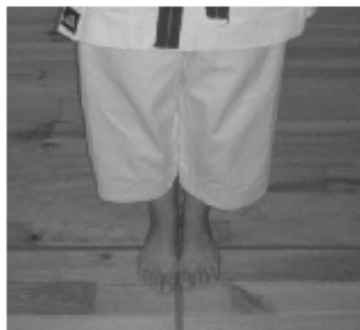
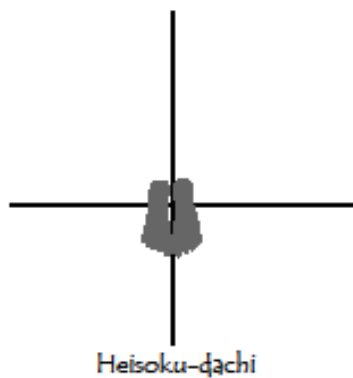


## Positions de pieds



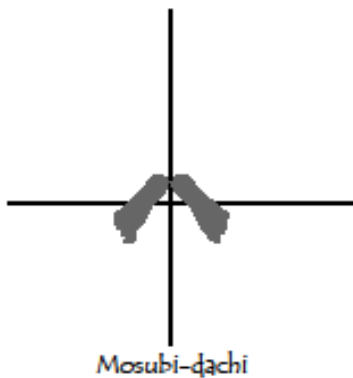
**1 - Heisoku-dachi**  
Position d'attente poings serrés et pieds joints.



Heisoku-dachi



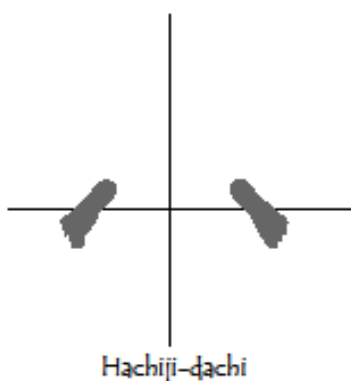
**2 - Mosubi-dachi**  
Position talons joints et pieds a 10 h 10



Mosubi-dachi

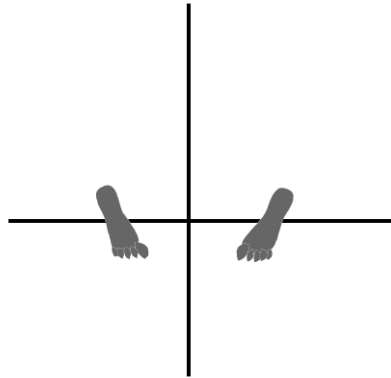


**3 - Hachiji-dachi**  
Position pieds écartés et poings serrés.



Hachiji-dachi

# Positions de pieds

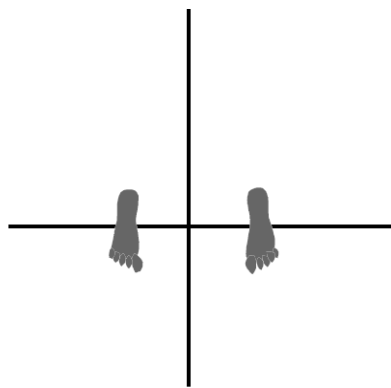


Uchi-hachiji-dachi



4 - Uchi-hachiji-dachi

Position pieds écartés tournés vers l'intérieur de 30°

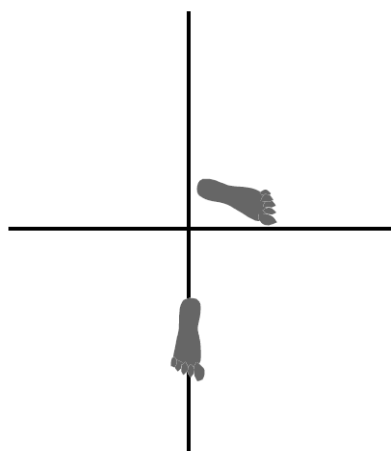


Heiko-dachi



5 - Heiko-dachi

Position d'attente pieds écartés et parallèles.



Renji-dachi



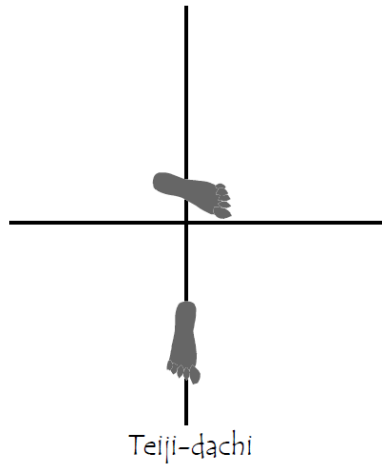
6 - Renji-dachi

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

# Positions de pieds



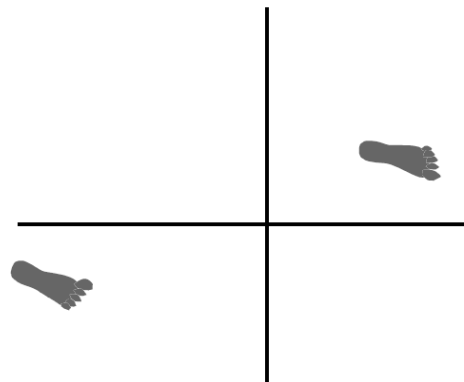
7 - Teiji-dachi  
Position en T



Teiji-dachi



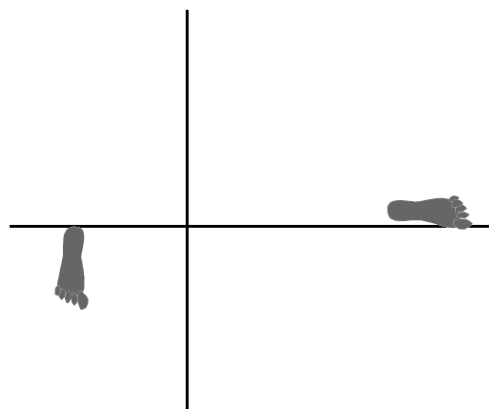
8 - Zenkutsu-dachi  
Position vers l'avant



Zenkutsu-dachi

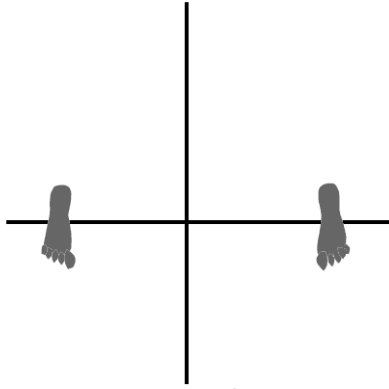


9 - Kokutsu-dachi  
Position vers l'arrière



Kokutsu-dachi

# Positions de pieds

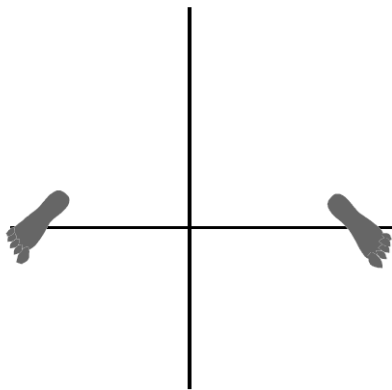


Kiba-dachi



10 - Kiba-dachi

Position du cavalier ( pieds parallèles )

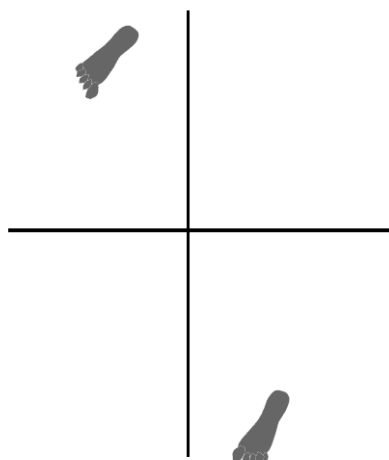


Shiko-dachi



11 - Shiko-dachi

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



Fudo-dachi



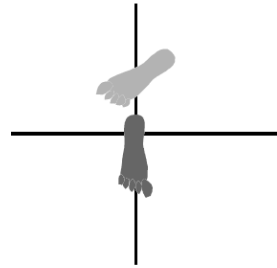
12 - Fudo-dachi

Position de combat immobile

# Positions de pieds



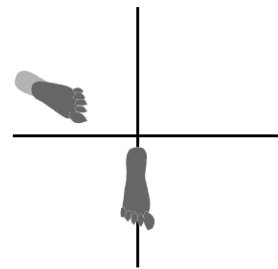
13 - Tsuru-ashi-dachi  
Sur un pied



Tsuru-ashi-dachi



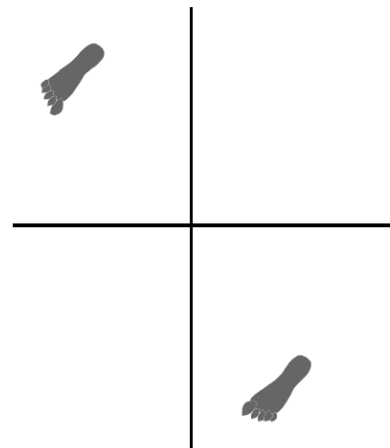
14 - Kosa-dachi  
Pieds croisés



Kosa-dachi

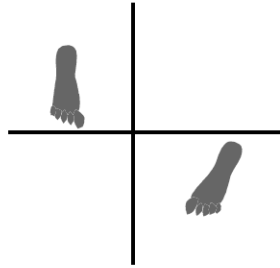


16 - Hangetsu-dachi  
Position en demi lune ( Kiba dachi de  $\frac{3}{4}$  par rapport a l'attaque).



Hangetsu-dachi

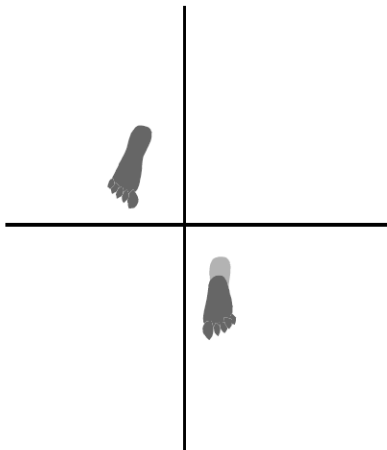
# Positions de pieds



Sanchin-dachi



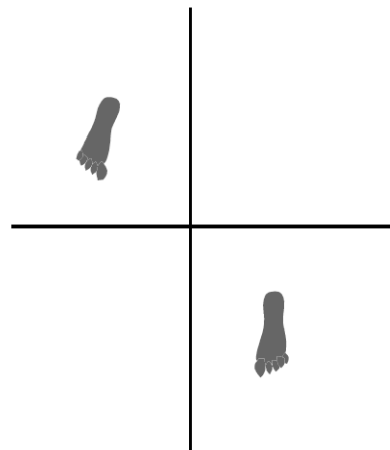
17 - Sanchin-dachi  
Position pieds écartés, genoux rentrés.  
« Petit sablier »



Neko-ashi-dachi



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



Moto-dachi

Zenkutsu-dachi, jambe arrière tendue