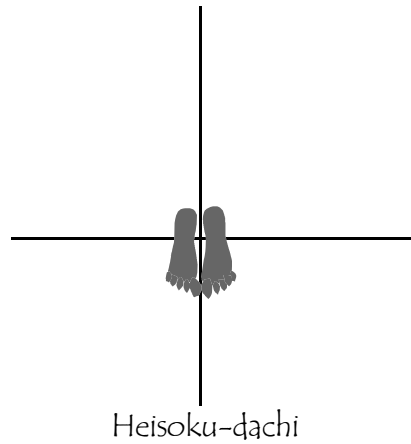


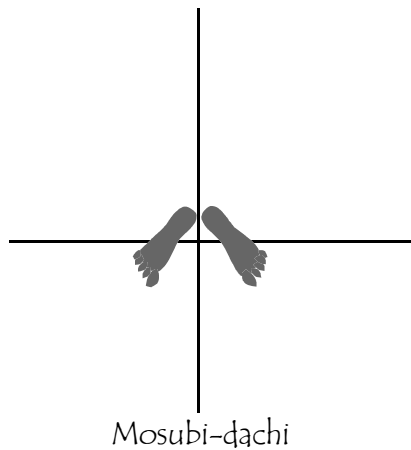
Positions de pieds



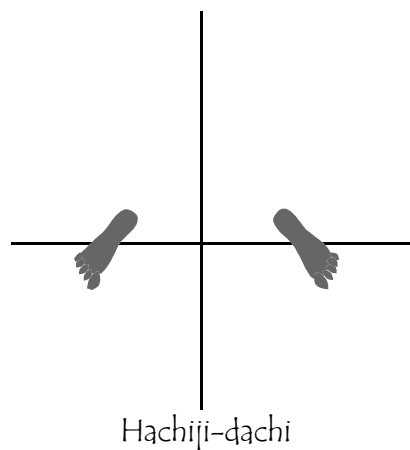
1 - Heisoku-dachi
Position d'attente poings serrés et pieds joints.



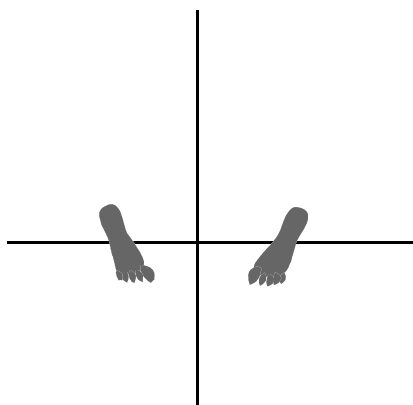
2 - Mosubi-dachi
Position talons joints et pieds a 10 h 10



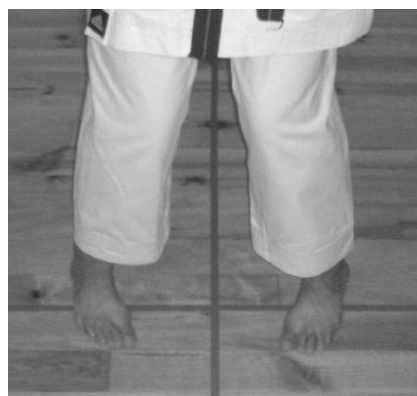
3 - Hachiji-dachi
Position pieds écartés et poings serrés.



Positions de pieds

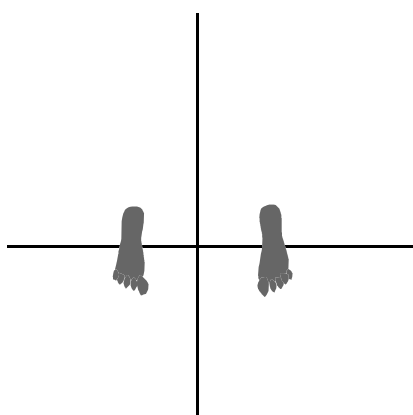


Uchi-hachiji-dachi



4 - Uchi-hachiji-dachi

Position pieds écartés tournés vers l'intérieur de 30°

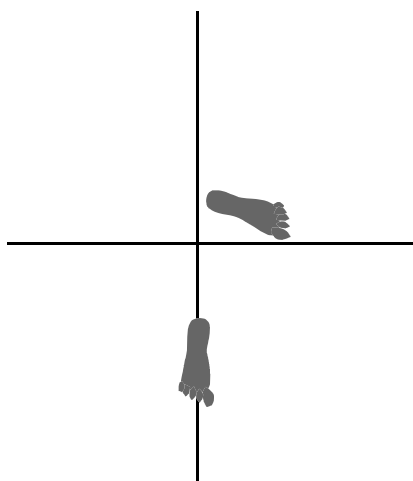


Heiko-dachi



5 - Heiko-dachi

Position d'attente pieds écartés et parallèles.



Renoji-dachi



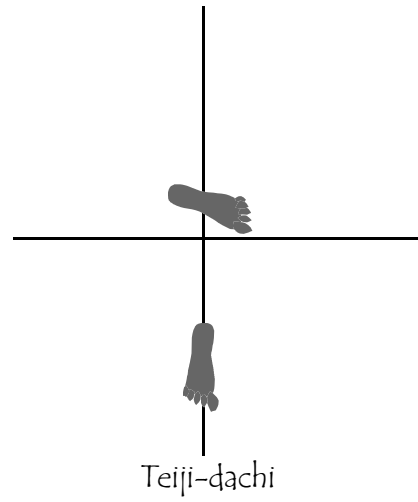
6 - Renoji-dachi

Position en L (Puissant retrait du pied qui vous fait vous relever).

Positions de pieds



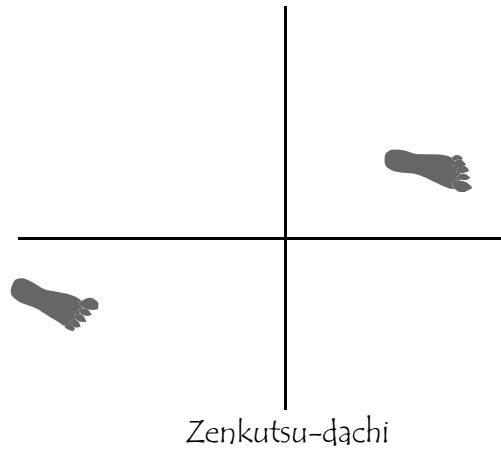
7 - Teiji-dachi
Position en T



Teiji-dachi



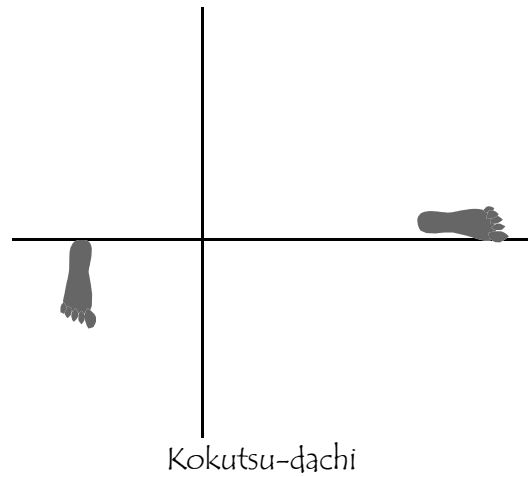
8 - Zenkutsu-dachi
Position vers l'avant



Zenkutsu-dachi

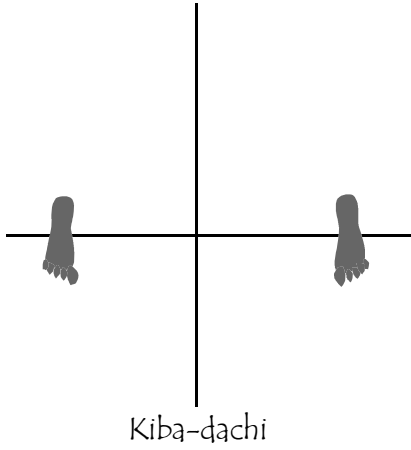


9 - Kokutsu-dachi
Position vers l'arrière

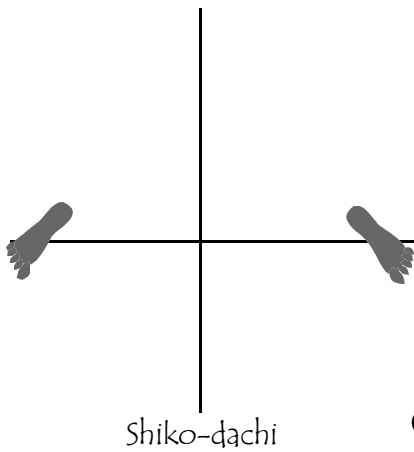


Kokutsu-dachi

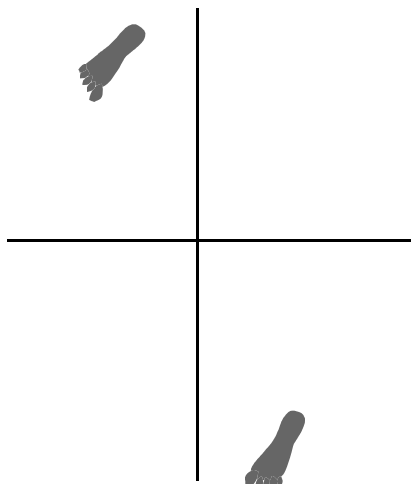
Positions de pieds



10 - Kiba-dachi
Position du cavalier (pieds parallèles)



11 - Shiko-dachi
Comme Kiba dachi mais pieds tournés vers l'extérieur de 30°.

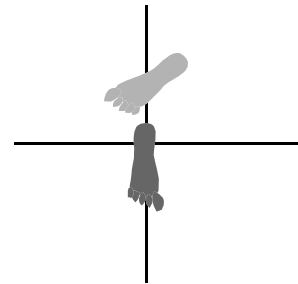


12 - Fudo-dachi ou sochin-dachi
Position de combat immobile (ou Sochin dachi)

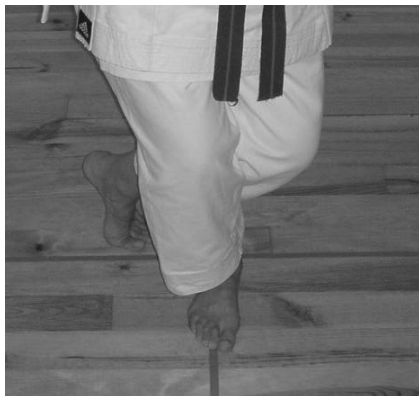
Positions de pieds



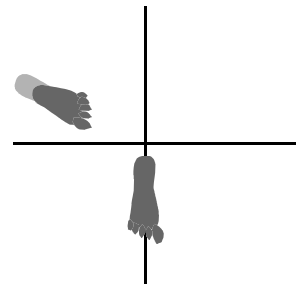
13 - Sagi-ashi-dachi
Sur un pied



Sagi-ashi-dachi



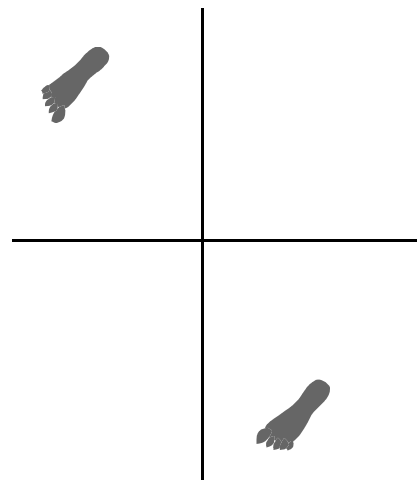
14 - Kosa-dachi
Pieds croisés



Kosa-dachi

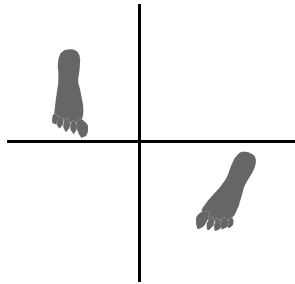


16 - Hangetsu-dachi
Position en demi lune (Kiba dachi de $\frac{3}{4}$ par rapport a l'attaque).



Hangetsu-dachi

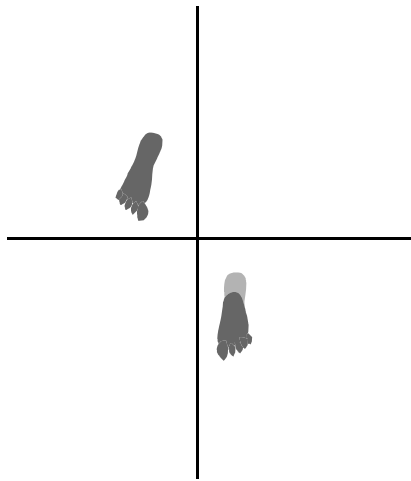
Positions de pieds



Sanchin-dachi



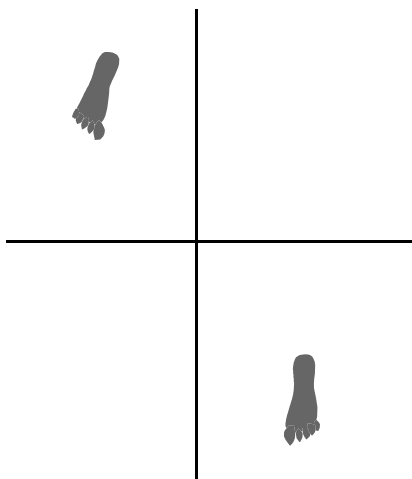
17 - Sanchin-dachi
Position pieds écartés, genoux rentrés.



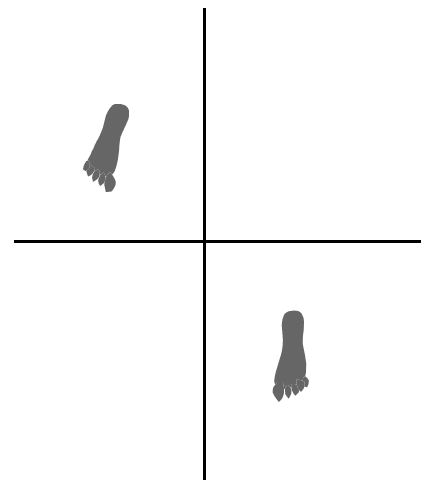
Neko-ashi-dachi



18 - Neko-ashi-dachi
Position du chat, poids maximum sur
jambe arrière (ou Ashi dachi)



Hizakutsu-dachi



Moto-dachi