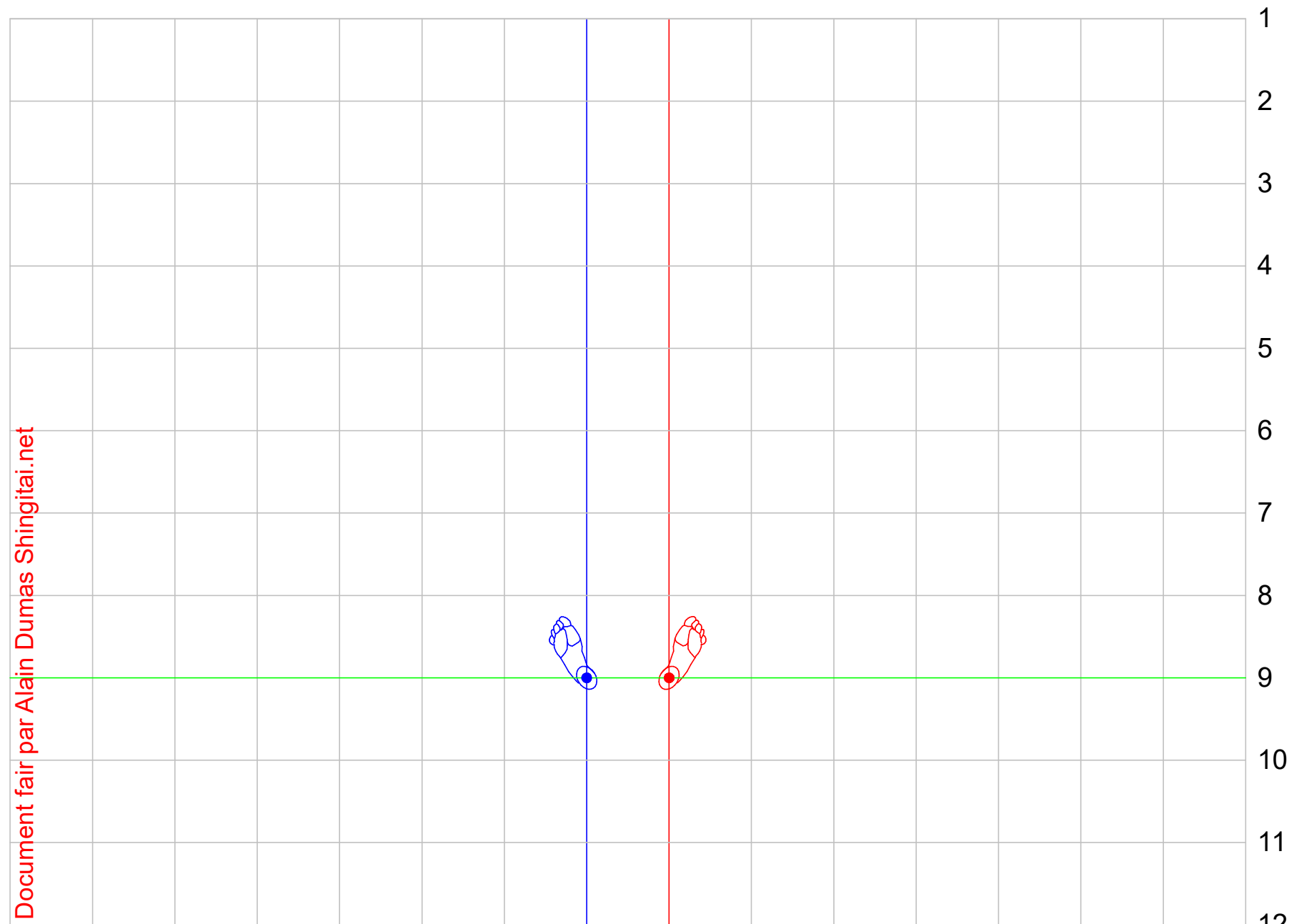
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

Shizen-tai

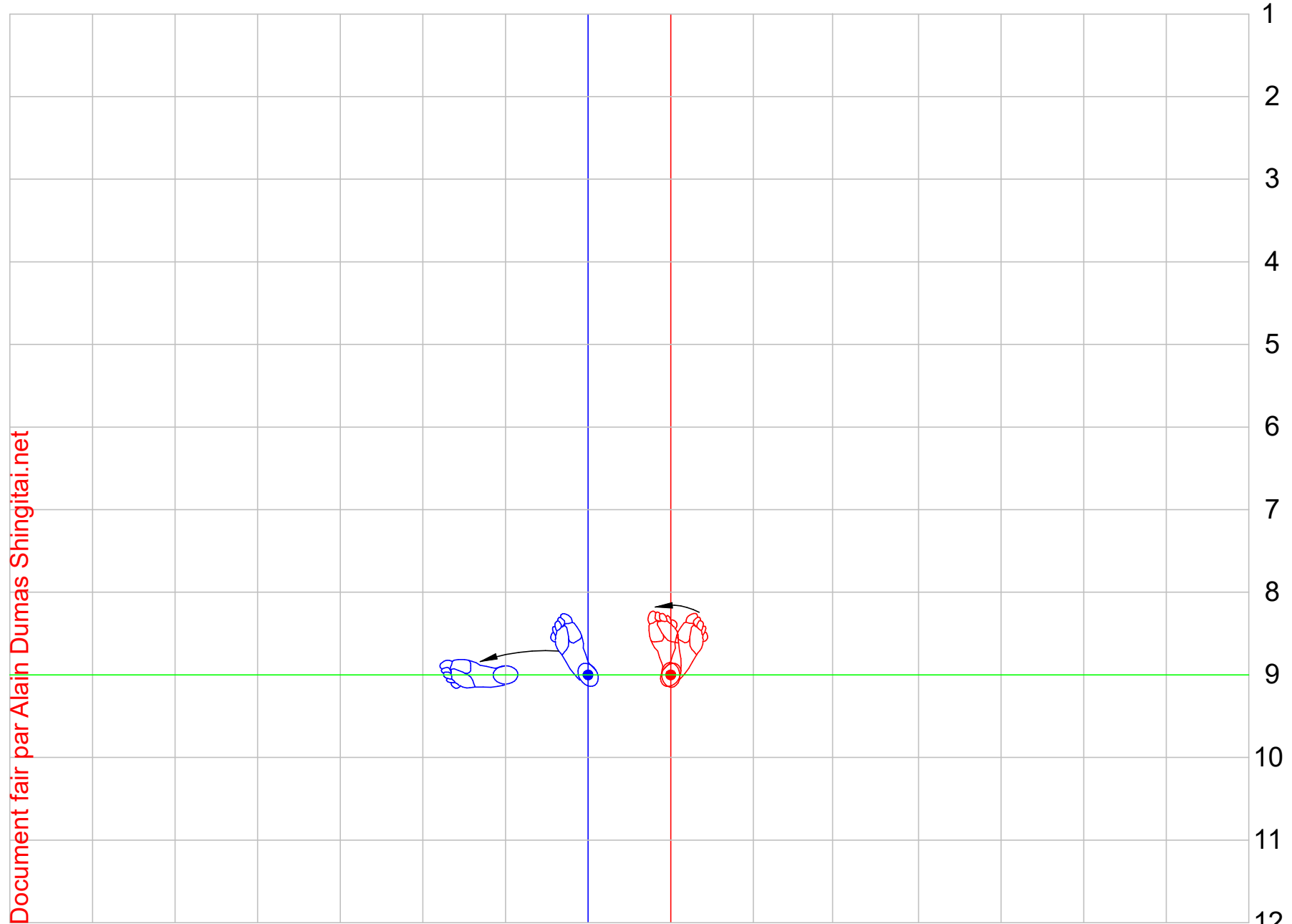
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

Shizen-tai

A B C D E F G H I J K L M N O P

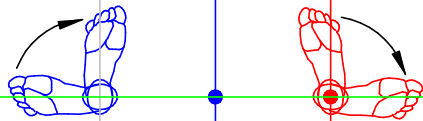


1) Kokutsu-dachi

A B C D E F G H I J K L M N O P

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

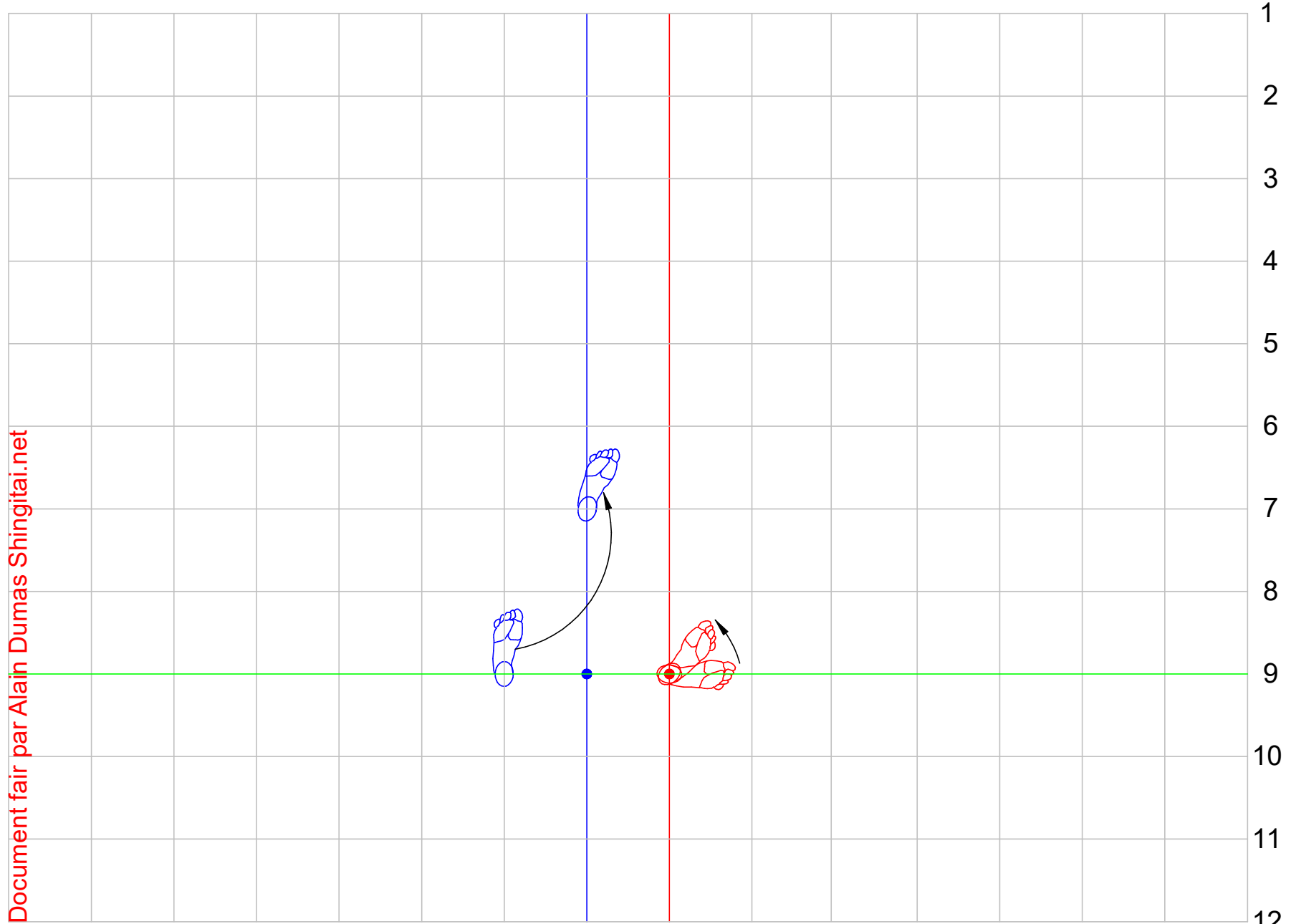
Document fair par Alain Dumas Shingitai.net



2) Kokutsu-dachi



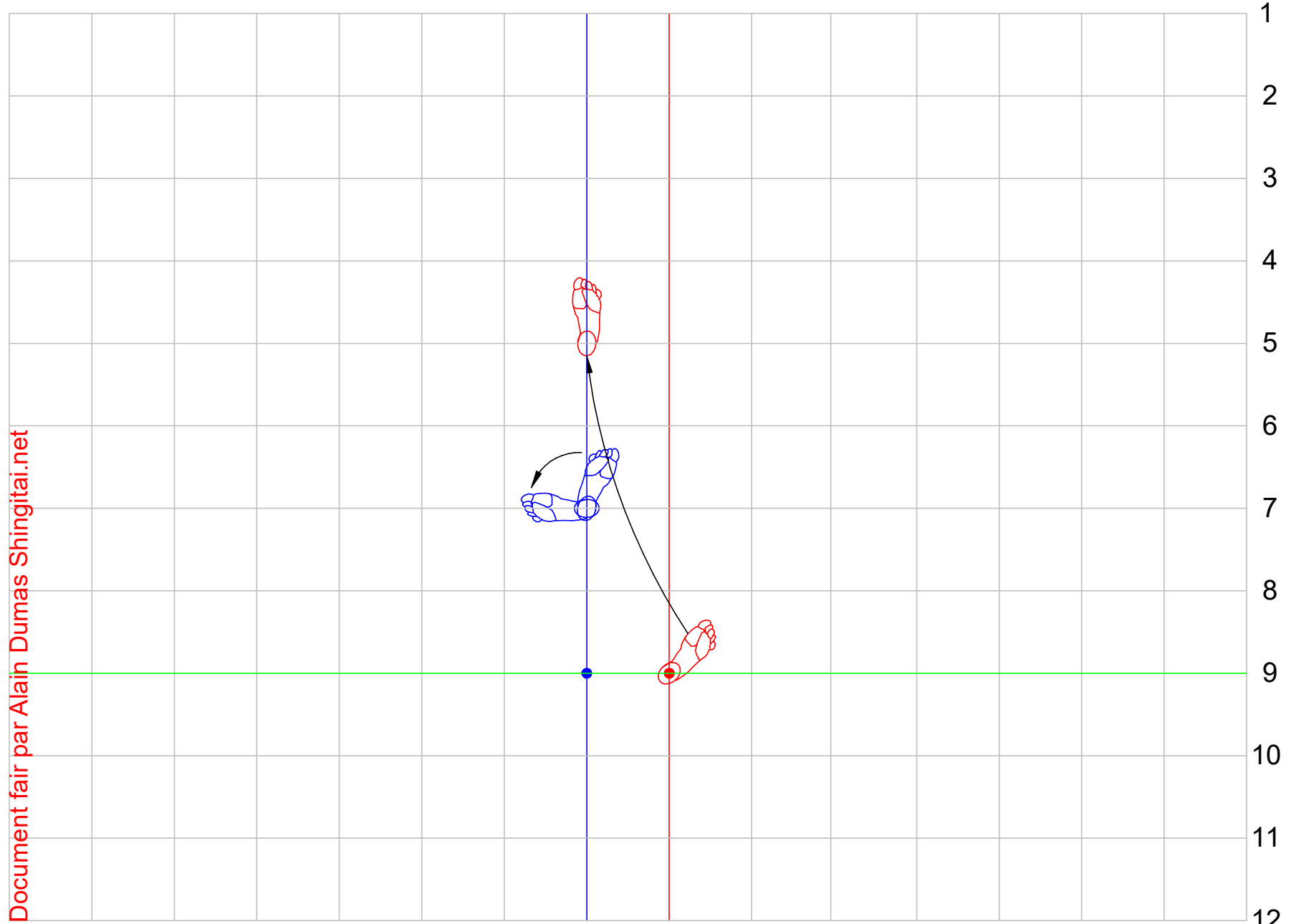
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

3) Zenkutsu-dachi

A B C D E F G H I J K L M N O P



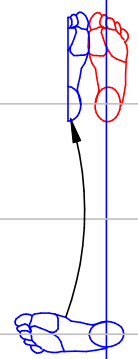
Document fair par Alain Dumas Shingitai.net

4) Kokutsu-dachi

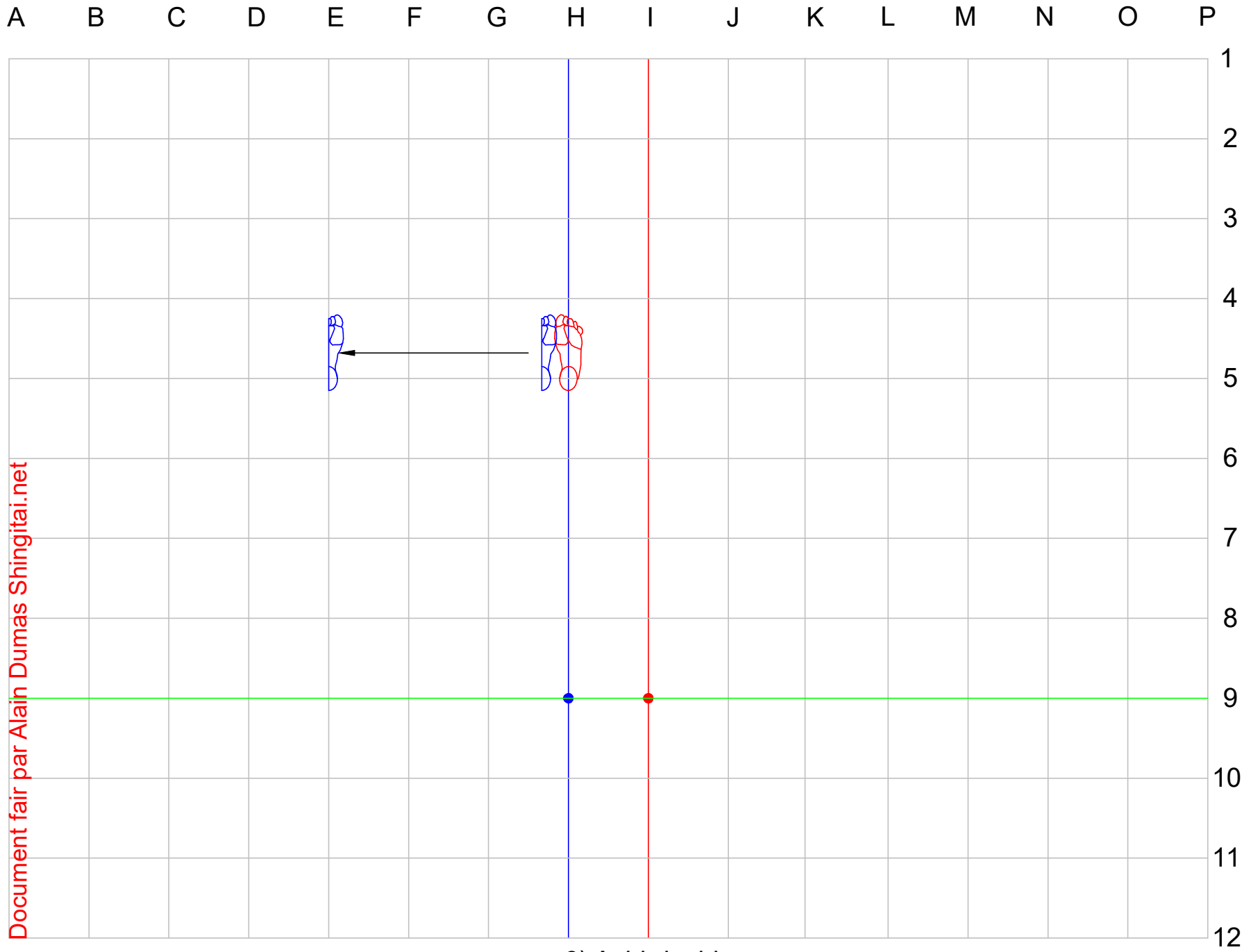
A B C D E F G H I J K L M N O P

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

Document fair par Alain Dumas Shingitai.net



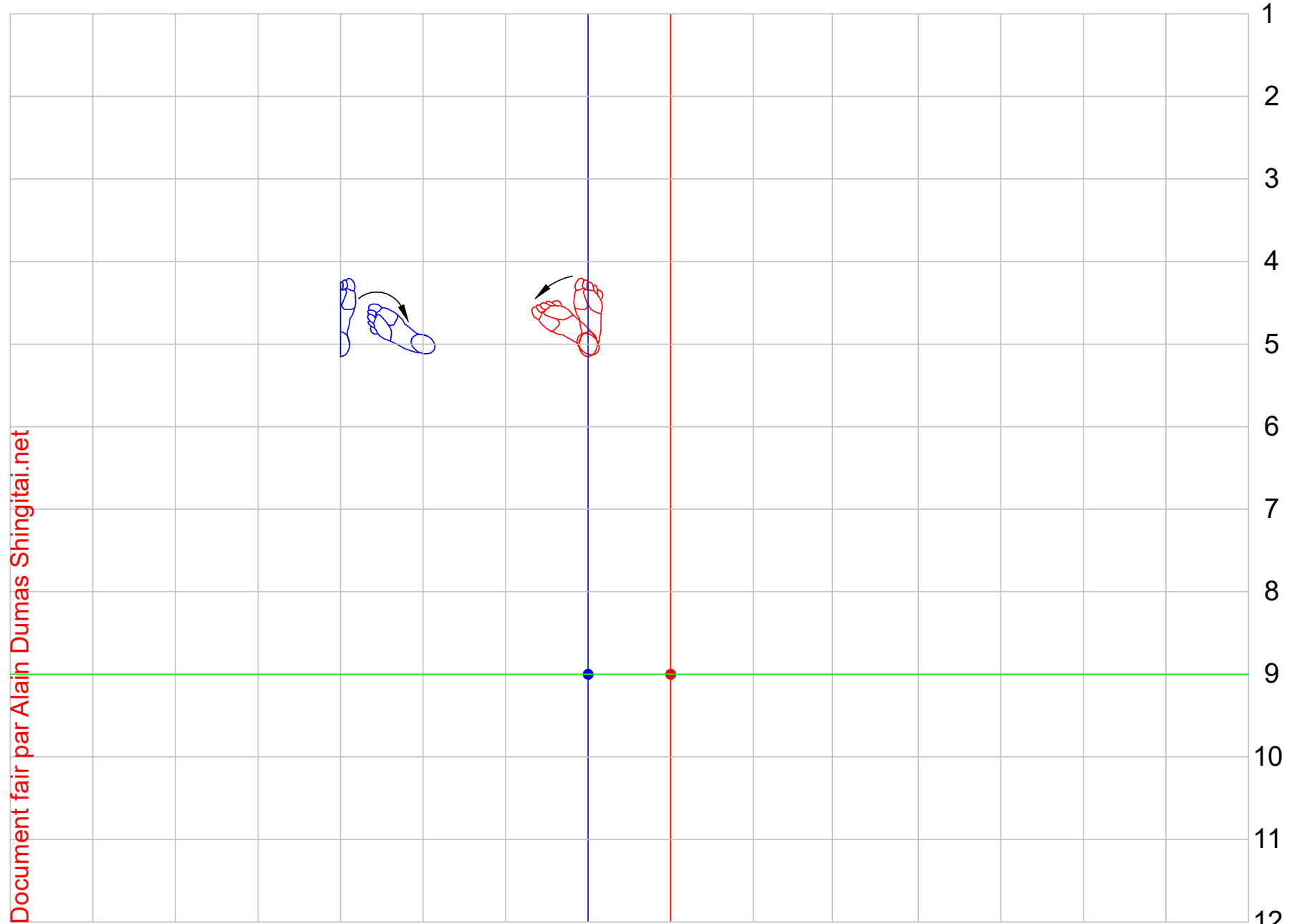
5) Ashi-dachi



Document fair par Alain Dumas Shingitai.net

6) Ashi-dachi

A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

7) Hiza-kussu

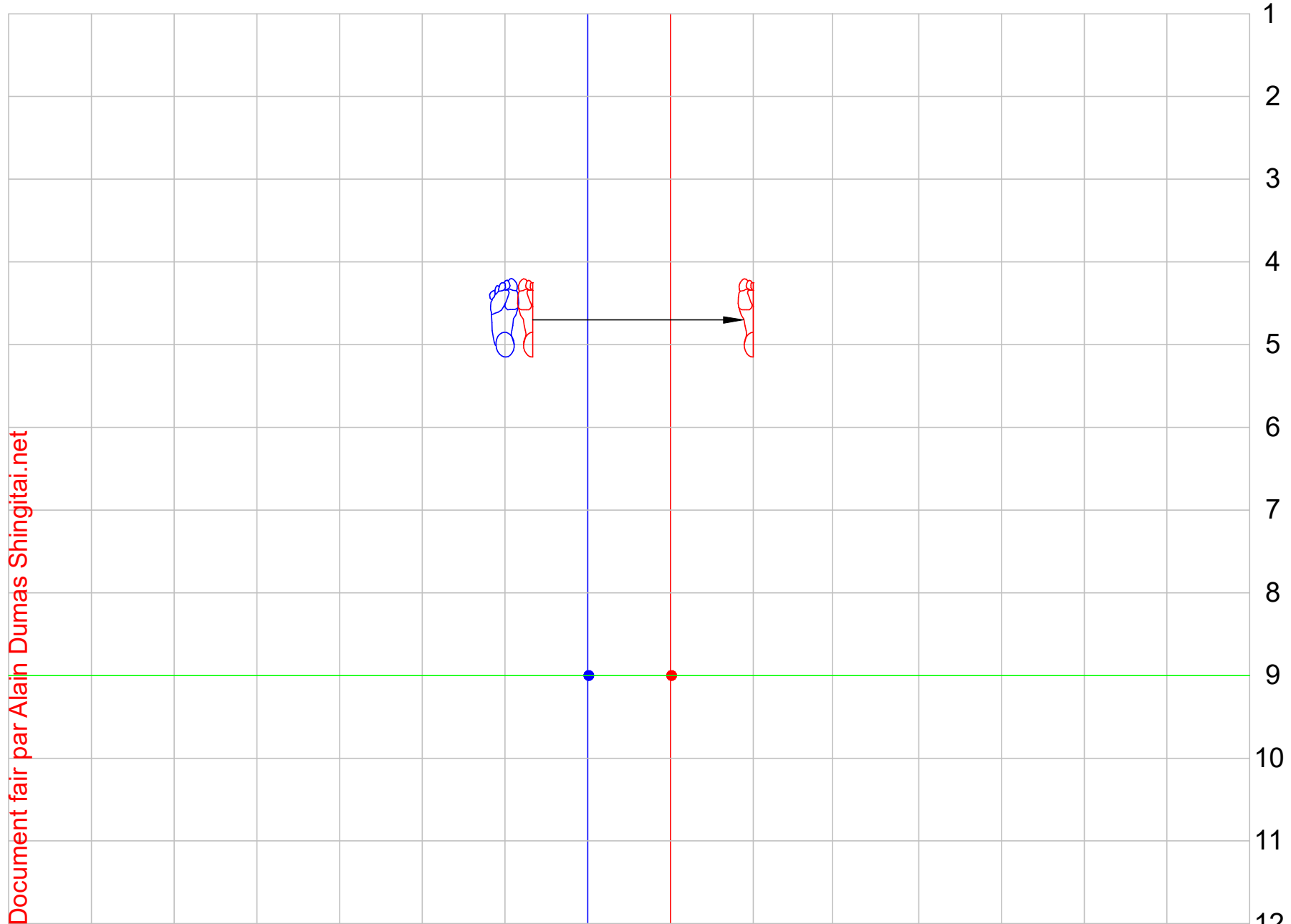
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

8a,8b) Ashi-dachi

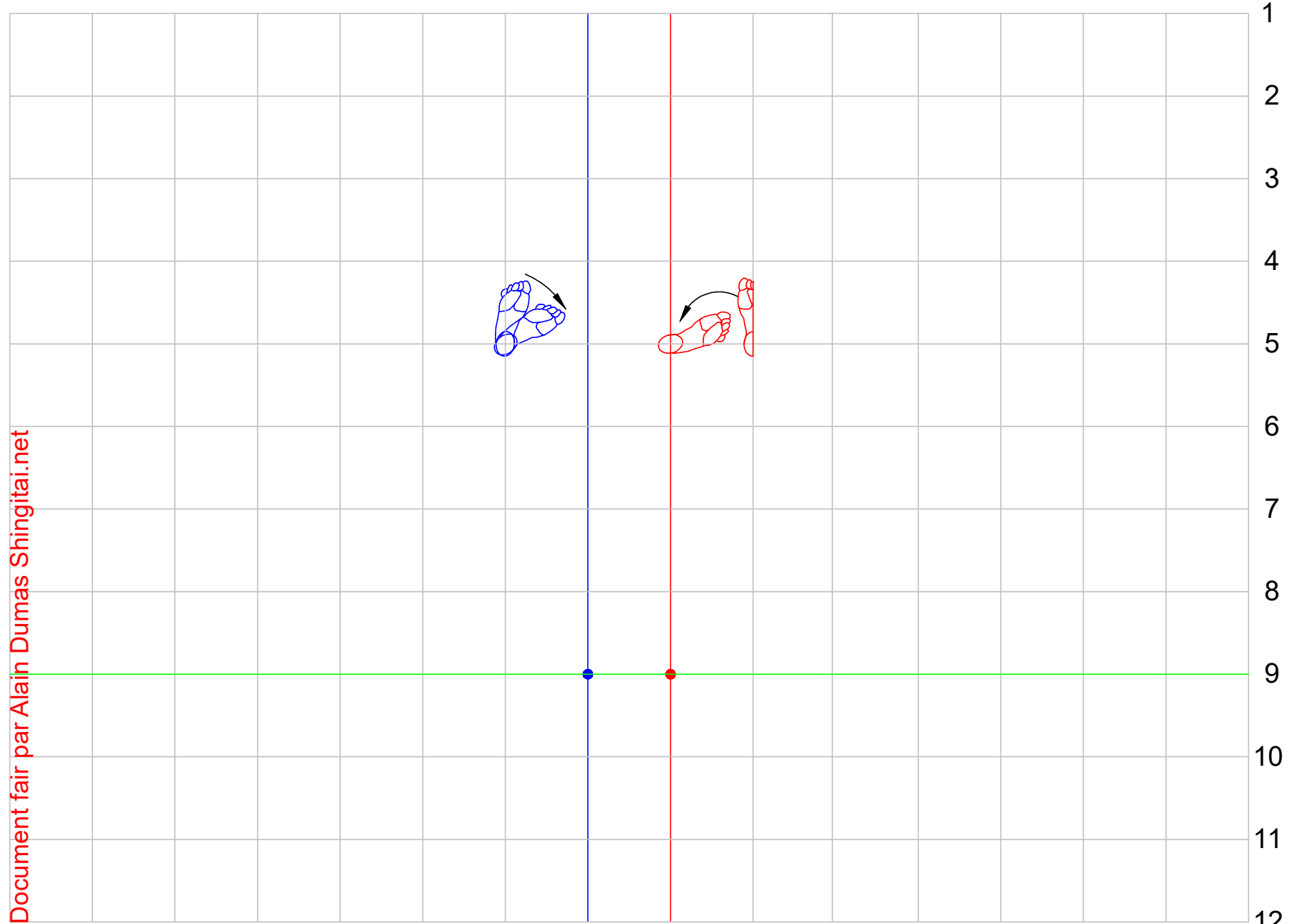
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

9) Ashi-dachi

A B C D E F G H I J K L M N O P

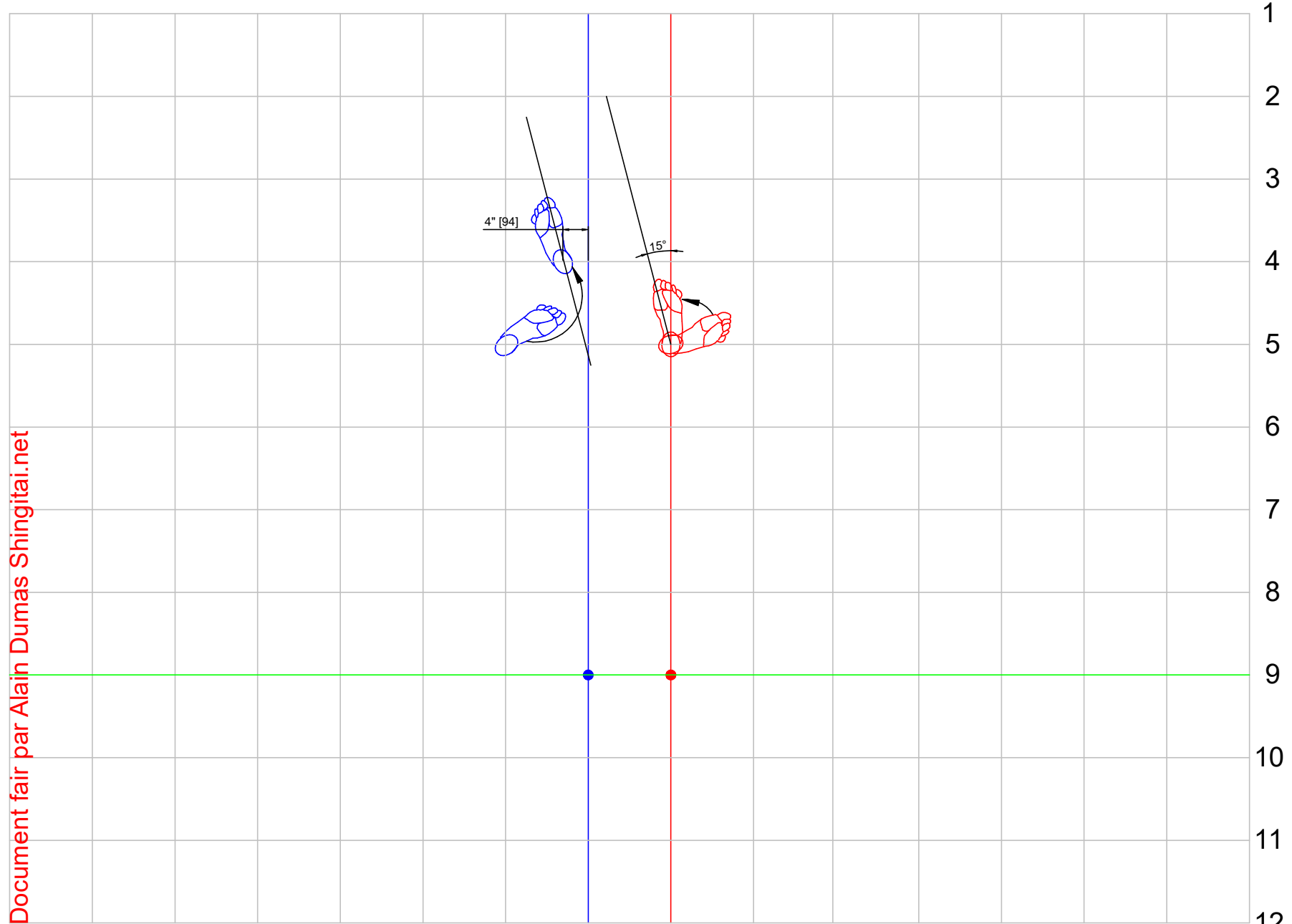


Document fair par Alain Dumas Shingitai.net

10) Hiza-kussu



A B C D E F G H I J K L M N O P

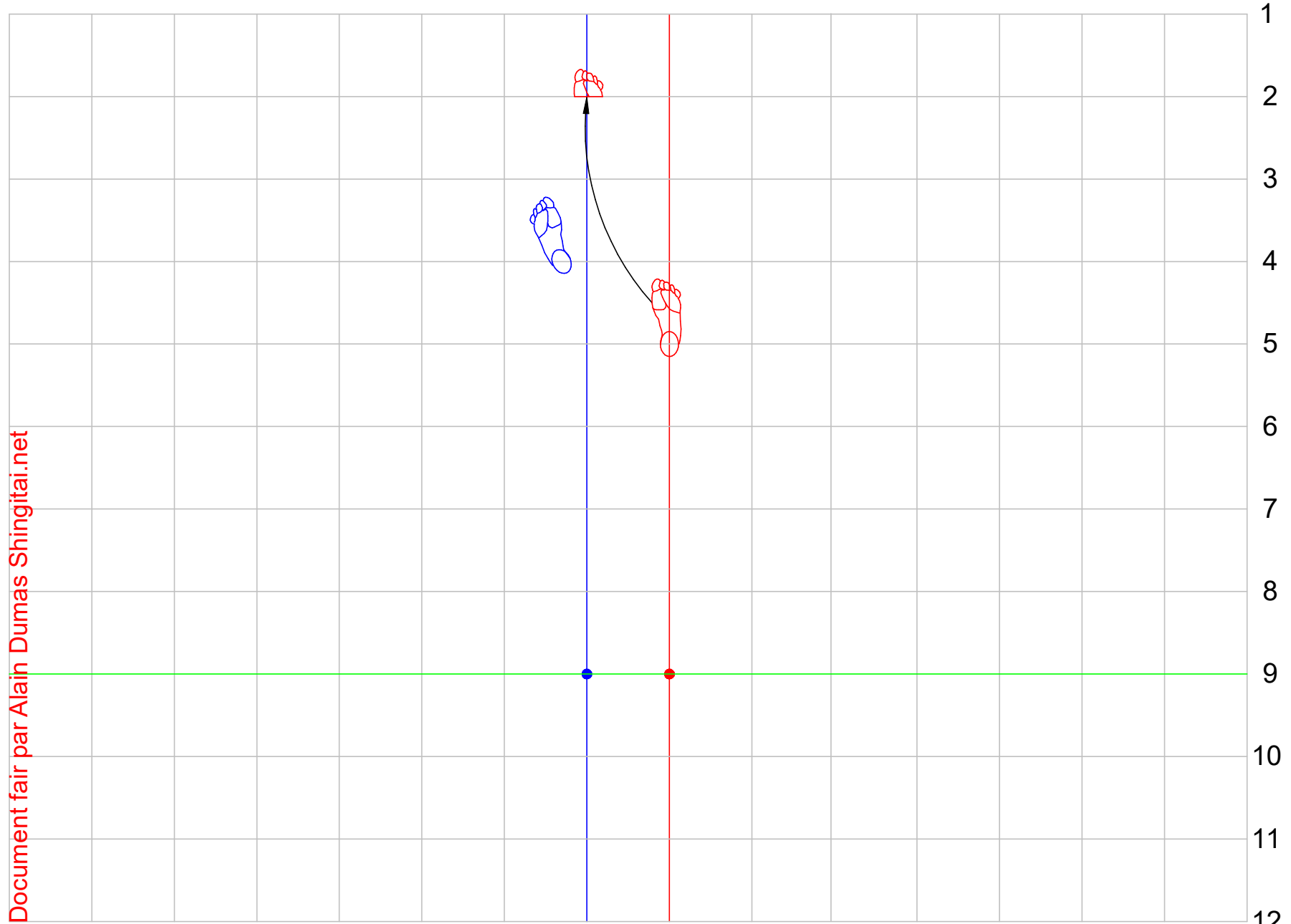


Document fair par Alain Dumas Shingitai.net

11) Hiza-kussu

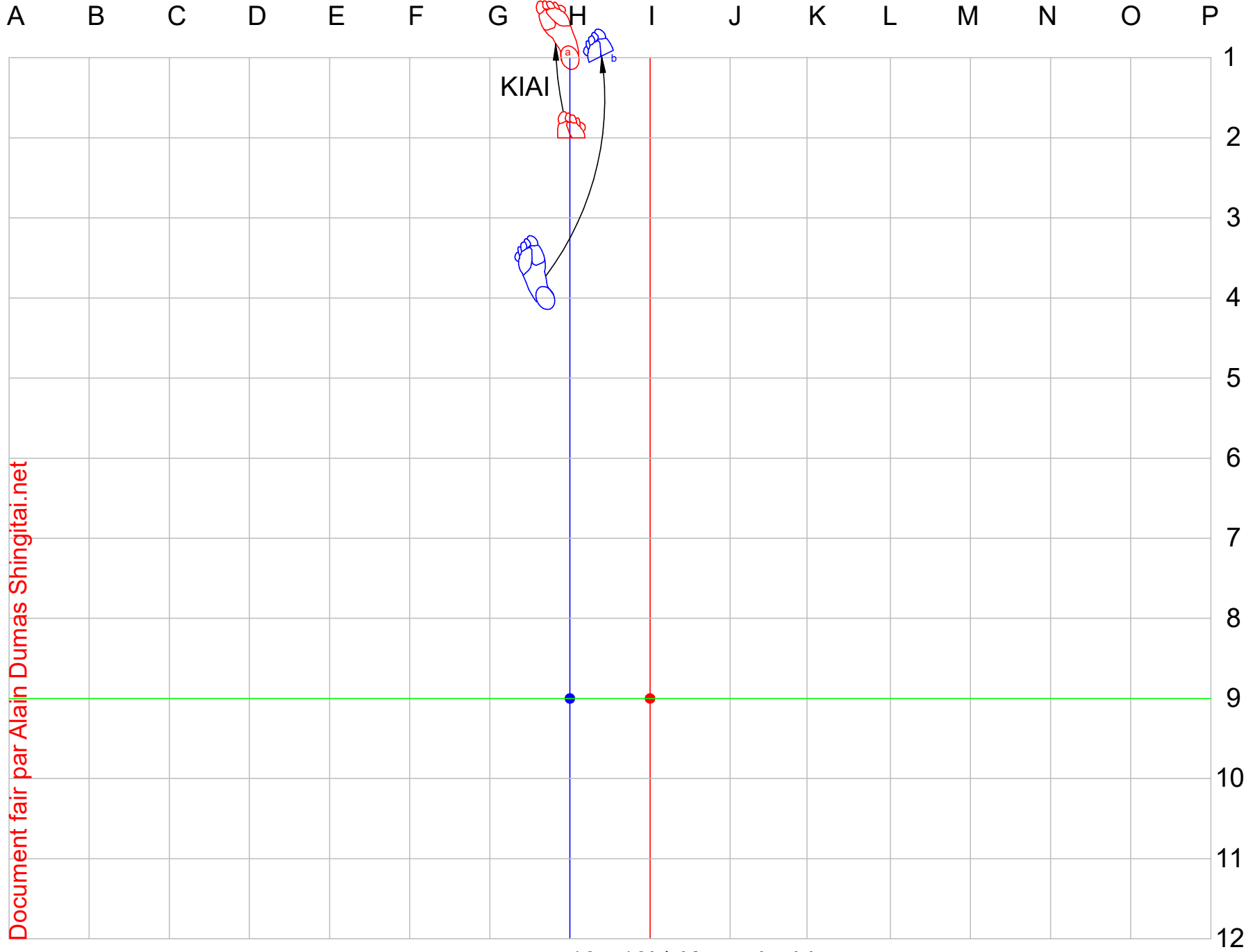
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

A B C D E F G H I J K L M N O P



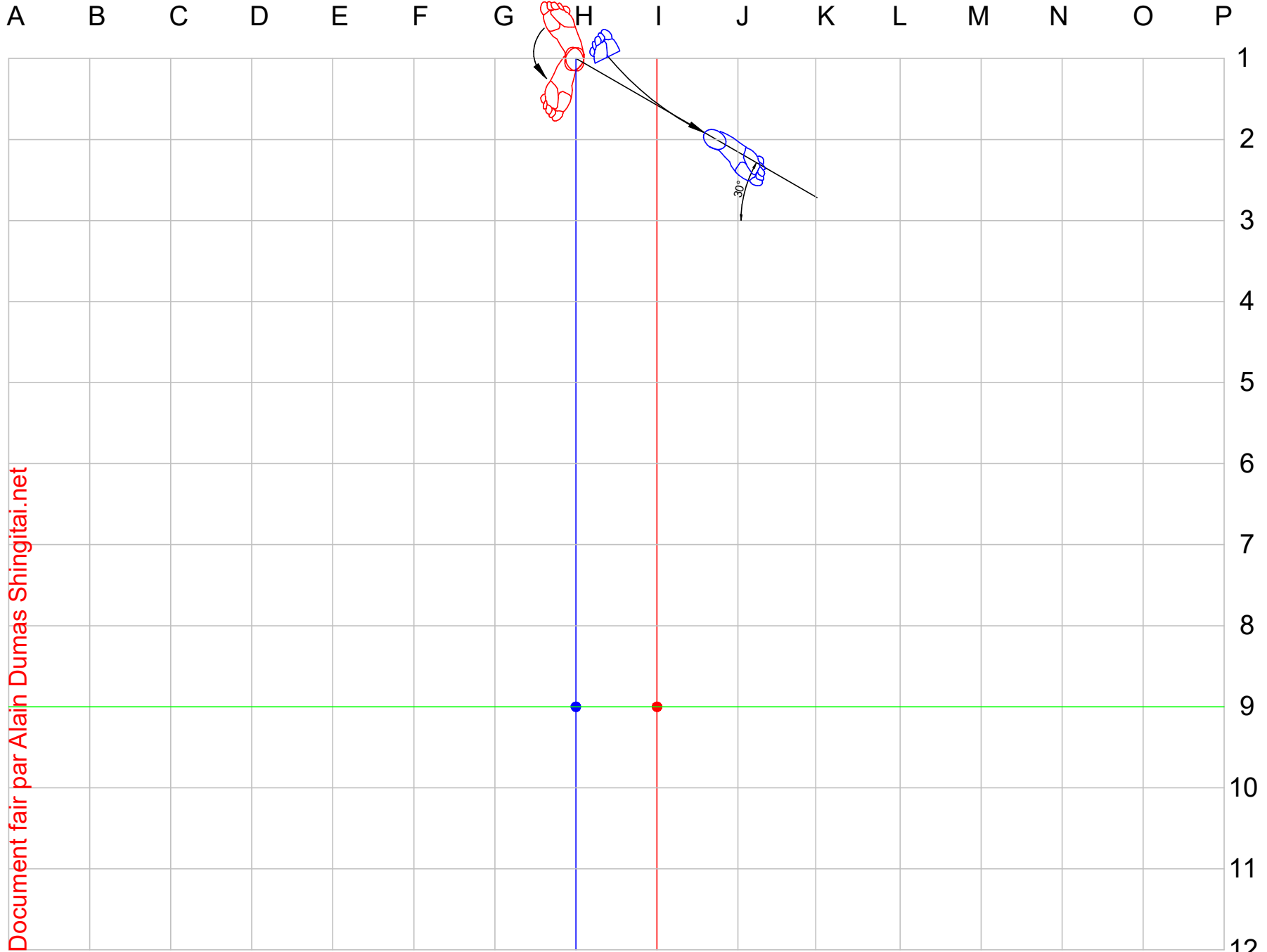
Document fair par Alain Dumas Shingitai.net

12) Ashi-dachi



Document fair par Alain Dumas Shingitai.net

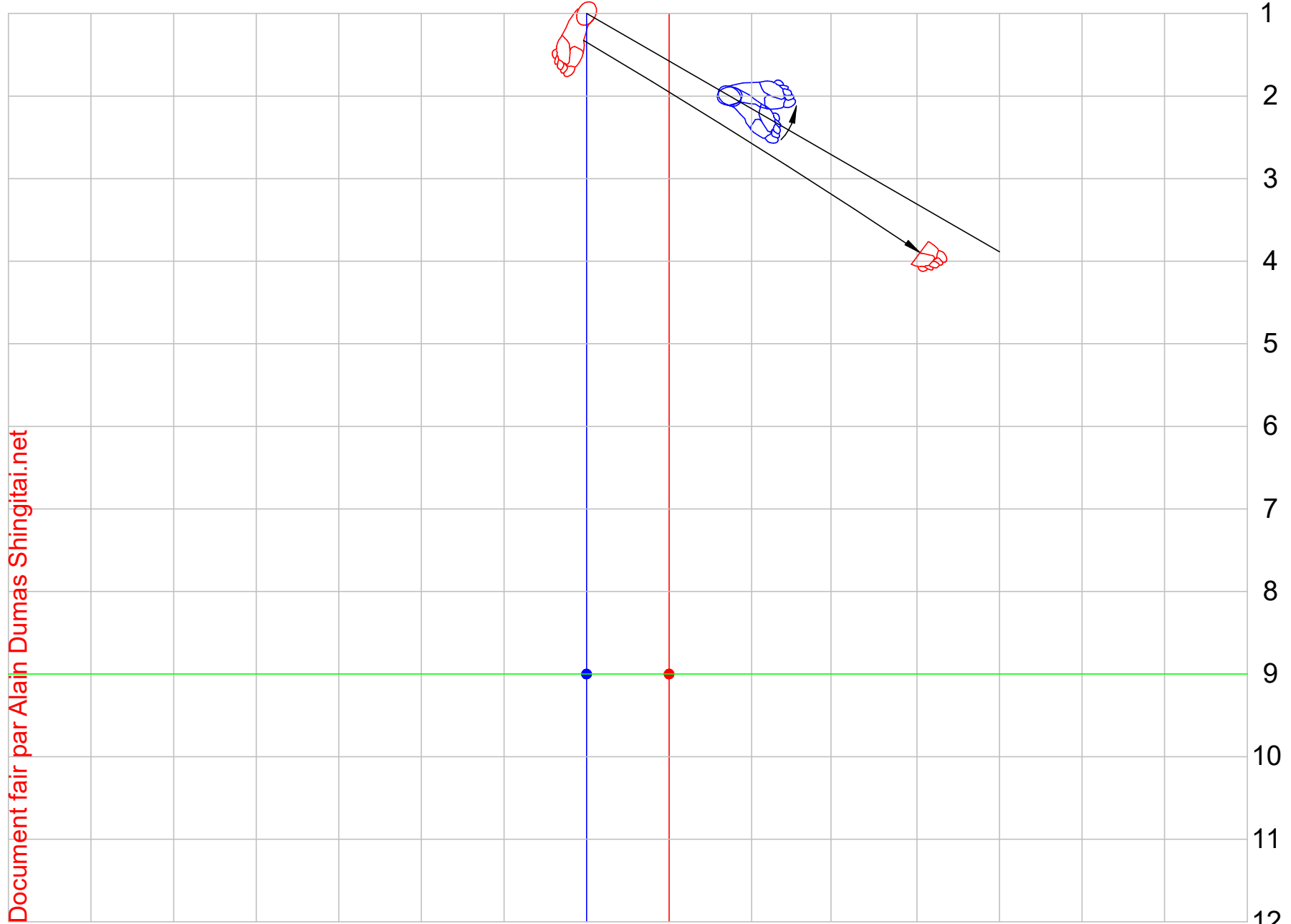
13a,13b) Kosa-dachi



Document fair par Alain Dumas Shingitai.net

14) Kokutsu-dachi

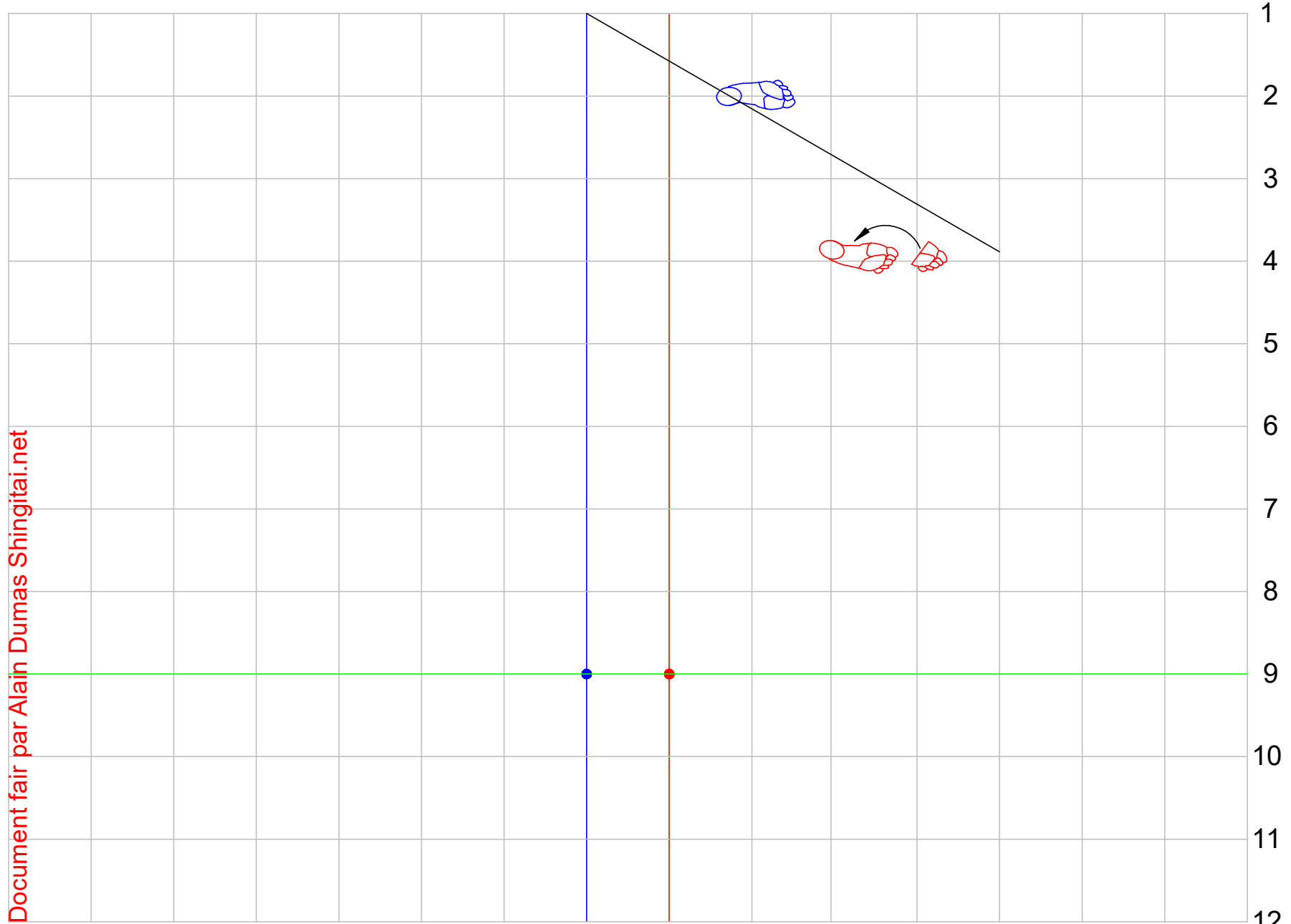
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

15) Ashi-dachi

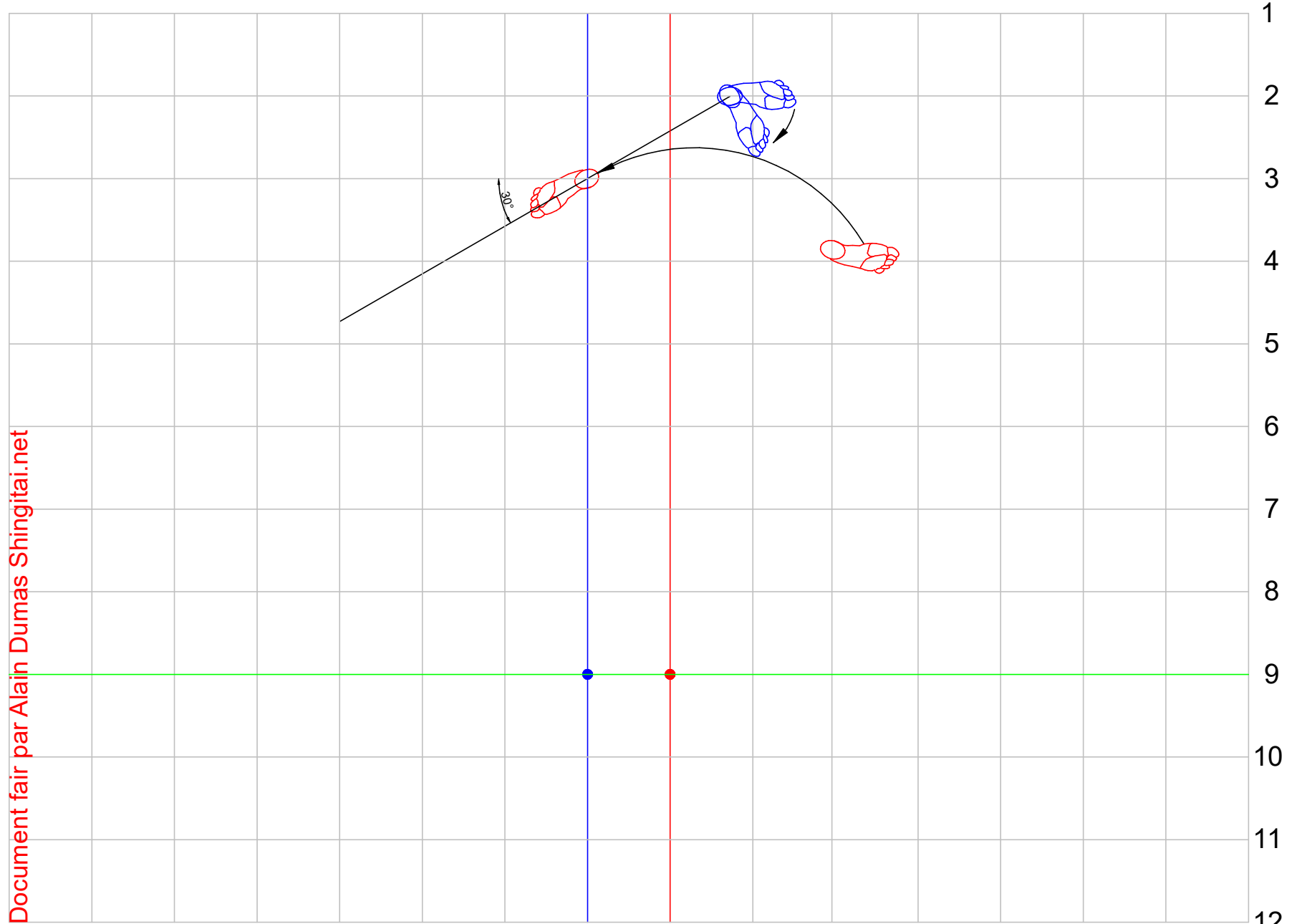
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

16,17) Zenkutsu-dachi

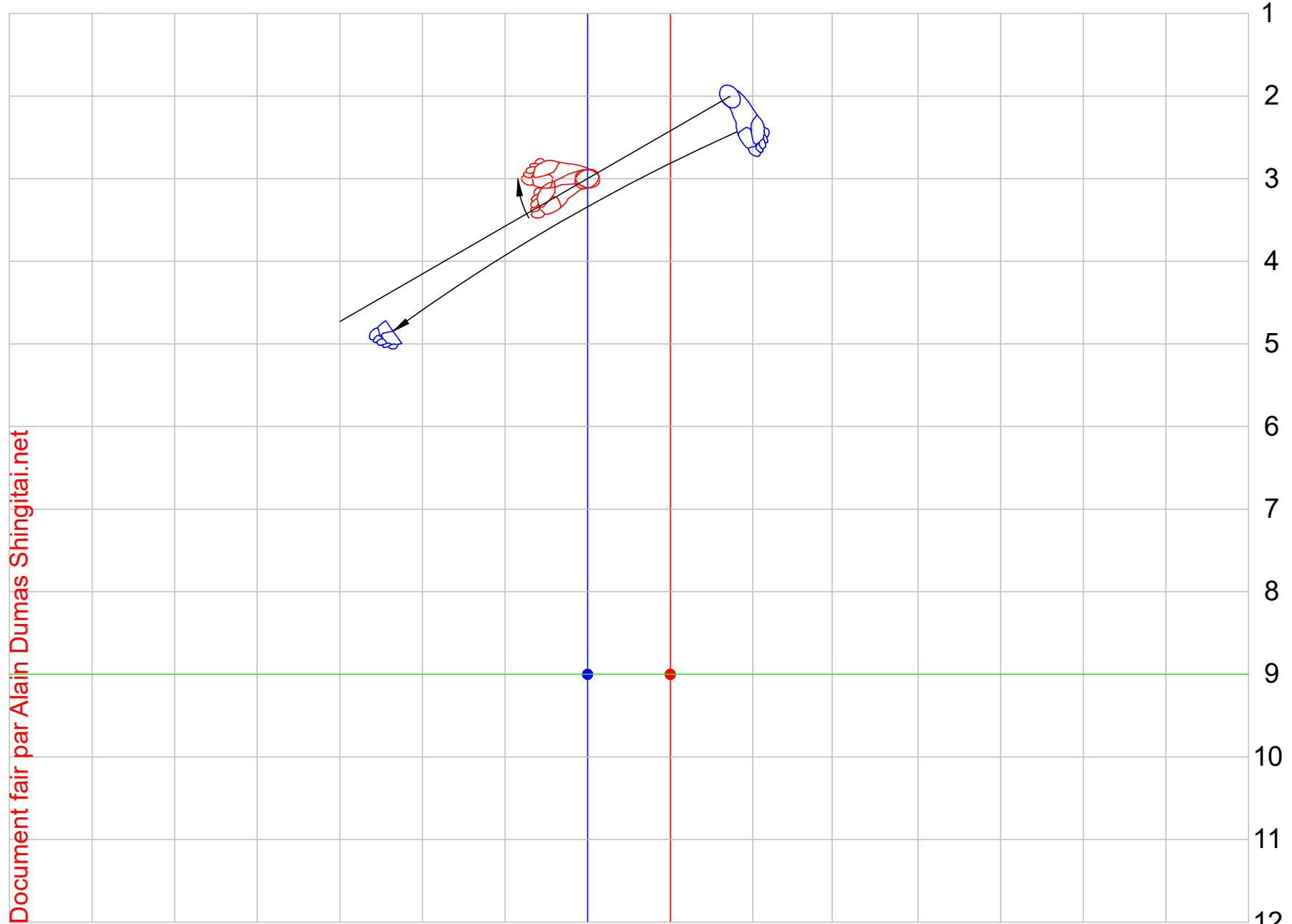
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

18) Kokutsu-dachi

A B C D E F G H I J K L M N O P

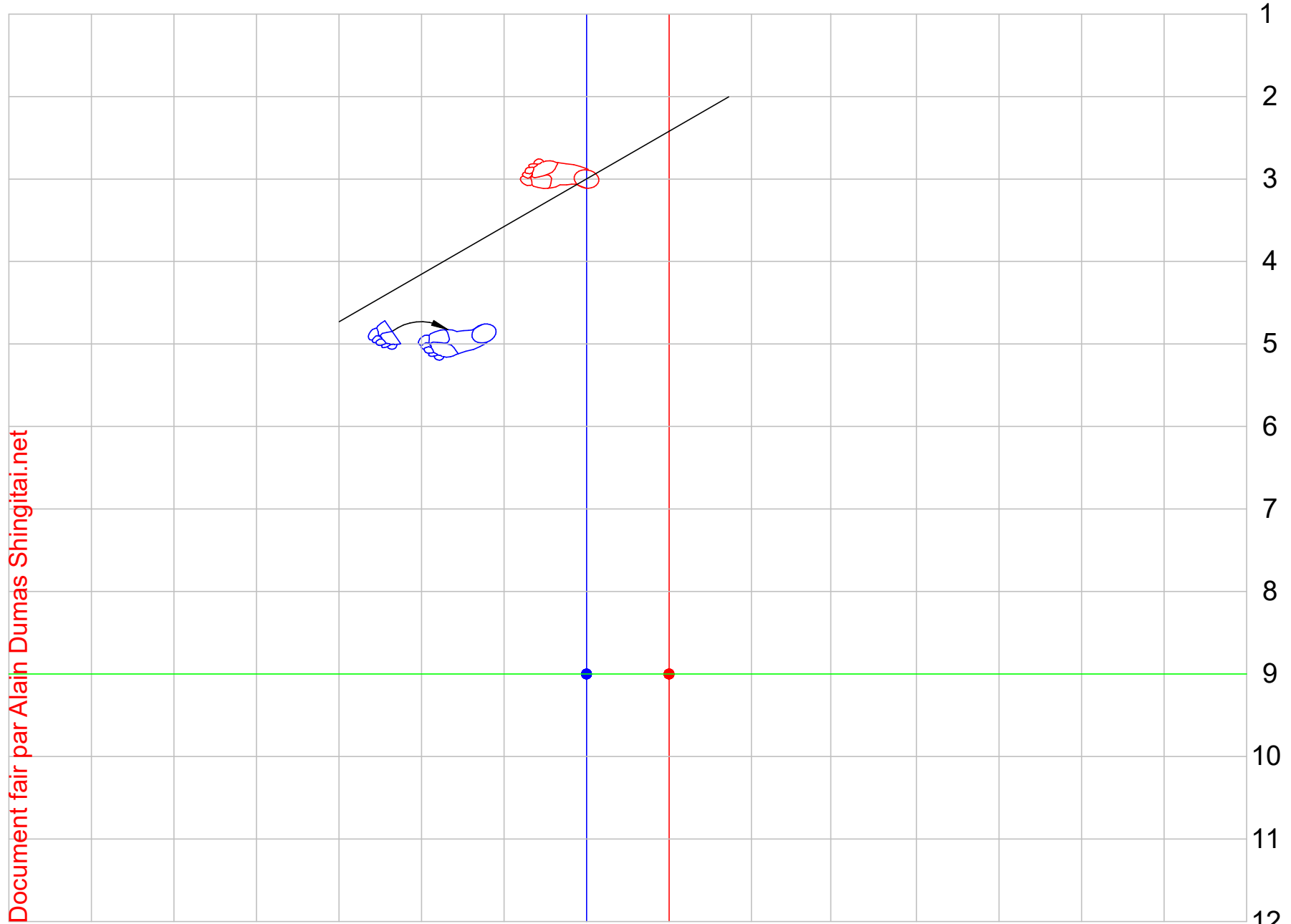


Document fair par Alain Dumas Shingitai.net

19) Ashi-dachi



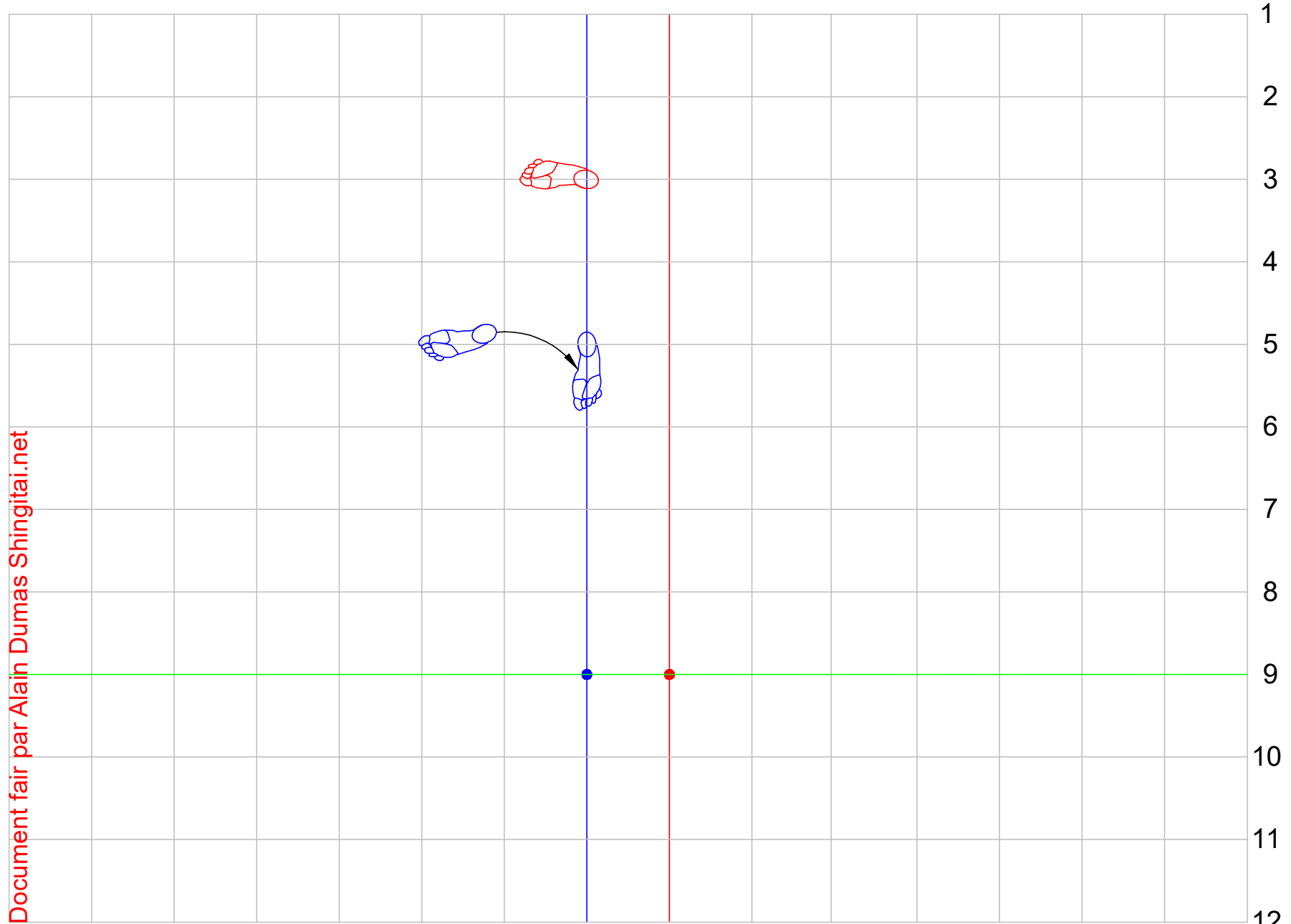
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

20,21) Zenkutsu-dachi

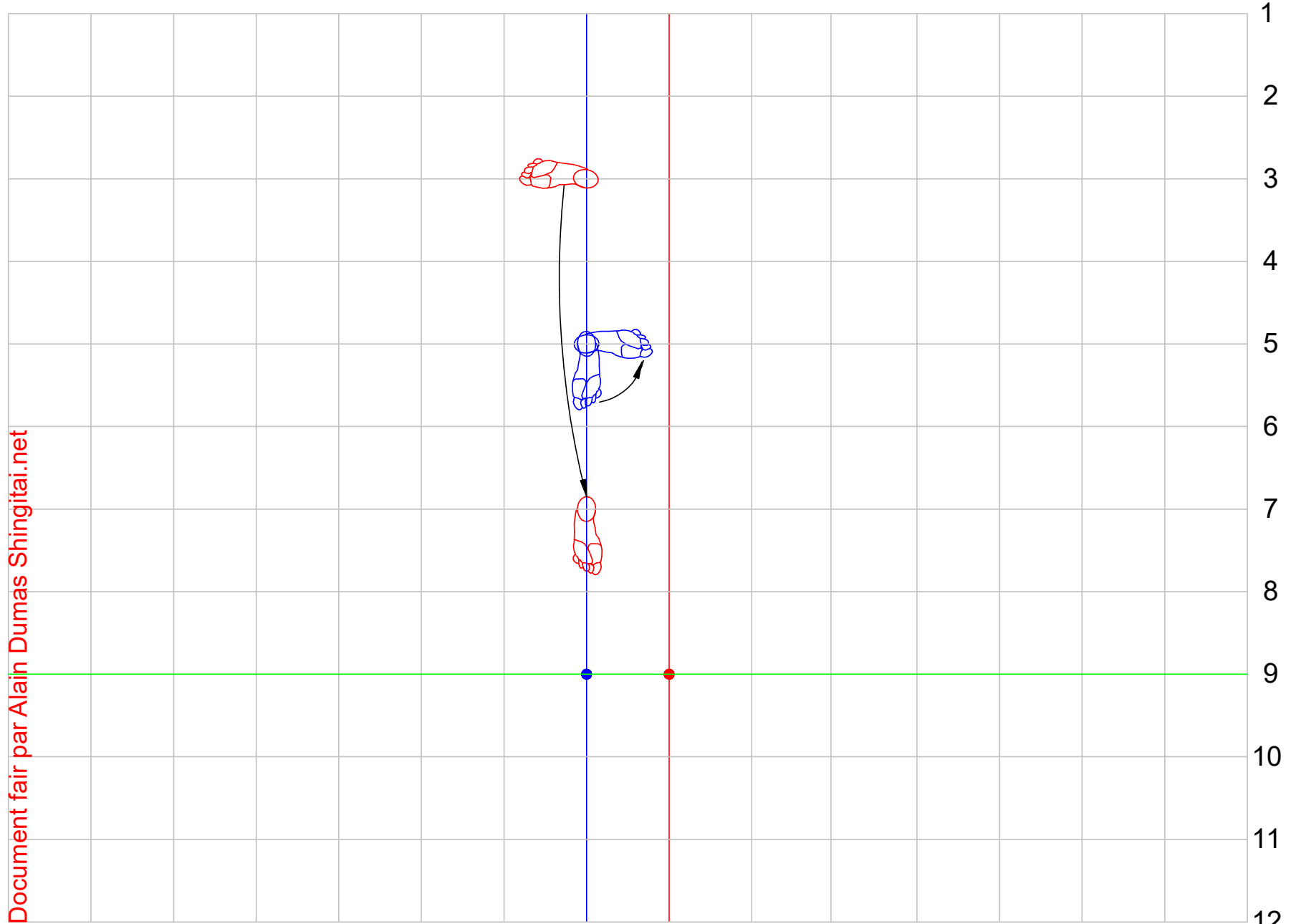
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

22) Kokutsu-dachi

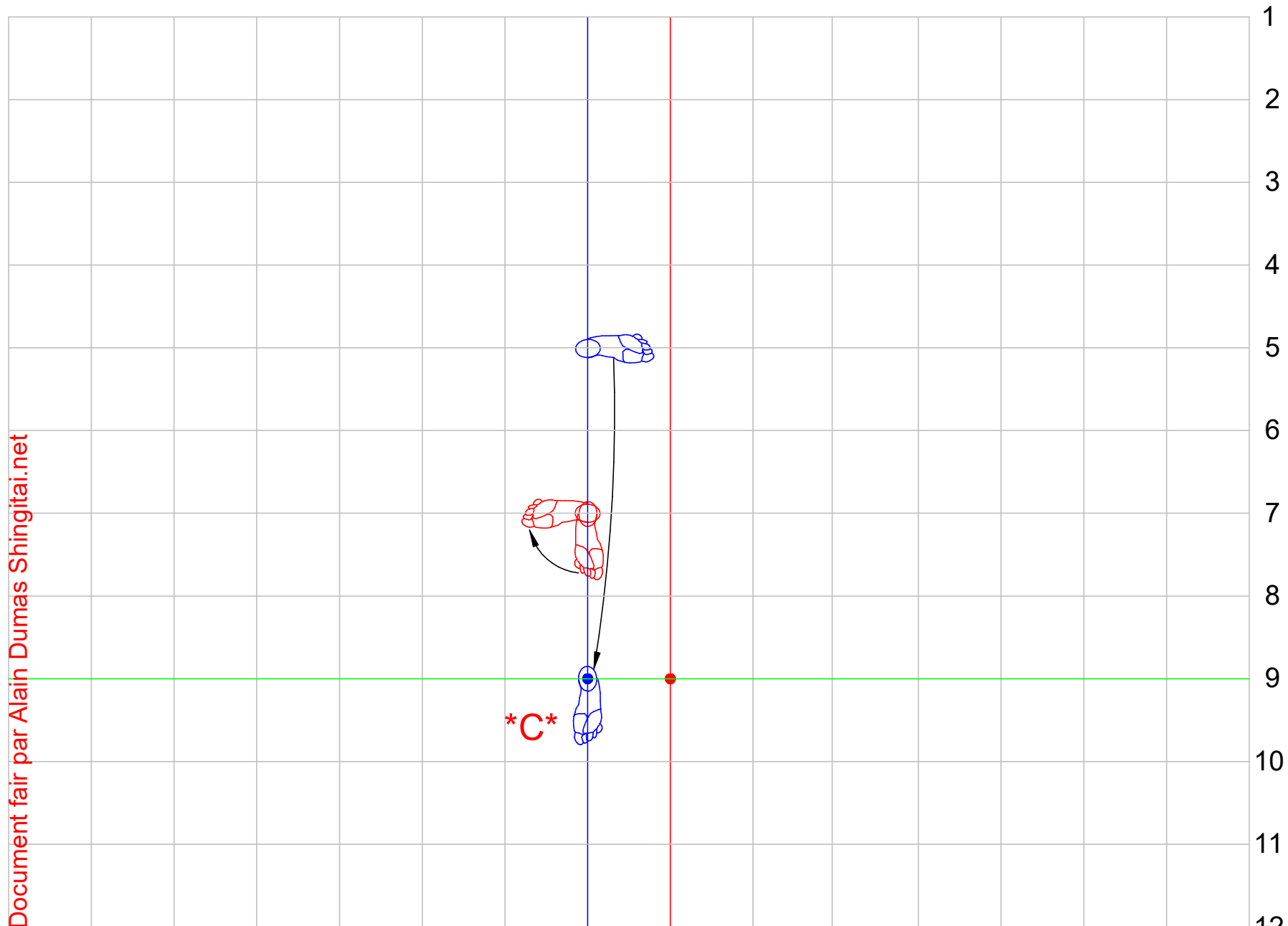
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

23) Kokutsu-dachi

A B C D E F G H I J K L M N O P



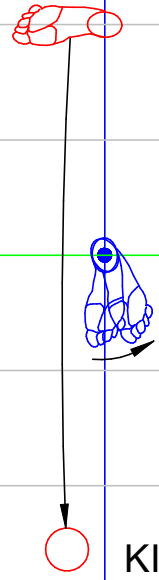
Document fair par Alain Dumas Shingitai.net

24) Kokutsu-dachi

A B C D E F G H I J K L M N O P

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

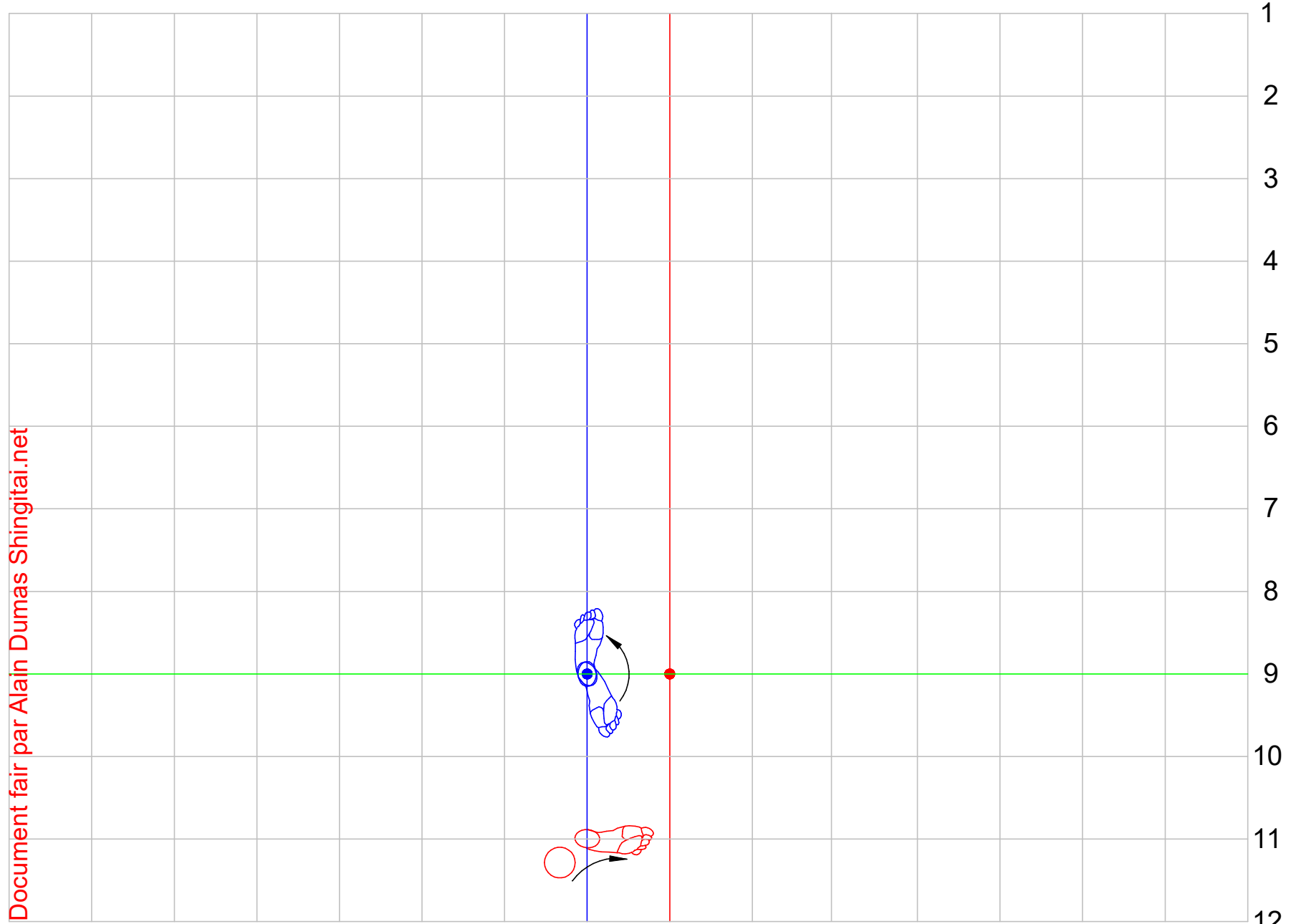
Document fair par Alain Dumas Shingitai.net



KIAI

25) Ashi-dachi

A B C D E F G H I J K L M N O P



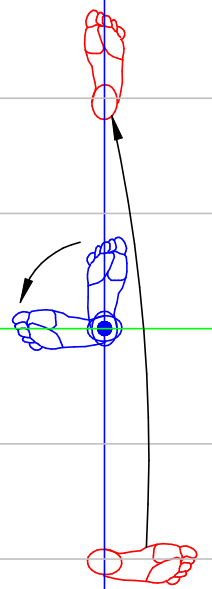
Document fair par Alain Dumas Shingitai.net

26) Kokutsu-dachi

A B C D E F G H I J K L M N O P

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

Document fair par Alain Dumas Shingitai.net

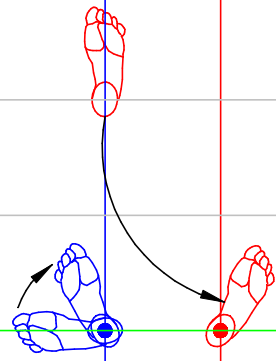


27) Kokutsu-dachi

A B C D E F G H I J K L M N O P

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

Document fair par Alain Dumas Shingitai.net

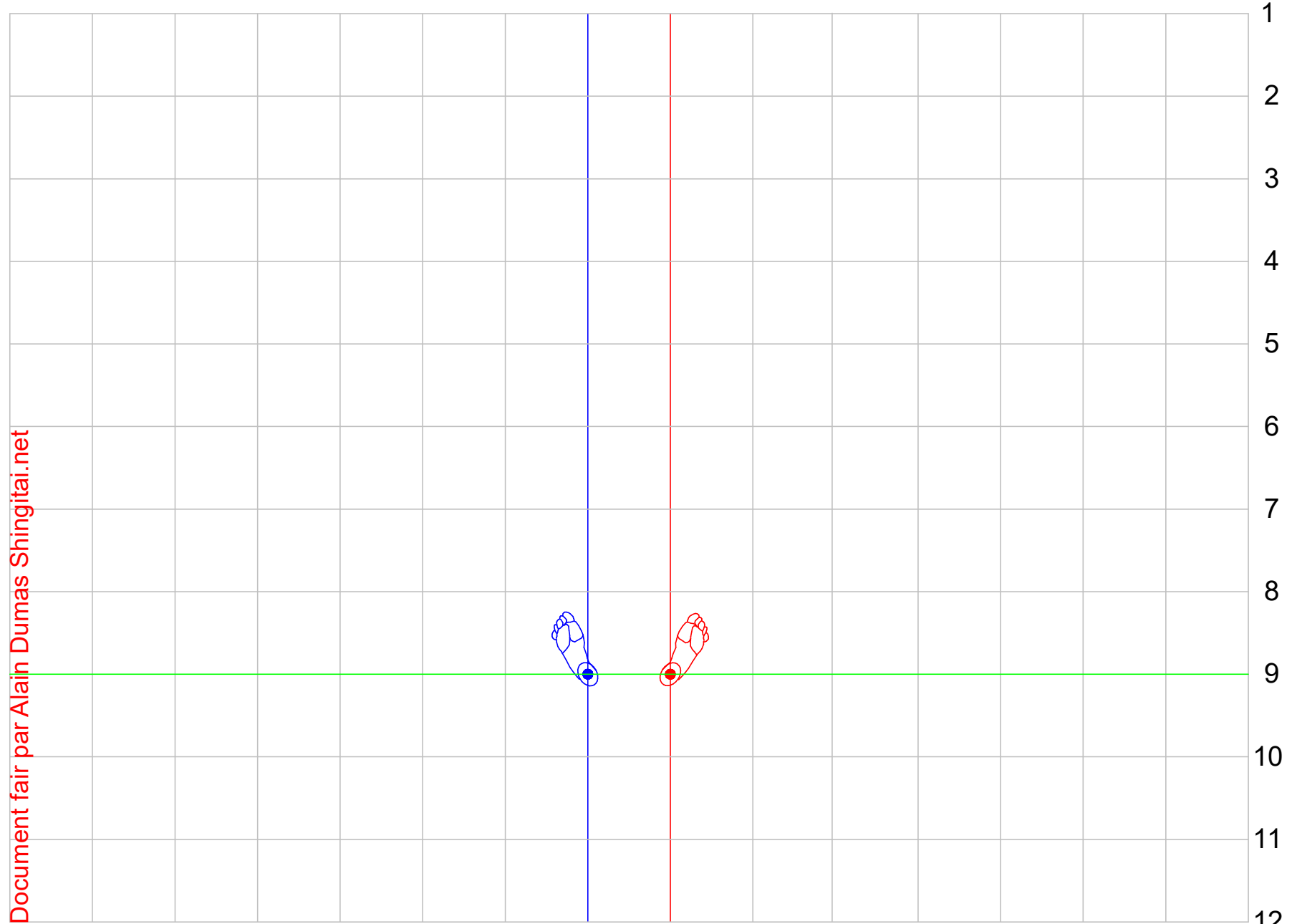


\*C\*

Shizen-tai



A B C D E F G H I J K L M N O P



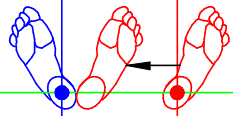
Document fair par Alain Dumas Shingitai.net

Shizen-tai

A B C D E F G H I J K L M N O P

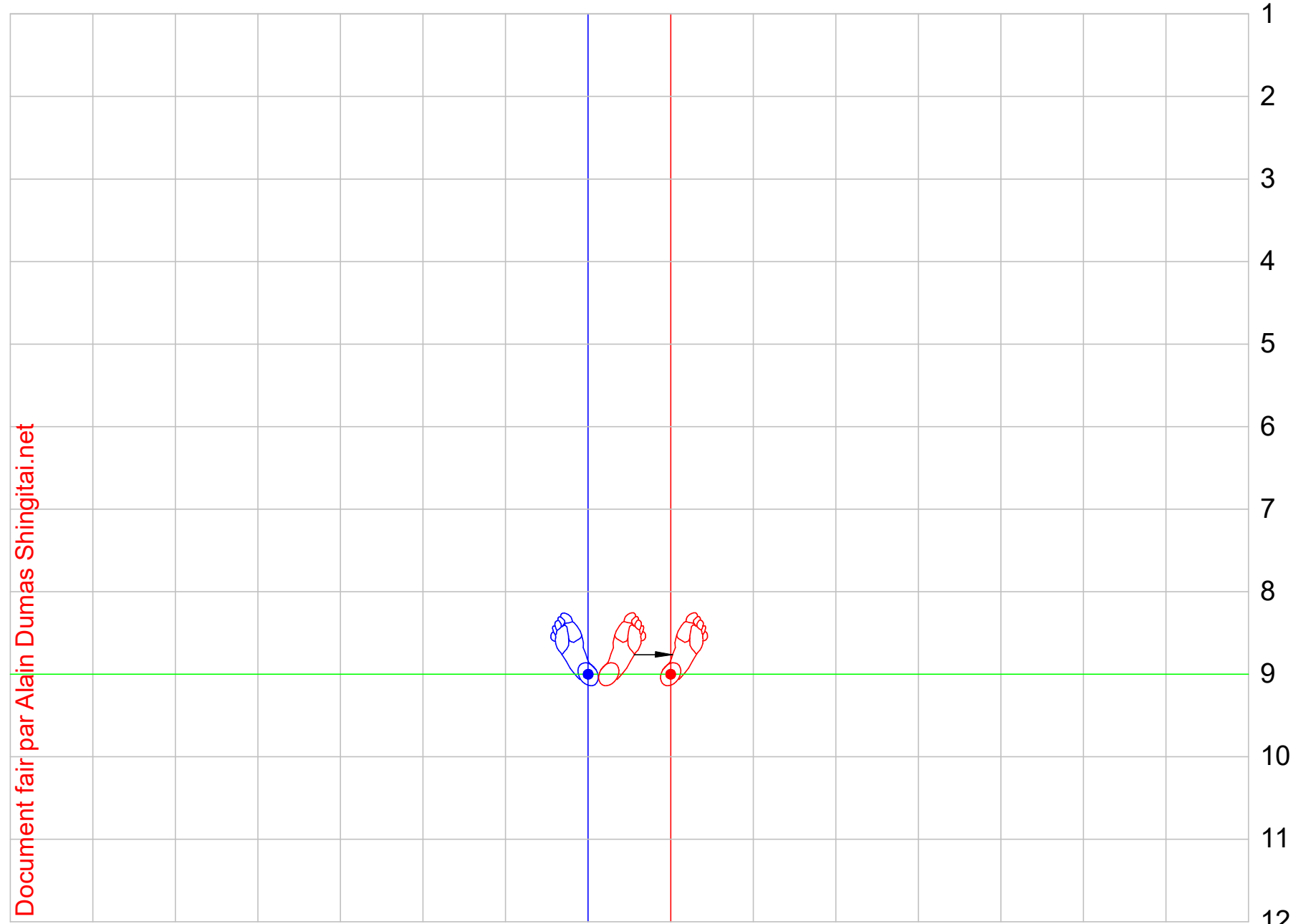
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

Document fair par Alain Dumas Shingitai.net



Musubi-dachi

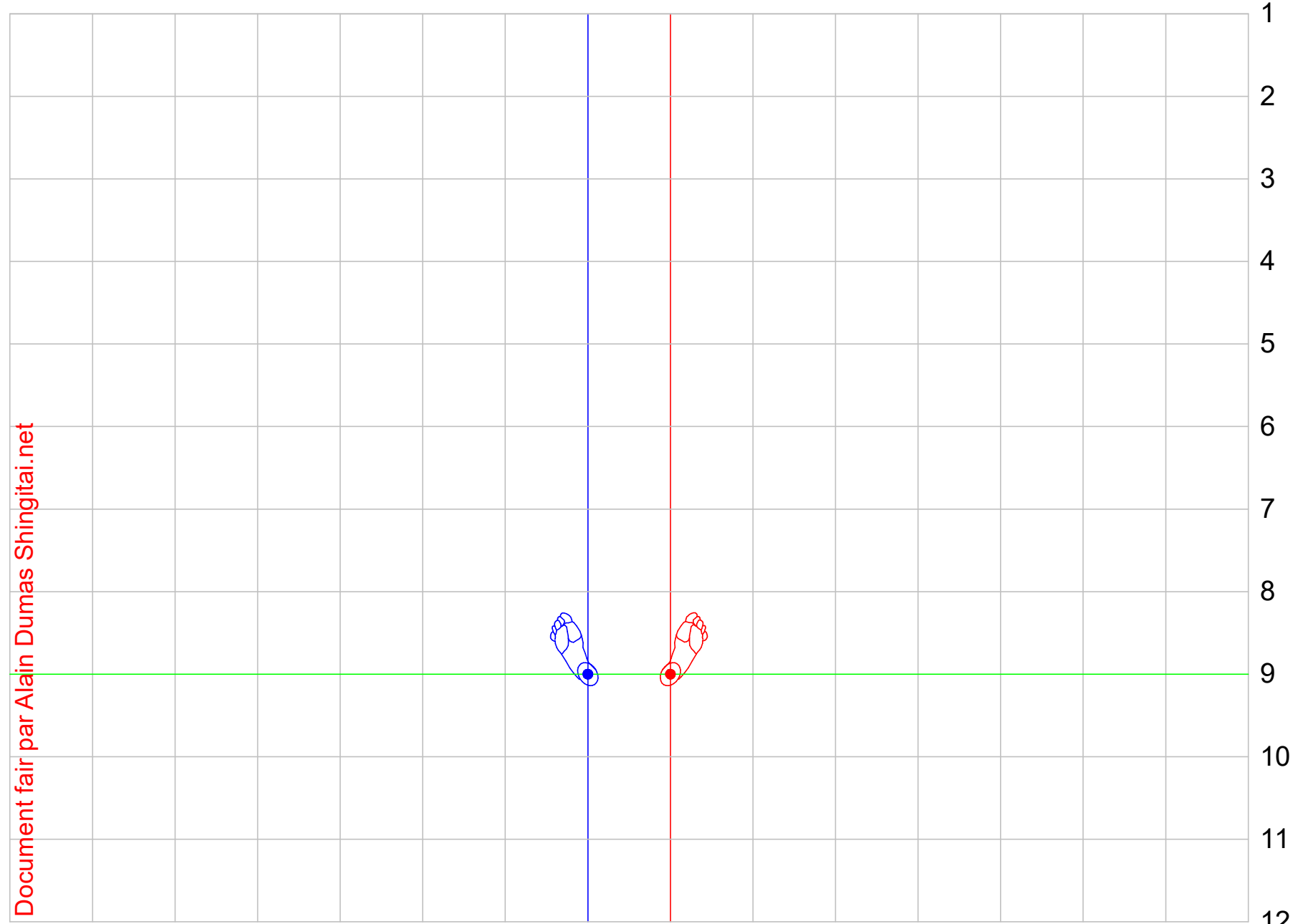
A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

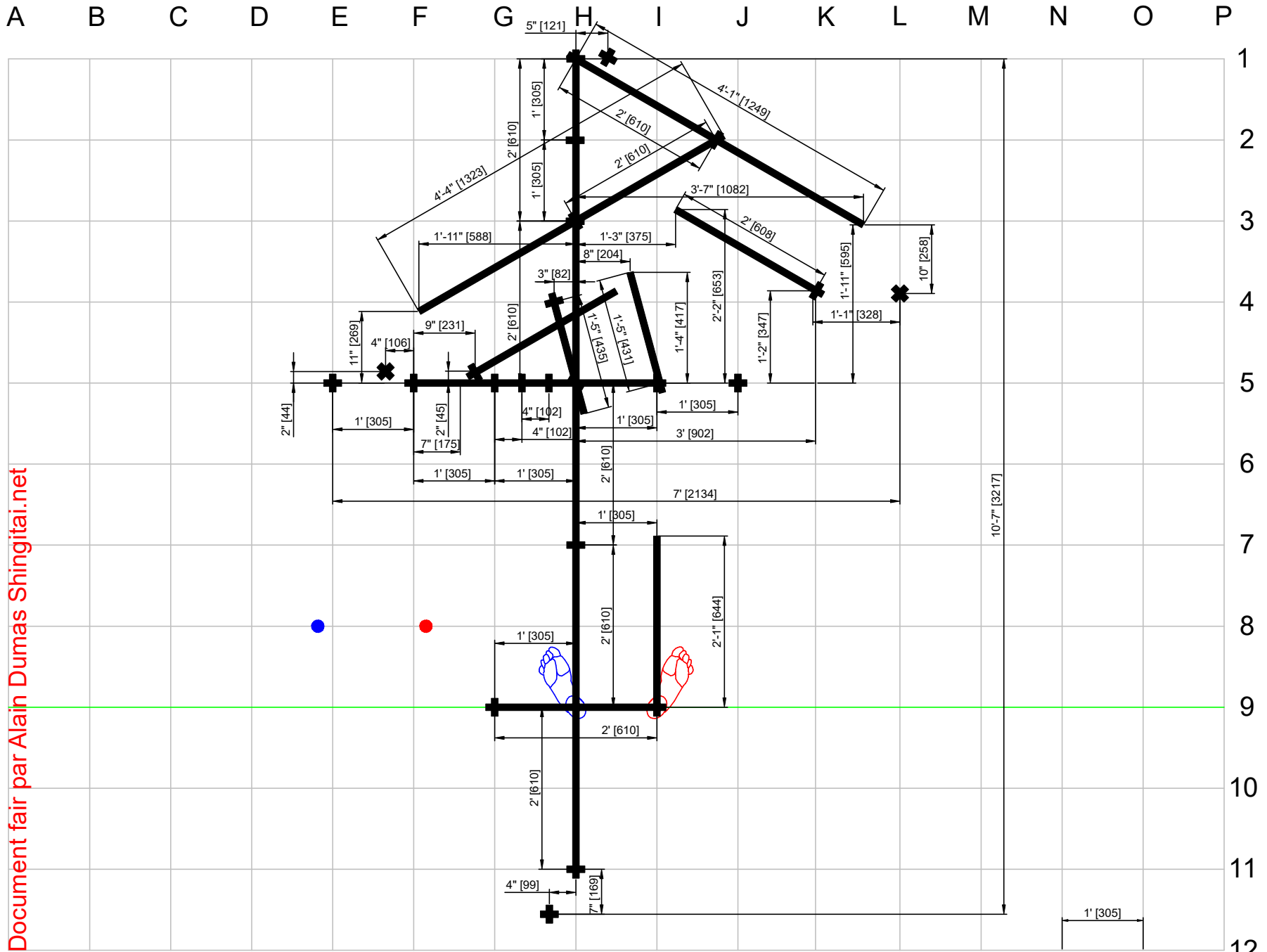
Shizen-tai

A B C D E F G H I J K L M N O P



Document fair par Alain Dumas Shingitai.net

Shizen-tai



Document fair par Alain Dumas Shingitai.net

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

