

EMBUSEN KANKU-DAI (KUSANKU)

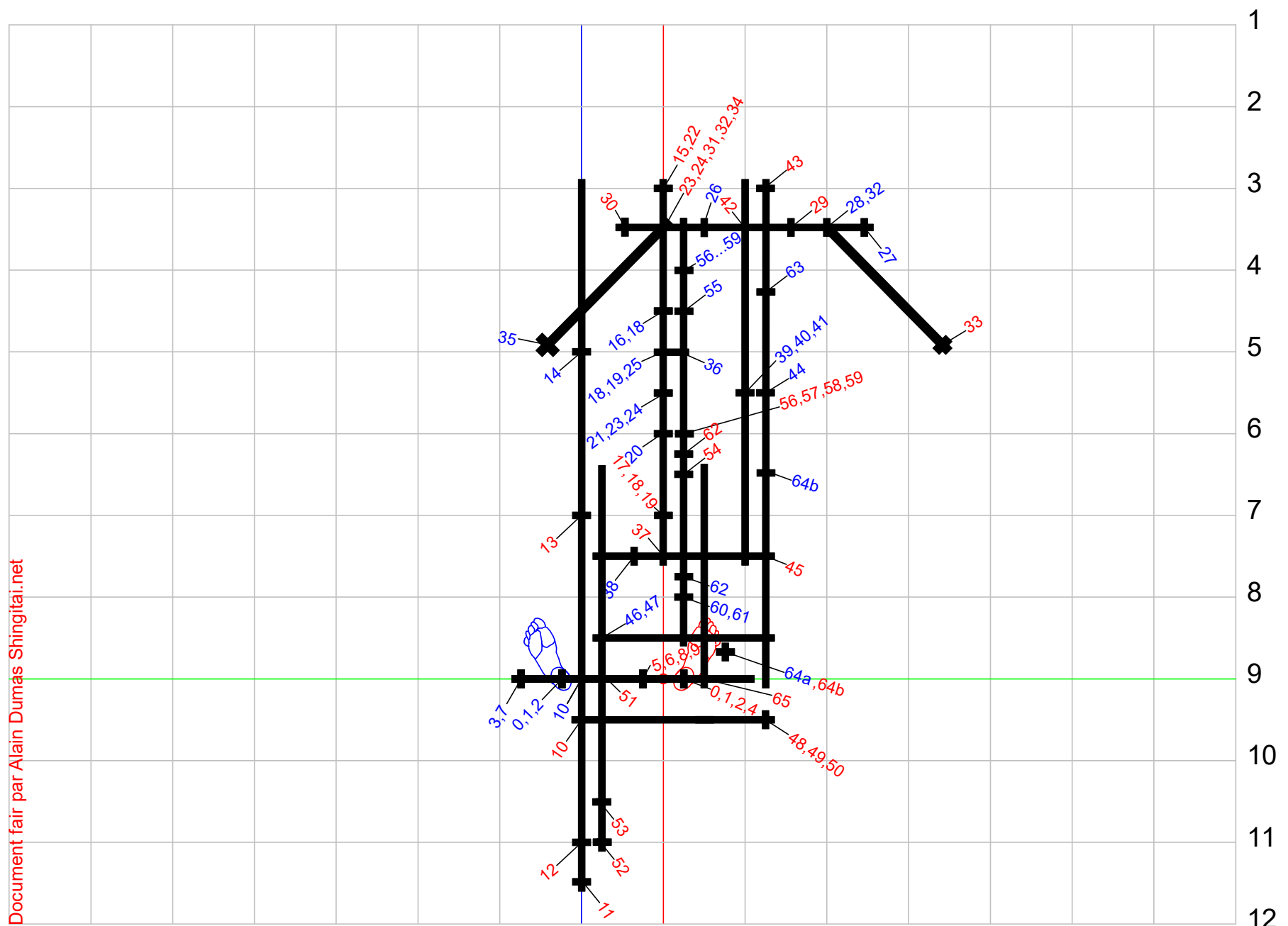
Best karate # 6

REGARDER LE CIEL				LOOKING AT THE SKY			
Origine : Chine, date de création : ± 1756, auteur : Kwang-Shang-Fu				Origin : China, date of creation : ± 1756 : Kwang-Shang-Fu			
Kan : regarder, Ku : ciel, vide, Dai : grand, vaste				Kan : watching , Ku : empty sky, Dai : big, wide			
Kata de vitesse « Shorin » - Classification IKD : Groupe 2				« Shorin » speed kata – IKD Classification : Group 2			
65 mouvements - Kiai mouvements 15 et 64 – Durée : 90 secondes				65 movements - Kiai movements 15 and 64 – Length: 90 seconds			
<u>Points importants:</u> Kanku-dai est un des plus longs kata Shotokan. Il est aussi particulier par son début, les mains forment une ouverture en triangle vers le ciel, le regard suivant cette ouverture				<u>Important points:</u> Kanku-dai is one of the longest Shotokan kata. It is also particular from its beginning as the hands form a triangular opening towards the sky trough witch we look.			
<u>Note:</u> Dai signifie technique éloignée au contraire de sho qui signifie plus rapprochée. Pour les mouvements 16, 21 et 36, on réduit la distance entre les jambes pour la position hiza kussu-dachi. Pour une plus grande force dans le blocage kosa uke du mouvement 62, il faut comme dans le livre Best karaté effectuer un retrait des talons vers l'intérieur.				<u>Note:</u> Dai means distant contrary to sho which means closer. For movements 16, 21 and 36, the distance between the legs is reduced for the hiza kussu-dachi stance. For a more powerful kosa uke blocking of movement 62, we must, as in the Best karate books, perform a withdrawal of the heels towards the inside.			
<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, 10, 46, 47 fin.	● I-9	Début, 65, fin.	● H-9	Start, 10, 46 ,47 end.	● I-9	Start, 65 end.

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



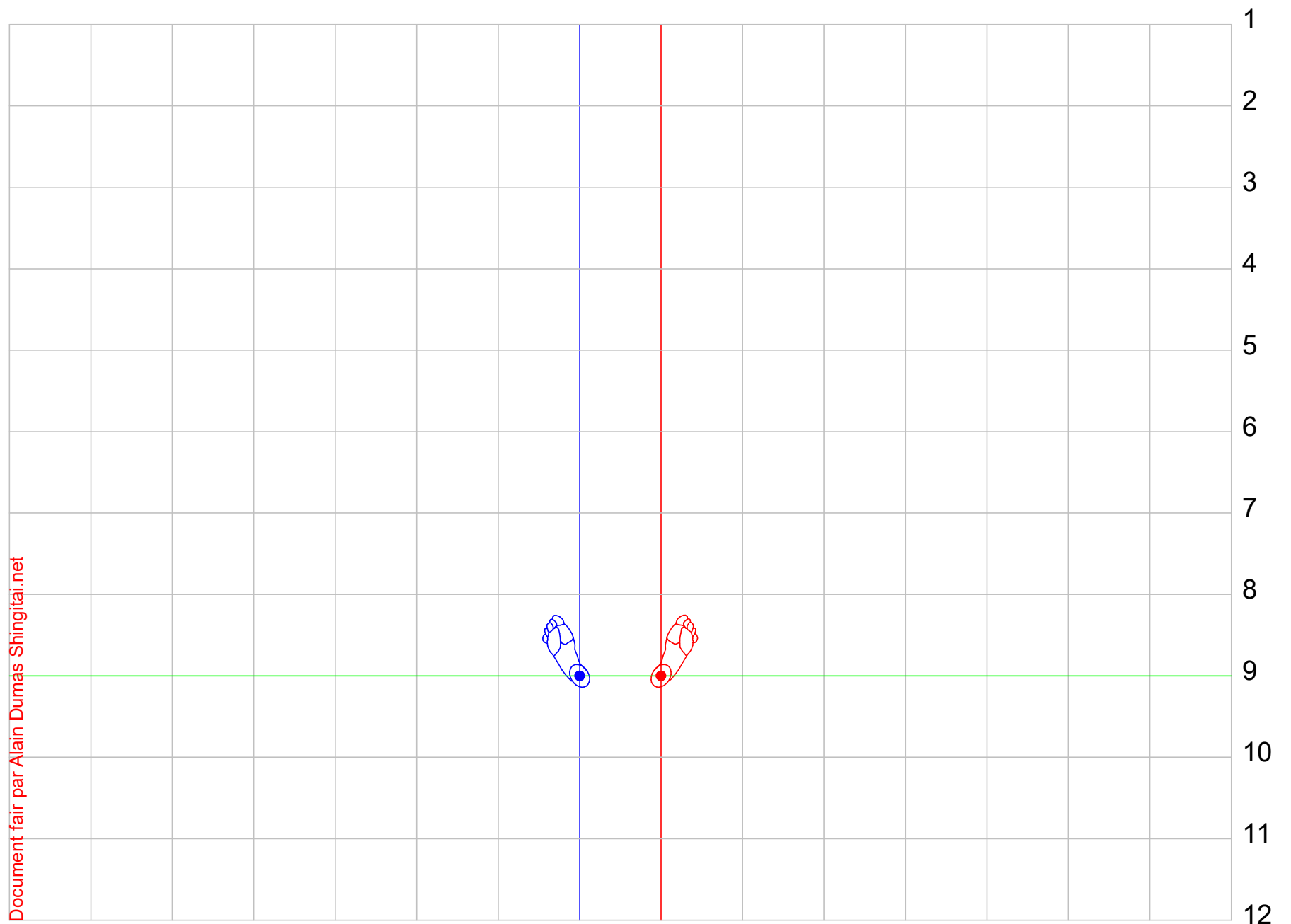
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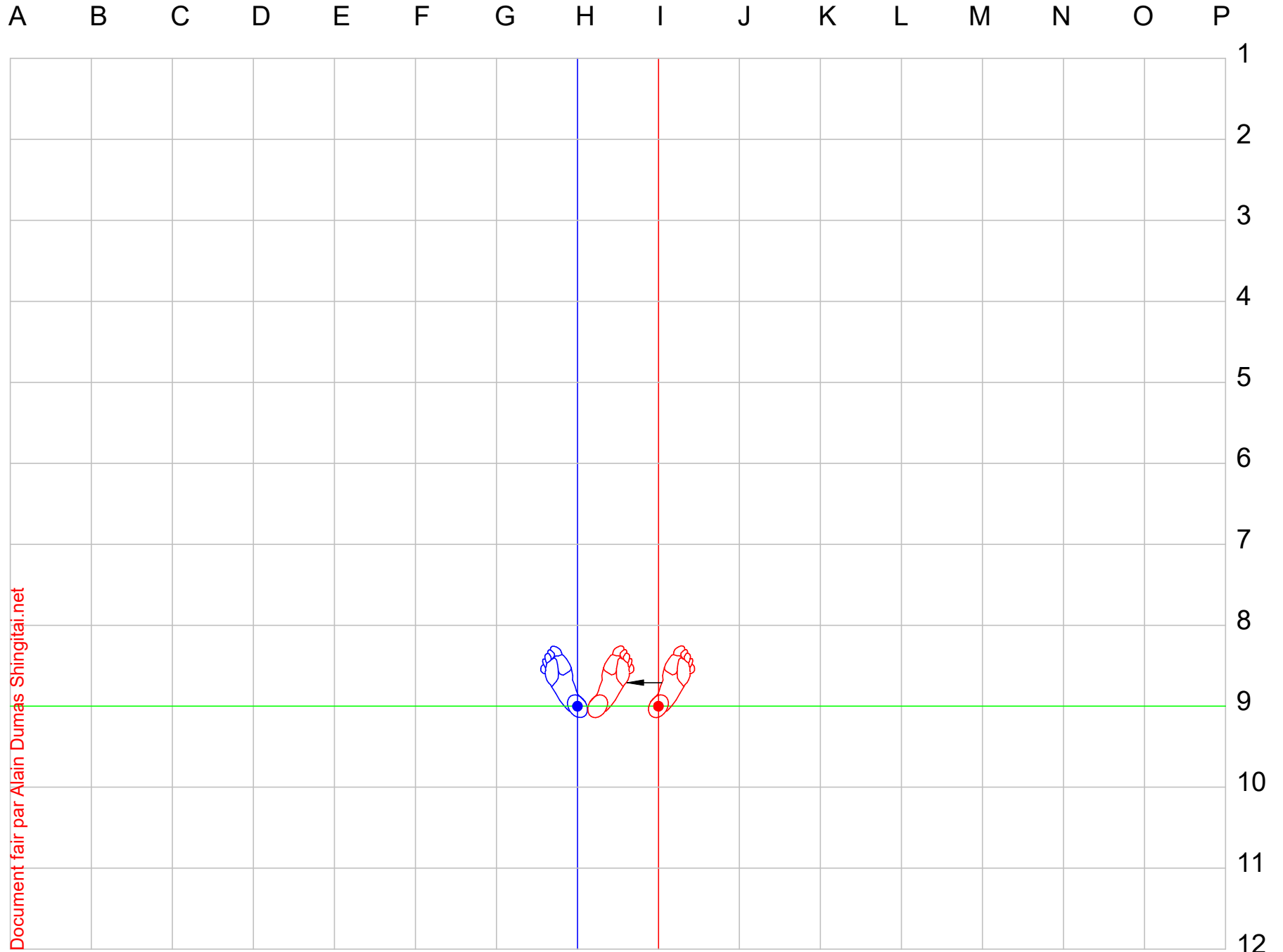
Embusen Kanku-dai

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Shizen-tai



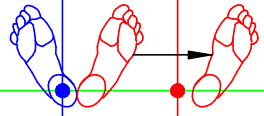
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Musubi-dachi

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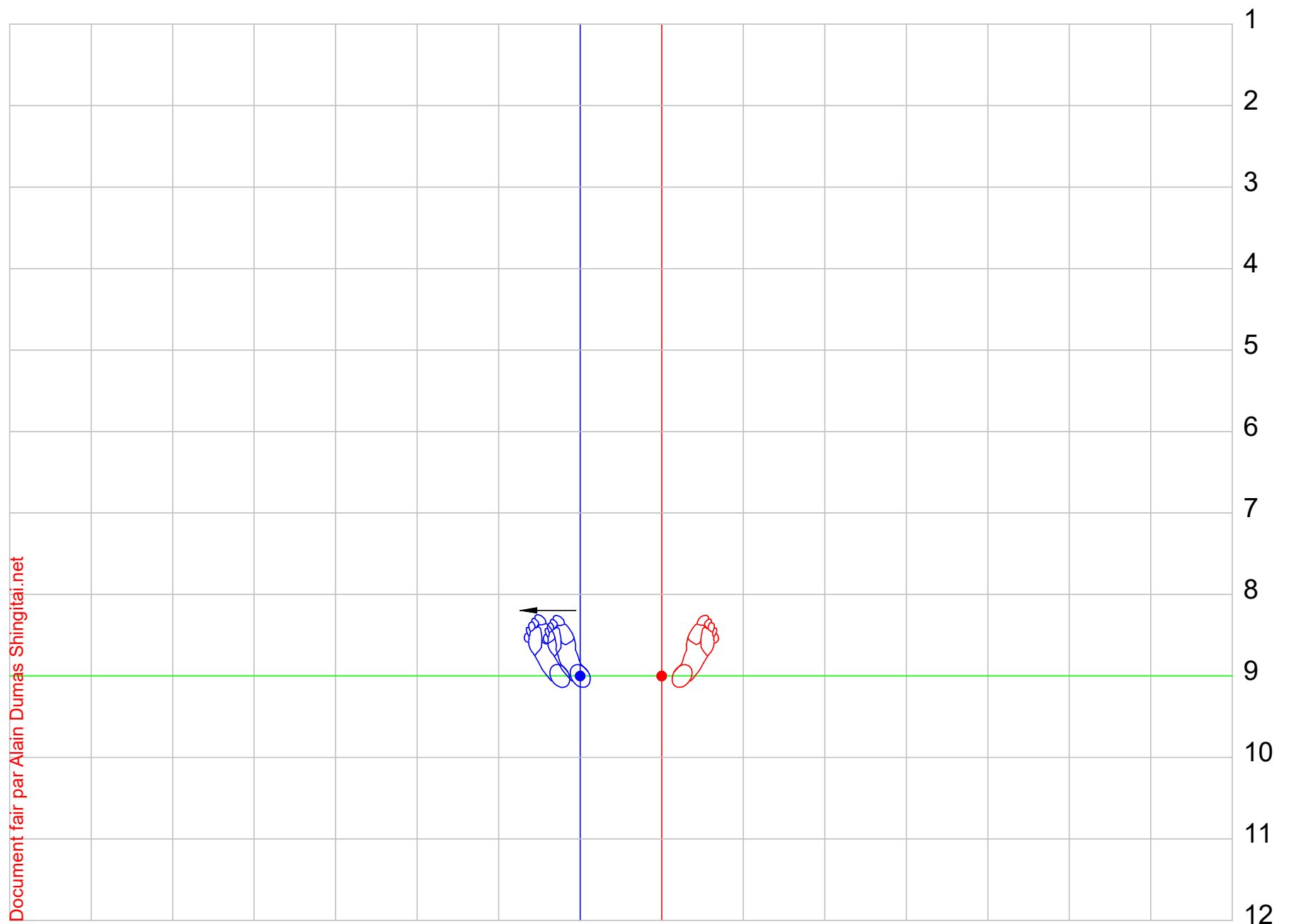
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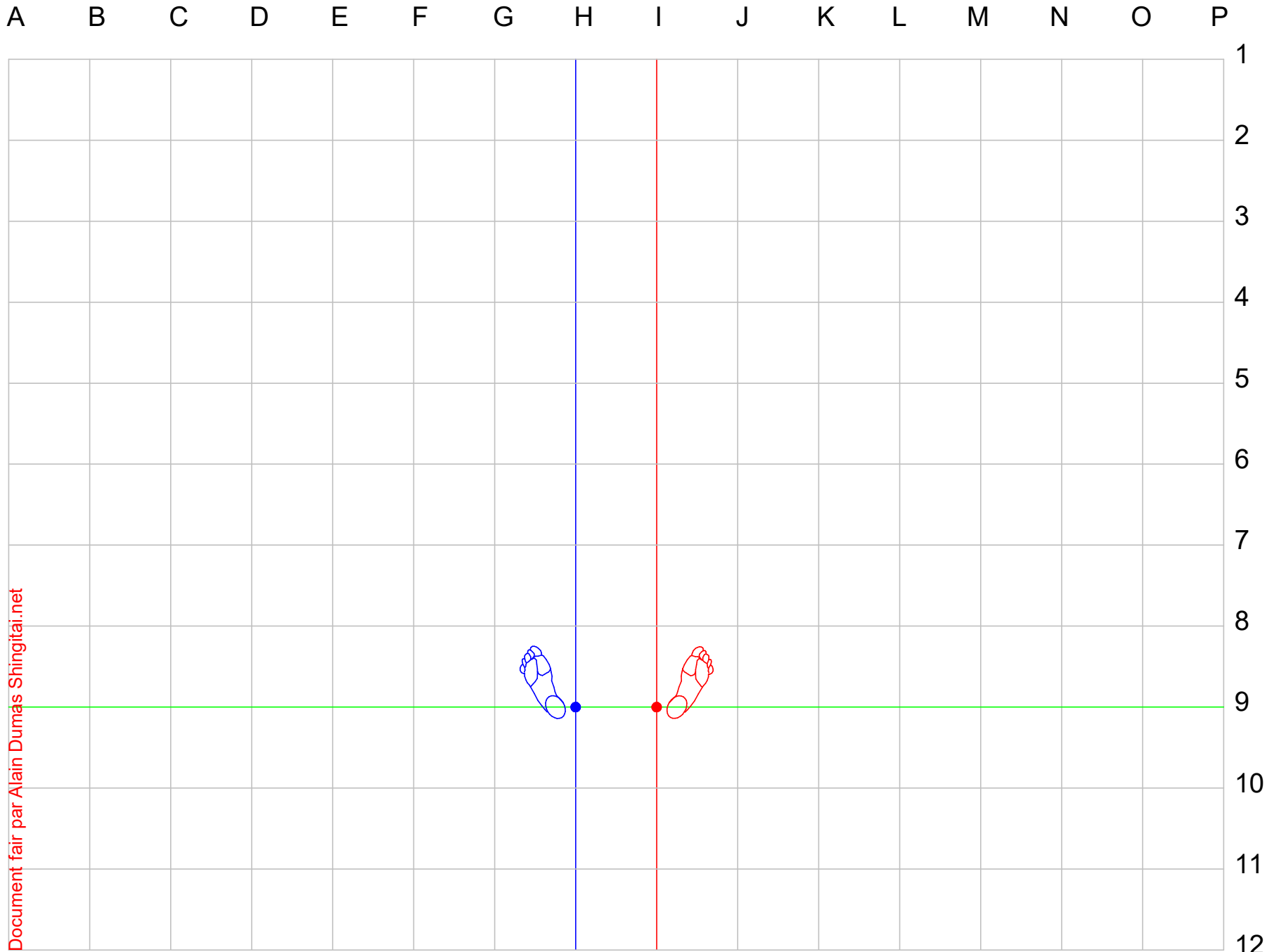
Hachinoji-dachi

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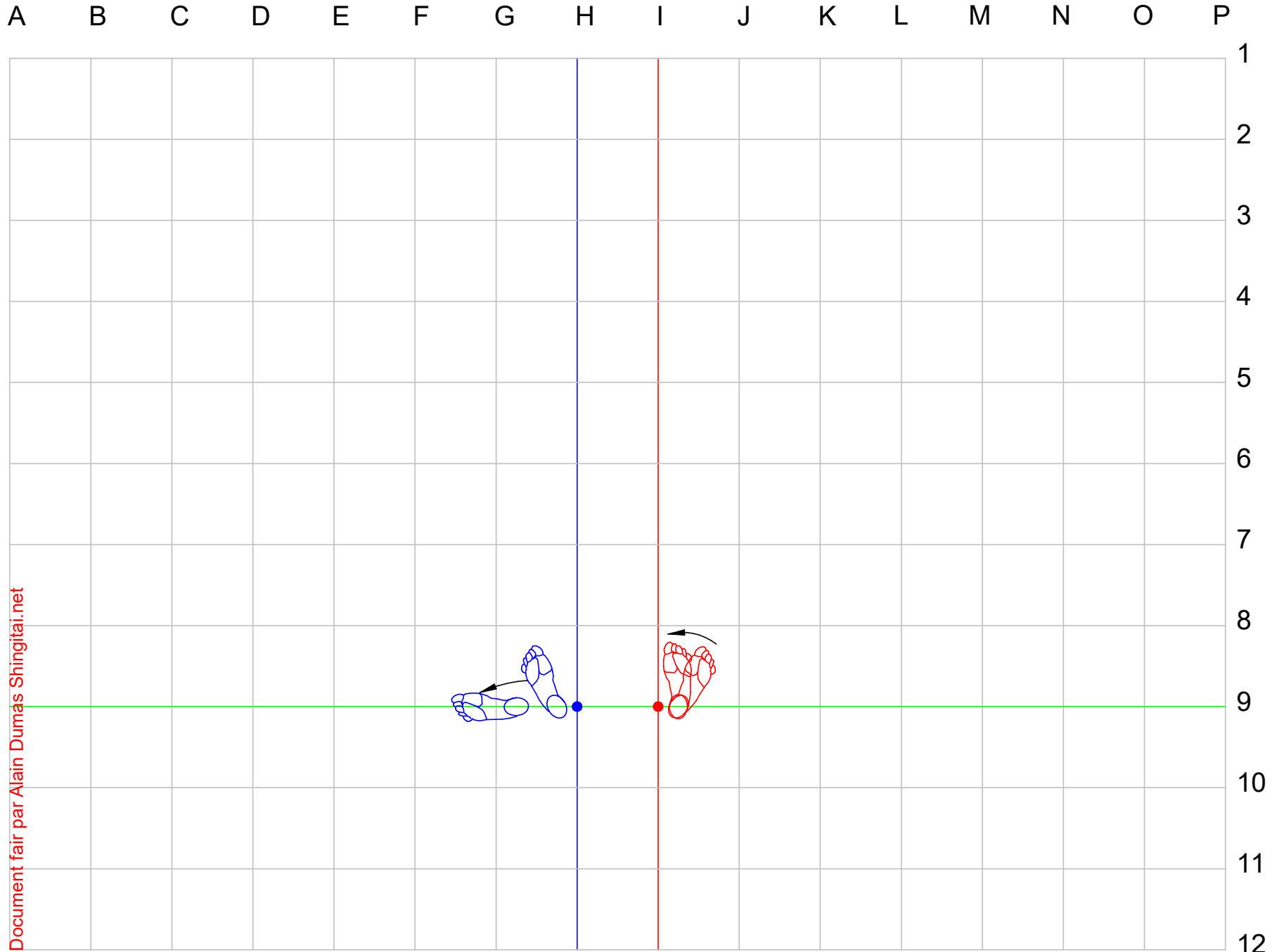
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Hachinoji-dachi



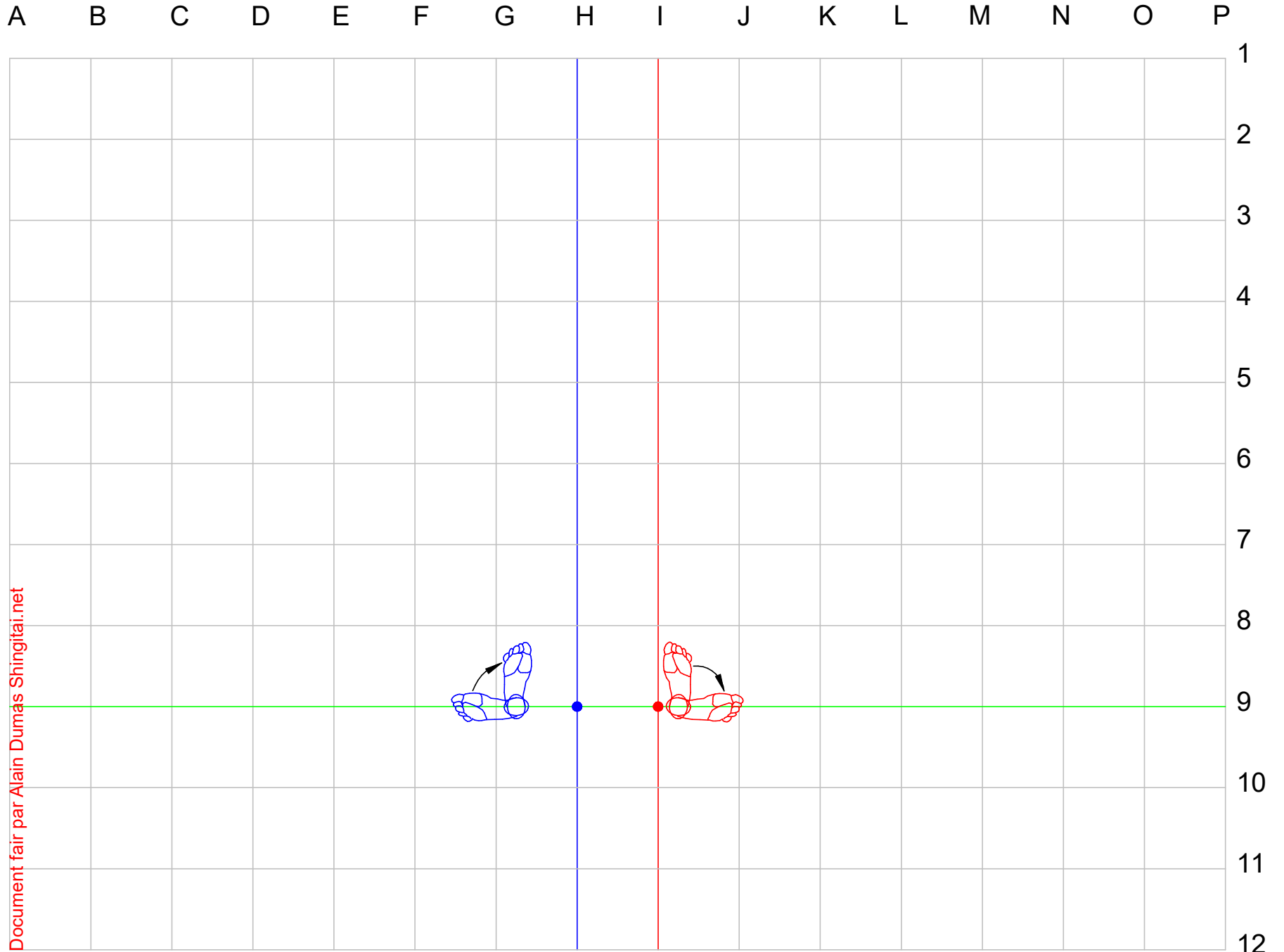
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1,2) Hachinoji-dachi

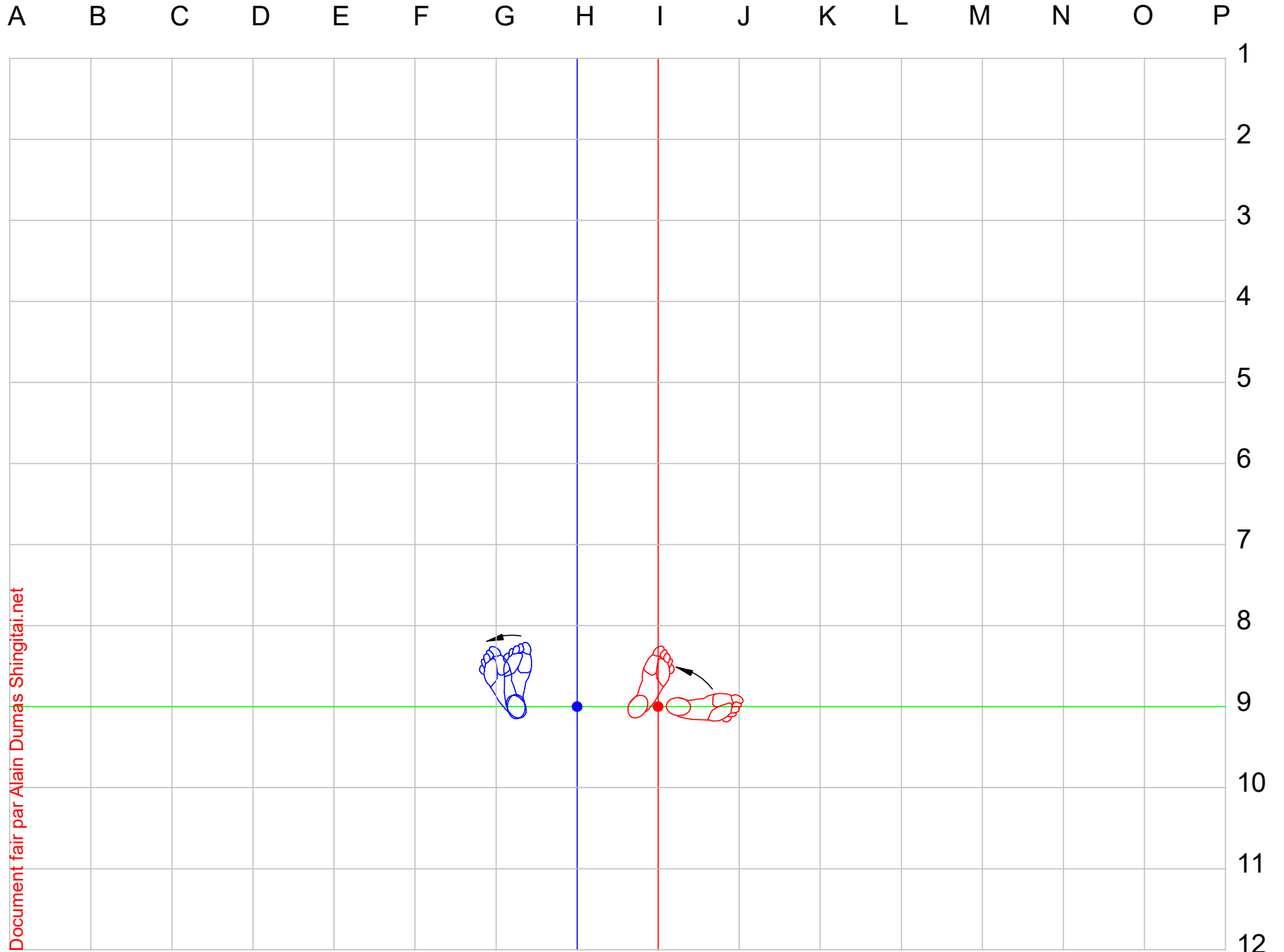


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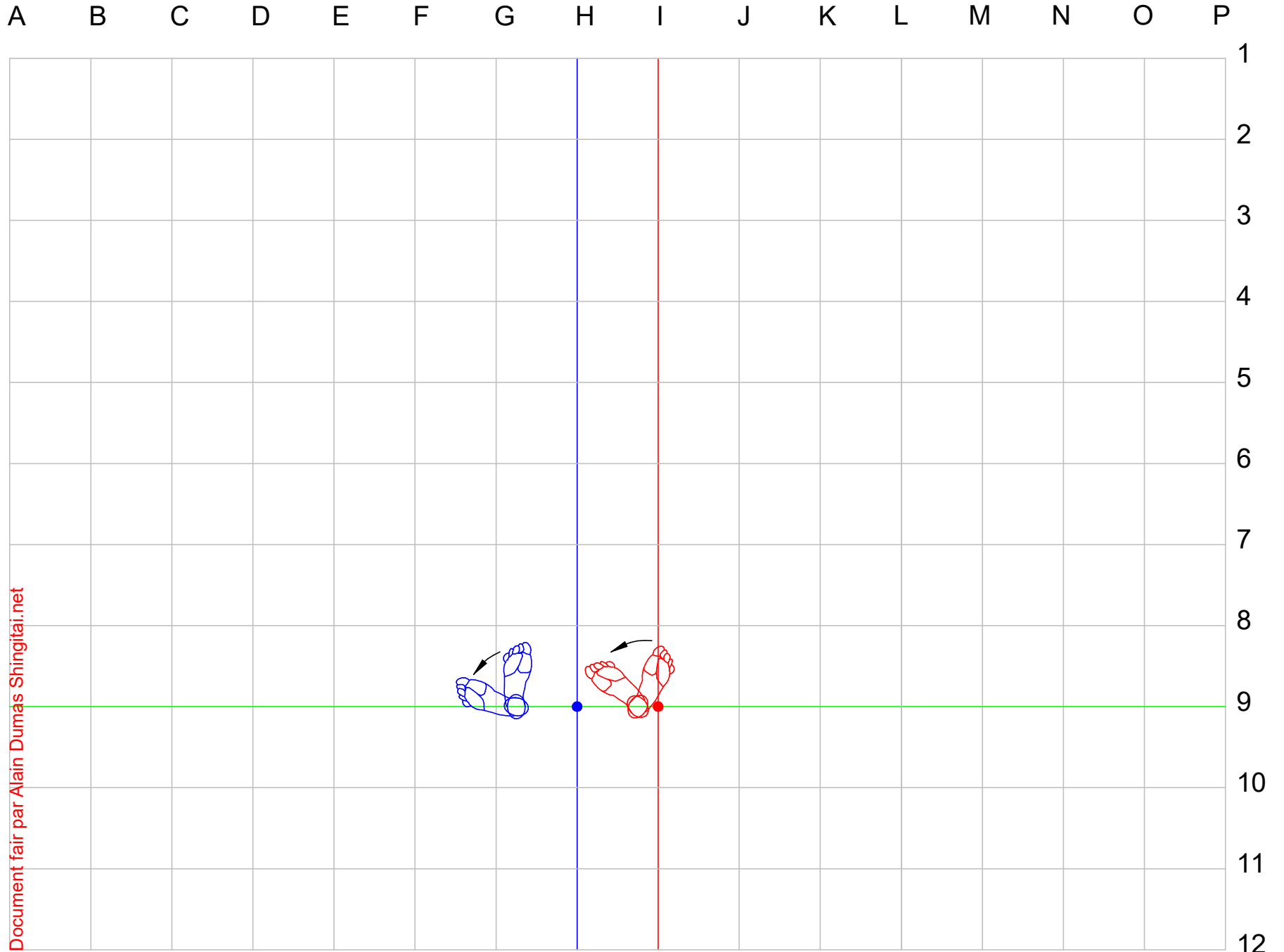
3) Kokutsu-dachi



4) Kokutsu-dachi

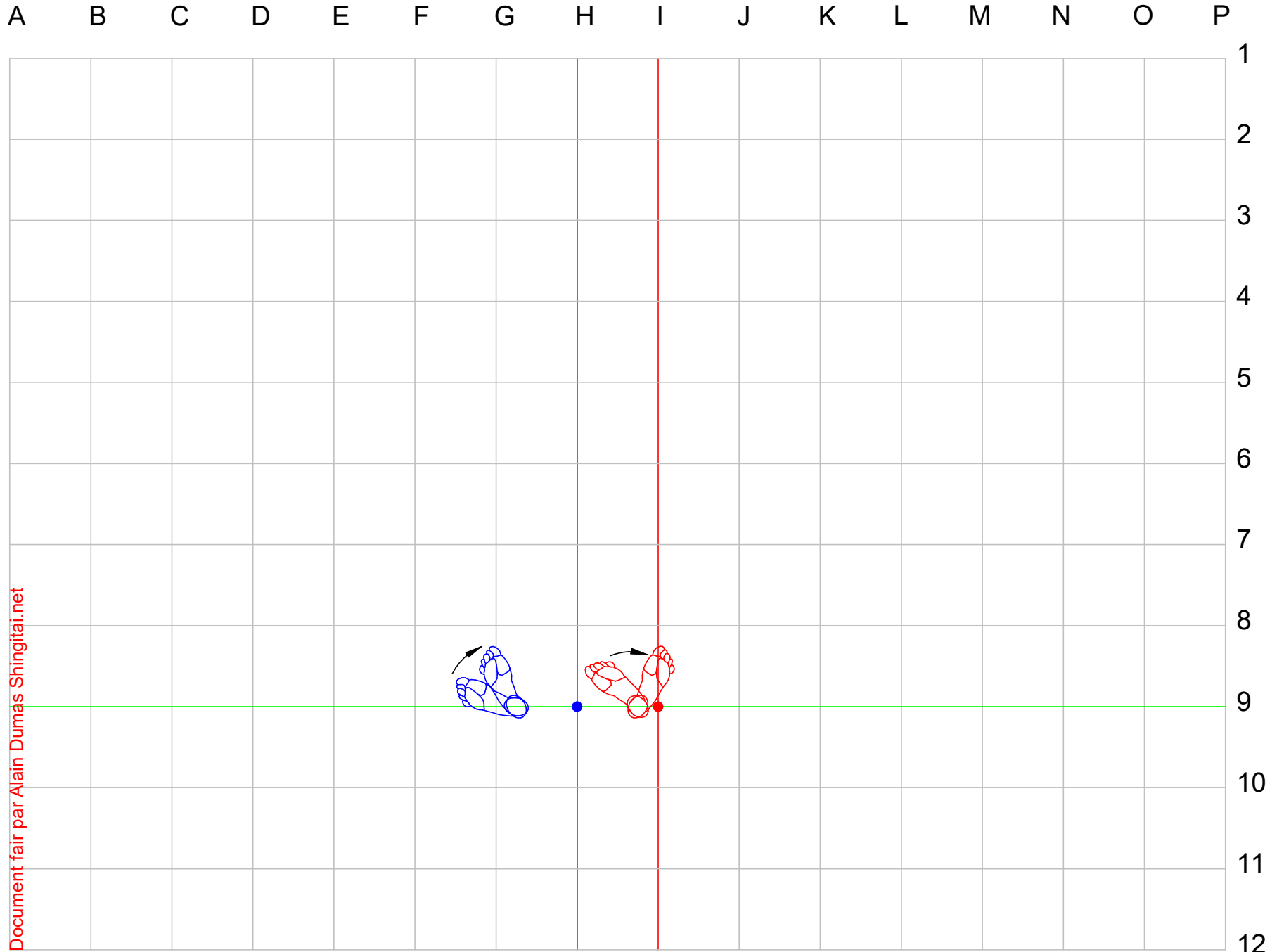


5,6) Hachinoji-dachi



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7) Hiza-kussu



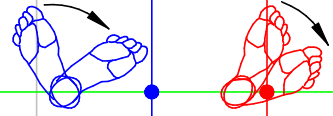
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8) Hachinoji-dachi

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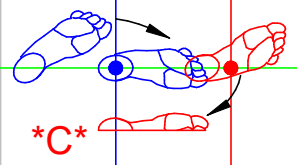


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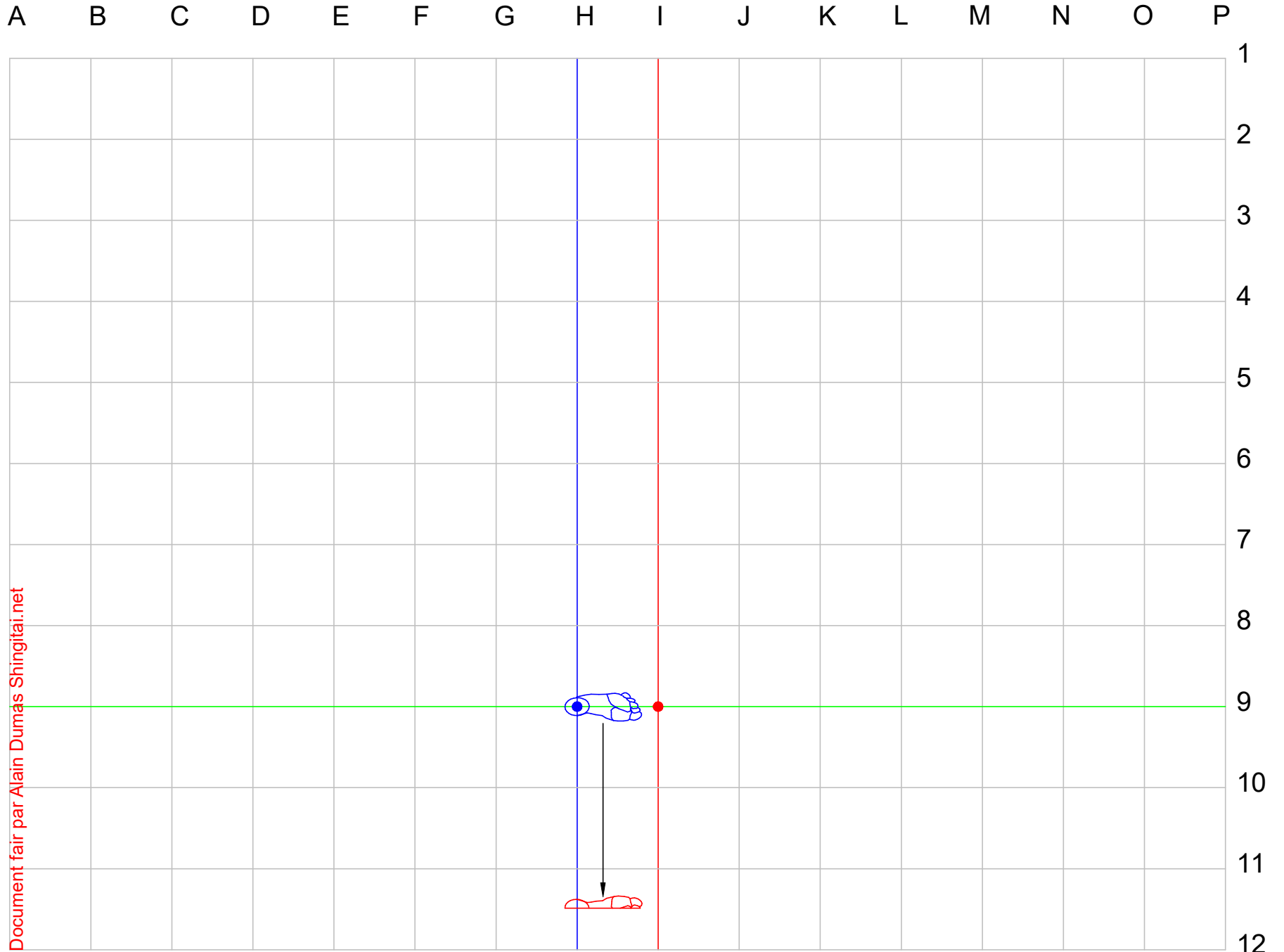
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10) Ashi-dachi



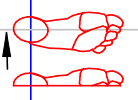
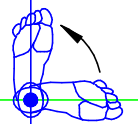
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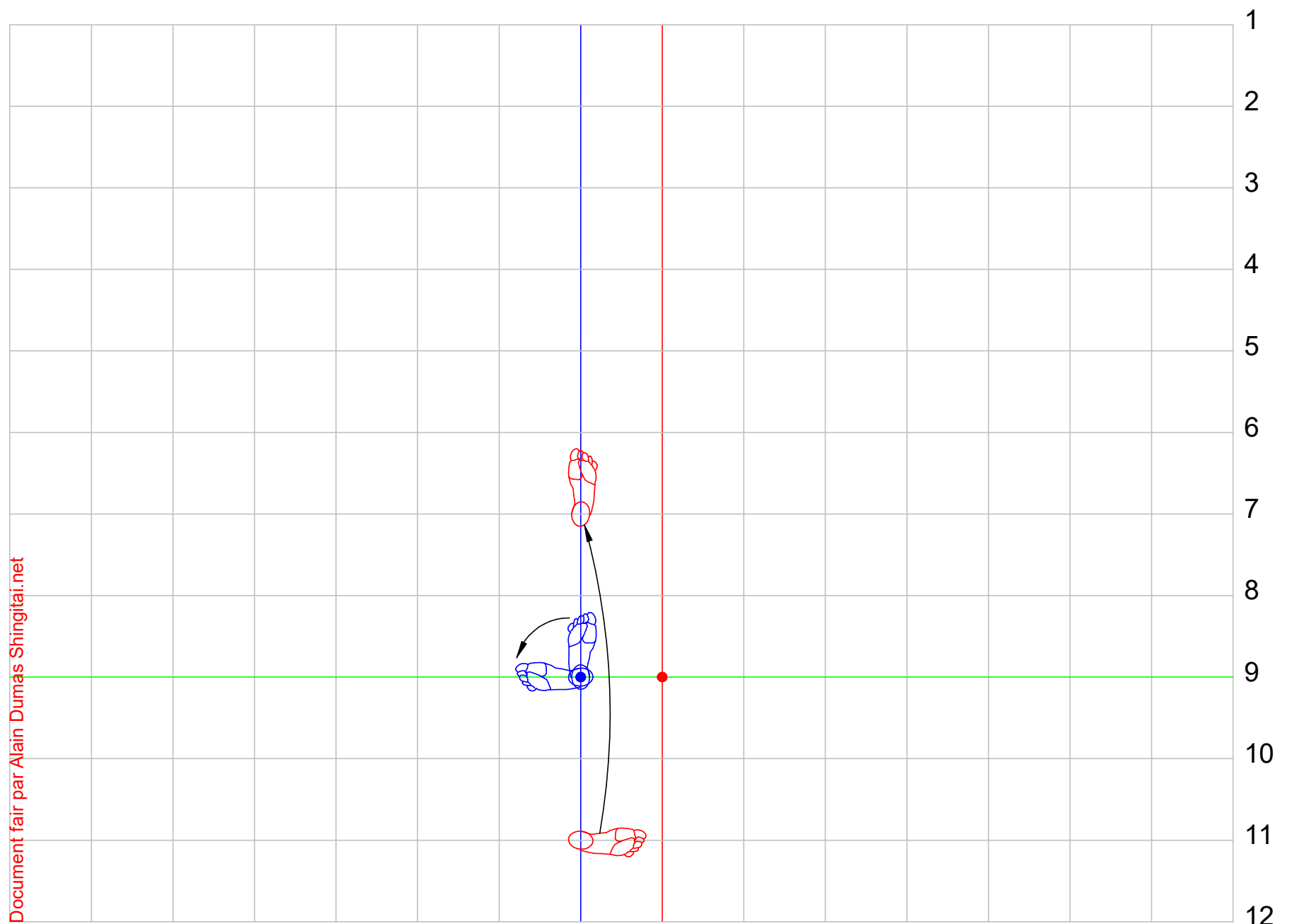
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12) Kokutsu-dachi

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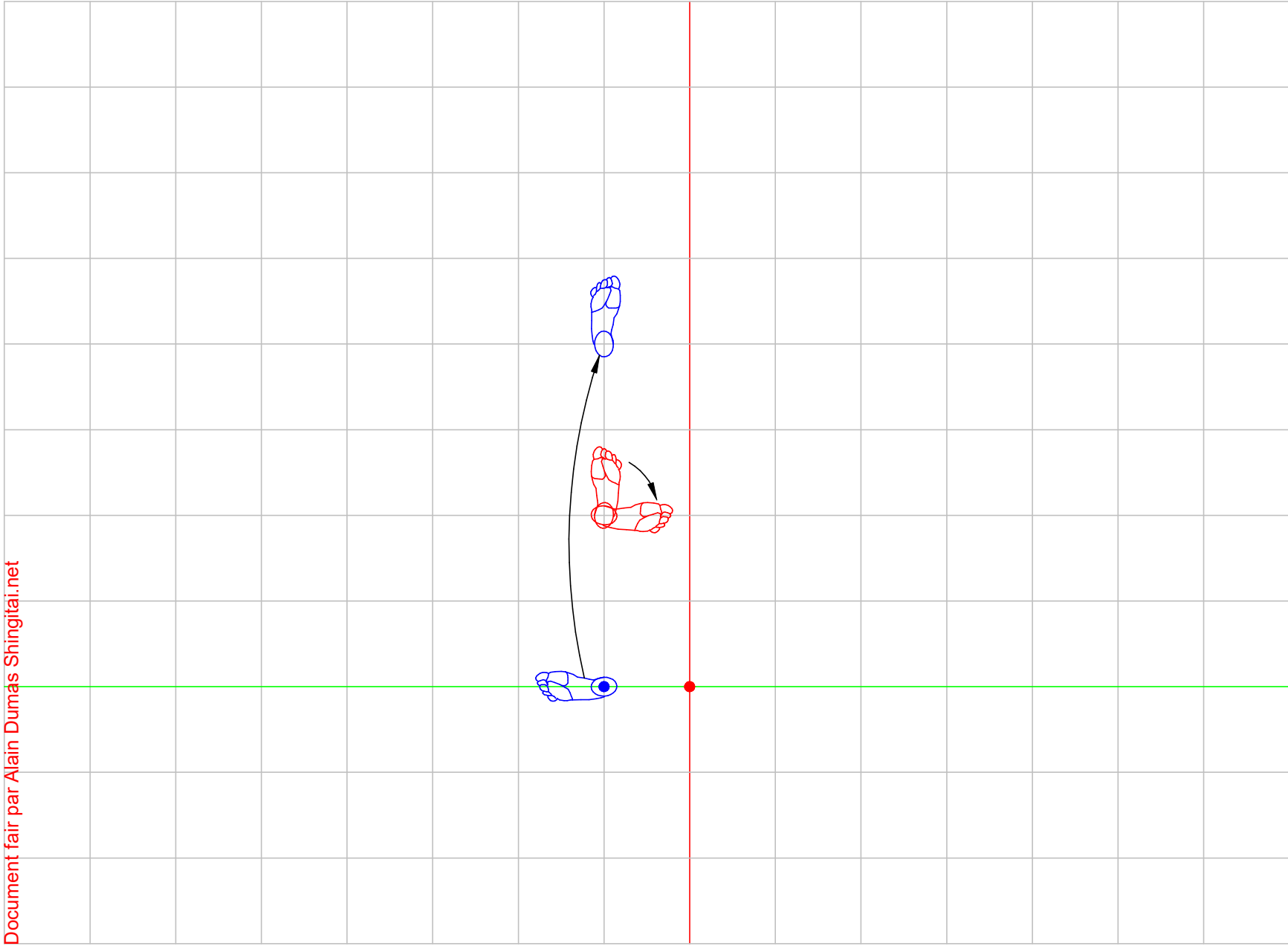
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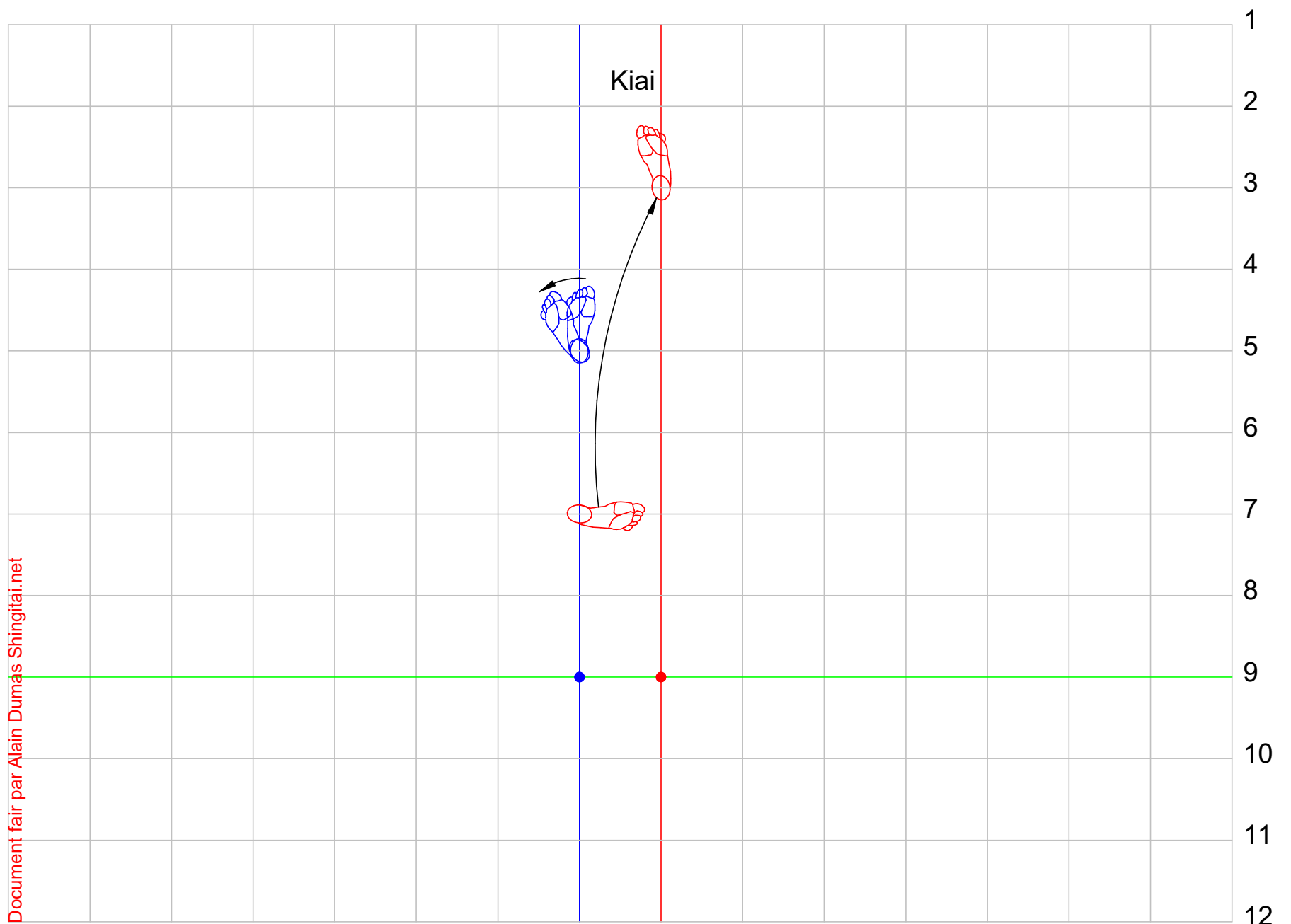
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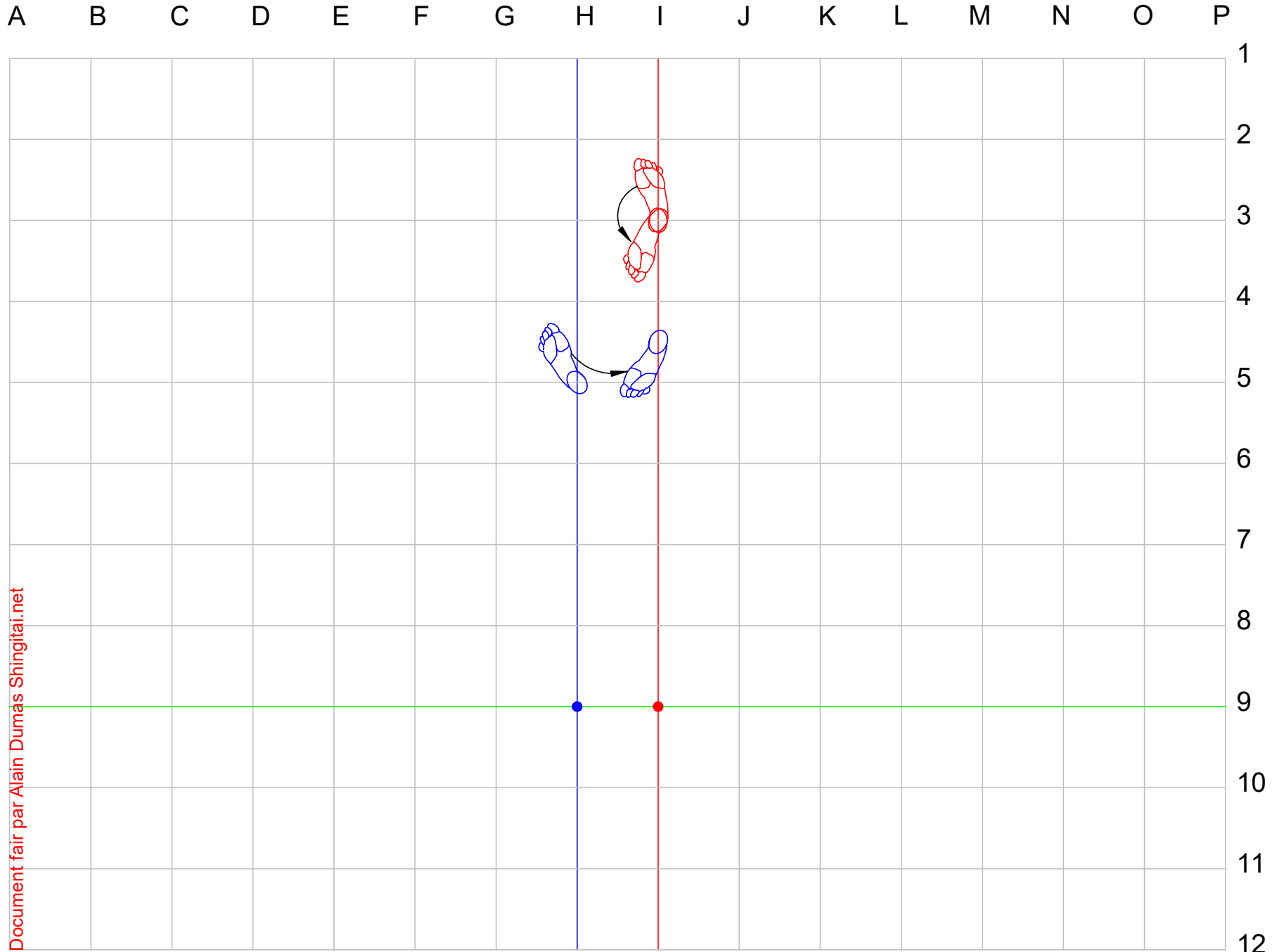
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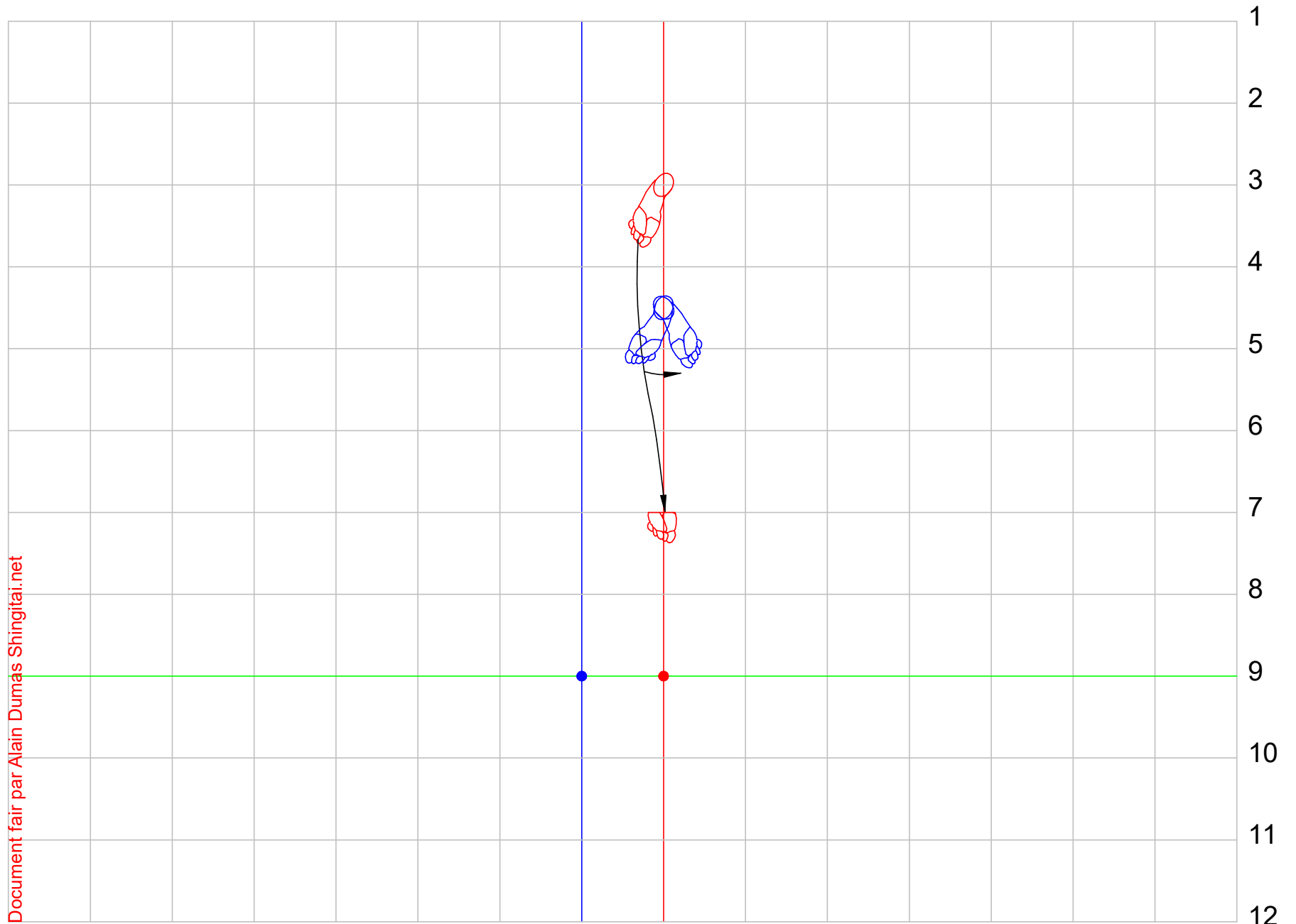
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15) Zenkutsu-dachi



16) Mae hiza yaya kussu

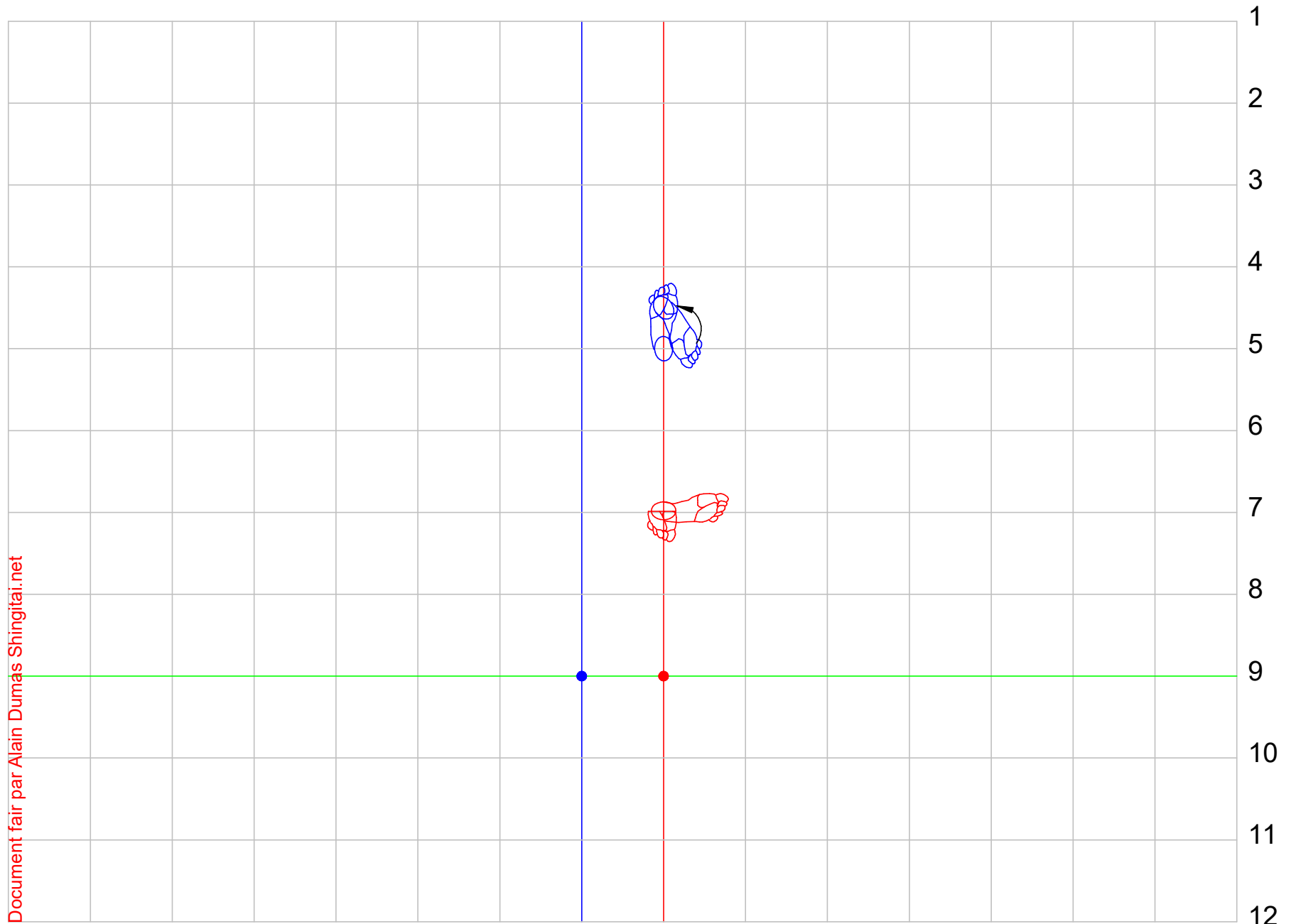
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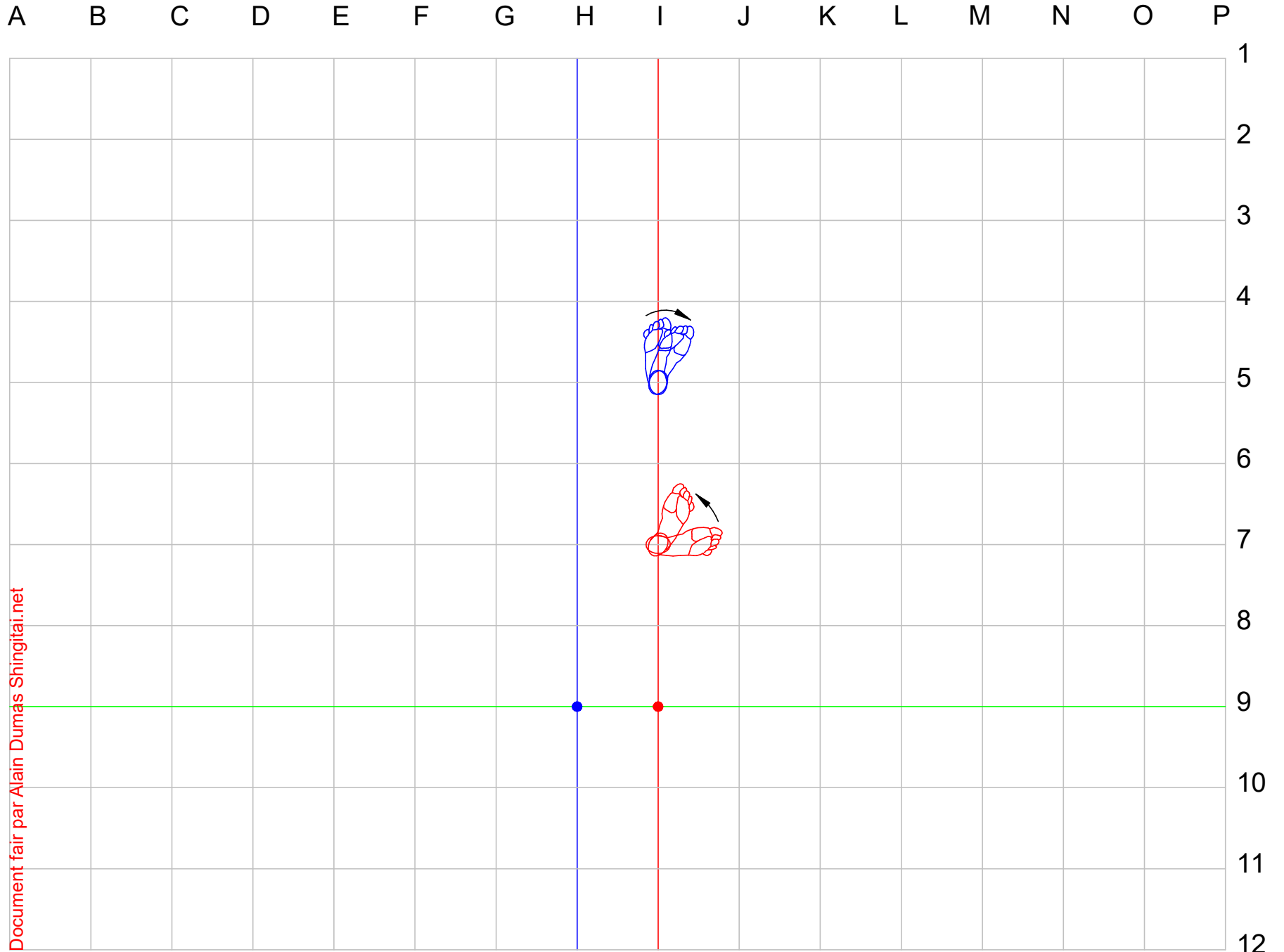
17) Ashi-dachi

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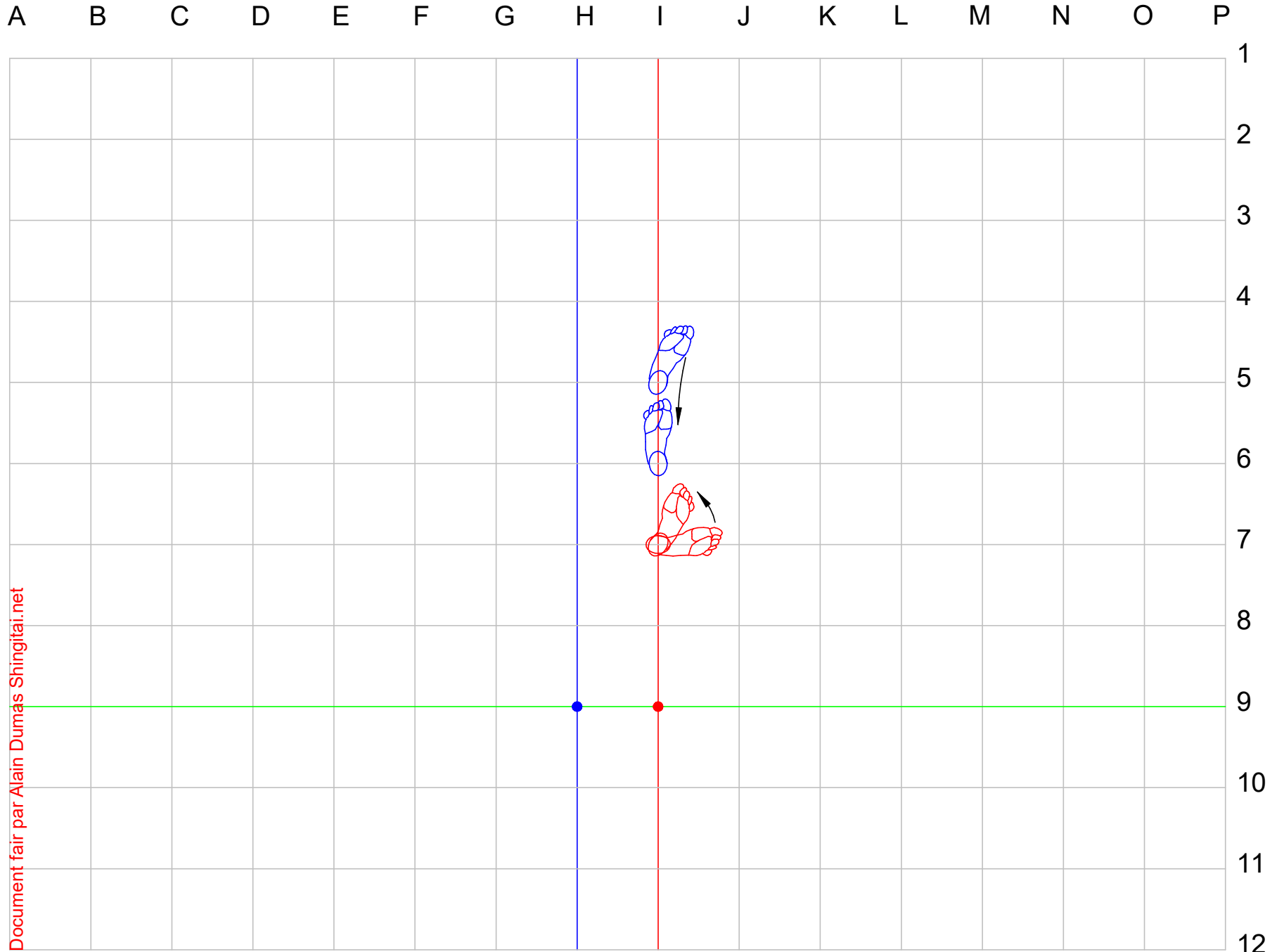
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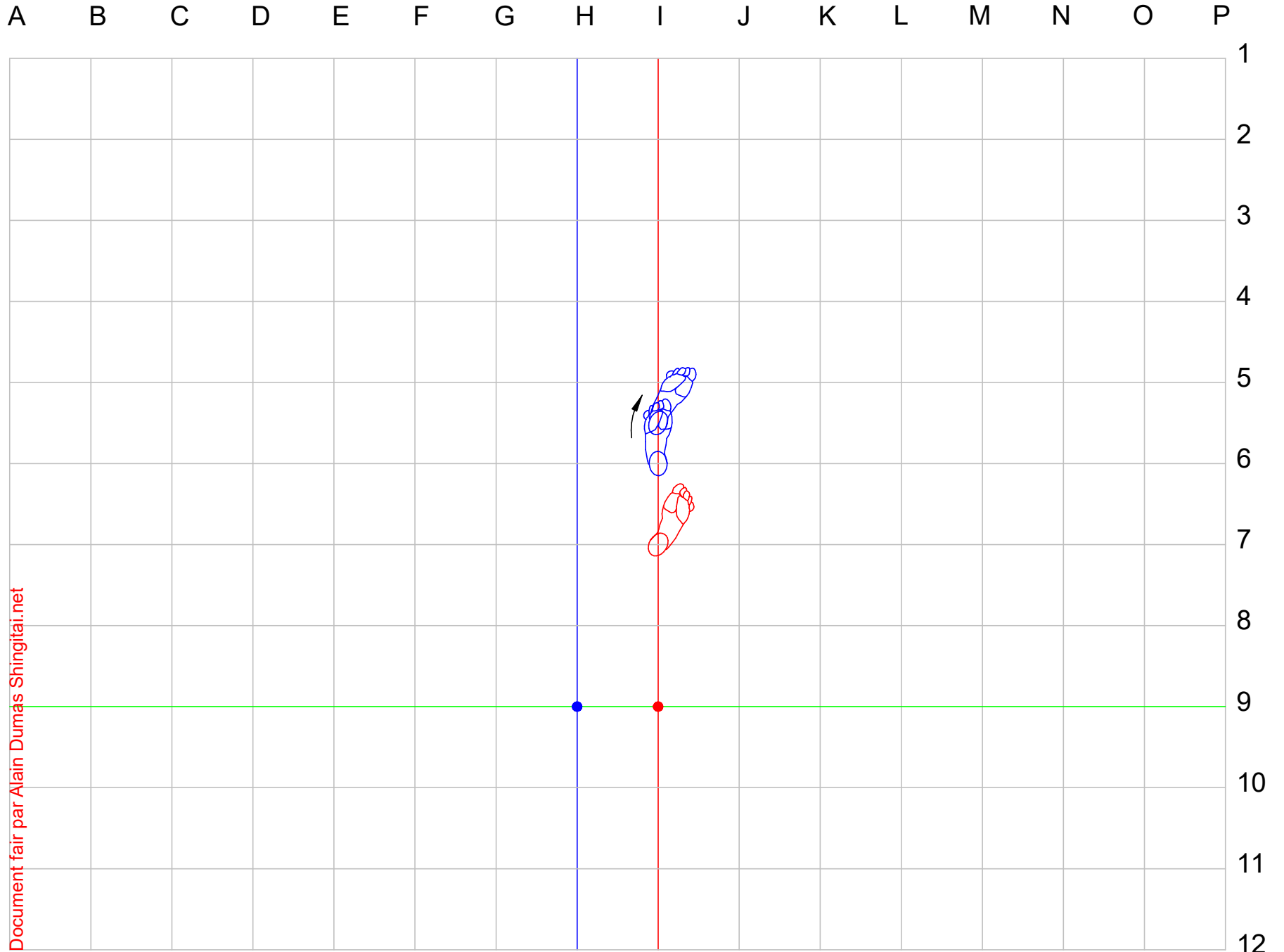
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19) Hiza-kussu



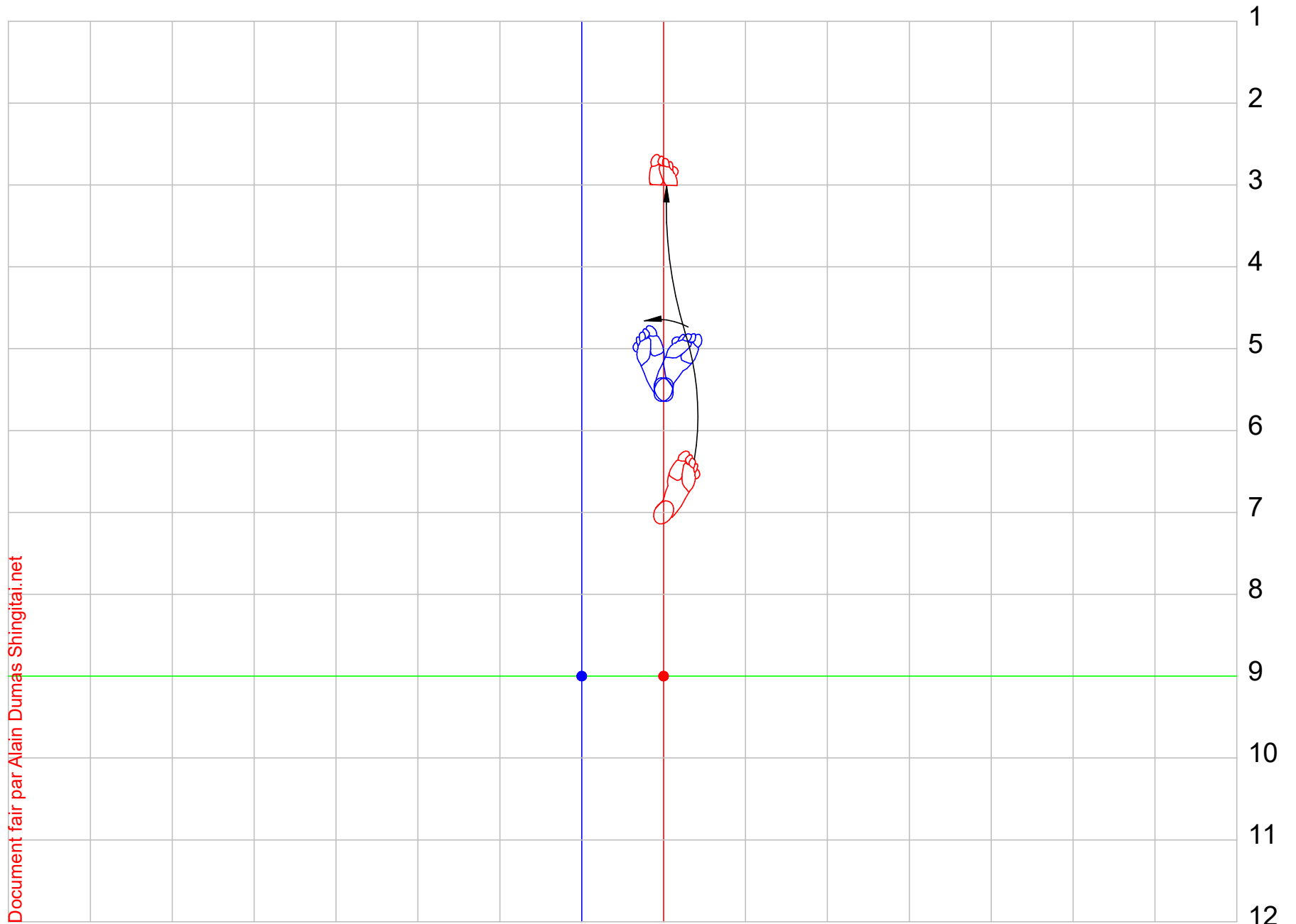
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20) Mae shizen-tai (Renoji-dachi)



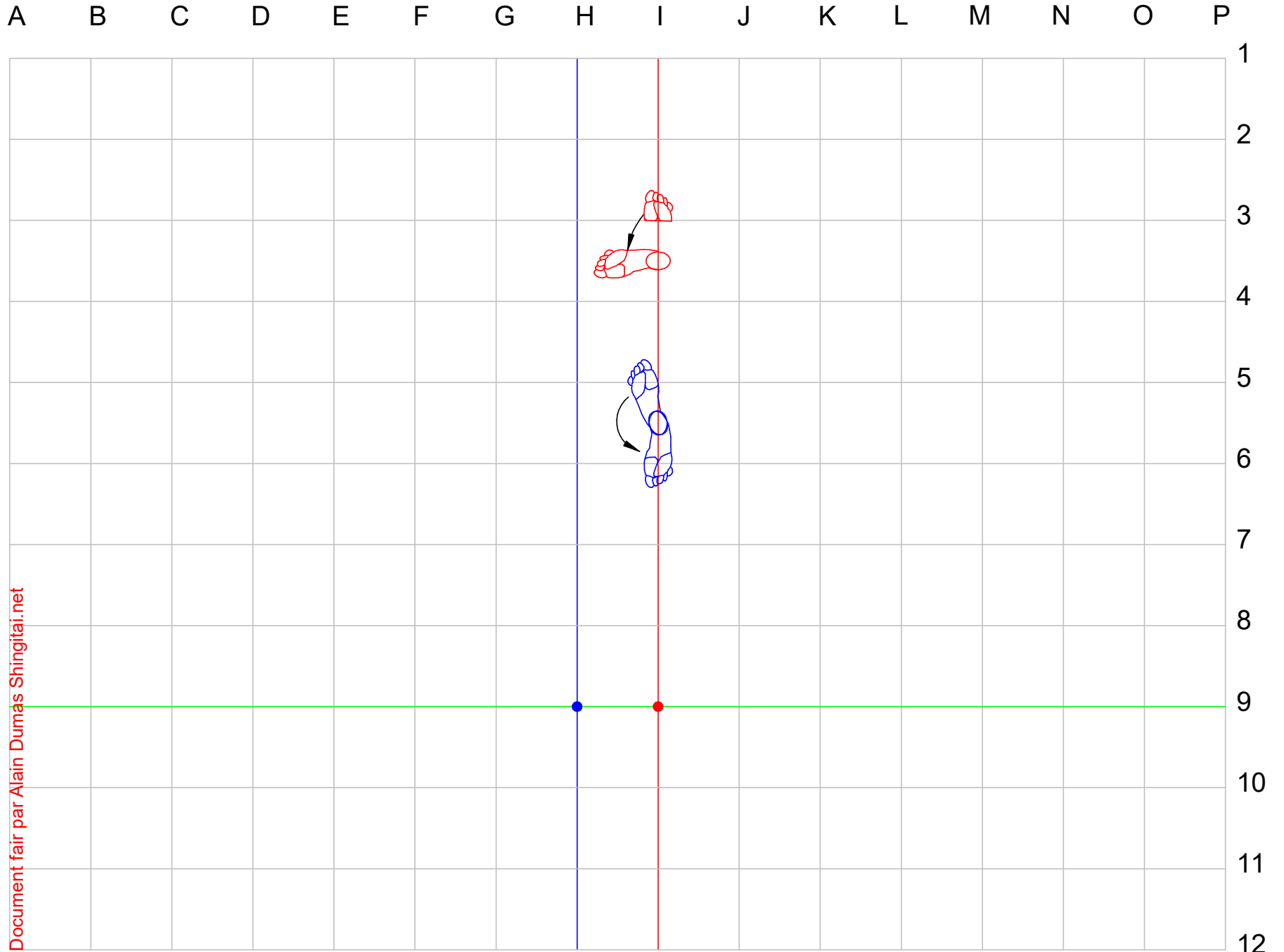
21) Mae hiza yaya kussu

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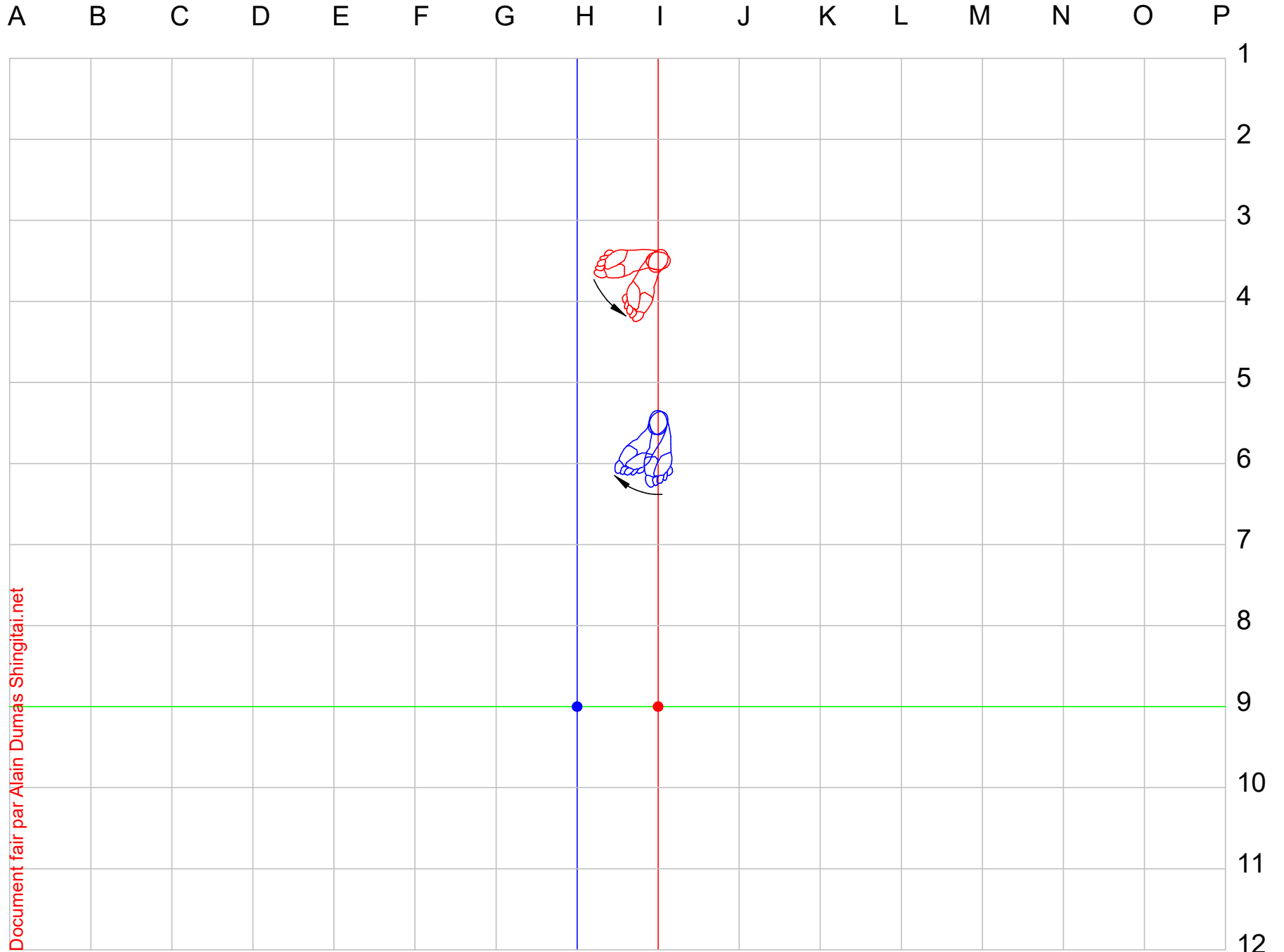
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22) Ashi-dachi



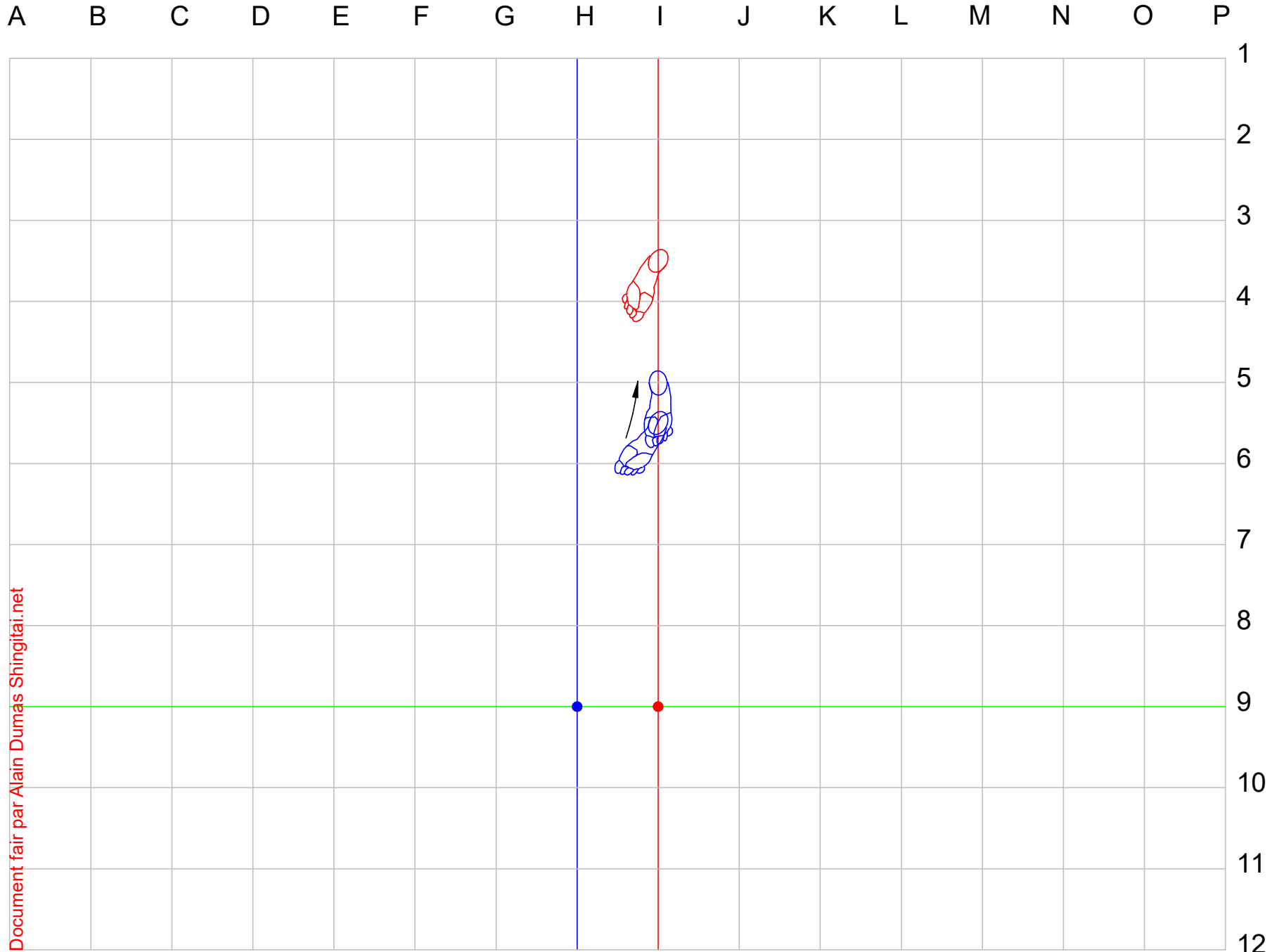
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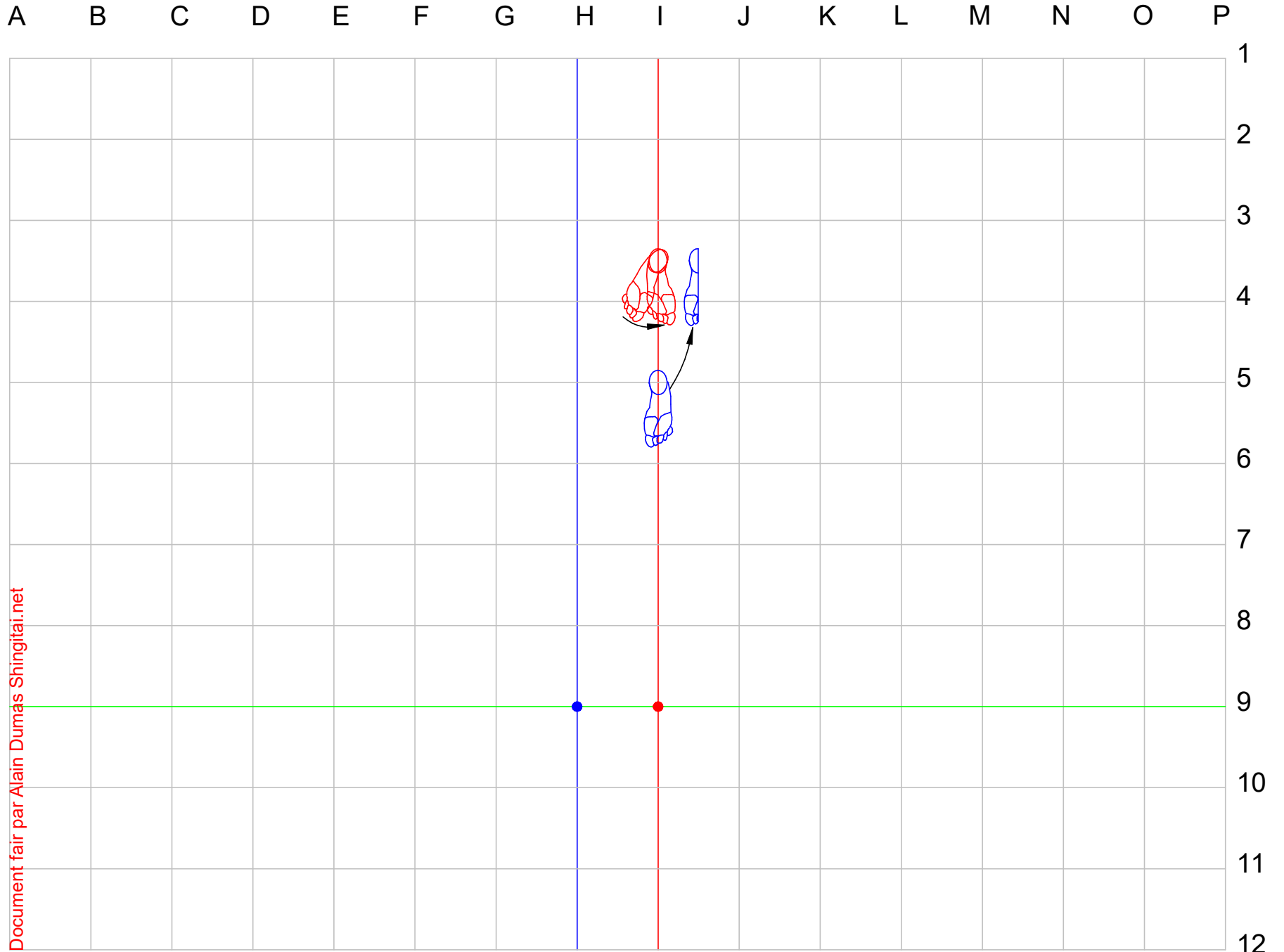
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24) Hiza-kussu



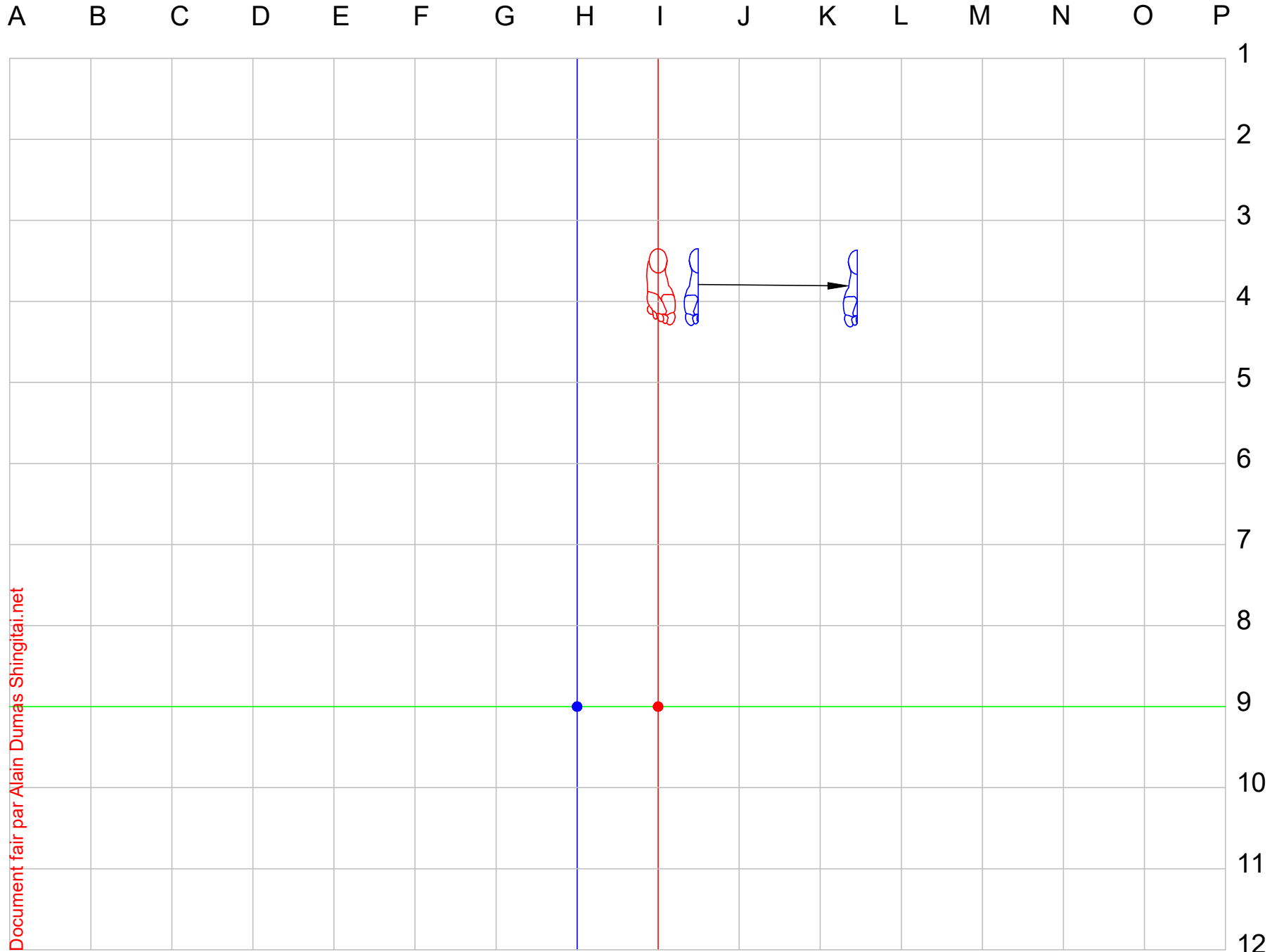
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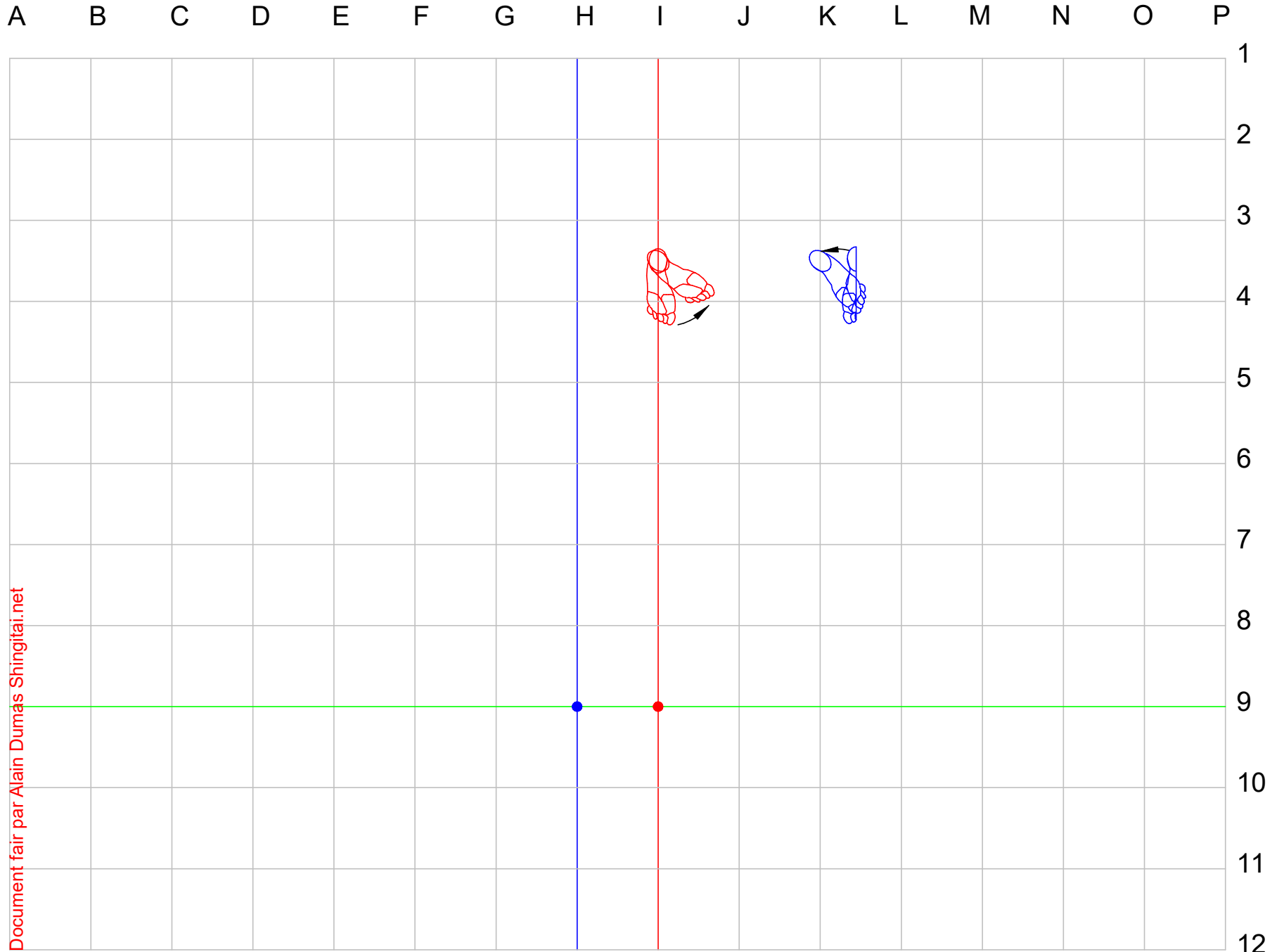
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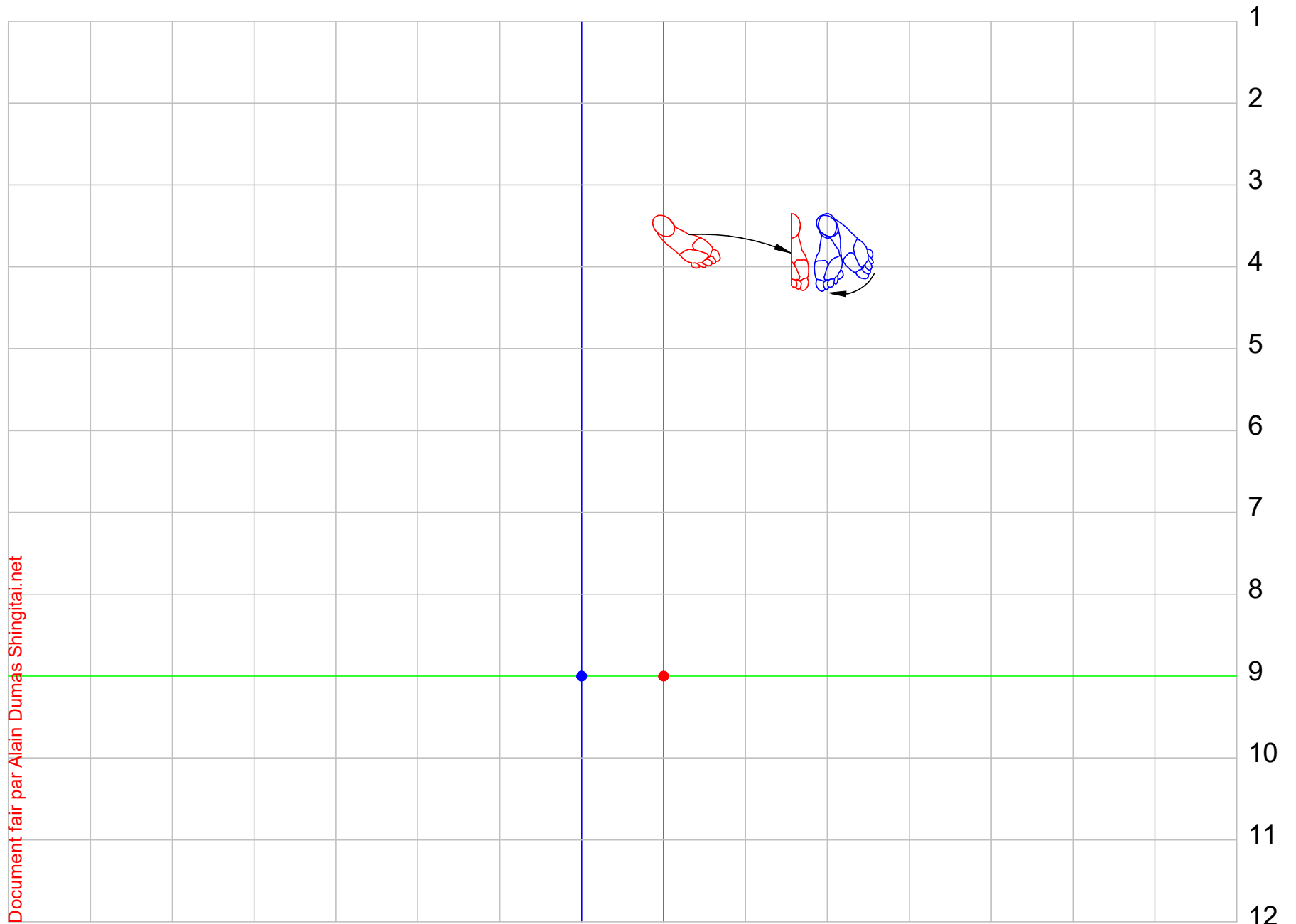
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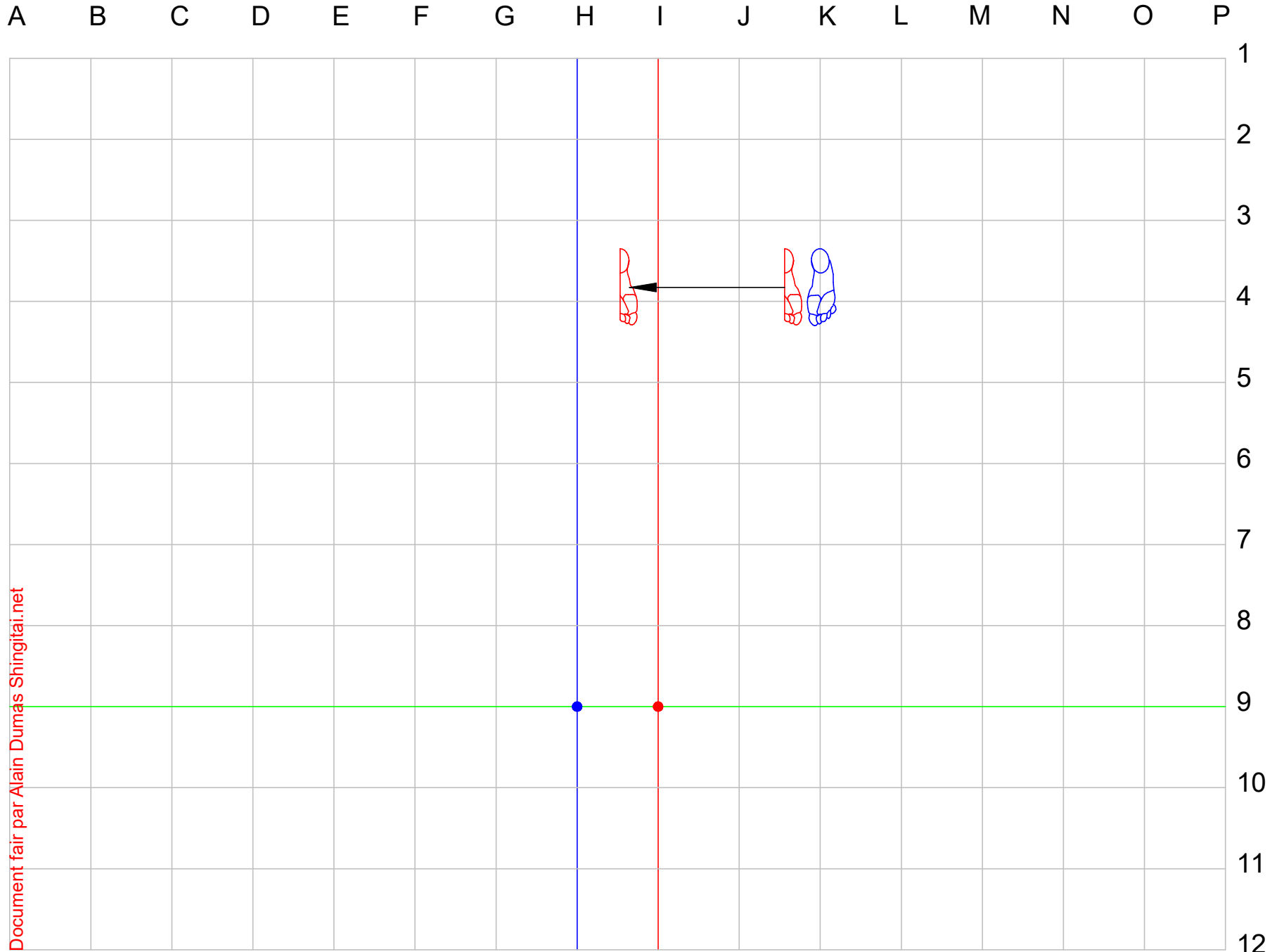
28) Hiza-kussu

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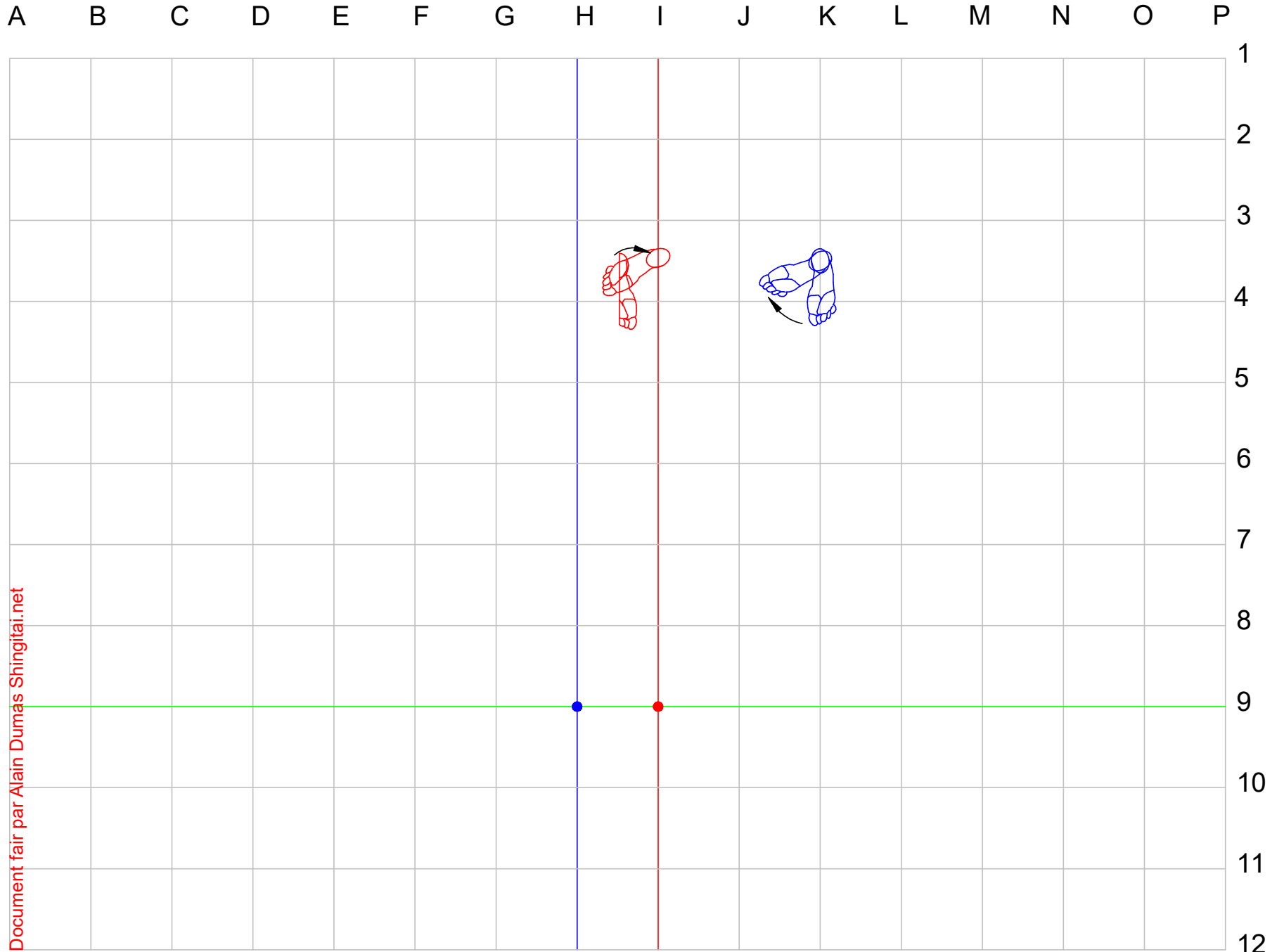
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29) Ashi-dachi



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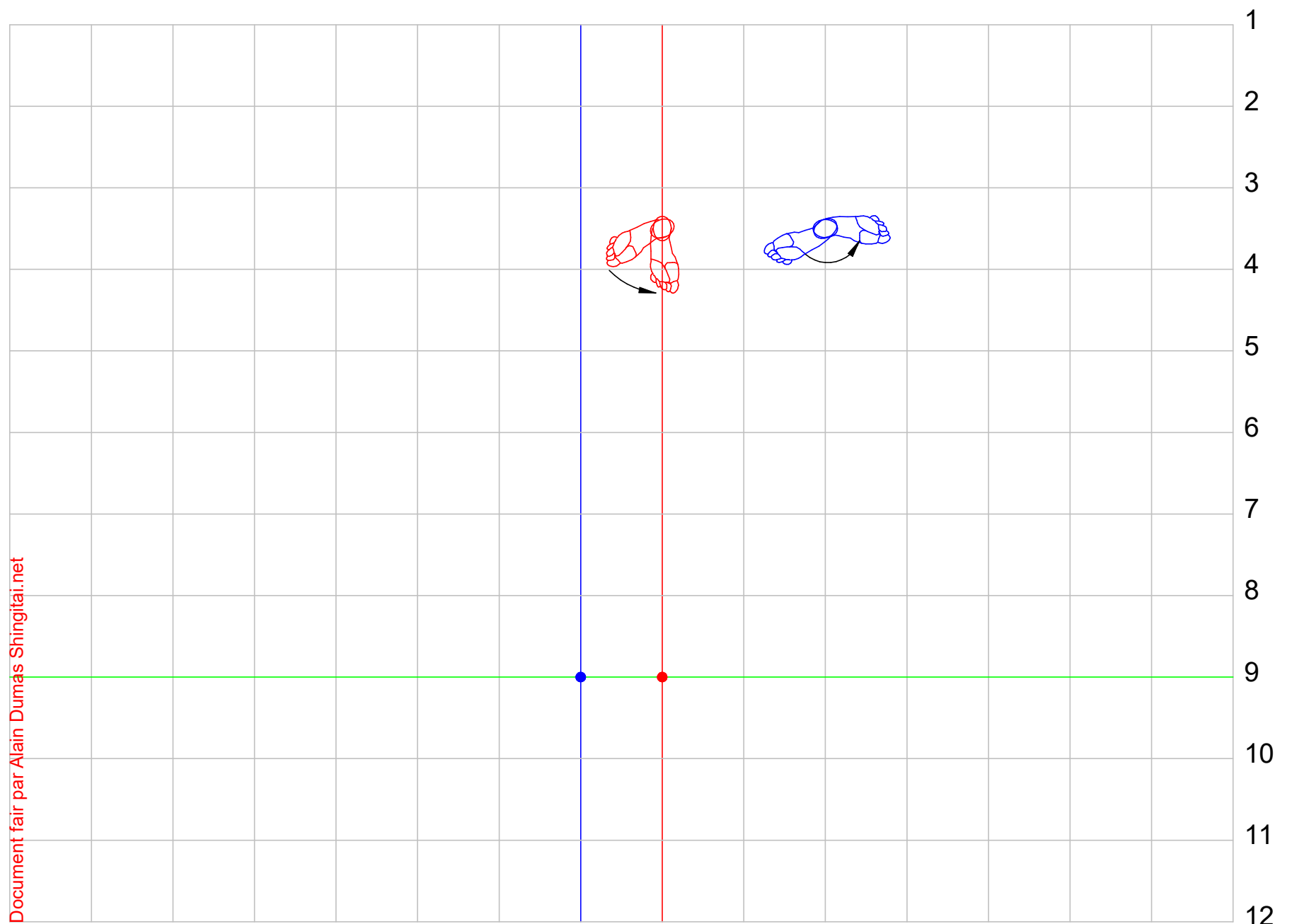
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31) Hiza-kussu

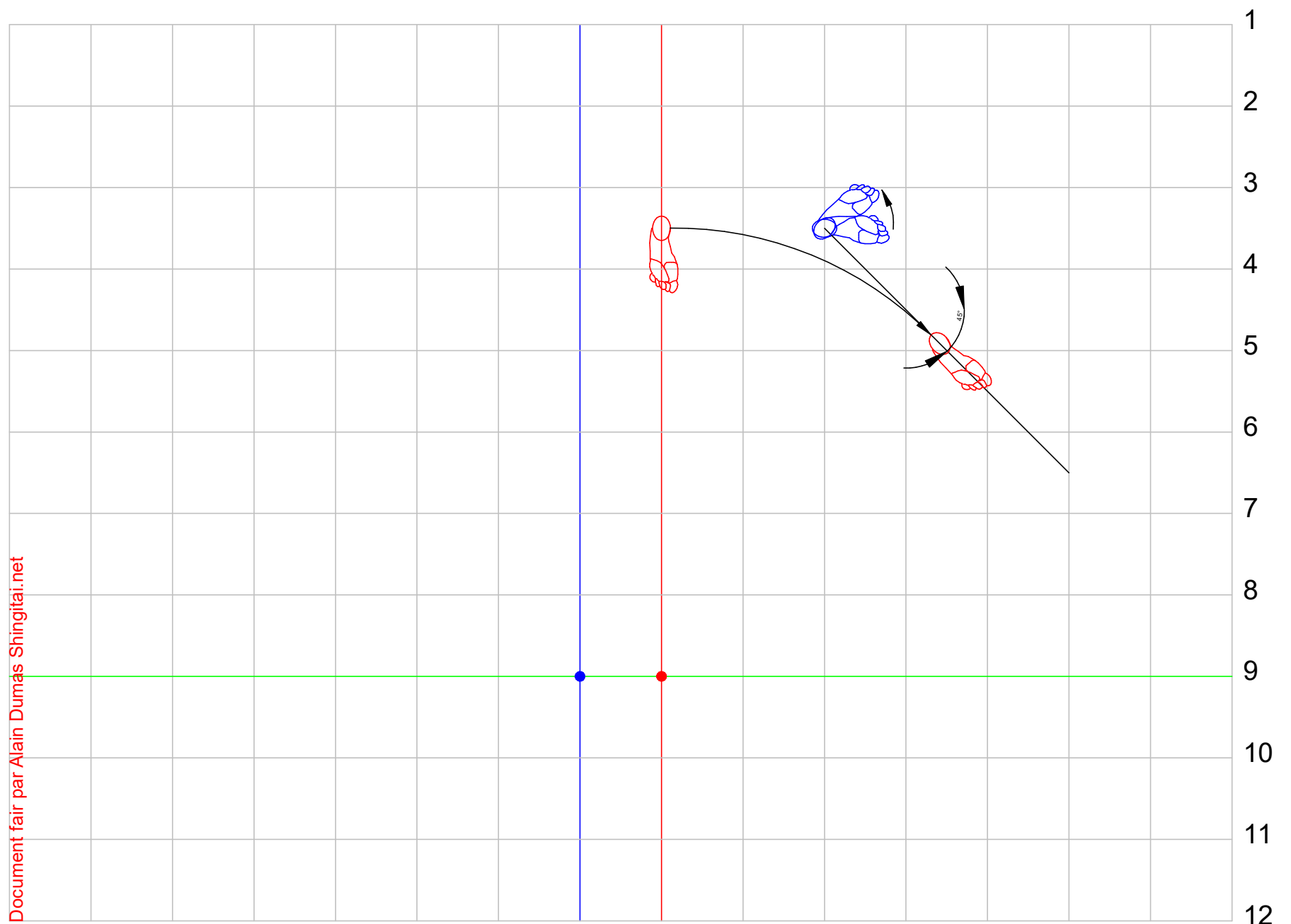
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32) Kokutsu-dachi

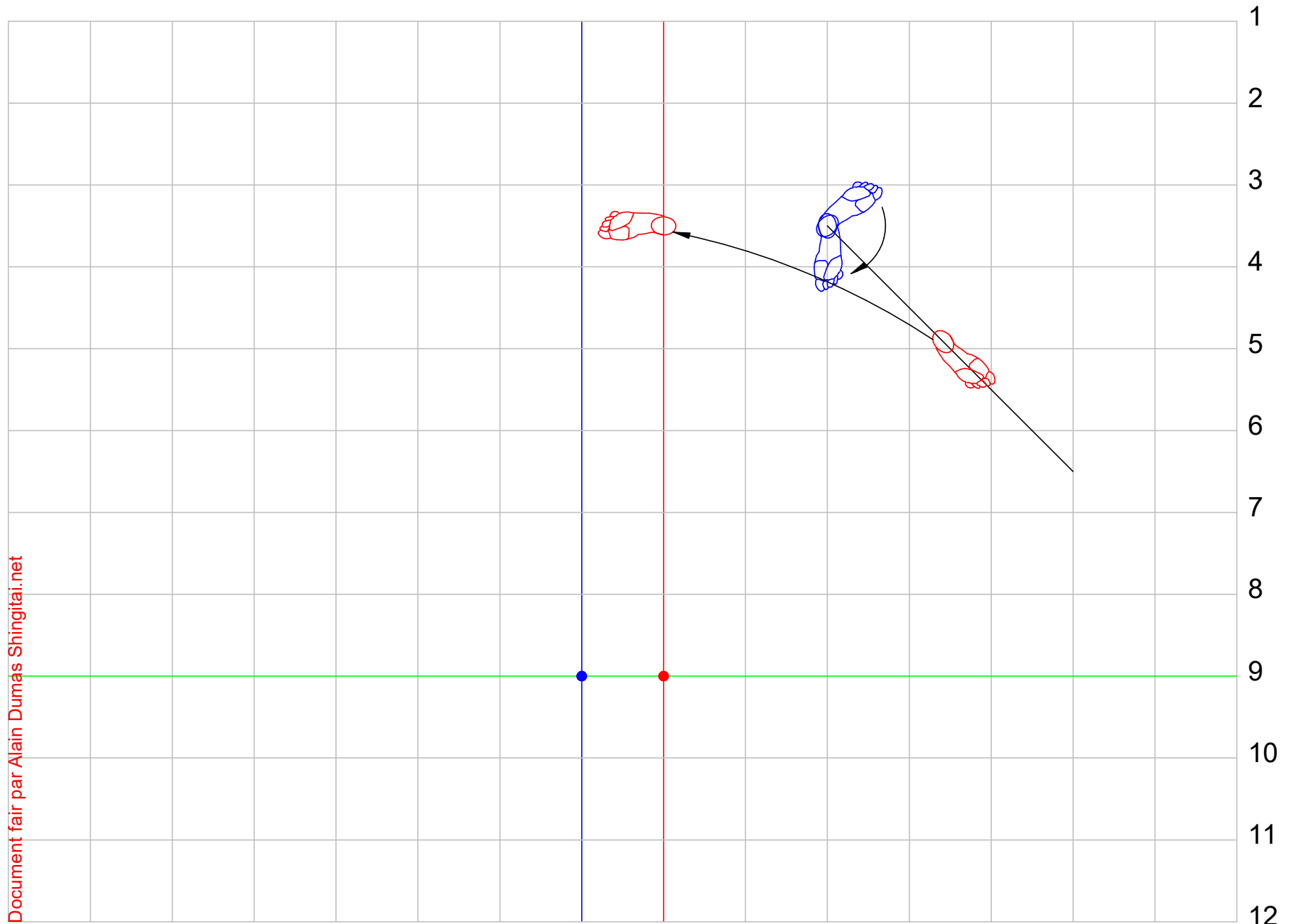
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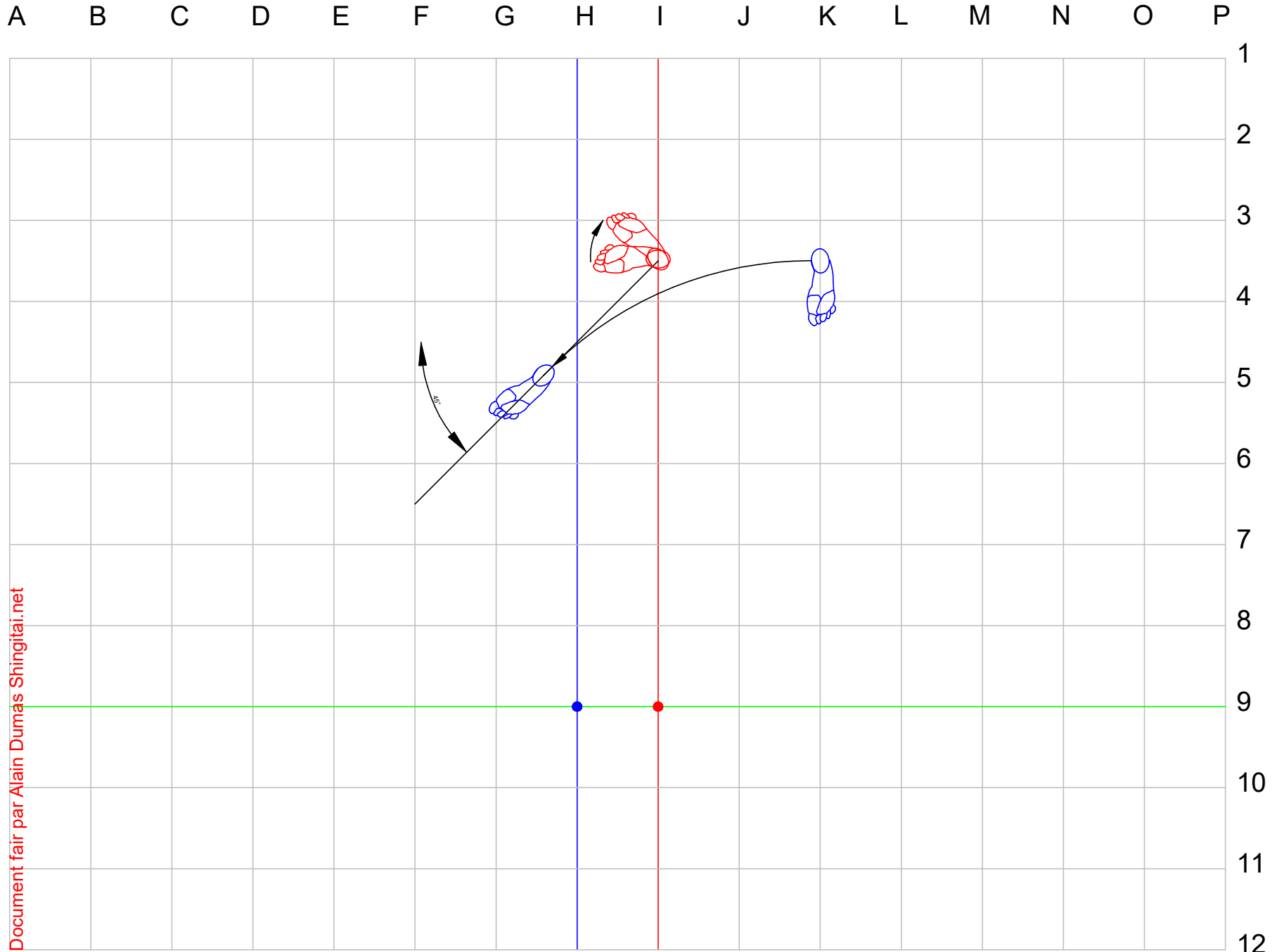
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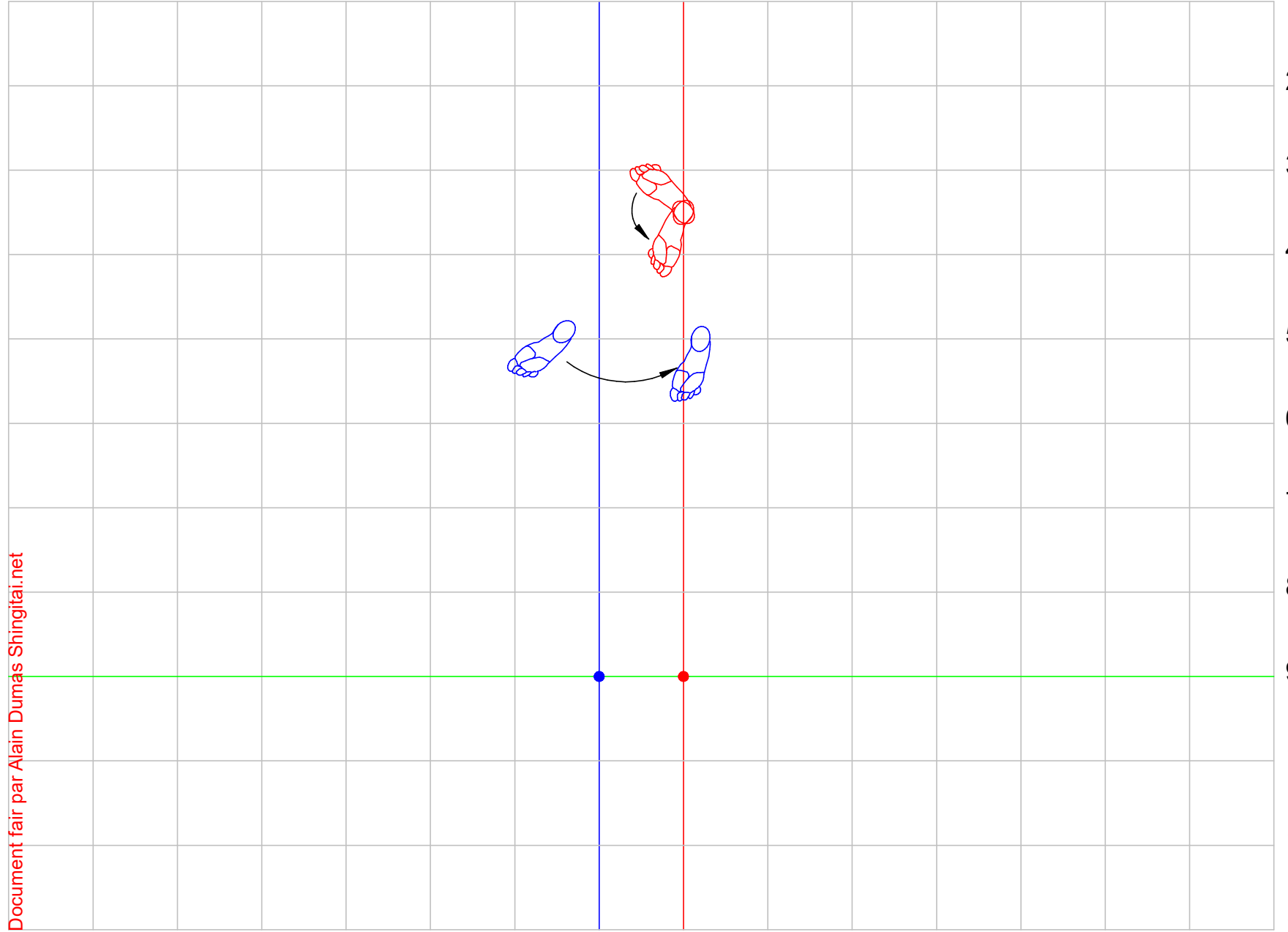
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34) Kokutsu-dachi



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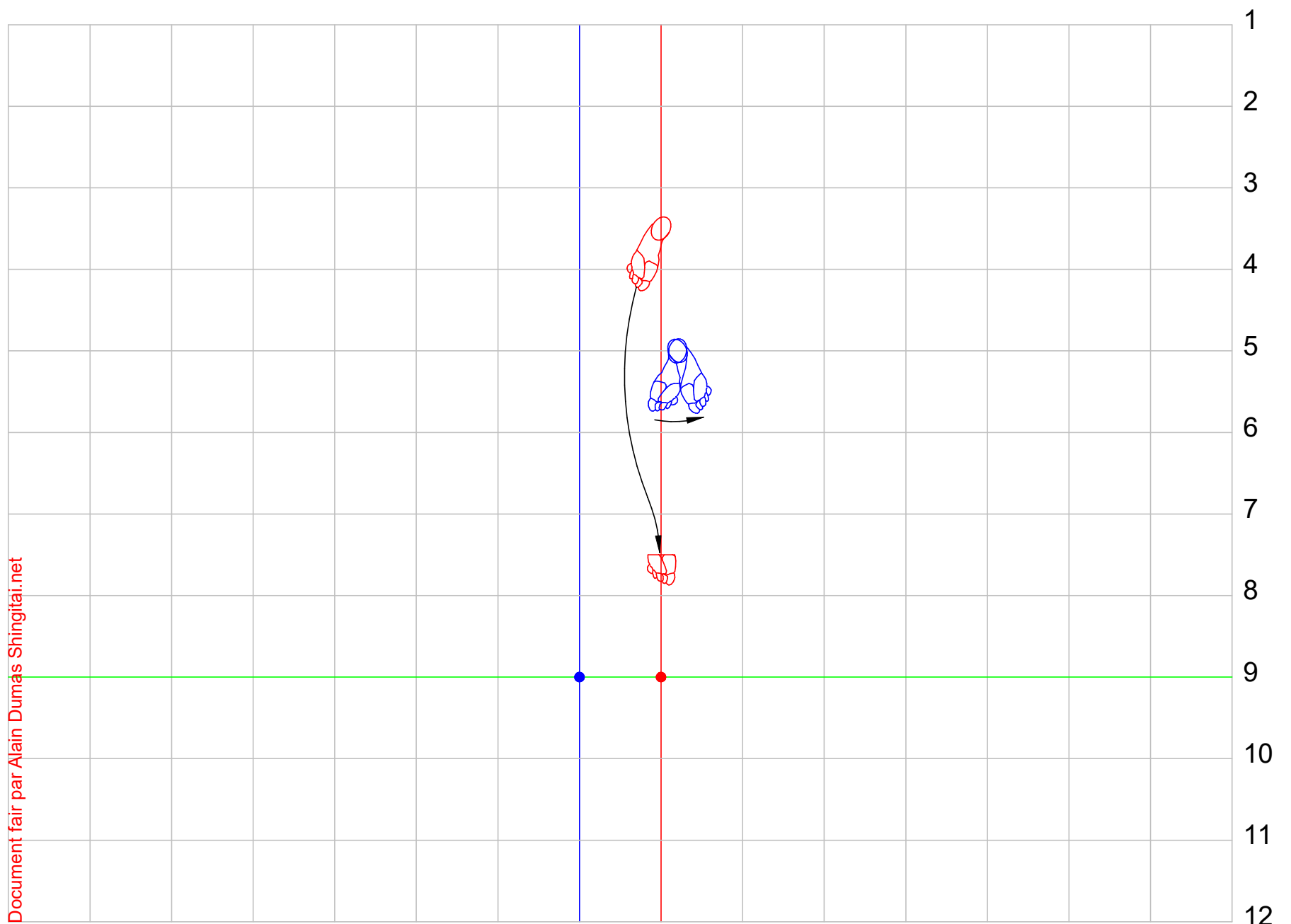
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36) Mae hiza yaya kussu

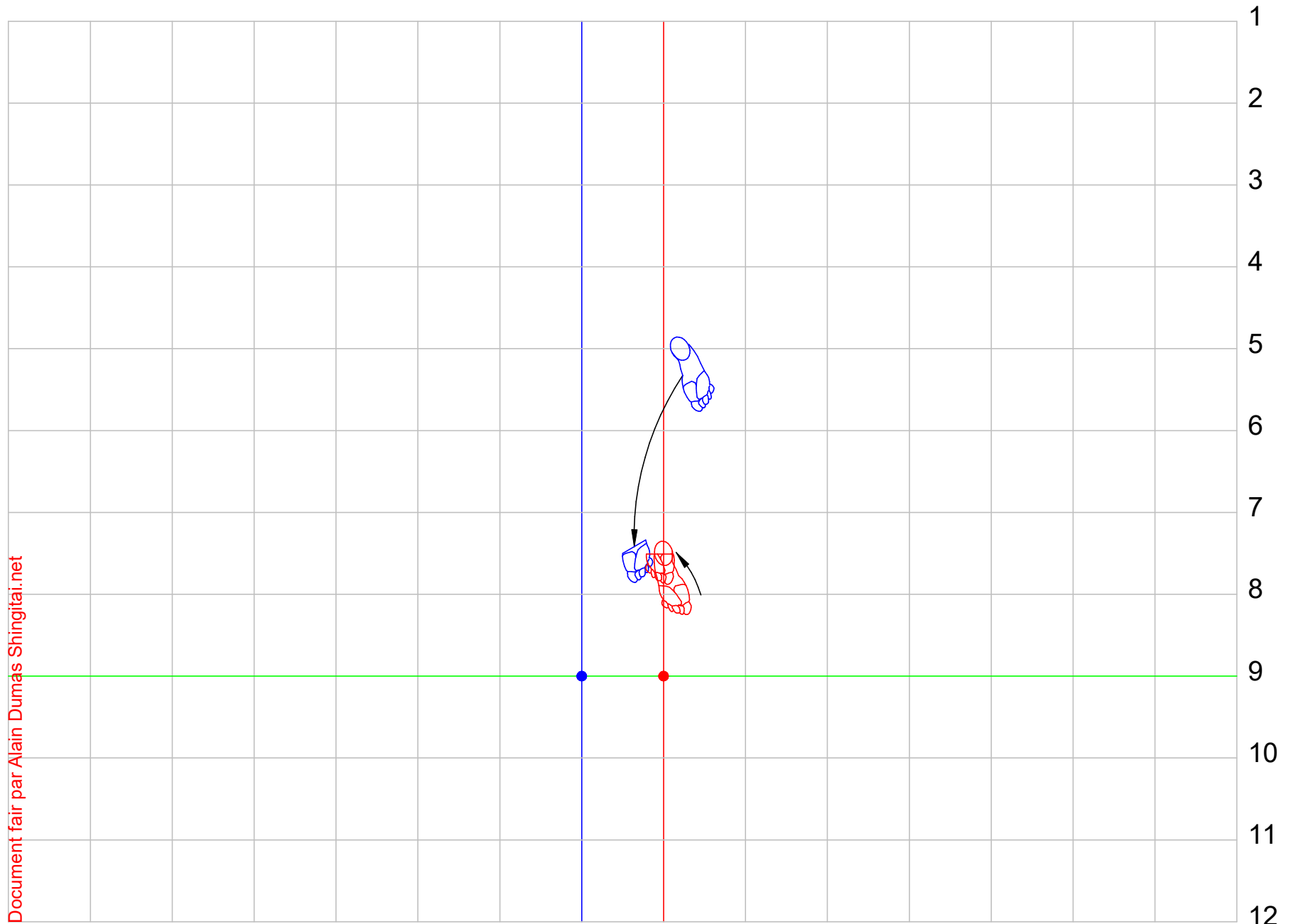
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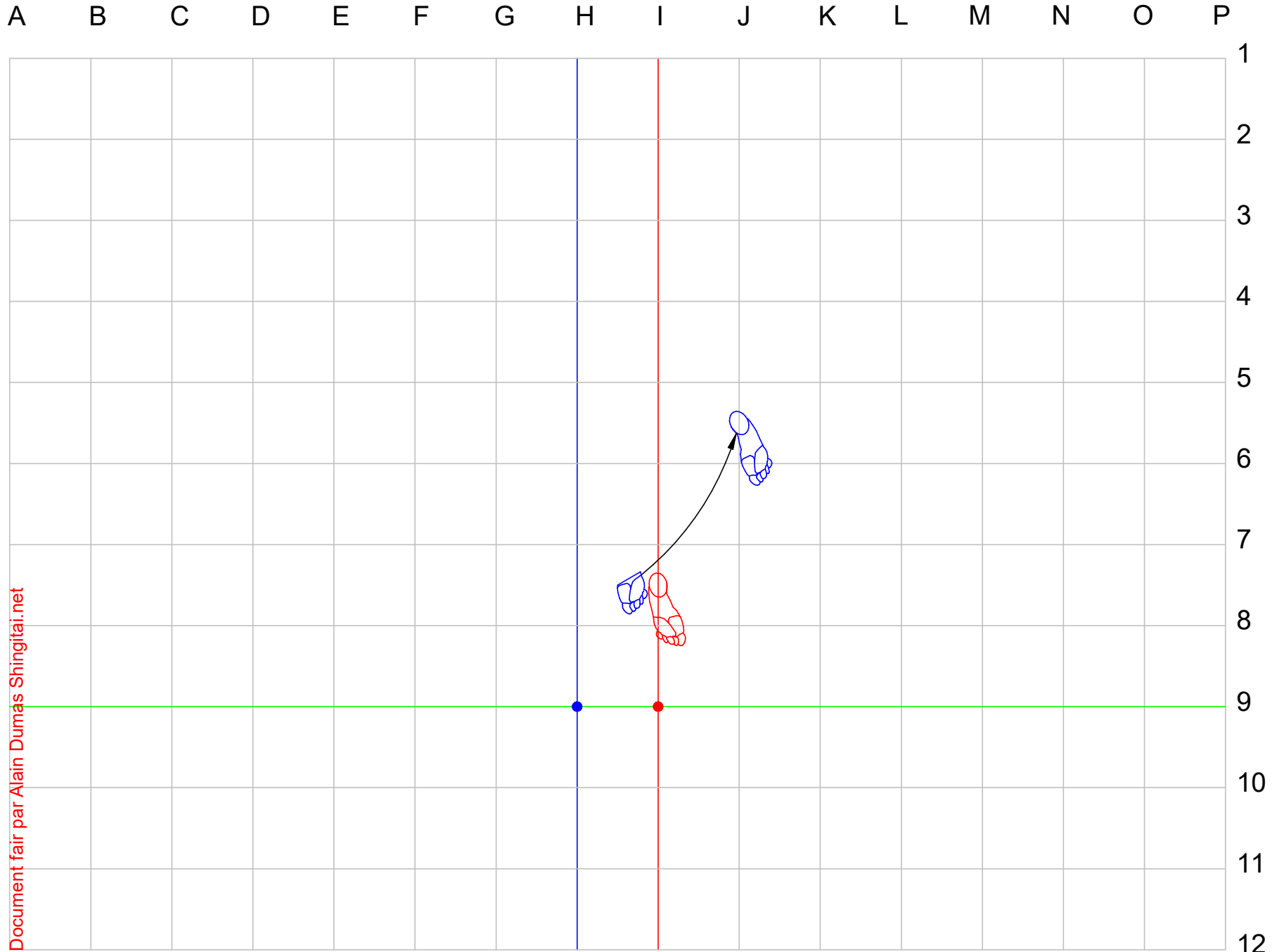
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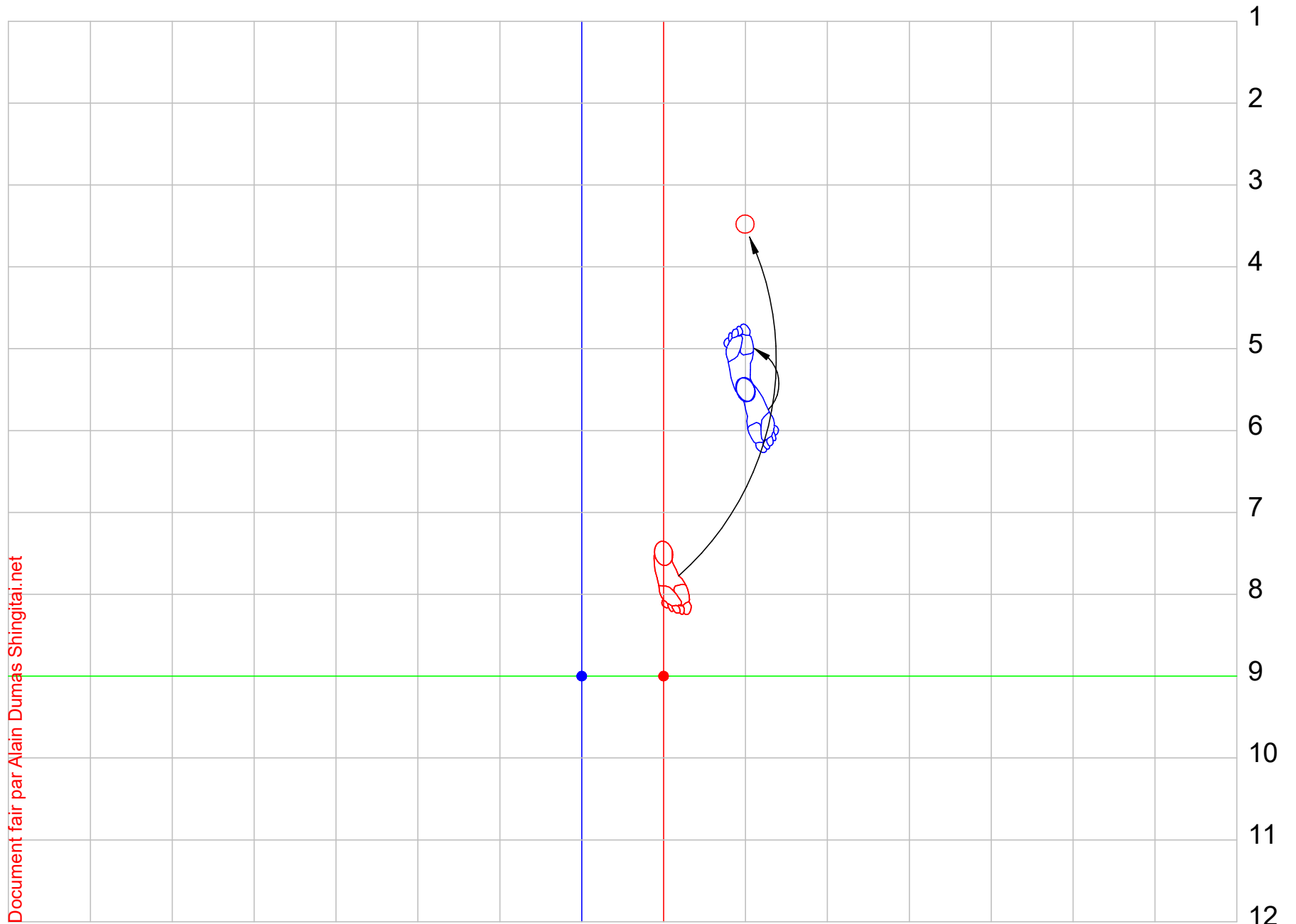
38) Kosa-dachi



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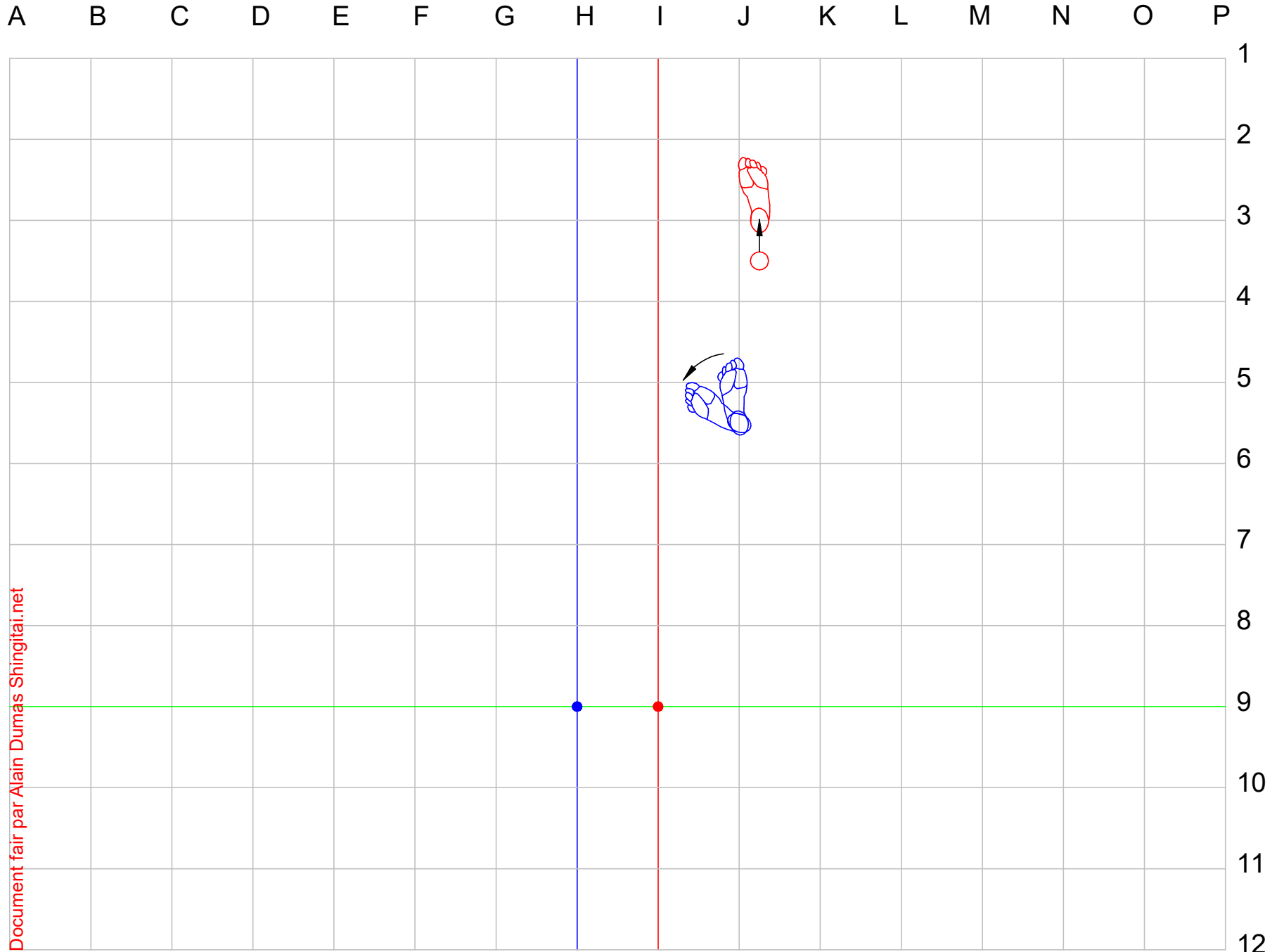
39...41) Zenkutsu-dachi

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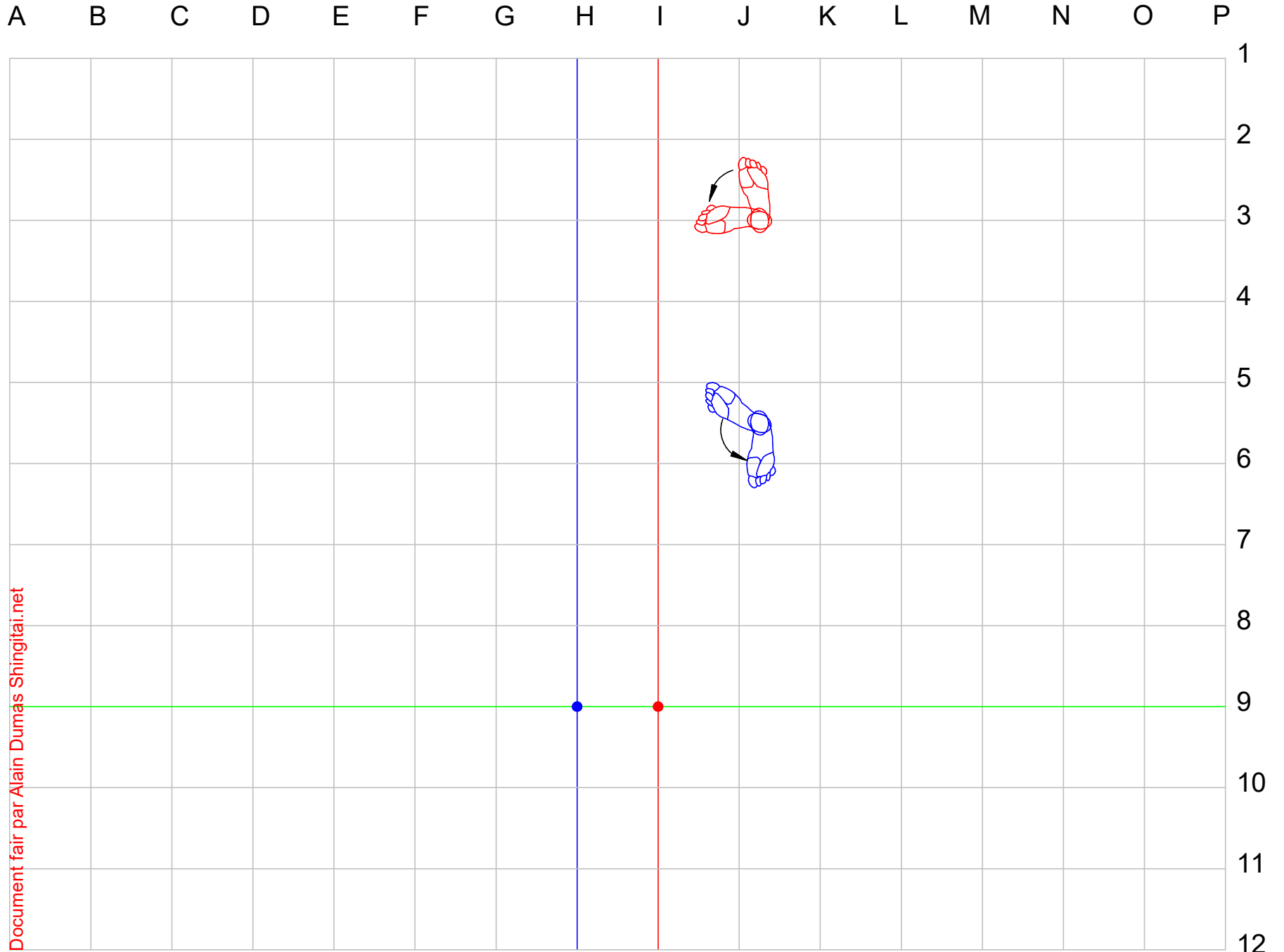
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42) Ashi-dachi



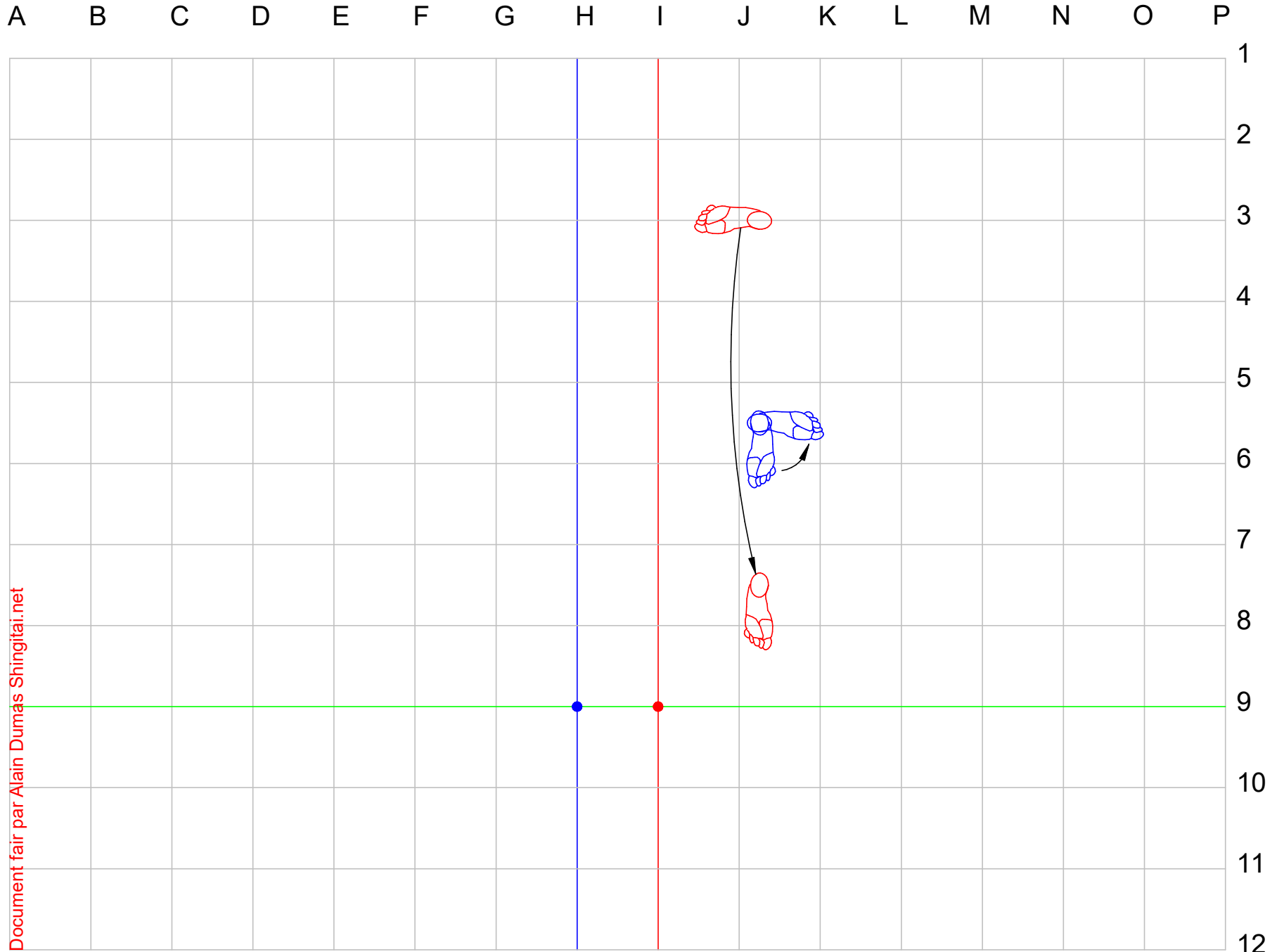
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43) Kasei-dachi



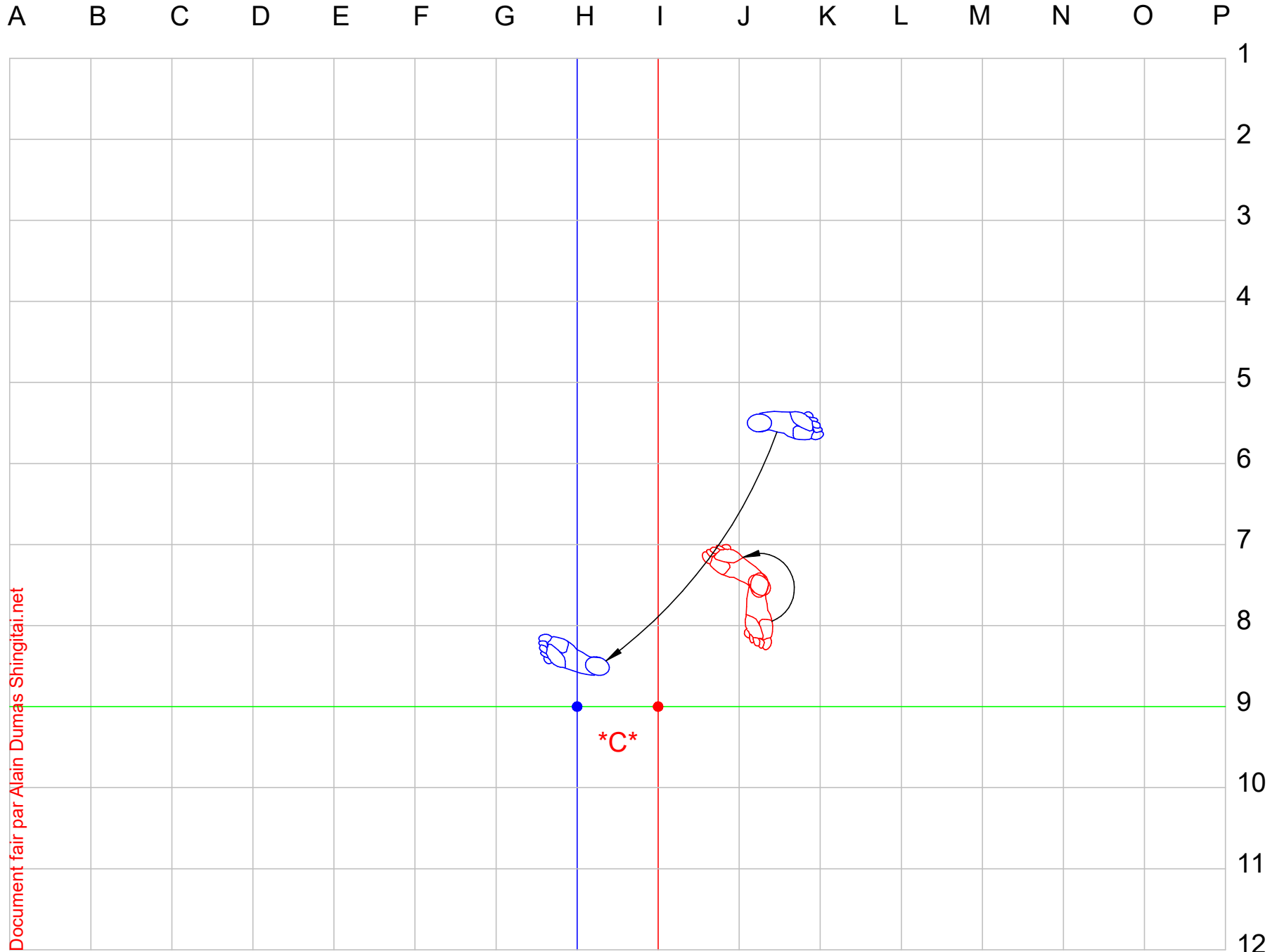
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44) Kokutsu-dachi (nikume)



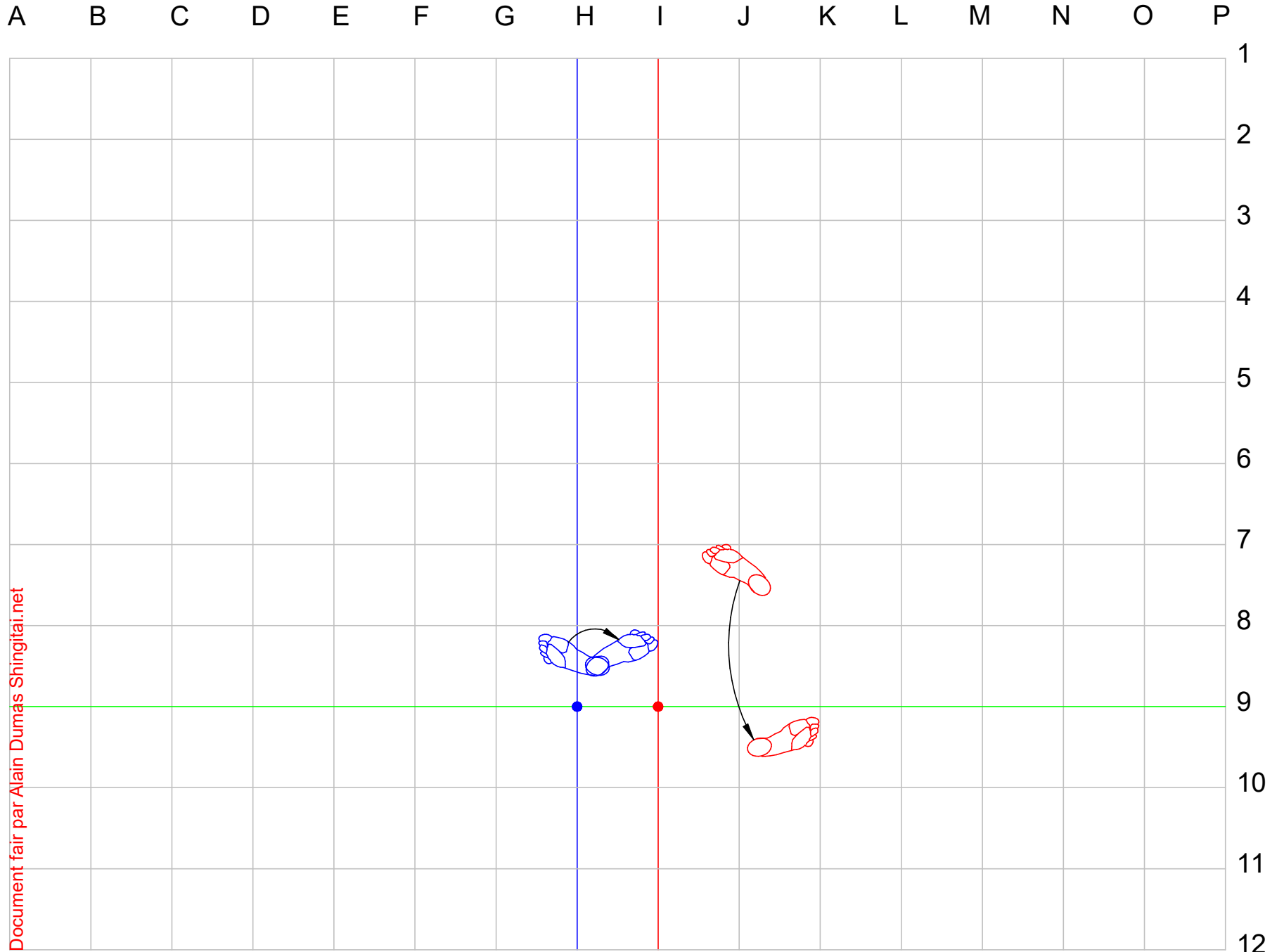
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45) Kokutsu-dachi



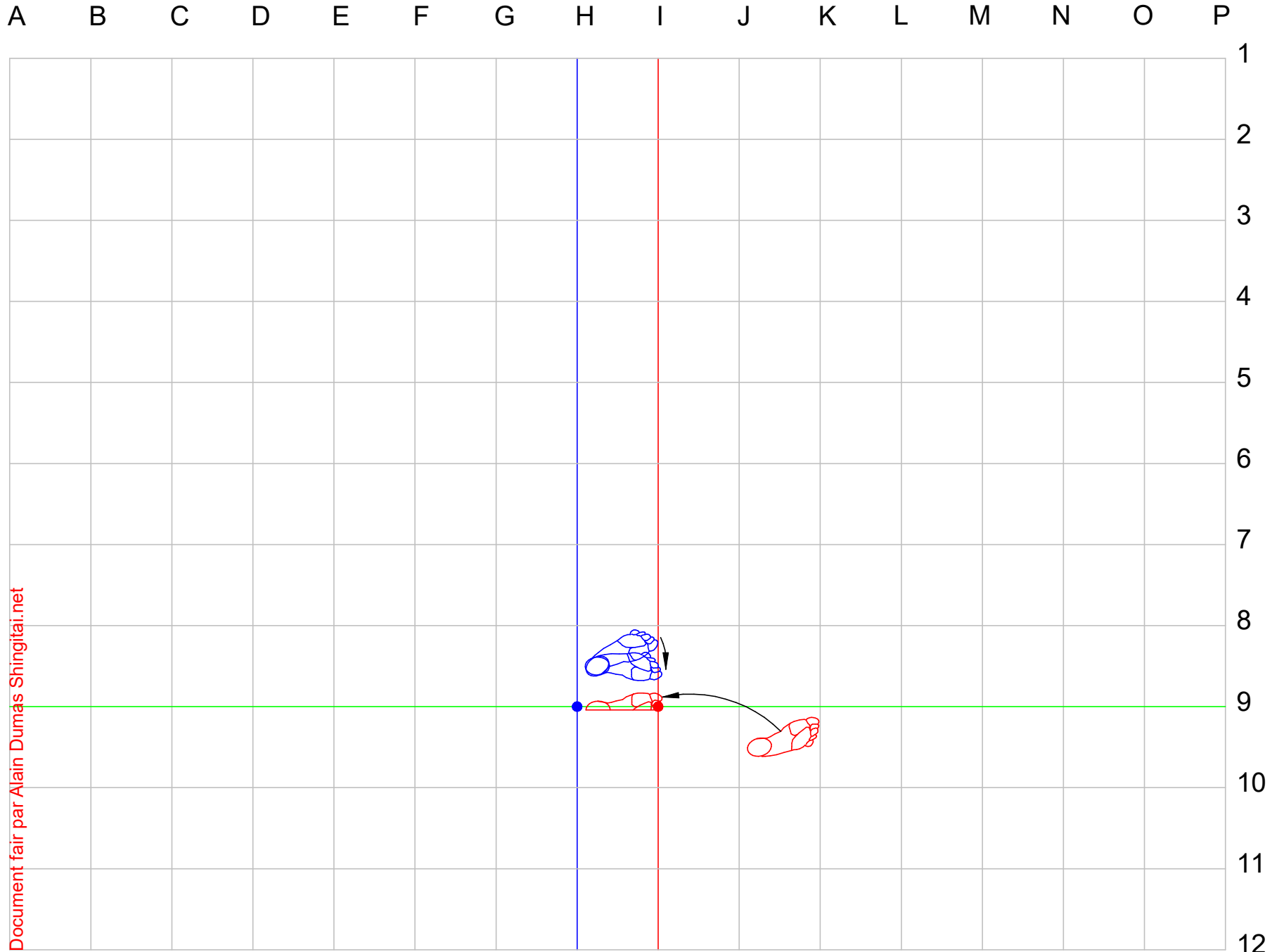
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46,47) Zenkutsu-dachi



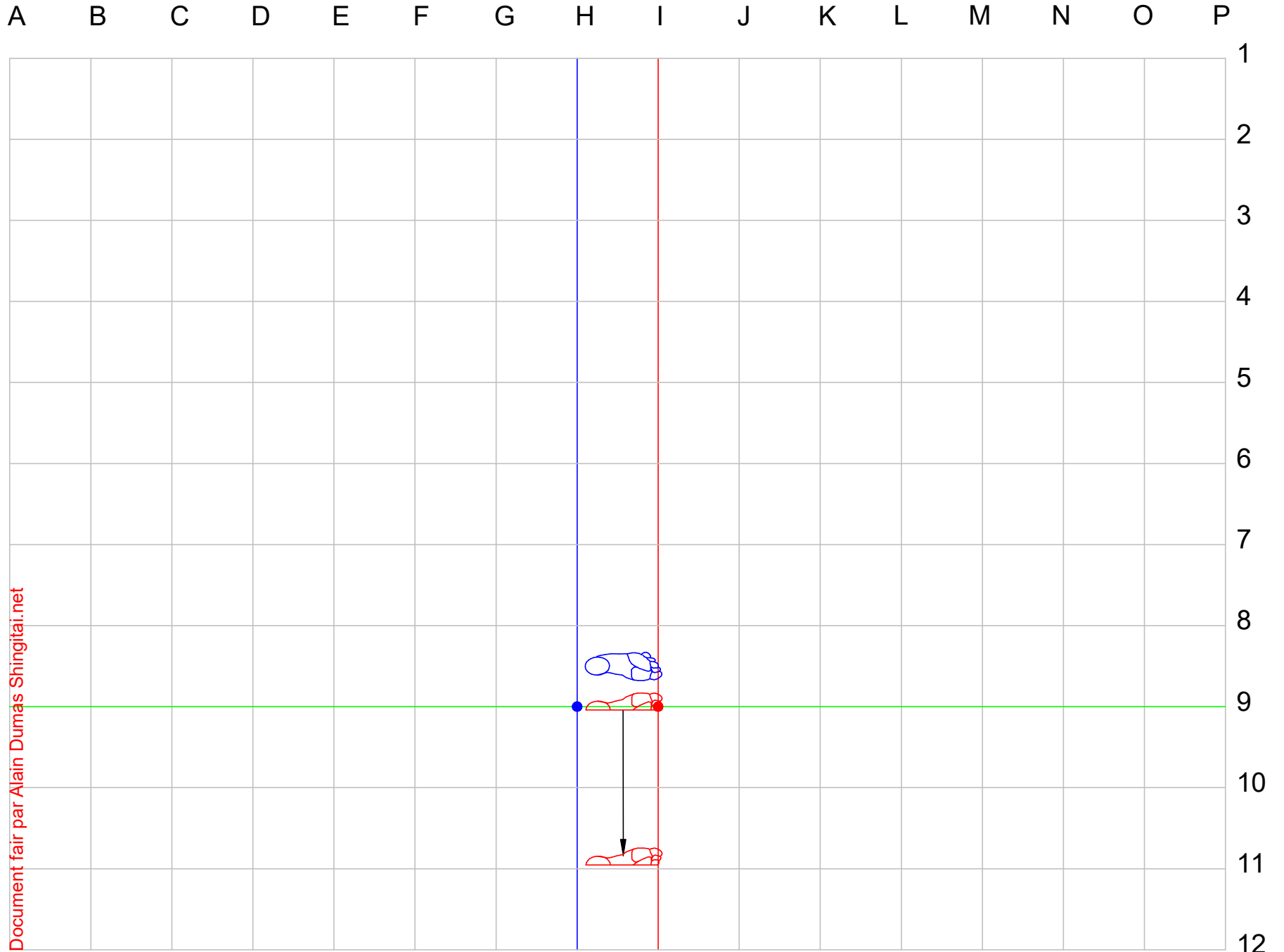
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48...50) Zenkutsu-dachi



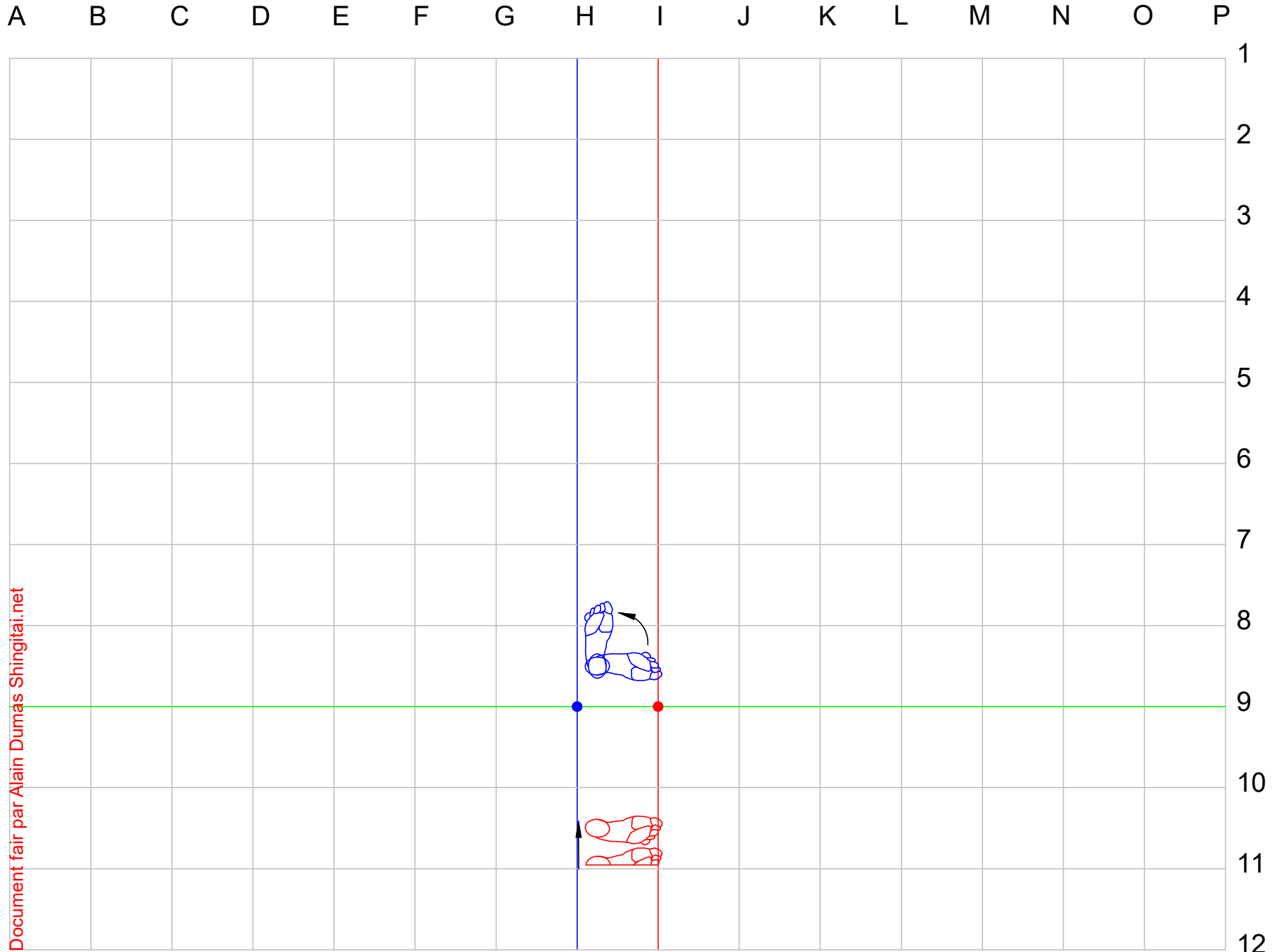
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51) Ashi-dachi



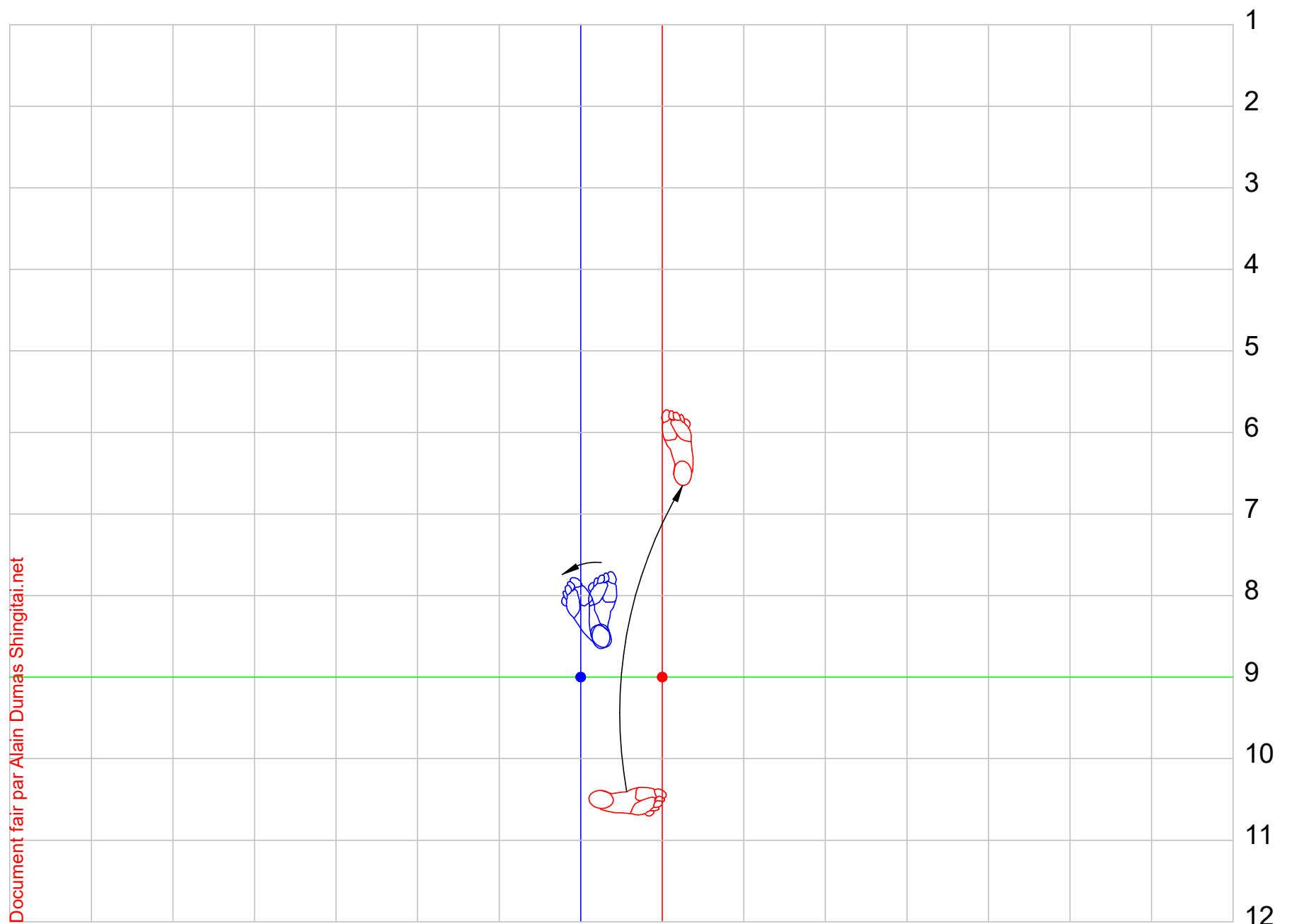
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52) Ashi-dachi



53) Kokutsu-dachi

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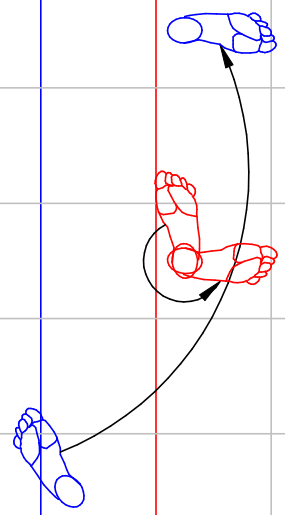
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54) Zenkutsu-dachi

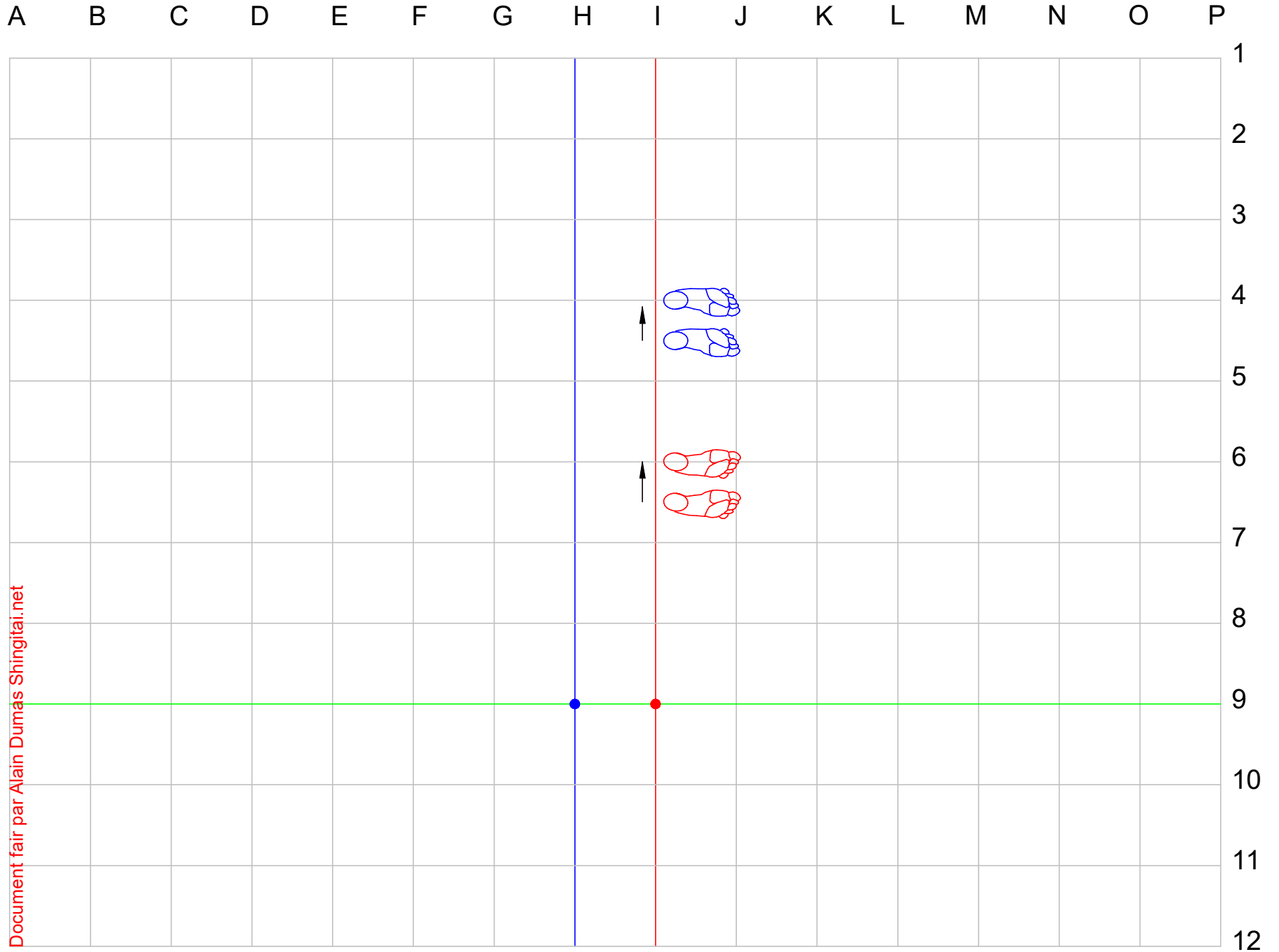
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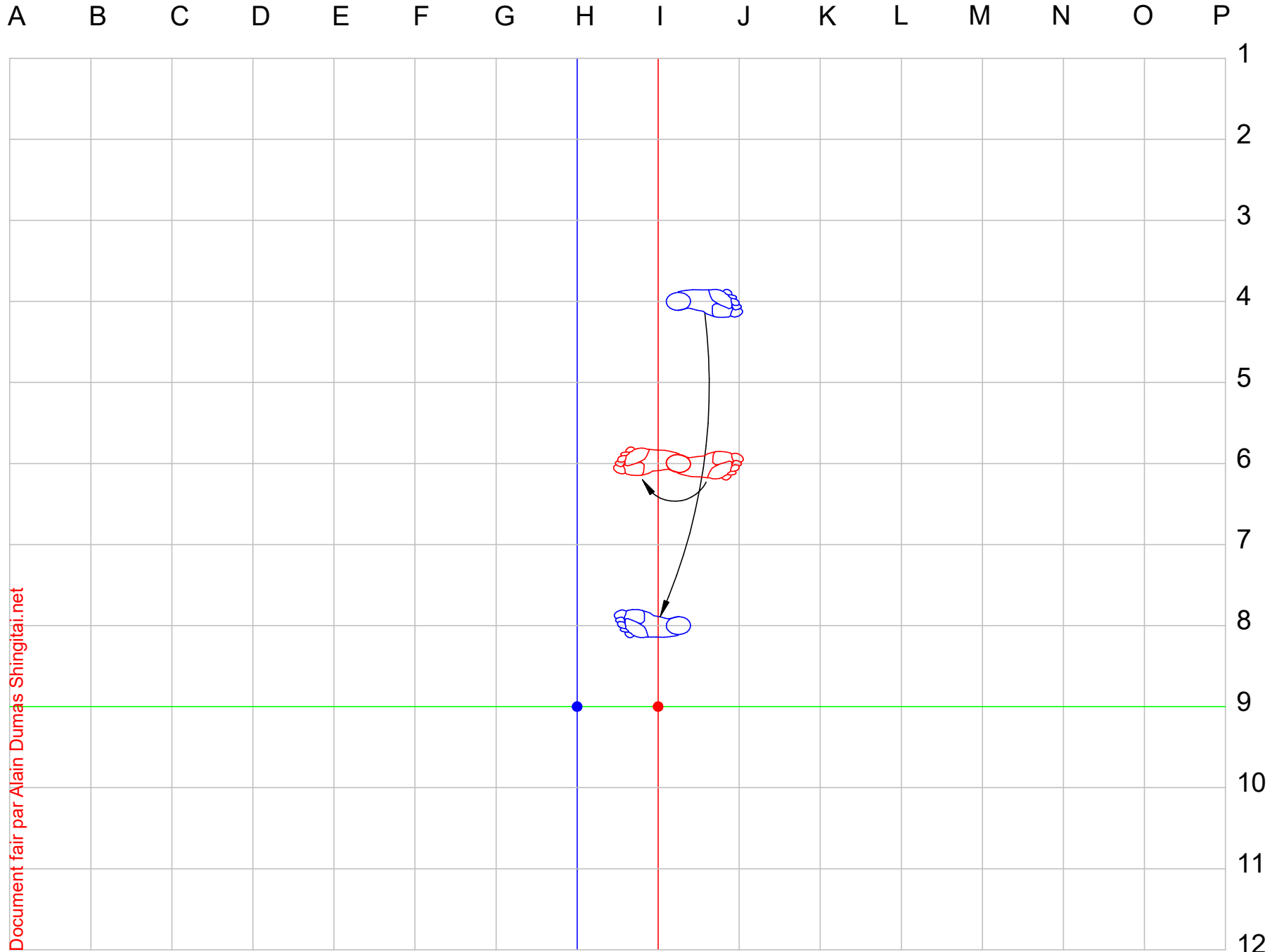


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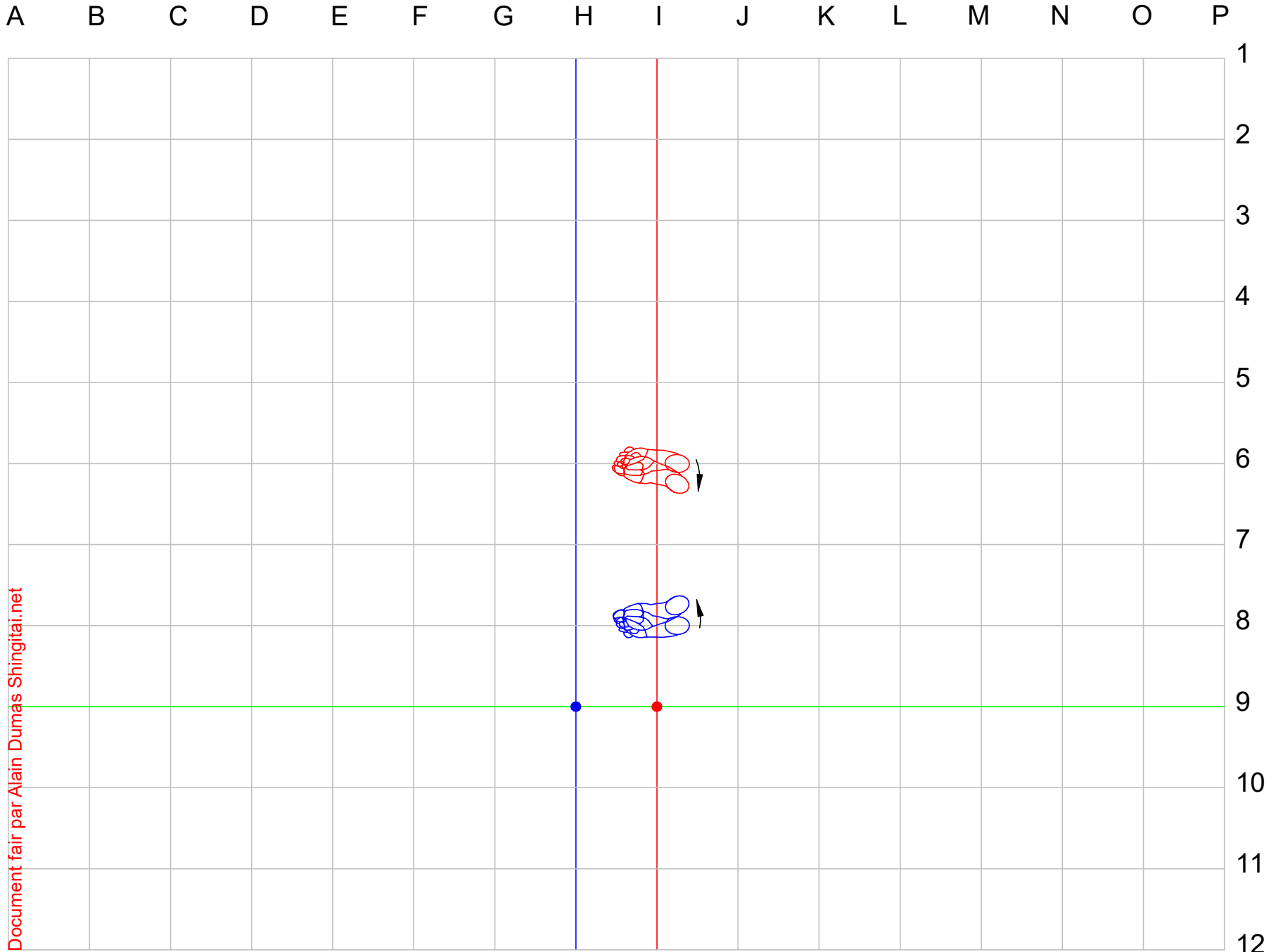
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56...59) Kiba-dachi



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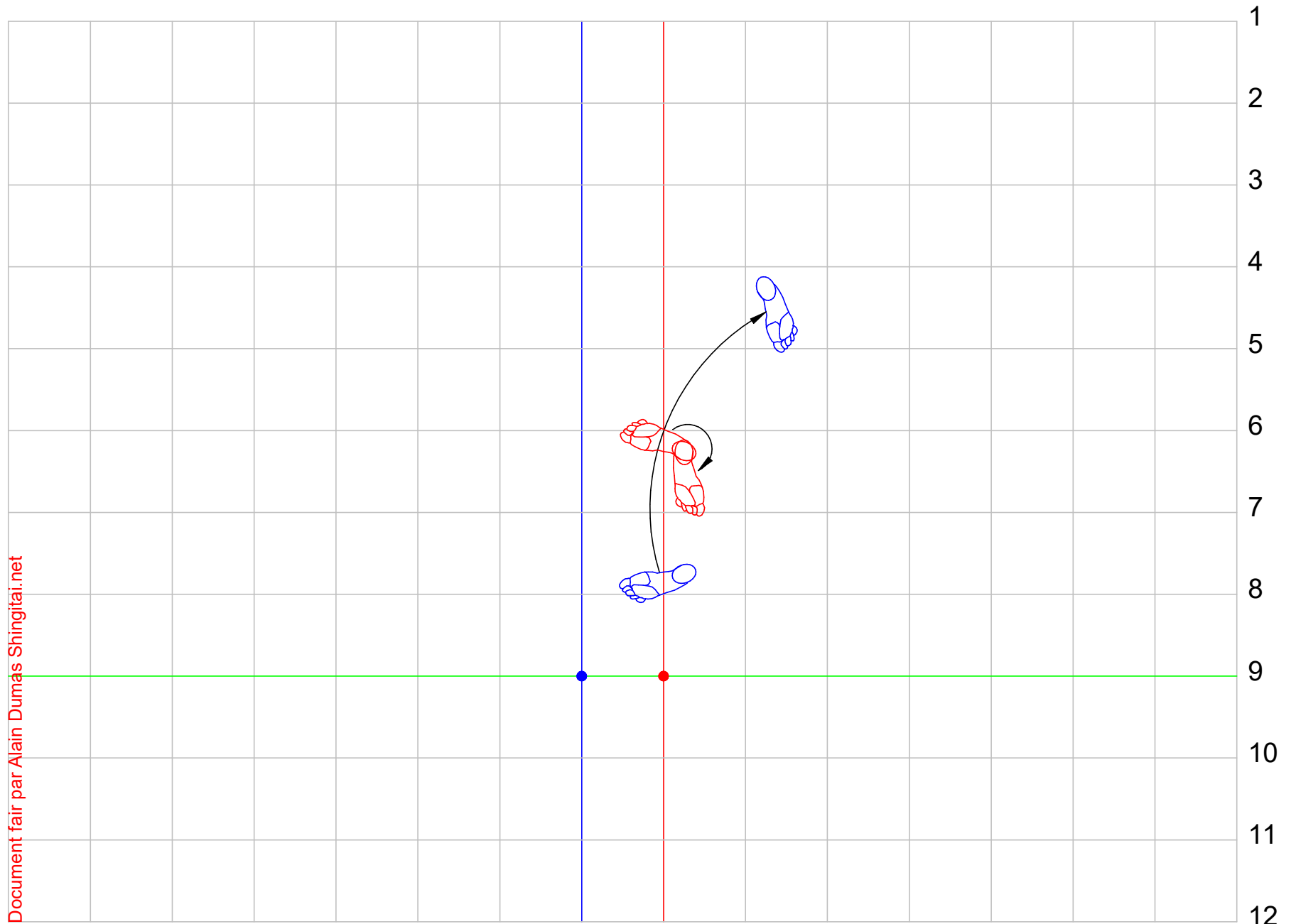
60,61) Kiba-dachi



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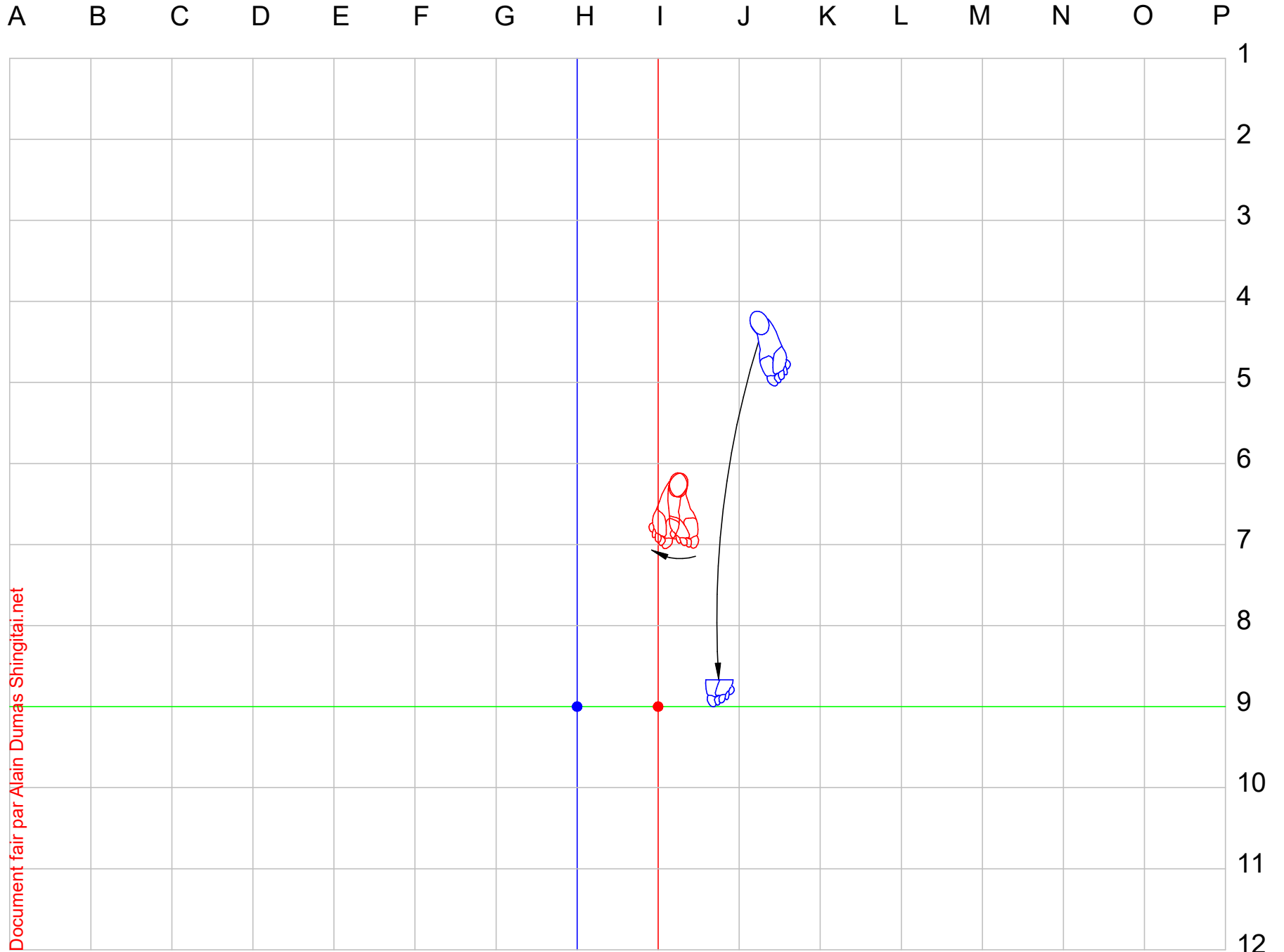
62) Hachinoji-dachi

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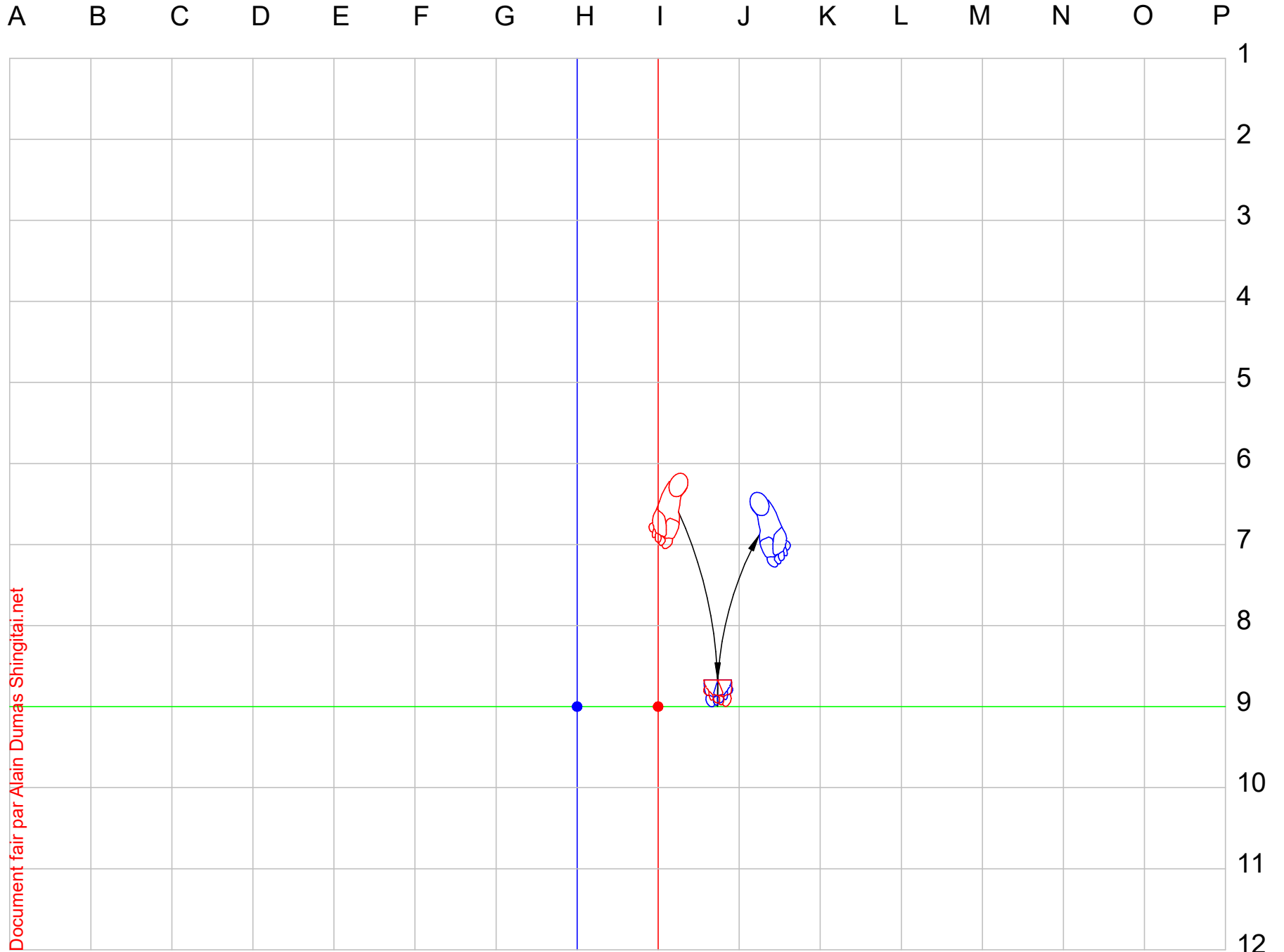
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63) Zenkutsu-dachi



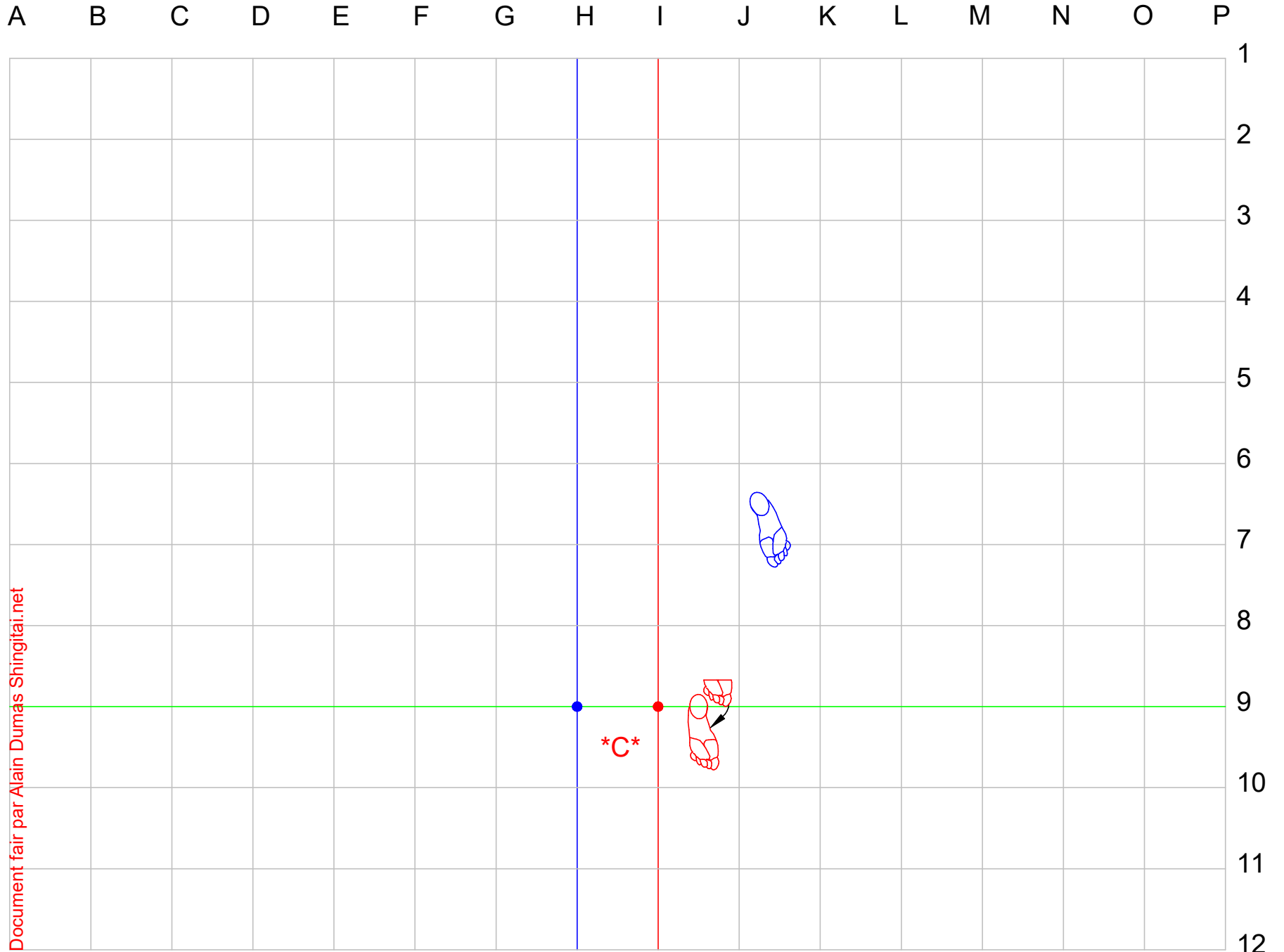
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64a) Ashi-dachi



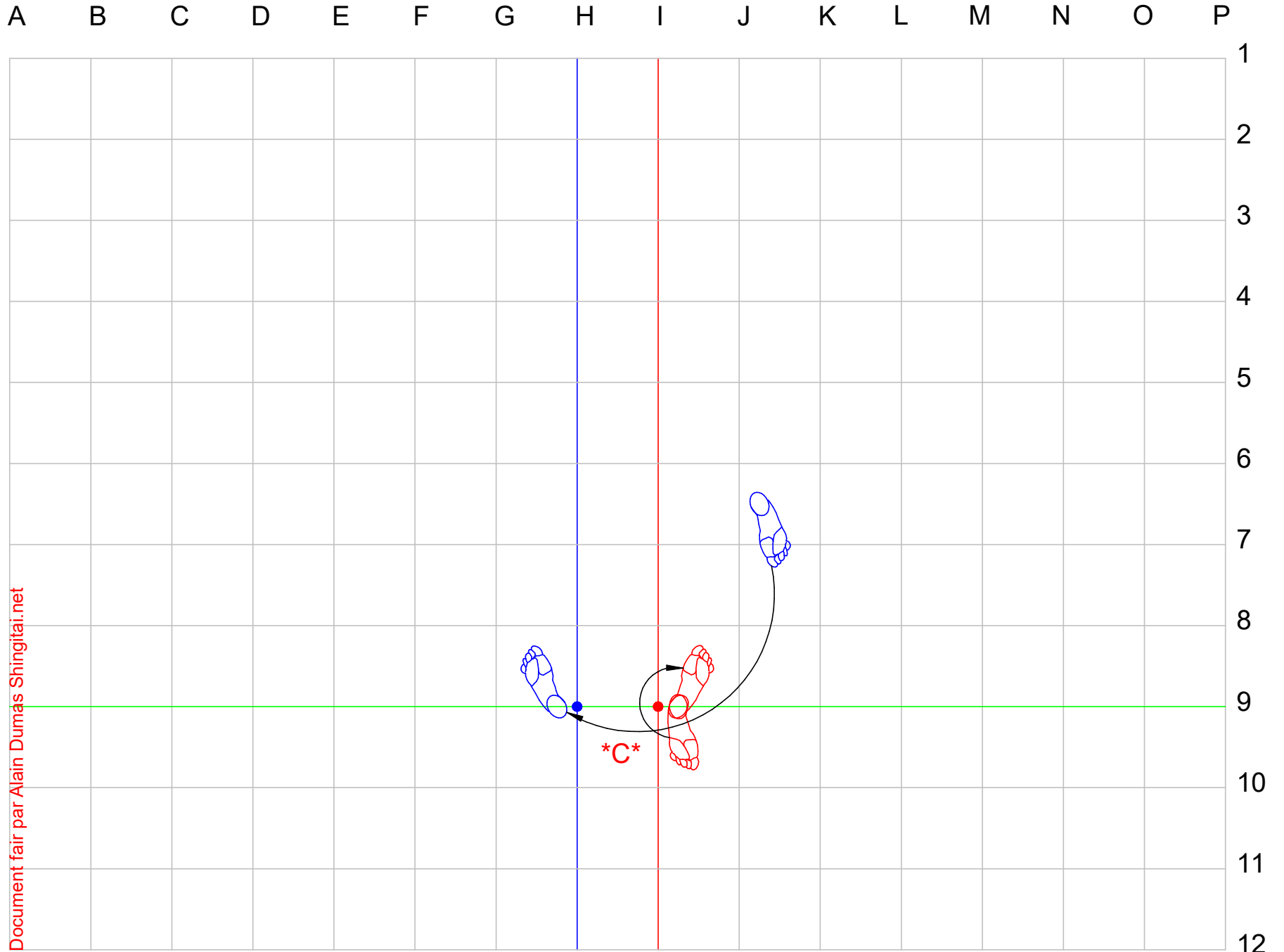
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64b) Ashi-dachi



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65) Zenkutsu-dachi



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66) Shizen tai

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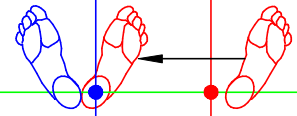
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Shizen tai

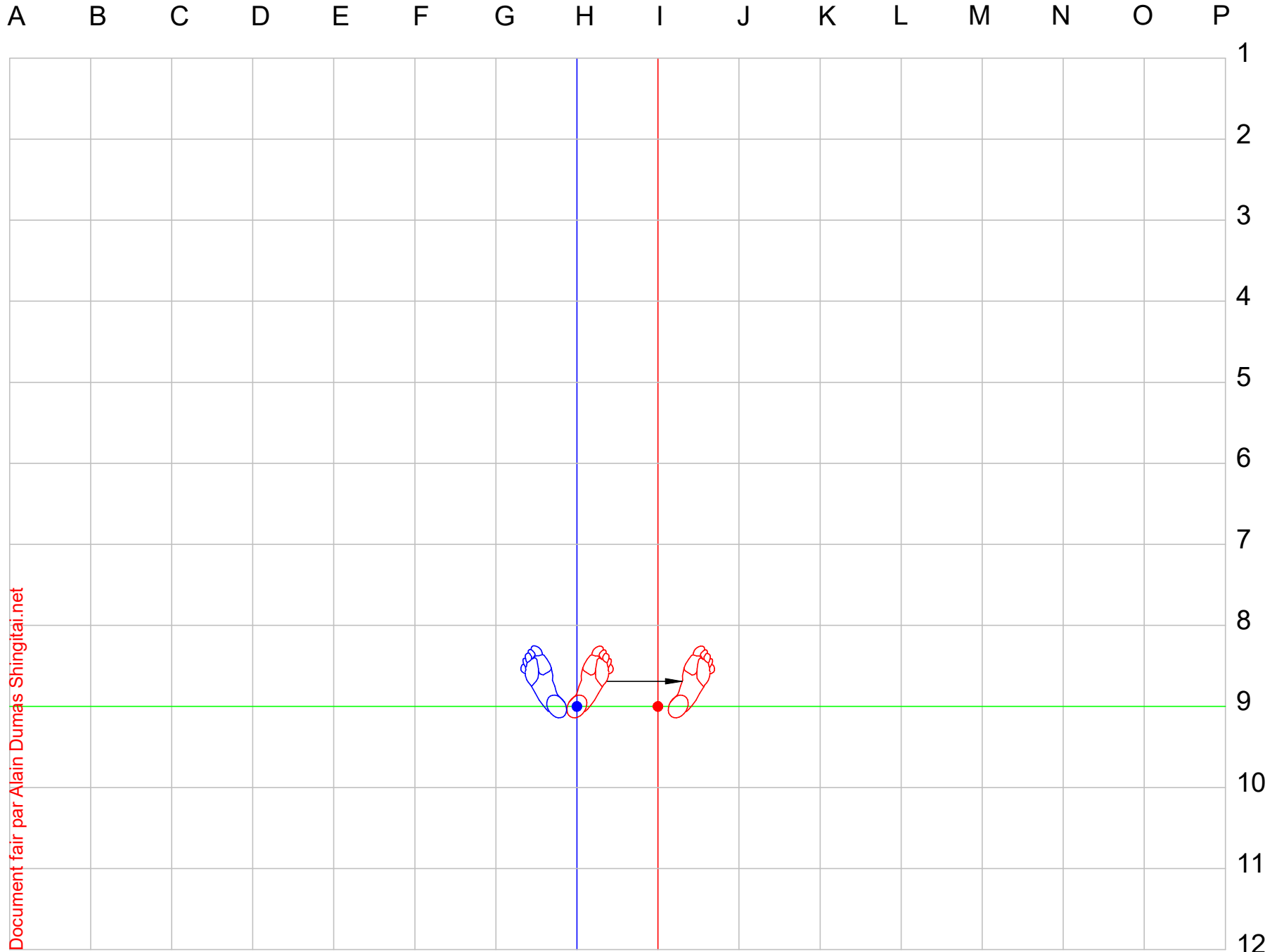
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12

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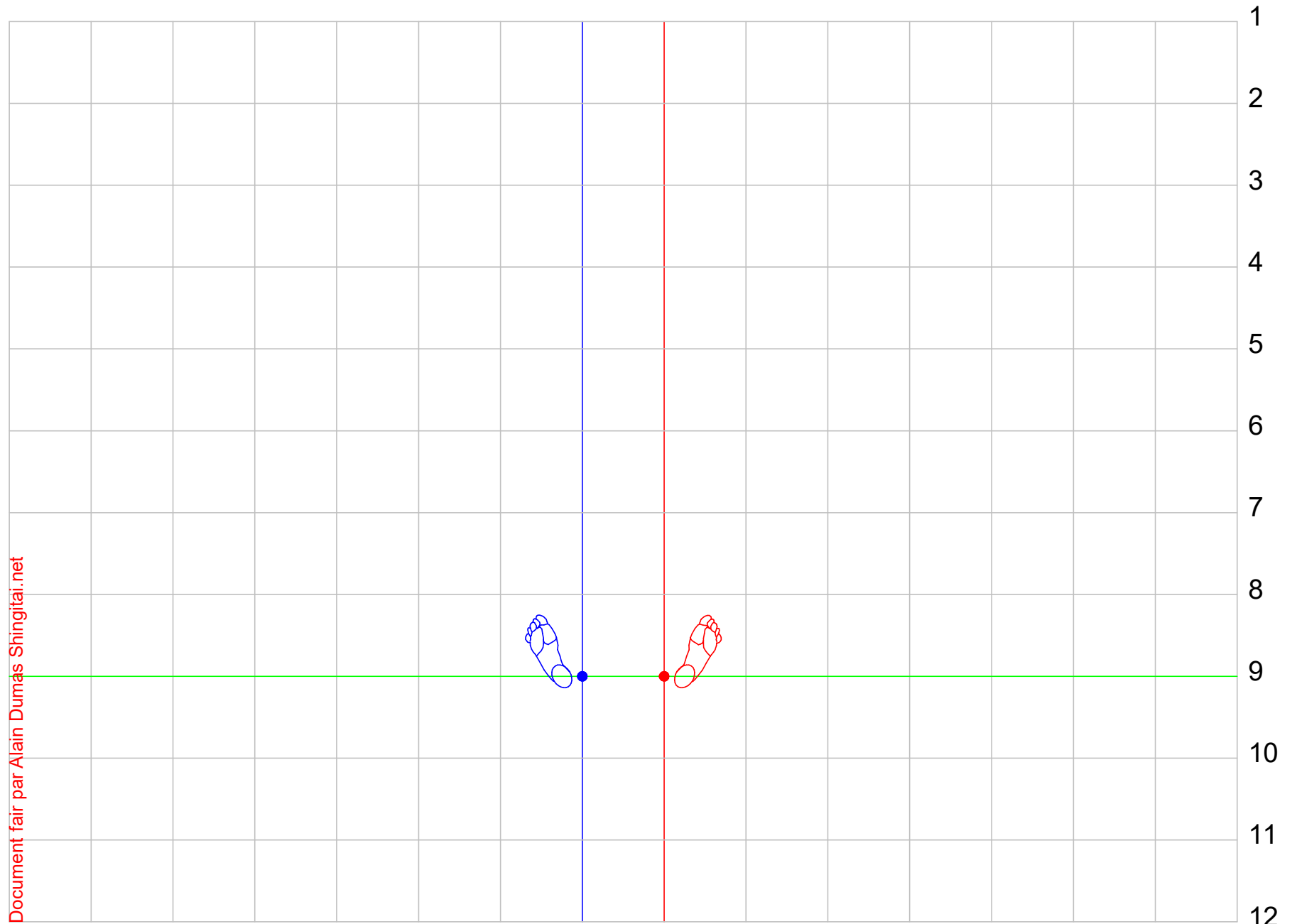
Musubi-dachi



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Shizen tai

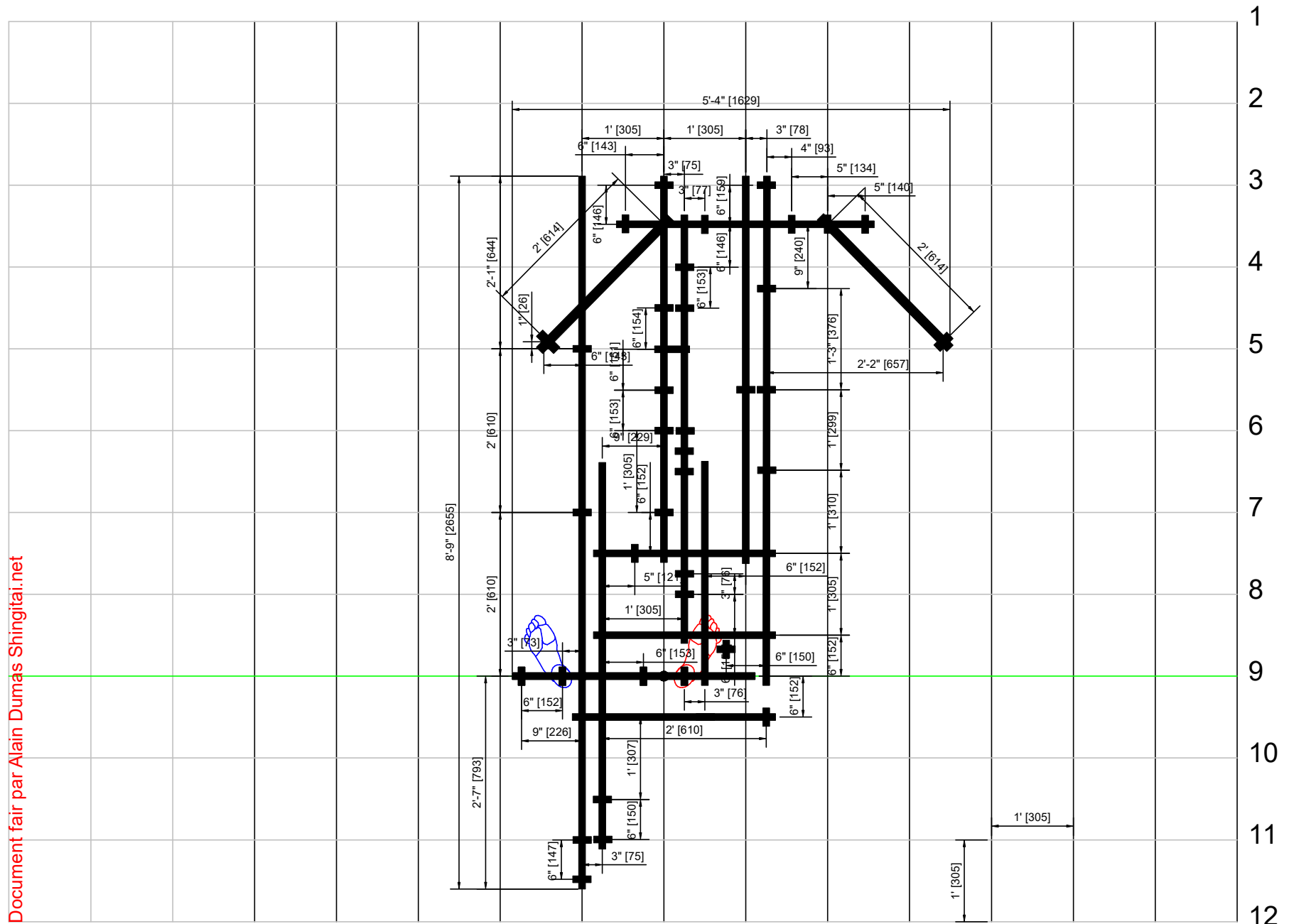
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Shizen tai

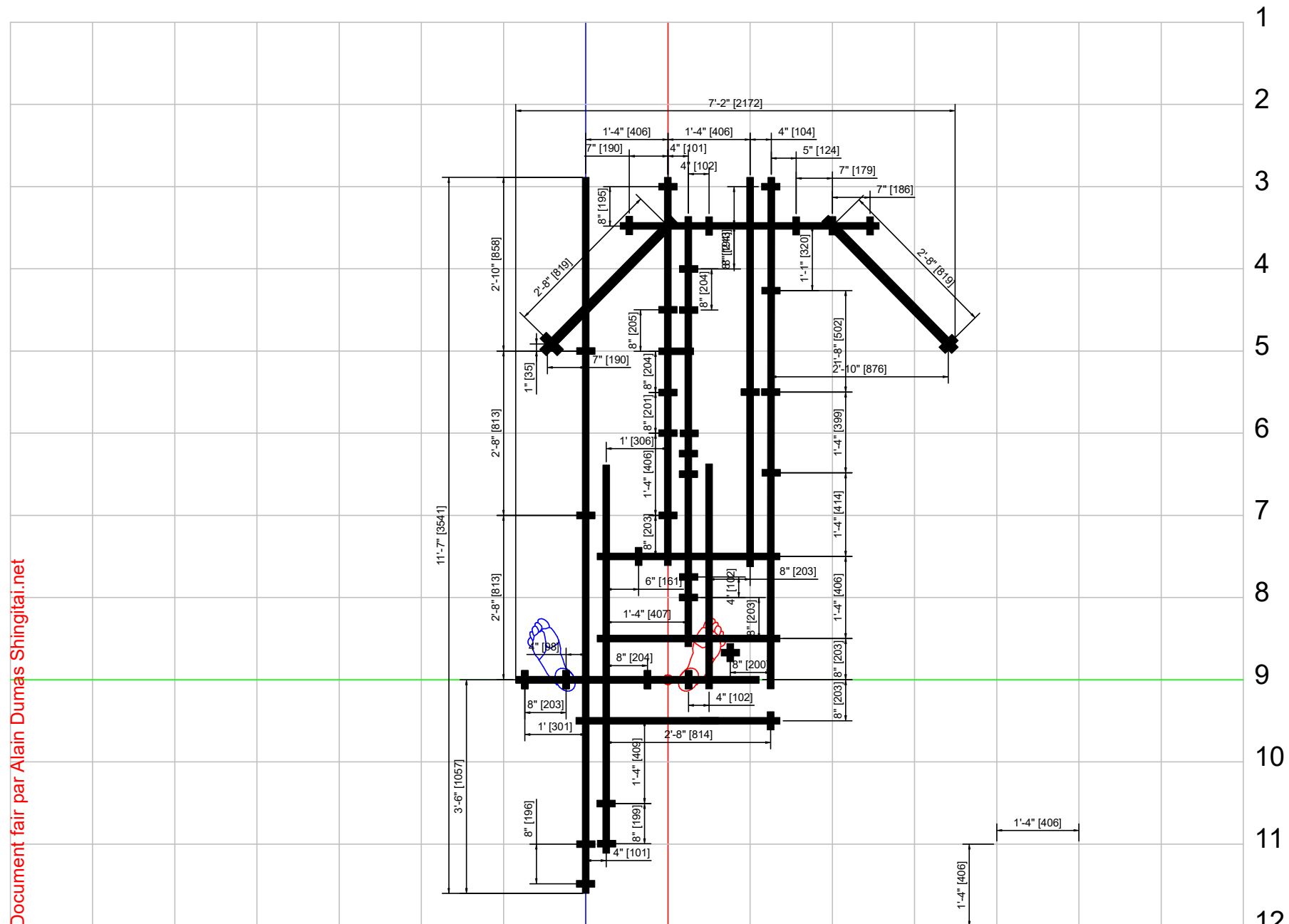
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Embusen Kanku-dai (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)

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Embusen Kanku-dai (Largeur des hanches, Hip width) 16" x 16", (406mm X 406mm)