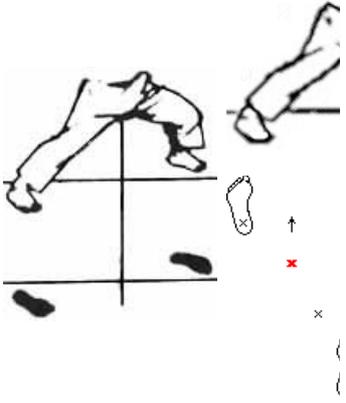
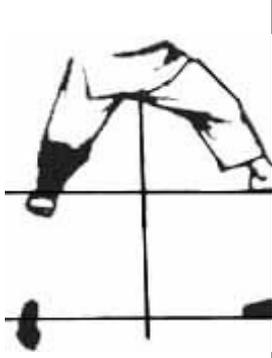
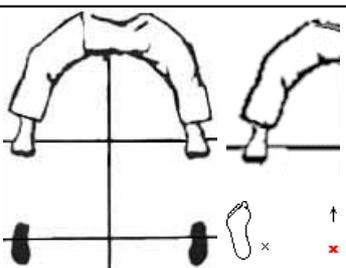
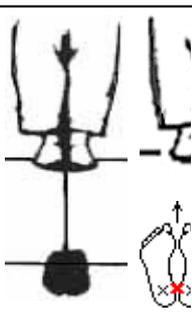
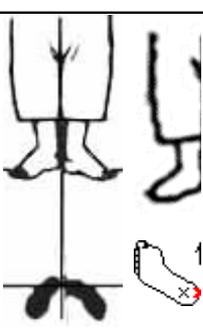
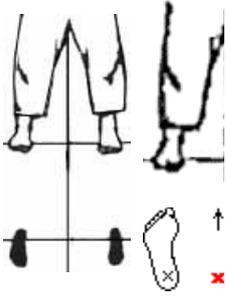
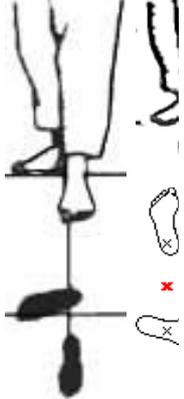
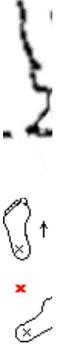
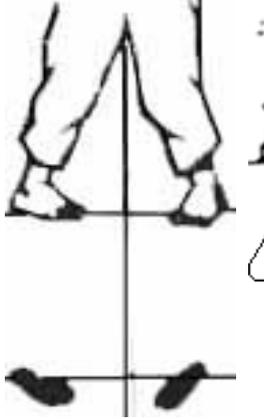
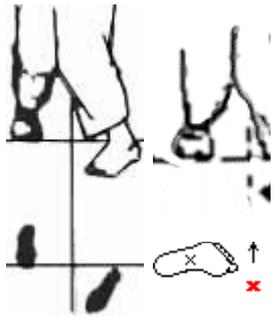


Position des pieds (Dachi waza)

 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing forward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing forward. A red 'x' is placed below the back foot footprint, and an upward arrow points to it from a red 'x' below. A bracket is shown below the footprint diagram.</p> <p>Zenkutsu Dachi : Position vers l'avant</p>	 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing backward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing backward.</p> <p>Kokutsu Dachi : Position vers l'arrière</p>
 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing forward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing forward. A red 'x' is placed below the back foot footprint, and an upward arrow points to it from a red 'x' below.</p> <p>Kiba Dachi : Position du cavalier, pieds parallèles</p>	 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing forward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing forward. A red 'x' is placed below the back foot footprint, and an upward arrow points to it from a red 'x' below.</p> <p>Heisoku Dachi : Position d'attente pieds joints</p>
 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing forward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing forward. A red 'x' is placed below the back foot footprint, and an upward arrow points to it from a red 'x' below.</p> <p>Musubi Dachi : Position d'attente talons joints (pieds écartés)</p>	 <p>The diagram shows a side view of a person in a crouching stance. The front foot is flat on the ground, and the back foot is also flat, pointing forward. A vertical line indicates the centerline. Below, a footprint diagram shows the front foot flat and the back foot flat and pointing forward.</p> <p>Hachiji Dachi : Pieds écartés, orteils vers</p>

	l'extérieur (Yoï) (Shizentaï = naturelle)
 <p>The diagram shows a front view of a person standing with feet shoulder-width apart. A vertical line passes through the center of the feet. Below, a top-down view shows two footprints side-by-side, with a red 'x' and an upward arrow indicating the correct alignment.</p> <p>Heiko Dachi : Position d'attente pieds droits, égal aux épaules</p>	 <p>The diagram shows a front view of a person standing with feet in a T-shape. A vertical line passes through the center of the feet. Below, a top-down view shows a footprint in the center and another footprint to its right, with a red 'x' and a downward arrow indicating the correct alignment.</p> <p>Teiji Dachi : Position debout, les pieds forment un T</p>
 <p>The diagram shows a side view of a person standing with feet in an L-shape. Below, a top-down view shows a footprint in the center and another footprint to its left, with a red 'x' and an upward arrow indicating the correct alignment.</p> <p>Renoji Dachi : Position debout, les pieds forment un L</p>	 <p>The diagram shows a front view of a person standing with feet wide apart. A vertical line passes through the center. Below, a top-down view shows two footprints wide apart, with the toes pointing inward, and a red 'x' indicating the correct alignment.</p> <p>Uchi Hachiji Dachi : Position pieds écartés, orteils vers l'intérieur</p>



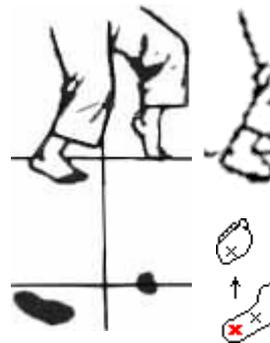
Sanchi Dachi : Position du petit sablier



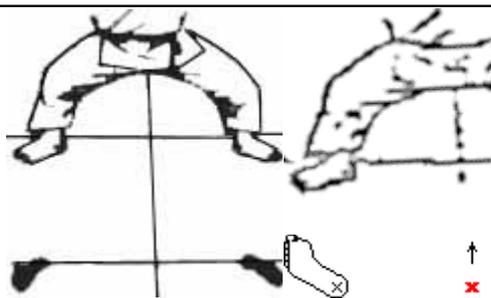
Hangetsu Dachi :
Position du sablier
large



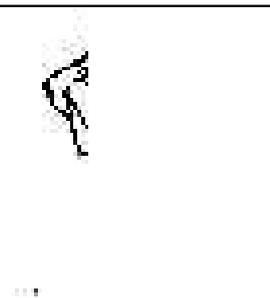
Fudo Dachi : : Posture de combat (position
d'assaut)



Neko Ashi Dachi :
Position du chat



Shiko Dachi : Position du cavalier, pieds à
l'extérieur (position du **Sumo**)



Tsuru Achi Dachi :
Position debout
sur une seule
jambe, l'autre
levée, le dessus du
pied en contact
avec le creux de

	l'autre Jambe
 <p>Kosa Dachi : Pieds croisés, ramenez le pied arrière contre le pied avant.</p>	



Koshi



1. Teisoku
2. Kakato



Sokuto



Haisoku



Hiza geri (Hittsui)



Empi (Hiji)

Ude-Waza



Oi-Tsuki



Gyaku-Tsuki



Ura-Tsuki



Heiko-Tsuki



Yama-Tsuki



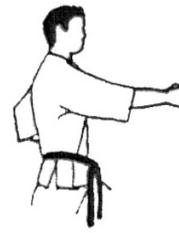
Yama-Tsuki



Hasami-Tsuki



Awase-Tsuki



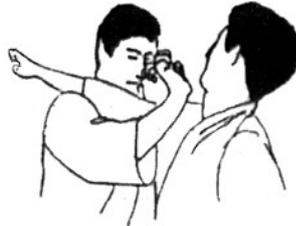
Tate-Tsuki



Mawashi-Tsuki (



Kagi-Tsuki



Shotei-Tsuki (Teisho)



Age-Tsuki

Attaques (Uchi-Waza)



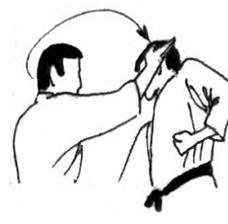
Uraken-Uchi



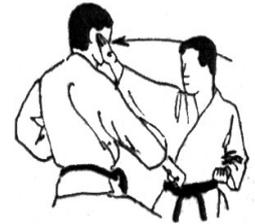
Tettsui-Uchi



Haito-Uchi



Shuto-Uchi



Shuto-Uchi



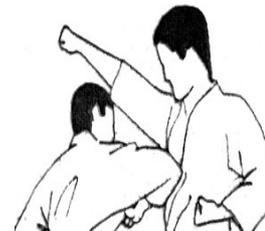
Uraken-Uchi



Haishu-Uchi



Shotei (Teisho)-Uchi



Mae - Empi - Uchi



Tate-Empi-Uchi



Yoko-Empi-Uchi

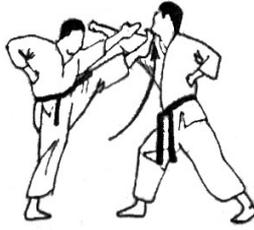


Otoshi-Empi-Uchi



Ushiro-Empi-Uchi

(Ashi - Waza)



Mae-Geri-Keage



Mae-Geri-Kekomi



Yoko-Geri-Kekomi



Yoko-Geri-Keage



Ushiro-Geri-Kekomi



Ushiro-Geri-Keage

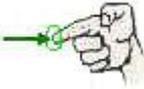
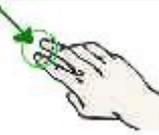
Les Défenses (Uké waza)

	<p>Agé-Uké Blocage de bas en haut</p>		<p>Fumikomi age-Uké Blocage de bas en haut en pénétrant</p>
	<p>Gedan-Barai Blocage de haut en bas</p>		<p>Haiwan Nagashi-Uké Blocage latéral en déviant l'attaque</p>
	<p>Juji-Uké Blocage en croix avec les poignets</p>		<p>Kakuto-Uké ou Koken-Uké Blocage avec le poignet en remontant</p>
	<p>Mae ude Hineri-Uké Blocage court</p>		<p>Shuto-Uké Blocage avec le tranchant de la main</p>
	<p>Soto-uké Blocage de l'extérieur vers l'intérieur</p>		<p>Te Nagashi-Uké Blocage en déviant l'attaque avec la main</p>

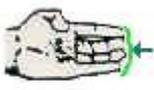
	<p>Teisho-Uké Blocage avec le talon de la paume</p>		<p>Uchi-Uké ou Ude-Uké Blocage de l'intérieur vers l'extérieur</p>
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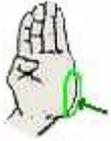
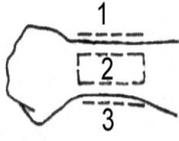
Les surfaces de frappe

Le poing (kobushi => seiken, hon-ken ou shoken)

	<p>Kentos Poing fermé 2 kempos Tettsui, shutsui ou kentsui</p>		<p>Hiraken Phalanges pliées</p>
	<p>Nakadaka-Ken Médius plié en saillie=> poing démon</p>		<p>Ippon-Ken idem qu'à gauche, mais c'est l'index qui plié</p>
	<p>Ippon-Nukité 1 doigt</p>		<p>Nihon-Nukité 2 doigts</p>

La main (Keisho)

	<p>Haïto Tranchant interne Haishu Dos de la main Shuto Tranchant externe Te-Katana</p>		<p>Nukité ou yohon Nukite Pique de la main (attaques yeux, gorge, plexus ou aisselle)</p>
	<p>Kumade La paume => <i>patte d'ours</i></p>		<p>Washide Frappe des extrémités des 5 doigts => <i>bec d'aigle</i></p>
	<p>Hirabasami, Koko ou Toho Gueule de tigre (attaques gorge ou aisselle)</p>		<p>Kakuto ou Koken Dos du poignet (attaques machoire ou aisselle)</p>
	<p>Teisho ou Shotei Talon de la paume, main pliée vers le haut</p>		<p>Keito Haut du poignet => <i>tête de coq</i></p>

	<p>Seiryuto Base du poignet => <i>machoire de boeuf</i></p>	 <p>1. Gaiwan 2. Haiwan 3. Naiwan</p>
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Remarquez bien les termes. **Ex:** Uraken seul n'est pas une technique mais une indication que la frappe se fait avec le dessus de la main plus précisément les deux Kentos.

Uraken jodan tate uchi signifie : revers poing haut verticale attaque
ou: attaque verticale haute avec le revers du poing

Shuto gedan barai : Barrage bas avec le sabre de la main (tranchant externe de la main)