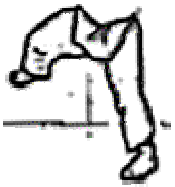








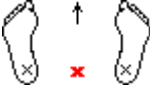


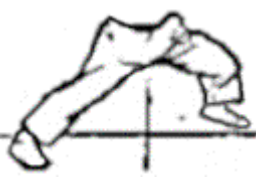


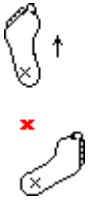

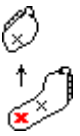

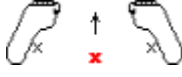


Voici quelques schémas expliquant le positionnement des pieds, des bras et des jambes :

POSITIONS DES PIEDS :

<p>FUDO DACHI</p> 		<p>空手道</p>	<p>HANGETSU DACHI</p> 	
<p>KIBA DACHI</p> 		<p>空手道</p>	<p>KO KUTSU DACHI</p> 	
<p>HEIKO DACHI</p> 		<p>空手道</p>	<p>MUSUBI DACHI</p> 	
<p>ZEN KUTSU DACHI</p> 		<p>空手道</p>	<p>RENOJI DACHI</p> 	
<p>NEKO ASHI DACHI</p> 		<p>空手道</p>	<p>UCHI HACHIJI DACHI</p> 	

(x=Centre de gravité//x=emplacement des genoux)

TECHNIQUES DES BRAS :

GYAKU TSUKI	空手道	HEIKO TSUKI	空手道	OI TSUKI
				
SHUTO UCHI	空手道	TATE HIJI ATE	空手道	TETSUI UCHI
				
URA TSUKI	空手道	YAMA TSUKI	空手道	USHIRO HIJI ATE
				

TECHNIQUES DES JAMBES :

MAE GERI	空手道	USHIRO GERI FUMIKOMI	空手道	YOKO GERI KEKOMI
				
YOKO TOBI GERI	空手道	MAE ASHI GERI	空手道	MAWASHI GERI
				

DÉFENSES:

JODAN AGE UKE	JUJI UKE	空手道	MIKASUKI GERI UKE	MOROTE UKE
				
GEDAN BARAI	SHUTO UKE	空手道	SOTO UKE	UCHI UKE
				