



EMBUSEN TEKKI SHODAN

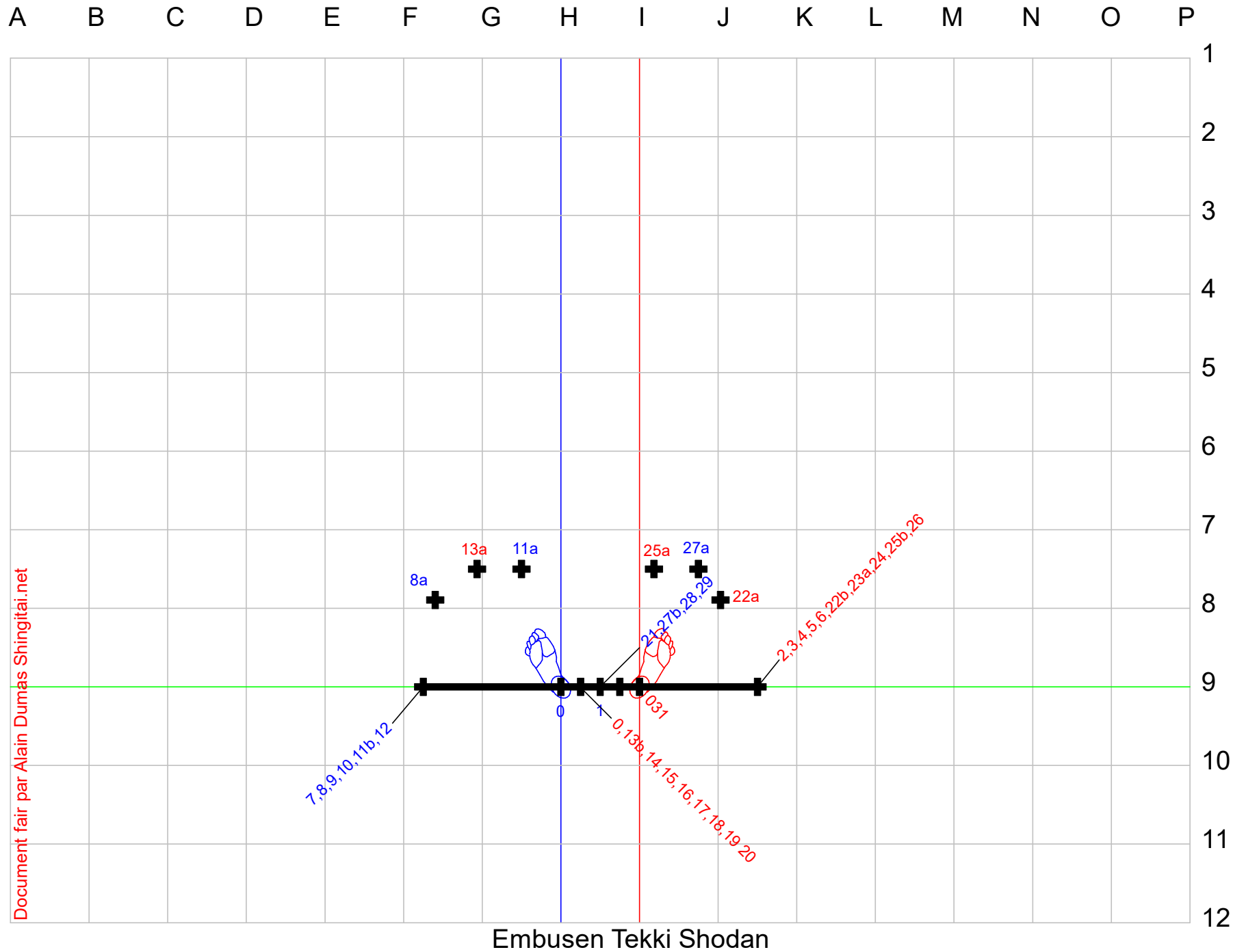
Best karate # 5

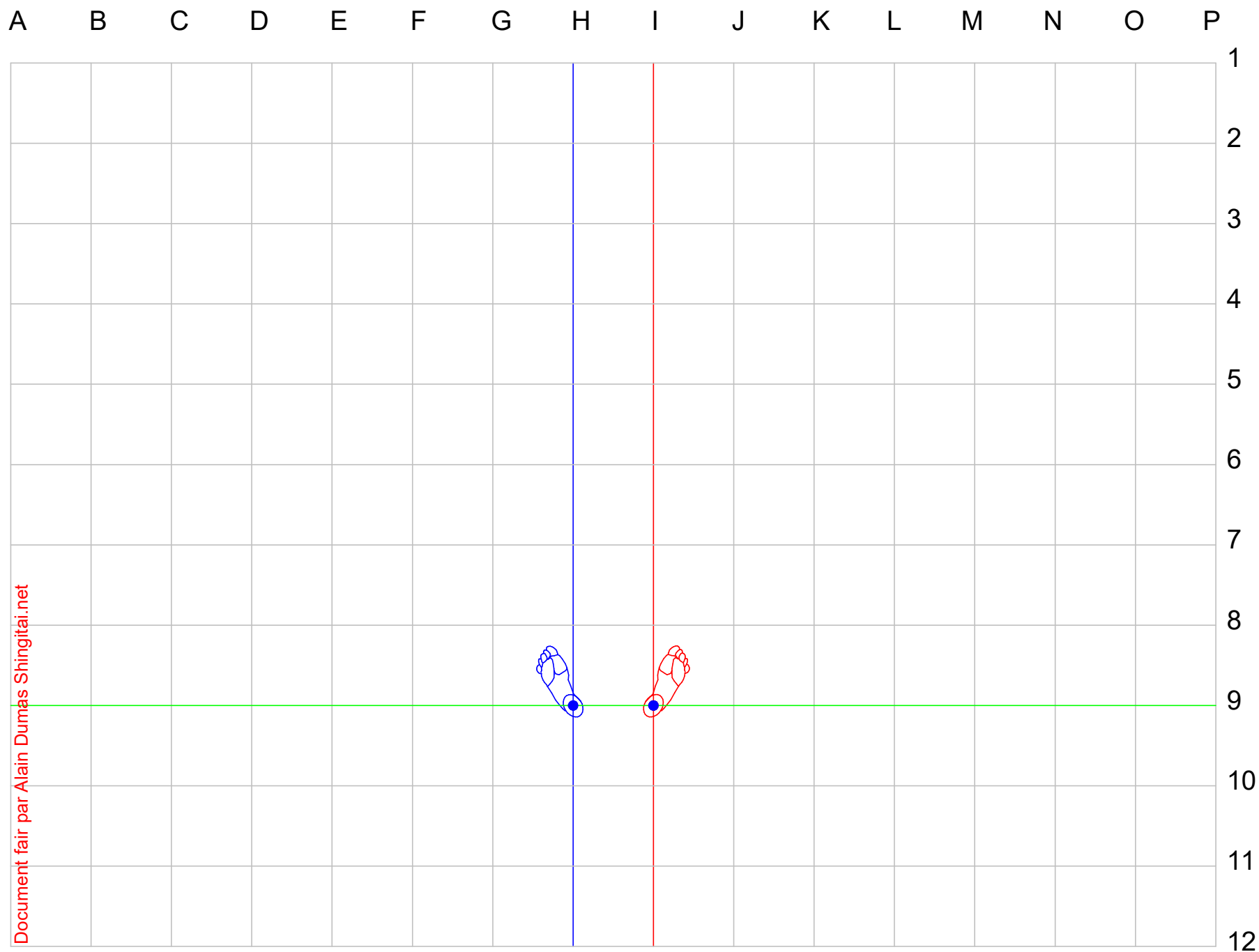
CAVALIER DE FER 1				IRON HORSMAN 1			
Origine : Okinawa, date de création : très vieux, auteur : maître Itosu				Origin : Okinawa, date of creation: very old, unknown : master Itosu			
Tekki : Cavalier de fer, Nidan : 1 ^{er} niveau				Tekki : Iron horsman, Nidan : 1 st level			
Kata de force « Shorei » - Classification IKD : Groupe 2				« Shorei » Strength kata – IKD Classification : Group 2			
29 mouvements - Kiai mouvement 15 et 29 - Durée 50 secondes				29 movements - Kiai movements 15 and 29 - Length : 50 seconds			
<u>Points importants:</u> Dans les mouvements kosa-dachi, il faut porter attention au transfert de poids sur la partie sokuto des pieds pour augmenter la stabilité du tronc.				<u>Important points:</u> In the kosa-dachi movements, it is important to pay attention the weight transfer on the sokuto part of the feet in order to improve torso stability.			
<u>Note:</u> L'orientation des poignets a une grande importance pour la puissance des blocages et est en relation avec la position des jambes.				<u>Note:</u> Wrists alignments are very important to obtain blockage strength which is also in relation to leg position.			
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, fin.	● I-9	Début, fin.	● H-9	Start, end.	● I-9	Start, end.

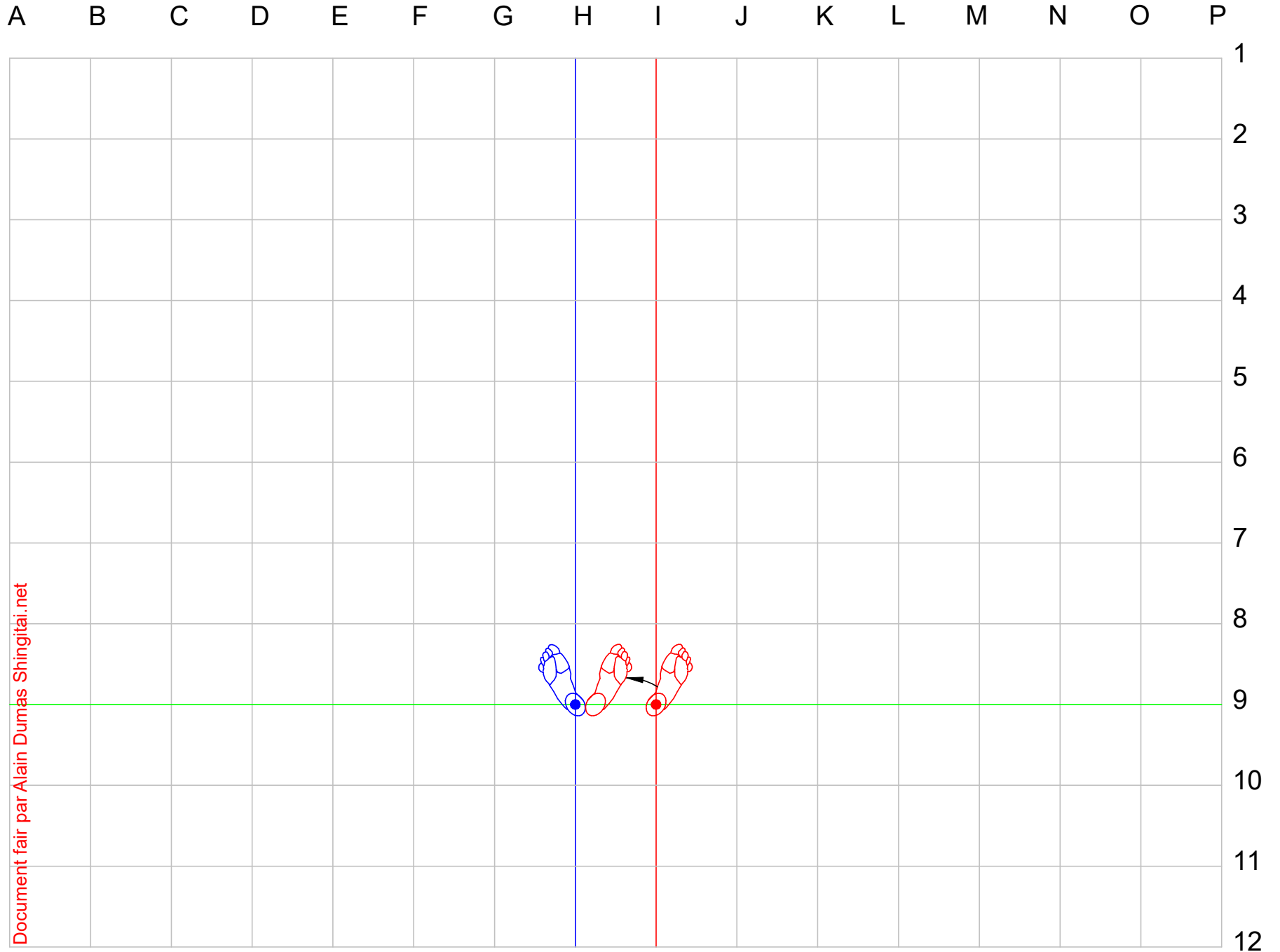
Par Alain Dumas 7^e dan



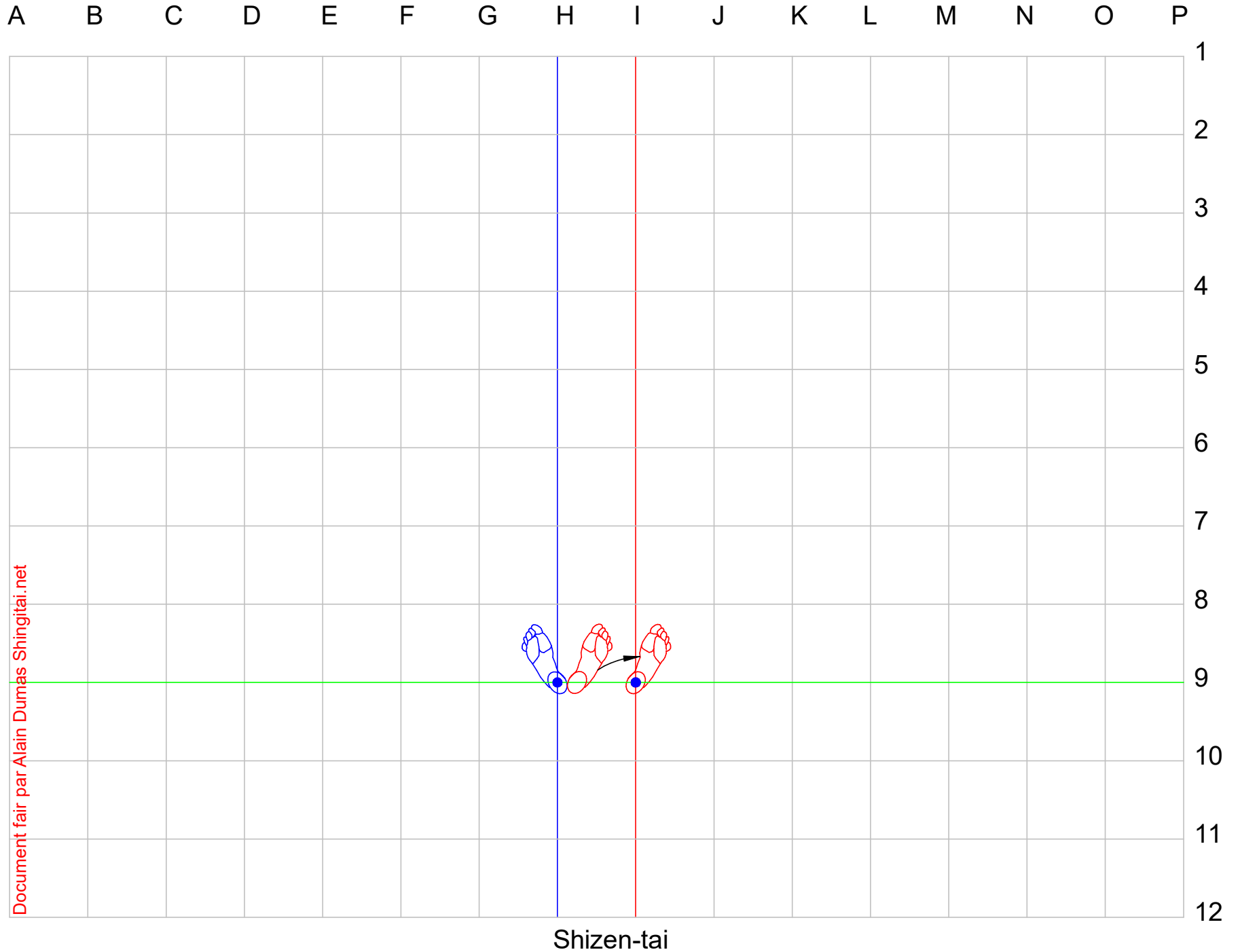
IKD 2025-03-04

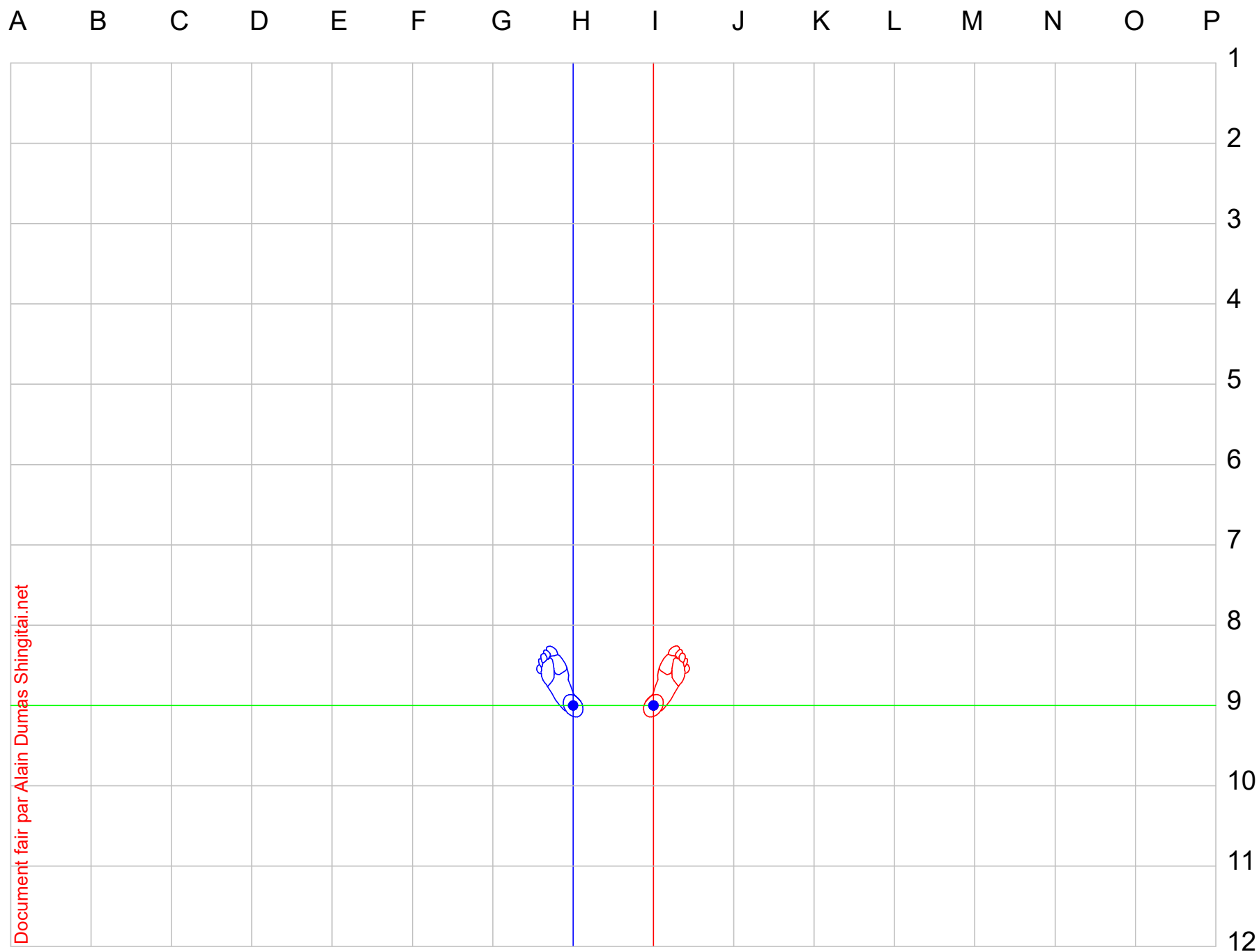


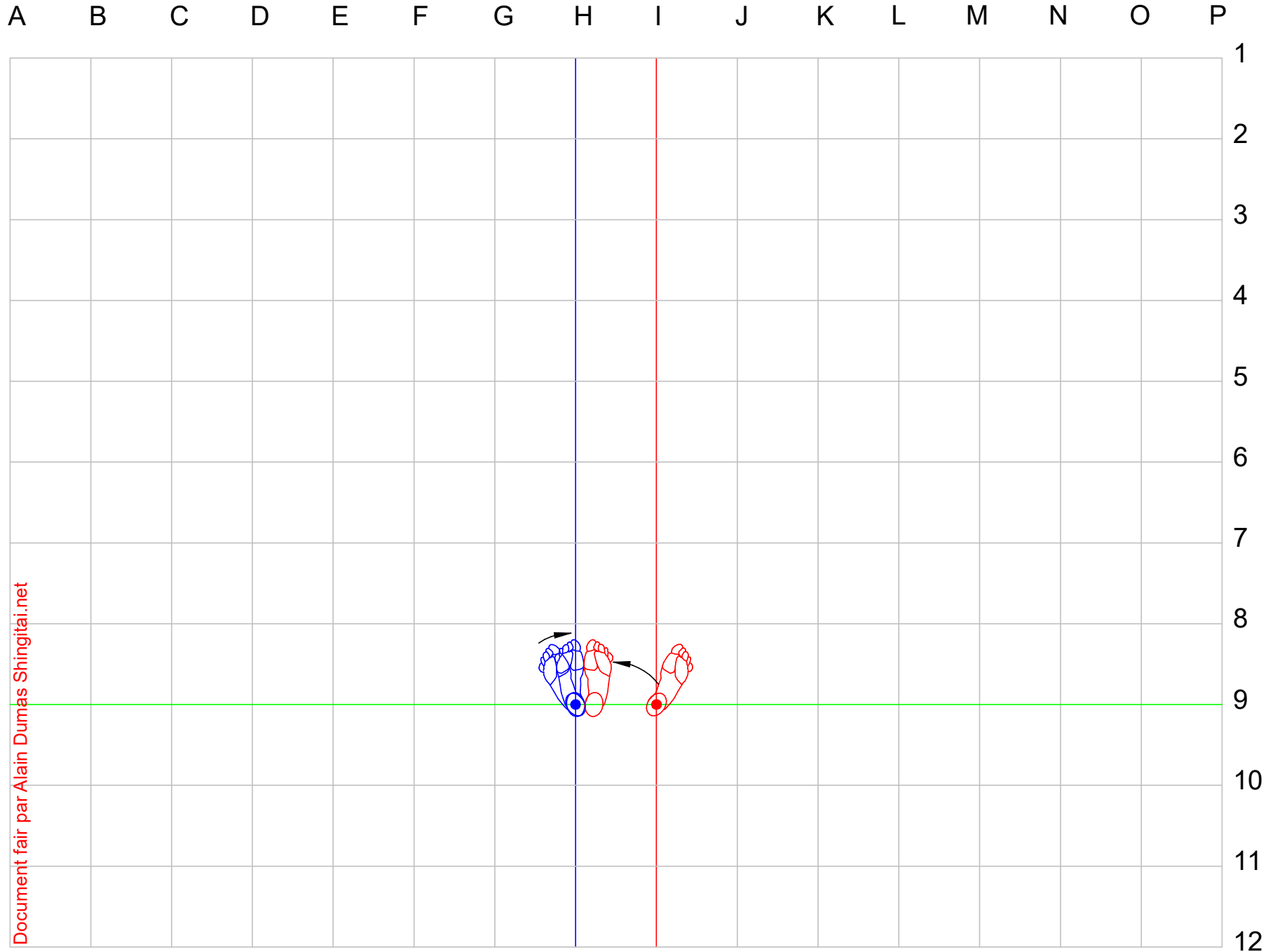


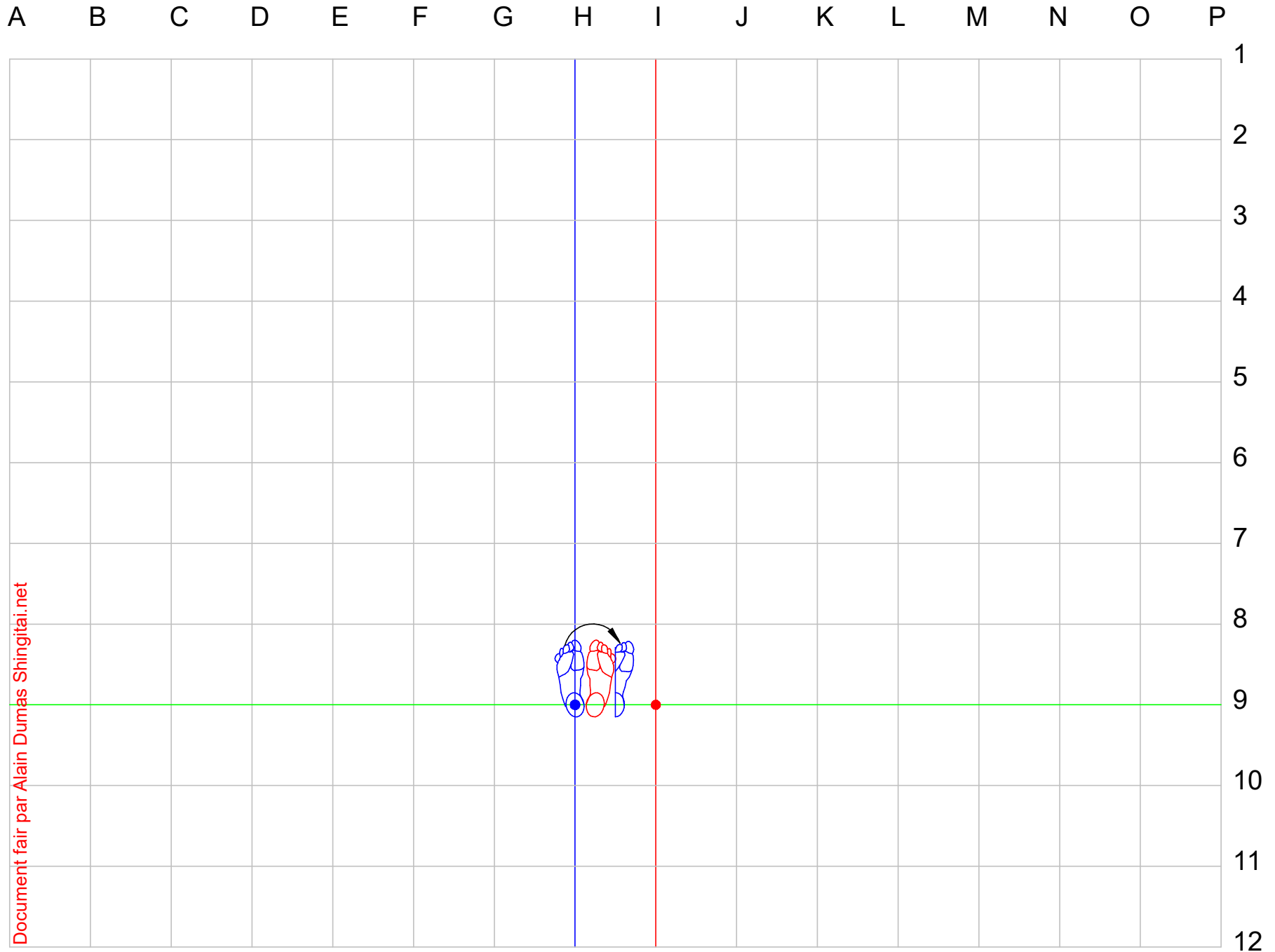


Musubi-dachi

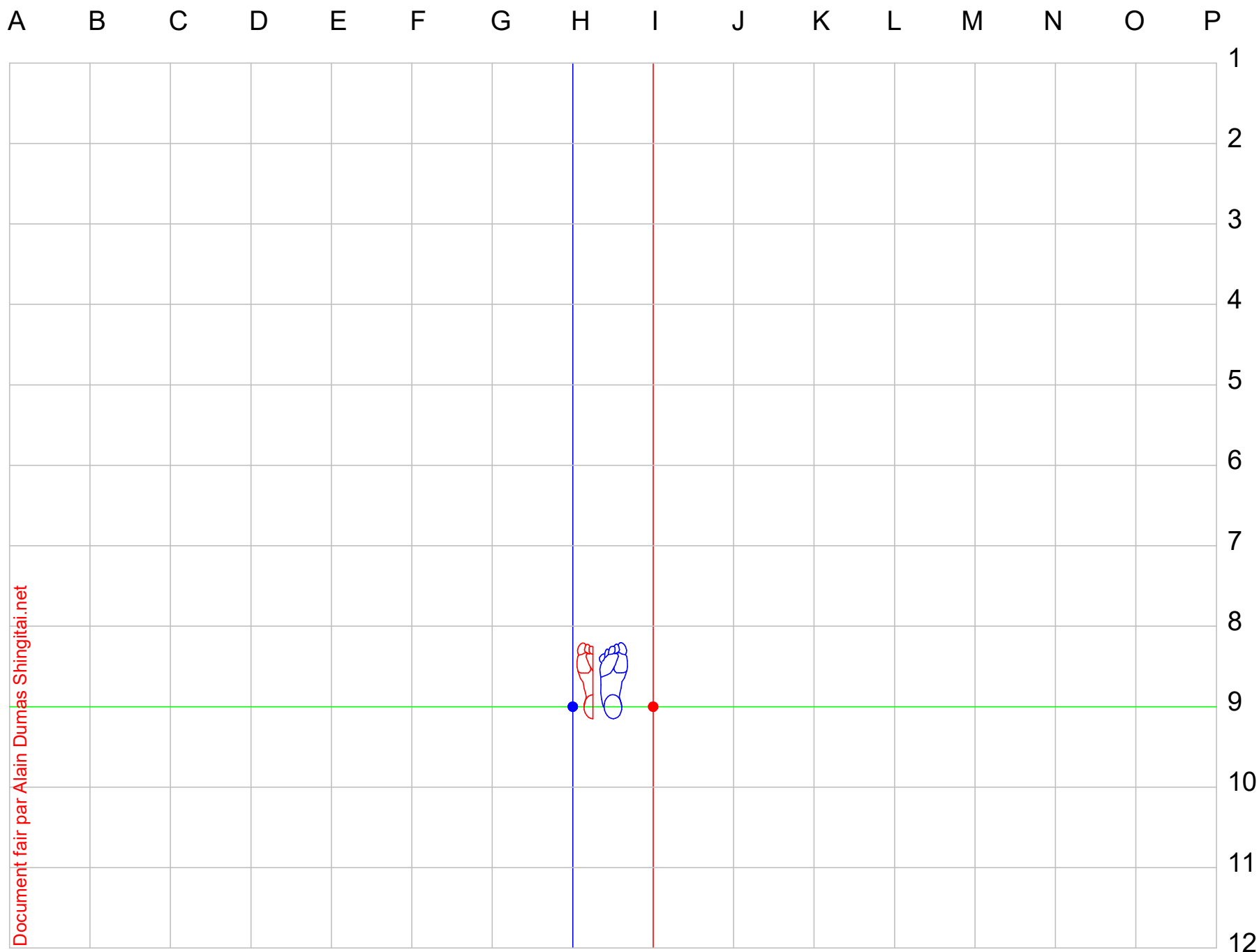






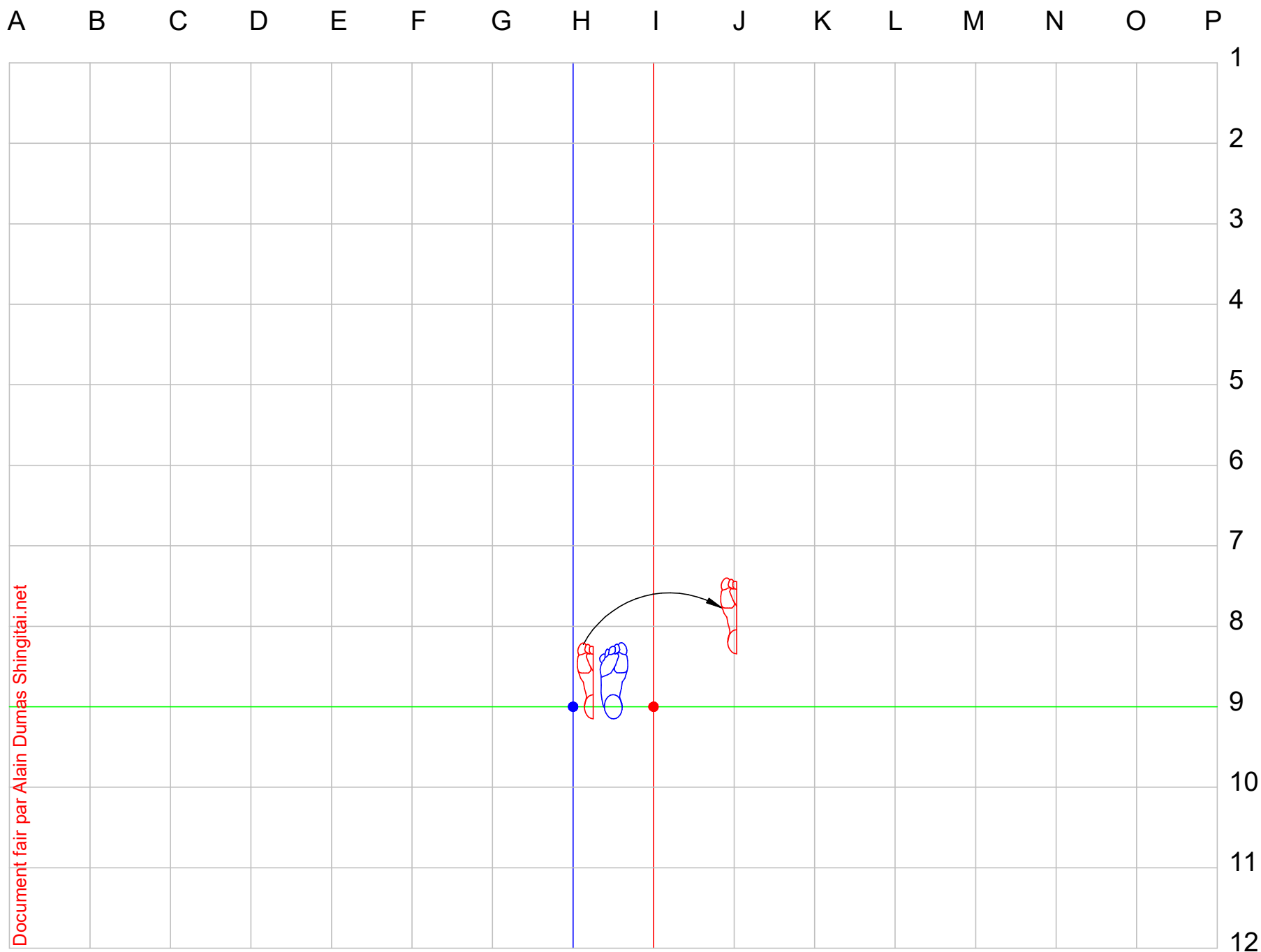


1a) Kosa-dachi

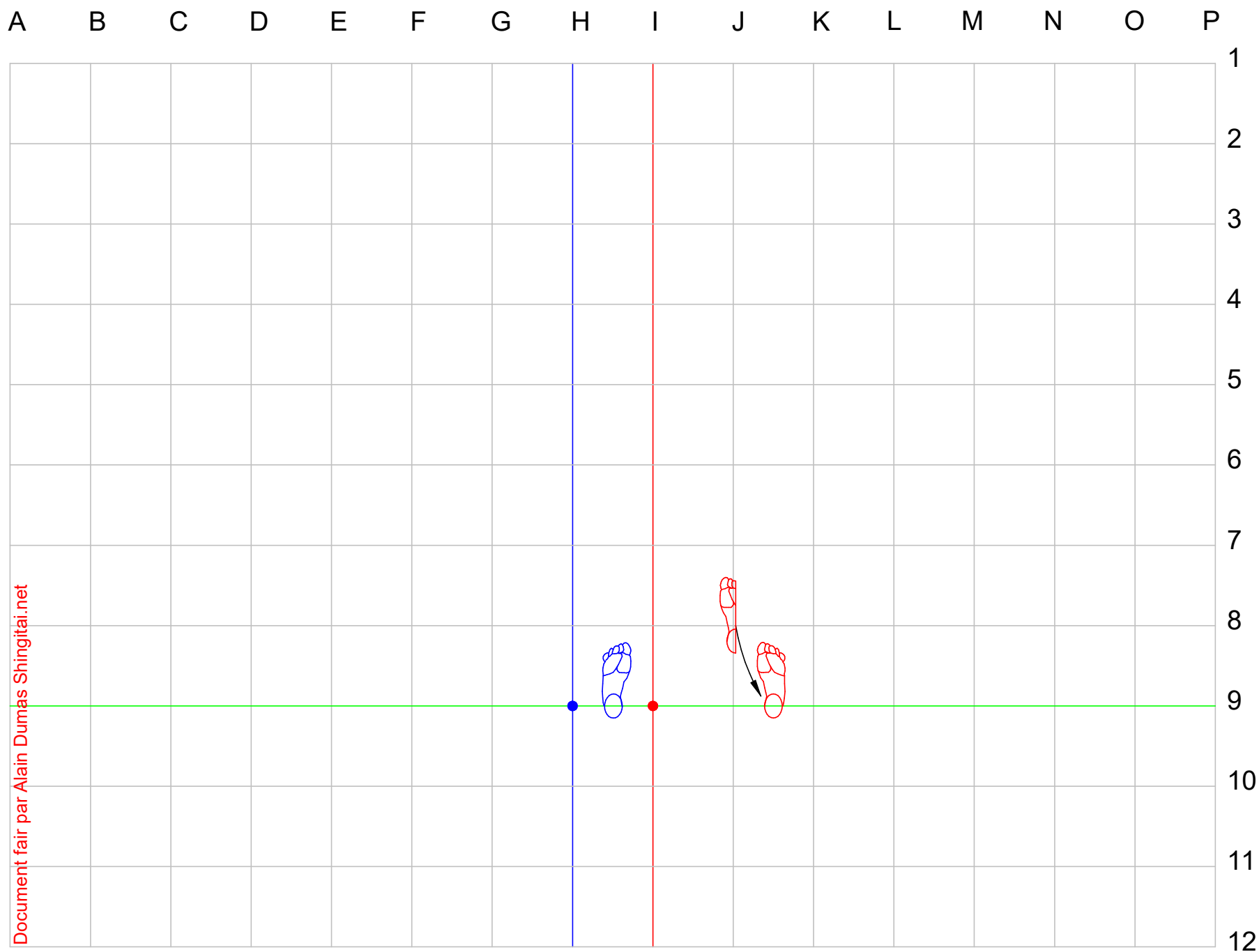


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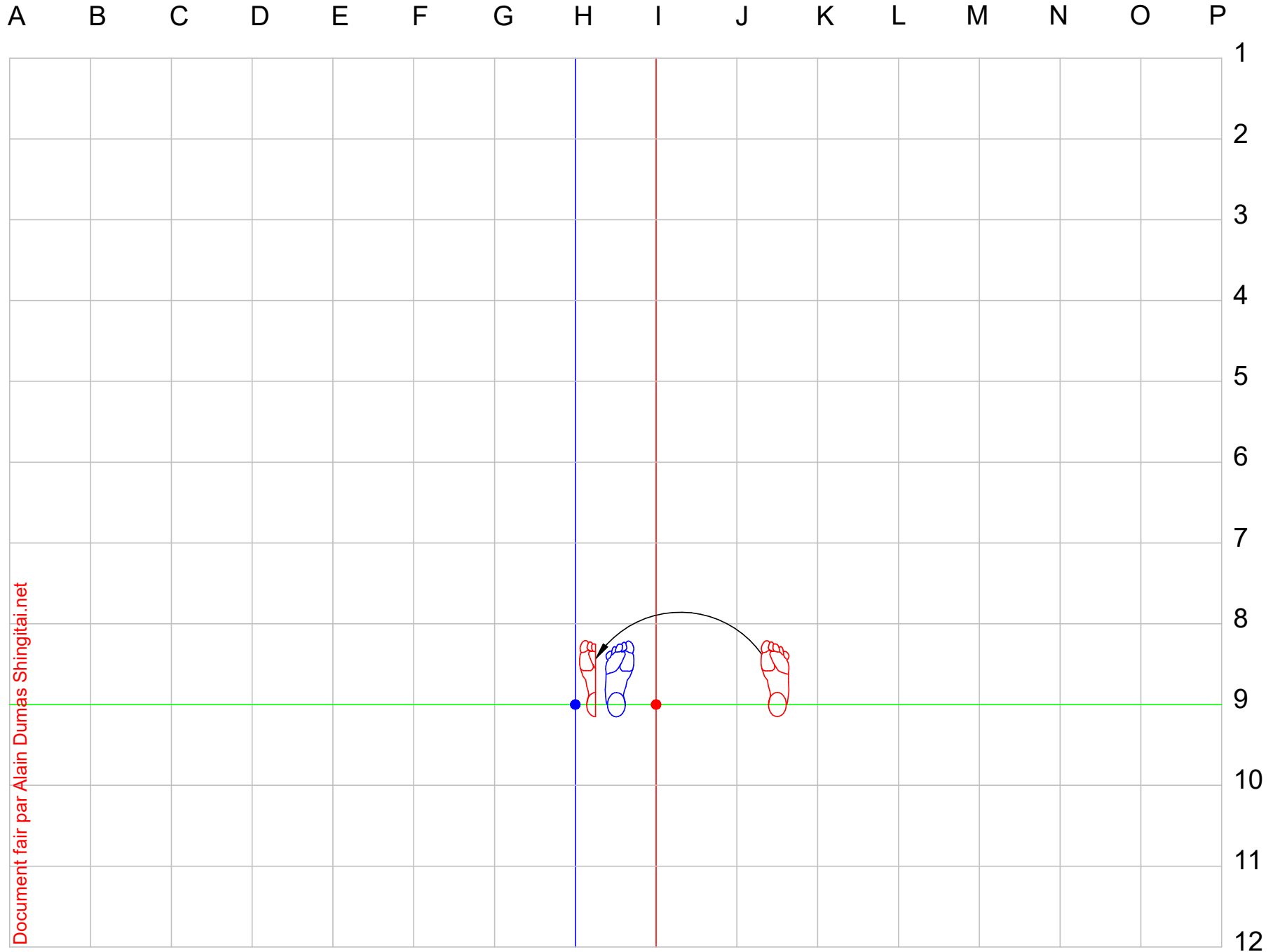
1b) Kosa-dachi



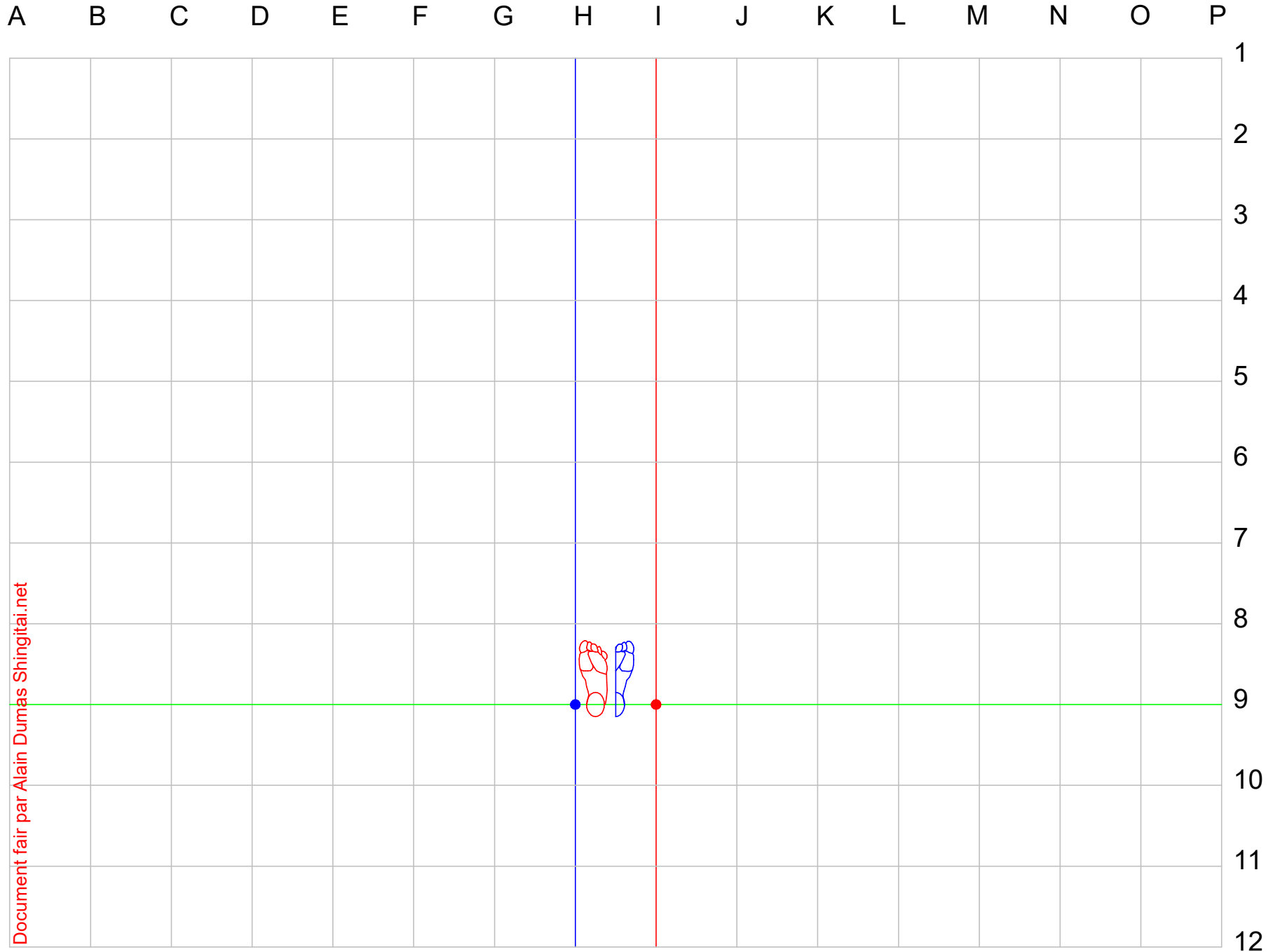
1c) Ashi-dachi



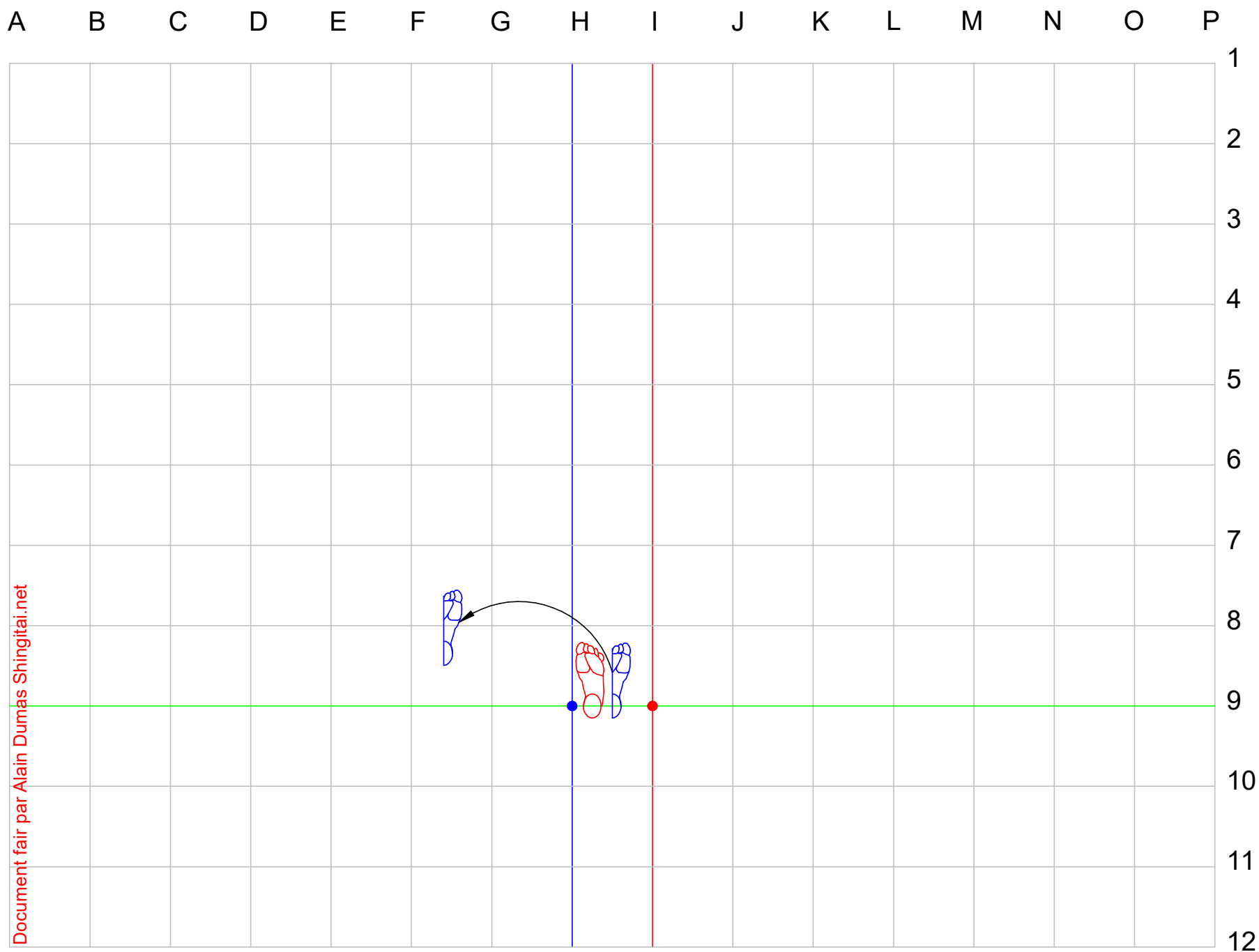
2...6) Kiba-dachi



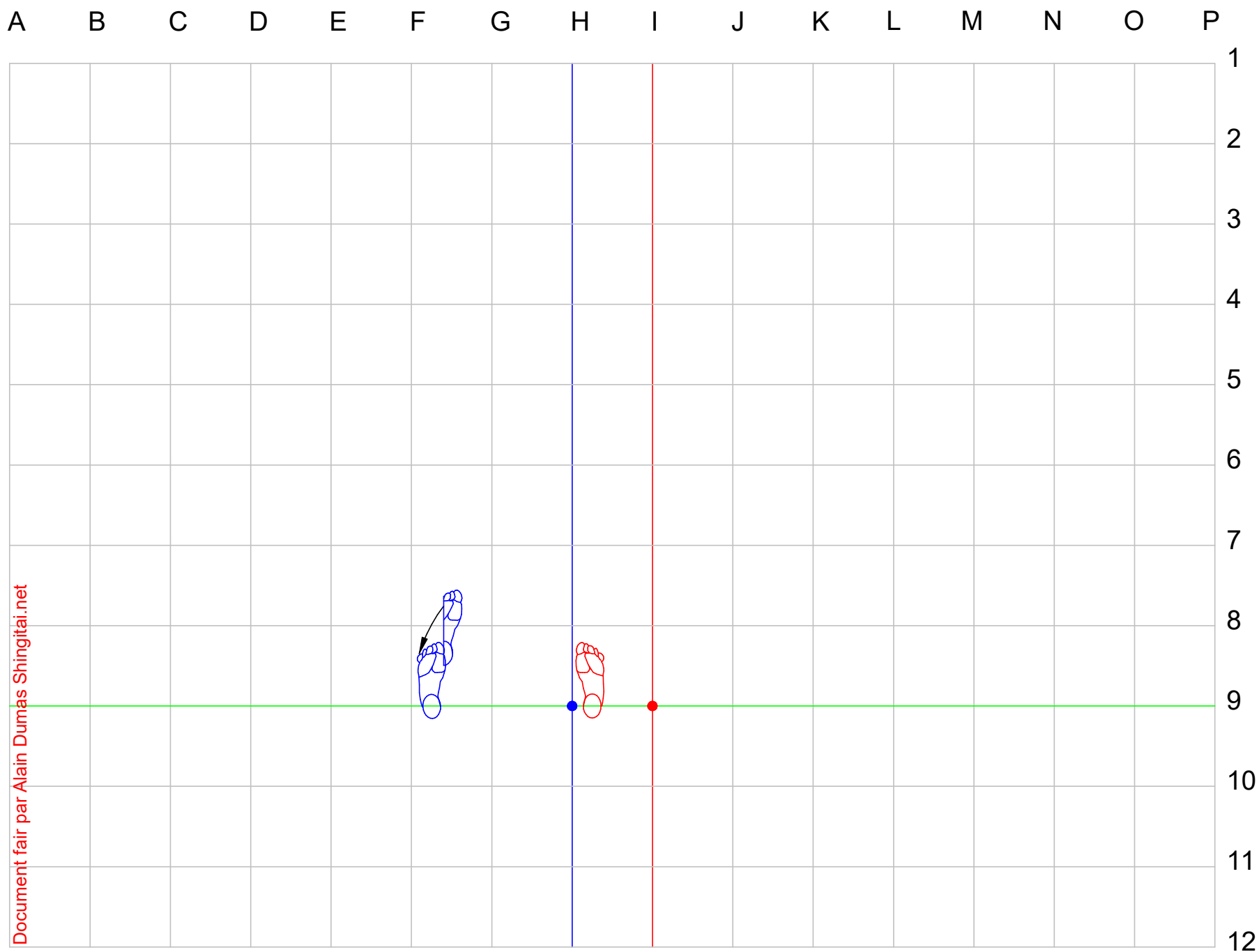
7a) Kosa-dachi



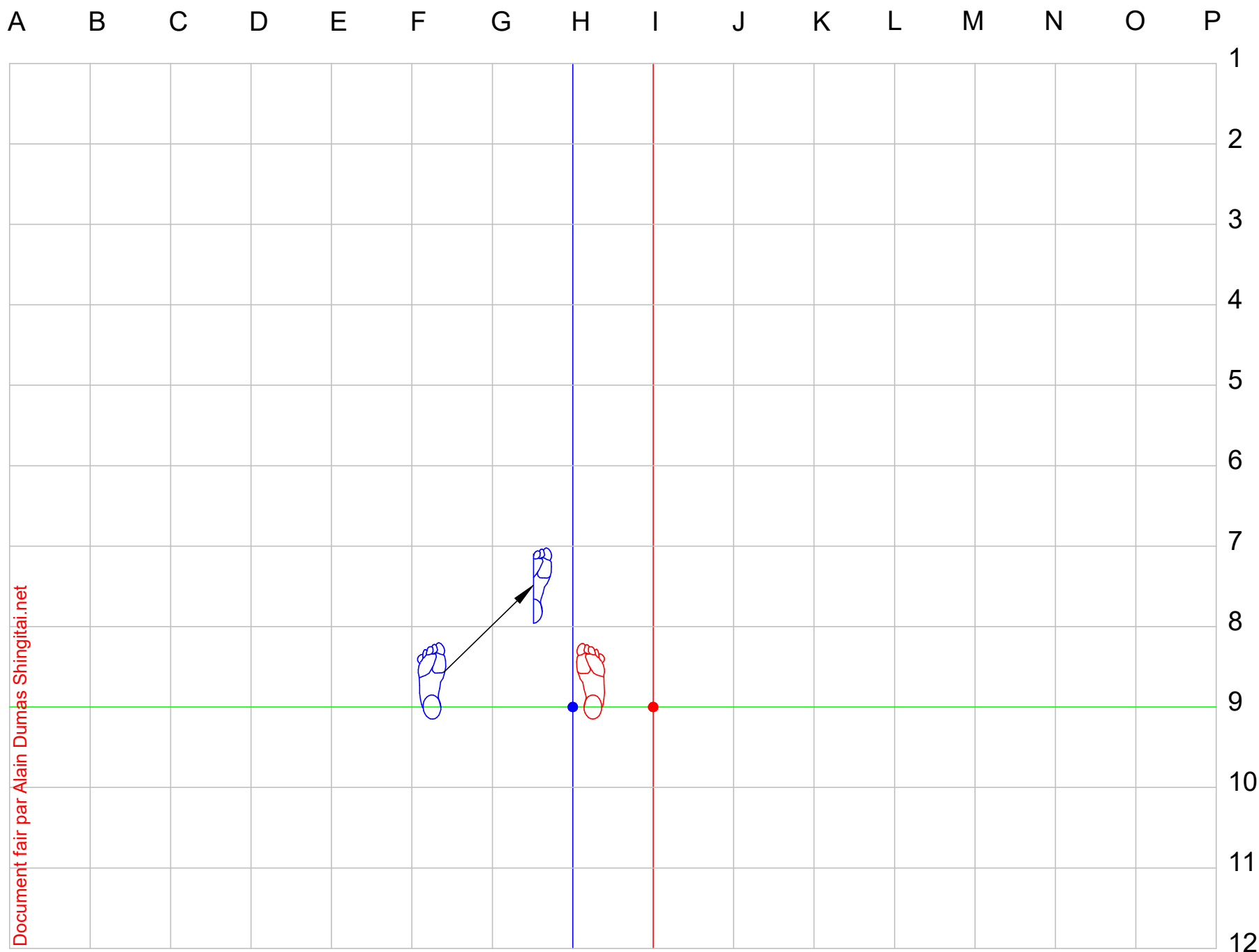
7b) Kosa-dachi



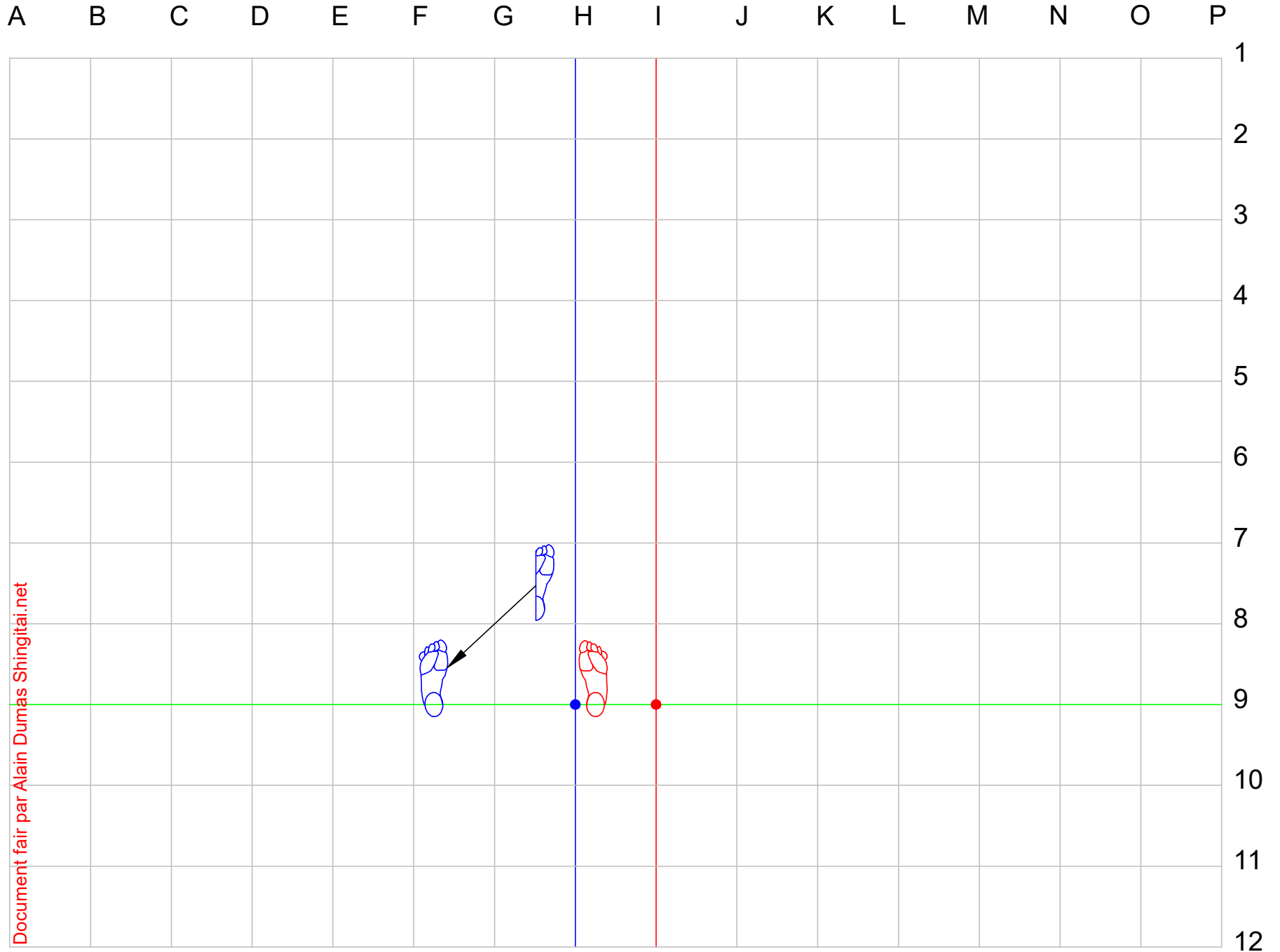
8a) Hashi-dachi



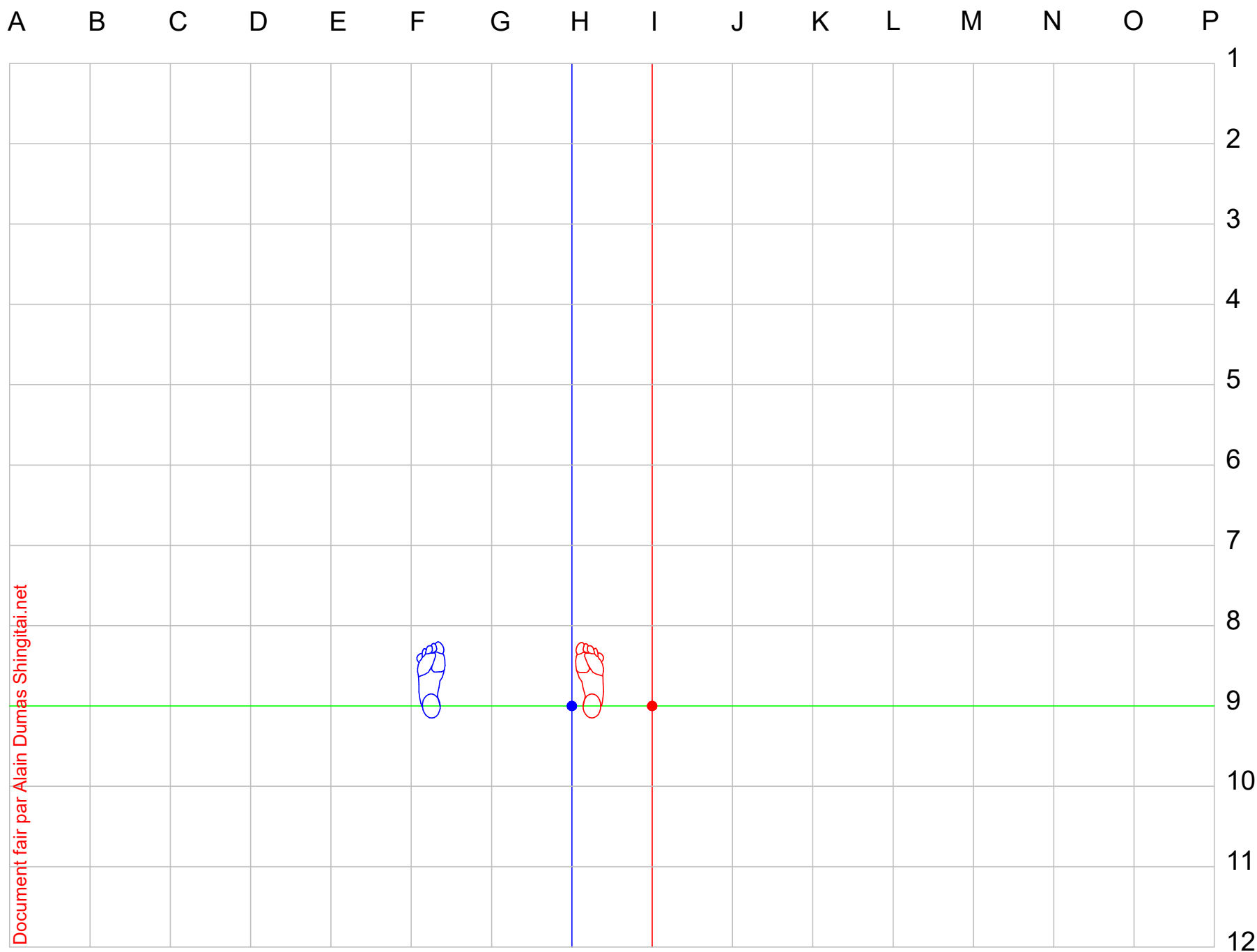
8b...10) Kiba-dachi



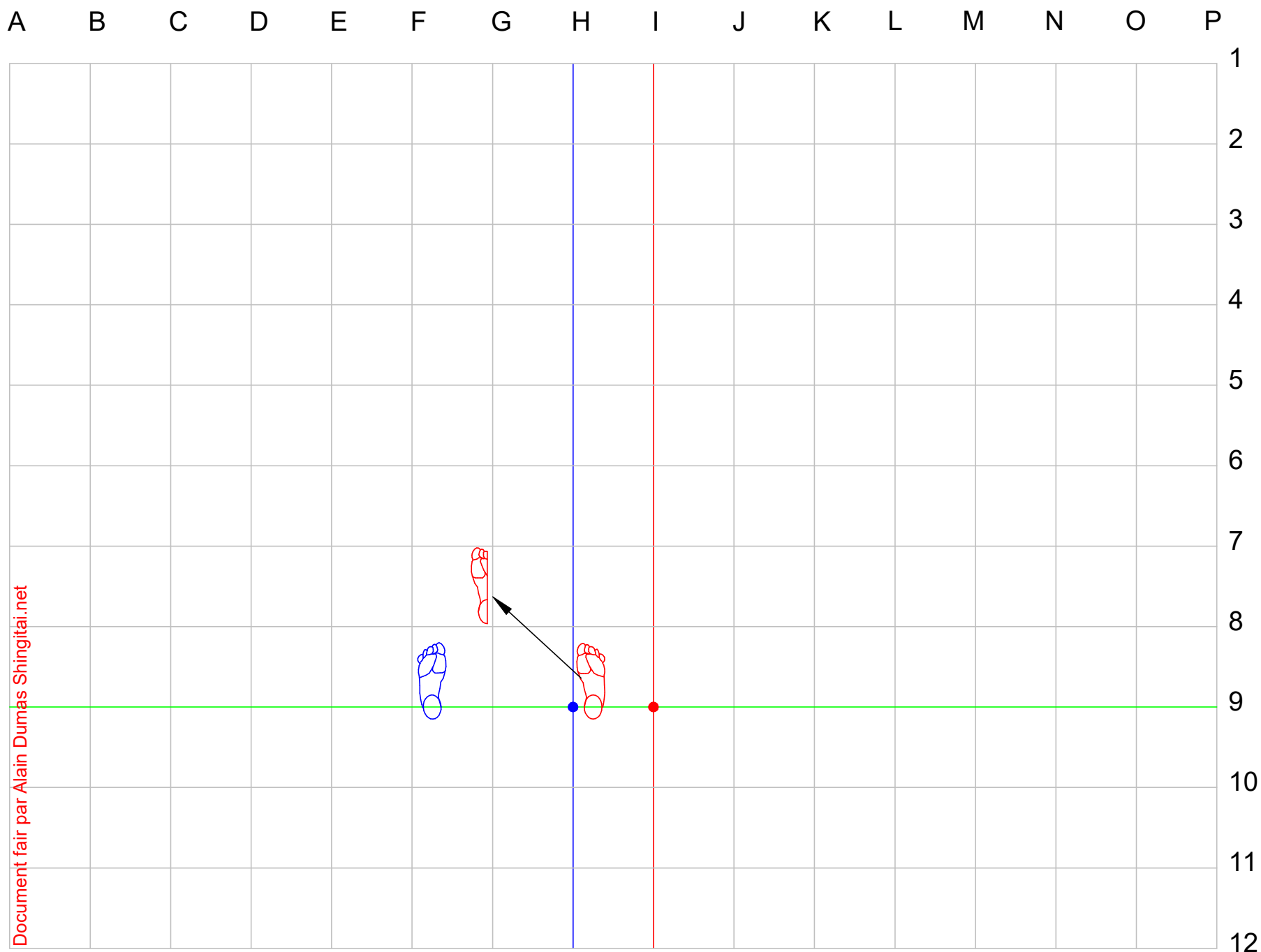
11a) Hachi-dachi

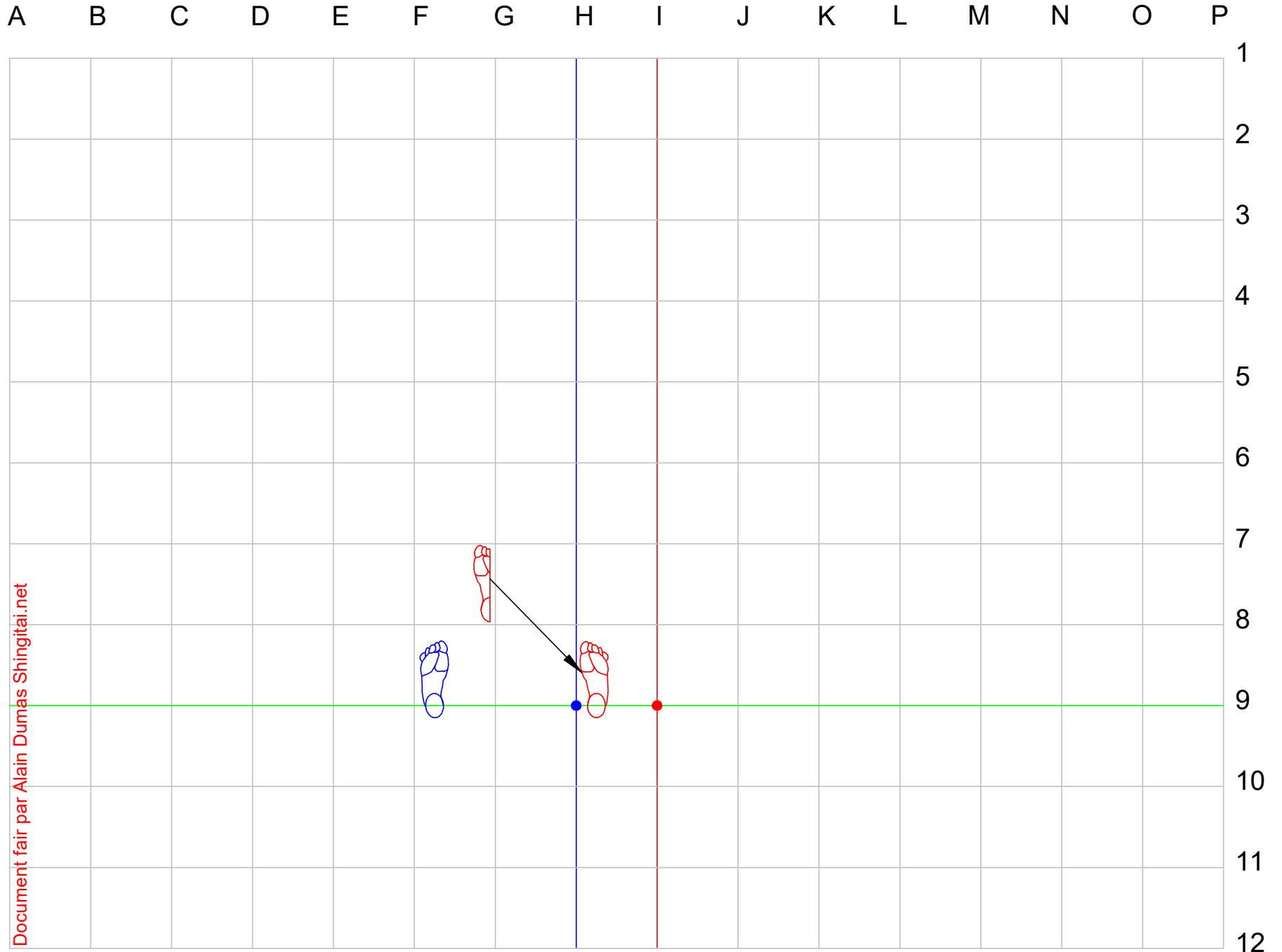


11b) Kiba-dachi

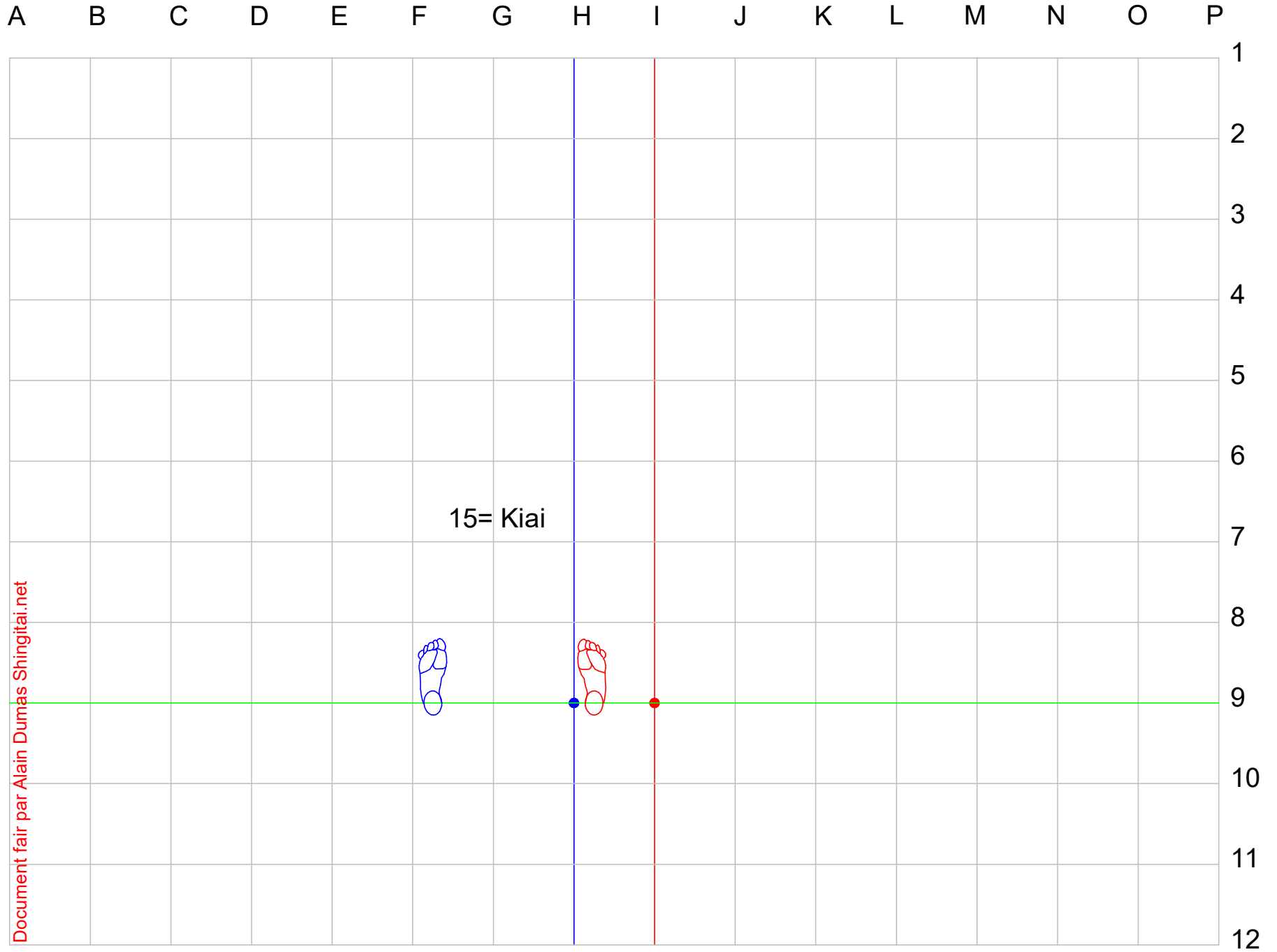


12) Hachi-dachi

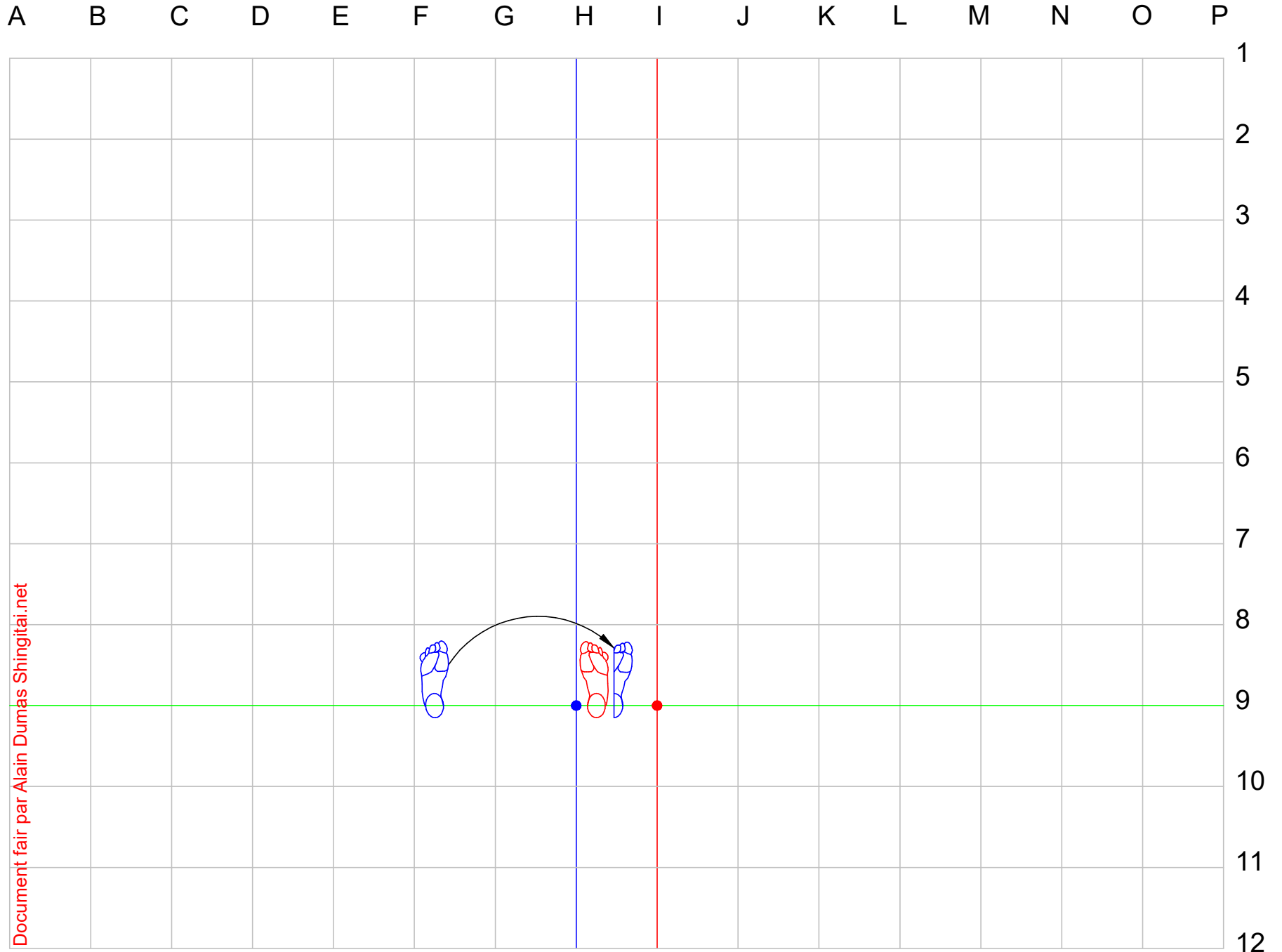




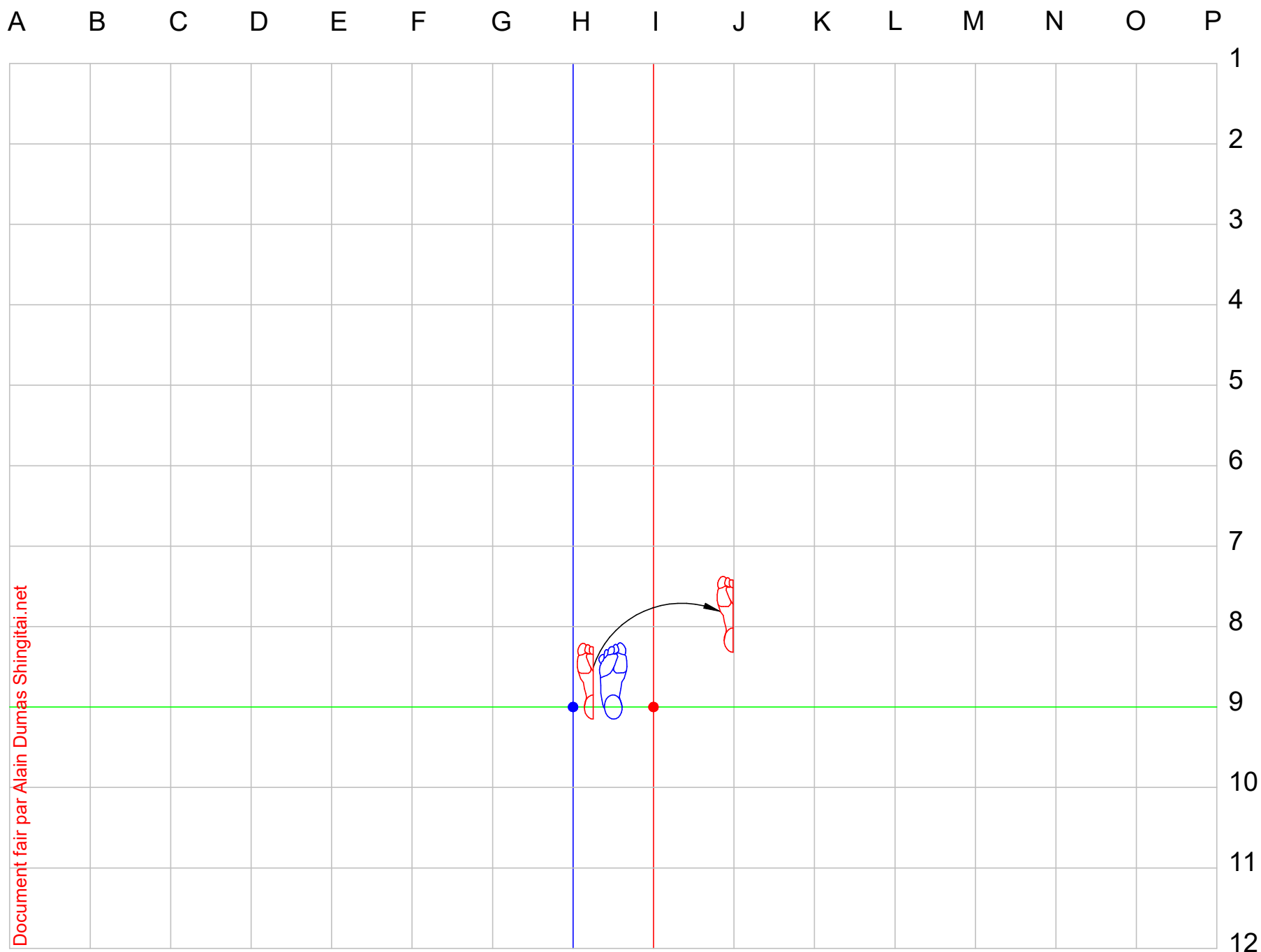
13b) Kiba-dachi



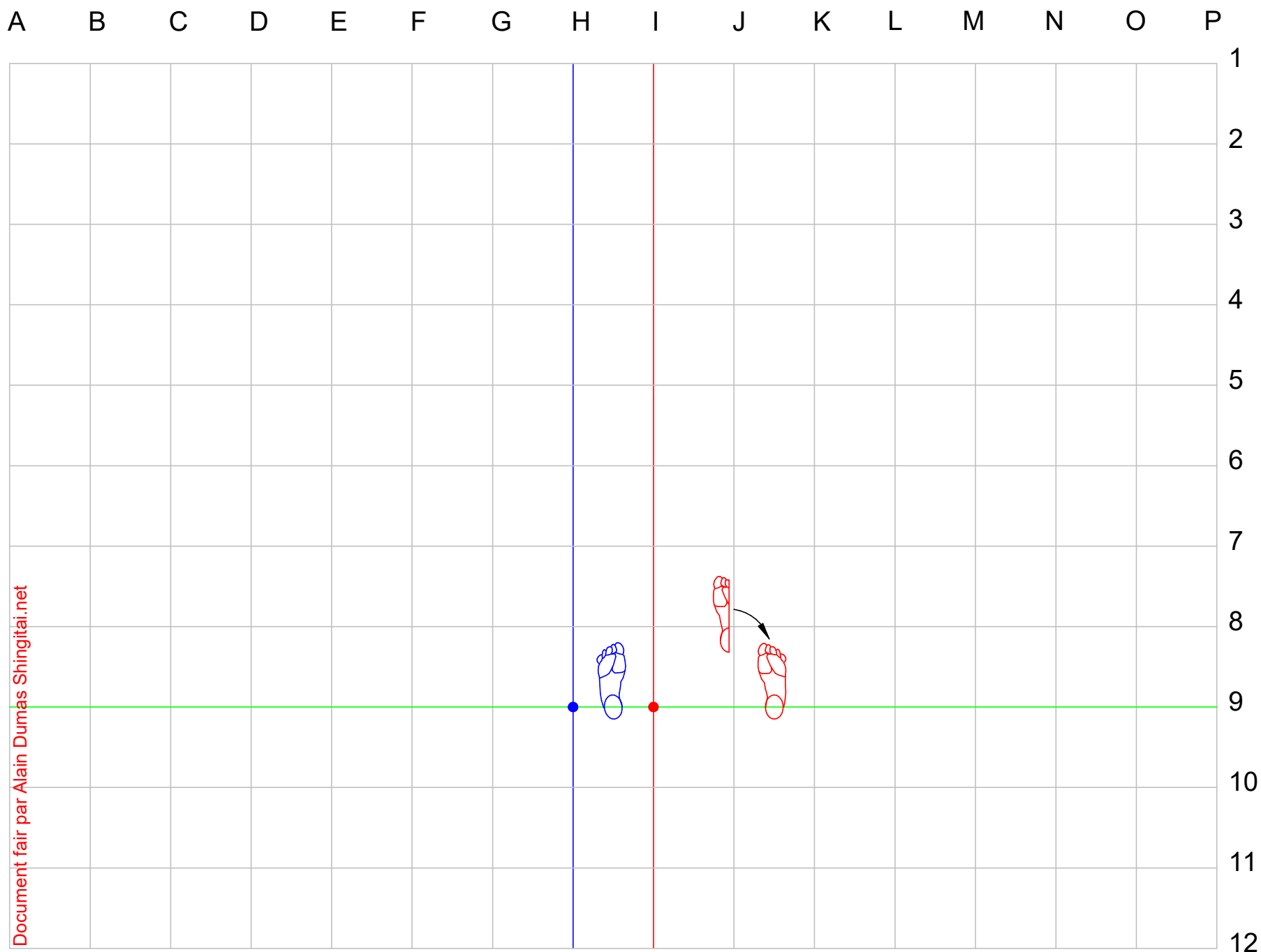
14...20) Kiba-dachi



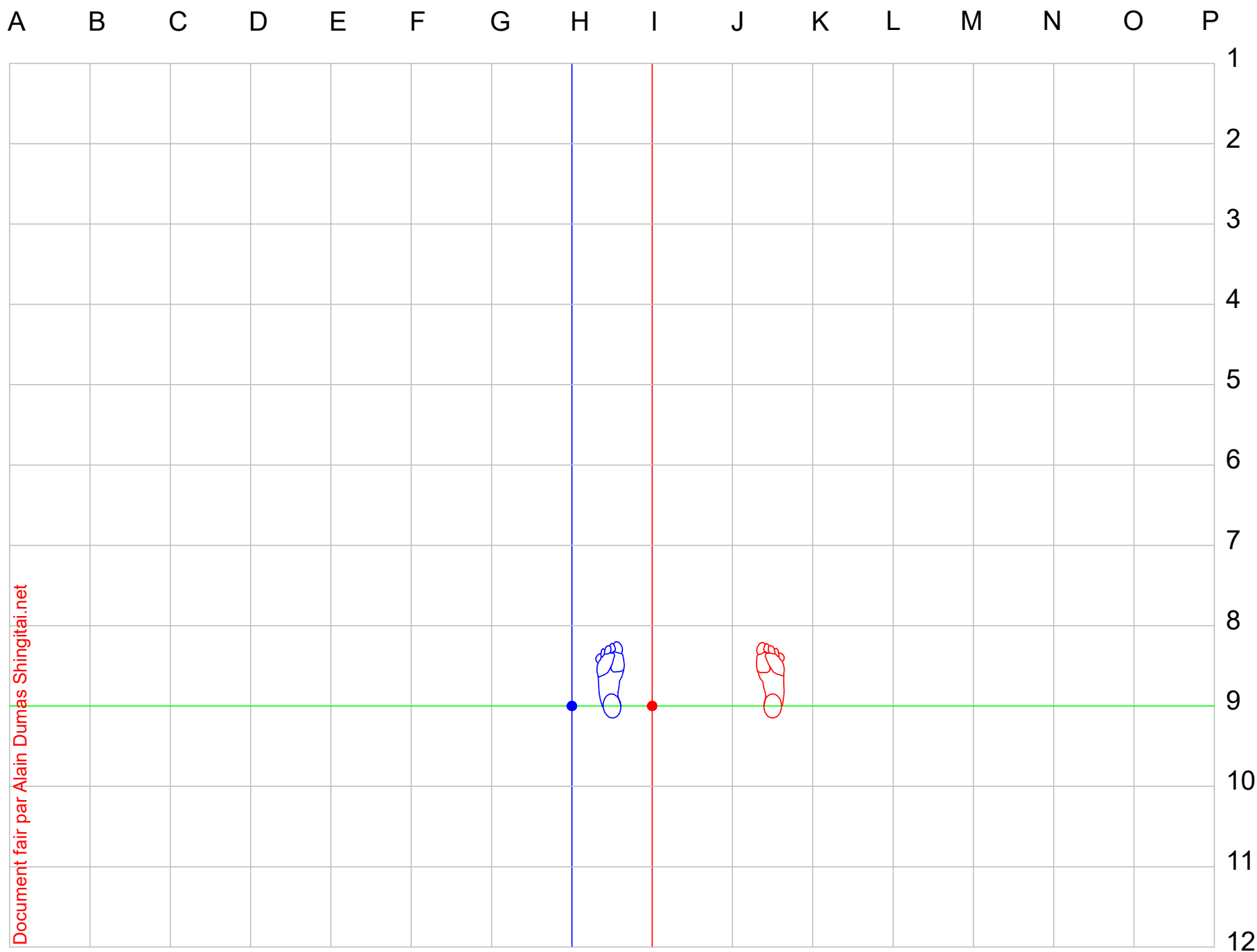
21) Kosa-dachi



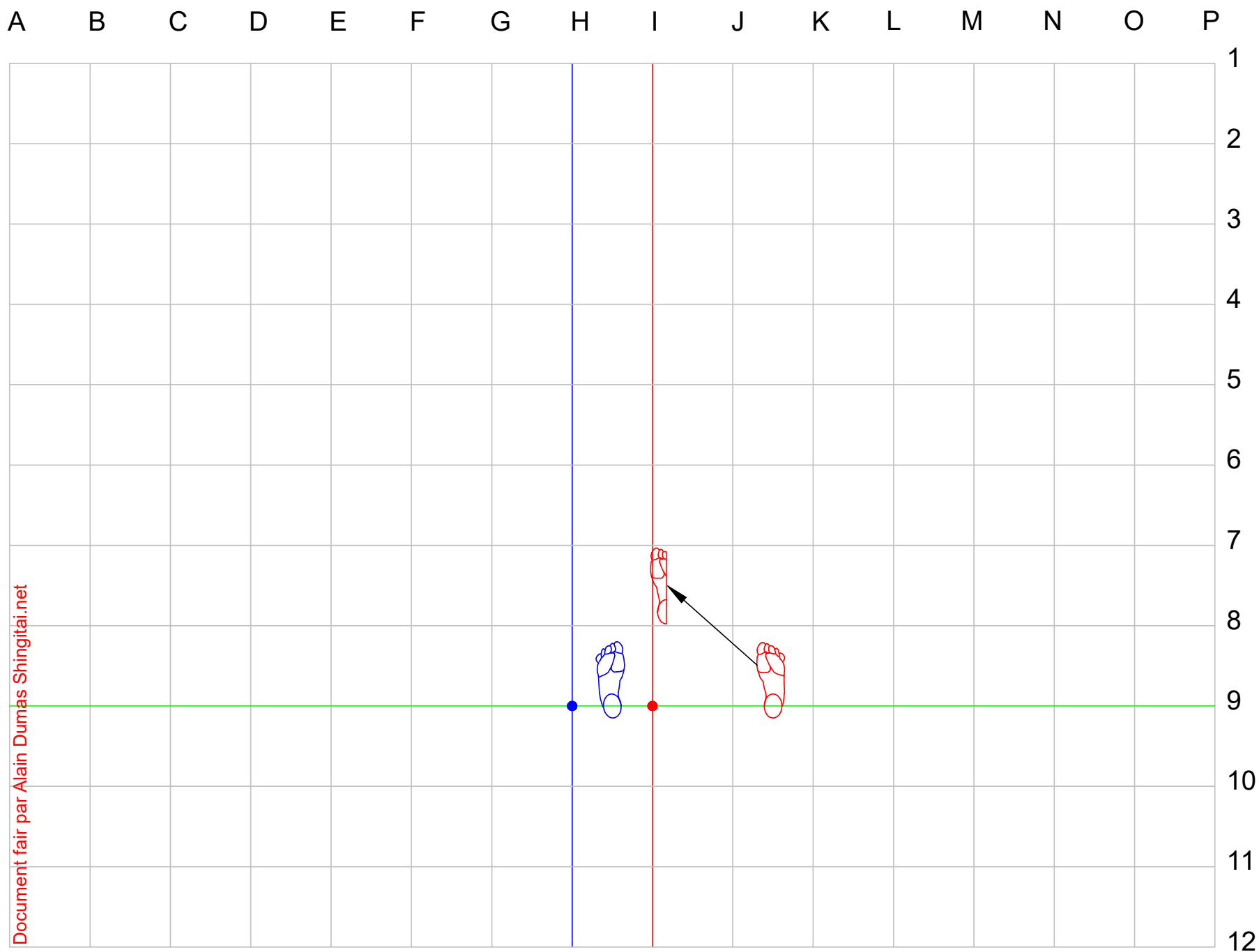
22a) Hashi-dachi



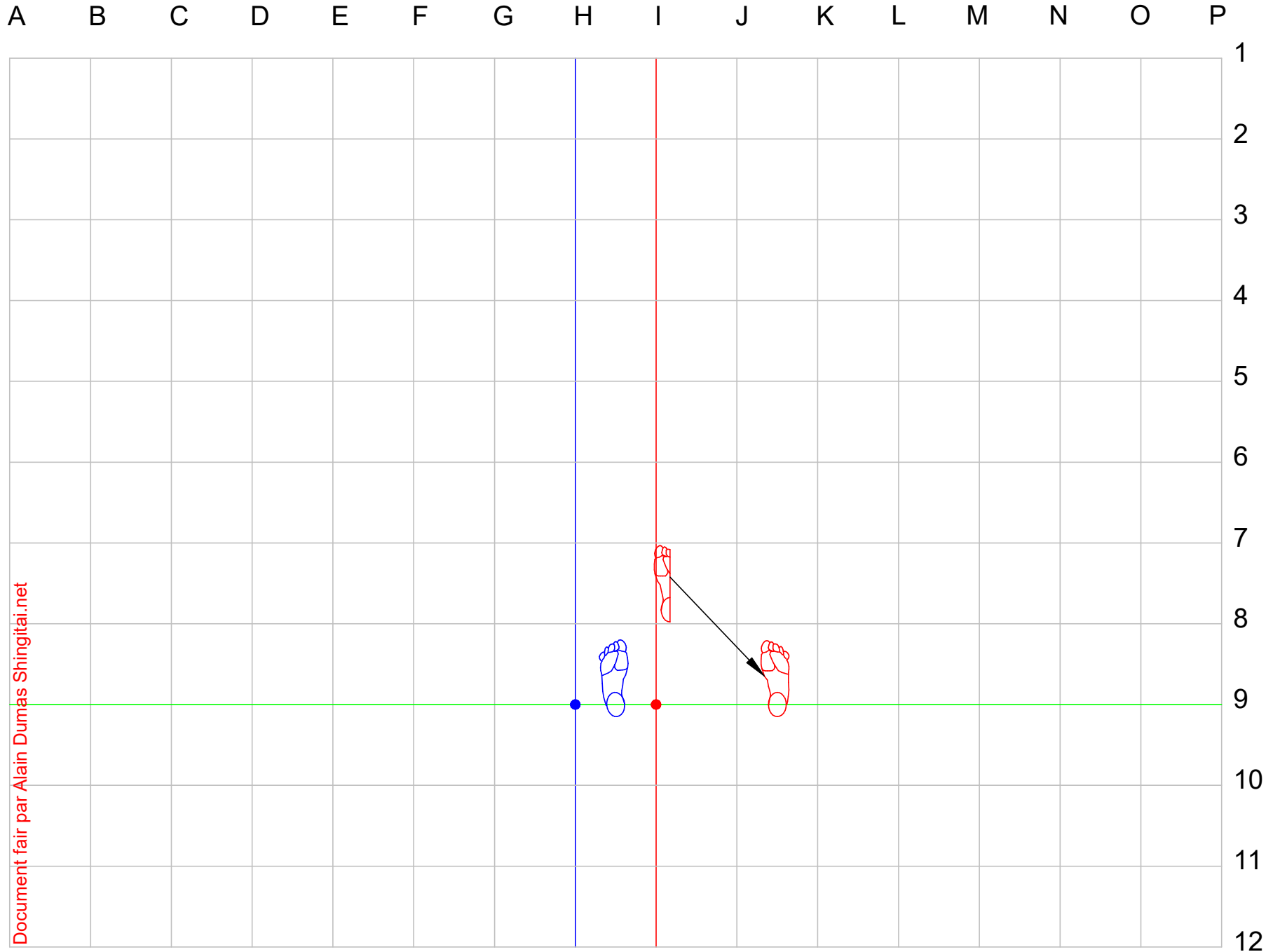
22b) Kiba-dachi



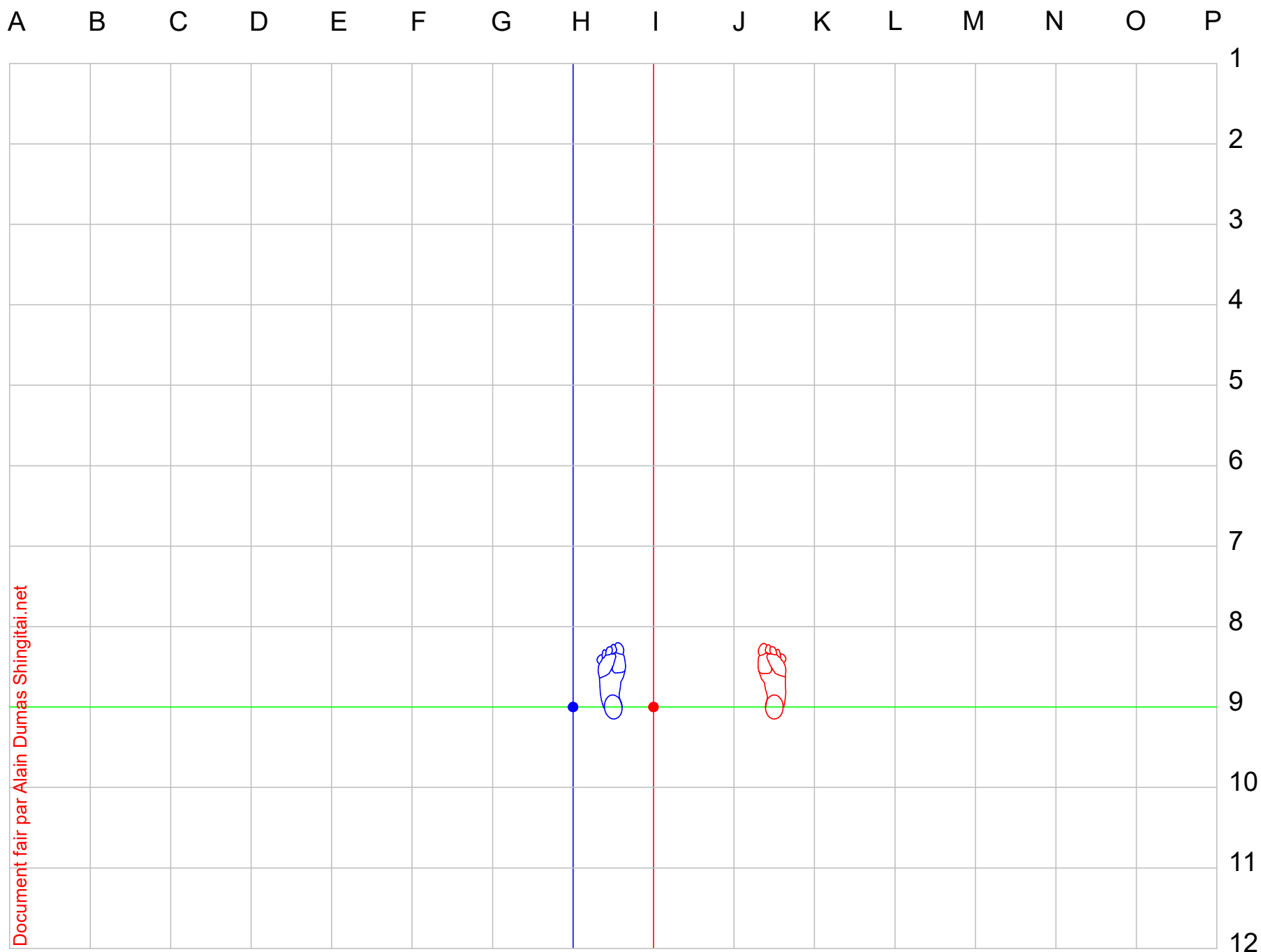
23a,24) Kiba-dachi

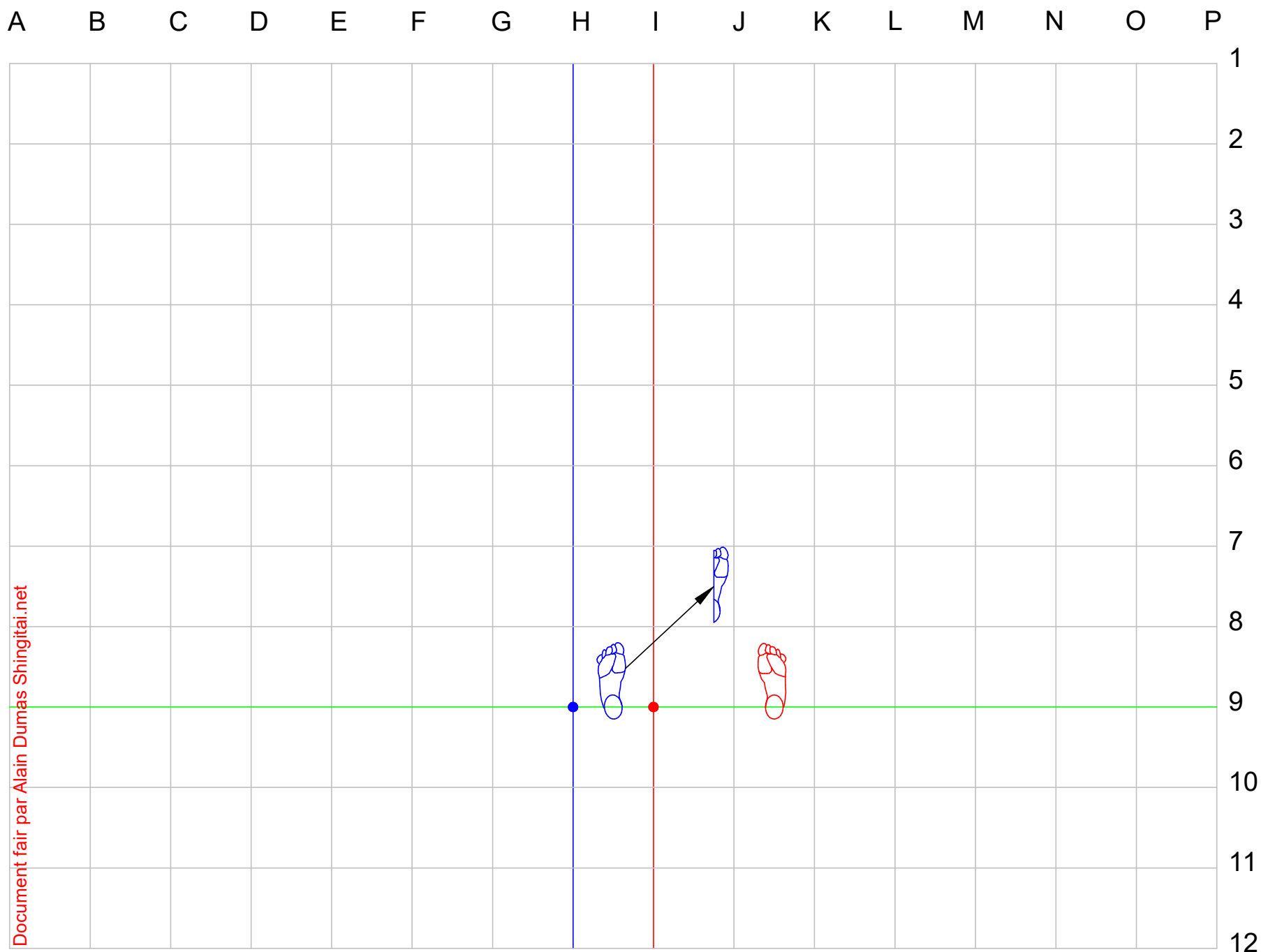


25a) Hashi-dachi

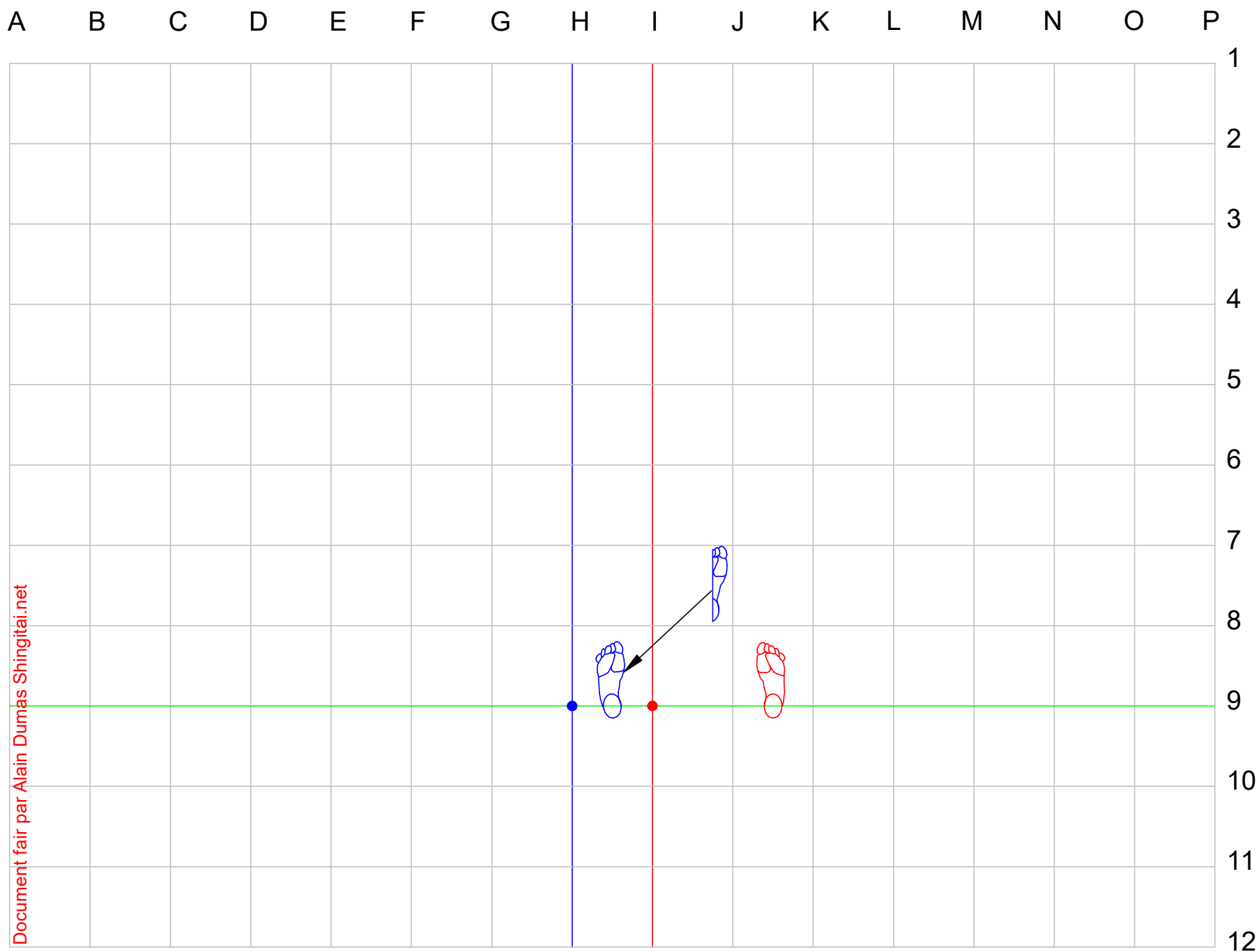


25b) Kiba-dachi

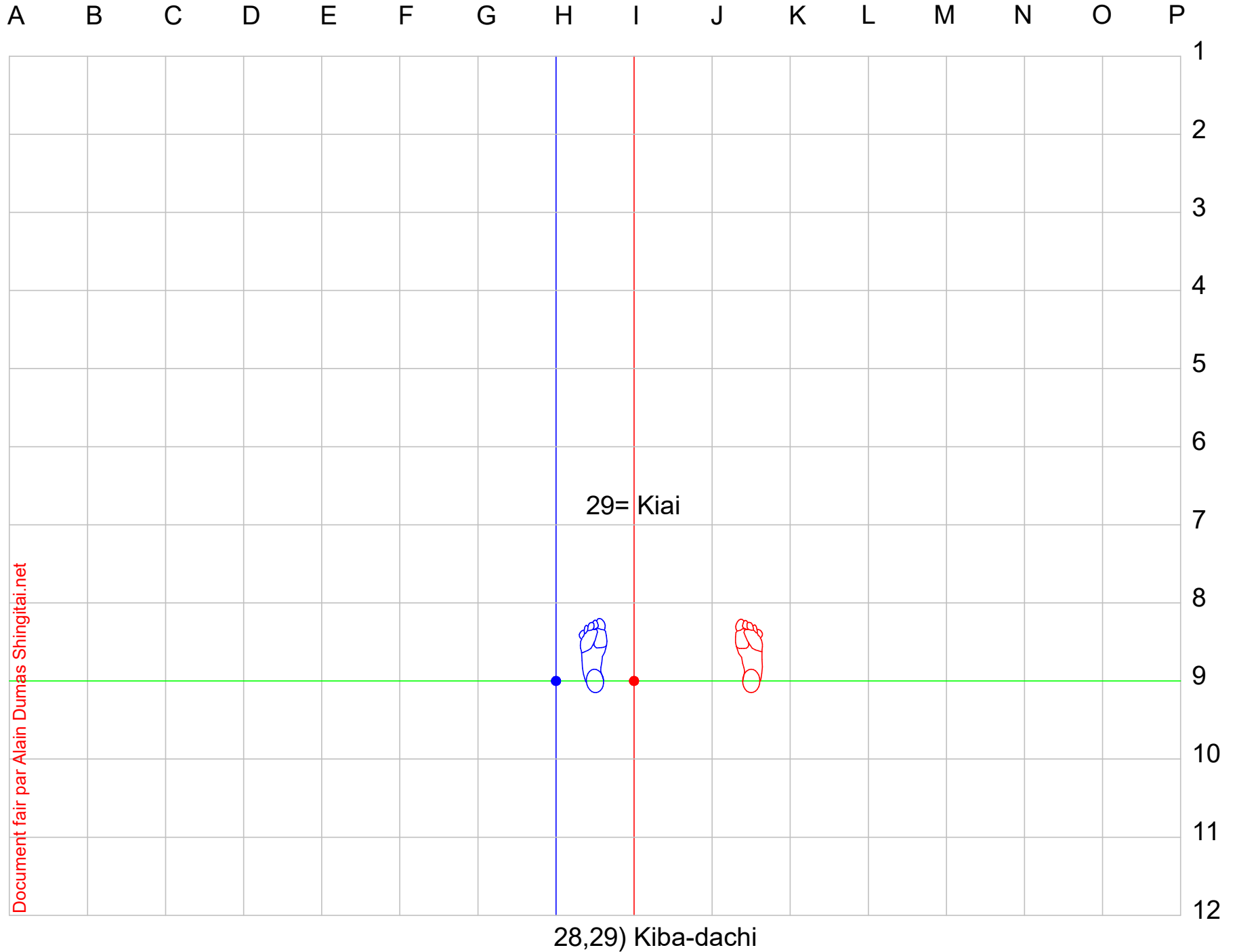


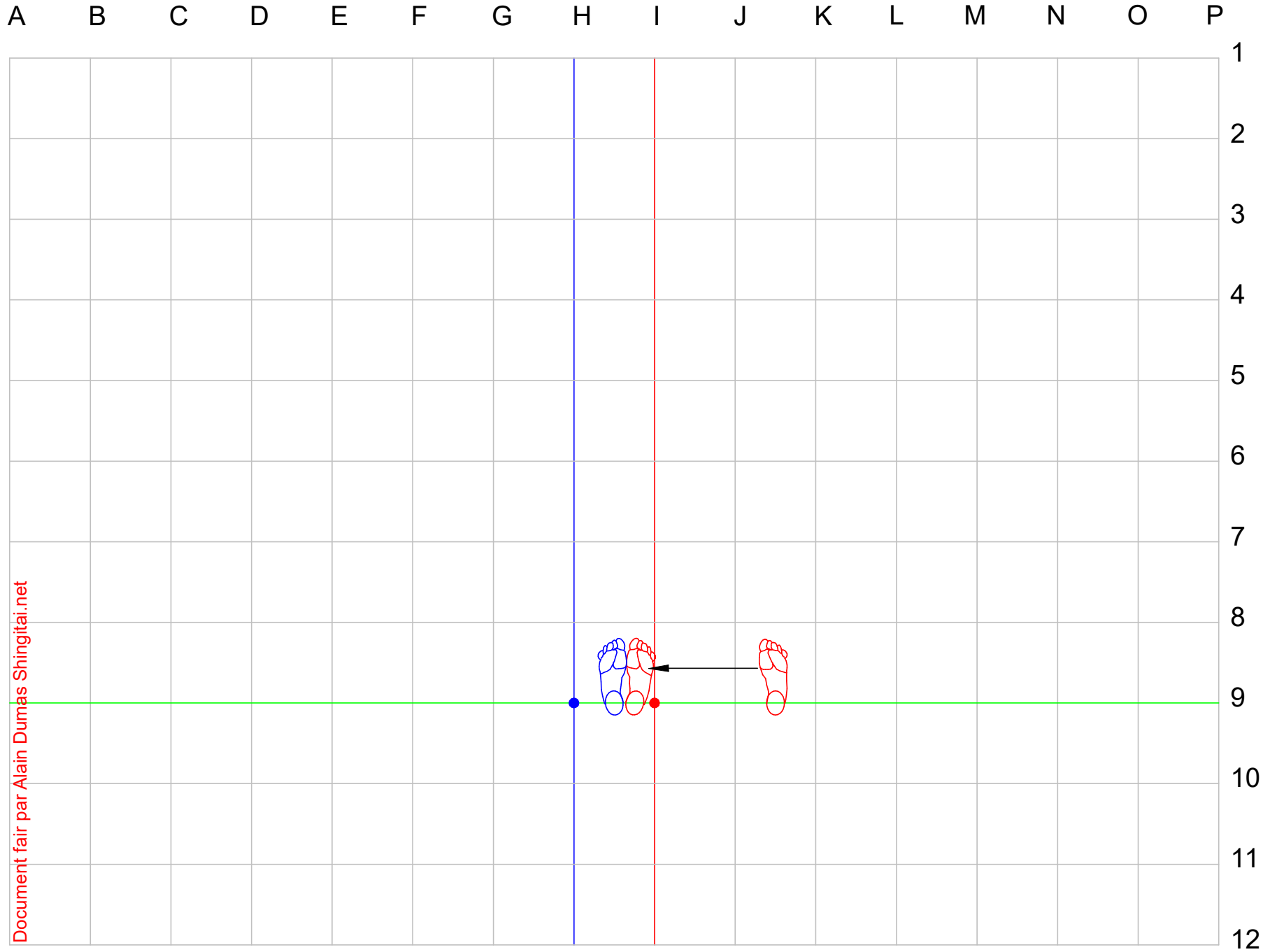


27a) Hashi-dachi

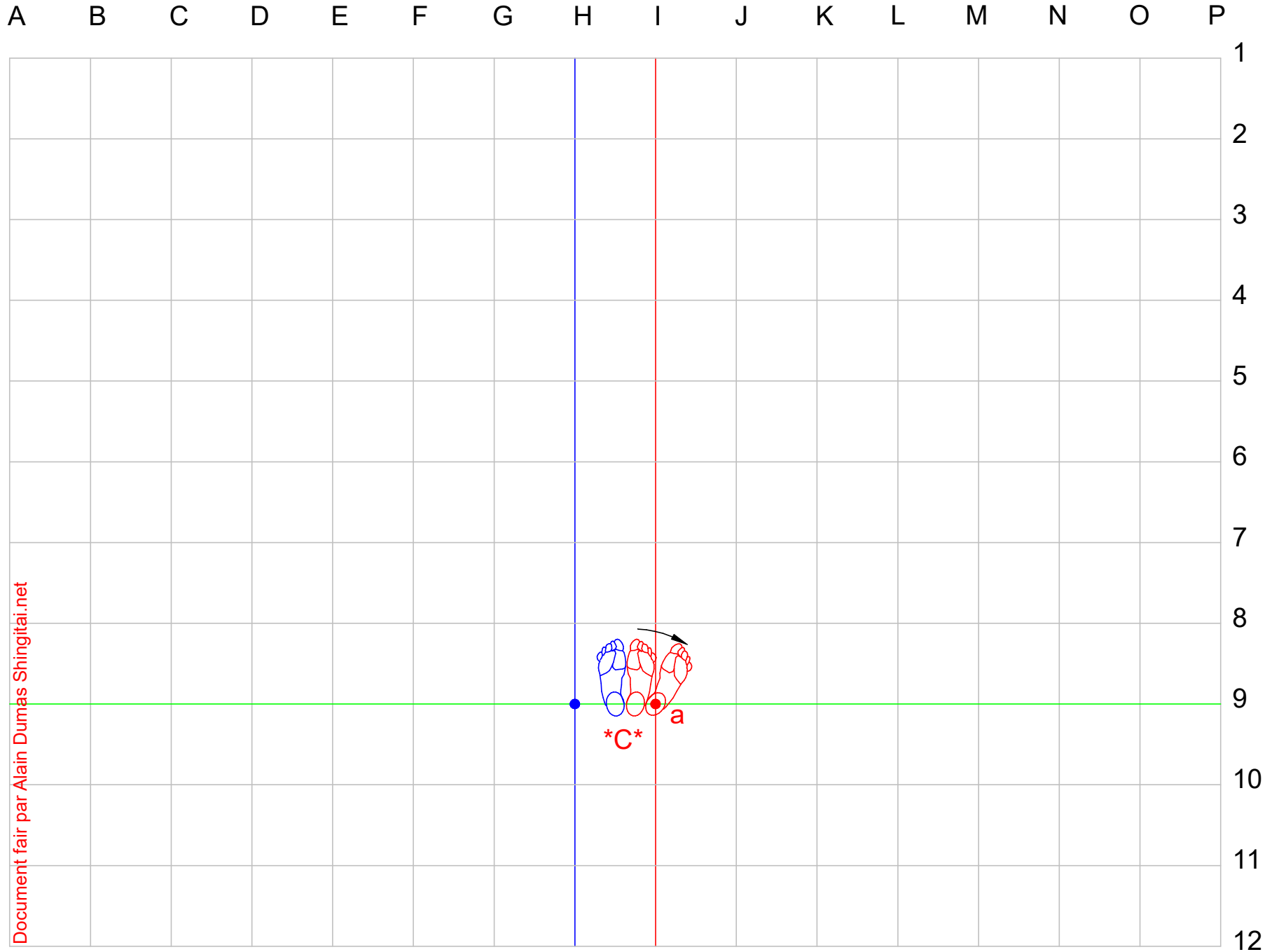


27b) Kiba-dachi



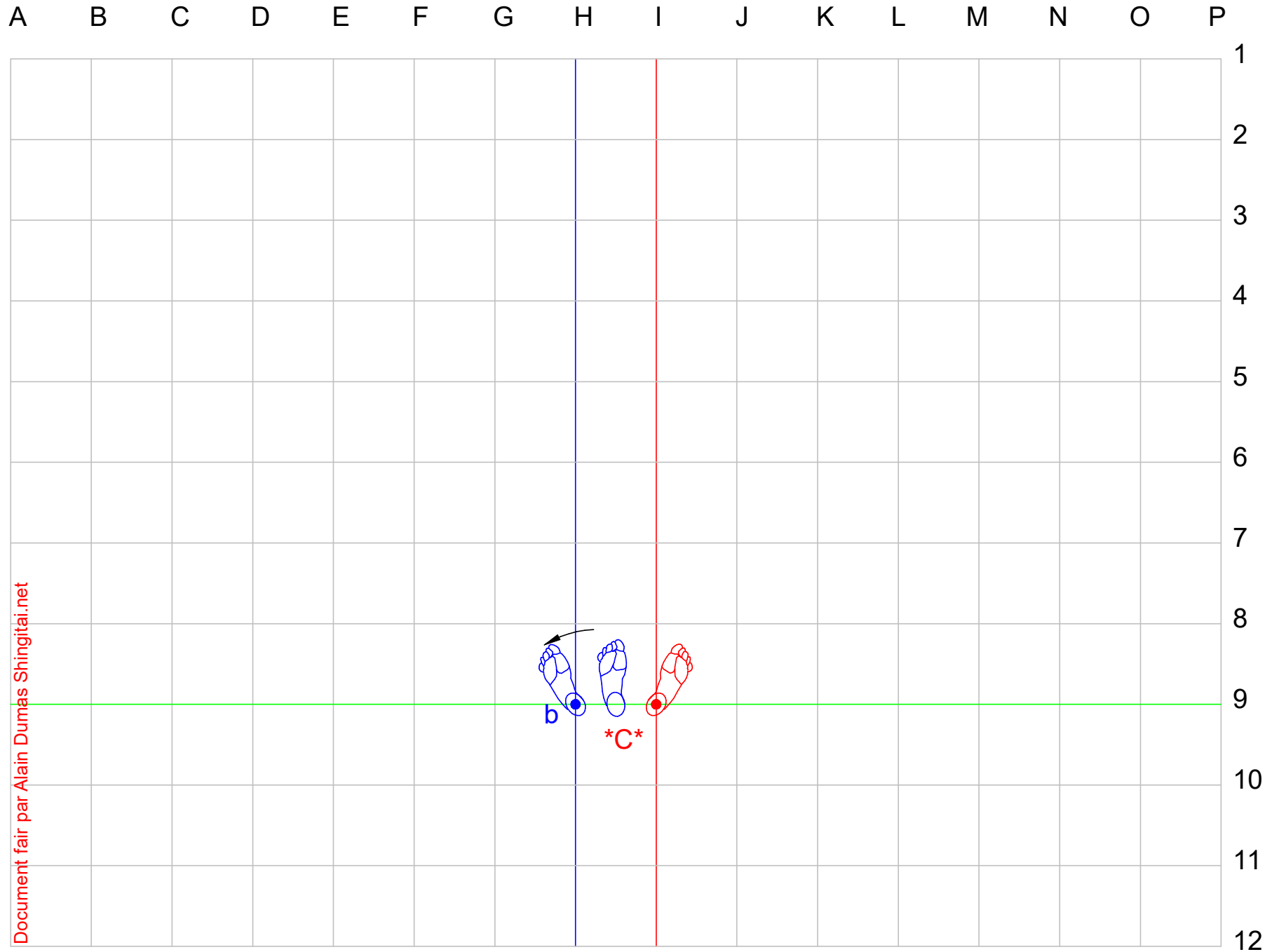


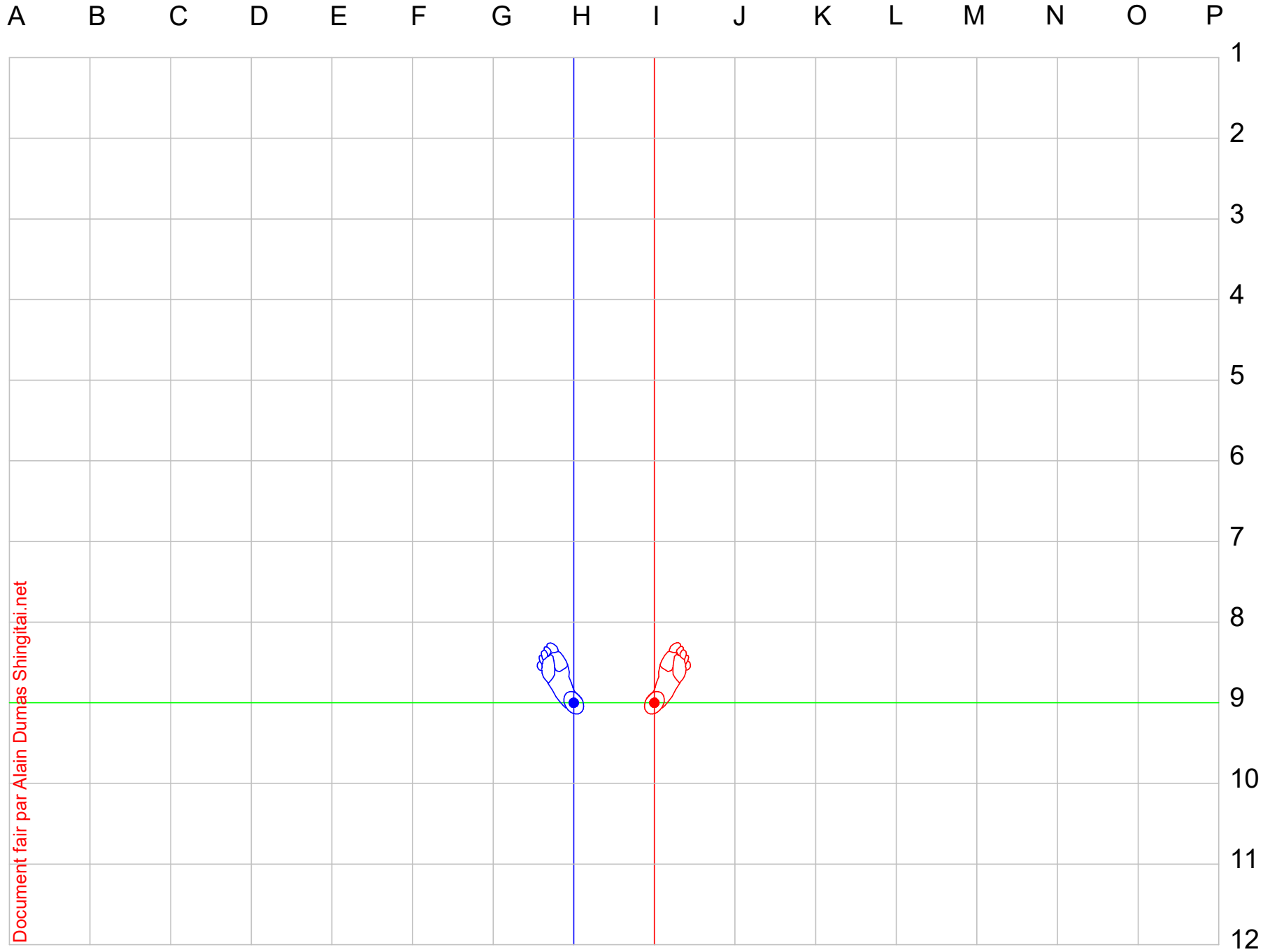
Heisoku-dachi

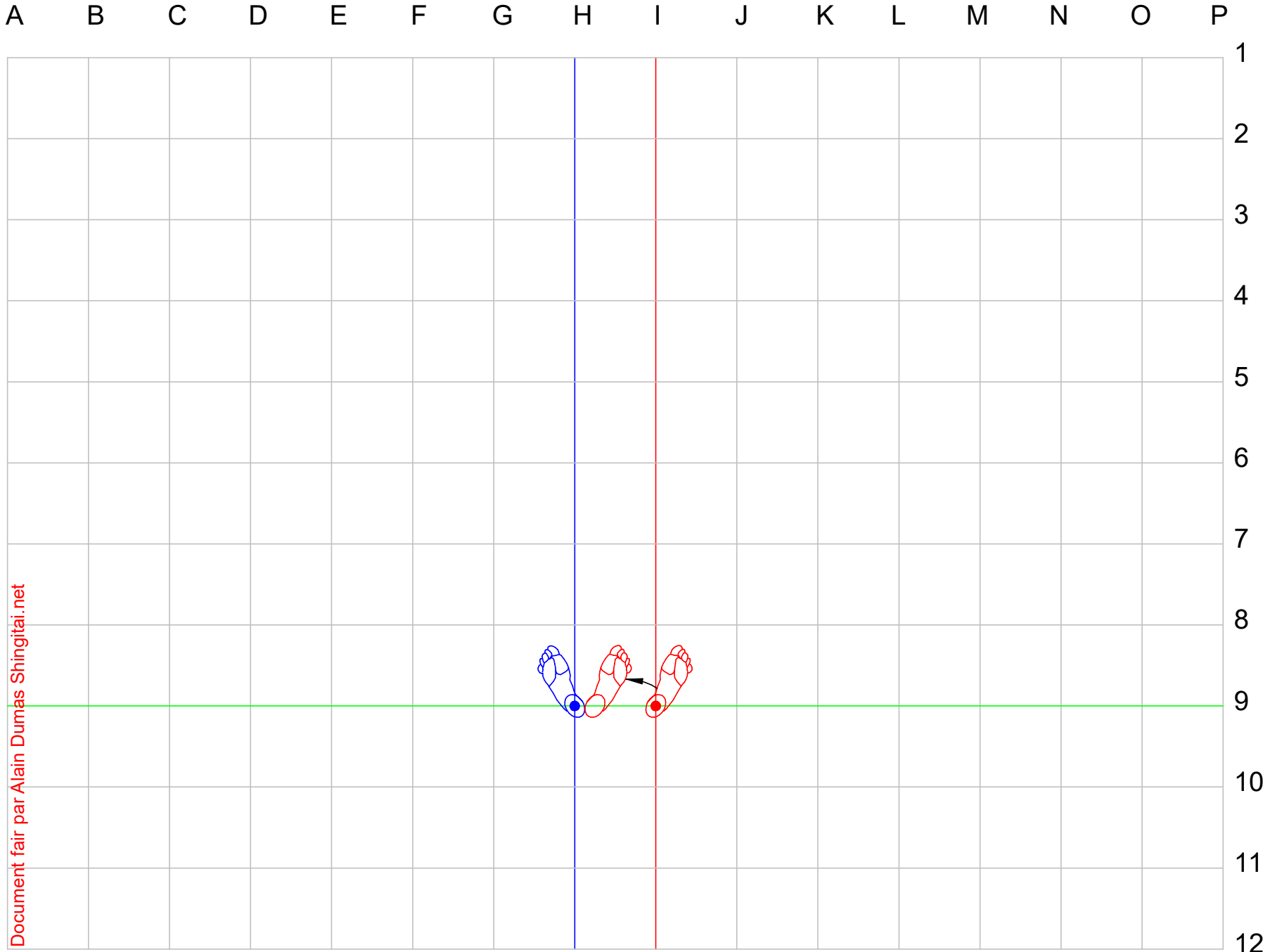


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Shizen-tai

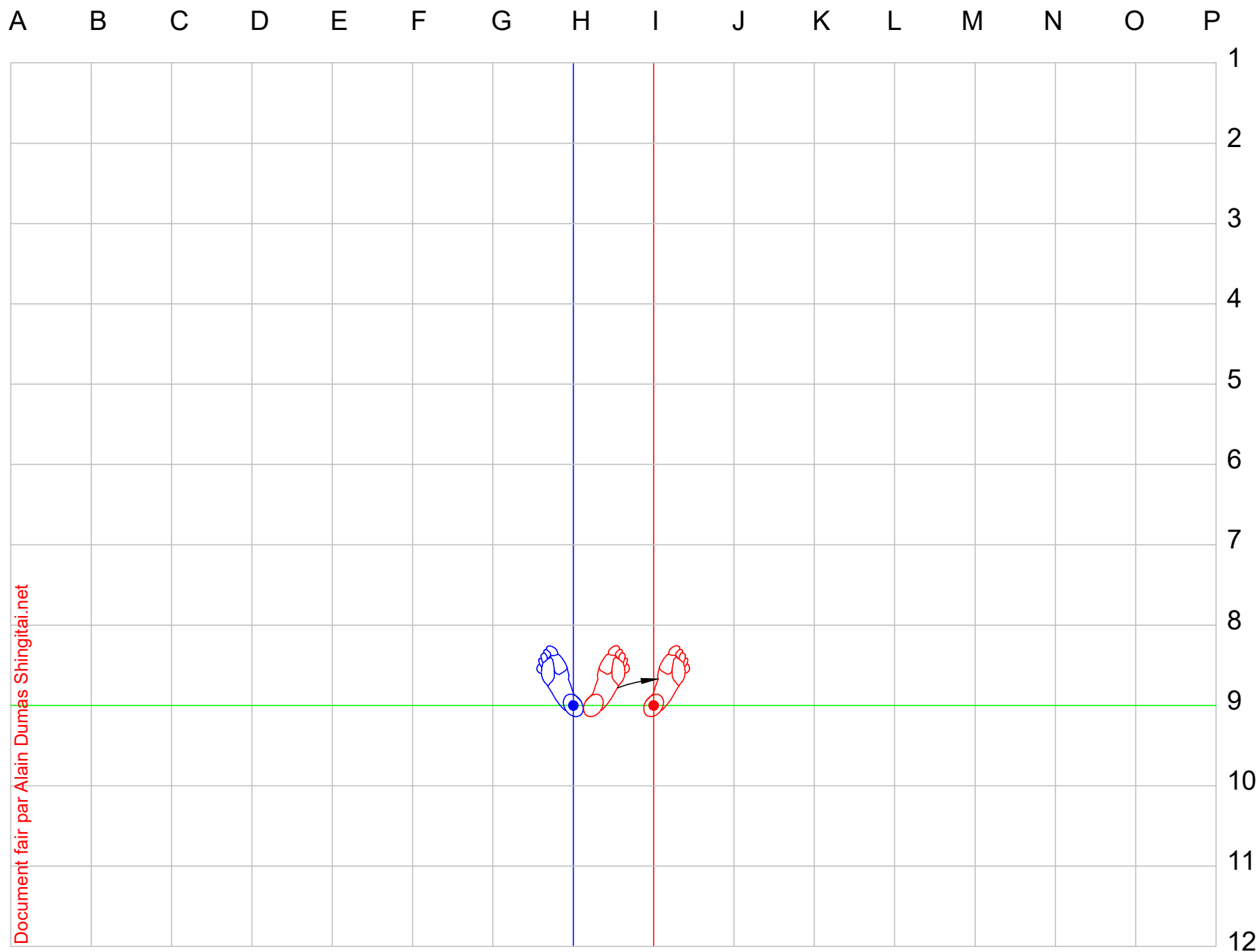


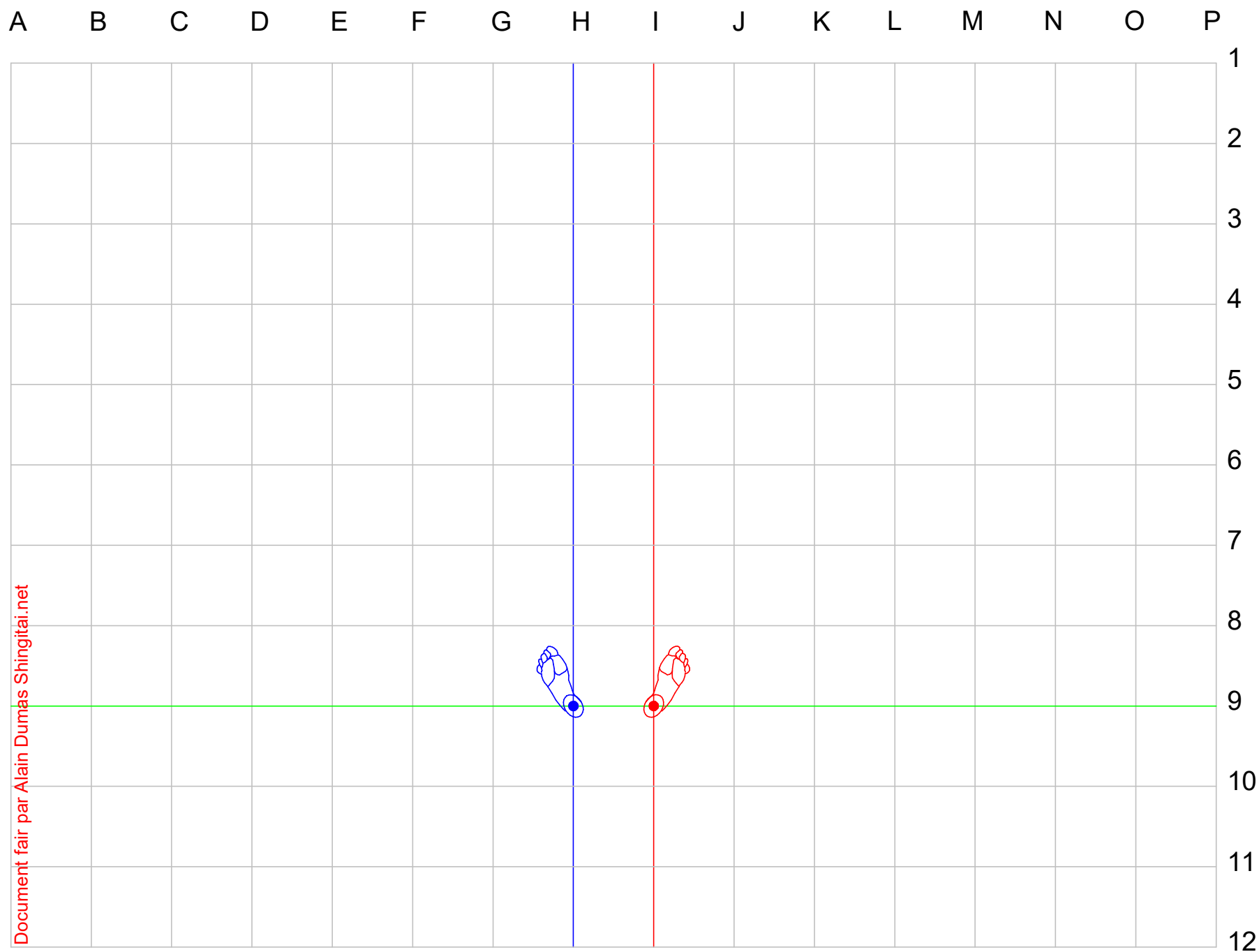




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Musubi-dachi





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Shizen-tai

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

1

2

3

4

5

6

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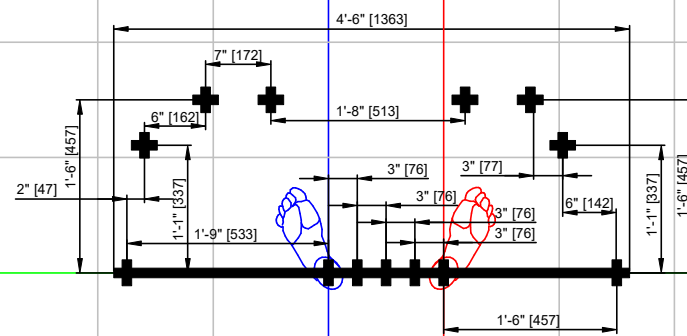
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11

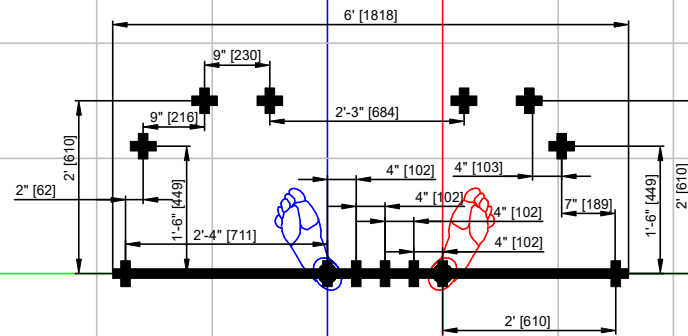
12



1' [305]

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

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