

EMBUSEN NIJUSHIHO

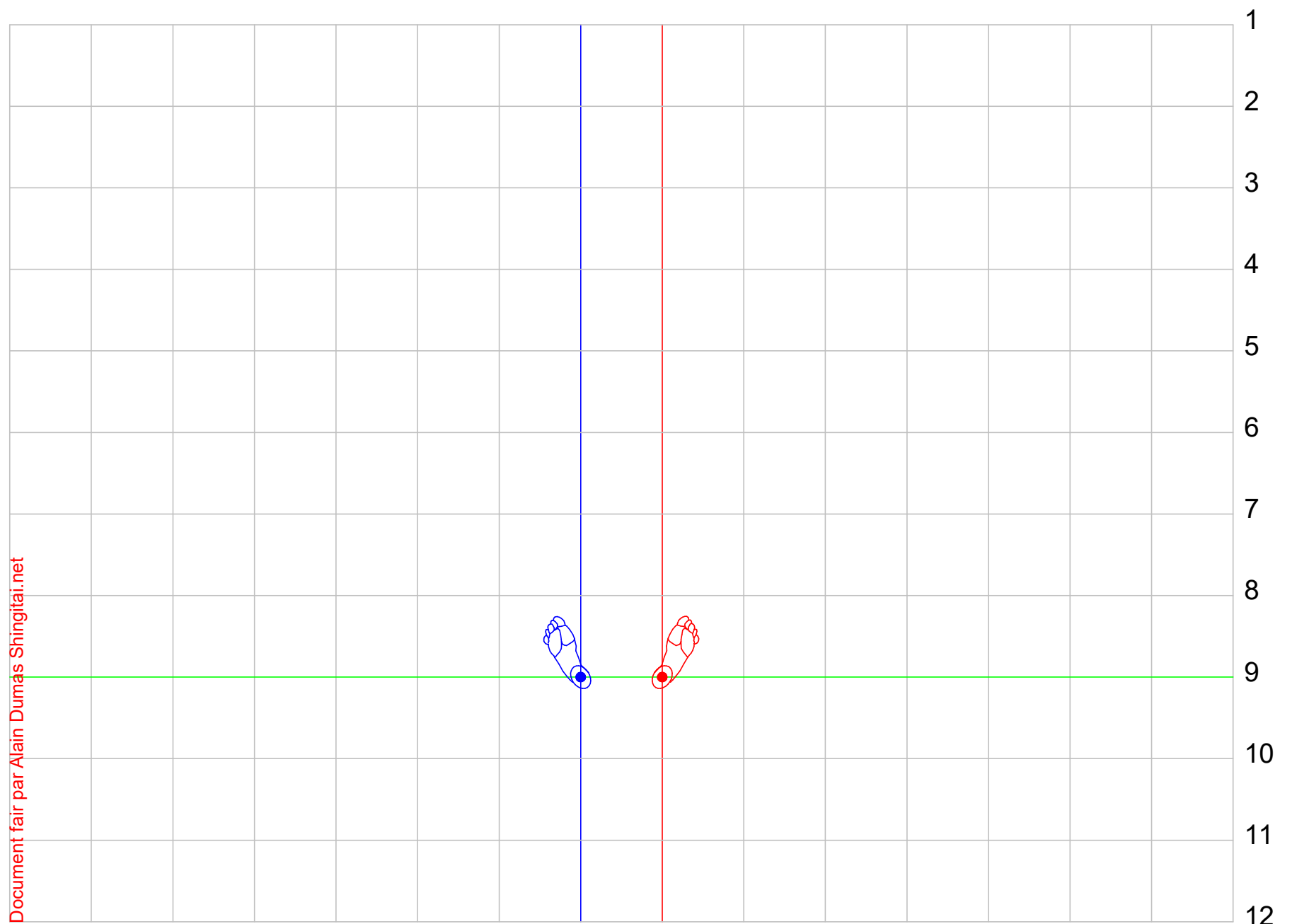
Best karate # 10

24 PAS				24 STEPS			
Origine : Okinawa, date de création : inconnue, auteur : inconnu				Origin : Okinawa, date of creation: unknown, author : unknown			
Niju : 20, shi : 4, ho : pas				Niju : 20, shi : 4, ho : step			
Kata de vitesse « Shorin » - Classification IKD : Groupe 3				« Shorin » speed kata – IKD Classification : Group 3			
33 mouvements - Kiai mouvements 18 et 32 – Durée : 50 secondes				33 movements - Kiai movements 18 and 32 - Length : 50 seconds			
<u>Points importants:</u> Ce kata alterne les passages rapides et lents. Il permet d'entrer dans l'attaque pour supprimer l'adversaire dans le même mouvement.				<u>Important points:</u> This kata alternates between fast and slow sections. It allows to penetrate the attack in order to eliminate the opponent in the same movement.			
<u>Note:</u> Il est important de bien se positionner dès les premiers mouvements du kata. Il y a un point important au centre et en face de vous, comme indiqué dans les documents. Ne pas mélanger Shizentai-dachi et Sanchin-dachi. Les déplacements en angle se font à 45 degrés.				<u>Note:</u> It is important to position yourself correctly from the first movements of the kata. There is an important point in the center and in front of you, as indicated in the documents. Do not mix Shizentai-dachi and Sanchin-dachi. Movements at an angle are done at 45 degrees.			
<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, point centre à l'avant, 31a, fin.	● I-9	Début, fin.	● H-9	Start, center point at the front, 31a, end.	● I-9	Start, end.

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



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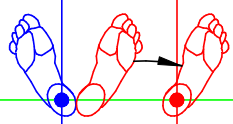
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Shizen-tai

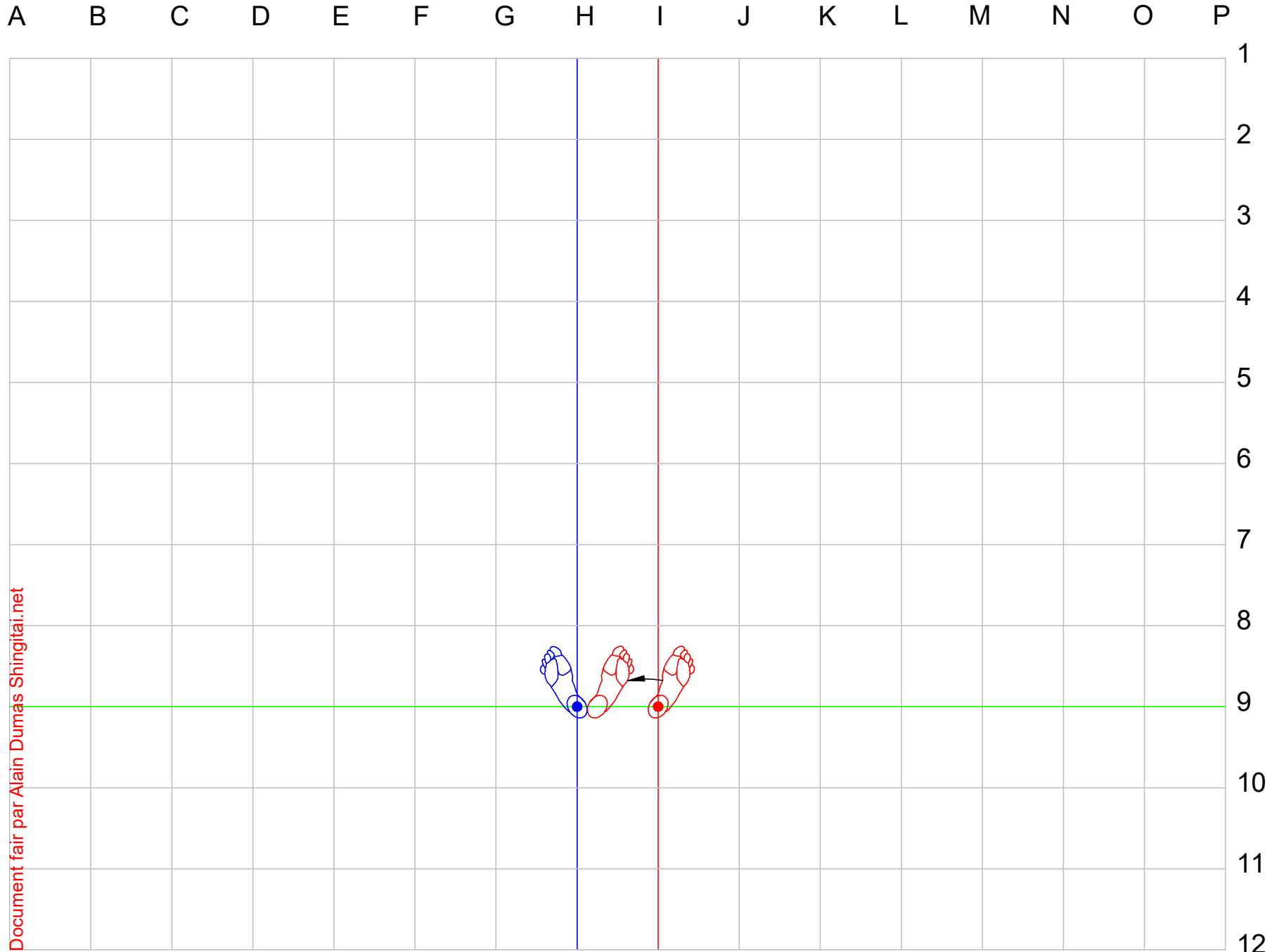
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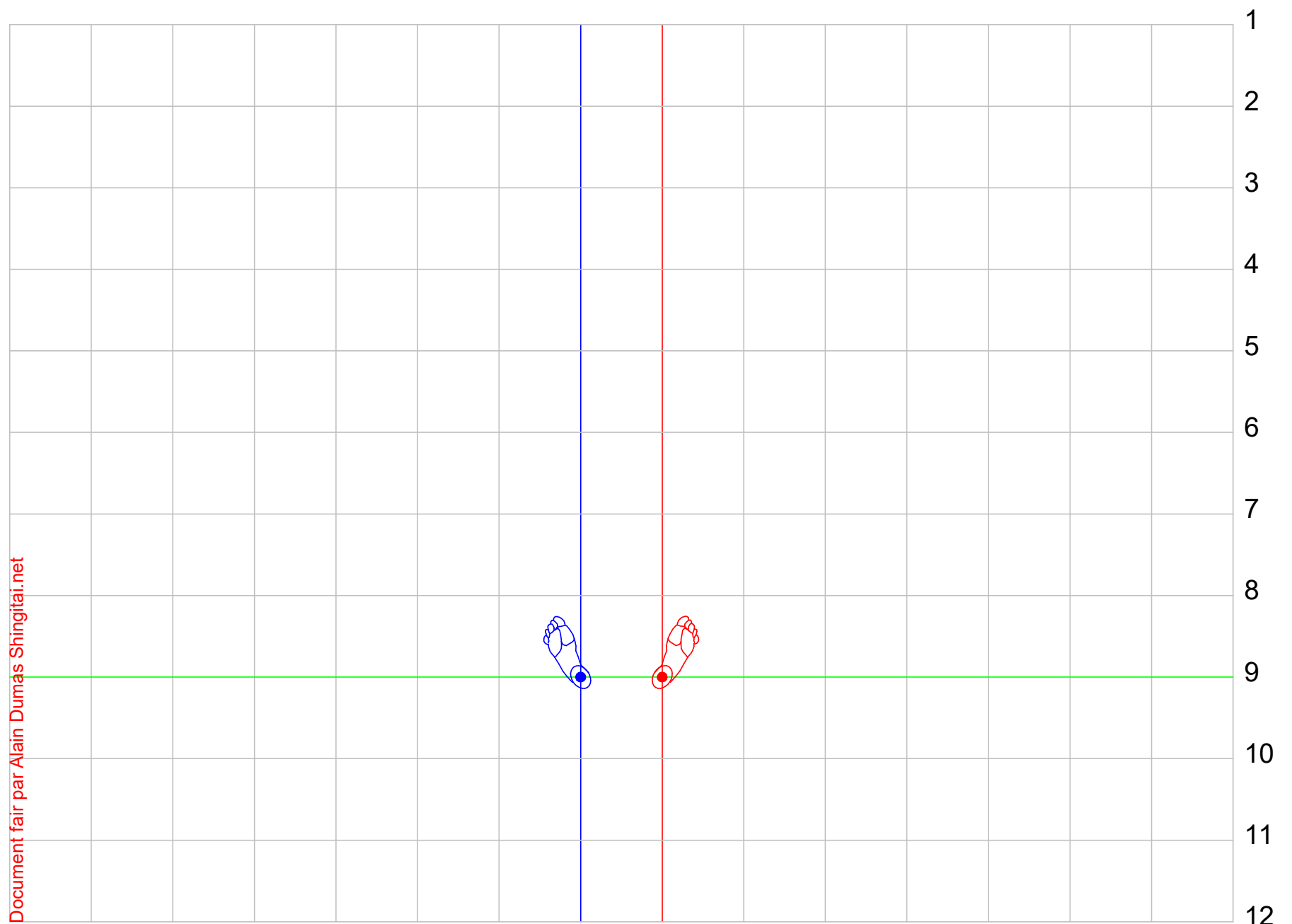


Shizen-tai



Musubi-dachi

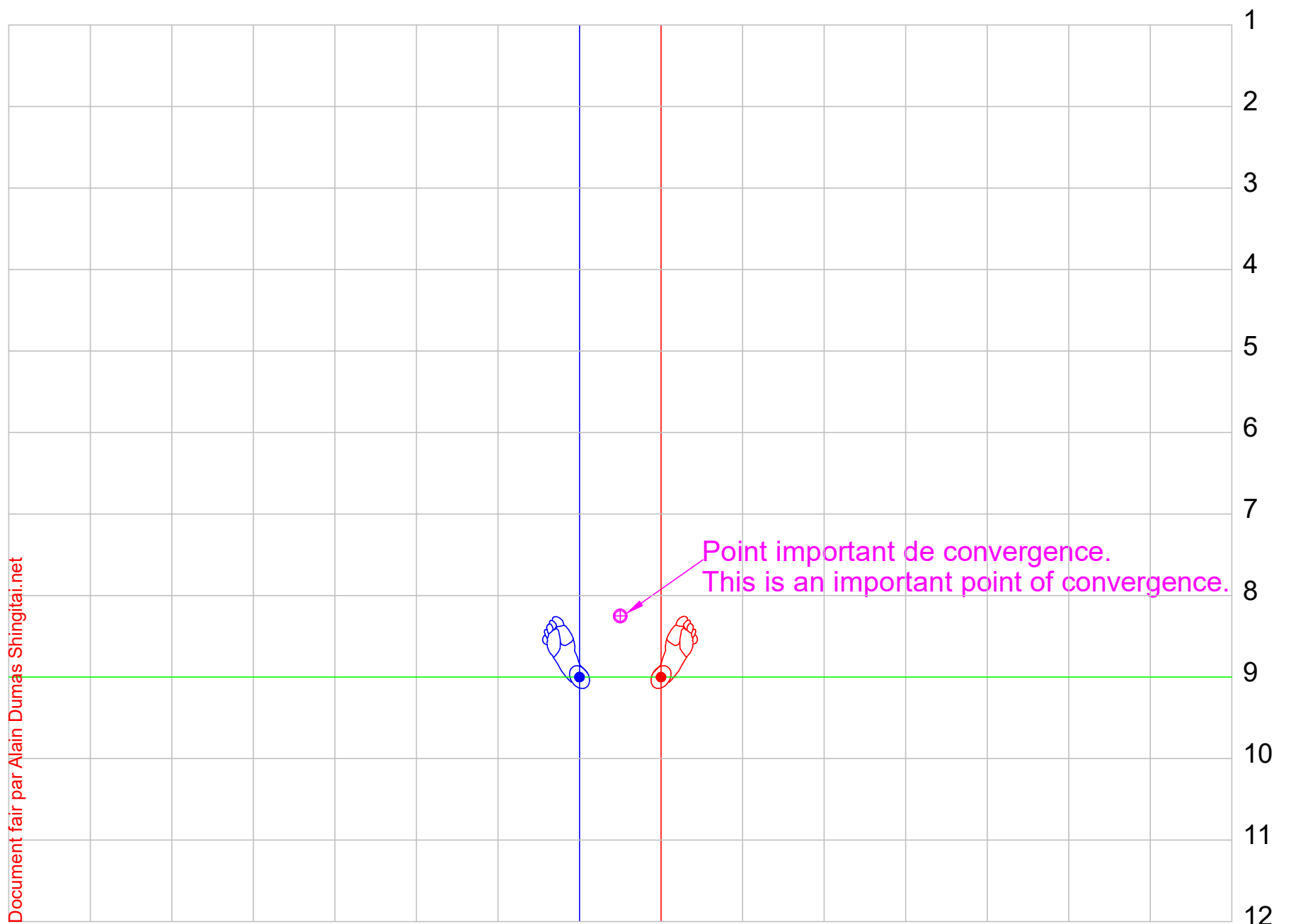
A B C D E F G H I J K L M N O P



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Shizen-tai

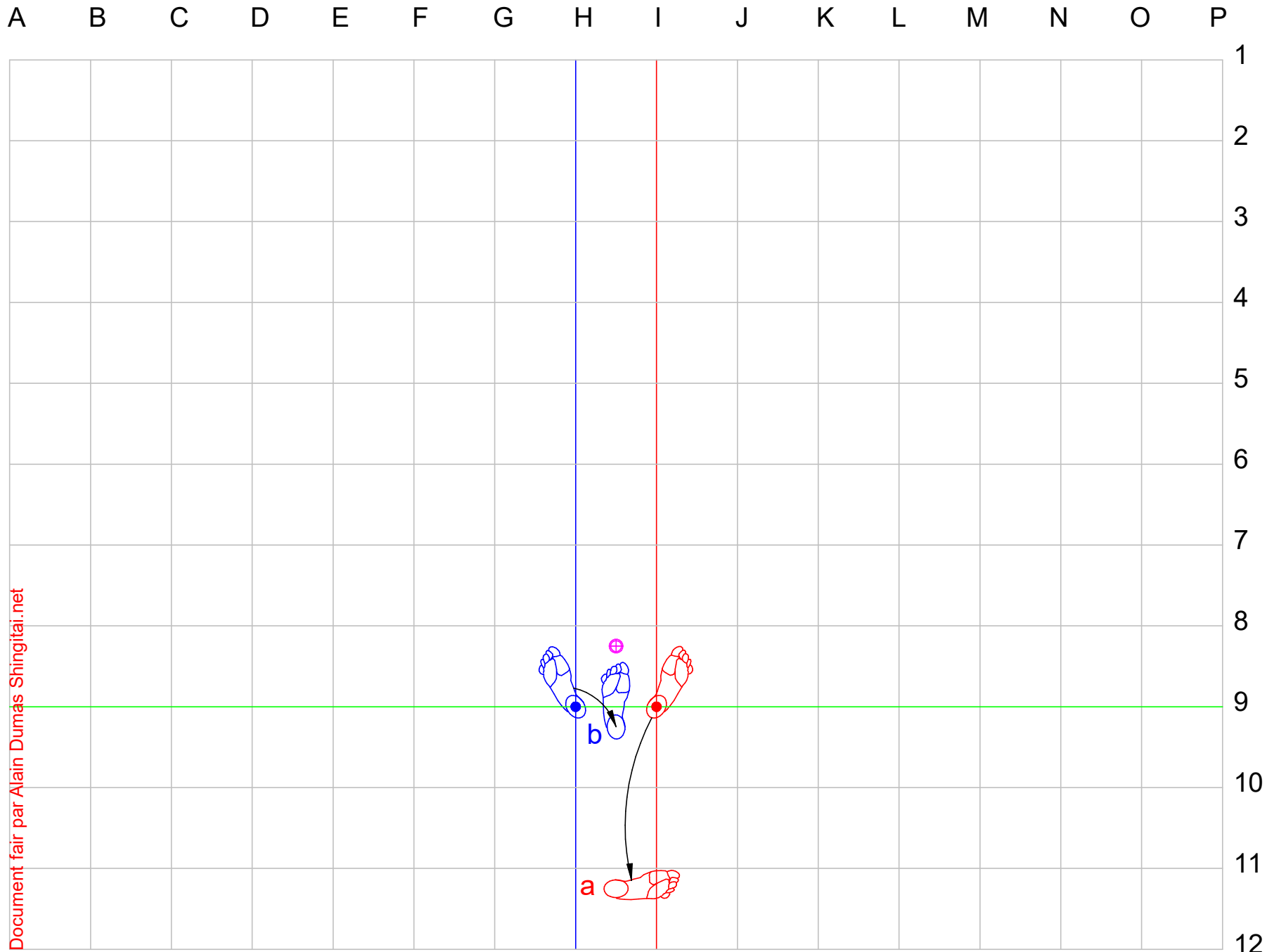
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Re (Musubi-dachi)

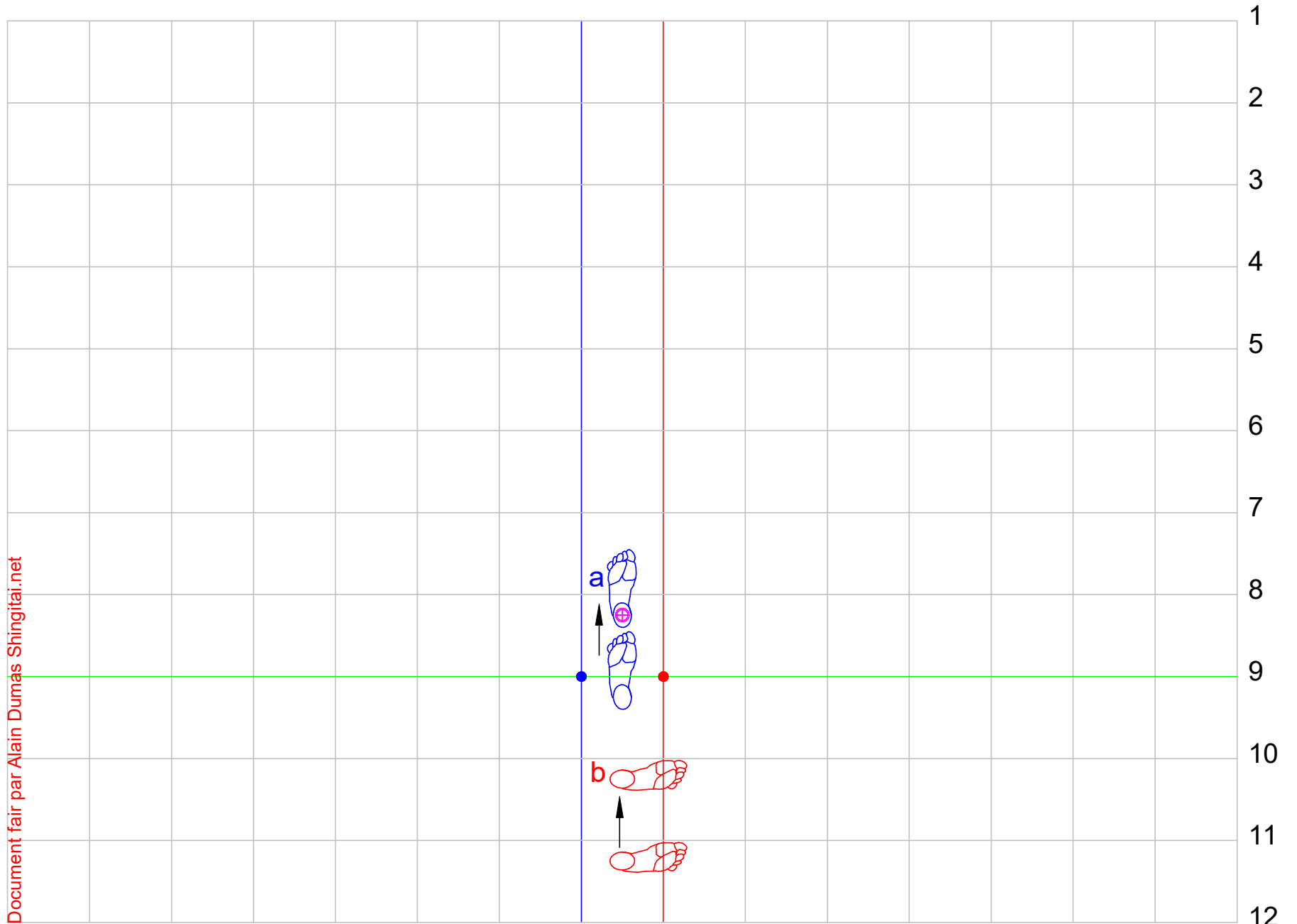
Point important de convergence.
This is an important point of convergence.



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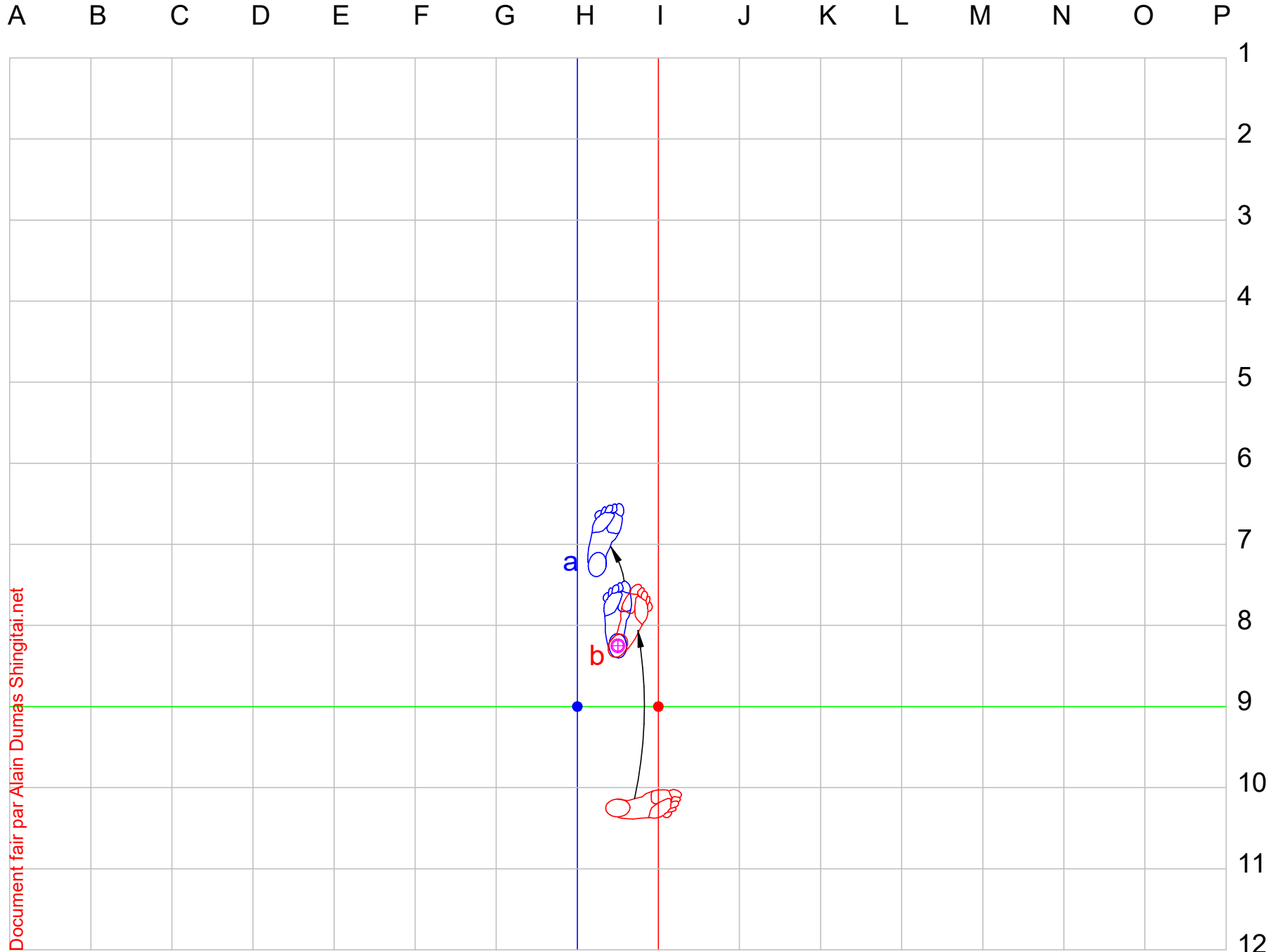
1a, 1b) Kokutsu-dachi (b= Achi-barrai)

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



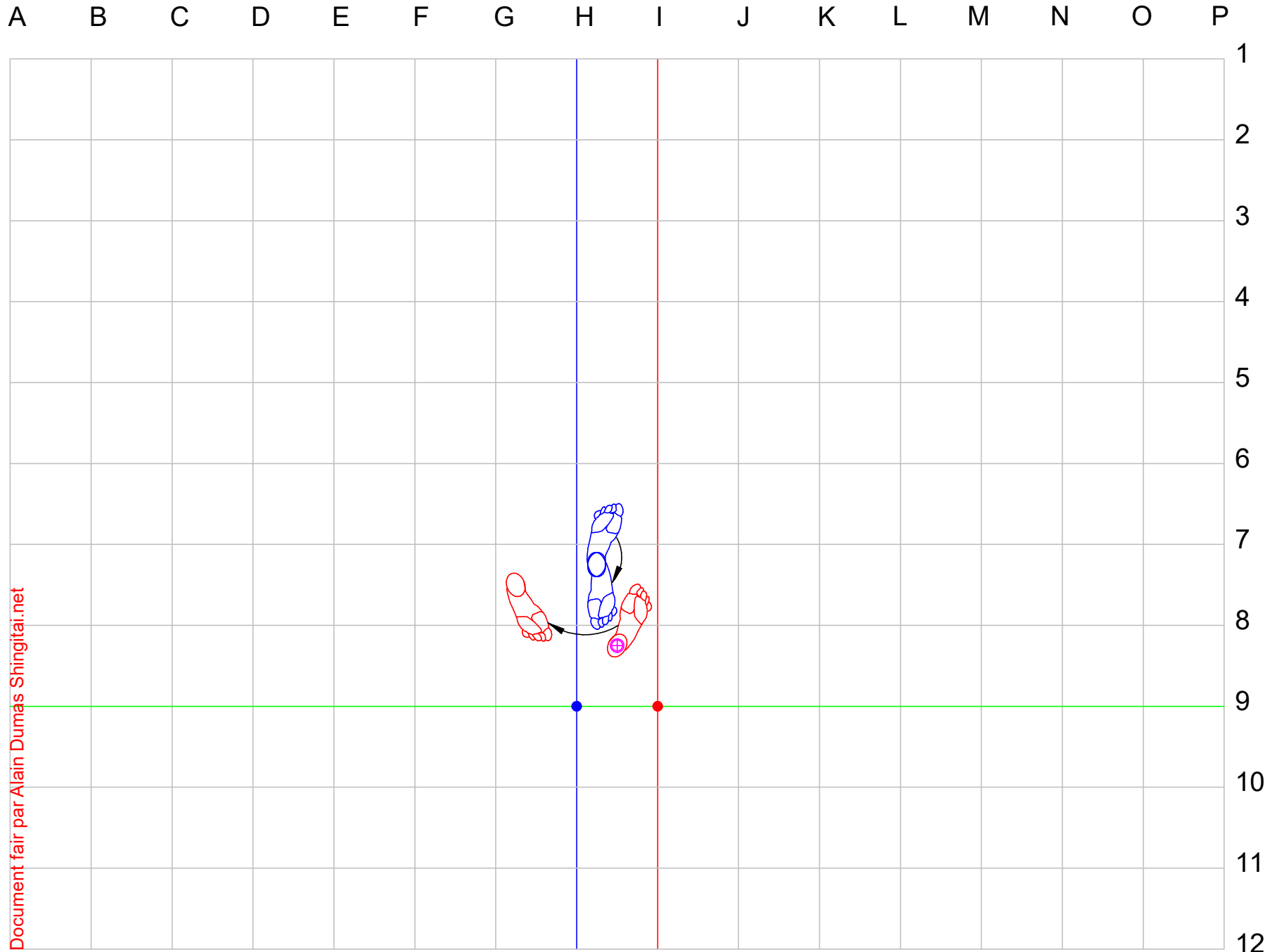
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2a, 2b) Kokutsu-dachi



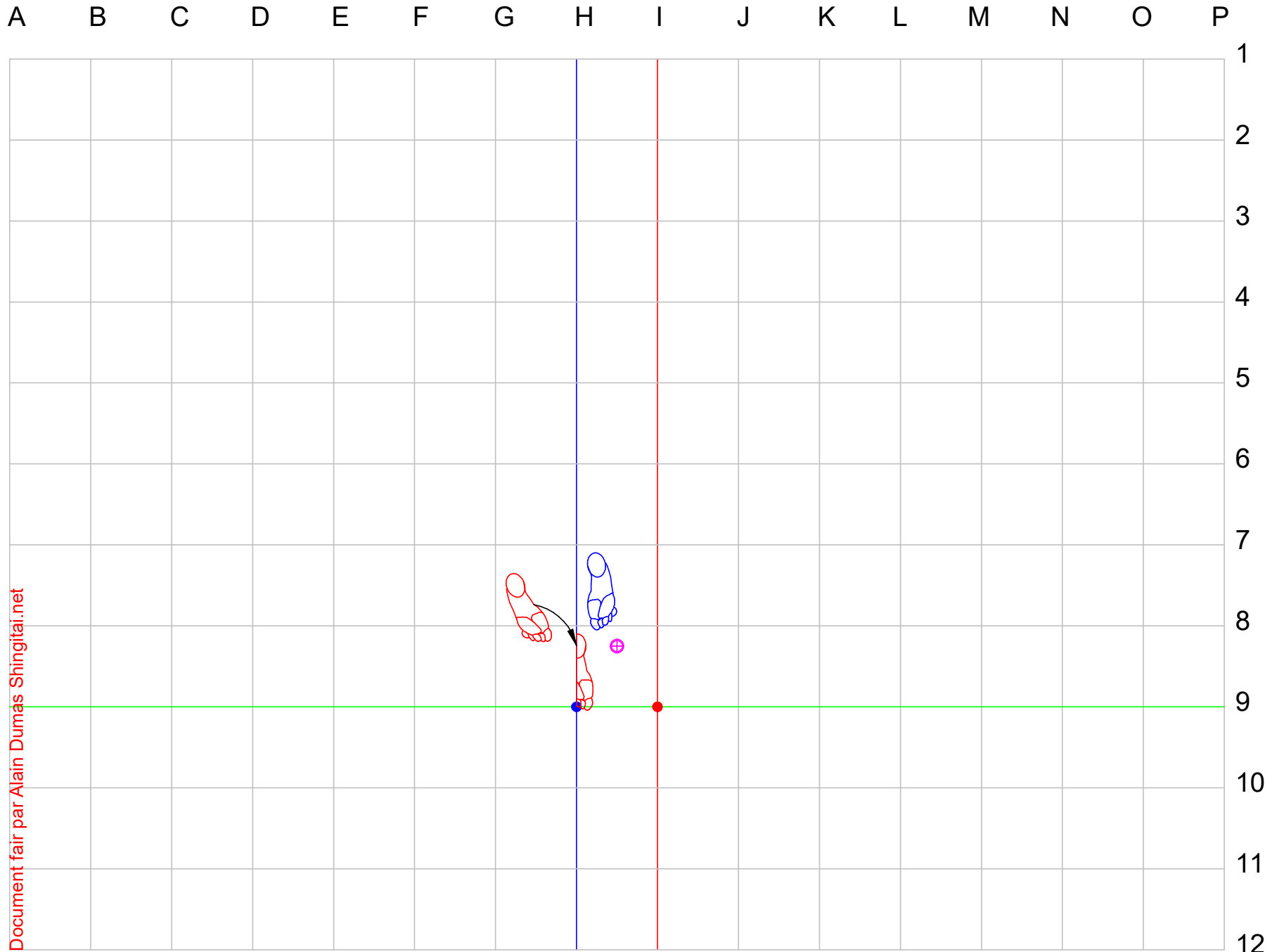
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3a, 3b) Shizen-tai



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4,5) Sanchin-dachi



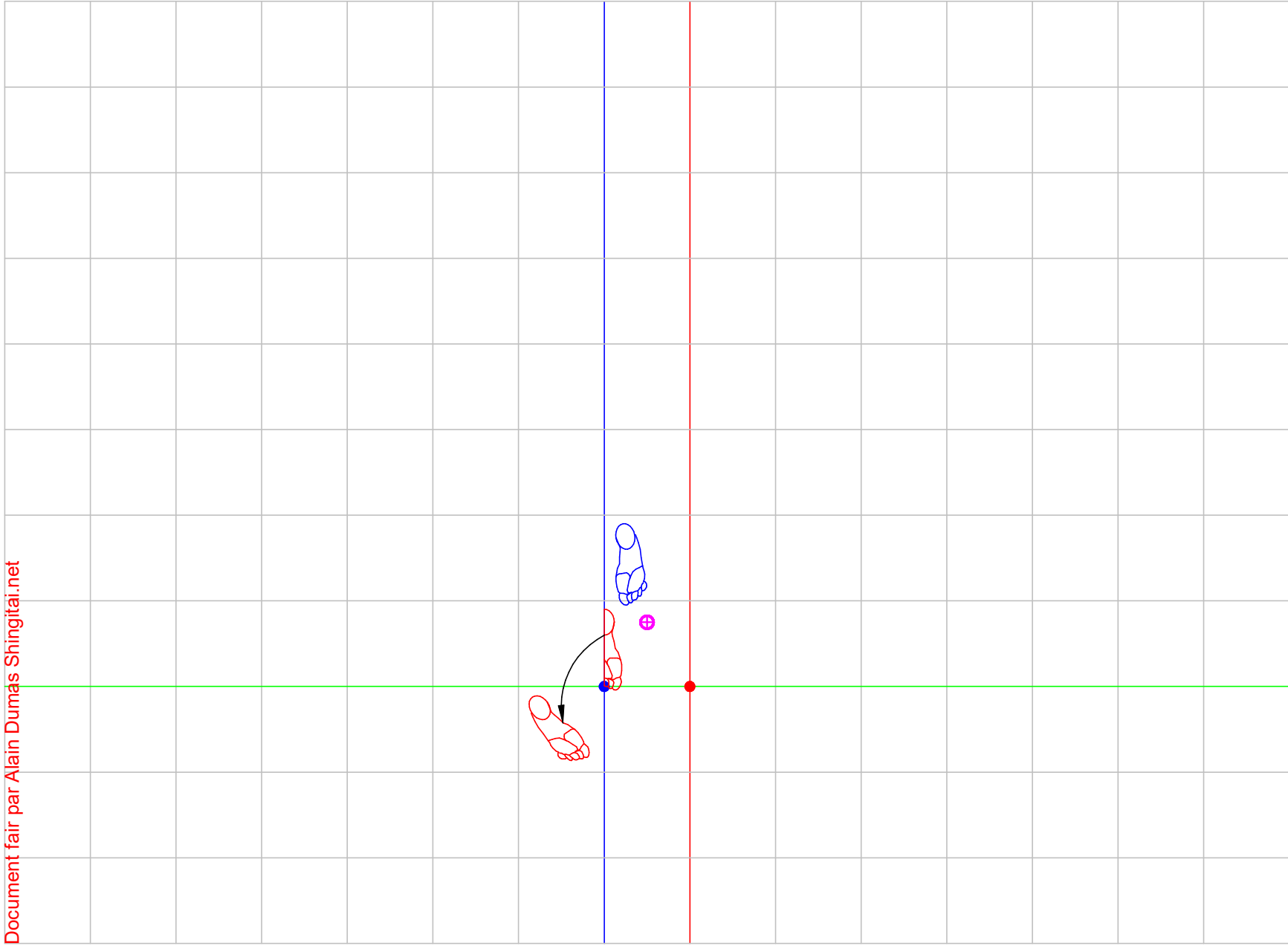
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6) Ashi-dachi

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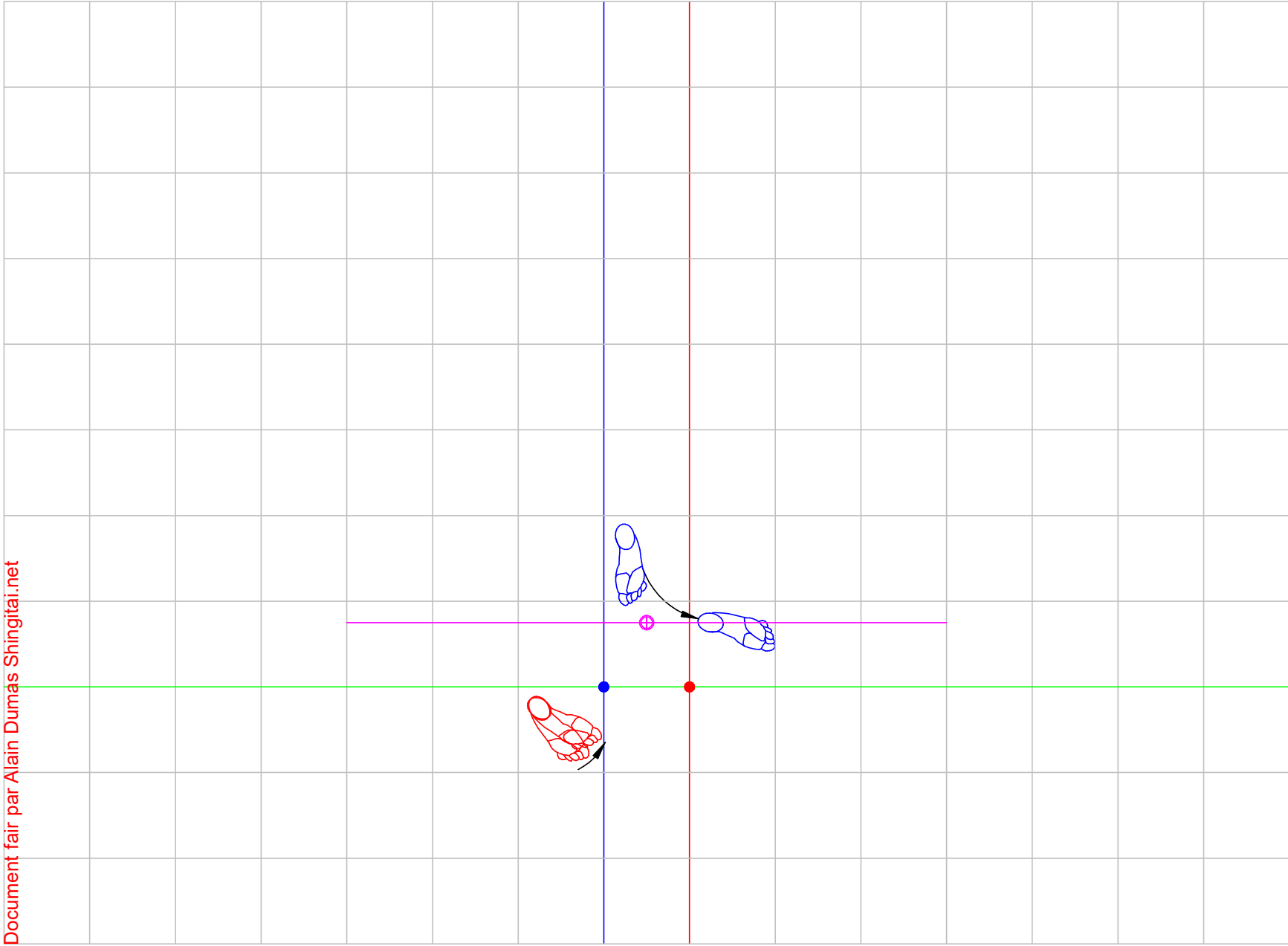


7) Zenkutsu-dachi

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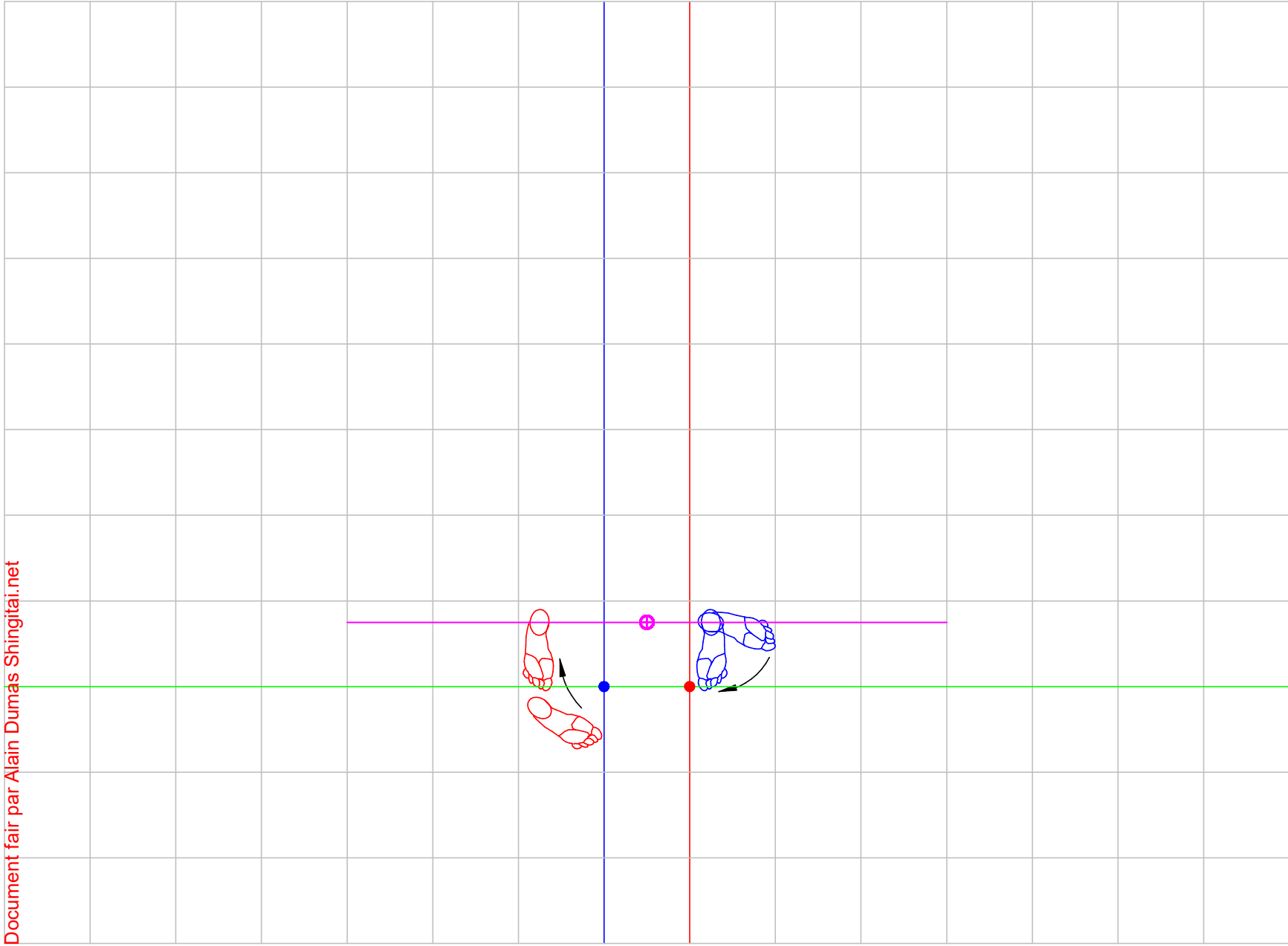


8,9) Zenkutsu-dachi

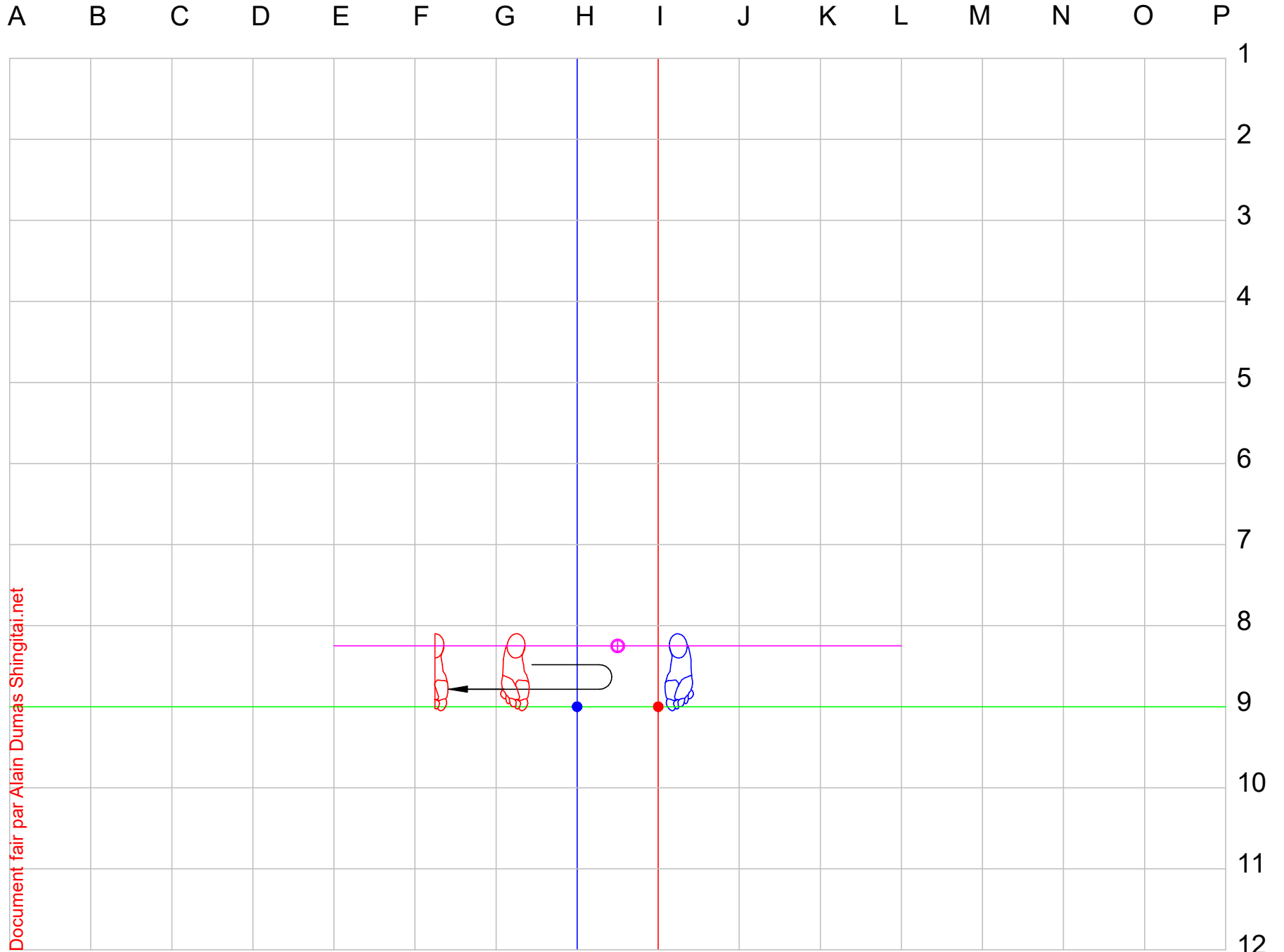
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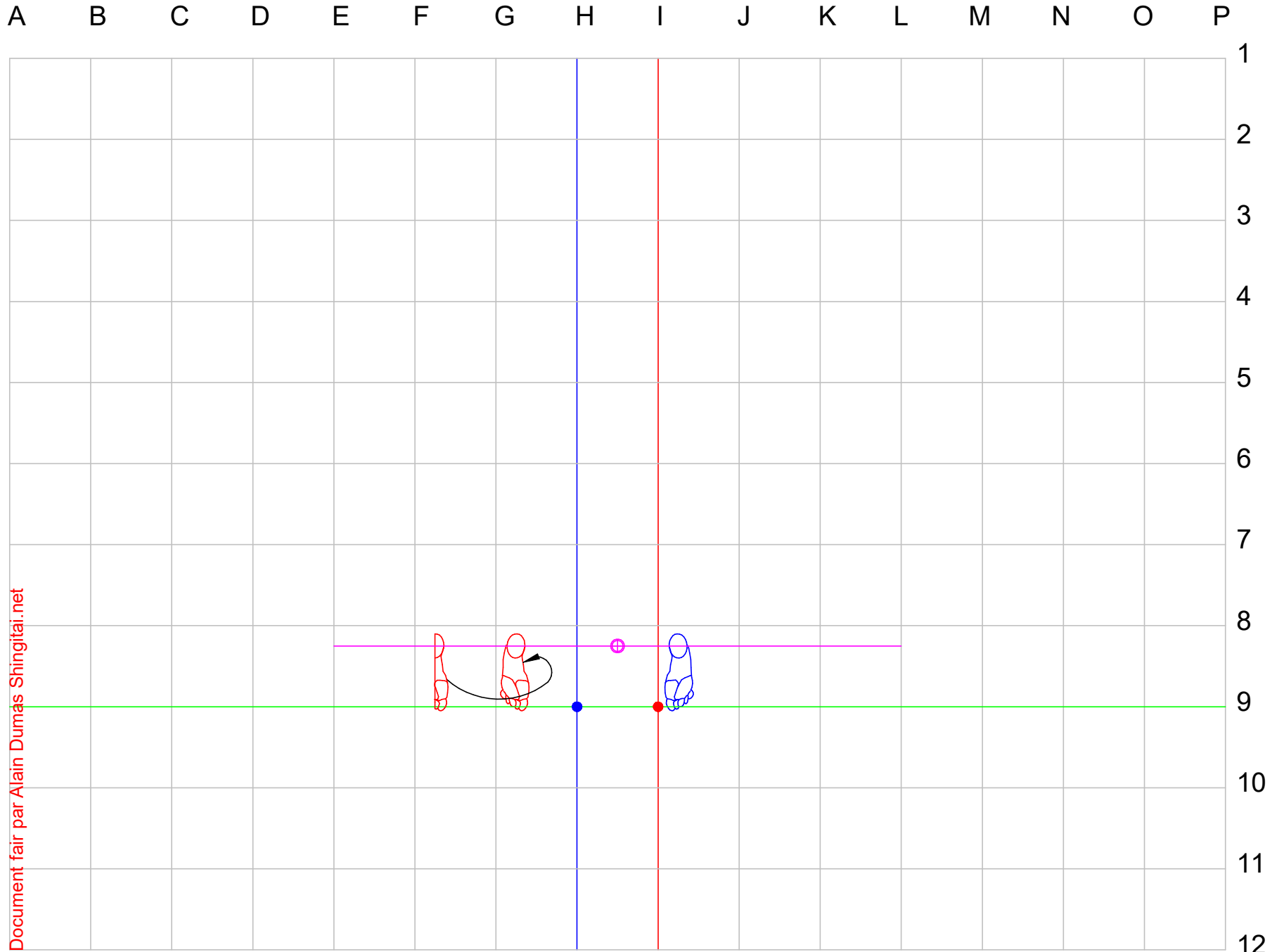


10) Kiba-dachi



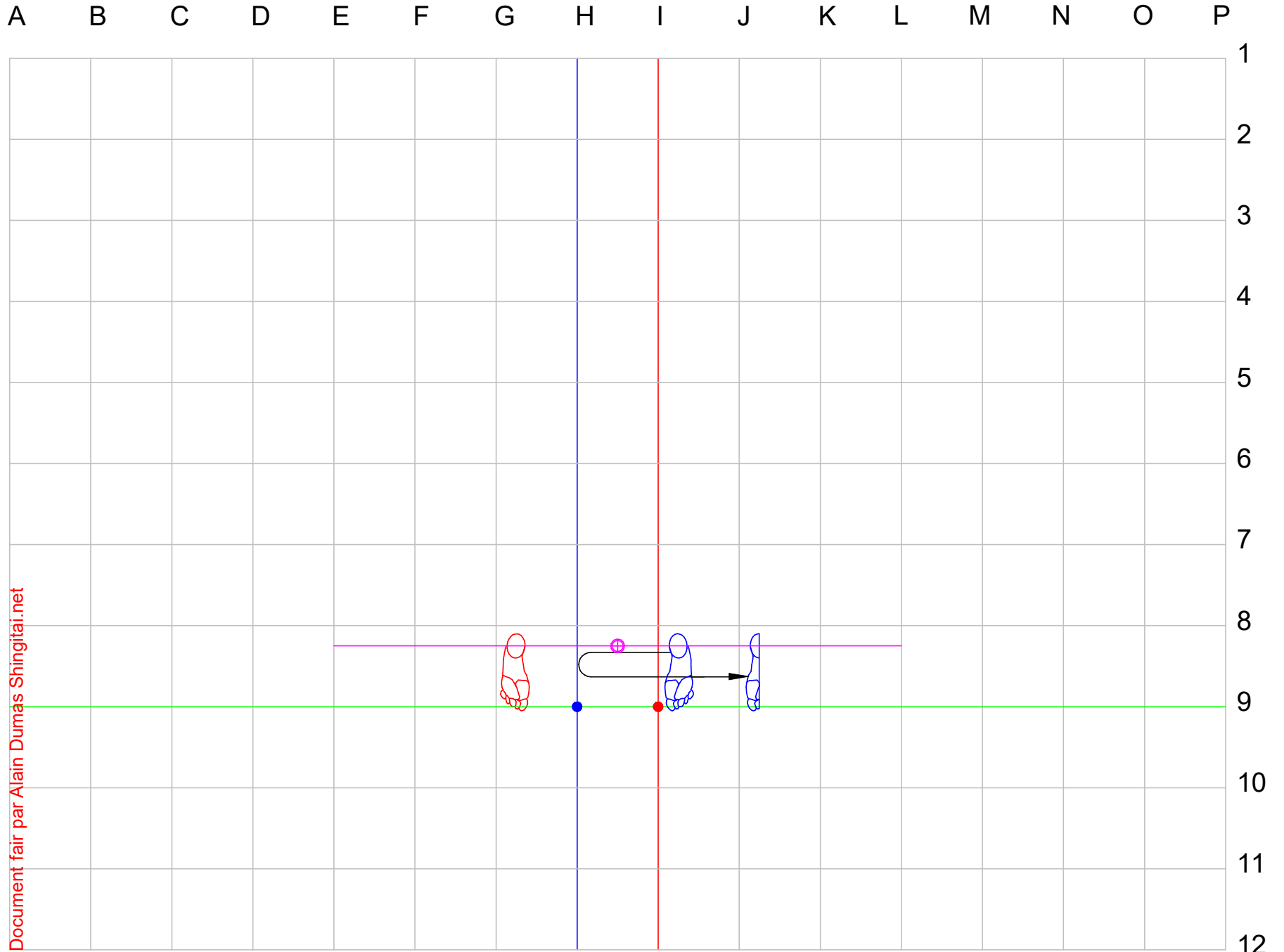
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11) Ashi-dachi



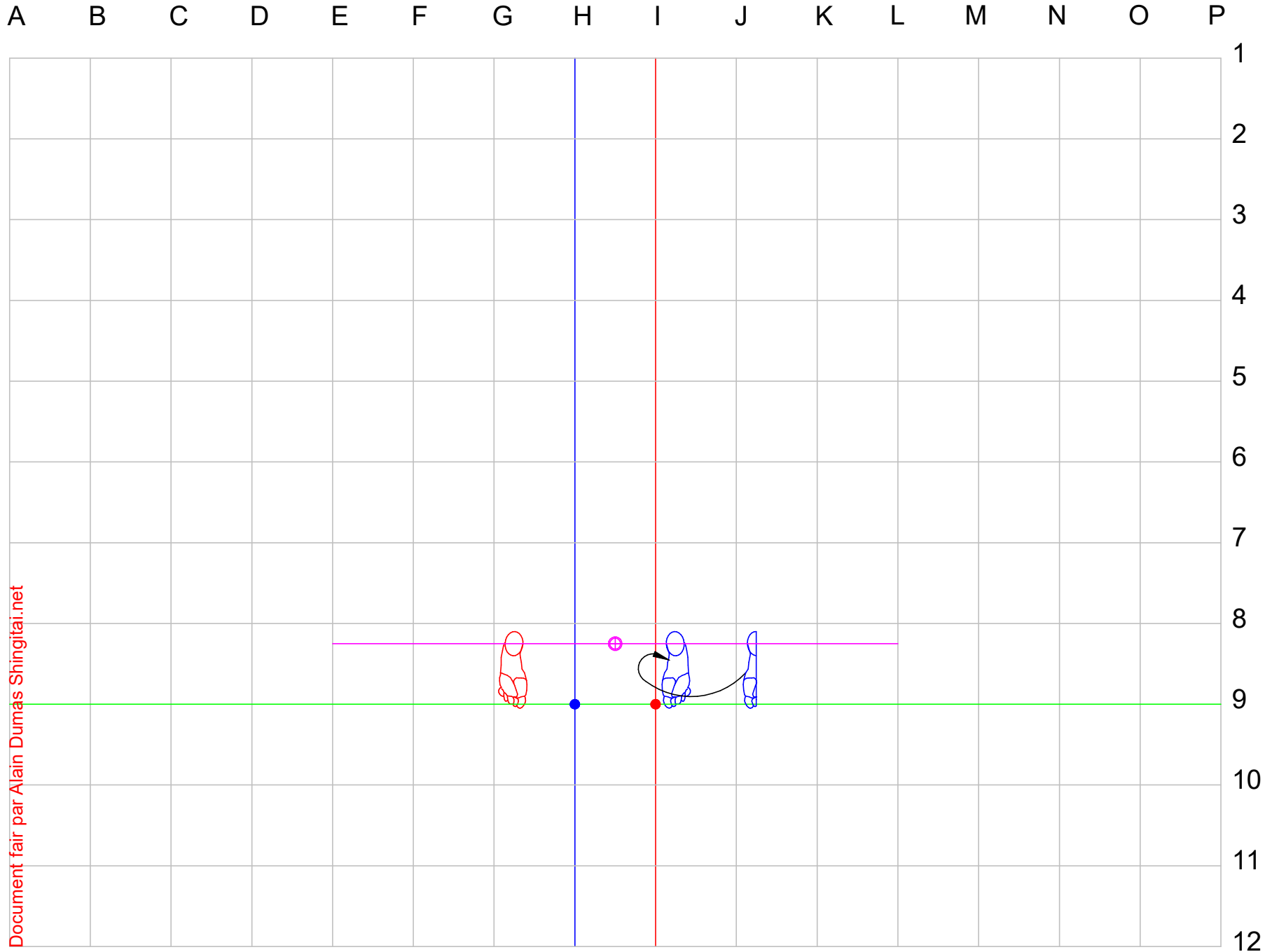
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12,13) Kiba-dachi



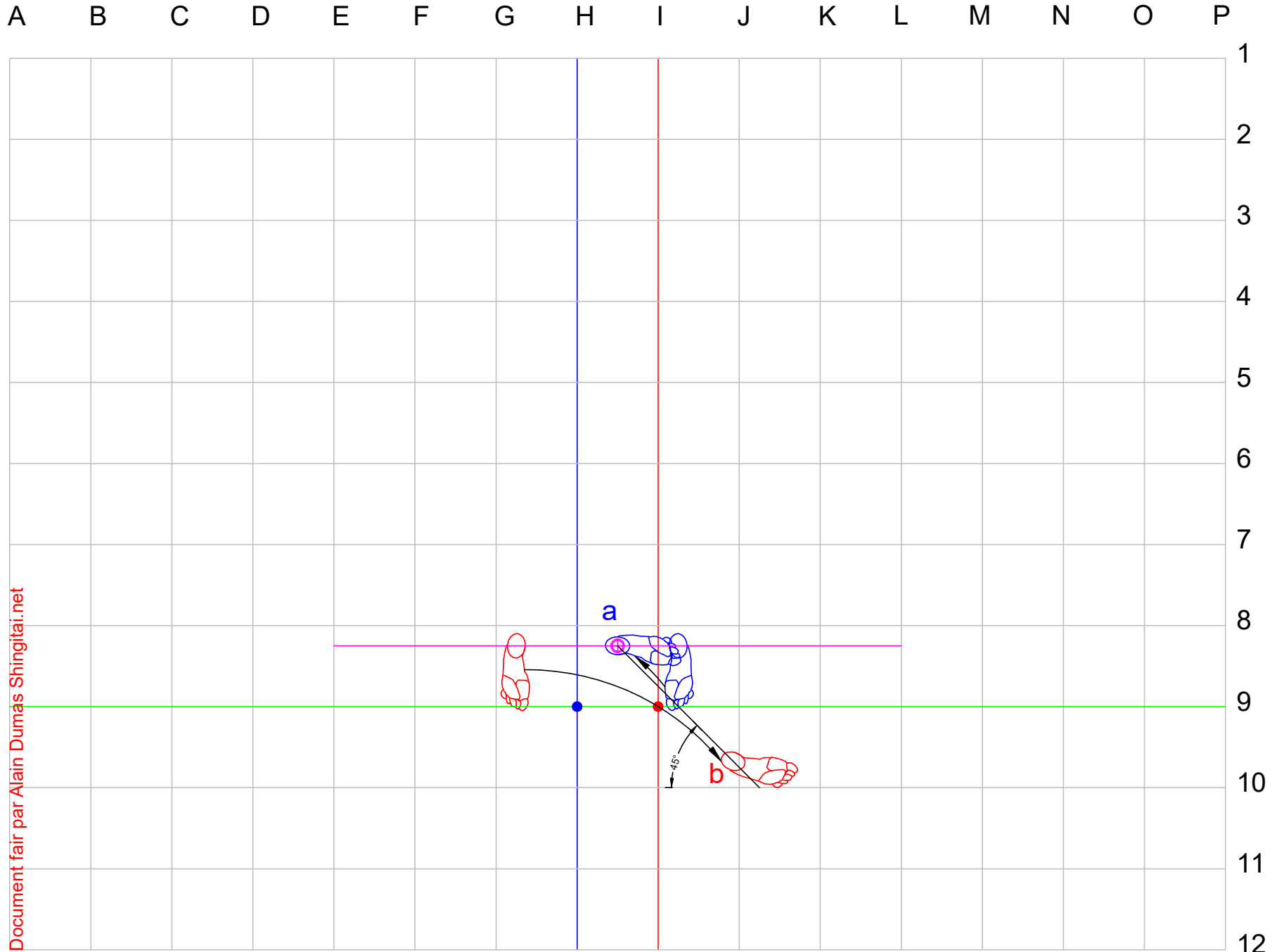
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14) Ashi-dachi



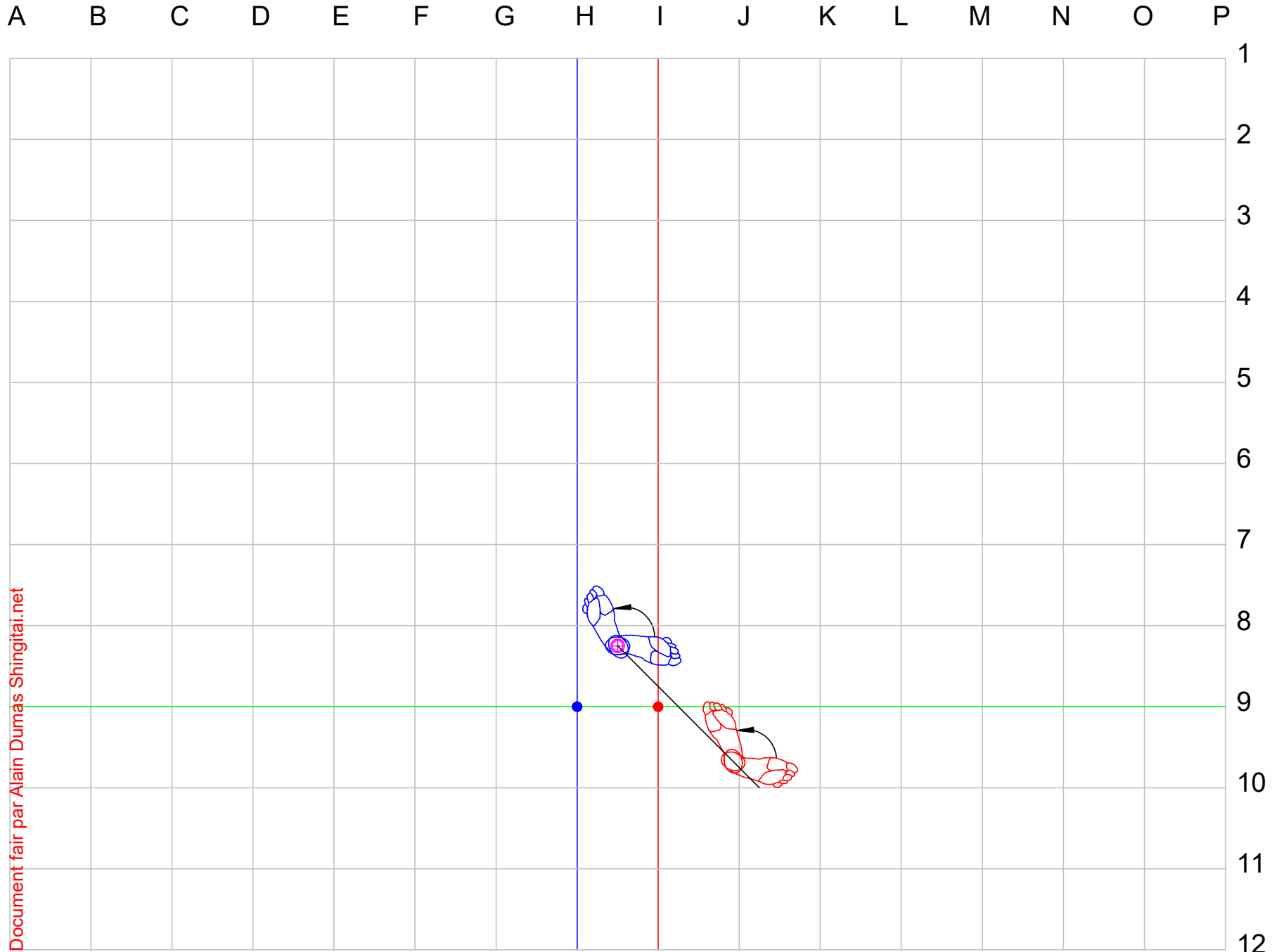
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15) Kiba-dachi



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16a,16b) Hiza-kussu-dachi



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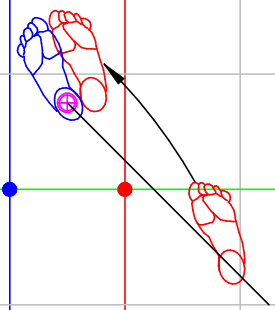
17) Hiza-kussu-dachi

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KIAI

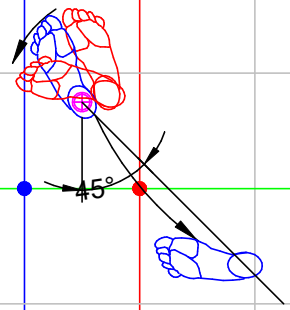


18) Heisoku-dachi

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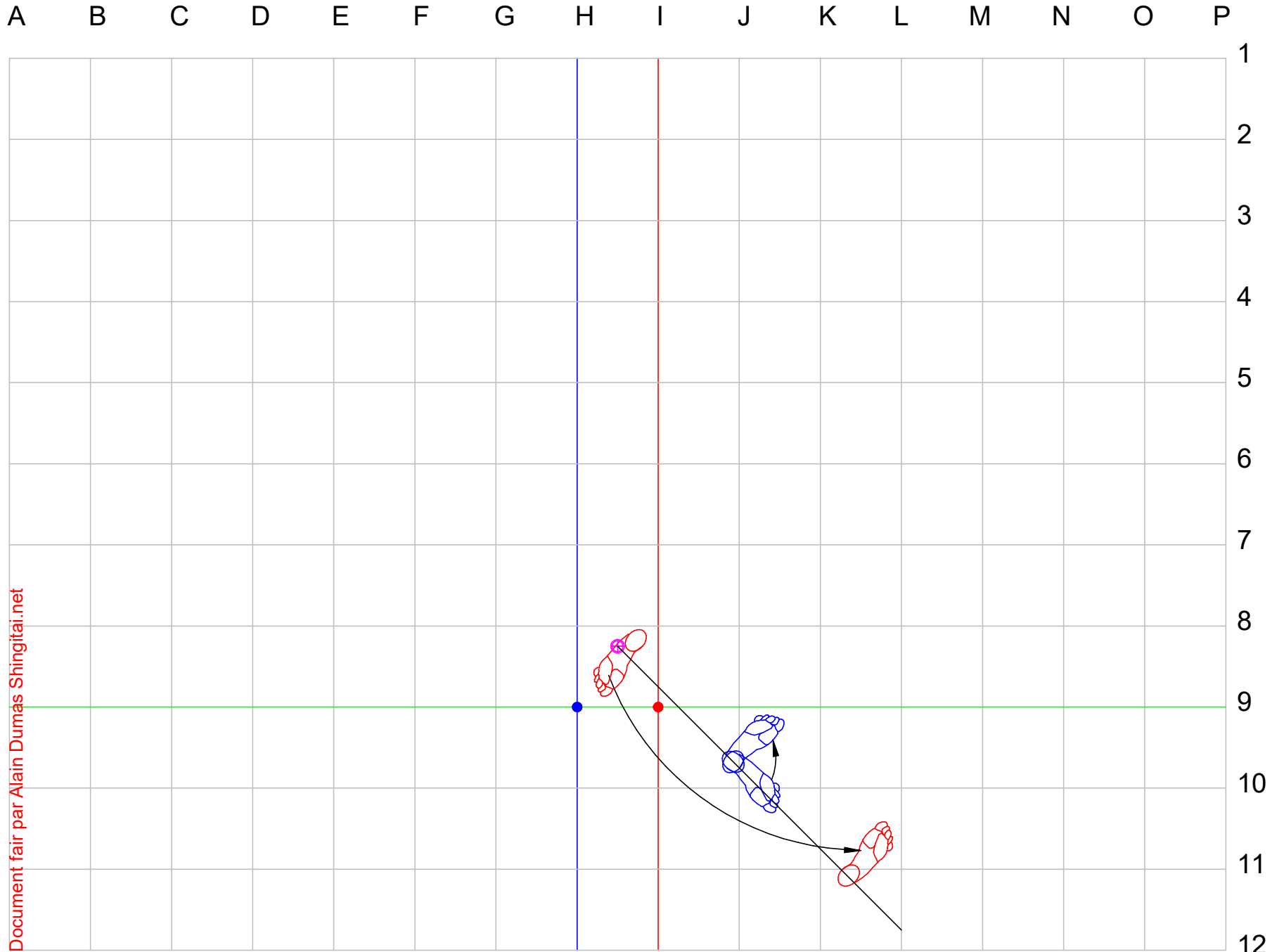


19, 20) Hiza kussu-dachi



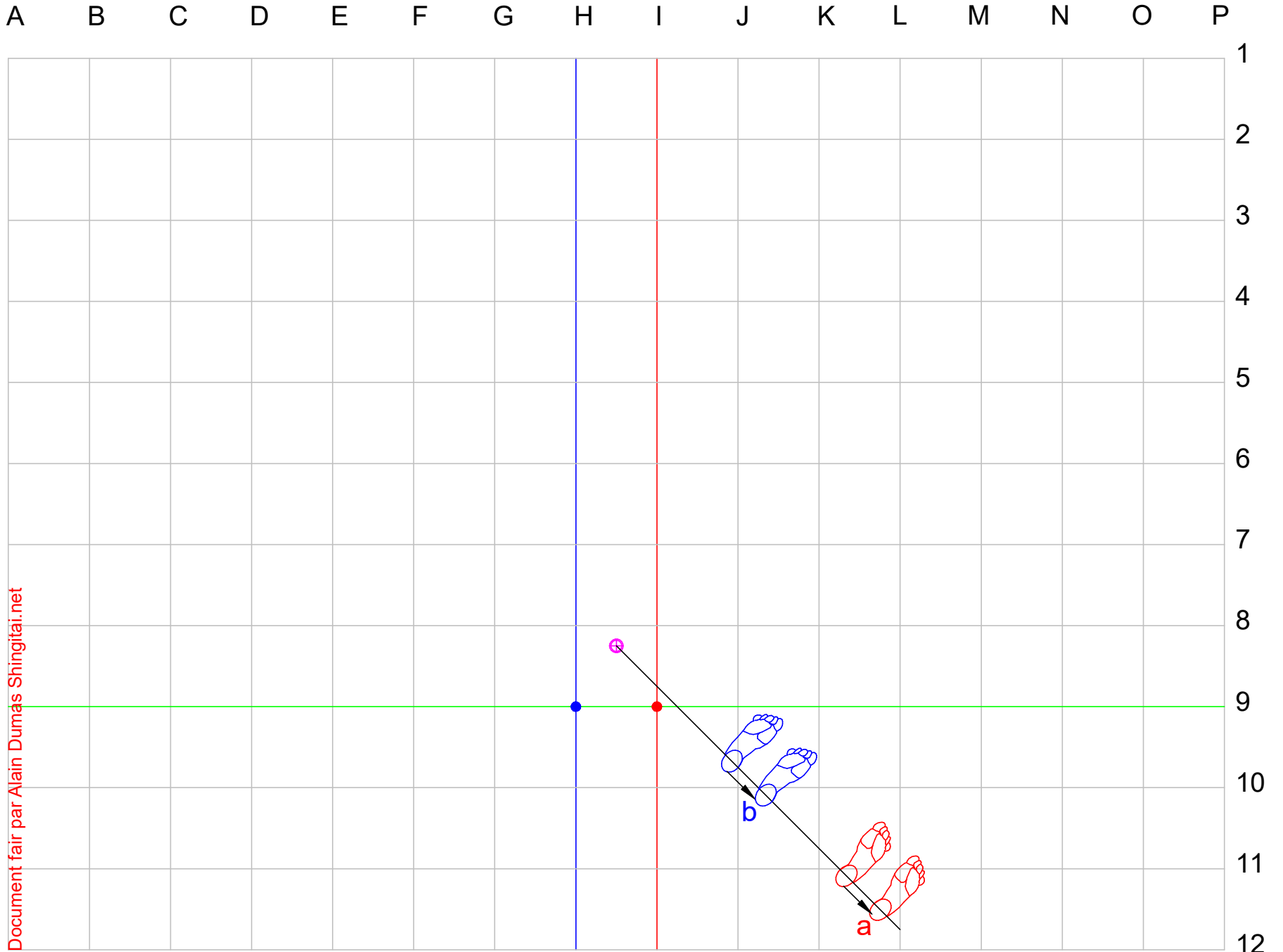
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21) Kokutsu-dachi



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22) Kiba-dachi



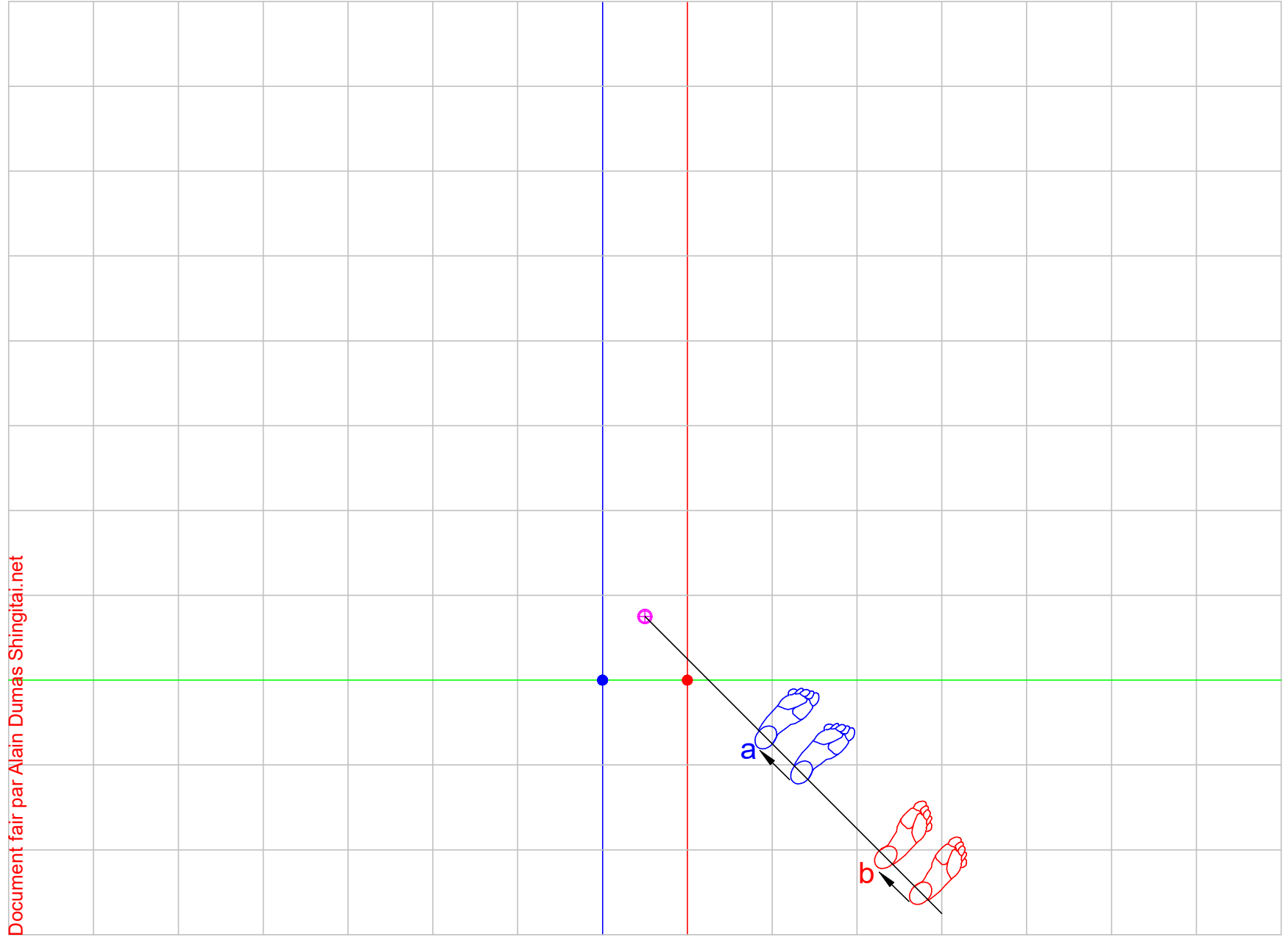
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23a,23b) Kiba-dachi

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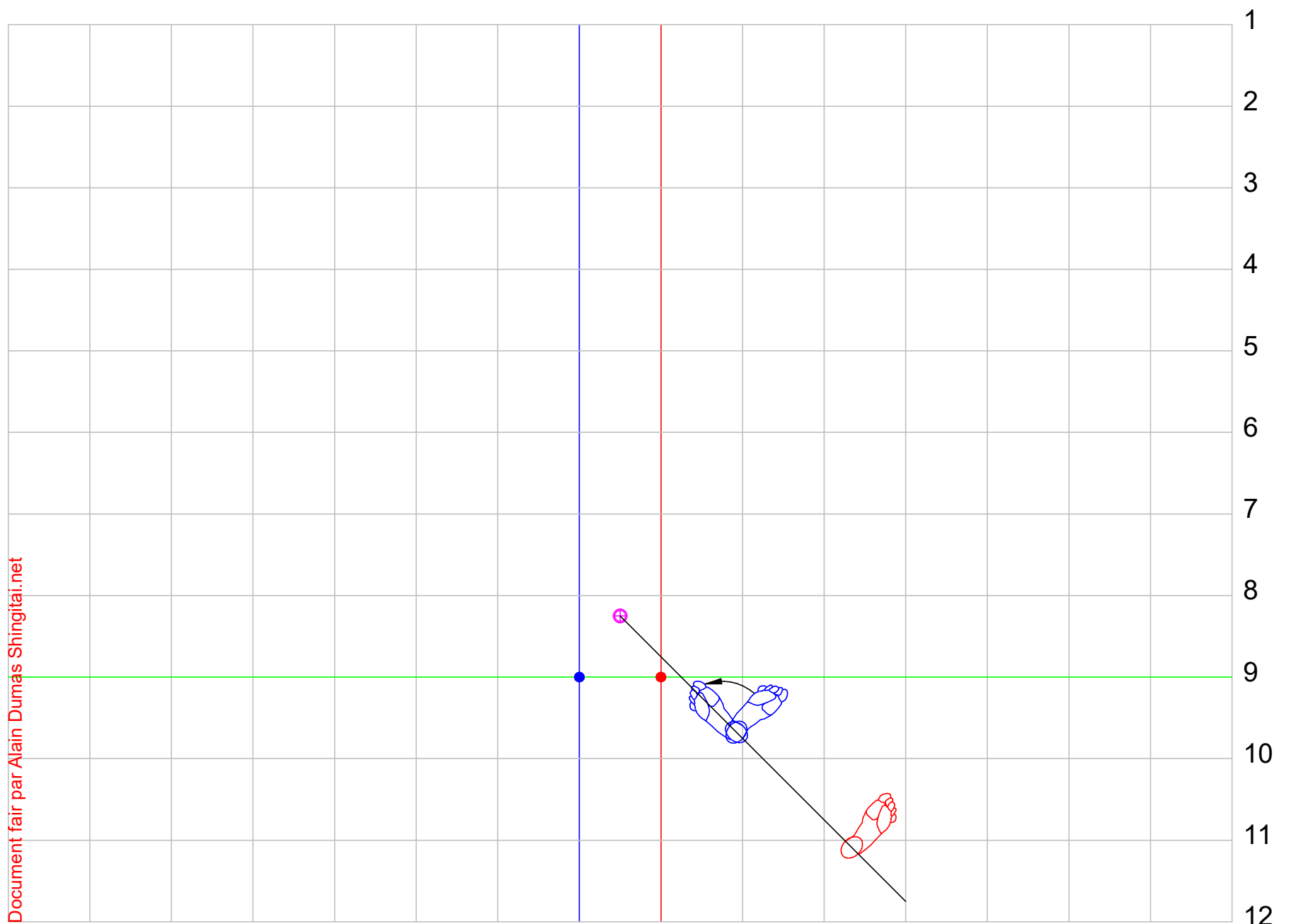
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24a,24b) Kiba-dachi

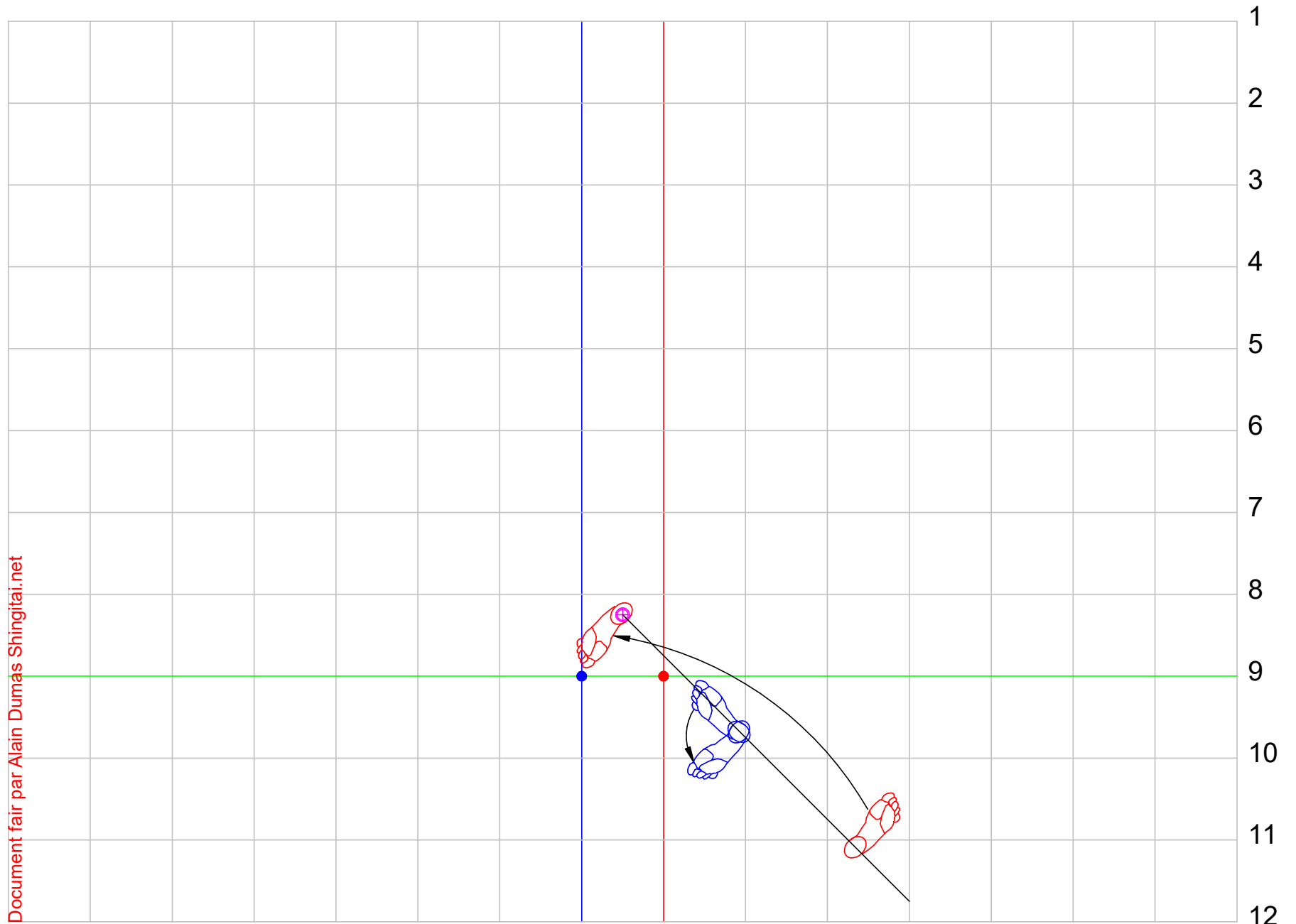
A B C D E F G H I J K L M N O P



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25) Kokutsu-dachi

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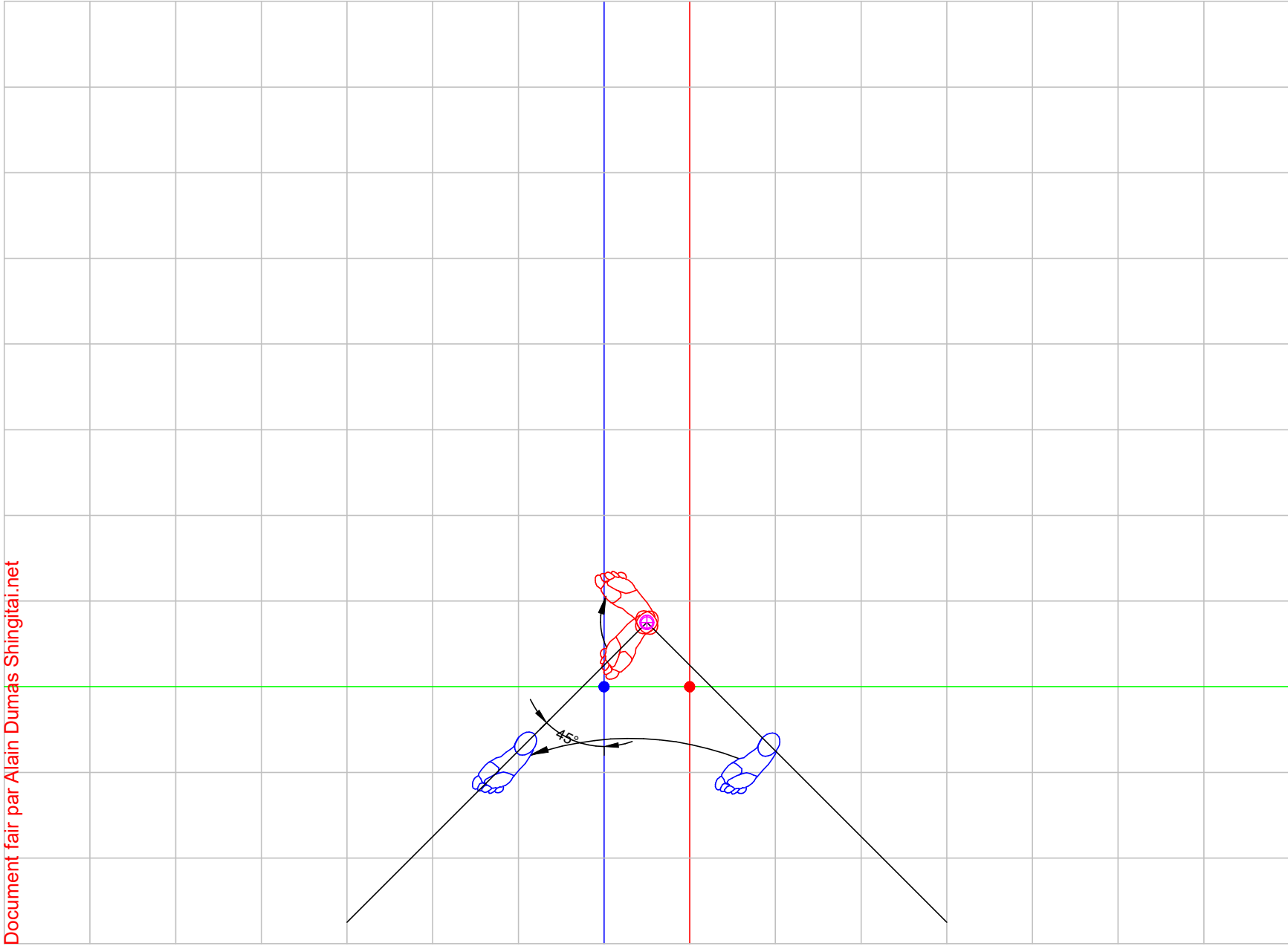
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26a,26b) Kiba-dachi

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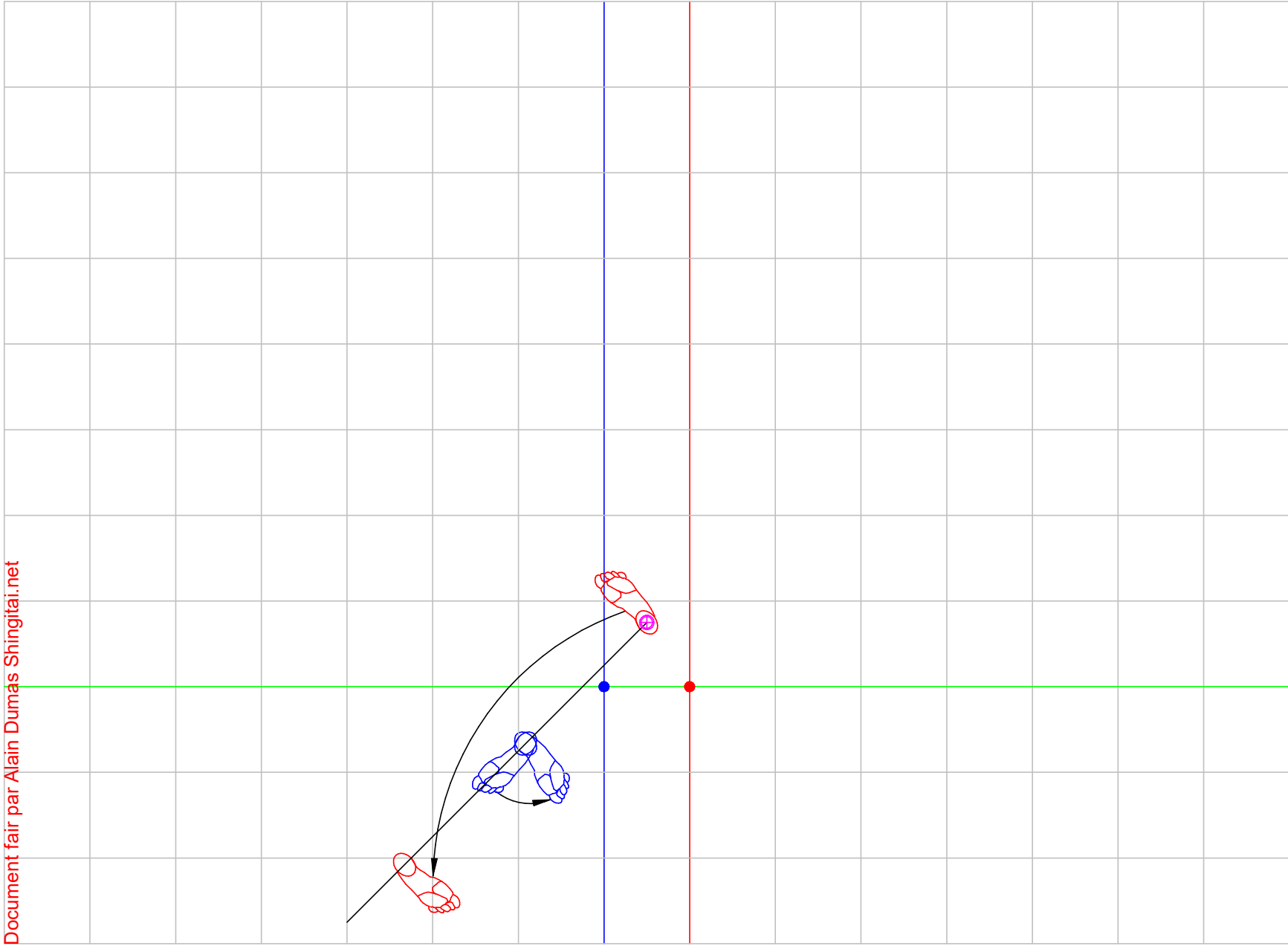


27) Kokutsu-dachi

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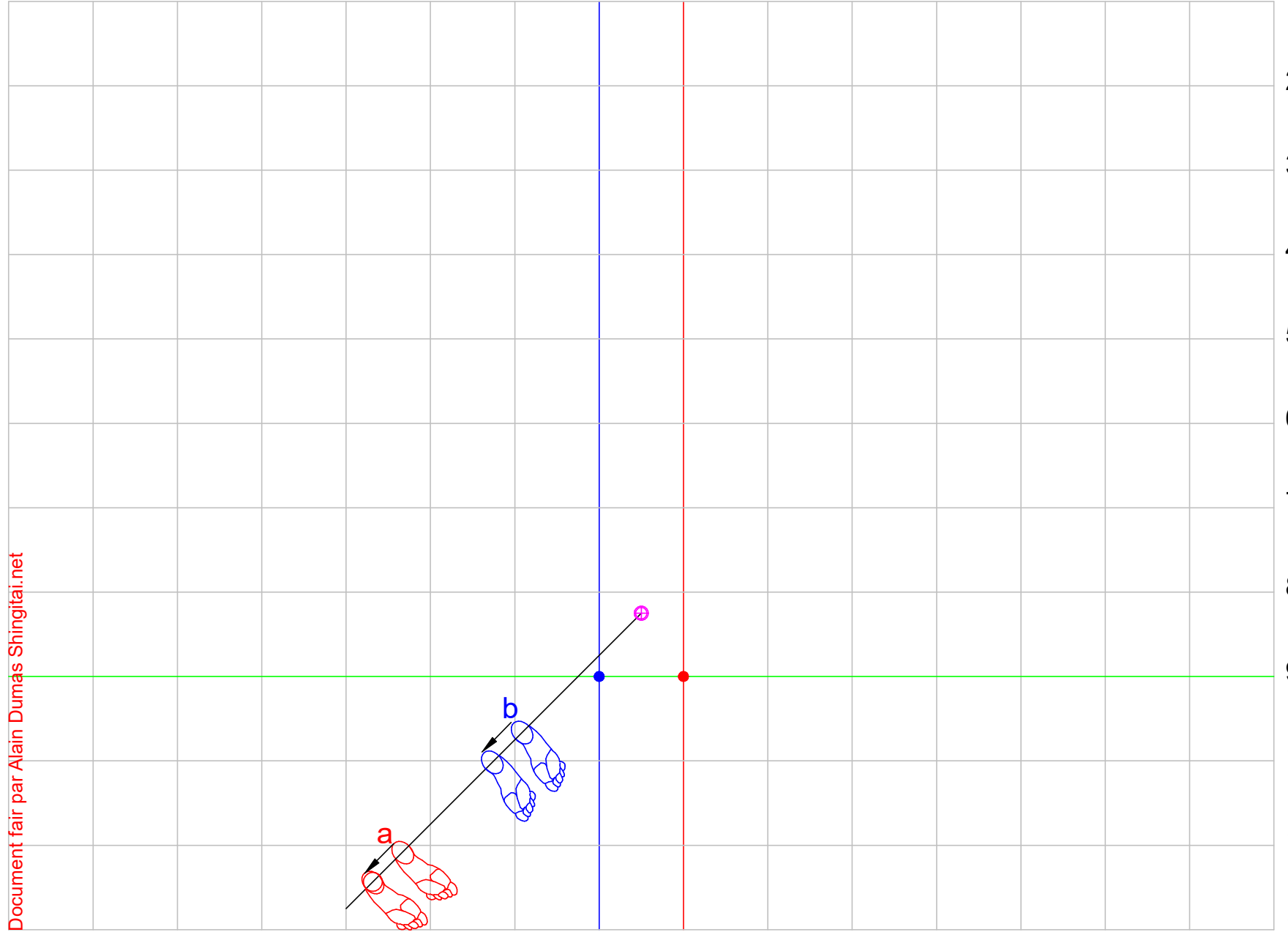
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28) Kiba-dachi

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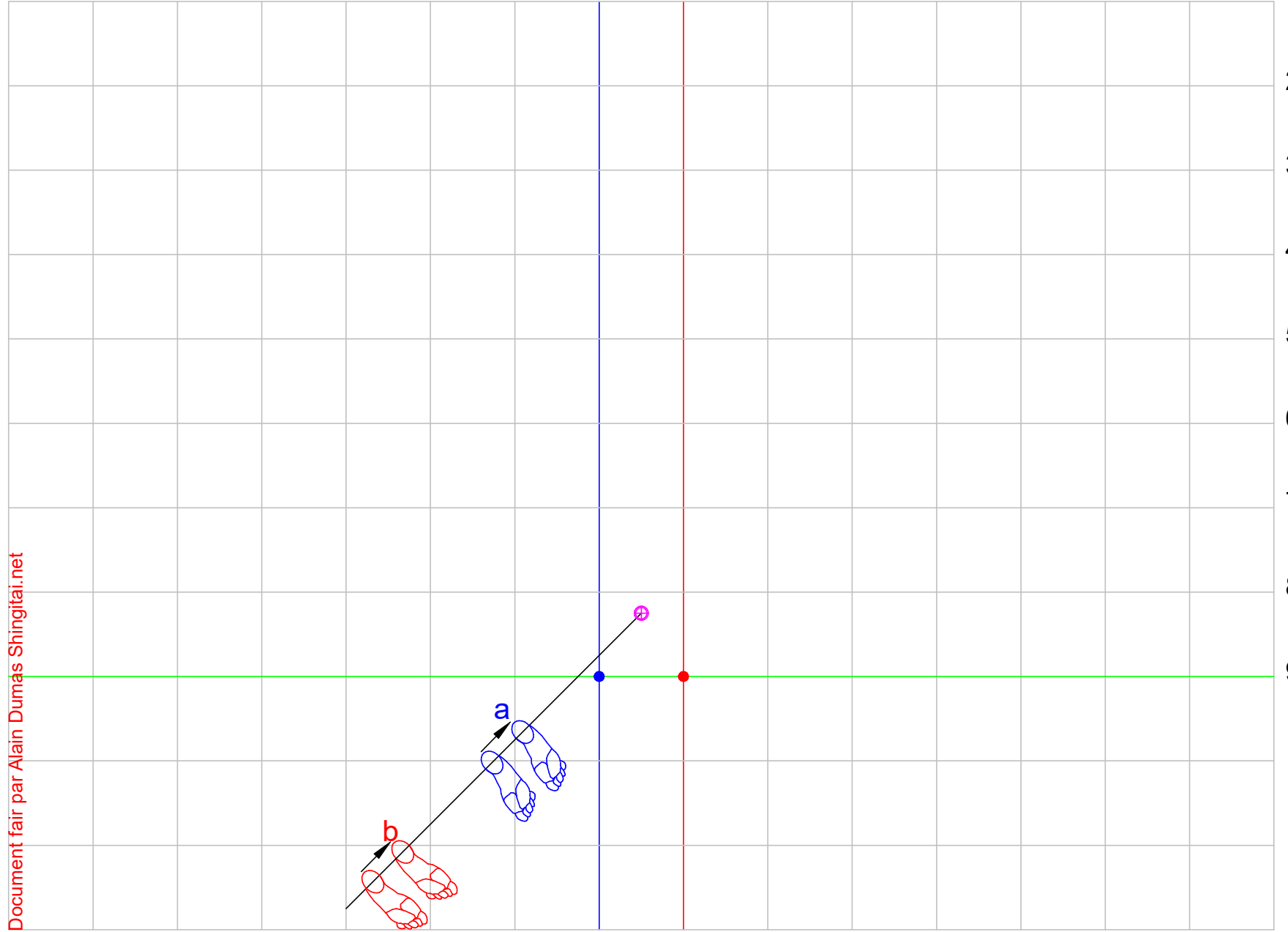


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29a,29b) Kiba-dachi

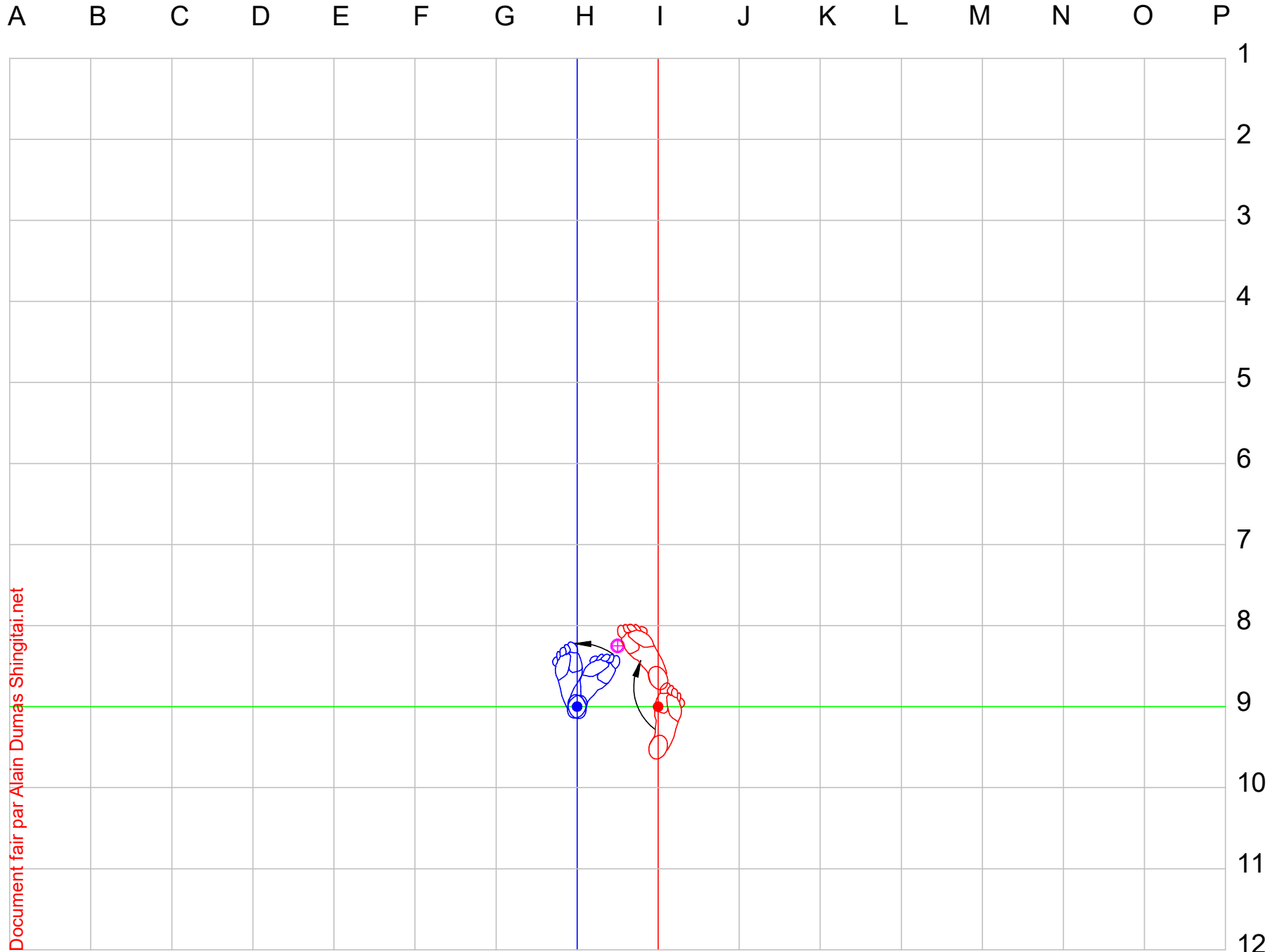
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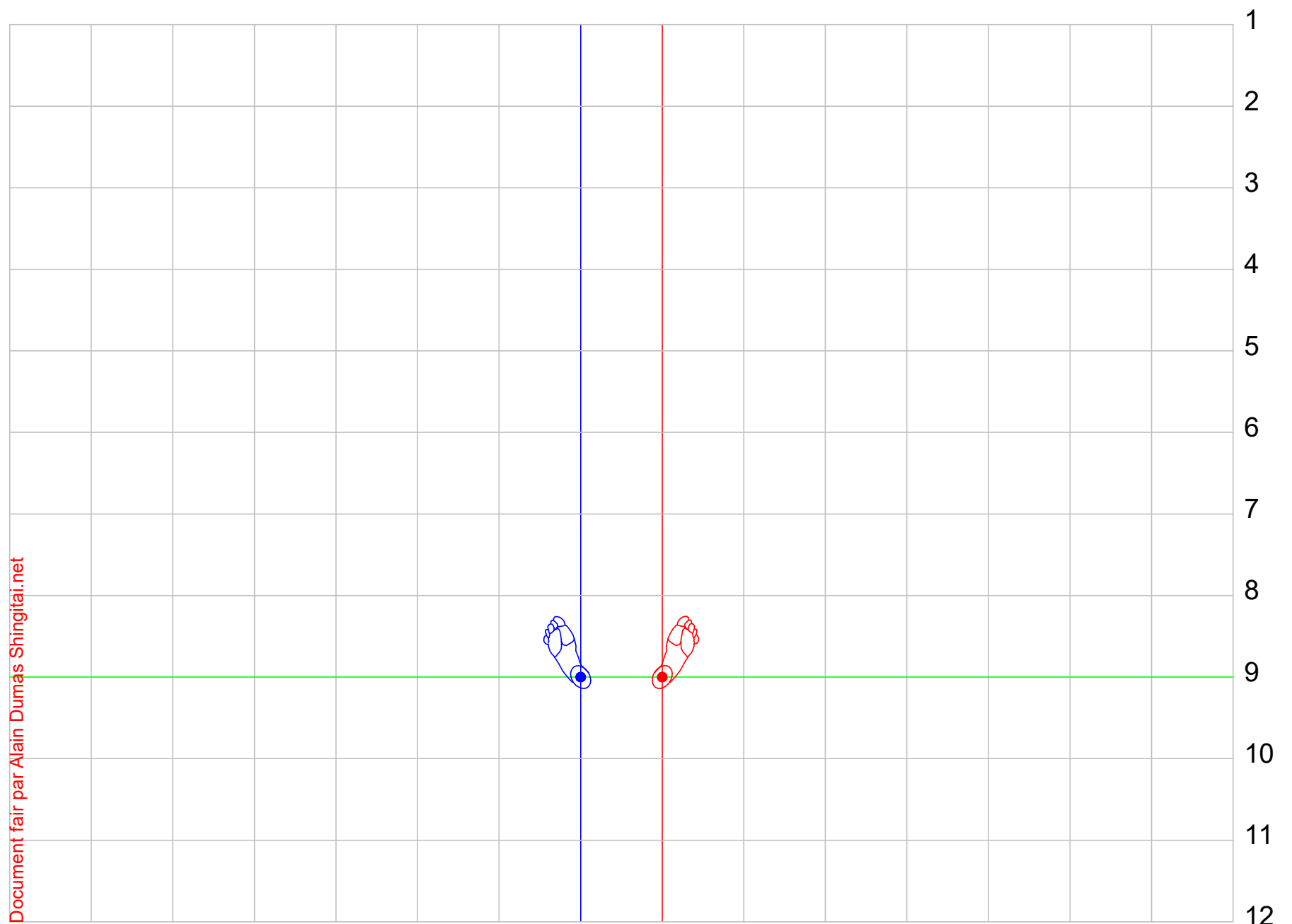
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30a,30b) Kiba-dachi



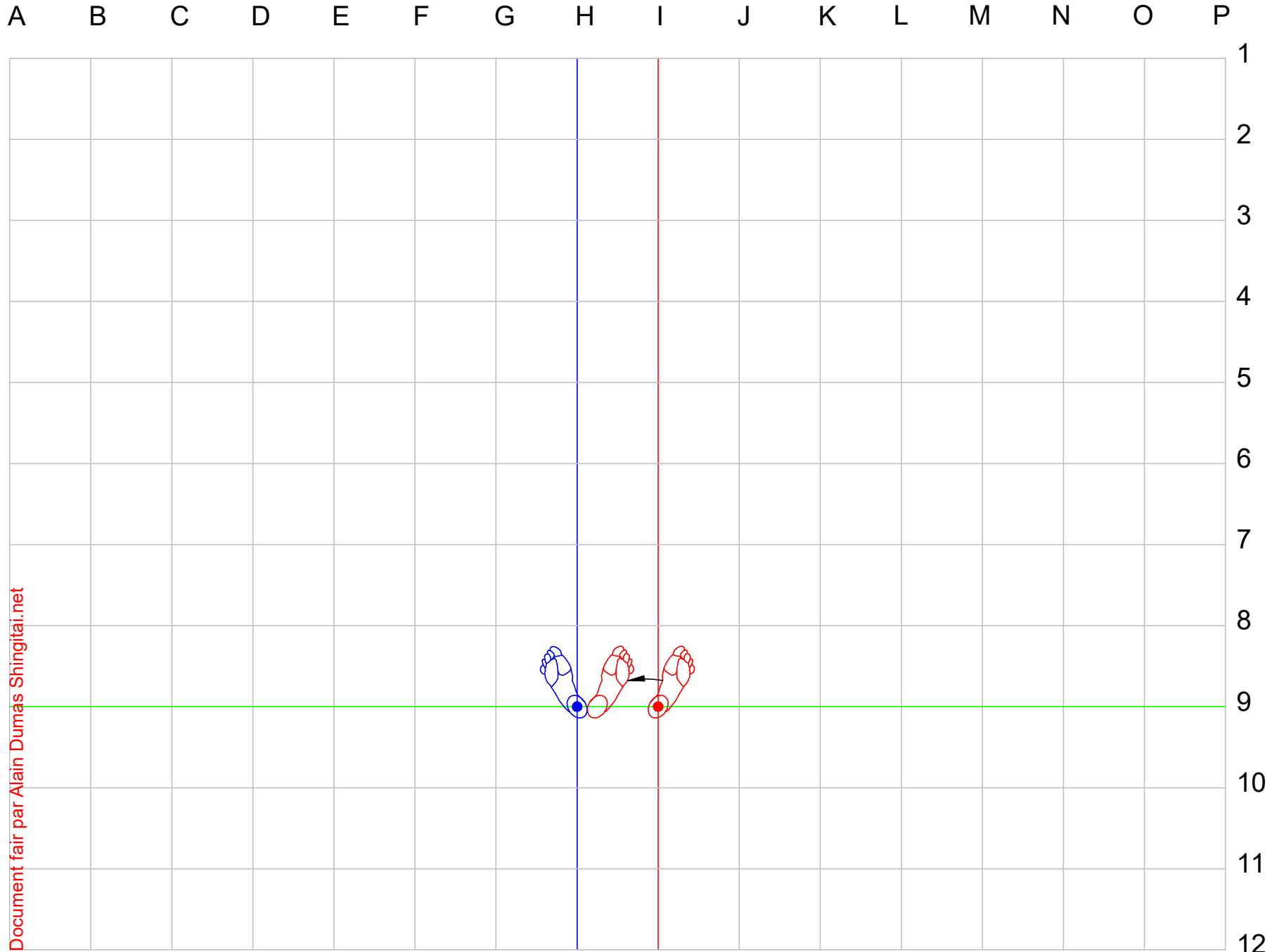
33a, 33b) Sanchin-dachi

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Shizen-tai

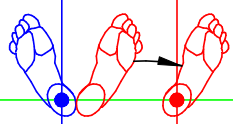


Musubi-dachi

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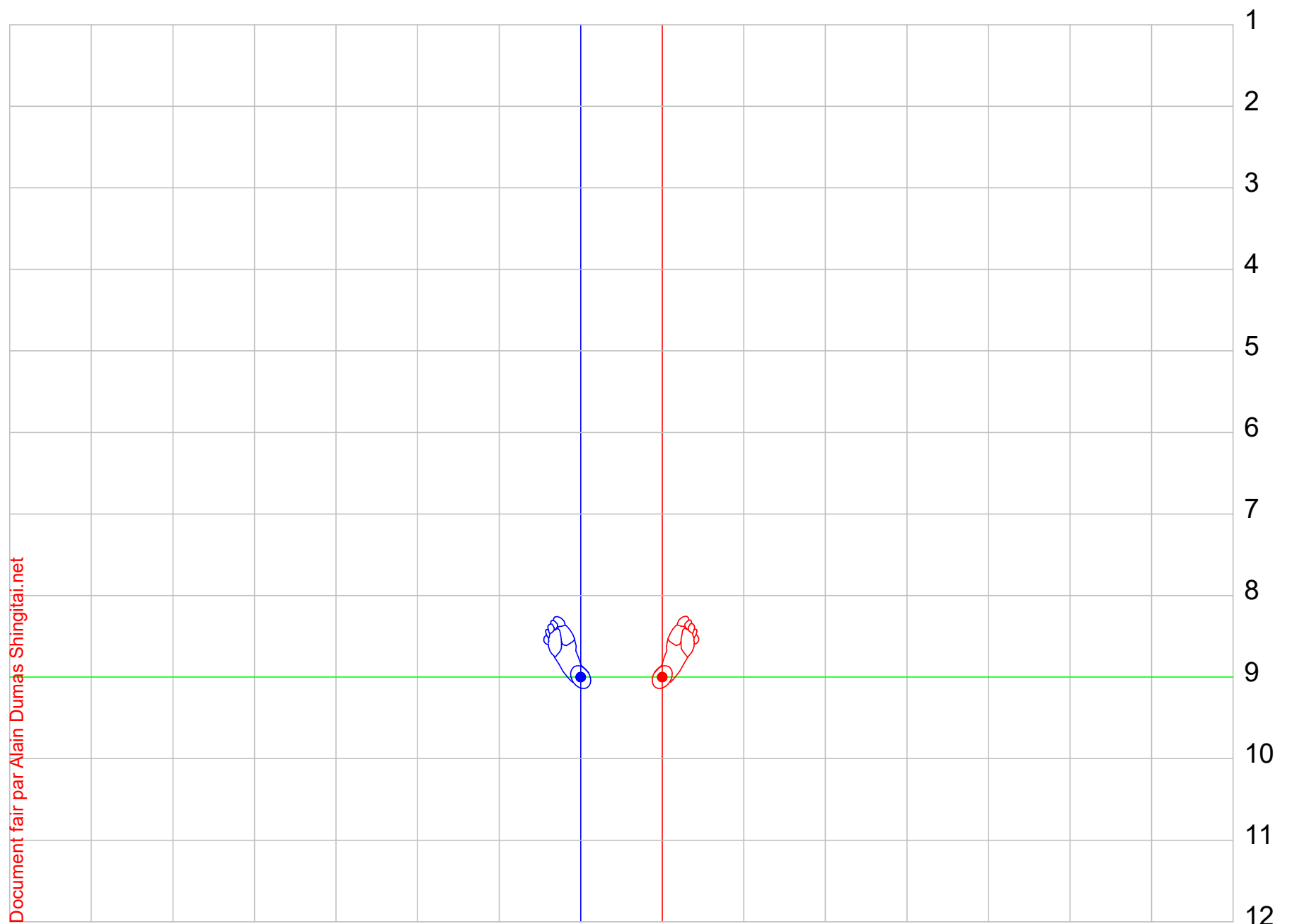
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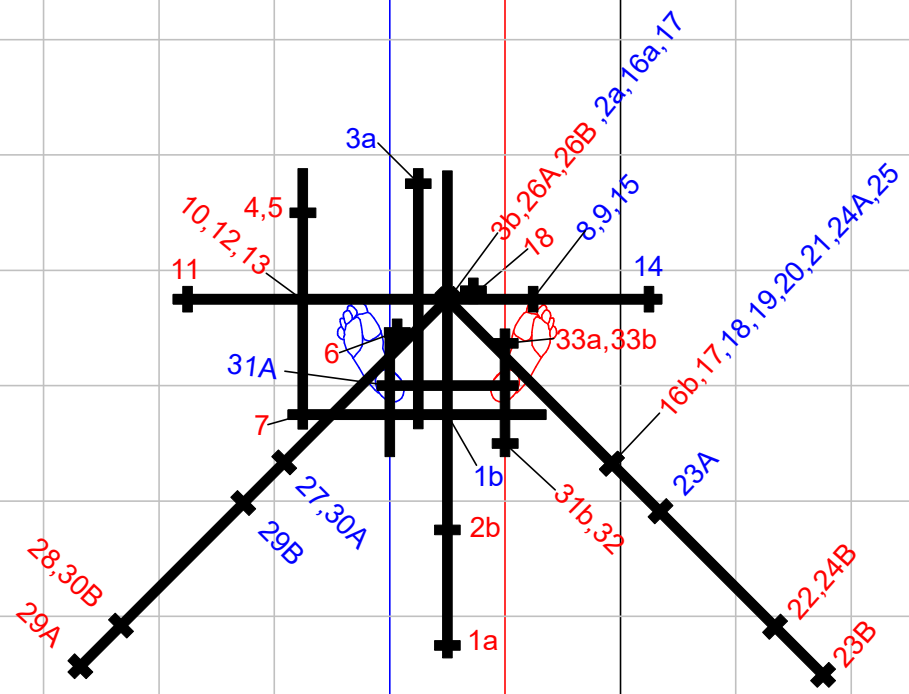
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Shizen-tai

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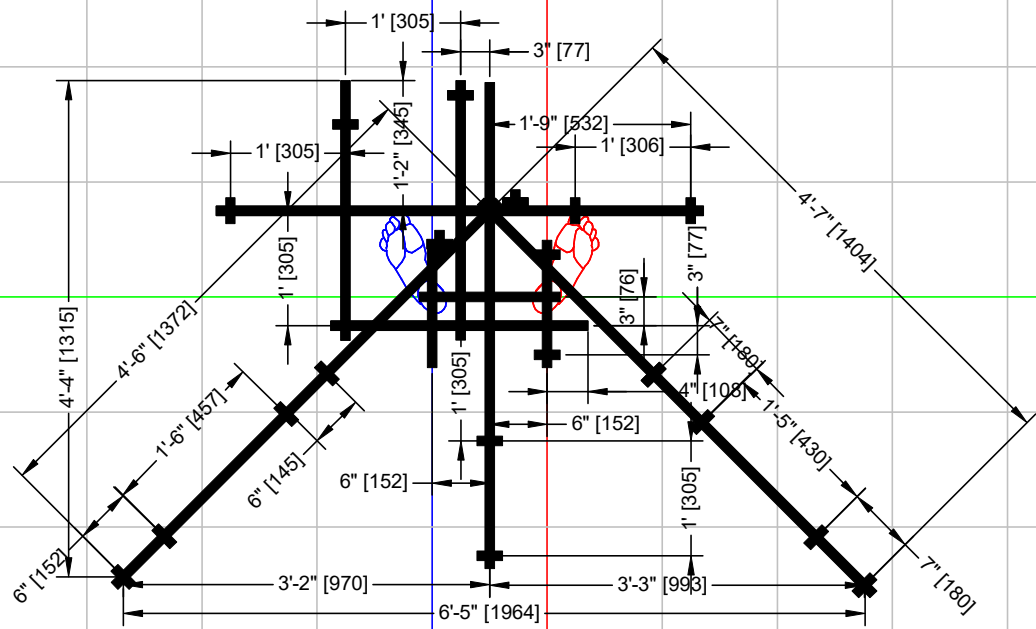


Embusen Nijushiho

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B) Embusen Nijushiho (Largeur des hanches, Hip width) 12" x 12" (305mm X 305mm)

