

NIHON KENDO KATA

ODACHI

UCHIDACHI - Grand Bokuto

1. REI. Passe le sabre de la main droite à la gauche
2. TAITO
3. D → Ayumiashi 3 pas
4. SONKYO en sortant le sabre
5. CHUDAN NO KAMAE
6. Casser la garde
7. ← D Ayumiashi 5 pas
8. CHUDAN NO KAMAE

IPPONME

1. CHUDAN
2. HIDARI JODAN
3. D → Ayumiashi 3 pas
4. Attaque Shomen en direction des mains de shidachi
- 5.
6. ← D 1 pas Okuriashi
7. ← D 1 pas Okuriashi
8. CHUDAN
9. Casser la garde
10. ← D Ayumiashi 5 pas
11. CHUDAN

NIHONME

1. CHUDAN
2. D → Ayumiashi 3 pas
3. Attaque Migi-Kote
- 4.
5. CHUDAN
6. Casser la garde
7. ← D Ayumiashi 5 pas
8. CHUDAN

SANBONME

1. CHUDAN
2. GEDAN
3. D → Ayumiashi 3 pas
4. CHUDAN
5. D → Tsuki
6. ← D parade
7. ← D parade
8. ← D Ayumiashi 3 pas en cassant la garde
- 9.
10. A mesure que le SHIDACHI recule, se remettre en CHUDAN
11. D → Ayumiashi 3 pas
12. Casser la garde
13. ← D Ayumiashi 5 pas
14. CHUDAN

SHIDACHI - Grand Bokuto

REI. Idem UCHI DACHI en même temps

- TAITO
D → Ayumiashi 3 pas
SONKYO en sortant le sabre
CHUDAN NO KAMAE
Casser la garde
← D Ayumiashi 5 pas
CHUDAN NO KAMAE

- CHUDAN
MIGI JODAN
D → Ayumiashi 3 pas
← D esquive en arrière
D → contre attaque Shomen
Menacer le visage d'Uchidachi avec la pointe
D → Jodan Zanshin
CHUDAN
Casser la garde
← D Ayumiashi 5 pas
CHUDAN

- CHUDAN
D → Ayumiashi 3 pas
↖ D Esquive en arrière à gauche
D → contre attaque Migi-Kote
CHUDAN
Casser la garde
← D Ayumiashi 5 pas
CHUDAN

- CHUDAN
GEDAN
D → Ayumiashi 3 pas
CHUDAN
← D parade
D → contre attaque
D → pénétration
D → Ayumiashi 3 pas
Menacer le visage d'Uchidachi
← D Ayumiashi 2 pas, CHUDAN

- ← D Ayumiashi 3 pas
Casser la garde
← D Ayumiashi 5 pas
CHUDAN

NIHON KENDO KATA

ODACHI (suite)

YOHONME

1. CHUDAN
2. HASSO
3. D → Ayumiashi 3 pas
4. D → attaque Shomen
5. CHUDAN
6. D → TSUKI
- 7.
8. ← D CHUDAN
9. Casser la garde
10. ← D Ayumiashi 5 pas
11. CHUDAN

GOHONME

1. CHUDAN
2. HIDARI JODAN
3. D → Ayumiashi 3 pas
4. D → Attaque men
- 5.
- 6.
7. CHUDAN
8. ← D Ayumiashi 3 pas
9. Casser la garde
10. ← D Ayumiashi 5 pas
11. CHUDAN

ROPONME

1. CHUDAN
2. CHUDAN
3. D → Ayumiashi 3 pas
4. Tente de contrôler le sabre de Shidachi
5. ← D HIDARI JODAN
6. ← G baisser le sabre vers CHUDAN
7. D → Attaque Migi-Kote
- 8.
9. ↖ D
10. D ↘ CHUDAN
11. Casser la garde
12. Ayumiashi 5 pas ← D
13. CHUDAN

NANA HONME

1. CHUDAN
2. D → Ayumiashi 3 pas
3. Tsuki -Kiatari D →
4. CHUDAN
5. D → Attaque men Ayumiashi 2 pas
6. ← D CHUDAN
7. Regagne la place de salut en se déplaçant en cercle vers la gauche, les pieds se croisent
8. Sonkyo
9. Rengainer le sabre
10. ← D Ayumiashi 5 pas
11. Enlever le sabre. Le passer dans la main droite
12. REI

- CHUDAN
WAKIGAMAE
D → Ayumiashi 3 pas
D → attaque Shomen
CHUDAN
D ↗ Esquive en avant à gauche
Contre attaque men (pied gauche avant)
↙ D CHUDAN
Casser la garde
← D Ayumiashi 5 pas
CHUDAN

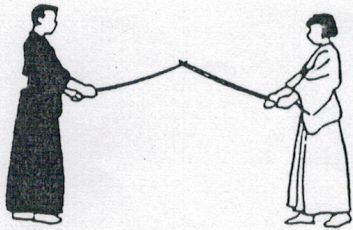
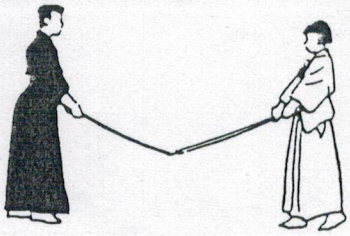
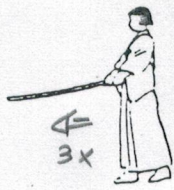
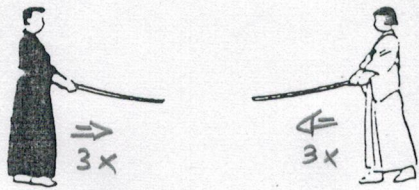
- CHUDAN
CHUDAN
D → Ayumiashi 3 pas
← D Suriage
D → contre attaque men
← D HIDARI JODAN ZANSHIN
CHUDAN
D → Ayumiashi 3 pas
Casser la garde
← D Ayumiashi 5 pas
CHUDAN

- CHUDAN
GEDAN
D → Ayumiashi 3 pas
Monter la pointe, CHUDAN
D → Un pas de pénétration

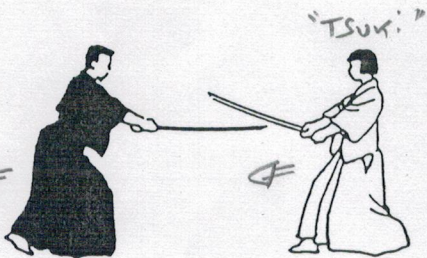
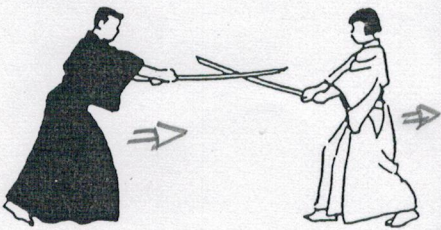
- Défend en suriage et dans le même temps
D ↗ contre attaque Migi-Kote
D → HIDARI JODAN ZANSHIN
↙ D CHUDAN
Casser la garde
Ayumiashi 5 pas ← D
CHUDAN

- CHUDAN
D → Ayumiashi 3 pas
← D parade (Kiatari)
CHUDAN
D ↘ contre attaque DO. Ayumiashi 3 pas.
poser un genou droit, Wakigamae
D → CHUDAN en se redressant
Regagne la place de salut en se déplaçant en cercle vers la gauche, les pieds se croisent
Sonkyo
Rengainer le sabre
← D Ayumiashi 5 pas
Enlever le sabre. Le passer dans la main droite
REI

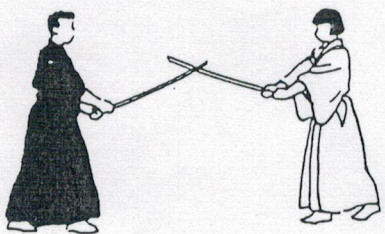
第3本目



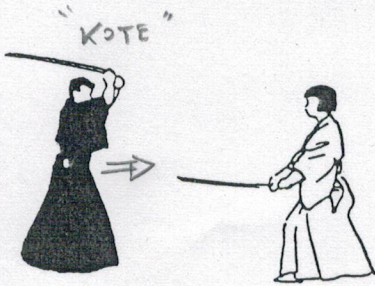
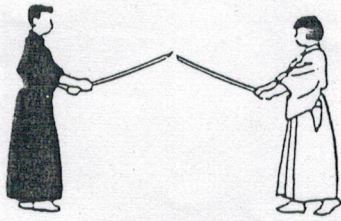
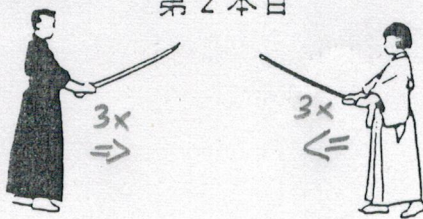
"TSUKI"



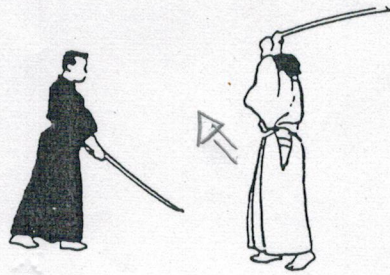
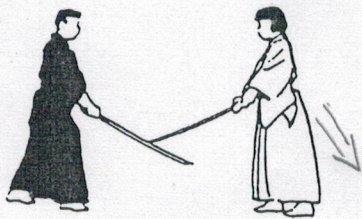
"TSUKI"



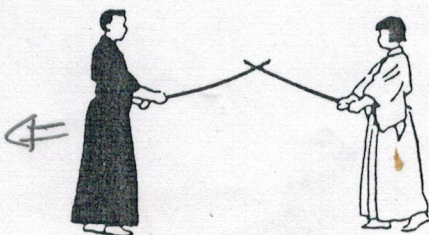
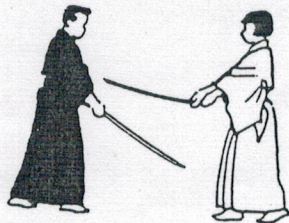
第2本目



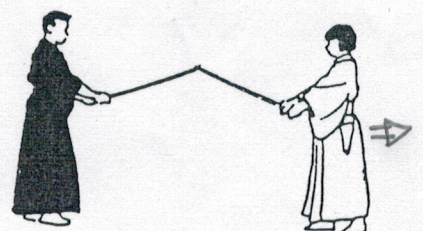
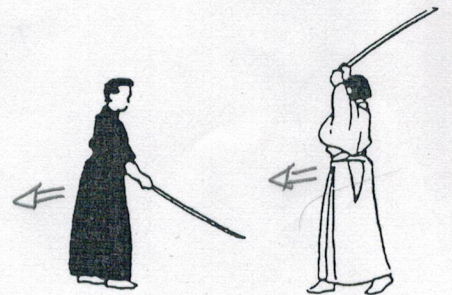
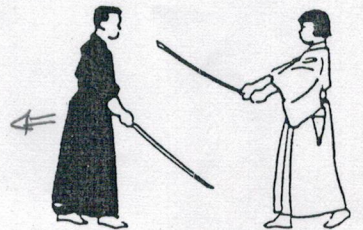
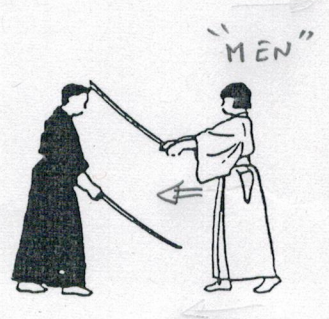
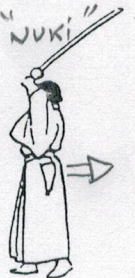
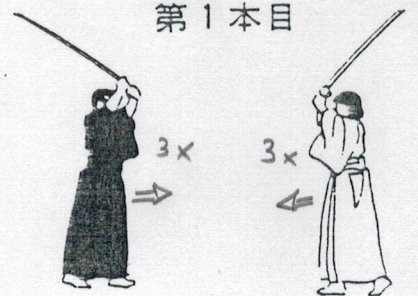
"NUKI"



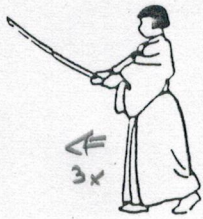
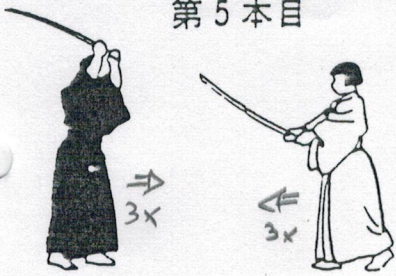
"KOTE"



第1本目



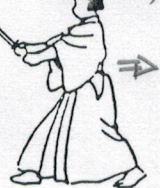
第5本目



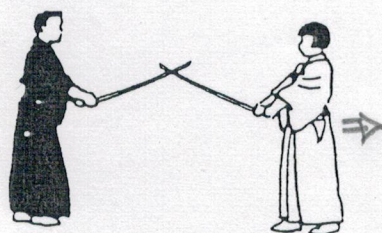
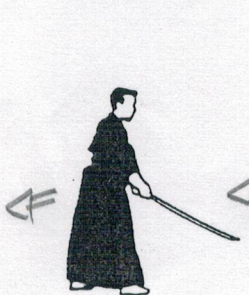
"MEN"



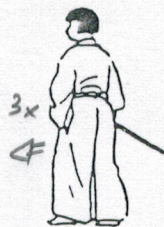
"SURIGE" (OTOTE)



"MEN"



第4本目



"AI" UCHIMEN"



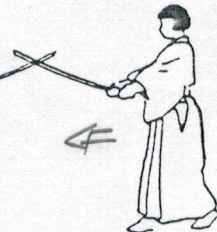
"TSUKI"



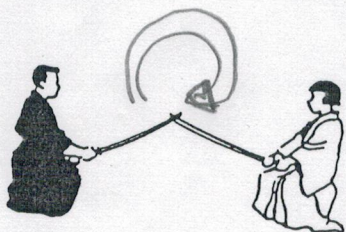
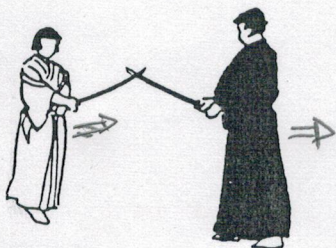
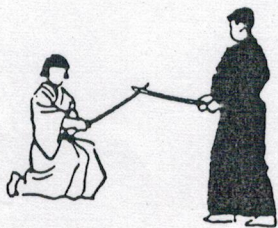
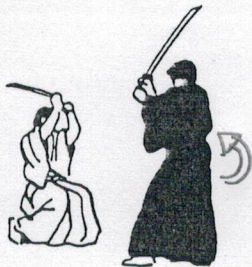
"MEN"



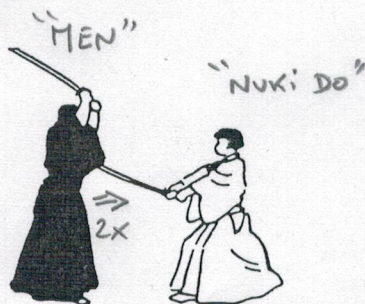
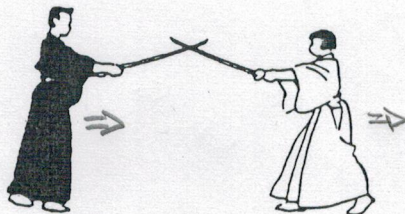
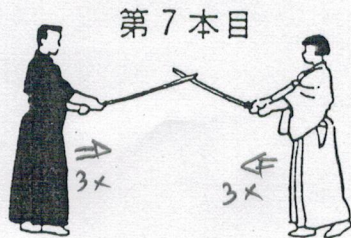
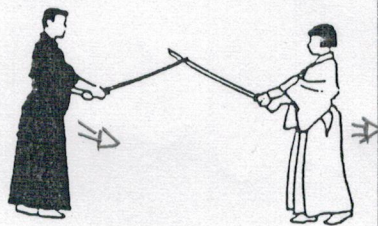
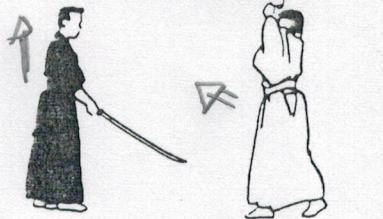
3 suite



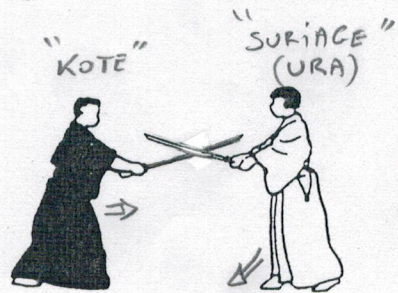
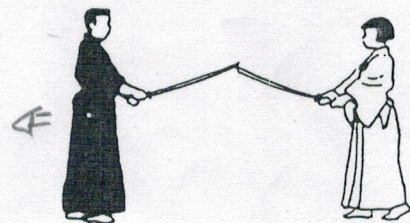
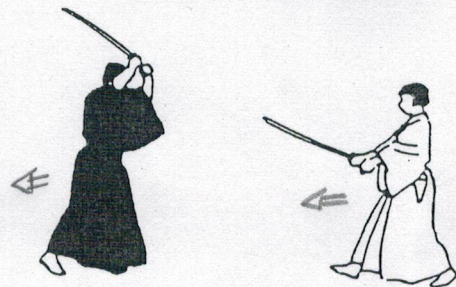
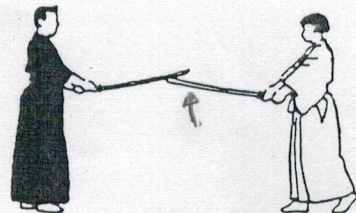
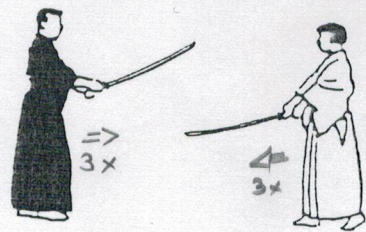
7 (suite)



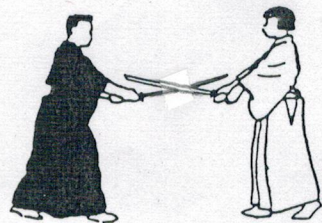
6 (suite)



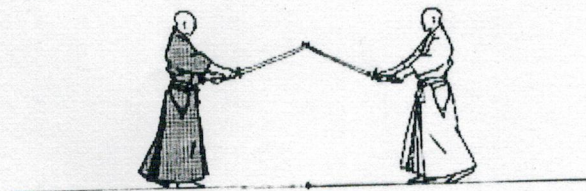
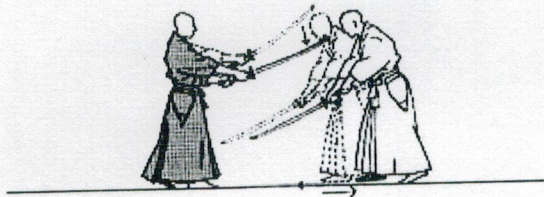
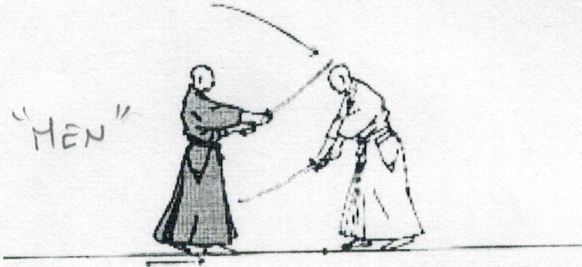
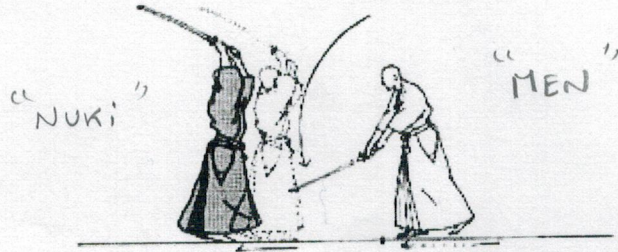
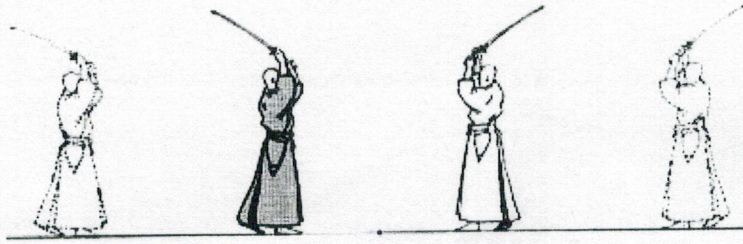
第 6 本目

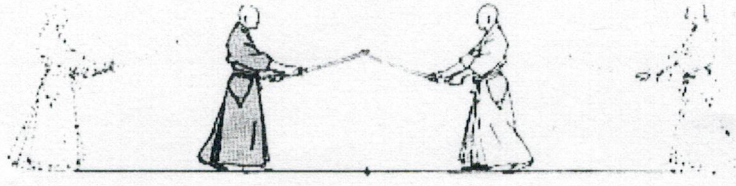


"SOI KOTE" oie

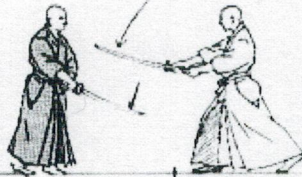


Ippon-me

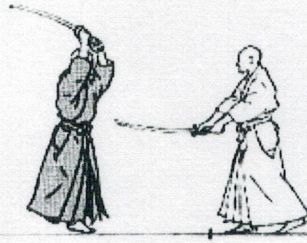




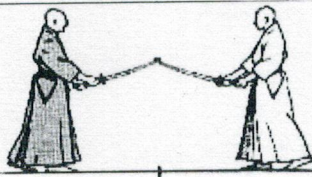
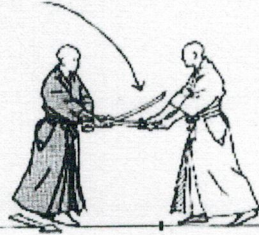
"NUKI"



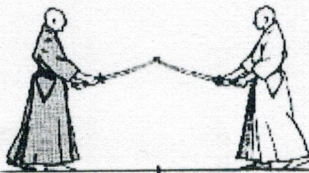
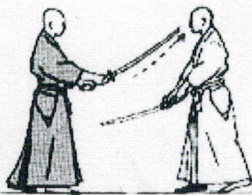
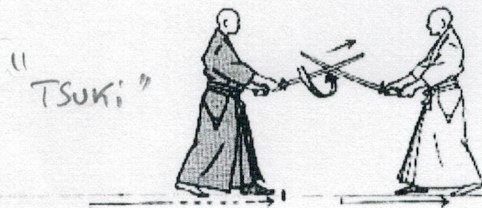
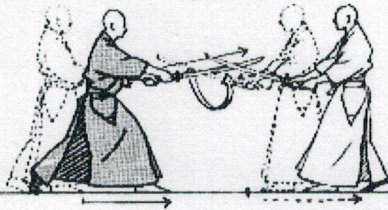
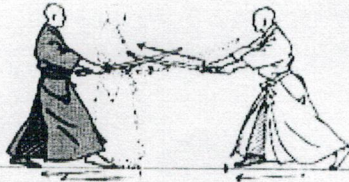
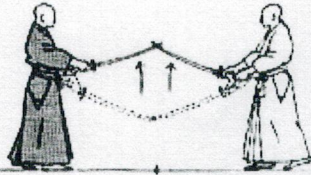
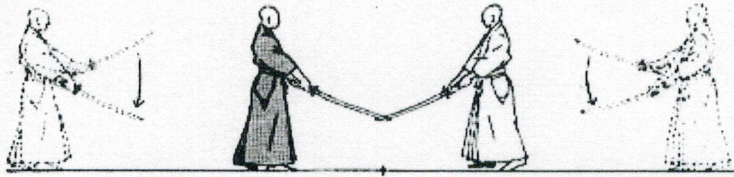
"KOTE"



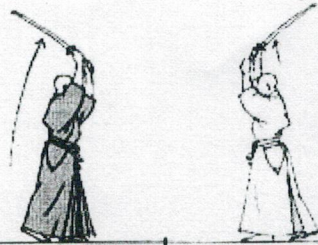
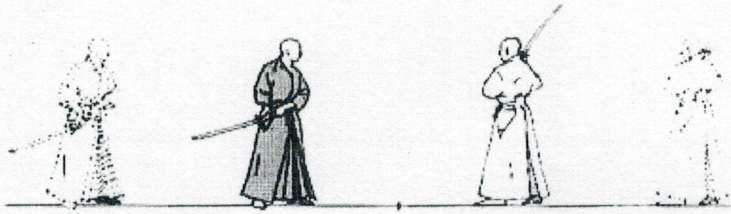
"KOTE"



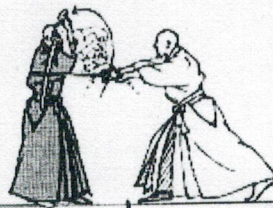
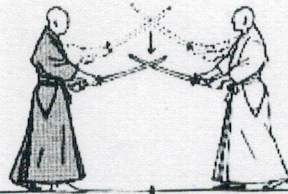
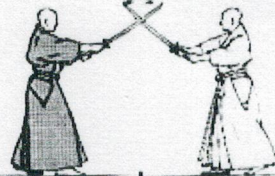
Sanbon-me



Yonhon-me

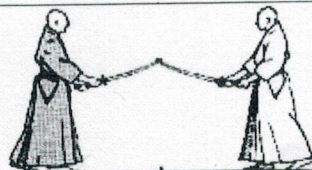


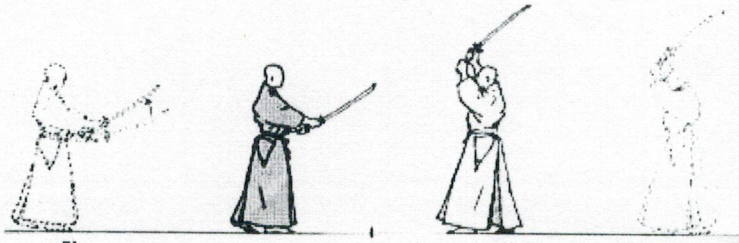
"Ai UCHI-MEN"



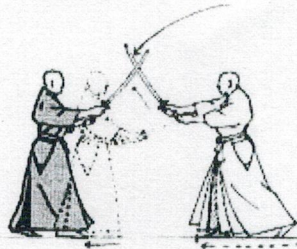
"TSUKI"

"MEN"

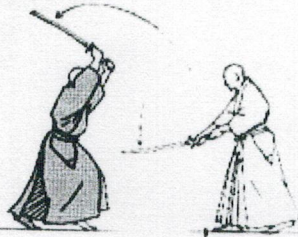




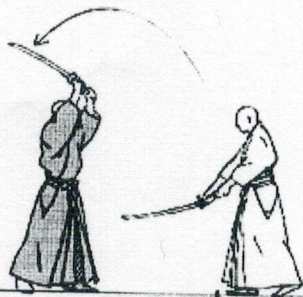
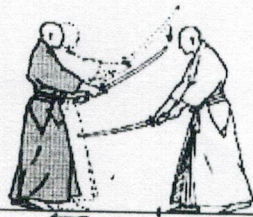
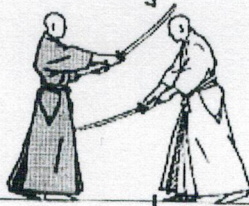
"SURIAGE"
(OMOTE)



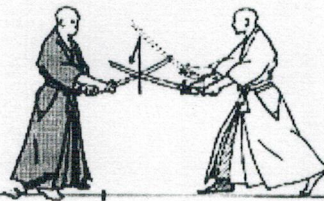
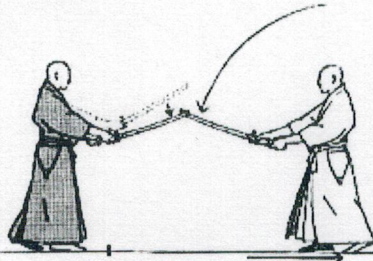
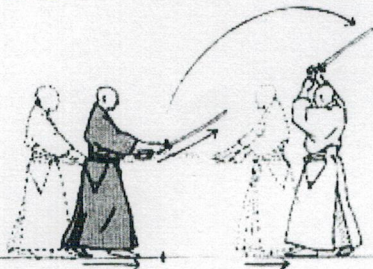
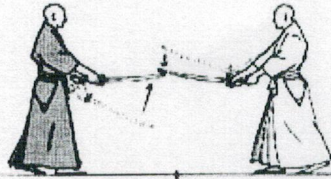
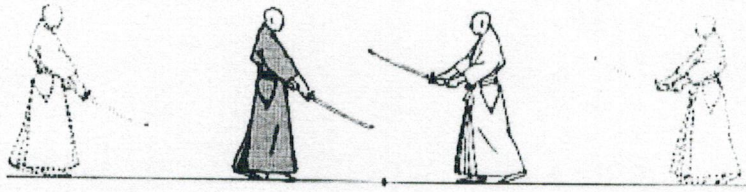
"MEN"



"MEN"



Roppon-me

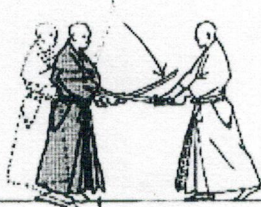


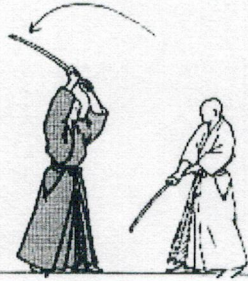
"KOTE"

"SURIGE"
(URA)



"KOTE"





Nanahonme

