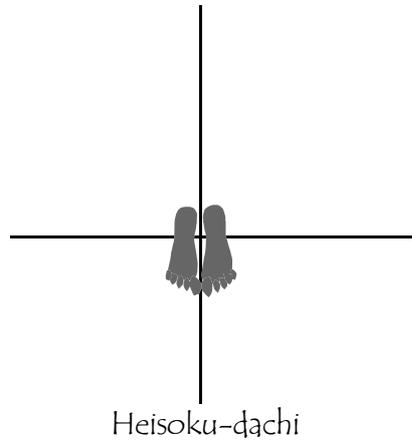


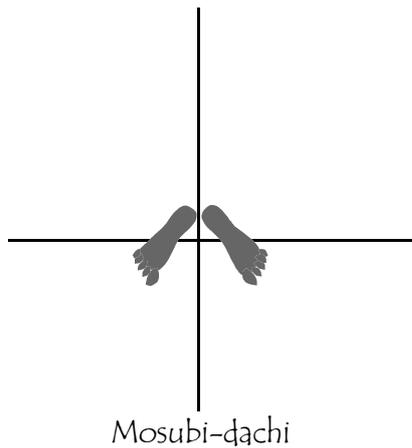
# Positions de pieds



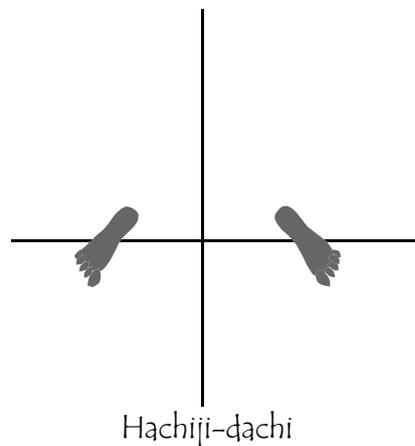
1 - Heisoku-dachi  
Position d'attente poings serrés et pieds joints.



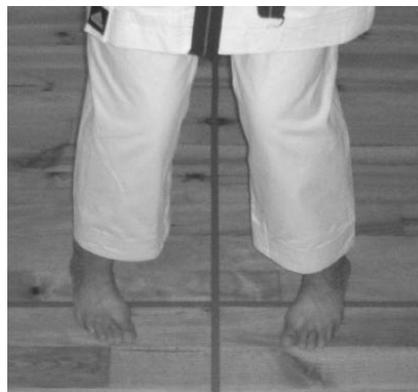
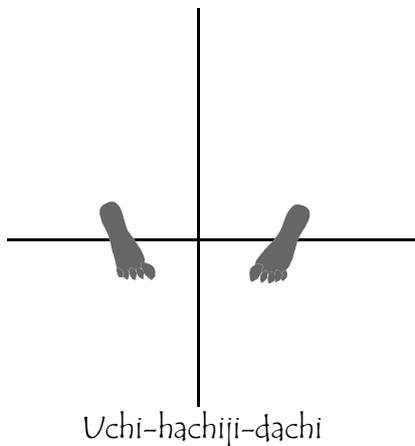
2 - Mosubi-dachi  
Position talons joints et pieds a 10 h 10



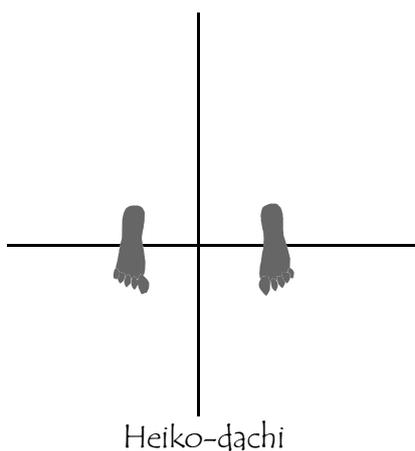
3 - Hachiji-dachi  
Position pieds écartés et poings serrés.



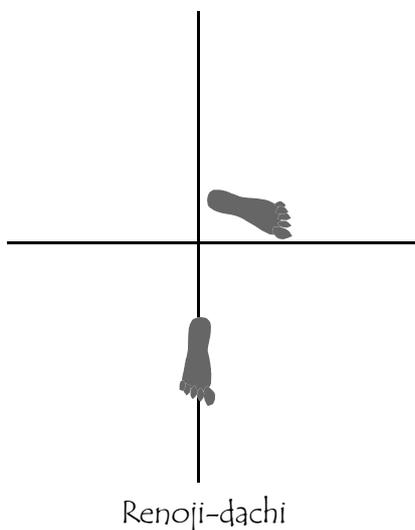
# Positions de pieds



4 - Uchi-hachiji-dachi  
Position pieds écartés tournés vers l'intérieur de 30°



5 - Heiko-dachi  
Position d'attente pieds écartés et parallèles.

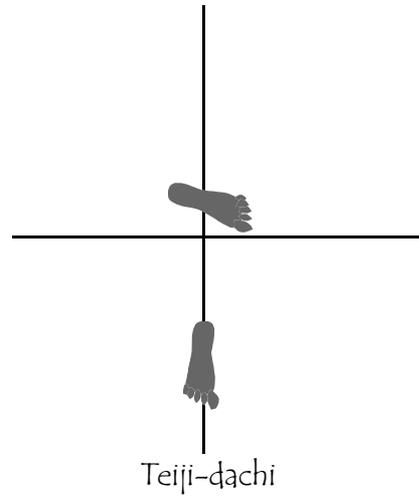


6 - Renoji-dachi  
Position en L ( Puissant retrait du pied qui vous fait vous relever ).

# Positions de pieds



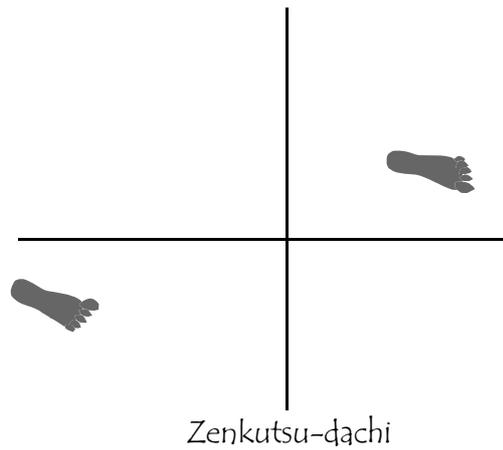
7 - Teiji-dachi  
Position en T



Teiji-dachi



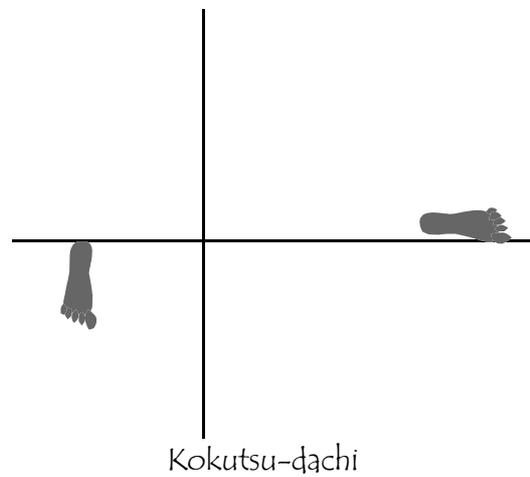
8 - Zenkutsu-dachi  
Position vers l'avant



Zenkutsu-dachi

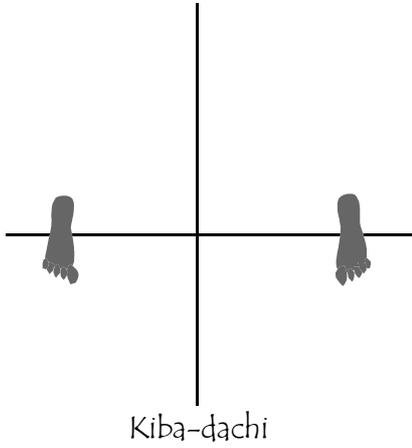


9 - Kokutsu-dachi  
Position vers l'arrière

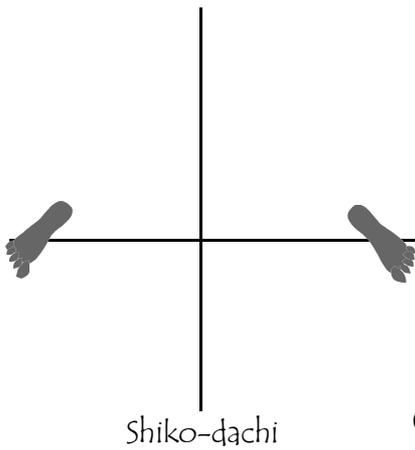


Kokutsu-dachi

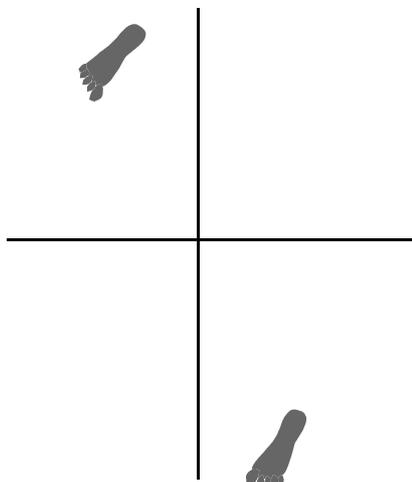
# Positions de pieds



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



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

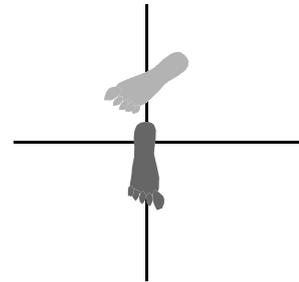


12 - Fudo-dachi ou sochin-dachi  
Position de combat immobile ( ou Sochin dachi )

# Positions de pieds



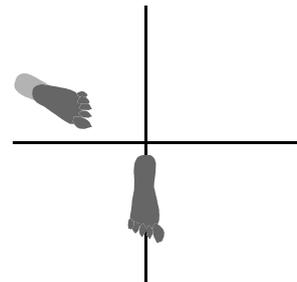
13 - Sagi-ashi-dachi  
Sur un pied



Sagi-ashi-dachi



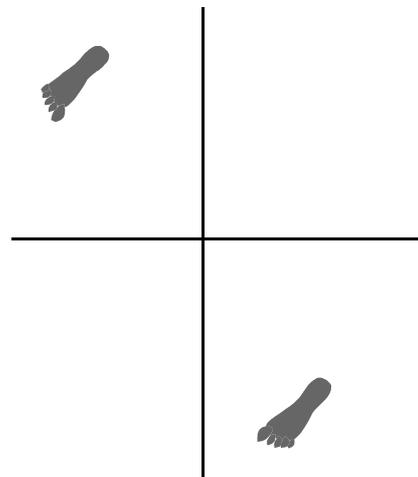
14 - Kosa-dachi  
Pieds croisés



Kosa-dachi

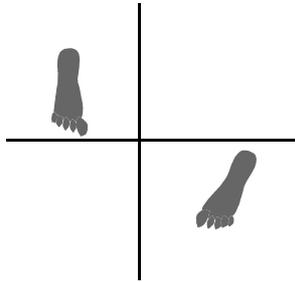


16 - Hangetsu-dachi  
Position en demi lune ( Kiba dachi de  $\frac{3}{4}$  par rapport a l'attaque).



Hangetsu-dachi

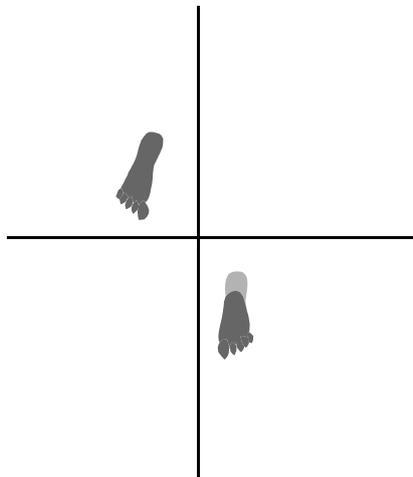
# Positions de pieds



Sanchin-dachi



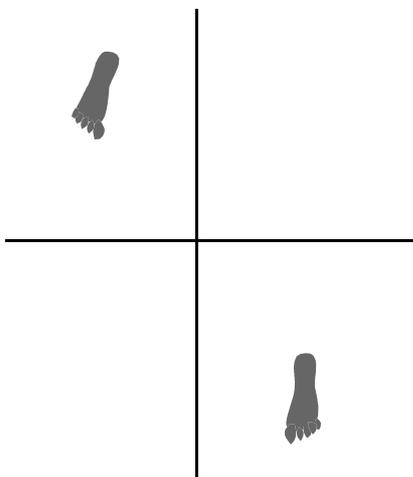
17 - Sanchin-dachi  
Position pieds écartés, genoux rentrés.



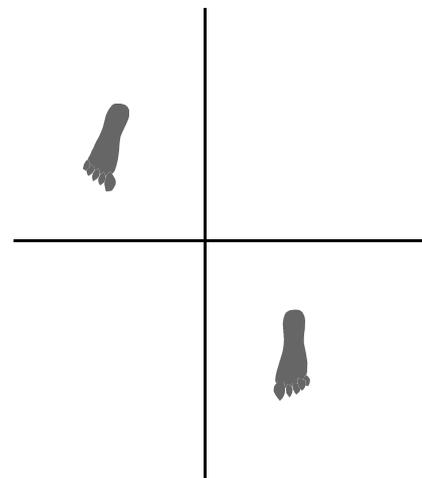
Neko-ashi-dachi



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



Hizakutsu-dachi



Moto-dachi