









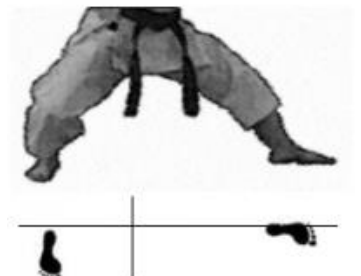


FICHE N°4



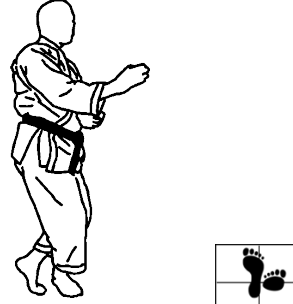

POSITIONS MEMBRES INFERIEURS – DACHI




POSITIONS DES PIEDS ET DES JAMBES - DACHI

POSITIONS DES PIEDS ET DES JAMBES - DACHI		
HEISOKU DACHI	DEBOUT- LES PIEDS L'UN CONTRE L'AUTRE	
MUSUBU DACHI	DEBOUT- TALONS JOINTS ET LES POINTES DE PIED ECARTEES	
REINOJI DACHI	DEBOUT- UN PIED DEVANT L'AUTRE FORMANT UN L	

<p>TEIJI DACHI</p>	<p>DEBOUT- UN PIED DEVANT L'AUTRE FORMANT UN T</p>	 <p>The diagram shows a person in a martial arts gi standing in a Teiji Dachi stance. The front foot is positioned directly in front of the back foot, forming a 'T' shape. Below the main figure, a smaller diagram shows the footprints of the feet, with the front foot's footprint centered directly in front of the back foot's footprint.</p>
<p>HEIKO DACHI</p>	<p>DEBOUT- PIEDS ECARTES ET PARALLELES</p>	 <p>The diagram shows a person in a martial arts gi standing in a Heiko Dachi stance. The feet are positioned side-by-side, parallel to each other, and are wider apart than shoulder-width. Below the main figure, a smaller diagram shows two parallel footprints side-by-side.</p>
<p>HACHIJI DACHI</p>	<p>DEBOUT- PIEDS POINTES VERS L'EXTERIEUR ET ECARTES DE LA LARGEUR DES HANCHES</p>	 <p>The diagram shows a person in a martial arts gi standing in a Hachiiji Dachi stance. The feet are positioned side-by-side, parallel to each other, and are wider apart than shoulder-width. The toes of both feet are pointed outwards. Below the main figure, a smaller diagram shows two footprints side-by-side, with the toes of each footprint pointing outwards.</p>
<p>UCHI HACHIJI DACHI</p>	<p>PIEDS POINTES VERS L'INTERIEUR</p>	 <p>The diagram shows a person in a martial arts gi standing in a Uchi Hachiiji Dachi stance. The feet are positioned side-by-side, parallel to each other, and are wider apart than shoulder-width. The toes of both feet are pointed inwards. Below the main figure, a smaller diagram shows two footprints side-by-side, with the toes of each footprint pointing inwards.</p>

ZENKUTSU DACHI	FENTE AVANT-JAMBE AVANT FLECHIE JAMBE ARRIERE TENDUE	
KOKUTSU DACHI	FENTE ARRIERE 70% DU CORPS SUR LA JAMBE ARRIERE	
KIBA DACHI	POSITION DU CAVALIER	
SHIKO DACHI	POSITION DU SUMOTORI	

<p>FUDO DACHI</p>	<p>POSITION EQUILIBREE DE COMBAT ENTRE ZENKUTSU ET KOKUTSU</p>	 <p>A black and white photograph showing a person in a martial arts gi in a Fudo Dachi stance. The person is leaning forward with their right leg stepped forward and slightly to the side, and their left leg stepped back. A vertical line and a horizontal line intersect at the center of the feet to indicate alignment.</p>
<p>NEKO ASHI DACHI</p>	<p>POSITION DU CHAT</p>	 <p>A black and white photograph showing a person in a martial arts gi in a Neko Ashi Dachi stance. The person is in a deep crouch, with their right leg forward and left leg back, both feet flat on the ground. A horizontal line is drawn across the feet to show they are parallel.</p>
<p>KOSA DACHI</p>	<p>POSITION PIEDS CROISES</p>	 <p>A black and white line drawing of a person in a martial arts gi in a Kosa Dachi stance. The person's feet are crossed at the ankles. A small inset box in the bottom right corner shows a top-down view of the crossed feet.</p>
<p>MOTO DACHI</p>	<p>POSITION FONDAMENTALE (PETIT ZENKUTSU)</p>	 <p>A black and white photograph showing a person in a martial arts gi in a Moto Dachi stance. The person is standing upright with their feet shoulder-width apart. A vertical line and a horizontal line intersect at the center of the feet to indicate alignment.</p>

<p>SANCHIN DACHI</p>	<p>POSITION DU PETIT SABLIER OU DES 3 CENTRES</p>	 An illustration of a person in a martial arts gi standing in the Sanchin Dachi stance. The feet are close together, with the right foot slightly behind the left. A vertical line and a horizontal line intersect at the center between the feet, indicating the center of gravity.
<p>HANGETSU DACHI</p>	<p>POSITION DU SABLIER ELARGIE</p>	 An illustration of a person in a martial arts gi standing in the Hangetsu Dachi stance. The feet are wide apart, with the right foot behind the left. A horizontal line and a vertical line intersect at the center between the feet, indicating the center of gravity.
<p>TSURU ASHI DACHI</p>	<p>DEBOUT SUR UNE JAMBE</p>	 An illustration of a person in a martial arts gi standing on one leg (the right leg) in the Tsuru Ashi Dachi stance. The other leg is raised and bent at the knee. A vertical line and a horizontal line intersect at the center of the standing leg, indicating the center of gravity.