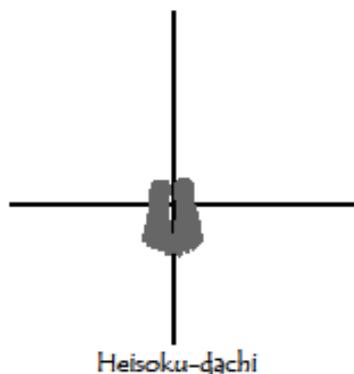


Positions de pieds



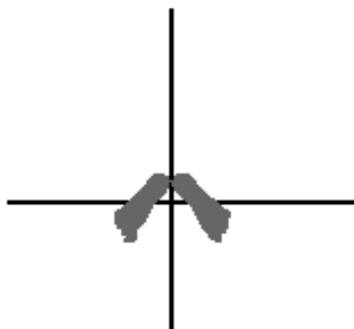
1 - Heisoku-dachi
Position d'attente poings serrés et pieds joints.



Heisoku-dachi



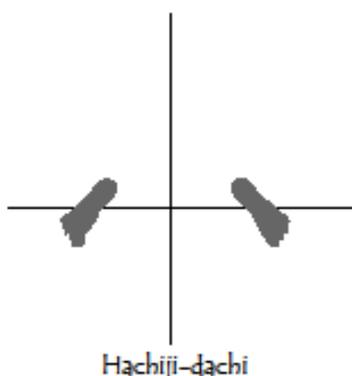
2 - Mosubi-dachi
Position talons joints et pieds a 10 h 10



Mosubi-dachi

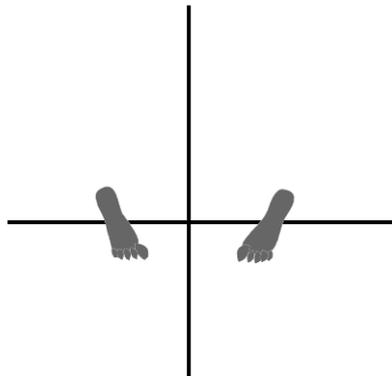


3 - Hachiji-dachi
Position pieds écartés et poings serrés.



Hachiji-dachi

Positions de pieds

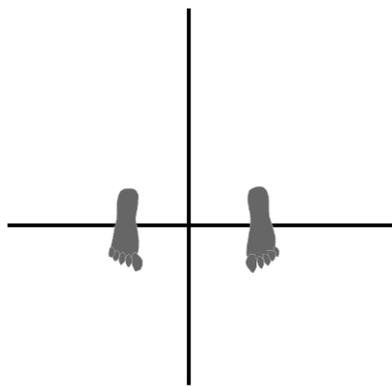


Uchi-hachiji-dachi



4 - Uchi-hachiji-dachi

Position pieds écartés tournés vers l'intérieur de 30°

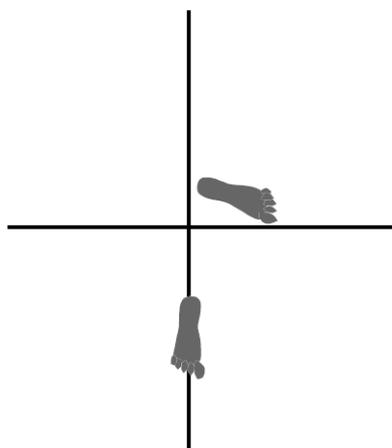


Heiko-dachi



5 - Heiko-dachi

Position d'attente pieds écartés et parallèles.



Renji-dachi



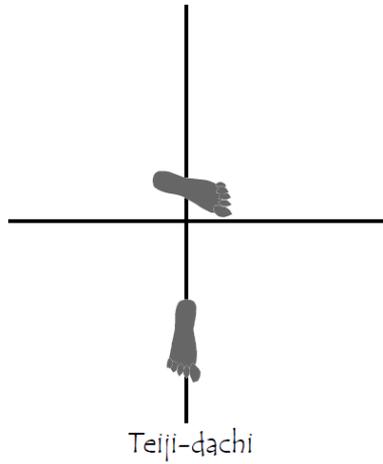
6 - Renji-dachi

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

Positions de pieds



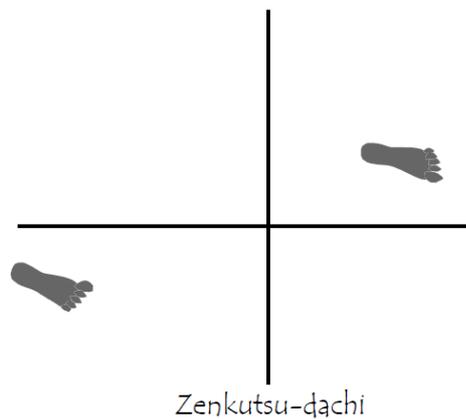
7 - Teiji-dachi
Position en T



Teiji-dachi



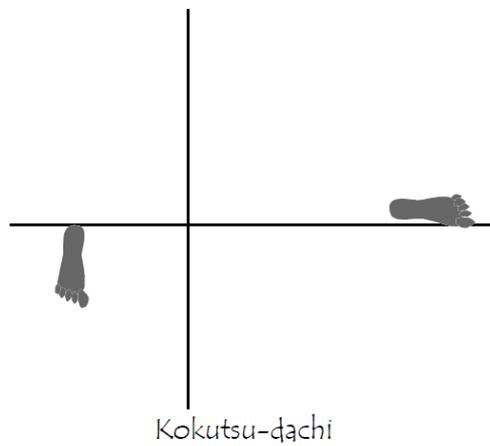
8 - Zenkutsu-dachi
Position vers l'avant



Zenkutsu-dachi

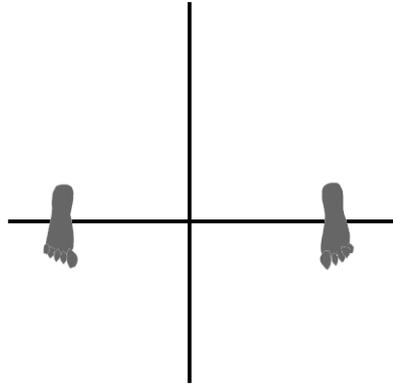


9 - Kokutsu-dachi
Position vers l'arrière



Kokutsu-dachi

Positions de pieds

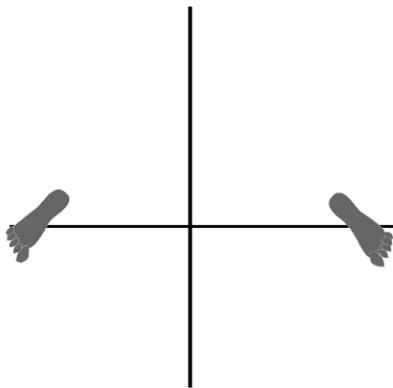


Kiba-dachi



10 - Kiba-dachi

Position du cavalier (pieds parallèles)

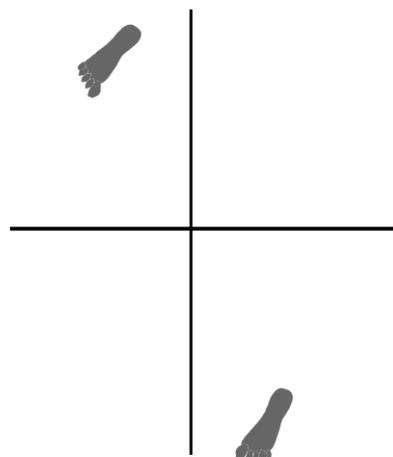


Shiko-dachi



11 - Shiko-dachi

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



Fudo-dachi



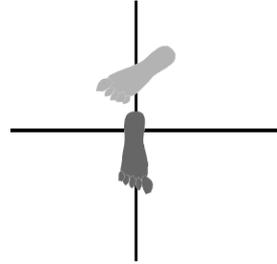
12 - Fudo-dachi

Position de combat immobile

Positions de pieds



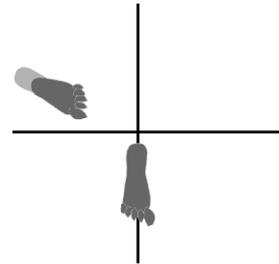
13 - Tsuru-ashi-dachi
Sur un pied



Tsuru-ashi-dachi



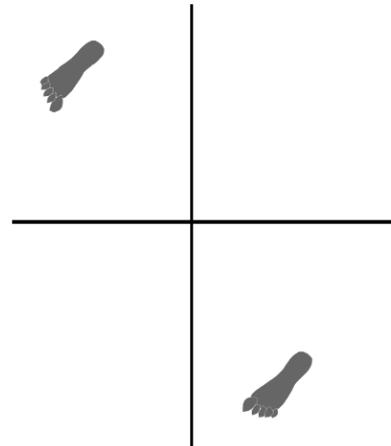
14 - Kosa-dachi
Pieds croisés



Kosa-dachi

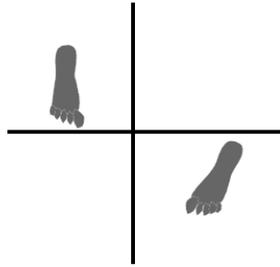


16 - Hangetsu-dachi
Position en demi lune (Kiba dachi de $\frac{3}{4}$ par rapport a l'attaque).



Hangetsu-dachi

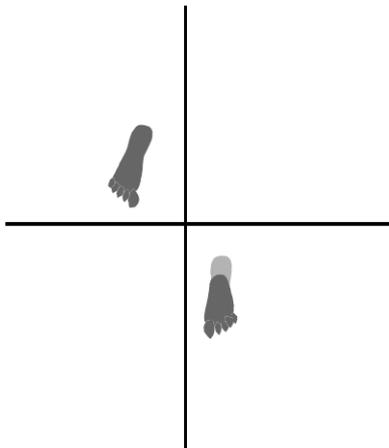
Positions de pieds



Sanchin-dachi



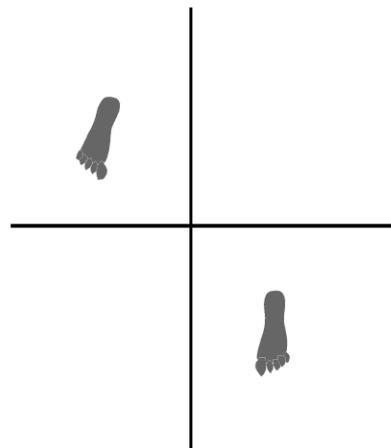
17 - Sanchin-dachi
Position pieds écartés, genoux rentrés.
« Petit sablier »



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