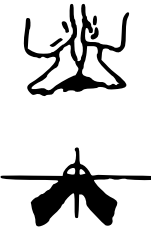
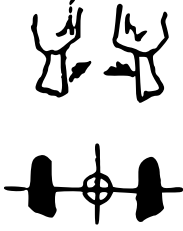
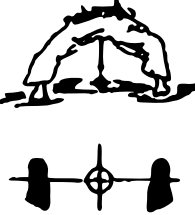
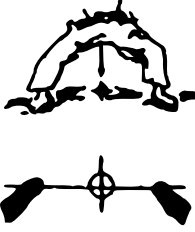
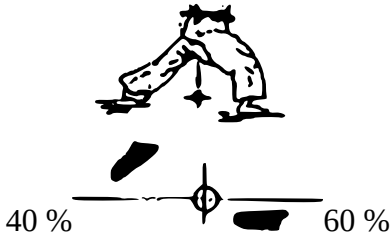
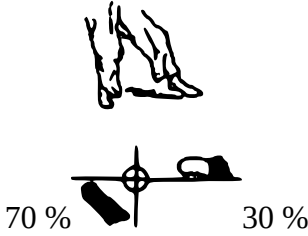
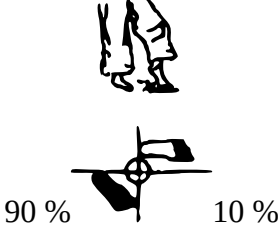


Nom	Description	Image
Heisoku dachi	Pieds joints	
Musubi dachi	Pieds en V	
Heiko dachi / Yoï dachi	Pieds parallèles	
Kiba dachi	Position du cavalier (pieds parallèles)	
Shiko dachi	Position du sumo (pieds en canard)	

Nom	Description	Image
Zen kutsu dachi	Debout vers l'avant	
Ko kutsu dachi	Incliné vers l'arrière	
Neko ashi dachi	Position du chat	
Tsuru ashi dachi	Position de la grue	

Nom	Description	Image
Kaké dachi	Position crochetée	  10 % 90 %
Sanchin dachi	Position du sablier	 