
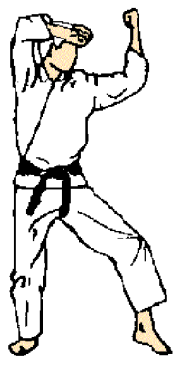
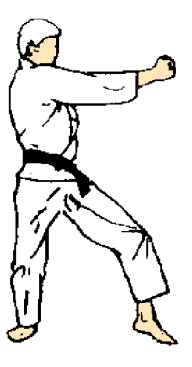
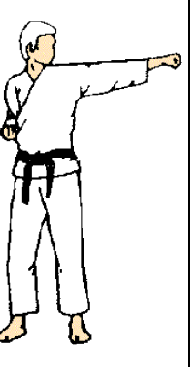
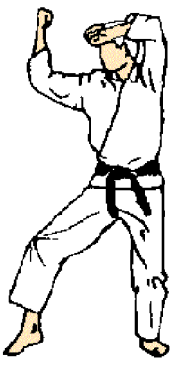
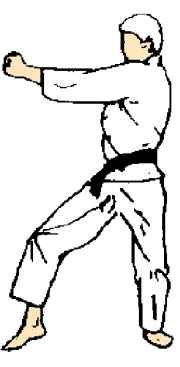



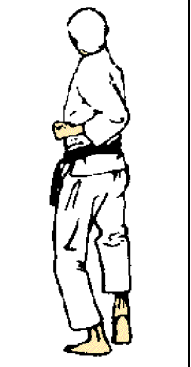



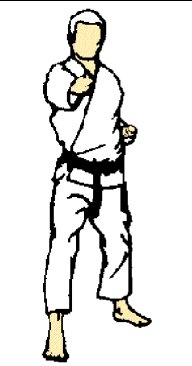
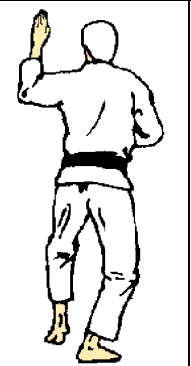
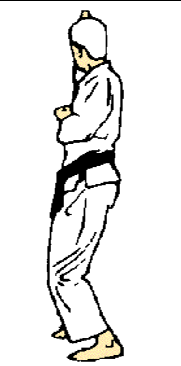

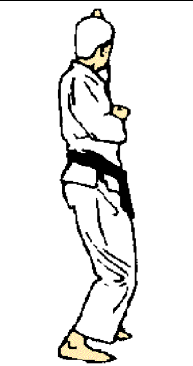

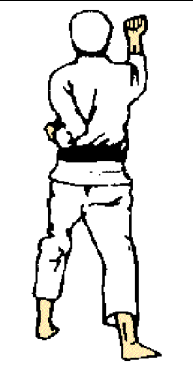

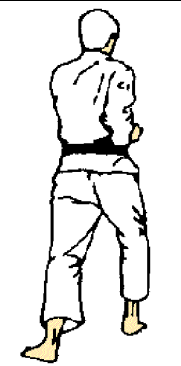


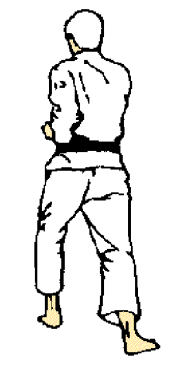
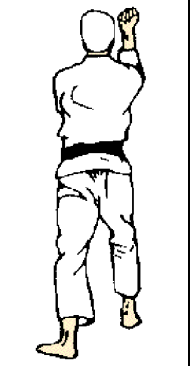

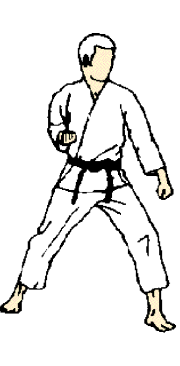



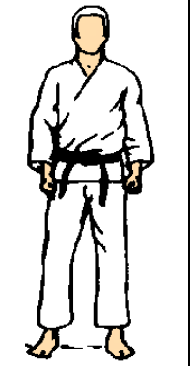


Pinan Shodan											
	HATCHIJI DATCHI (= Yoï DATCHI = Yoï = SHIZEN TAI)	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN UCHI UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + CHUDAN TETSUI UKE	SHIZEN TAI (= Yoï = HATCHIJI DATCHI) + JODAN TETSUI UCHI	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN UCHI UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + CHUDAN TETSUI UKE	SHIZEN TAI (= Yoï = HATCHIJI DATCHI) + JODAN TETSUI UCHI	<i>préparer la rotation de 90°</i>	JODAN UCHI UKE + CHUDAN YOKO GERI (MAE)	<i>préparer la rotation de 180°</i>	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE

										
MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	JUNZUKI NO ASHI (= OI TSUKI) + CHUDAN NUKITE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	MAHAMNI NO NEKOASHI (= KOKUTSU DATCHI) + JODAN SHUTO UKE	<i>préparer la rotation de 45°</i>	GYAZUZUKI NO ASHI + JODAN UCHI UKE	JODAN UKE + CHUDAN MAE GERI	GYAZUZUKI NO ASHI + CHUDAN GYAKU TSUKI

↑ Kiai ↑

↓ Kiai ↓

									
GYAZUZUKI NO ASHI + JODAN UCHI UKE	JODAN UKE + CHUDAN MAE GERI	GYAZUZUKI NO ASHI + CHUDAN GYAKU TSUKI	JUNZUKI NO ASHI (= OI TSUKI) + JODAN SASAE UKE	<i>préparer la rotation de 225°</i>	JUNZUKI NO ASHI (= OI TSUKI) + GEDAN BARAI	JUNZUKI NO ASHI (= OI TSUKI) + JODAN AGE UKE	JUNZUKI NO ASHI (= OI TSUKI) + GEDAN BARAI	JUNZUKI NO ASHI (= OI TSUKI) + JODAN AGE UKE	HATCHIJI DATCHI (= Yoï DATCHI = Yoï = SHIZEN TAI)



Kata à exécuter
en environ 19 s

Pinan Shodan

Traduction du vocabulaire par
ordre d'apparition dans le Kata

1^{ère} ligne

HATCHIJI DATCHI = YOÏ DATCHI = YOÏ = SHIZENTAI = SHIZEN TAI

HATCHIJI = HACHIJI

DATCHI = DACHI

YOÏ DATCHI : "prêt" + "position"

MAHAMNI NO NEKOASHI : "grand profil" + "du" + "pied de chat"

NEKOASHI = NEKO ASHI : "chat" + "pied"

KOKUTSU DATCHI : "en arrière" + "position"

JODAN UCHI UKE : "niveau haut" + "(qui va de l') intérieur (vers l'extérieur)" + "blocage"

JODAN SOTO UKE : "niveau haut" + "(qui va de l') extérieur (vers l'intérieur)" + "blocage"

CHUDAN TETTSUI UKE : "niveau moyen" + "marteau de poing" + "blocage"

CHUDAN = SHUDAN : "niveau moyen"

JODAN TETTSUI UCHI : "niveau haut" + "marteau de poing" + "(qui va de l') intérieur (vers l'extérieur)"

CHUDAN YOKO GERI : "niveau moyen" + "latéral" + "coup de pied" } Le premier coup de pied est appelé Yoko à cause

CHUDAN MAE GERI : "niveau moyen" + "de face" + "coup de pied" } de la position des hanches, mais est donné

JODAN SHUTO UKE : "niveau haut" + "sabre de main" + "blocage" } comme un MAE, c'est-à-dire avec la partie KOSHI.

2^{ème} ligne

JUNZUKI NO ASHI : "coup de poing rapproché" + "à la" + "jambe" (⇒ coup de poing même jambe)

JUNZUKI = JUN TSUKI : "rapproché" + "coup de poing"

OI TSUKI = JUN TSUKI

CHUDAN NUKITE : "niveau moyen" + "pique des doigts"

GYAKUZUKI NO ASHI : "coup de poing contraire" + "à la" + "jambe"

GYAKUZUKI = GYAKU TSUKI : "contraire" + "coup de poing"

JODAN UKE : "niveau haut" + "blocage"

CHUDAN MAE GERI : "niveau moyen" + "de face" + "coup de pied"

KERI = GERI : "coup de pied"

CHUDAN GYAKU TSUKI : "niveau moyen" + "contraire (à la jambe)" + "coup de poing"

3^{ème} ligne

JODAN SASAE UKE : "niveau haut" + "avec un appui" + "blocage"

GEDAN BARAI : "niveau bas" + "balayage"

JODAN AGE UKE : "niveau haut" + "en remontant" + "blocage"