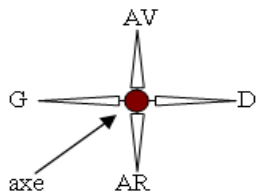


Enchaînement N° 3 Body Sandan

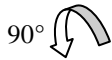
vue de face



Orientation des flèches de déplacement
vue de dessus



direction du regard



90° angle et sens de rotation du buste



kiaï

temps

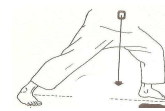
déplacement

direction, rotation du buste, regard, détail, posture

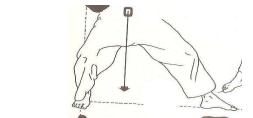
technique

japonais / français

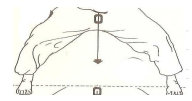
les 3 postures de bases



vue de dessus



"kokutsu dachi" centre de gravité sur AR

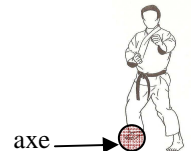


"kiba dachi" centre de gravité au milieu



position

vue de face profile



axe

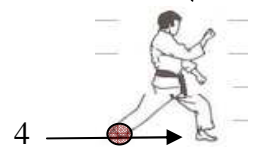
1-2 Départ enchaînement
AV *hidari gamae*
garde à gauche, le pied AR D sur l'axe

hidari uchi ude uke
blocage moyen vers l'extérieur G



3-4 chasser AR ; ramener pied G sur axe
dcaler pied D vers Droite
rotation du buste 90°G
kokutsu dachi posture sur AR

hidari gedan barai et migi uchi ude uke
blocage bras G et blocage moyen vers l'extérieur D simultanément



5-6 chasser AV ; ramener pied D sur axe
avancer pied G
zenkutsu dachi posture sur AV

migi gedan barai et hidari uchi ude uke
blocage bras Det blocage moyen vers l'extérieur G simultanément



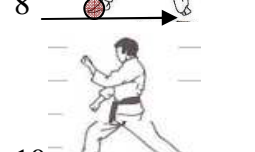
7-8 chasser AR ; ramener pied G sur axe
Reculer pied D
zenkutsu dachi posture sur AV

migi uchi ude uke
blocage moyen vers l'extérieur D



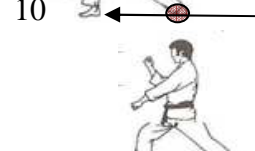
9-10 chasser AV ; ramener pied D sur axe
avancer pied D
zenkutsu dachi posture sur AV

hidari gedan barai et hidari uchi ude uke
blocage bras Det blocage moyen vers l'extérieur G simultanément



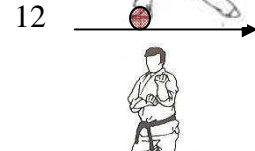
11-12 chasser AR ; ramener pied D sur axe
reculer pied G
zenkutsu dachi posture sur AV

hidariii morote uke
blocage moyen vers l'extérieur G, renforcé du bras D



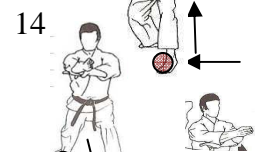
13-14 chasser AV ; ramener pied G sur axe
dcaler pied D vers AR
rotation du buste 90°G
kokutsu dachi posture sur AR

hidari osaé uke, migi gyaku niukité
blocage poussé vers le bas de la main G et attaque simultanée piquée inverse de la main D



15-16 chasser AV ; ramener pied D sur axe
avancer pied G
zenkutsu dachi posture sur AV




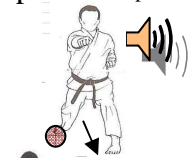


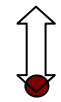

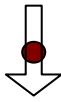
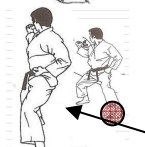
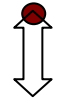
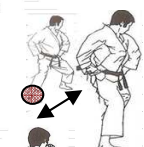
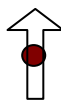
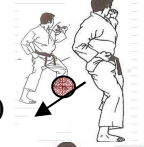
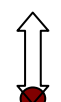
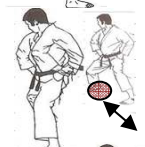
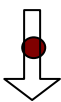

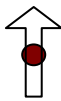
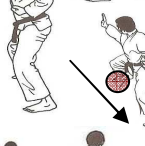
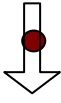

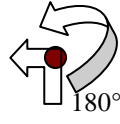
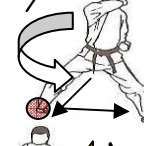

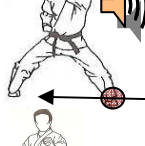

hidari yoko tetsui
attaque latérale coup de poing marteau G



17-18 chasser AR ;
ramener pied G sur axe, reculer pied D
kiba dachi posture centrée (de profile)



18

temps	déplacement et direction du regard	technique	position   profile
19-20	 AV	chasser AV ; ramener pied D sur axe, avancer pied G <i>zenkutsu dachi</i> posture sur AV	
21-22	 180°G AR	changement garde sur place ; ramener pied G sur axe avancer pied D rotation du buste 180°G <i>kiba dachi</i> posture centrée (de profile)	
23-24	 AR	changement garde sur place ; ramener pied D sur axe, reculer pied G <i>kiba dachi</i> posture centrée (de profile)	
25-26	 AR	chasser AV ; ramener pied G sur axe, avancer pied D <i>kiba dachi</i> posture centrée (de profile)	
27-28	 AR	changement garde sur place ; ramener pied D sur axe, avancer pied G <i>kiba dachi</i> posture centrée (de profile)	
29-30	 AR	chasser AR ; ramener pied G sur axe, reculer pied D <i>kiba dachi</i> posture centrée (de profile)	
31-32	 AR	changement garde sur place ; ramener pied D sur axe reculer pied G <i>kiba dachi</i> posture centrée (de profile)	
33-34	 AR	chasser AV ; ramener pied G sur axe, avancer pied D <i>kiba dachi</i> posture centrée (de profile)	
35-36	 AR	chasser AR ; ramener pied D sur axe, reculer pied G <i>kiba dachi</i> posture centrée (de profile)	
37-38	 AR	chasser AV ; ramener pied G sur axe, avancer pied D <i>zenkutsu dachi</i> posture sur AV	
39-40	 180°G AV	chasser AR ; ramener pied D sur axe décaler pied G vers la D rotation du buste 180°G <i>kiba dachi</i> posture centrée	
41-42	 AV	chasser latéral ; ramener pied G sur axe décaler pied D vers D <i>kiba dachi posture centrée</i>	
43-44	 AV	chasser AV ; ramener pied D sur axe, avancer pied G	